

# DRUGS

CROSSROADS IN LIFE



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**DOUGLAS COUNTY SHERIFF'S OFFICE**

Sheriff Darren M. Weekly

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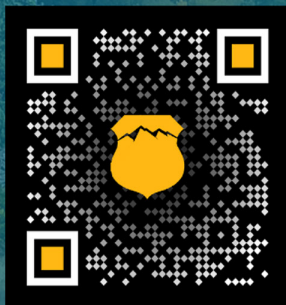
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Douglas County Sheriff's Office  
Darren M. Weekly, Sheriff

Dear Residents of Douglas County,

In life there are all sorts of issues that come about no matter your ethnic, social, or age group. Bullying, peer pressure, substance abuse, scams as well as the other topics can affect each and every person in the community if proper steps are not taken to deter it. The problems can be tackled, but it takes not only the law enforcement agencies, but also the resources and active support from all areas of the community.

While the law is an effective deterrent, educating our community is the best protection against the issues discussed in this book. Whenever the opportunity arises where we can inform the public about the problems and dangers connected with bullies, drugs, guns, gangs, scams and so on, we feel it is our responsibility to do so. This book is designed to inform and educate all walks of life, regardless of age, social standing or otherwise, about how to be better protected against the dangers that come along with life in this world.

Please read over the information hereafter and keep in mind it is a guide touching on many important topics. We encourage each member of the community to research further, discuss amongst one another, and teach others what you have learned. Please feel free to reach out to your Douglas County Sheriff's Office if you need any assistance, we are here and happy to help.

We would also like to thank the businesses who placed ads in these books. Your support helps us to receive the educational materials we use within our community. We also thank the entire community for your support and cooperation and assure you that you have our full support and cooperation as well.

Sincerely,

A handwritten signature in black ink that reads "D. M. Weekly".

Sheriff Darren M. Weekly  
Douglas County Sheriff's Office

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4000 Justice Way  
Castle Rock, CO 80109

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# 100,000 DEAD



## DRUGS

\*not including alcohol & tobacco

When it comes to drugs, only the individual can be the one that says yes or no. No one will be able to answer for anyone else. Drugs can always show their hungry claws and rip everything you love and care about to shreds. The choices you make will affect the way your life will play out, so be smart. Learn about drugs before you're standing at the crossroads, faced with a life altering decision.

This book is meant as a guide for informational purposes only. This is not meant to replace professional medical advice. If you ever have any questions, please talk to a trusted adult or medical professional.

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# BASICS

## What is it?

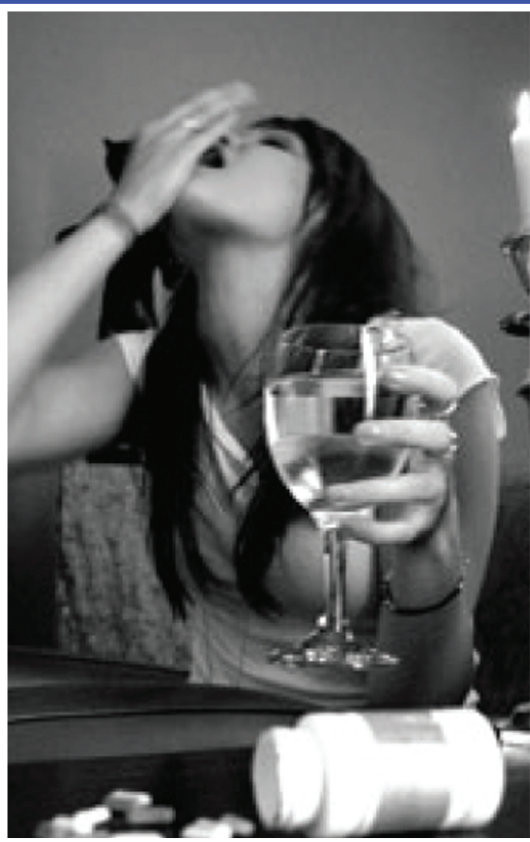
When a person absorbs a drug into his or her system, it can damage the brain's ability to work properly. Like a poison! The drug interrupts the brain's messages to the body and the body isn't able to receive them correctly. Some drugs are considered stimulants (speed up), while others are considered depressants (slow down). Both, however, effect the human senses. Examples of some drug effects are: slow memory or no memory, feeling sluggish or unsteady, irrational and irritable behavior and blurred vision. But, be aware! Not all drugs are illegal. Alcohol and cigarettes are types of legal drugs. Even some prescriptions and over-the-counter medications can be just as addictive and cause issues if not taken as directed!



## How?

Drugs are taken in three main ways:

- INGEST: to take into the body by swallowing or absorption
- INJECT: to drive or force into a body with a syringe or smaller device
- INHALE: to breathe in or suck up through the nose (snort)



## Who?

The truth is, anyone is susceptible to drugs. A user can be male or female, young or old, brown or blonde hair, rich or poor. Drugs do not discriminate. Therefore, it's important to know the effects and damages of drugs.

It's also important to keep communication open with those you love and care about, especially if drug use/abuse is suspected.



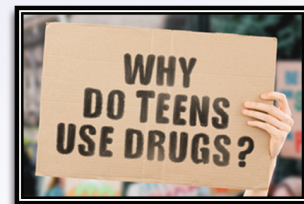
## Why?

There is never a good reason to start using drugs, but there are some contributing factors to which someone might start using drugs.

Some factors include:

- Peer pressure / wants to fit in
- Pain to go away: physical or emotional
- Stress at home, work or school
- Depression
- Boredom
- Experimenting
- Angry / wants to rebel
- Think it will help them do better at school, sports, activities, work

People think drugs are a solution to a problem. When in fact, drugs can cause more problems and chaos than solutions and relief. Not just the person using, but to everyone around them.



From: [www.naturalhigh.org](http://www.naturalhigh.org) 858-551-7006

13 is the average age of first-time drug and alcohol use

9 out of 10 addictions start in the teen years

There is no national programming in schools to teach you about drug and alcohol abuse.

## Consequences...

Before we start learning about specific drugs and their effects to your body, remember something very important...

**ALL DRUGS CAN POTENTIALLY LEAD TO DEATH, BAD DECISIONS AND JAIL TIME!** These words are not exaggerations just meant to scare you. Once you start on the path of drugs, it is extremely hard to stop. You can lose control of your life without realizing what has happened.

Some drug abuse consequences are:

- Jail time
- Financial loss
- Loss of driver's license for drinking under the influence or using drugs
- Loss of family and friends
- Loss of home
- Health issues
- Suicide
- Job loss

If you are arrested for drug use, jail time may follow you. An arrest record makes it very difficult to obtain a job, go to the military or be accepted into college. So stop before you start.



# ALCOHOL



**What is it?** An alcoholic beverage refers to any liquor or brew that contains alcohol. It is considered a drug and a depressant. Depending on a person's specific body type, an alcoholic beverage can have a stimulant-type effect even after the first drink, so "one drink" doesn't mean the same for every person. Also, no one type of alcohol is "safer" than another type of alcohol. Legal limits of alcohol are:

- Beer (about 5% alcohol): 12 ounces
- Wine (about 12% alcohol): 5 ounces
- Liquor (about 40% alcohol): 1.5 ounces

Blood Alcohol Content (BAC) is a measurement of how much alcohol is in a person's system. Even one drink can register a BAC measurement, which can affect behavior and mood. In most states, the legal limit is 0.08%. If a BAC reading is equal to or more than this, the person is considered legally intoxicated. This can lead to fines, loss of license and jail time.

**Short-term effects:** slurred speech, unsteady movement, slowed reaction time, nausea, vomiting, drowsiness, diarrhea, headache, difficulty breathing, distorted vision, impaired judgment, blackouts

**Long-term effects:** alcohol poisoning, unintentional injuries, sexual assault, domestic violence, broken relationships, high blood pressure, stroke and heart attack, liver disease, nerve damage, malnutrition, increased risk of infections, osteoporosis, insomnia, depression, anxiety, suicidal tendencies, cancer

**Alcohol poisoning** is extremely dangerous and happens when high limits of alcohol are absorbed in a relatively short amount of time. Alcohol poisoning symptoms include: confusion, unable to communicate, vomiting, seizures, slow or irregular breathing, gasping for air, skin that is cold, clammy or blue-tinted, passes out and hard to rouse.



These symptoms vary from person to person and not all symptoms need to be present in order for someone to have alcohol poisoning. Do not wait--alcohol poisoning can lead to coma or death if not treated immediately. Call 9-1-1 if alcohol poisoning is suspected.

Underage drinking (drinking alcohol while under the age of 21) is illegal and dangerous. Human brains aren't developed until the mid-twenties and drinking alcoholic beverages affects not only the function of the brain, but the structure itself. This could lead to learning problems and also to alcohol dependence.

### UNDERAGE DRINKING STATISTICS:

- 11.5% of 12-17 year olds said they have consumed alcohol
- Approximately 5,000 youth die per year from alcohol-related injuries
- 188,000 people under 21 visited the ER for alcohol-related injuries
- Underage youth who drink are more likely to be the victim of sexual assault
- 1 in 5 youths live with a parent who is an alcoholic
- 65% of suicides have been linked to excessive drinking
- 1/3 of suicides among young people take place when the person is intoxicated
- About 30 people die per day in motor vehicle crashes that involve an alcohol-impaired driver
- Youth who begin drinking before 15 years of age are four times more likely to develop alcoholism than those who start drinking at 21



### HOW CAN YOU TELL?

While the alcoholism symptoms vary, there are signs to be aware of:

- Drinking during the day, every day, or part of one's daily routine
- Decreased involvement in extracurricular activity
- Loss of interest in work or school
- Depression
  - Lack of interest in family and friends
  - Restlessness
  - Erratic or violent behavior
  - Thinking about your next drink





# TOBACCO



**WHAT IS IT?** Tobacco is a leafy plant grown all over the world. The leaves are dried and then used in cigarettes, cigars and pipes. Tobacco is also used to make snuff, chewing tobacco and dip. Tobacco is highly addictive because it contains nicotine. Nicotine changes the way your brain works and can cause you to crave it. This addiction to nicotine is what makes it so difficult to quit cigarettes and other types of tobacco products. Smoking cigarettes harm nearly every organ of your body, causing many diseases and typically poor health. It is the leading cause of preventable illness and death in the United States.

Below: Mouth Cancer



**SMOKELESS TOBACCO** is also a danger and contains nicotine. It's just as harmful as smoking cigarettes. Smokeless tobacco has many names, such as: chew, spit, chaw and dip. It's bought in two forms: snuff and chewing tobacco. Snuff is a fine grain tobacco that comes in little pouches, similar to a tea bag. Chewing tobacco is shredded or twisted tobacco leaves. Users place the smokeless tobacco between their lip and cheek, right next to the gum. The tobacco sits there and the juices seep out for the user to spit out. Smokeless tobacco can lead to tooth decay, gum disease, and cancers.

**WHAT ARE PUFF BARS?** They mimic the popular JUUL and is a copycat e-cigarette device. They are marketed to the youth by using popular fruit flavors. Puff bars are disposable, cost less and contain nicotine. Underage youth, even though it is illegal, still buy puff bars mainly online. If you suspect your child might be using puff bars, keep a check on your credit cards and always purchase online items for your child.



# VAPING

The FDA has declared “teen e-cigarette” use as an epidemic, and the tobacco industry is helping to promote the use of e-cigarettes by promoting more nicotine infused flavors, such as cotton candy, ice cream and strawberry to attract young people. So, if you haven’t already talked about vaping with your kids, now is the time.

One of the most important pieces of information to share with young people is that most e-cigarettes contain nicotine, which is the highly addictive drug in tobacco. Why is this important? Because a young person’s brain keeps developing to about 25 years of age, and nicotine can harm that part of the brain which is responsible for attention, memory and learning. Also, let young people know e-cigarettes contain harmful ingredients such as: heavy metals and cancer-causing chemicals. E-cigs have also been known to explode and cause serious burns. Vaping is very tempting to young people because of the thousands of flavors and gimmicks that attract them. Whereas an adult may start smoking these flavored induced e-cigarettes to help them quit smoking normal cigarettes, a young person might start with e-cigarettes and move onto regular cigarettes.

## TIPS FOR PARENTS:

- E-cigarettes go by names such as: vape pens, tank systems, hookahs, mods, ends, and JUUL pods
- JUUL pods have as much nicotine as a pack of cigarettes
- E-cigarettes produce an aerosol by inhaling a liquid that usually contains nicotine
- E-cigarettes can look like regular cigarettes, pipes, pens, USB sticks, highlighters, and other everyday items
- Secondhand vape aerosols pose a risk for infants and children because of their developing respiratory systems
- Vapor from vaping can smell like candy, fruit, ice cream, or nothing at all
- There are thousands and thousands of different flavors of vapor now
- US News found that teens who vape are three times more likely to smoke cigarettes when they become adults than those who never vaped

## TIPS TO TELL IF SOMEONE IS VAPING:

- Poor performance
- Nausea
- Mouth sores
- Shortness of breath
- Mood swings



Sit down with your young teen and research e-cigarettes online together. The more everyone knows about the harm vaping can do, the better. For additional information on e-cigarettes and vaping visit: [The Centers for Disease Control and Prevention \(CDC\) online.](https://www.cdc.gov)

## SOME INTERESTING STATISTICS:

- 9 out of 10 smokers start before they turn 18
- Smokeless tobacco contains 28 cancer-causing agents and cigarettes contain 69
- Over 20% of all deaths in the United States are from tobacco
- On average, smokers die 10 years earlier than non-smokers
- Smokeless tobacco can cause gum recession and tooth decay
- Tobacco smoke contains over 4,000 chemicals
- More than 16 million people already have at least one disease from smoking
- Smoking slows down lung growth in children and teens
- Breathing in secondhand smoke increases the chance of lung cancer by 20-30% and increases risk of heart disease by 25-30%
- Smoking cigarettes is the leading cause of preventable deaths causing more than 480,000 deaths per year and costing approximately \$226.7 billion per year in health care.

## EFFECTS:

- Cancer: Lung, bladder, kidney, mouth and gum, nasal cavity and sinuses, esophagus, larynx, pancreas, stomach, liver, cervix, bone marrow
- Emphysema
- Chronic Bronchitis
- Leukemia
- Heart Disease
- Stroke
- Diabetes
- Cataracts
- Macular Degeneration
- Infertility
- Impotence
- Miscarriage
- Weak Immune system
- Cold & Flu
- Asthma
- COPD
- Restless leg syndrome
- Loss of senses: smell & taste
- Gum disease & tooth decay
- Yellowing teeth
- Premature aging



Above: Healthy lung vs. Smokers lung

Below: Teeth after years of smoking





# MARIJUANA



## WHAT IS IT?

Marijuana is a greenish-gray mixture of the dried, shredded leaves and flowers of the plant *Cannabis sativa*, more commonly known as the hemp plant. There are many different names for marijuana such as weed, herb, pot, grass, bud, ganja and Mary Jane. The main ingredient found in marijuana is the chemical THC (delta-9-tetrahydrocannabinol).

THC is found in the resin produced by the leaves and buds. This is what gives the majority of the mind-altering effects from marijuana.



Marijuana is the most commonly used drug in the United States. In many states, marijuana is legal for medicinal purposes. In some states, it is legal recreationally. There is an age requirement when purchasing marijuana, just the same as alcohol and tobacco. The medical benefits of marijuana are varied from eye disease treatment, seizure control, PTSD (post traumatic stress disorder) and to varied forms of assistance in cancer patients. These effects are still being studied.



## HOW IS IT USED?

Most commonly, it is smoked. Hand-rolled marijuana cigarettes are called joints. It can also be smoked using pipes or bongs. Some people use vaporizers to avoid inhaling the smoke. Marijuana can also be mixed into food, known as “edibles”, such as brownies, butter, and candy. The THC resin can be extracted and absorbed on its own. This is known as “dab-bing”. There are many extracts, but some include a gooey liquid known as hash oil, a soft solid known as wax or a hard solid known as shatter. Dabbing is dangerous because it contains extremely large amounts of THC and such large amounts have been known to send users to the emergency room.



## EFFECTS:

Marijuana has different effects depending on the species of the plant, how much is used, and the way it is absorbed. However, most effects are universal. When someone smokes marijuana, the THC passes from the lungs to the blood stream, and is then carried throughout the body to all organs, including the brain. Some temporary effects of marijuana include:

- Altered senses
- Changes in time and speed perception
- Impaired body movement
- Difficulty thinking and problem solving
- Impaired memory
- Bloodshot eyes
- Anxiety

## SOME LONG TERM EFFECTS

- Decline in IQ
- Respiratory problems
- Higher risk of lung infections
- Increased heart rate
- Paranoia
- Greater chances of unemployment
- Financial difficulties



One of the highest dangers of smoking pot, is the chance of others "lacing" the marijuana. This means that other drugs, such as cocaine, heroin or meth have been mixed in with marijuana and then you smoke it without knowing what is actually in it.

The user ends up with the effects of the marijuana and also the side effects of the drug that was mixed in. This can ultimately lead to death.

## How can you tell?

If smoking marijuana is suspected, look for these signs:

- Bloodshot eyes or eyes that appear squinty
- Fatigued
- Lack of coordination
- Increase in appetite, snacking
- Confusion
- Secretiveness
- Lack of energy, loss of motivation
- Possession of paraphernalia: bong, rolling papers, pipes, grinders



# COCAINE & CRACK



**What is it?** Cocaine is an extremely addictive drug made from the leaves of the coca plant. It is a fine white powder. Dealers often mix it with things like baby laxative and baking powder in order to make more money. Cocaine users typically snort it, as well as rub it on their gums for the numbing effect. Some people will dissolve the cocaine in water and inject it straight into the bloodstream.

Crack cocaine is a form of cocaine that is chemically changed so it can be smoked. It looks like little white or yellow rocks or pebbles. It causes a short-lived, extremely intense high, much more than that of cocaine. It is then immediately followed by a devastating crash. Crack cocaine causes an intense and fierce, almost uncontrollable craving for more. In addition, it can cause short and long-term effects, such as lack of sleep, nausea, hostile behavior, tactile hallucination (feels like bugs are crawling under the skin), panic, brain damage, chest pains and tooth decay. Cocaine and crack cocaine are considered the second deadliest drug in America.



Above: Crack cocaine

## How can you tell?

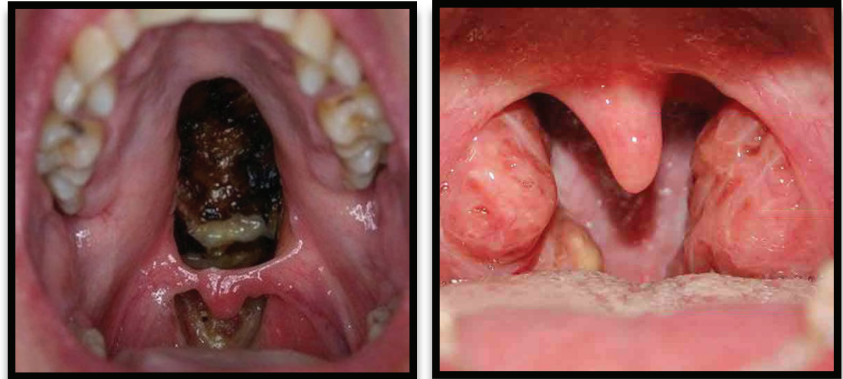
- Dilated pupils
- Runny nose, nose bleeds (if snorting)
- Track marks (if injecting)
- Burned lips and fingers, dry/cracked lips (if smoking)
- Decreased appetite
- Unusually focused
- Euphoric
- Overconfident
- Aggressiveness
- Paranoia
- Withdrawn, depresses
- Exhaustion, long periods of sleep
- Loss of interests in usual activities
- Paraphernalia: small glass pipes, tiny plastic bags



## Effects:

Initial effects include extreme happiness, high energy, mental alertness, hypersensitive senses, irritability, nausea, and paranoia. In less than an hour, the effects are gone, and all that is left is a craving for more and a highly anxious and irritable mood. Cocaine use causes damage to the heart, kidney, brain, and lungs. Other effects include, but not limited to:

- Chronic fatigue
- Migraines
- Abdominal pain
- Brain bleeding
- Nosebleeds
- Malnutrition & Weight loss
- Heart attack
- Cardiac arrest
- Stroke
- Seizures
- Respiratory arrest
- Psychosis
- Depression
- Death



Left: Palatal damage from using cocaine Right: Healthy palate

Snorting cocaine can lead to losing the sense of smell, irritation of the nasal cavity and throat, and a chronic runny, bloody, and stuffy nose. Injecting cocaine leads to puncture marks, collapsed veins, infections, and contracting life-threatening diseases such as HIV or Hepatitis C.

## True Horror:

•“I had no Idea that my drug use would end up wrecking havoc on me both mentally and physically. I had no idea that cocaine would take away my friends, my health, and my independence” -Anias, cocaine addict

•“No family should go through what we went through. We honestly thought we’d get her back. It is heartbreaking. She was fun and loving and really looking forward to her future. That was all after she became a hooker and smoked crack.” -Mother of daughter who died from crack cocaine overdose

•“It’s like a trap. And I can’t get out. It ruined so many things for me.”  
-Matt, cocaine addict



# HEROIN



**What is it?** Heroin is an extremely dangerous opioid (substances that act on the nervous system to relieve pain; also known as narcotics) made from the opium poppy plant. Pure heroin is white, but what is normally seen is either a gray-white or brown powder, or a black sticky substance. This is because, like cocaine, it is mixed with other substances, such as sugar, caffeine or sometimes rat poison to dilute it. Its effects and dangers can be increased exponentially when mixed with other drugs, such as fentanyl, cocaine or meth. All opioids depress respiration. In drug addicts, respiratory depression is the major cause of death. Heroin can be snorted, smoked, or most frequently, injected. Heroin is highly addictive. It is sent to the brain almost instantaneously and starts its damage.

**Effects:** The desired high includes feelings of no pain, a surge of enjoyable feelings and a sense of calm. However, along with these feelings, there are immediate negative reactions. These include nausea, vomiting, itching and dry mouth. Not long after the first hit is taken and the high wears off, you are left with an indescribable feeling for wanting more, but then a second wave of symptoms also come into play. These include drowsiness or sleepiness, foggy-brained, slowed breathing, slowed heart rate and “nodding off” (uncontrollable spurts of falling asleep and being awake). One of the dangerous aspects of heroin, as with any drug, is not knowing how potent it is. This means with one use, you might overdose and die. Heroin is such a strong drug that it gives the entire nervous system a super jolt. For the users that end up making it longer to keep using, they end up with needle marks and bruising from injecting, skin problems and infections, heart disease, kidney disease and collapsed veins from repeated injections.

**Withdrawal** from heroin is a very long process filled with extreme pain, nausea, and agitation. It can start when coming down off of that first high.

The withdrawal is so intense, that typically professional help is needed for the user to stop using heroin. These withdrawal feelings can last for weeks, with acute symptoms lasting for months.





# Heroin & Fentanyl

People are dying everyday linked to a strain of heroin laced with fentanyl, which is a powerful synthetic opiate. Fentanyl can be compared to taking 500 to 1,000 codeine pills. Fentanyl is more powerful than morphine and can kill some by inhibiting their breathing. It can also be absorbed straight through the skin. According to the CDC, more than 36,000 people died from overdoses involving synthetic opioids in 2019. The latest counts through May 2020 suggest an acceleration of overdose deaths during the COVID pandemic. Law Enforcement is reporting that the synthetic opioid overdose increase could be due to illegally made fentanyl. The dealers are cutting the fentanyl themselves into the heroin and are pushing it as a high like no other. What the dealers don't tell the user is that it is also lethal. Many times the user doesn't even know the heroin is laced with the fentanyl drug. One way to notice if heroin is laced with fentanyl is to look at the dealers bags. The different bags that are laced with fentanyl have logos such as: Bud Light, Theraflu, Income Tax, or China White. The DEA issued a warning dubbing heroin mixed with fentanyl as a 'killer heroin.'

## How can you tell?

- Dilated pupils
- Sleepy eyes
- Slowed breathing
- Runny nose (if snorting)
- Track marks (if injecting)
- Slurred speech
- Complaints of constipation, nausea
- Withdrawal from people and usual activities
- Lack of appetite
- Paraphernalia: Syringes, spoons, lighters, belts



Above: User injecting heroin;  
Below: Track marks from shooting up



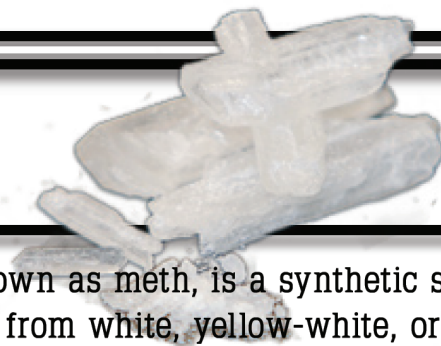
## What is Fentanyl?

According to the CDC there are two types of fentanyl. One is pharmaceutical and one is illegally manufactured in illegal drug dens. Most overdoses are linked to the illegal fentanyl and death can occur even from the user ingesting small amounts.

Fentanyl is available in liquid, powder or pills. Street fentanyl is often mixed with heroin, cocaine and now cases of fentanyl being mixed with marijuana are being reported. If fentanyl is cut with another drug, it's hard to tell because you can't see it, taste it, or smell it.

Some fentanyl street names are: Goodfellas, friend, and murder 8. Some signs of an opioid overdose are: the users are cold, their skin is discolored, they are slow, or they keep falling asleep. Knowing some of the signs of an overdose can save a life.

# METH



**What is it?** Methamphetamine, more commonly known as meth, is a synthetic stimulant that affects the central nervous system. Its color ranges from white, yellow-white, or blue-white, and its form is either crystals (crystal meth), powder, or a pill. It can be snorted, smoked, injected, or swallowed. Meth is one of the most addictive and poisonous substances. Methamphetamine is listed as a schedule II drug, which means it has a high potential for abuse. In rare cases, it can be prescribed by a doctor to treat ADHD or extreme obesity. In these cases, the dose is extremely low and is strictly regulated and monitored.



Above: Meth lab in a bathroom

**How?** Meth is usually manufactured in residential homes or illegal laboratories, which are not regulated or monitored. Many of the ingredients used in making meth are extremely flammable and have been known to erupt and blow up entire homes, severely injuring or killing anyone inside. Even if a fire or explosion does not occur, the toxic gases from the chemicals used to make the meth can contaminate foods and make the foods poisonous.

Some common ingredients used to manufacture meth are:

- Acetone: nail polish remover, paint thinner
- Lithium: used in batteries, burns skin on contact, highly explosive
- Toluene: also in brake fluid, can dissolve rubber
- Hydrochloric acid: used to make plastic, removes rust from steel, eats flesh
- Pseudophedrine: decongestant found in cough medicines, can be lethal in high amounts
- Red phosphorus: found on matchboxes and road flares, highly explosive
- Sodium hydroxide: lye, can burn the skin and cause blindness, used to dispose of road kill because it turns dead bodies into dark murky liquid
- Sulfuric acid: found in drain cleaner, toilet cleaner, burns the skin on contact
- Anhydrous ammonia: found in fertilizer and kitchen cleaners, can release highly toxic gases



## Stages and effects of the high:

- Rush: increased heart rate, increased metabolism, high blood pressure
- High: aggressive behavior, argumentative, delusional
- Binge: keeps using more meth until no more rush, hyperactive
- Tweak: dangerous, violent, hostile, loss of identity, feelings of bugs under the skin, intense scratching leading to sores and bleeding, inability to sleep, visual and auditory
- Crash: long period of sleep, most violent
- Hangover: starved, dehydrated, craving for more meth, exhausted--physically, emotionally, and mentally
- Withdrawal: depressed, lack of energy, inability to feel pleasure, suicidal, body pain, craving for more meth

Each of these stages are an extreme roller coaster of feelings, both physical and mental, which leaves the user completely drained. Because of this, 93% of meth users who reach the withdrawal stage return to using meth.



Top: Before and after of meth user;  
Bottom: Meth mouth



## Long-term effects:

- Psychosis: paranoia, hallucinations, repetitive activity
- Change in brain structure and function
- Deficits in motor skills
- Memory loss
- Aggressive and violent behavior
- Black and rotting teeth (meth mouth)
- Weight loss and malnutrition
- Open sores, acne, extremely dry skin (meth face)
- Liver damage
- Heart disease & stroke

## True Horror:

- “My life spun out of control...after being introduced for the first time at age 40, within 3 years I was shooting meth. I left my husband and three children (10, 12, 15) and ended up living on the street.” –Marie, meth addict
- “We turned our rented home into a meth lab [and] stored the toxic chemicals in our refrigerator, not knowing the toxins would permeate the other food. I was too stoned on meth to notice until 12 hours later that my son was deathly ill. By the time I got to the ER, my boy was pronounced dead.” -Melanie, meth addict
- “I tried it once and BOOM! I was addicted.” -Brad, meth addict



# HALLUCINOGENS

**What is it?** Hallucinogens are a diverse and extensive group of drugs that can distort a person's perceptions, thoughts and feelings. These hallucinogens, such as LSD or PCP, cause feelings, sounds, and images that seem real, although they are not. Hallucinogens can be found in some plants, plant extracts and mushrooms. They can also be human-made in form of pills, powder, liquid or even made to look like candy. In general, hallucinogens work by disrupting communication between neurotransmitter systems throughout the brain and spinal cord that regulate a person's voluntary and involuntary reactions. When the user is high from hallucinogens, known as trips, the high can last from thirty minutes to days depending on the specific drug, how much was ingested, personality and brain chemistry. In a highly unstable state of mind, the user will often make poor decisions, which may have dangerous or fatal consequences. Users can also experience flashbacks, which are recurrences of the trips' original high. Flashbacks can occur even when days or months have passed and without warning causing alarm and panic. Each drug in the hallucinogens class has its own set of side effects and risks, however all have some in common: changes in mood/behavior, nausea, increased body temperature and heart rate, hallucinations and distorted physical senses, loss of coordination, confusion, increased risk of psychiatric illness, anxiety, depression, seizures and coma.

**True Horror:** "I lost the ability to know what was real and what was hallucination. Everybody was a bug with insect faces. Snake heads were bobbing around every corner. I started going nuts. It was about three hours of grisly horror. [My friend] kept trying to jump out of the car and had to be tied down. It was a really miserable experience. After, I became socially isolated, always feeling like an outsider and discontent. I can only see the dark side of humanity, and I've never taken it again."

-Jack, took acid at age 20

Mark took LSD at age 17. He felt as if the streets were melting. He threw a chair out of a window, jumped out, and stripped off his clothes. He was taken to the hospital where he was given an anti-psychotic medication and kept under observation for 10 days. He was also charged with indecent exposure.

## LSD (d-lysergic acid diethylamide)

Also known as: acid, blotter, doses, hits, microdots, sugar cubes, trips

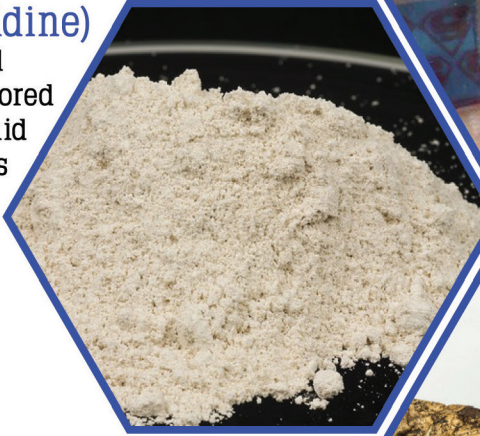
Characteristics: clear or white, odorless, water-soluble, crystals, tablets ("microdots"), thin gelatin squares ("window panes"), or can be diluted with water and sold in liquid form or soaked into small paper squares ("blotters")



## PCP (phencyclidine)

Also known as: angel dust, dust, peace pill

Characteristics: made in a lab, white or colored powder, water-soluble, tablet, capsule, liquid form ("wet") in which marijuana cigarettes are dipped in



## PSILOCYBIN (mushrooms)

Also known as: shrooms, silly putty, boomers, magic mushrooms

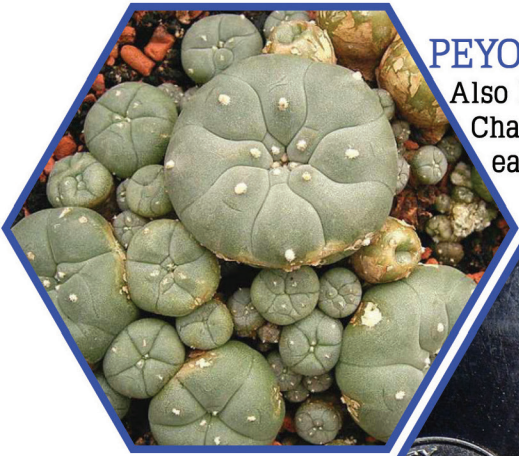
Characteristics: specific chemical that is found in approximately 190 species of mushrooms which can be eaten fresh, dried, or made into tea



## PEYOTE (mescaline)

Also known as: beans, buttons, cactus, mesc

Characteristics: small portions of the peyote cactus can be eaten or made into a tea, can be made in a lab



## DMT (dimethyltryptamine)

Also known as: dimitri

Characteristics: found naturally in some Amazonian plant species, can be lab grown, white crystalline powder usually vaporized or smoked, strongest of psychedelics



## SALVIA (salvia divinorum)

Also known as: diviner's sage, Sally-D, magic mint

Characteristics: plant, ingested by chewing fresh leaves or drinking extracted juices, dried leaves can be smoked or vaporized



# CLUB DRUGS



**What is it?** Club drugs are a group of psychoactive drugs. They act on the central nervous system and cause changes in mood, awareness, and behavior. While some club drugs in this group are in other groups of drugs, this classification refers to drugs that are commonly abused by young adults at all-night dance parties, dance clubs and bars. The danger of these drugs increases exponentially when mixed with alcohol, which is an unfortunate common practice. These are also popular drugs for date rape purposes.

## Some examples of club drugs:

**GHB (gamma-hydroxybutyric acid)**

Also known as: liquid X, liquid ecstasy, scoop, soap, G, vita G

GHB can be a liquid, pill, capsule, or in powder form. The high effect lasts approximately four hours. GHB is a depressant drug acting on your central nervous system and it slows a person's heart rate and breathing to potentially dangerous levels.

Effects of GHB include: euphoria, sedation, confusion, dizziness, hallucinations, lowered inhibitions, short-term amnesia, aggression, vomiting, nausea, seizures, tremors, low body temperature, fatal respiratory problems, coma, liver failure, and even death.

## KETAMINE

Also known as: special K, vitamin K, super K, ketaset, jet, cat valium, kit kat, K

Ketamine is used as an anesthetic for veterinarians. It was originally developed for humans, but with so many adverse effects, it is now reserved for rare cases when a person is badly injured and cannot be moved. Some ketamine highs last about an hour, however other highs can last much longer. It is possible to overdose and die.

Effects of Ketamine include: sound and light distortion, illusions, hallucinations, nausea, vomiting, slowed breathing, dizziness, confusion, slurred speech, sedation, numbness, weakness, muscle rigidity, aggressive behavior, loss of coordination, rapid heart rate, amnesia, and delirium.



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## MDMA, ECSTASY, & MOLLY

Also known as: E, X, XTC, hug drug, Adam, lover's speed

MDMA, ecstasy and molly are used interchangeably. Even though they have similarities, they are not the same. MDMA is a synthetic drug that alters mood and perception and is in crystal form. Chemically, it is similar to stimulants and hallucinogens. It produces feelings of increased energy, pleasure, emotion and distorts the senses.

Ecstasy and molly are forms of MDMA, but contain other substances such as: sugar, caffeine, meth, cocaine or heroin. Molly is a purer form of MDMA and usually comes in a white powder, where ecstasy is in pill form. However, comparing the illegal drugs in detail is very difficult as there are no regulations with street drugs, so ecstasy and molly could be cut with different substances every time. Remember, mixing any drugs with other substances increase the chance of overdosing and death.

The high typically lasts for three to six hours, although some users will ingest more to continue their high. When one is too high, it can lead to overdose, seizures and fainting. MDMA subsequently ecstasy and molly, is a strong stimulant that can cause a person's body to be extremely overactive. When a person is overactive and dances for hours without resting, drinking water or cooling off, it is easy for a person's body to overheat and become dehydrated, which can lead to organ failure and death.



Effects of MDMA, ecstasy and molly include: euphoria, greater enjoyment of dancing and music, distortion of light and touch, increased body temperature, lack of appetite, extremely alert and awake, jaw clenching and teeth grinding, chills, muscle cramping, anxiety, restlessness, irritability, sadness, lack of interest, sleep difficulty, aggressive behavior, poor memory, difficulty focusing, drug cravings and paranoia.

## ROHYPNOL

Also known as: roofies, rope, forget me pill, ruffles, date rape drug

Rohypnol is in the same class of drugs as xanax and valium, however it is ten times stronger than valium. Rohypnol is a tranquilizer and takes effect very quickly. It is known as the date rape drug as one of its effects is amnesia. Some users swallow pills orally, however some users crush the pills and snort them, dissolve them under their tongue, or dissolve the drug in water and inject it. Effects include: amnesia, drowsiness, low blood pressure, dizziness, confusion.

# DESIGNER DRUGS

**WHAT IS IT?** Designer drugs refer to drugs that are created in illegal labs and manufactured to mimic illicit drugs. Although some designer drugs may be purchased legally due to drug manufacturer's changing the chemical structure to avoid classification as illegal, they can be more potent and dangerous than their street drug counterparts. The manufacturer's goal is to create new drugs, make money and not break any laws, so they continue to change the chemicals in the designer drugs to stay one step ahead of the law. Some chemicals that these drugs contain have not been identified, and therefore the effects on your body and mind are unknown.



## Some popular designer drugs:

### PINK or PINKY

Pink, known as U-47700, is a synthetic opioid that is manufactured mainly in illicit labs and pushed as a "heroin substitute". Pink is eight times stronger than regular heroin and comes in baby pink or white powder, pill or liquid form. The drug can be injected, snorted or taken orally. Pink can also be combined into traditional heroin, other drugs or even



pressed into pills to resemble traditional painkillers, which means some users may not be aware of what they are taking. When people ingest U-44400, it acts on their central nervous system. Some of the effects can depress their respiratory system, constrict their pupils, cause anxiety and nausea, and has been known to depress the cough reflex which can lead to fatal levels. Pink has never been tested on humans and has not received approval from the FDA.



## FLAKKA

Flakka is a human-made stimulant referred to as “gravel” on the street due to its white crystal-like chunks. It can be smoked, snorted, swallowed or injected. Flakka is also known as the “zombie drug” due to bizarre reactions a user is known to have while high. It stimulates the effects of cocaine and meth, but is much more dangerous. At first, a user feels euphoria, but that wears off quickly. Then the negative effects kick in. Some negative effects are: delirium, hallucinations, paranoia, increased strength, increased heart rate, increased body temperature, panic attacks, depression, suicidal tendencies, psychosis and extreme violence.



## BATH SALTS

Bath salts do not refer to what you put in your bathtub to relax after a long day. It is an illegal drug and refers to a class of drugs that have human-made chemicals related to cathinone (a stimulant found in the khat plant). These drugs have similar effects as meth or MDMA, but like other designer drugs they are much more potent and dangerous. Effects of bath salts include: nosebleeds, sweating, nausea, increased heart rate, high blood pressure, chest pains, paranoia, hallucinations and panic attacks.



## KROKODIL

Krokodil (“crocodile”) is a drug that began as a heroin alternative in Russia. It is made using codeine, paint thinner, gasoline, hydrochloric acid, iodine and red

phosphorous. This liquid is injected directly into the user’s vein. Krokodil has many side effects including headaches, muscle destruction, bone damage, nervous system damage, inflammation of liver and kidney, ulcers and overall collapse of health. However, the most disgusting and devastating aspects of this drug is that the user’s veins melt, arms and legs wither away, and skin rots and falls off.

## SPICE/K2

Spice is illegal and is known as a synthetic marijuana. However, it is nothing like traditional marijuana and is not “all natural” like it claims. It is called spice in order to trick non-users into thinking it is an actual spice, such as pepper or paprika. Spice is sold under different brands and contains many chemicals. Its side effects include: high blood pressure, blurred vision, heart attack, seizure, vomiting, hallucinations, anxiety and paranoia. Spice is up to 100 times stronger than marijuana and has caused some users to die.

# PRESCRIPTIONS



**What is it?** Prescription medications are legal and have helped with multiple types of health issues, bringing relief to so many people. However, these medications must be prescribed and monitored by medical professionals. When not taken correctly, prescription medications have the potential to do more harm than illegal drugs. Any

misuse of a prescribed medication or using any prescription that is not written specifically for you is against the law. Mixing prescription drugs with other types of drugs is very dangerous and can cause the users extreme harm to their bodies, and many times, death.

Some different classes of prescription drugs that are commonly abused:

- Opioids: for pain
- CNS (central nervous system) depressants: for anxiety and sleep disorders
- Stimulants: for ADHD and narcolepsy
- Antidepressants: for depression

## OPIOIDS

Opioids are prescribed for pain relief and can manage pain effectively. However, if misused there is a chance of drug abuse, dependence, addiction and overdose. Anytime opioids are mixed with other substances that depress the nervous system, such as alcohol or CNS depressants, there is a high risk for slowing down a user's respiratory system, which could lead to death. Before taking opioids, patients should ask their doctors detailed questions concerning the addictiveness of the drug. The short-term effects of opioids include drowsiness, slowed breathing, constipation, nausea, and coma. Long-term effects of opioid abuse include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes.

Generic opioids: codeine, fentanyl, hydrocodone, methadone, morphine, oxycodone

Brand names: Fentora, Lorcet, Lortab, Norco, Vicodin, Demerol, OxyContin, Percocet, Roxicet





## CENTRAL NERVOUS SYSTEM DEPRESSANTS

CNS depressants are used as sedatives to slow the brain activity. They treat anxiety, panic attacks and sleep disorders. While these medications can have a great effect on treating disorders, one can also become dependent on CNS depressants and possibly become addicted. Side effects of these drugs include slurred speech, sleepiness, disorientation, lack of coordination and shallow breathing, which can lead to overdose and death.

Generic CNS depressants: diazepam, alprazolam, triazolam, zalepon, mephobarbital, eszopiclone

Brand names: valium, xanax, ambien, lunesta, nembutal

## STIMULANTS

Stimulant drugs are used in the treatment of ADHD and narcolepsy. These drugs can help manage ADHD symptoms such as short attention span, impulsive behavior and hyperactivity. Stimulants help control ADHD in approximately 70% of adults and 70-80% of children.

Stimulants are not habit forming when prescribed in low doses to ADHD patients. However, there is potential for abuse and addiction when a patient is not following a doctor's instructions. Side effects of these drugs include headache, upset stomach, high blood pressure, irregular heartbeat, loss of appetite, nervousness, insomnia, anger and risk for seizures and stroke.

Generic stimulants: amphetamine/dextroamphetamine, methylphenidate, dexamethylphenidate

Brand names: adderall, procentra, focalin, ritalin, evekeo, concerta

## ANTIDEPRESSANTS

Antidepressants are medications used to treat moderate to severe depression, obsessive compulsive disorder and generalized anxiety disorder. They are prescribed to a patient in order to correct the chemical imbalance of neurotransmitters in a person's brain, which may control a person's mood and behavior. Although antidepressants don't have euphoric effects other drugs have and they are not addictive, users can still develop a physical dependence on them. Side effects of abusing antidepressants can include impaired coordination, confusion, fainting, uncontrollable shaking, dizziness and irregular heartbeat. Antidepressants can also produce worsened depression and anxiety, intense sedation, extremely high blood pressure and the possibility of an overdose. If you are prescribed antidepressants, do not stop taking them without consulting your doctor. The withdrawal effects of antidepressants can be very dangerous.

Generic antidepressants: fluoxetine, citalopram, sertraline, bupropion, escitalopram, desyrel

Brand names: prozac, zoloft, paxil, lexapro, celexa, wellbutrin, cymbalta, effexor, desyrel

# OVER THE COUNTER



**What is it?** Over-the-counter (OTC) medications can be bought at any local store without a prescription. Although they are non-prescription medication, they can still be very dangerous if the instructions are not followed properly. OTC medications are strictly regulated for health and safety purposes. For example, some OTC cold and allergy medicines are behind the counter at the pharmacies instead of on the aisles. In order to purchase these types of medications, a person must be of legal age. OTC medications are typically less potent than street drugs, so the user would have to ingest an enormous amount to feel high, which can have harmful side effects. If you ever have any questions about medications, ask the pharmacist on staff.

- Cough Medicines (Dextromethorphan)

Effects: hallucinations, vomiting, rapid heart rate, blurred vision, shakiness, brain damage  
Known as: skittling, DXM, dex, dexing, orange crush, robo-tripping, Vitamin D

- Cold medicines (Pseudophedrine)

Effects: irregular heartbeat, shortness of breath, high blood pressure, dizziness, seizures  
Known as: pseudo, also same as cough medicines

- Motion sickness and allergy medications (Dimenhydrinate)

Effects: hallucinations, ringing in the ears, nausea, irregular heartbeat, seizures, coma, death  
Known as: dime

Other OTC medications that are sometimes abused:

- Pain medication (aspirin, ibuprofen, acetaminophen): liver failure
- Laxatives: dehydration, tremors, weakness, blurry vision, kidney damage, colon infection, irritable bowel syndrome
- Diet pills: leads to unhealthy weight loss, malnutrition, dehydration, elevated risk of stroke
- Caffeine and energy drinks: dehydration, anxiety, panic attacks, high heart rate

# INHALANTS

**WHAT IS IT?** Inhalants are volatile substances that produce chemical vapors which can be inhaled through the nose or mouth, known as huffing. They are broken down into four groups: solvents, aerosol sprays, gasses and nitrites. Inhalants can be found in common household or workplace products such as: spray paint, markers, glue, cleaning fluids, gasoline, fingernail polish, whipped cream spray, helium-filled balloons, lighter fluids, aerosol dusting sprays and leather cleaner. Inhalants are typically abused by younger people because they are easily acquired and inexpensive. Don't be fooled by these common inhalants because they do contain dangerous substances that have mind-altering characteristics when inhaled.

**Effects:** Inhalants can cause serious health issues, even death. This is called Sudden Sniffing Death Syndrome (SSDS) and can happen from one use. SSDS is the result of heart arrhythmia caused by the inhalation of toxic substances. Chemicals in the products that are inhaled cut off oxygen supply to the brain which can result in harmful side effects.

Some harmful side effects include:

- Slurred or distorted speech
- Lack of coordination
- Euphoria
- Dizziness
- Light-headed
- Hallucinations
- Vomiting
- Nausea
- Chest pain
- Liver and kidney damage
- Hearing loss
- Bone marrow damage
- Nerve damage
- Brain damage



Physical inhalant addiction is possible, but psychological dependence is more common. Some inhalant abuse signs are: paint on one's clothes; sores around one's mouth or chemical odors. Talk with your doctor and your family about the dangers of inhalants.

# SUICIDE

It's upsetting when anyone we love passes away. What's even more tragic is when someone takes his/her own life. Words cannot describe the devastation felt by family, friends and the community when someone commits suicide. Statistics show suicides among young people continue to be a serious problem. It is the third leading cause of death from 15 to 24 year olds and the sixth leading cause of death from 5 to 14 year olds. The "why" of suicide in young people may be hard to understand. Teenagers experience intense feelings of stress, confusion, self-doubt, pressure and fears of growing up. Also, some teens commit suicide to escape feelings of rejection, hurt, victimization or loss. Situations can also drive suicidal thoughts such as; bullying, cyberbullying, abuse, or even a broken heart. It boils down to the person feeling some sort of physical or emotional pain, and they just want the pain to go away. Underlying suicide thoughts can be treatable. However, the person having suicidal thoughts may not be able to or want to seek help. In order for someone else to recognize a call for help, it is vital to know the signs and symptoms of adolescents contemplating suicide.

Some suicidal signs include:

- Change in eating and sleeping habits
- Withdrawal from friends and family
- Violent or rebellious behavior
- Drug use
- Unusual neglect of personal appearance
- Noticeable personality change
- Difficulty concentrating
- Loss of interest in activities
- Complaints about physical pains
- Low self-esteem
- Verbally saying things like "nothing matters" or "I won't see you again"



If any suicidal behavior is noticed in a person, it is very important as a parent, friend, or even acquaintance to not be judgmental, but open up a line of communication with the person of concern. Let the person in question know they are not alone. Do not get angry and try to avoid saying things such as, "That's not a big deal" or "That is silly to be upset about." Take warning signs seriously.



It is also important to recognize that sometimes this behavior cannot be treated on its own. Sometimes professional psychiatric help is required in order to properly help someone suffering from depression or other mental illnesses. There is nothing shameful, embarrassing, or silly about seeking professional help to better yourself.

If you are concerned about someone's behavior, do not hesitate to let someone know your concerns. When it comes to life and death being scared or embarrassed to say something is not an option. Whether it is a friend or family member, young or old, suicide can be an option for anyone at any given moment. Take notice and ask someone for help. Most people that attempt suicide are not actually wanting to die, they just desperately want the pain to go away and they need help. It is better to be concerned, do something, and be mistaken about their intent, than to be concerned and do nothing.

We never really know what other people are going through at home, with their friends, or any aspect of their personal lives. Everyone deserves respect and kindness. Teasing, joking about, talking behind people's backs, or any such behavior can be devastating to the person on the receiving end. Even something you may consider as "harmless fun" may be just the thing to push someone over the edge. Do your best to remember: treat others the way you wish to be treated, and keep in mind that laws are changing. For instance, if bullying is involved when someone commits suicide, the person who was the bully can be arrested.

If you are contemplating suicide or just having suicidal thoughts, reach out to someone for help. You are not alone. Find someone you are comfortable with who can help you resolve any issues you may have: a parent, sibling, friend, teacher, sports coach, or a medical professional. There are many people who care about you and want to help without judgment. There are also resources available for you online.

## **National Suicide Prevention Lifeline**

### **1-800-273-8255**

This lifeline provides 24/7, free, and confidential support for people in distress, resources for you or loved ones and help for professionals as well.

You can also visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) for safe, confidential, free online chat to help you or a loved one.



# GET HELP

When you or someone you know is addicted to drugs, reach out for help. It is natural to be afraid to approach your loved ones about drug use. You don't know how they will react and you don't want to push them away or make the situation worse. There are things you can do to help. Use the resources found online, talk with a parent, doctor, sibling, friend, teacher, coach, or anyone you trust and feel comfortable with. Everyone wants the same thing...HELP.

## What is it?

- Use drugs to get rid of withdrawal symptoms
- Tolerance to the substance
- Continued use of drugs
- Neglecting family, friends, obligations and responsibilities
- Decline in physical appearance and health

## Get help...don't go at it alone

- Ask someone who is not using drugs to help you
- Do not give up
- Know that not all treatment options work the same for everyone
- Know that it takes time
- Remind yourself of why you want to change
- Find local rehab centers, sober living homes, or meetings to build a sober social network.



**You are not alone.  
There is hope.  
Do not give up!**



## Do you know someone who is addicted?

- Sudden change in behavior
- Mood swings
- Withdrawal from family members
- Neglecting physical appearance
- Loss of interest in favorite activities
- Strange sleep patterns
- Red or glassy eyes
- Sniffy or runny nose

These are just general drug use signs. You can do advance research on the internet about specific drugs and also talk with your doctor.



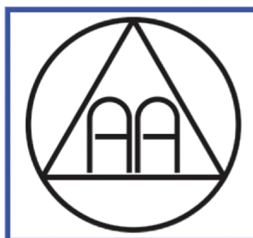
### Tips...

- Remember, addicts may or may not realize they need help
- Ask for help from a counselor or medical professional
- Research “how to help an addict”
- Continue to love and help them without enabling their drug habit

### Resources...

These are only a few of the help resources. Keep in mind there are many more and help can be found! Do not give up hope.

- The Substance Abuse and Mental Health Services Administration  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)  
**1-800-662-HELP (4357)**
- National Institute on Drug Abuse: [www.drugabuse.gov](http://www.drugabuse.gov)
  - Alcoholics Anonymous: [www.aa.org](http://www.aa.org)
  - Narcotics Anonymous: [www.na.org](http://www.na.org)
- Al-Anon Family Groups: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)



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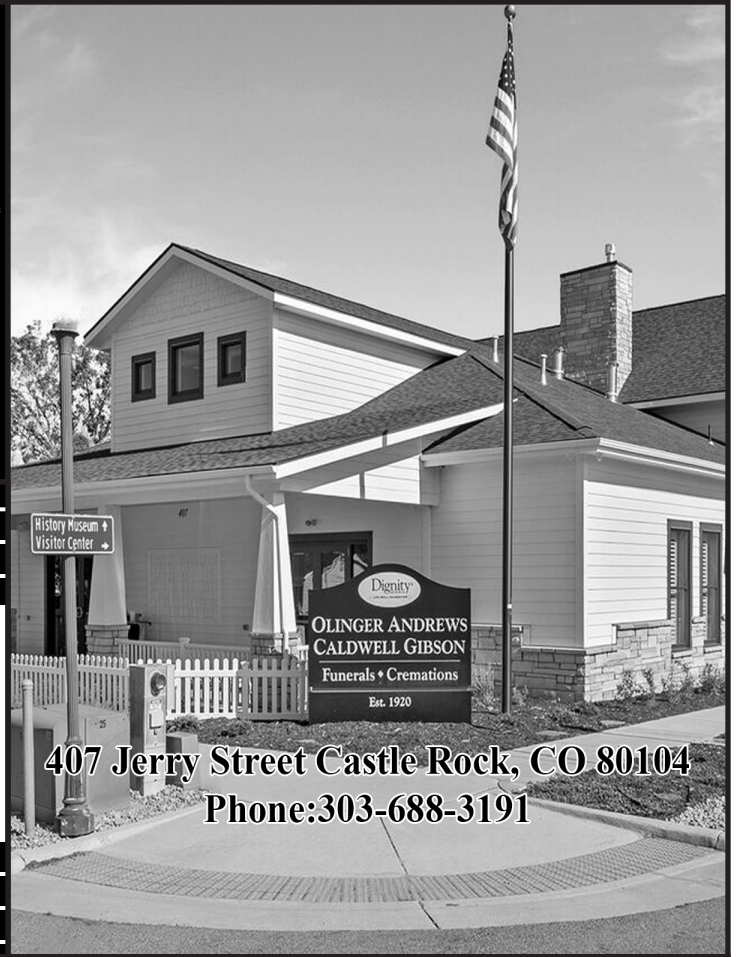
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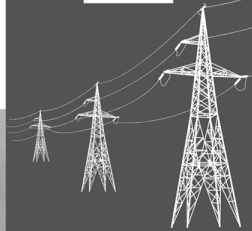
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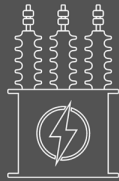


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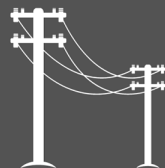
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As proud nonprofit members of the Douglas County community, K-9 Friends has purchased all of the dogs in the DSCO K-9 Unit and Wellness Program since 2011. In addition, K-9 Friends provides life-time care for all retired DSCO K-9s, along with world-class training and an array of specialized equipment for the active K-9 Unit. Most importantly, we couldn't have done any of this without the generosity and kindness of folks just like you!

Thank you!

[Learn more at k9friends.org](http://k9friends.org)



Dozer

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