

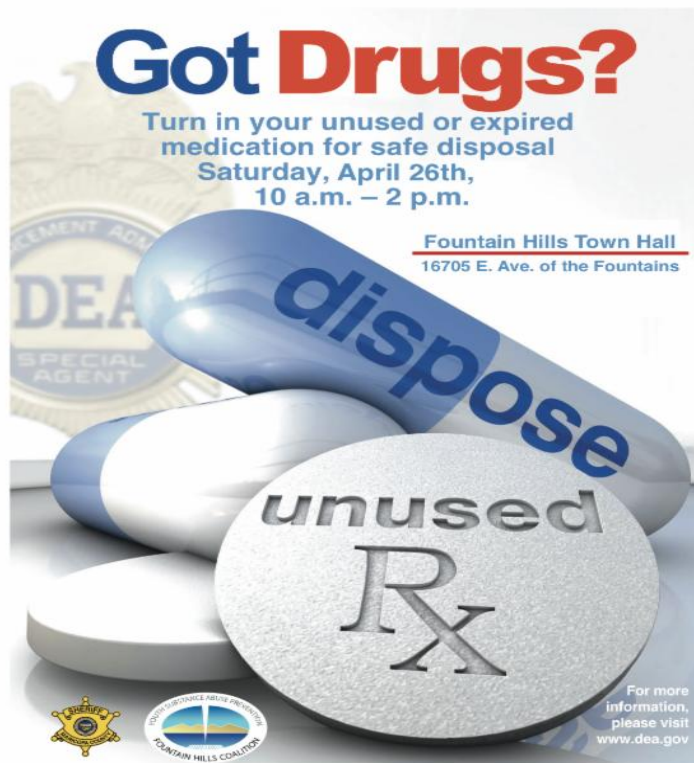
## Greetings!

Prescription drug misuse is a public health crisis. Every 8 minutes, a child is treated in the ER from a prescription drug poisoning\* and everyday, 40 people in the U.S. die from a prescription pain-reliever drug overdose. \*\*

One way we can make a difference in Fountain Hills is by getting rid of unused or expired medications. On Saturday, April 26th from 10am to 2pm, the Maricopa County Sheriff's Office will have bins at the Fountain Hills Town Hall to dispose of your medications. The drug take back day is a quick and easy way to clean out those medicine cabinets and prevent poisonings, diversion and abuse.

Below are some simple tips regarding medications and the event:

1. Take pills out of original containers and put them in a zip lock type of bag.
2. Throw away pill containers in the trash, but black out any personal information or refill information with a sharpie first.
3. If you do bring the medication in its original container, black out any personal or identifying information.
4. Liquids such as cough syrup cannot be accepted but you can pour any unused portion over coffee grounds or cat litter and then discard.



\*Kids Safety March 2014 Report    \*\* Center for Disease Control

## High School News

On March 25th, MEGADETH Rock Star, DAVID ELLEFSON, spoke to over 200 high school students during lunch periods about his battle with drug and alcohol addiction.

Ellefson gave credit for his 24 years of remaining clean and sober to staying connected to his higher power. During his presentation, students had the opportunity to ask questions which Ellefson answered candidly. Afterwards, Ellefson graciously shook hands, talked with each student and let them know he was ready to help those in need.



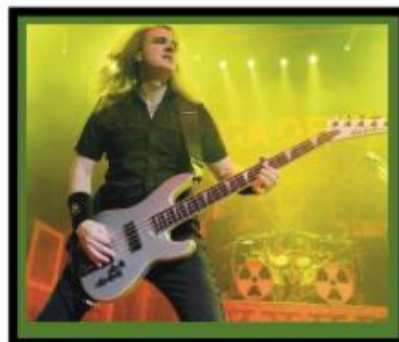
## MEGADETH STAR DAVID ELLEFSON

### “JUST DON’T START”

“Trying drugs and alcohol is no different than playing Russian roulette!

You don’t know if you are going to take a drink, then get in the car to drive home and kill somebody, or kill yourself, but it happens.

And you don’t know if smoking pot one time isn’t going to lead to more. But I can tell you this: the best way to be absolutely sure is to just not start. Just don’t start.



Addiction is a lie. It likes to get you alone because when you are alone, that addiction will talk to you and try to take you back to it.

And addiction, while it can make you feel unique, completely takes away our uniqueness. We’re like any other junkie. Using alcohol and drugs is an equalizer. We just blend in. So the best part of us goes away.”

Extracted from April 2nd *Fountain Hills Times* article reporting on Ellefson’s presentation at Fountain Hills High School on March 25, 2014.



If you know someone who would like to share their story with our youth, please contact Maria at (480) 203-1568.