

Cheese Heroin

It's cheap, it's dangerous and has Texas law enforcement and drug counselors scrambling to stop it and youngsters eager to share it.

What is it? A new heroin-laced powder known as "cheese." So far the problem seems to be isolated in the Dallas, Texas school system. However, with its ease to make and inexpensive price tag as bait, Alabama law enforcement along with drug counselors, school professionals and parents should be alert to the possibility of local infiltration.

Cheese is a tan powder made mostly from acetaminophen and diphenhydramine HCL — the ingredients in Tylenol PM — with a little heroin mixed in. Authorities say samples confiscated in Dallas have been laced with up to 8% heroin. The Tylenol and heroin are crushed together and typically folded into notebook paper. A quarter-gram sells for \$5, with a single hit usually selling for \$2. This "lunch-money" price tag allows for younger children to afford the new danger. In fact, Dallas officials have reported users as young as middle school age.

The highly-addictive "cheese" creates euphoria, disorientation, lethargy, sleepiness and hunger, according to police. They go on to add that withdrawal symptoms may appear as soon as 12 hours of discontinued use. Users told police that the after-effects, including headaches, chills, muscle pains and anxiety are so severe that they often return to using the drug within one to three days as a way to avoid dealing with the agonizing symptoms.

You May Find This Hard To Swallow...

Chewing tobacco or snuff is placed in the mouth to be chewed and sucked in order to extract the tobacco juices. Users have to spit often to get rid of the extra saliva that builds up (sounds really attractive, right?). This sucking and chewing allows nicotine (an addictive drug) to be absorbed into the bloodstream through the tissues in your mouth. You don't even need to swallow.

If You Think Chewing or Dipping is Cool. Chew on This:

Consequences of chewing tobacco include:

- Bad breath
- Yellowish-brown stains on your teeth.
- Mouth sores (about 70% of spit tobacco users have them).
- Cracking and bleeding lips and gums
- Receding gums, which can eventually make your teeth fall out
- Increased heart rate, high blood pressure, and irregular heartbeat
 - Which lead to a greater risk of heart attack and brain damage (from a stroke)
- Addiction
 - Withdrawal from chewing tobacco causes signs and symptoms such as intense cravings, increased appetite, irritability and depressed moods.

- Oral cancer.
 - Oral cancer can happen in the lips, tongue, the floor of the mouth, roof of the mouth, cheeks, and/or gums.
 - Only about HALF of people with diagnosed mouth or throat cancer SURVIVE more than 5 years. (CDC)
- Other cancers
 - Some of the cancer-causing agents in the tobacco can get into the lining of your stomach, your esophagus, and into your bladder.



Throat cancer

You're right. That is way too cool.

Crack Babies



Exposed to the drug in the womb and born addicted to crack cocaine, crack babies experience severe withdrawal symptoms. Conservative estimates suggest that at least 11 percent of all newborns in the United States today were exposed to one or more illicit drugs while in the womb, with the number being even higher in urban areas. Birth and hospitalization of a normal newborn cost approximately \$2,000. Birth and hospital care of a crack-exposed neonate, with round-the-clock nursing, monitors, blood and urine tests, high-tech equipment and social service evaluations, costs about \$11,000.

When a pregnant woman takes a hit of crack cocaine, the unborn baby loses sufficient blood and air, causing brief suffocation. For the mother, the drug's euphoric effect lasts only about 20 minutes. For the growing unborn baby, the cocaine stays in its system for more than two weeks. In the womb, the child is often

re-exposed, because the cocaine doesn't pass through the placenta to the mother, but remains in the amniotic fluid surrounding the baby.

Prenatal drug-exposed newborns cry more frequently than unexposed babies. A baby suffering though moderate to severe withdrawals is very hard to console. Typically, when held, these children tend to arch their backs, pull away and cry until they exhaust themselves. Experts say the babies cry because they're suffering and in pain.

Bathing with soap and warm water, one of the few ways nurses have found to comfort drug-exposed newborns, soothes the frantic babies and removes the sweat that envelops them as they go through withdrawals. Following the bath, the infants are wrapped tightly in blankets so that when they cry, their arms won't flail about and cause them to re-stimulate themselves.

Ecstasy

MDMA (methylenedioxymethamphetamine)
AKA: X, Adam, Clarity, Lover's Speed

An estimated 2.4 million 7th- 12th graders experimented with Ecstasy in the year 2000. Popular at "Raves" (all night parties), Ecstasy is used by teens to party or to study all night long. MSMA is an amphetamine-like synthetic drug, a "cocktail" of speed and hallucinogenic drugs. It is a central nervous stimulant and causes hallucinations.

The paraphernalia used for MSMA are blow pops, menthol body ointment, menthol lozenges, nasal inhalers and baby pacifiers.

Ecstasy comes in pill form, but can also be injected. It is rarely "pure" as it is frequently cut with caffeine, LSD, rat poison, solvents and even disinfectants.

Prices range from \$10-\$40 per dose.

- Ecstasy causes a dopamine high resulting in euphoria, joy, a sense of well-being, alertness and endurance.
- The effects start within 20-40 minutes and last 4-6 hours.
- Ecstasy targets the serotonin receptors in the brain. Serotonin affects the thinking process, mood, sleeping and eating habits, aggressive behavior, sexual function and sensitivity to pain. *Serotonin levels are reduced in the brain by 90% for at least two weeks after using Ecstasy.*
- Users frequently have the urge to rub their skin, grind their teeth and therefore; use baby pacifiers as a substitute for those urges.
- Jaw thrusting is common.
- Users often hug each other and massage each other's bodies as this intensifies the high.
- Long term effects include profound memory loss, impaired learning ability, impulsivity, panic attacks, mood swings, flashbacks and severe persistent depression that does not respond well to antidepressants.

High doses can cause coma and death.



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Information Bulletin New Drug - JENKEM



On 09/19/07 Cpl. Disarro received an email from a concerned parent regarding a new drug called "Jenkem". The parent advised their child learned about this drug through various conversations with several students at Palmetto Ridge High.

Jenkem originated in Africa and other third world countries by fermenting raw sewage to create a gas which is inhaled to achieve a high. Jenkem is now a popular drug in American Schools.



Jenkem is a homemade substance which consists of fecal matter and urine. The fecal matter and urine are placed in a bottle or jar and covered most commonly with a balloon. The container is then placed in a sunny area for several hours or days until fermented. The contents of the container will separate and release a gas, which is captured in the balloon. Inhaling the gas is said to have a euphoric high similar to ingesting cocaine but with strong hallucinations of times past.

Once ingested the onset of the high takes approximately 10 seconds with the most severe hallucinations happening in approximately 20 minutes. Several articles indicate that the subject immediately passes out after ingesting the gas then regains a magical/hallucinogenic state within seconds of regaining consciousness. The high has been described by subjects as a feeling of "being out of it" and talking to dead people. The feeling of being "out of it" may last for several hours or days. All subjects who used the Jenkem disliked the taste of sewage in their mouth and the fact that the taste continued for several days.

Slang terms: Winnie, Shit, Runners, Fruit from Crack Pipe, Leroy Jenkems, Might, Butthash, and Waste.



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Jimson Weed

On that September 2006 night, as the ambulance pulled away, Dorothy was afraid she would never see her grandson alive again. "My God in heaven, I wouldn't want any other grandparent or parent to see what I saw in there the other night," she said. "And I will keep seeing that too. I can't get it out of my mind." Dorothy discovered her live-in grandson gasping for air. "I thought the boy was just sick to his stomach. But after he had been vomiting for about 20 minutes, I knew there was something else wrong," Dorothy said. "He couldn't stand up. I never saw anything like that and I never want to see it again."

Eddie spent nearly a week in intensive care after eating the seeds of jimson weed, also known as logo weed or stink weed, which grow wild. The plant is extremely toxic, containing the highest concentration of atropine. The phrase "red as a beet, dry as a bone, blind as a bat, mad as a hatter," has been used to describe the effects of the weed. Intentional misuse of the plant, which is legal, is generally by teenagers who eat the seeds, drink teas or smoke cigarettes made of jimson weed. Side effects of the weed include dilated pupils, increased heart rate, trembles, delirium, hallucinations, convulsions, coma and even death.

"I read that half a teaspoon (of the seeds) can be fatal," Dorothy said. "I know I cleaned up more than a teaspoon full where he vomited. And the doctor said when they pumped his stomach, there were a lot in there."

When Eric gained consciousness, he didn't know where he was or how he had gotten there." I don't remember anything until I woke up in the hospital," he said. "I don't plan on doing anything else ever again." He said he still felt "a slight dizziness."

Eric found out about jimson weed and its hallucinogenic effects from a friend. "A friend told me about it and said it would make me feel better," Eric said. "I ate one pod. It was a head change."

Safe Harbor's Resource Director, Donna Funderburke-Parker said she wants every parent, youth pastor and school official to be aware of jimson weed and other legal plants that have negative affects. "The fact that these toxic plants are legal or can be found growing in the wild give teens a false sense of security", she says. "We need to sit down and explain to our children why they do not need to experiment with herbs and plants. Just telling them not to do it is not enough. We must explain the dangers. Knowledge will give them the power to stay safe and alive." Dorothy said she is worried about other teens in their community-especially after her grandson told her what he and his friends had planned if Wade had not gone into the hospital. "They supposedly had a whole bucket of those little pods. Eddie said they were going to have a party over the weekend and what they didn't use in the party, they were going to take to school and sell them," Dorothy said. "If a bunch of kids get together and do this again, it might kill them the next time."

Initial symptoms include restlessness, shaking, hallucinations, dry mucous membranes, thirst, dilated pupils, blurred vision, and difficulty speaking and swallowing. Overdosing may produce dangerous medical conditions, such as cardiac arrhythmia, hyperpyrexia, seizures, coma, respiratory arrest and death.

Methamphetamine

Commonly called Meth, Speed, Crank, Crystal, Crystal Meth or in its smokeable form, Ice, Glass or Crystal.

Meth is usually found in powder form in colors ranging from white to tan. It is sold in small plastic or paper packets, plastic bags or in tablet form called yaba (Thai word for "crazy medicine").

Meth is man-made and can be easily produced by using materials readily available at area stores; pseudoephedrine, acetone, Red Devil Lye, gasoline additives, Drano, ether, battery acid, iodine crystals, paint thinner, Pheynl-2-propane and anhydrous ammonia. Meth can be produced in homes, cars and hotel rooms. A Meth lab can be in the last hotel you stayed in, your neighbor's bathtub, or in the trunk of a car parked next to you and your children. The ingredients used to make Meth are highly volatile.

There are a variety of ways to consume Meth:

- **Snorting:** Meth is known as Speed or Crystal when it is swallowed or snorted. Snorting is the most common method. The crystals are crushed into a powder. Using a razor blade or other sharp edged instrument the powder is manipulated into a fine line. The powder is then inhaled into the nose through a straw or rolled up bill. The drug is then absorbed into the blood stream.
- **Smoking:** Meth is known as ice or glass when it is smoked. The drug is heated in a glass pipe (like the rose-in-a-glass you find at gas stations) until it becomes smoke. The user then inhales the smoke into the lungs where it is absorbed into the bloodstream.
- **Booty Bumping:** The drug is dissolved into water, then using a syringe without a needle, the syringe is injected into the rectum where the drug is absorbed into the bloodstream via the rectal lining.
- **Hot Rail:** The tip of a glass pipe is heated and placed over a line of Meth causing the meth to vaporize. The vapor is then inhaled through the nose.
- **Shooting Up:** Meth is known as Crank when it is injected. The drug is injected into the bloodstream, muscles (muscling) or under the skin (skin popping).
- **Pills:** A combination of 25 to 35 mg of Meth and 45 to 65 mg of caffeine. The pills are available in grape, orange, vanilla, strawberry, Red Bull and Coca Cola. The colors of the tablets are most commonly reddish-orange or green, with various logos (commonly "WY" or "R").

Forms of Meth

1. Ice Meth

Ice comes in various sized clear rock crystals. It is sold in clear, heat sealed cellophane packets.

Ice is extremely pure. It is the smokeable form of methamphetamine and is usually referred to as crystal, glass or batu. The chunks are clear to yellowish in color, look like a rock of candy or rock salt and are highly addictive. It is sold in heat sealed cellophane packets. It is smoked by using a one-chamber pipe (bong) where the ice is heated until it turns to a gas and then inhaled by the user. Smoking the ice form of Meth makes it more popular because there is no needle usage, therefore, a reduction in the risk of AIDS and other blood born diseases.

The clear looking ice is water-based and burns quickly, leaving a milky white residue in the bong.

2. Crystal Meth

This is one of the most popular forms of Meth. Crystal Meth's main ingredient is ephedrine. Ephedrine is found in many legal drugs such as diet pills and decongestants. That is why pharmacists have certain over-the-counter medicines behind the counter; to prevent the selling of ephedrine laced legal drugs from being used to make Meth.

Crystal Meth is usually smoked in a glass pipe, is odorless and can be used without notice. The yellowish ice is oil based and burns slower, leaving a dark brown or black residue.

Crystal Meth users experience a burst of energy and heightened alertness. After the high is over the user will experience extreme fatigue and will go into a deep sleep that can last for days.

3. Strawberry Quick

Some Meth cooks are adding coloring and flavoring to the Meth ingredients. The new coloring and flavoring change the appearance of the drug. It is best known as Strawberry Quick, because often cooks use red food coloring and strawberry flavoring. However, other flavorings are chocolate, Red Bull and Coca-Cola.

Counselors have reported that teens will consume the flavored drug unaware they are using Meth. It has been reported agents have confiscated a red Meth that had been marketed as a powdered form of an energy drink. Counselors are concerned that kids will overdose more easily, landing them in the emergency room or morgue.

Effects of Meth

- Depending on the dose, it can last from 2-14 hours
- More intense high than the other forms of Meth
- Enhanced and more rapid onset of the negative effects of other forms of methamphetamine.
- Increased alertness
- Euphoria
- Appetite loss
- Dilated pupils
- Elevated heart rate
- Increased respiration
- Elevated body temperature

Prolonged Use Effects:

- Blurred vision
- Dizziness
- Loss of coordination
- Toxic psychosis.
- Lung damage
- Liver damage
- Kidney damage
- Toxic psychosis similar to paranoid schizophrenia
- Acute depression
- Fatigue when stops using.
- An overdose can result in high blood pressure, fever, stroke, heart failure and death.
- Meth Mouth - a term commonly used to describe the mouth of a Meth user. The teeth and gums of a user decay rapidly.

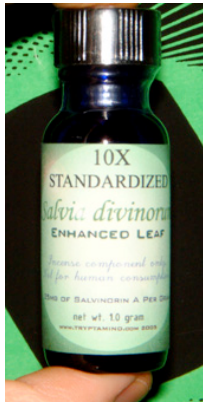
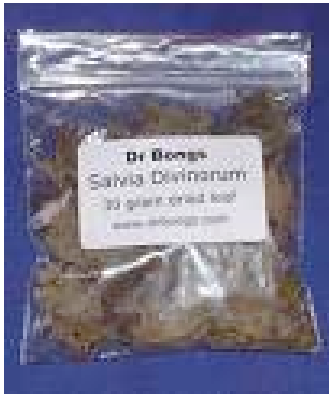
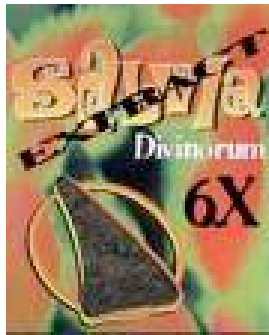
Meth Mites - a term used for the sensation of small bugs moving right under the skin because of the nerve ending stimulation caused by Meth. The Tweaker (Meth user) will scratch, pick and dig at the spots, trying to relieve the itching until there are holes in the skin.

SALVIA DIVINORUM

Salvia, La Pastora, Yerba Maria, Diviner's Mint



The Shepherdess, Diviner's Sage



Also known as: Salvia Divinorum Salvia, La Pastora, Yerba Maria, The Shepherdess, Diviner's Mint, Diviner's Sage

Salvia Divinorum is a perennial herb in the mint family, often touted as "the legal pot." Salvia grows wild only in the Sierra Mazatec region of Mexico. Since it is currently legal to possess and use Salvia in most states, teens are using this herb in place of illegal drugs. There are multitudes of Internet sites aimed at young adults and adolescents eager to experiment with Salvia and other easily obtained and often legal substances.

Salvia leaves contain extremely potent Salvinorin-A. It has a history of use as a divination psychedelic and has been widely available since the mid 1990s primarily as a smoked herb.

Chemically, Salvinorin A is a neoclerodane diterpene, a psychotropic terpenoid. . A dose of 200 to 500 micrograms produces profound hallucinations when smoked. The effects are reportedly similar to those induced by ketamine, mescaline, or psilocybin.

EFFECT:

- The primary effects of Salvia Divinorum last between 5-15 minutes.
- There is then a come-down period of 20-40 minutes before returning to baseline
- Short duration (when smoked)
- Radical perspective shifting
- General change in consciousness (as with most psychoactive drugs)
- Altered perceptions
- Change in body temperature, flushing , intense perspiration
- Sensation of entering or perceiving other dimensions, alternate realities
- **Feeling of "presence" or entity contact**
- Dissociation at high doses, walking or standing
- Overly-intense experiences
- Fear, terror and panic is common
- Users are warned to use a sitter to reduce the risk of injury.
- Salvia may trigger more problems for individuals in the midst of emotional or psychological upheaval in their everyday lives.
- Salvia is known to trigger latent psychological and mental problems in individuals with a family history of schizophrenia or early onset mental illness.



www.thesafeharbor.org

www.myspace.com/thesafeharbor

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