

## Neighborhood Watch Newsletter

Frederick County VA, Sheriff's Office

March 2018



The Frederick County Sheriff's Office distributes a quarterly *Neighborhood Watch Newsletter*. We envision this to be instrumental in assisting the Sheriff's Office to communicate more effectively with the neighborhoods we serve. To help us with the endeavor, please email any questions or suggestions for the newsletter to

[rgatshal@fcva.us](mailto:rgatshal@fcva.us).

If you or someone else would like to start a neighborhood watch program, or would like to report any suspicious activity in your neighborhood, please contact:

Captain Aleck Beeman  
1080 Coverstone Dr.  
Winchester, VA. 22602  
1-540-662-6168  
[abeeman@fcva.us](mailto:abeeman@fcva.us)



Visit <http://www.fcva.us/default> for valuable citizen information. Visit the Frederick County Sheriff's Office website at <http://www.fcva.us/departments/sheriff-s-office>.

## **MEDICATION DISPOSAL**

The Frederick County Sheriff's Office is making medication disposal pouches available to the public in order to prevent abuse of prescribed medication.

The Sheriff's Office obtained 400 of the disposal pouches from a grant through the state attorney general's office. Sheriff Lenny Millholland describes the pouches as easy to use and "safe, efficient and very convenient."

The sealable pouch system works for pills, liquids and patches. The user of the disposable pouch can add any leftover medications and water to the pouch, which contains active carbon. The carbon in the pouch binds to the active ingredients and breaks the medications down. According to Millholland, the user will then seal the pouch and safely dispose it in household garbage.

A national survey of U.S. adults who used opioids showed that nearly 6 out of 10 kept leftover opioid medications for future use, according to findings published online June 13, 2016, in the JAMA Internal Medicine journal.

"What happens if you leave [the leftover prescriptions] in your medicine cabinet," Millholland said. "Do your kids or your grandkids get in there and take a couple here and a couple there? What we are trying to do is make sure that the unused medication doesn't fall into the hands of people who are not prescribed it."

A survey from the National Safety Council suggests that when American doctors give their patients narcotic painkillers, 99 percent of them hand out prescriptions that exceed the federally recommended three-day dosage limit, according to a March article from HealthDay News. Nearly one-quarter of these doctors gave out month-long dosages, despite the fact that research has shown that a month's use of prescription narcotic painkillers can cause brain changes.

The report also states that the problem has reached the point where these highly addictive painkillers — which include commonly prescribed drugs such as Oxycontin, Percocet and Vicodin — now account for more drug overdose deaths than heroin and cocaine combined.

"Locally, we are trying to do what we can to get rid of the medications that people have laying around their medicine cabinets or houses," Millholland said. "Having this available to our citizens with a safe, environmentally responsible way to dispose of unused medications is critical in the fight against prescription drug abuse."

The Sheriff's Office also has a "safe and secure" box at its office at 1080 Coverstone Drive where unused medications can be dropped off. Contact or questions can be made at 540-662-6168.



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## SAFETY FROM FRAUD

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Better Business Bureau®

### Beware of Paving Scams

With the unusually warmer temperatures that our area seems to be seeing, we are also seeing a higher than usual number of out of state paving crews going door to door. We always tend to see these crews as the weather begins to warm but our local paving companies and consumers are reporting more traveling paving crews offering “too good to be true” deals on driveway repairs. While driveway repair scams are fairly common, there is never a shortage of victims that get taken; from the consumer who pays for an inferior job to the local paving company losing out on local business. The Better Business Bureau wants you to know how you can avoid paving scams.

Usually the setup involves a less-than-trustworthy sales representative visiting your home claiming they have leftover materials from a previous paving job. They are looking for homes with cracked driveways and say they can take care of your driveway for a very large discount over the normal price. The catch is that you have to pay upfront. From there, consumers have complained to the BBB about multiple issues.

Since the representative is using leftover materials, the quality of work is poor because there is normally not enough asphalt to adequately cover the area. This causes uneven spreading and thin layers which increases the risk of cracking or crumbling of the consumer's driveway. The other issue consumers complain about is that the representative begins work, only to find out there is not enough asphalt to complete the job that same day. He or she will apologize and promise to return the next day to finish. Consumers report the representatives never come back and the consumer is left with an unfinished driveway and less money in their bank account. If they do return, the price to finish will be significantly increased.

Often, consumers do not have a way to contact the representative or the company they work for because they were never given a business card, they only have a cell number (that no longer works) and they don't have an agreement in writing.

To make sure this does not happen to you, here are a few red flags that you can look for in a driveway repair scam:

- **There are leftover materials from another job.** Professional asphalt contractors know, with great accuracy, how much paving material is needed to complete each project. Rarely will they have large quantities of leftover material.
- **You are pushed to make a quick decision.** Trustworthy contractors will provide a written estimate that will be valid for days or even weeks. It should specify in detail the work to be performed and the total price. They also don't mind you checking them out before signing a contract.
- **Cash-only sales.** Most reputable contractors will take checks or credit cards and don't require payment up front. BBB recommends never paying more than 1/3 up front, and only with a written contract.
- **The company is from out of state.** Look at the truck the representative travels in. If it is unmarked or has an out-of-state license plate, be cautious. Even if the representative claims to have a local phone number, scammers can easily purchase disposable cell phones to provide a local number in the area they are soliciting. Also, don't be afraid to ask to see their driver's license. If the worker is from out of state, how likely are they to come back if a problem arises in the future?

If you suspect that you are dealing with a paving scammer, report them to your local police department and the BBB.

For more tips you can trust, visit [bbb.org](http://bbb.org).

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 83 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [www.bbb.org](http://www.bbb.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org)

## COMMON ONLINE SCAMS

- **WORK AT HOME**
  - **WEIGHT LOSS**
  - **LOTTERY OR SWEEPSTAKES**
  - **FAKE CHECKS**
  - **MYSTERY SHOPPER**
  - **APARTMENT RENTALS**
  - **MIRACLE CURES**
  - **DEBT RELIEF**
  - **PAY IN ADVANCE**
  - **INVESTMENT SCHEMES**
- If it's too good to be true it probably is.....



### **APRIL 12<sup>TH</sup>, 2018** **SENIOR FESTIVAL**

**8 AM – 1:30 PM**  
**FREE BREAKFAST AND LUNCH**

**LOCATION: MOOSE LODGE – WINCHESTER, VA**  
**215 EAST CORK STREET**

Winchester Host Lions will be collecting old eye glasses

**WHAT IS TRIAD:** TRIAD is a partnership consisting of the local sheriff and/or police chief, seniors, and senior service providers in a community who agree to work together to reduce criminal victimization of the elderly.

**Agreement to work together to:**  
Reduce crime and victimization  
Reduce the fear of crime  
Improve the quality of life  
Focus on senior issues Improve delivery of law enforcement services

HOSTED BY:



#### **TOPICS INCLUDE:**

PROJECT LIFE SAVER

MEDICATION  
MANAGEMENT

SCAMS

DEMENTIA TRAINING

ACTIVE SHOOTER

PHYSICAL FITNESS AS  
WE AGE

SELF DEFENSE

**RSVP**

**SHERRY RILEY**

**(540) 336-7106**

Deadline March 30th





## Resources for Neighborhood Watch Programs

- ☐ [National Crime Prevention Council](#)
- ☐ [USA on Watch National Sheriffs Association](#)
- ☐ [National Association of Town Watch](#)
- ☐ [Volunteers in Police Service International Association of Chiefs of Police](#)
- ☐ [Community Emergency Response Team](#)
- ☐ [Virginia Crime Prevention Association](#)

