

WEIGHTS & MEASURES		
WHEN YOU KNOW	MULTIPLY BY	TO FIND
INCHES (in)	2.54	CENTIMETERS (cm)
FEET (ft)	30.48	CENTIMETERS (cm)
YARDS (yd)	0.91	METERS (m)
MILES (mi)	1.61	KILOMETERS (km)
SQUARE INCHES (in ²)	6.45	SQ. CENTIMETERS (cm ²)
SQUARE FEET (ft ²)	0.09	SQ. CENTIMETERS (cm ²)
OUNCES (oz)	28.35	GRAMS (g)
POUNDS (lb)	0.45	KILOGRAMS (kg)
TONS (tn)	0.91	METRIC TONS (mt)
TEASPOONS	4.93	MILLILITERS (ml)
TABLESPOONS	14.79	MILLILITERS (ml)
FLUID OUNCES	29.57	MILLILITERS (ml)
CUPS	0.24	LITERS (l)
PINTS	0.47	LITERS (l)
QUARTS	0.95	LITERS (l)
GALLONS	3.79	LITERS (l)

BASIC RECYCLING GUIDE

Many things have happened and are continuing to happen which had and are having an exceedingly harmful effect on our planet and its atmosphere. The remedial actions needed are many; but, even though it is only a small part of the need, disciplined recycling will make a major contribution to the total effort required. This information is a beginning.

RECYCLABLE MATERIALS	NON-RECYCLABLE MATERIALS
Aluminum Containers	Aerosol Cans
Aluminum Foil	Batteries
Aluminum Foil Formed Products	Bottle Caps
Corrugated Cardboard	Broken Glass
Envelopes (without windows)	Disposable Diapers
Glass (clear, green & brown)	Garbage Bags
Junkmail (stickers removed)	Mirrors
Magazines	Paper Milk Cartons
Newspapers (comics excluded)	Phone Books
Stationery	Photographs
Hard Plastic Containers	Plastic Wrap
Tin Containers	Styrofoam

Rules and practices vary from town to town and region to region. Call your local recycling center for the most appropriate answers to your questions.

STATES & CAPITALS		
STATE	ABBR.	CAPITAL
Alabama	AL	Montgomery
Alaska	AK	Juneau
Arizona	AZ	Phoenix
Arkansas	AR	Little Rock
California	CA	Sacramento
Colorado	CO	Denver
Connecticut	CT	Hartford
Delaware	DE	Dover
Florida	FL	Tallahassee
Georgia	GA	Atlanta
Hawaii	HI	Honolulu
Idaho	ID	Boise
Illinois	IL	Springfield
Indiana	IN	Indianapolis
Iowa	IA	Des Moines
Kansas	KS	Topeka
Kentucky	KY	Frankfort
Louisiana	LA	Baton Rouge
Maine	ME	Augusta
Maryland	MD	Annapolis
Massachusetts	MA	Boston
Michigan	MI	Lansing
Minnesota	MN	St. Paul
Mississippi	MS	Jackson
Missouri	MO	Jefferson City
Montana	MT	Helena
Nebraska	NE	Lincoln
Nevada	NV	Carson City
New Hampshire	NH	Concord
New Jersey	NJ	Trenton
New Mexico	NM	Sante Fe
New York	NY	Albany
North Carolina	NC	Raleigh
North Dakota	ND	Bismarck
Ohio	OH	Columbus
Oklahoma	OK	Oklahoma City
Oregon	OR	Salem
Pennsylvania	PA	Harrisburg
Rhode Island	RI	Providence
South Carolina	SC	Columbia
South Dakota	SD	Pierre
Tennessee	TN	Nashville
Texas	TX	Austin
Utah	UT	Salt Lake City
Vermont	VT	Montpelier
Virginia	VA	Richmond
Washington	WA	Olympia
West Virginia	WV	Charleston
Wisconsin	WI	Madison
Wyoming	WY	Cheyenne

EDUCATIONAL REFERENCES

PUNCTUATION

. Period - Ends declarative sentences and requests or mild commands.

! Exclamation Point - Sometimes called the exclamation mark, the exclamation point is used at the end of a sentence or after an interjection to show strong emotion or emphasis.

, Comma - The most frequently used punctuation mark in English. Originally used to show a pause, they are used nowadays in a variety of situations to make writing clearer.

; ; Semicolon & Colon - Originally used to designate pauses shorter than a period and longer than a comma. Now they are used to show certain grammatical relationships with the colon the more emphatic of the two.

PUNCTUATION

“ “ Quotation Marks - Normally come in pairs to set off a portion of text for a variety of purposes. Paired single quotation marks are sometimes used as well.

() - Parentheses & Dashes - Both used to show an interruption in thought or some kind of aside. Dashes are more emphatic. Parentheses are normally paired. Both should be used sparingly or they become a distraction.

’ Apostrophe - Generally used with the letter “S” to indicate possession. It is also used in various ways to show letters have been left out of a word.

? Question Mark - Ends all direct questions. This includes incomplete questions and statements intended as questions.

STUDENT & PARENT DRUG & ALCOHOL PREVENTION THROUGH AWARENESS & EDUCATION

SAY SOMETHING: IS THE COUNTRY'S MOST POWERFUL APP.

1. TECHNOLOGY FOR CONNECTING STUDENTS, PARENTS, AND STAFF TO REPORT THREATS, SUSPICIOUS ACTIVITIES AND RECEIVE INFORMATION AND ALERTS.
2. CREATING SAFER AND HEALTHIER SCHOOLS AND COMMUNITIES.

LOOK FOR THE APP

PLEASE REPORT SUSPICIOUS ACTIVITIES TO LOCAL AUTHORITIES THIS IS OUR SCHOOL AND WE COULD NOT BE MORE PROUD!



SEE SOMETHING SAY SOMETHING!

1-844-5-SAYNOW (729669)

3 BRANCHES OF GOVERNMENT

LEGISLATIVE (Makes Laws)

CONGRESS

- Senate
- House of Representatives

- Approves Presidential Appointments
- 100 Elected Senators Total
- Two Senators from each State

EXECUTIVE (Enforces Laws)

PRESIDENT

- Vice President
- Cabinet

- Vetoes Laws
- Pardons People
- Appoints Federal Judges
- Cabinet: Nominated by the President and must be approved by the Senate

JUDICIAL (Interprets Laws)

SUPREME COURT

OTHER FEDERAL COURTS

- Decides if Laws are Constitutional
- Are Appointed by Presidents
- There are 9 Justices
- Can Overturn Rulings by Other Judges

HOW TO PREVENT CORONAVIRUS

ENHANCED SAFETY MEASURES TO STOP THE SPREAD OF COVID-19

1. WELLNESS AND TEMPERATURE CHECKS FOR STUDENTS AND FACULTY

If your student gets sick at school, keep the sick student away from well students until picked up. Encourage your student to stay home if he/she is sick with the illness.

2. GLOVES AND FACE COVERINGS

Place the mask over your nose and mouth. Make sure you can breathe easily. When taking off the mask, fold the outside corners together and put it aside for washing. When taking off gloves, turn them inside-out and throw away. Upgrading to an N-95 mask is highly suggested.

3. FREQUENT HANDWASHING

Wash your hands often and for at least 20 seconds, especially after you cough or sneeze with a tissue.

4. SOCIAL DISTANCING PROCEDURES

Always maintain a distance of six feet apart from one another. Avoid mass gatherings if possible.

5. ENHANCED CLEANING OF HIGH-CONTACT AREAS

Clean and disinfect frequently touched surfaces and objects in the classroom such as doorknobs, light switches, desks, chairs, computer keyboards and mice. Clean outside-the-classroom objects such as hand rails, stair rails, lunchroom tables and chairs.

Families can contact the Covid-19 emotional support hotline at

800-722-5725. For more information, please visit [cdc.com](https://www.cdc.gov)

Keeping America Safe

Protect Yourself And Others Against Infections

Marijuana

Pot, Grass, Herb, Weed, Mary Jane, Reefer, Skunk

Marijuana is a mixture of the dried and shredded leaves, stems, seeds, and flowers of Cannabis sativa—the hemp plant. The mixture can be green, brown, or gray. Stronger forms of the drug include hashish “hash,” and hash oil. Of the approximately 400 chemicals in marijuana, THC is responsible for many of the drug’s psychotropic (mind-altering) effects. It’s this chemical that changes how the brain works, distorting how the mind perceives the world.

How Does Marijuana Affect the Brain?

Learning & Memory Problems, Impaired Coordination, Confusion & Impaired Judgment. When marijuana is smoked, its effects begin almost immediately and can last from 1 to 3 hours. Decision making, concentration, and memory can suffer for days after use, especially in regular users. If marijuana is consumed in foods or beverages, the effects of THC appear later, usually in 30 minutes to 1 hour, but can last over 4 years. Long-term, regular use of marijuana, starting in the teen years - may impair brain development and lower IQ, meaning the brain may not reach its full potential.

Other Effects: Increased Heart Rate, Respiratory (lung & breathing) Problems, Increased Risk for Mental Health Problems, Reduced School Performance, Impaired Driving, Potential Gateway to Other Drugs.

Bath Salts

Bloom, Cloud Nine, Vanilla Sky, White Lightning

Cathinone is an amphetamine-like stimulant found naturally in the khat plant. Chemically, they are similar to other amphetamines such as METH and to MDMA (Ecstasy or Molly). Bath salts are usually white or brown crystal-like powder and are sold in small plastic or foil packages labeled “Not for Human Consumption.” Sometimes causes severe intoxication (a person seems very drunk or “out of it”) and dangerous health effects. There are also reports of people becoming psychotic (losing touch with reality) and violent. Although it is rare, there have been several cases where bath salts have been the direct cause of death.

How Do Bath Salts Affect the Body?

Can produce feelings of joy and increased social interaction and sex drive. Can cause paranoia, nervousness & hallucinations.

OTHER EFFECTS: Heart Problems, Racing Heart, High Blood Pressure, Chest Pains & Panic Attacks. Excited Delirium, Dehydration, Break-down of Muscle Tissue, Kidney Failure & Death.

Methamphetamine (Meth)

Speed, Chalk, Tina, Ice, Crystal, Crank, Glass, Fire, Go Fast Methamphetamine is a man-made, white, bitter-tasting powder. Sometimes it’s made into a white pill or a shiny, white or clear rock called a crystal.

How Does Methamphetamine Affect the Body?

Boosts Mood, Increased Energy, Alertness, Extreme Rush of pleasure.

OTHER EFFECTS: Depressions, Fast Heart Rate, Irregular Heartbeat, High Blood pressure, higher body temperature, anxiety, confusion, sleeping problems, mood swings, violent behavior, Psychosis, skin sores caused by scratching, severe weight loss, sever dental problems, emotional, thinking & memory problems.

Prescription Depressant Meds

Barbs, Reds, Red Birds, Phennies, Tooties, Yellows, Yellow Jackets; Candy, Downers, Tranks; Zombie pills Causes a relaxing effect that is helpful to people with anxiety or sleep problems.

OTHER EFFECTS: Slurred speech, Shallow breathing, which can lead to death, Sleepiness, Disorientation, Lack of coordination & Death from overdose.

Inhalants

Laughing Gas, Snappers, Poppers, Whippets, Bold

Inhalants are chemicals found in ordinary household or workplace products. Some examples of various types are Paint thinner, Nail Polish Remover, Degreaser, Dry-Cleaning Fluid, Gasoline, Spray Paint, Hair Spray, Deodorant Spray, Butane Lighters, Propane Tanks, Whipped Cream Dispensers. **How Do Inhalants Affect the Body?** Lack of Coordination, Euphoria (intense Happiness) & Dizziness. Light-headedness, Hallucinations, Delusions, Loss of Sensation. **OTHER EFFECTS:** Nerve Damage, Brain Damage, Nausea, Vomiting, Weak Immune System, Liver Damage, Lung Damage, Increased risk of Cancer, Blackouts, Spasms, Kidney Damage, Reproductive Problems, Hearing & Vision Loss, Death.

Cough and Cold Medicines

Robotripping, Robo, Tussin, Triple C, Dex, Skittles, Candy, Velvet, Drank

In large doses these meds are psychoactive (mind-altering.) They also provide a calming effect.

How does it Affect the Body? Large doses can cause hallucinations, Feeling of body separation, Loss of coordination, Numbness, Feeling sick to the stomach, Increased blood pressure, Faster heartbeat, Slowed heart rate & breathing & death.

Heroin

Smack, Junk, H, Black Tar, Ska, Horse

Heroin is a type of opioid drug that is partly manmade and partly natural. It can be white or brown powder or a black, sticky substance called “black tar heroin.” **How Does Heroin Affect the Body?** Short-term rush of good feelings & clouded thinking. Sleepiness, slowed heart rate and breathing. **OTHER EFFECTS:** Feeling Sick, Vomiting, Severe Itching, Increased Risk Of HIV And Hepatitis (A Liver Disease) Through Shared Needles, Coma—A Deep State Of Unconsciousness. In addition to the effects of the drug itself, heroin bought on the street often contains a mix of substances, some of which can be toxic and can clog the blood vessels leading to the lungs, liver, kidney, or brain. This can cause permanent damage to those organs.

Anabolic Steroids

Roids, Juice. Anabolic steroids are man-made substances related to testosterone (male sex hormone).

How do Steroids Affect the Body? Aggressive Behavior And Extreme Mood Swings. **OTHER EFFECTS:** Paranoia, jealousy, delusions, feeling invincible, High blood pressure, Changes in blood cholesterol, Enlarged heart, Heart attack or stroke, Liver disease, cancer, Kidney problems or failure, Severe acne.

Spice

K2, Fake Weed, Yucatan Fire, Skunk, Moon Rocks

Spice is a mix of herbs (shredded plant material) and man-made chemicals with mind-altering effects.

How Does Spice Affect the Body? Some users report feeling relaxed and mild change in perception while others report extreme anxiety, feeling someone is out to get them, paranoia, and hallucinations. **OTHER EFFECTS:** Fast Heart Rate, Vomiting, Nervousness, Confusion, Raised Blood Pressure, Low Blood Flow to Heart, and in some cases Heart Attacks & Death

Salvia

Shepherdess’s Herb, Maria Pastora, Sally-D, Ska Pastora Salvia (Salvia divinorum) is an herb in the mint family found in southern Mexico. The effects are short lived, but may be very intense and frightening. **How Does Salvia Affect the Body?** People who use salvia generally have hallucinations—they see or feel things that aren’t really there. They also have changes in vision, mood and body sensations, emotional swings, and feelings of detachment (disconnected from their environment). There are reports of people losing contact with reality—being unable to tell the difference between what’s real and what’s not.

OTHER EFFECTS: Loss of Coordination, Dizziness, Slurred Speech, and Harms Learning & Memory.

Cocaine & Crack Cocaine

Coke, C, Snow, Flake, Blow, Bump, Candy, Charlie, Rock

Cocaine is made from the leaves of the coca plant. Cocaine comes in two forms: Powder cocaine is a white powder. Crack is a form of cocaine that has been processed to make a rock crystal that people smoke.

How Does Cocaine Affect the Body?

The drug can cause a feeling of intense pleasure and increased energy.

OTHER EFFECTS: Constricted Blood Vessels & Dilated Pupils, Higher Body Temperature, Higher Blood Pressure & Faster Heartbeat, Feeling Sick To The Stomach, Restlessness, Decreased Appetite, Weight Loss, Inability To Sleep, Increased Risk Of Heart Attack Or Stroke Due To High Blood Pressure, Increased Risk Of HIV Because Of Impaired Judgment Leading To Risky Sexual Behavior, Strange, Unpredictable Behavior, Panic Attacks, Or Paranoid Psychosis (Losing Touch With Reality). How cocaine is used leads to different physical problems. For example, regularly snorting cocaine can lead to a hoarse voice, loss of the sense of smell, nosebleeds, a constant runny nose.

RX Pain Medications (Opioids)

Hillbilly Heroin, Oxy, Oxycotton, Percs, Happy Pills, Vikes

Controls emotions and cause a person to feel relaxed and extremely happy (euphoric).

OTHER EFFECTS: Sleepiness, Confusion, Nausea, Constipation, Breathing problems & death.

RX Stimulant Meds (Amphetamines)

Skippy, The Smart Drug, Vitamin R, Bennies, Black beauties, Roses, Hearts, Speed, Uppers

Stimulants which increase activity and boosts alertness, attention and energy.

How do RX Stimulants Effect the Body?

Causes breathing problems, obesity, and health problems that affect your nervous system.

OTHER EFFECTS: Increased blood pressure, Irregular heartbeat, Dangerously high body temperatures, Sleeplessness, Lack of interest in eating, which can lead to poor nutrition, Intense Anger, Intense Paranoia, Risk for seizures & Stroke.

Alcohol & Alcoholism

Beer, Wine, Liquor, Booze, Hootch, Cocktails

Ethanol, commonly known as alcohol, found in beer, wine and spirits (like whiskey, gin, scotch, vodka, etc.) is a psychoactive drug that has a depressant effect. Alcohol, consumed across cultures, often used to help and promote social interaction, is popular, generally accepted and legal. However, for millions of individuals and family members, alcohol is a source devastating pain and loss. Alcohol is addictive and the state of addiction to alcohol is known as the disease of alcoholism. Alcoholism is a disease. Like many other diseases, alcoholism is chronic, meaning that it lasts a person’s lifetime; it usually follows a predictable course; and it has symptoms.

What Does Drinking Alcohol Do to the Body?

Poor judgment, reduced reaction time, loss of balance, coordination, motor skills, or slurred speech.

OTHER EFFECTS: Dementia, stroke and neuropathy, Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension, Psychiatric problems, including depression, anxiety, and suicide, Social problems, including unemployment, lost productivity, family problems, violence including child maltreatment, fights and homicide, Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns and firearm injuries, Increased risk for many kinds of cancers, including liver, mouth, throat, larynx (voice box) and esophagus, Liver diseases, including fatty liver, alcoholic hepatitis, cirrhosis, Gastrointestinal problems, including pancreatitis and gastritis, Alcohol abuse or dependence – alcoholism, Overdose causes alcohol poisoning which can lead to death.

NATIONAL HOTLINES

Emergency: 9-1-1

Sexual Assault Hotline: 1-800-656-4673

Child Abuse Hotline: 1-800-4-A-CHILD (2-24453)

Poison Control Center: 1-800-222-1222

Domestic Violence Hotline: 1-800-799-SAFE (7233)

Stop It Now! (Physical Abuse): 1-888-PREVENT (773-8368)

Mothers Against Drunk Drivers: 1-800-438-MADD (6233)

Crisis Hotline: 1-775-784-8090

Teen Helpline: 1-800-TLC-TEEN (852-8336)

Youth Crisis Hotline: 1-800-448-4663

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Center For Substance Abuse: 1-800-662-HELP (4357)

Say Something Anonymous reporting : 1-844-572-9669