A family murdered, a crime avenged

Long-forgotten lynching brought to light

By John Toler
Associate Editor

The opening of the National Museum for Peace and Justice in Montgomery, Alabama, in 2018 has brought a renewed focus on the brutal crime of lynching. It is a memorial to the more than 4,300 African Americans documented to have been killed by lynching in the U.S. between 1877 and 1950.

Tragically, these people were killed in vicious acts of "racial terrorism," meant to threaten and intimidate. But there have been other acts of lynching in our history, where the motivation for the killing was vengeance, or "vigilante justice."

The crimes committed by Shedrick Thompson and his lynching in Fauquier County in 1932 have been documented by author Jim Hall in "The Last Lynching in Northern Virginia" (2016), but the murder of a Fauquier County family on the night of Nov. 9, 1891, the controversial trial of the two men convicted of the crime, and their subsequent lynching have largely been forgotten.

The tragedy unfolds

Widowed the year before, Mrs. James W. Kines and her young children – Lizzie, 8, Annie, 10, and Gilbert, 4 – were living in a tenant house on the Samuel McMillan farm, along the Virginia Midland Railroad tracks near Calverton. An older son, Robert Jacob Kines, lived elsewhere.

It was known in the community that following the death of her husband, Mrs. Kines had come into a modest sum of money, perhaps as little as $70. This led investigators to believe the motive was robbery.

The tragedy was revealed early on Nov. 10, 1891, when Thomas Robinson, who lived nearby, saw the Kines' house on fire, and rushed to the scene with his son, George.

Pushing in the door of the burning house, they found Lizzie's body on the floor by the doorway and the badly burned bodies of Mrs. Kines and Annie further inside. All bore evidence of a savage attack with wounds caused by a sharp tool, perhaps a pick axe. Gilbert was missing, and it was initially believed his body had been consumed in the fire.

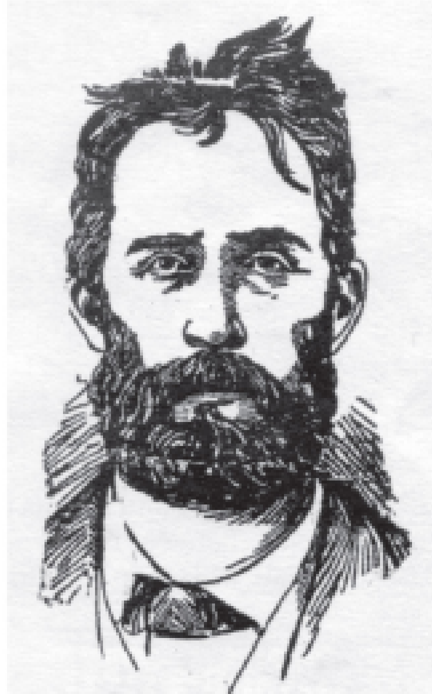
The first suspect in the crime was a farm laborer who had run nearly a mile to report the fire; investigators thought it was strange that he fled the scene rather than trying to help the victims.

During questioning by Sheriff Robert Whitaker, it was revealed that he had not even been at the house but was ordered to go for help by Lee R. Heflin.

Heflin, 29, worked at the McMillan farm and lived with the Dye family. Heflin claimed that he was shucking corn in a field about 40 yards from the Kines house when he saw the fire around 7:30 a.m. and ordered the laborer to go for help. He immediately became a suspect.

Continuing the investigation, the next day, Whitaker arrested Heflin and George Dye, son of Joseph Dye, for the murders. After further questioning, George Dye was released, and Joseph Dye arrested for the alleged crimes.

The suspects were first taken to the county jail in Warrenton, but as word of the murders spread throughout the community, people were outraged and there was talk of vigilante vengeance. Heflin and Dye were taken to the Alexandria Jail for their own protection.



JOSEPH DYE

LEE R. HEFLIN

ALL PHOTOS COURTESY OF THE FAUQUIER HISTORICAL SOCIETY.
Fauquier County Courthouse, as it appeared in 1892.

The case against Heflin was made stronger when Gilbert's body was found in the well of the burned house on Nov. 23. When they removed the body, they found a coat and bloody overalls that belonged to Heflin.

Planting a detective posing as a fellow inmate in Heflin's cell, investigators got Heflin to talk, eventually revealing critical details about the murders. Realizing he had given himself up, Heflin confessed.

He told investigators that he had come to the Kines' home at about 8 p.m. on Nov. 9 and demanded Mrs. Kines give him her money. When she refused, he "struck her with a piece of wood… and when the children began to cry, hit them too."

Heflin took the money and buried it beside a fence post at the Dye house. The next morning, he admitted returning to the scene and setting the house on fire.

Not convinced he acted alone, investigators pressed Heflin for details. They learned that the night before, he and Joseph Dye had discussed killing Mrs. Kines because she had been gossiping about the Dye family, which had forced one of the Dye daughters to leave the area.

The murder trials

Heflin was the first to be tried, appearing in court on Dec. 28, 1891. After hearing the evidence, a grand jury returned two murder indictments for the killing of Mrs. Kines and Annie. Later that day the trial began. Defending Heflin were court-appointed attorneys E. E. Meredith and Robert R. Campbell; the commonwealth's prosecutor was James Payne Jeffries.

By the time the trial started, an angry crowd intent on lynching Heflin had gathered outside the courthouse. At one point, they broke into the courtroom, creating chaos until they were removed.

As expected, Heflin pleaded not guilty, but his detailed confession and the evidence made it clear he was involved. Changing strategy, his attorneys proposed that Mrs. Kines had killed her children and committed suicide. That claim was quickly dismissed.

On the stand, Heflin stated, "All I know is that I did not do the murder. Dye did the murder and got me to burn the house." He also said that his confession was coerced – and made while he was drunk.

After three hours of deliberation, the jury returned guilty verdicts against Heflin for two counts of murder.

Joseph Dye was indicted on murder charges on Jan. 6, 1892, and was also defended by Campbell and Meredith. After a delay, the trial began with Heflin repeating that Dye instigated the crime because of Mrs. Kines' gossip about his family.

Heflin described how Dye had come to his room around 3 a.m., and that they had gone to the Kines home where Dye broke in and killed the occupants while he watched from outside. After stealing the money, they set the house on fire, but it did not burn. Dye told Heflin to return the next

See LYNCHING, page 22

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Long forgotten lynching brought to light

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morning and finish the job, and he would split the money with him.

On Jan. 9, the jury convicted Dye of first-degree murder. Both men were sentenced to be hanged on March 18, 1892. However, due to inconsistencies in the testimony, on March 14 Gov. Philip W. McKinney granted Heflin a 60-day respite and allowed Dye's attorneys to petition for a new trial.

The lynchings

The public was outraged and concerned that Heflin and Dye would escape punishment. Aware of the public anger, Jailor C.M. Pattie arranged for the pair to be taken to Gainesville and placed on a train to Alexandria for safekeeping.

Just before midnight on March 17, 1892, Heflin and Dye were handcuffed together and placed in a wagon headed for the train station at Gainesville. In addition to Sheriff Pattie, there were two guards and the driver.

An hour after they left, an armed mob of at least 35 masked men rode into town. Entering the jail and finding the prisoners gone, they set out for Gainesville, catching them just west of the village.

Pattie realized that resistance would be futile, and the prisoners were pulled from the wagon. Demanding the truth, the masked men got Dye to admit killing Mrs. Kines and her daughters, and Heflin to killing Gilbert and burning the house.

With that, Heflin and Dye were hung from cedar trees standing along the right side of the road. To make sure they were dead, both men were shot several times. The mob returned to Fauquier on the Greenwich Road, and Pattie and the guards spent the night in Haymarket.

The next morning, Prince William County authorities were called to investigate. The bodies were cut from the trees and brought to the Gainesville depot, where they remained until their families recovered them.

Fauquier officials were criticized for taking the prisoners from the jail, where they had some protection, and the deputies involved could not identify anyone in the mob. There was later a grand jury inquiry into the lynching in Prince William County, but no one was ever charged.

Editor's Note: This story last appeared in the Fall and Winter 1995 issue of News and Notes, that John Toler wrote for the society. Much of the information was gleaned from Prof. Robert A. Hodge's 25-page treatise, The Lynching of Heflin and Dye (1972), which in turn drew on accounts in the Fredericksburg and Warrenton newspapers of the day. In addition, the Warrenton Virginian "Extra" dated March 18, 1892, supplied the artwork of the two men and an account of the lynching.

Contact John Toler at jtoler@fauquier.com

Heflin and Dye were confined in the Fauquier County Jail behind the courthouse. The jailor at the time was C. M. Pattie.

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American Battlefield Trust debuts Youth Leadership Team

New program seeks young leaders and history enthusiasts to serve as battlefield ambassadors and advocates

Staff Reports

The American Battlefield Trust recently announced the launch of its Youth Leadership Team (YLT), an innovative initiative to directly engage with the next generation of battlefield preservationists. The YLT will unite 10 highly motivated high school students, selected from a nationwide applicant pool, who will serve as national advocates for America's hallowed grounds.

"It is absolutely critical that we pass the torch of knowledge onto future generations of Americans," said Trust President James Lighthizer. "Every hour of every day, we fight to preserve our nation's storied hallowed grounds. Encouraging our nation's youth to understand what happened at these places, and how it has shaped us into the country we are today, is important for our future. The Trust is excited to work with our Youth Leadership Team participants, both to learn from them and to help others learn through them."

The YLT will be comprised of history enthusiasts, aged 13 to 18, who support and embody the Trust's mission to protect our nation's hallowed battlegrounds and educate the public about their importance in our national story. YLT members will participate in key Trust events, including the annual conference and a youth Capitol Hill event, in addition to planning and undertaking a battlefield project in their own communities.

"Working with our nation's youth is the only way to truly ensure that love and appreciation for our shared history is carried forward," remarked Connor Townsend, YLT coordinator. "By not only teaching but involving youth in hands-on preservation efforts, we hope to create ambassadors for our mission who stay with us as they mature."

YLT participants will be positioned to speak about the importance of battlefield land preservation and, through a special hometown battlefield project, connect history to our modern world.

Applications for the inaugural YLT class are now live on their website at www.battlefields.org through May 31. All interested high school students between the ages of 13 and 18 are encouraged to apply.

The American Battlefield Trust is dedicated to preserving America's hallowed battlegrounds and educating the public about what happened there and why it matters today. The nonprofit, nonpartisan organization has protected more than 50,000 acres associated with the Revolutionary War, War of 1812, and Civil War. Learn more at www.battlefields.org.

COURTESY OF FRIENDS OF CEDAR MOUNTAIN BATTLEFIELD

Against the backdrop of Cedar Mountain in Culpeper County, on Aug. 9, 1862, a Confederate army under "Stonewall" Jackson fought against a federal force commanded by John Pope.

CHEERING UP A STORM The Fauquier and Liberty cheer teams are excelling. **Page 15** ▼

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Opioid Ripples: Breaking the cycle

Prevention strategies include education and early intervention

By Randy Rieland
Piedmont Journalism Foundation

Fifty years ago, war was declared on drugs.

This is the third in a four-part series on the opioid epidemic.

President Richard Nixon described drug abuse as "public enemy No. 1." Money was allocated for treatment programs, and a new federal bureaucracy, the Drug Enforcement Administration, was created. The foot soldiers were state and local cops doing battle one bust at a time.

For the most part, that's how the "war" has gone for the past half century, built around an expectation that law enforcement officers, rather than public health officials, would staff the front lines.

The opioid crisis changed that. Drug users are still ending up in jail but ask a police chief or sheriff how they feel about stemming the tide of addiction and you get the same response over and over: "We can't arrest our way out of this."

Then how do you break the cycle?

More than 700 people have died of opioid overdoses in Virginia's Piedmont during the past decade. Thousands have become addicted -- many not through a spiraling of recreational drug use, but by taking prescribed painkillers for injuries or disease. How do you ensure that people with pain fully understand the risks of taking opioid medications for long periods of time?

> **"Parents don't know where to look when there's a crisis. They start Googling for answers at 3 in the morning. We're trying to help them before a crisis happens."**
>
> CAPT. RAY ACORS
> *Fauquier County Sheriff's Office*

PHOTO BY KENNETH GARRETT

Sallie Morgan of the Fauquier County Mental Health Association says she wants to help people understand that addiction is a brain disorder.

And, how do you protect the next generation from another wave of trauma?

"High school kids aren't dropping dead from heroin," said Culpeper Police Chief Chris Jenkins. "But that's the age where you need to start educating kids about opioids, probably sooner."

'Jekyll and Hyde drug'

So, law enforcement agencies in the region are taking on a larger role in teaching their communities about a crisis that few saw coming, and with a focus that's more nuanced than it would have been 10 years ago.

"We try to teach it's a brain chemistry issue," said Capt. Ray Acors of the Fauquier County Sheriff's Office. "It's not that someone's a bad person. Their bad behavior comes out of their addiction. It's a Jekyll and Hyde drug."

Chief Jenkins thinks addiction prevention doesn't get the attention it merits. He has both professional and deeply personal reasons for feeling that way. Five years ago, his 26-year-old son, Jordan, who had become addicted to prescription medications, committed suicide.

"I actually think prevention is as important as law enforcement now," he said. "And it's the part people kinda forget about."

Jenkins said a complicating factor is that it's usually up to local communities to develop their own prevention programs. "What's the best model?" he said. "It's not coming from Richmond. It's not coming from Washington. And fighting for prevention programs is a challenge. They don't make money. Treatment programs make money.

"Look, we already have our hands full for the next 10 to 15 years dealing with what's happened. If we don't focus on addiction prevention now, we're going to get another whole segment of our community dealing with it."

Prevention as a mindset

Not surprisingly, Alan Rasmussen is a big believer in the value of prevention in slowing opioid use. As prevention specialist for the Rappahannock-Rapidan Community Services Board, his top priority is promoting programs that help prevent substance abuse and suicides. He cites research suggesting that ev-

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Planning commission could vote on Delaplane resort Oct. 17

By James Ivancic
Times Staff Writer

A proposal by Brian Roeder to convert and expand a home next to his Barrel Oak Winery in Delaplane into a lodge comes up for a public hearing at the Oct. 17 Fauquier County Planning Commission meeting.

Roeder needs approval of four special exceptions to move forward with what he is now calling The Sanctuary at Barrel Oak. The name change from The Lodge at Barrel Oak was meant to clarify his purpose and intent, according to a revised statement of justification he filed with the county.

"As a working farm, we will immerse our guests in an experience which allows them to retreat from the daily grind of their lives by overnighting on a working farm with vineyards, forested trails, and an animal sanctuary," according to the filing. He's also planning to include a swimming pool, horseback riding and hiking on the property's trails, a greenhouse and spa as amenities for lodge guests.

He said that he will partner with others to develop and manage the Sanctuary at Barrel Oak, which would occupy 50 acres at 3677 Grove Lane.

The property is zoned rural agriculture. It's about two miles outside of Marshall.

Roeder needs special exception approval to convert and expand his house into a 42-room resort with a restaurant for guests, hold 78 events per year, create a fire-suppression sprinkler system using above-ground storage tanks containing 180,000 gallons of non-potable water and install a sewage system capable of handling an 11,000 gallons per day capacity.

The planning commission could vote on the application on Thursday after the public hearing or defer action. Its eventual recommendation will go to the board of county supervisors for a public hearing and vote.

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Prevention strategies include education and early intervention

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ery dollar spent on prevention saves more than $7 on treatment.

"It's vital," he said. "If you can help people early, they don't have to have everything they want to do destroyed — their academic achievements, their careers, their relationships."

Rasmussen makes that point a lot when he's working with community groups or coalitions wrestling with the ripple effects of the opioid crisis. Prevention, he said, needs to become a mindset.

"It's about energizing anybody and everybody," he said. "Some people will say, 'I'm not sure we have a problem.' I tell them you don't want to have a problem. Besides, they probably do have a problem and it's bigger than they think."

Some prevention programs are pretty straightforward, such as encouraging people to clear their medicine cabinets of leftover prescription painkillers. Police say that because of their street value, they've become a favorite target of burglars. Beyond that, a survey by the Substance Abuse and Mental Health Services Administration found that 60 percent of those who said they misused opioids didn't have a prescription. Roughly half reported that they got the drugs for free from friends or relatives.

"If you can help people early, they don't have to have everything they want to do destroyed — their academic achievements, their careers, their relationships."

ALAN RASMUSSEN
Rappahannock-Rapidan Community Services Board

Twice a year, the DEA stages a drug "take back day," when people can drop off unwanted prescription medications at designated locations, usually local police departments or sheriff's offices. Through the past four collection days — the last one was in April — the DEA hauled in an average of 464 tons of unused or expired drugs nationwide. The next take-back day is Saturday, Oct. 26, between 10 a.m. and 2 p.m. (You can search for the nearest drop-off location on DEA's Diversion Control Division's website at www.deadiversion.usdoj.gov.)

Some law enforcement offices -- including the Fauquier County Sheriff's Office, the Culpeper Police Office, the Orange Police Department and the Rappahannock County Sheriff's Office-- now allow people to drop off unused prescription drugs any time. That initiative appears to be catching on. In Fauquier County, for example, 96.5 pounds of narcotics were dropped off at the sheriff's office last year; through this September, 109 pounds have already been collected and destroyed.

Looking for clues

At the same time, police and sheriff departments are trying to make parents and grandparents better comprehend the risks that come with being a teenager today. Two and a half years ago, the Culpeper Police Department took a step in that direction by launching its version of a program called Hidden in Plain Sight. It's a traveling demo of a teenager's bedroom, filled with items that might indicate he or she is using drugs or alcohol, or engaging in other risky behavior. An innocent-looking soda can might be a reconfigured storage space for drugs. A container of a cleaning agent usually kept under the kitchen sink could mean they're using it to get high. Parents or grandparents are encouraged to search for clues. Often, they miss a lot of them.

Lt. Ashley Banks estimates that she and Officer Michael Grant have given Culpeper's HIPS presentation at least two dozen times for other police departments, civic organizations and churches around the state. That has prompted the Fauquier County Sheriff's Office and the Madison County Sheriff's Office to create their own versions. (See page 2.)

The idea is not to turn parents into snoops, said Acors, but to show them how to become more aware of what their kids might be dealing with, whether it's drug use, eating disorders or bullying.

"Parents don't know where to look when there's a crisis," he said. "They start Googling for answers at 3 in the morning. We're trying to help them before a crisis happens.

"We don't want the parents' first reaction be to call law enforcement," he added. "We don't want to come over to your house and lock a kid up because you suspect something. This program is designed to help you have those difficult conversations in a more positive way. Instead of having it be a reason to hand out punishments, you want it to be an opportunity to say, 'Help me understand what's going on.'"

Sometimes parents seem uneasy about what they see as invading their children's privacy. Fauquier Sheriff Bob Mosier said they need to consider the consequences of not going into that room.

"What you're doing is looking for clues to prevent harm," he said. "It could be something that could be stopped in its tracks now. If you do not seize upon the opportunity at that age, you could be talking about a lifetime of hurt."

Acors made another point: "That room doesn't belong to them. That phone doesn't belong to them."

Risk factors

Meanwhile, area school districts are looking for ways to squeeze lessons about opioids into curriculums already packed to meet state academic requirements. They're exploring how to raise awareness among students about crucial addiction risk factors, such as genetic predispositions and the significance of when a person first uses drugs or alcohol.

The latter can make a big difference in whether a person develops a substance abuse problem, said Sallie Morgan, who as executive director of the Mental Health Association of Fauquier County has worked closely with the school district in developing substance abuse and mental health programs.

"About 75 percent of people who are addicts become addicted by the age of 27," Morgan said. "Research has shown that if you don't use before you're 17, it can greatly reduce your risk."

Results of a 2019 Pride student survey -- a national questionnaire used by some school districts every four years -- are still being compiled, but the last one, in 2015, found that the average age of first drug, alcohol or tobacco use in Fauquier schools was 13. The story is equally sobering in Culpeper County. In a 2017 Youth Risk Behavior Survey, more

See **OPIOID**, page 8

Starting young: Opioid education a tool for prevention

Carolyn Weems advocates for drug education curriculum

It seemed pretty clear to Carolyn Weems what she needed to do.

She remembered how little she and her husband, Billy, knew about the dangers of opioids when their daughter, Caitlyn, became addicted to painkillers she was prescribed for soccer injuries. In April 2013, she died of a heroin overdose. She was 21.

"We were clueless," she said. "None of our doctors or dentists sat down with us and told us that this stuff was powerful, that it has a high rate of dependency, that the pills she was taking were basically the same thing as heroin. We had none of that information. We did what the doctors said."

So, after Caitlyn died, Weems, a member of the Virginia Beach City School Board, began working with the school district's staff to develop a curriculum that educated children — and their families — about opioids. Last year, the Virginia General Assembly voted to endorse the curriculum as a model for other school districts. Culpeper County schools began using it this school year.

"We looked at what was being taught and found that opioids were mentioned in one lesson in the eighth grade," she said. "I felt it needed to be part of the curriculum all the way through."

That meant starting in the first grade, although opioids aren't addressed in depth until the ninth and 10th grades. Those students are required to do a PowerPoint presentation on how opioids affect the body and brain, how they increase the risk of injury, and the health benefits of abstaining from drug use.

The subject matter is more general in the lower grades. First-graders do role playing on what they should do if they find pills lying on a countertop or when a friend's mother offers them medicine when they have a headache. In grades three through five, the focus shifts to how risky behavior can result from drug use and how to refuse an offer of over-the-counter drugs from a friend.

Through the middle school years, lessons cover recognizing

COURTESY PHOTO
After losing her daughter to a heroin overdose, Carolyn Weems worked to create a school curriculum to educate students and their parents about opioid addiction.

influence and pressure from family, friends and the media; finding ways to manage stress and anxiety to avoid using drugs and understanding the short-term and long-term effects of drugs, including opiates.

"With this generation, you can't just say, 'Don't do drugs,'" Weems said. "You have to equip these kids with information and give them knowledge. Some people will tell me, 'I can't believe you're doing this in the first grade.' But I feel you can't start early enough. I wouldn't have said that 10 years ago.

"If I had known one-tenth of what I know now, Caitlyn might have had a chance," she added. "I don't want a child or athlete or parents not to have that knowledge."

It's progress, Weems said, but negative attitudes about addiction aren't easily changed. She noted that when she wanted to open a sober living house for recovering women addicts in Virginia Beach, "I was told, 'We don't want those people in our neighborhood.' My daughter had a scholarship to college. She never had so much as a speeding ticket. 'Those people?' Really?"

– Randy Rieland

PHOTOS BY KENNETH GARRETT

Capt. Ray Acors and Sheriff Bob Mosier of the Fauquier County Sheriff's Office show the Go Bag with Narcan and a difibrillator.

Narcan saves lives, addiction continues

Everyone seems to have a Narcan story. It's the brand name for naloxone, the drug that revives overdose victims.

Culpeper Police Chief Chris Jenkins says more drug users are now shooting up in public places, such as outside restaurants or shopping centers, because if they overdose, they'll probably be discovered and are more likely to survive.

Caroline Folker, the founder of Families Overcoming Drug Addiction, whose daughter, Kathrine, died of an overdose, said she has heard about users injecting themselves at stoplights for the same reason.

Warrenton Town Council member Sean Polster, a founder of Piedmont CRUSH (Community Resources United to Stop Heroin), described a call when first responders were unable to revive an overdose victim. "The parents were screaming, 'Give him Narcan. Wake him up.' But it was too late. It's frustrating because people think Narcan is a magic drug that can always bring people back."

Then there's the story repeated by more than one law enforcement officer about how some drug dealers now bring Narcan when they deliver heroin to make sure their customers stay alive.

No question that Narcan has become a pivotal piece of the opioid epidemic story. Overdose deaths are dropping—only two have occurred in Fauquier County so far this year compared to 20 in 2018. Law enforcement officials say that has more to do with the availability of Narcan than it does a decrease in opioid use. More people are being saved, some multiple times.

It wasn't that long ago that only EMTs and ER doctors could administer Narcan. Now police and school nurses can. Doctors in Virginia are required to prescribe it with high-dose opioids, and it can be purchased in pharmacies without a prescription. REVIVE! Programs, where laypeople are trained to use Narcan, have become more common.

In addition to an injection, Narcan can be administered as a nasal spray.

The drug, available as a nasal spray or an injection, restores an overdose victim's breathing so he or she regains consciousness. It only works if opioids are present in a person's system; otherwise, Narcan has no effect. Sometimes, particularly when someone has injected drugs mixed with fentanyl, multiple doses are needed to revive them.

While public health and law enforcement officials support the easier accessibility of Narcan, they say that does make it harder to gather data on overdoses and track levels of opioid usage. There's also concern that as overdose fatalities decline, so will the sense of urgency to address substance abuse. The epidemic could seem to be over.

"The deaths are going down, which says to me that Narcan is saving lives," said the Rev. Jan Brown, founder and executive director of SpiritWorks, an addiction recovery foundation based in Williamsburg, Virginia.

Narcan is saving lives, but doesn't address the problem of addiction.

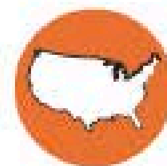
"If we don't deal with these other pieces, we'll have a decline in the community in more ways, sadly, than simply deaths," she added. "The burden comes when a community is dealing with the ongoing effect of addiction. You may be saving lives, but you're not really dealing with the problem."

Culpeper librarian Dee Fleming has taken on the cause of getting local businesses to add Narcan to their first aid kits. Two years ago, her 23-year-old son died after using cocaine laced with fentanyl. "Until somebody's ready to get recovery, I'm all for keeping them alive," she said. "When I see someone who's addicted, I see through them the face of Joe. I think, 'What would I say to Joe? What would I do for Joe?'

"If people look at an addict and say, 'If this was my daughter, how many times would I want her revived?' that changes the whole perspective."

– Randy Rieland

Opioid Ripples: By the numbers



AMERICA'S PROBLEM

81,000 Americans tried heroin for the first time in 2017. The U.S. makes up **5%** of the world's population, but consumes about **80%** of the world's prescription opioid drugs.

WHO SUFFERS

50% to 60% of addiction is due to **genetics.** Other factors: chaotic home environment, abuse, peer influence, community drug attitudes, poor academic achievement.

The **children of addicts** are **8x** more likely to develop an addiction.

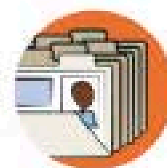
About **20%** of Americans who have **depression or an anxiety disorder** also have a substance use disorder.

In the past decade, heroin use among **18 to 25 year olds** has **doubled.**

SOURCE OF OPIOIDS

About **80%** of heroin users **first misused prescription opioids.**

About **53%** of prescription opioid users got their last painkillers from a **friend or relative**



IMPACT

The economic burden of prescription opioid abuse in the U.S. is almost **$80 billion a year.** That includes health care costs, lost productivity, addiction treatment and impact on the criminal justice system.

Almost **21 million Americans** have at least one addiction, yet only **1 in 10 receive treatment.**

Sources: Centers for Disease Control, National Institute of Drug Abuse, American Addiction Centers

Prevention strategies include education and early intervention

OPIOID, from page 6

than a third of seventh graders said they had used alcohol, and 8 percent indicated they had smoked pot by the time they were 14.

The survey also reflected another disturbing trend. The number of high school seniors who said they had taken pain medication without a prescription? Twelve percent.

Perilous potential

The challenge for school districts is finding the most effective way to help kids avoid the awful fate of so many unwitting opioid victims. In short, how do you teach them about drugs that are legal, but have the potential to be so perilous?

For years, the program of choice for most school districts was Drug Abuse Resistance Education, better known as D.A.R.E. Launched through a partnership of the Los Angeles Police Department and the Los Angeles Unified School District in 1983, it was largely about police officers delivering lectures on the dangers of using drugs. At one point, more than 75 percent of the school districts in America were using D.A.R.E.

But there was a problem. It didn't work very well. That was the conclusion of public health studies done in the 1990s, including one funded in part by the Justice Department that found D.A.R.E. had little or no effect on rates of teenage drug use. In fact, research at Indiana University suggested that students who completed the D.A.R.E. program had a higher rate of using hallucinogenic drugs than those who hadn't taken it.

D.A.R.E.'s popularity faded, as did much of the funding it received from the Justice Department. In recent years, the nonprofit has abandoned its "Just say no" message and focused instead on helping students develop decision-making skills.

While it hasn't regained its dominance of the drug curriculum market, D.A.R.E.'s shift reflects a philosophy more school districts are starting to follow--that teaching kids how to cope with tough decisions is a better way than giving them drug lectures.

Starting early

Another issue is that traditional drug education programs haven't dealt directly with the risks of legal painkillers. This summer, Culpeper County public schools tried to address that by adopting an opioid curriculum initiated by a member of the Virginia Beach School Board, whose daughter died of a heroin overdose. (See "Starting young" sidebar, page 6).

Nate Clancy, a member of the Culpeper School Board who pushed for more opioid education, said the curriculum is being added primarily through health classes at different grade levels. Opioids aren't really discussed until sixth grade, he said, but lessons about medications start as early as first grade.

"They're told that if they see pills they're not familiar with, they shouldn't touch them," he said. "And, that they shouldn't take medicine without their parents present. Third grade deals more with proper and improper use of medicine. Also, how it affects your body. How it can make you better, but there also can be consequences.

"Twenty years ago, this would have been taboo," he added. "You didn't mention drugs in the first grade."

The Fauquier County public schools has also updated its curriculum, according to Frank Finn, assistant superintendent for student services and special education. He said he has worked with the Mental Health Association of Fauquier County and other community groups to identify better resources for teachers, including material specifically about opioids.

As in Culpeper, the lessons start early, but with an emphasis on basic coping skills. The goal is to help young students develop the confidence to not be easily swayed into making risky choices. "I think if you get the elementary learning right, they'll have the skills to deal with problems they face when they get older," Finn said. "It increases the likelihood they'll make better decisions."

With substance abuse closely tied to mental health issues, school districts are also focusing more on being able to spot students struggling emotionally or psychologically. Some now offer Youth Mental Health First Aid, an eight-hour training certification course that teaches participants how to identify and, if necessary, get help for kids. Fauquier staff who have had the training wear purple lanyards so students can find them easily.

Finn said that as part of a pilot project, the training will soon be made available to high school students in Fauquier. That would enable kids who are reluctant to open up to a teacher to instead seek out a peer who is trained to help them.

"There's no one program or curriculum that's going to fix anything — whether it's drug use or academic performance," Finn said. "You have to have a multifaceted approach."

Changing the brain

One key nuance the training teaches kids is that for some people, addiction is not a choice. "If someone has a trauma history or they have a family history of substance abuse and a genetic predisposition, we're keeping in mind that this may not be as much a choice," said Kathy Sickler, social worker in the Rappahannock County public schools. "A child may be kind of set up for failure. So, we watch that closely and I can start to link them up with community resources if we need to."

She said that it's equally important for kids to know what's at risk. "We want them to understand that this is something that can affect you mentally, physically, emotionally. It could even affect your sex life," she said. "It's going to affect all areas of your life. This is a disease. That's part of the addiction education."

Sallie Morgan, of the Mental Health Association of Fauquier County, agreed that education is critical to how communities battered by the opioid crisis move forward.

"We want to help people understand that addiction is a brain disorder," she said. "The substances themselves change the brain. So, it's not a matter of will power. It's not a matter of good versus bad.

"But there are some choice points, and if you're informed, you can avoid going down a path where you really don't want to go."

PHOTO BY KENNETH GARRETT

Nate Clancy, a member of the Culpeper School Board, has pushed for more opioid education in the schools.

ABOUT THIS SERIES: RIPPLE EFFECTS

The project

Opioid Ripples is an ongoing series produced jointly by four organizations: two independent, nonprofit civic news organizations, Piedmont Journalism Foundation and Foothills Forum; and two media companies: Piedmont Media and Rappahannock Media. The nonprofits provide the research and reporting; the media companies decide when and what to publish in their newspapers and on their websites.

Piedmont Journalism Foundation focuses on Fauquier and surrounding counties. For more information, see piedmontjournalism.org.

Foothills Forum, founded in 2014, and Piedmont Journalism Foundation, founded in 2018, were created to increase in-depth news coverage and public discussion of issues in their communities.

Foothills Forum focuses on Rappahannock County. For more information, see www.foothills-forum.org.

Community support of the nonprofits makes this and other projects possible. Funding for this series comes in part from the PATH Foundation, which provides grants to improve health and vitality in Fauquier, Rappahannock and Culpeper counties.

Bring in the birds

• Provide a variety of foods, a variety of feeder types, and a variety of feeder locations. Different bird species have different needs (close to, or inside, a protected covert or with an open flight-path entrance.)

• Provide still and running water if you can. Winter temperatures require a heat source, but birds don't need the water "warm," just unfrozen.

• Leave a little debris in the corners of your backyard for cover – a pile of twigs from your fall yard clean-up is perfect, or make one by trimming a few tree branches and piling them in loose, teepee formation. It doesn't have to be unsightly or messy – use your design sense to make an artistic array that becomes a safe spot for small birds to escape bigger raptors, high enough to evade domestic cats and dogs, and a place for them to smash seeds collected from your feeders in peace.

• If you have a recurring problem with birds flying into your windows, put up reflective film, or hang a few aluminum pie-plates from your foundation plantings to discourage them from coming too near the house.

• If you have squirrels getting into your bird feeders, install a wire mesh under the feeders to keep them from climbing up.

• Late winter is the time to plan your spring birdhouses – learn about where different spring and summer species want to build nests and prepare your nesting boxes to put out as soon as the weather breaks.

• Reduce lawn by planting native species. The U.S. has 63 million acres of lawn, and almost none of it supports bird-life. Add some native plants to bring back the birds.

• Avoid pesticides and herbicides. If it kills bugs and weeds, it probably kills birds, too.

All I want for Christmas ... is a solid 'Bird Count'

Join the team to tabulate the totals

Christmas Day, 1900, ornithologist Frank Chapman, an early officer in the then-nascent Audubon Society, set up the "Christmas Bird Census" to count birds across the nation to make important, and ongoing, scientific collection.

This year from December 14 through January 5, tens of thousands of volunteers throughout the nation brave snow, ice and winter cold for the critical wildlife census.

The long-term perspective is vital for conservationists to inform strategies to protect birds and bird habitat.

audubon.org

Eastern Bluebird

3 billion birds can't be wrong – help reverse the decline

The biodiversity crisis has come to our backyards. In less than a single human lifetime, 2.9 billion breeding adult birds have been lost from North America since 1970. The dark-eyed junco has lost an incredible 175 million individuals from its population. The white-throated sparrow has lost 93 million.

Ninety percent of losses came from just 12 bird families, most of them familiar to Fauquier's feeders – sparrows, warblers, finches and swallows.

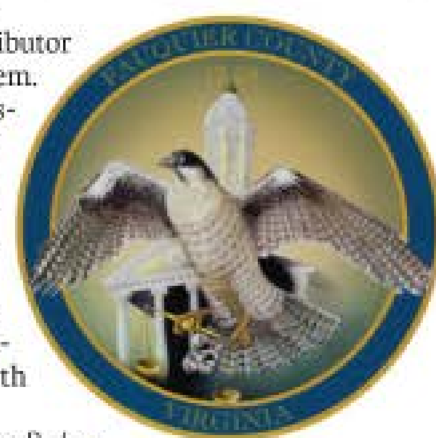
Funky chicken? No, but they're rare birds

The 283 species documented in Fauquier include many notable records. State-level rarities include Boreal Chickadee (a bird banded, providing the state's only record), Tufted Duck, White-tailed Kite, Townsend's Solitaire, Say's Phoebe (twice), Northern Shrike, California Gull, Swallow-tailed Kite, Painted Bunting, and Yellow-headed Blackbird. Regional rarities consist of Brant, Ross's and Greater White-fronted Geese, Surf and White-winged Scoters, Long-tailed Duck, Red-throated Loon, Leach's Storm-Petrel, Rough-legged Hawk, Common Gallinule, Upland and Baird's Sandpiper, Whimbrel, Red-necked and Wilson's Phalaropes, Common Tern, Black Skimmer, Chuck-will's-widow, Loggerhead Shrike (a former low-density breeder, that might still be nesting in the county), Sedge Wren, Bicknell's Thrush, Lapland Longspur, Snow Bunting, Golden-winged Warbler, Clay-colored, Le Conte's, and Lark Sparrows, Dickcissel, Brewer's Blackbird and Evening Grosbeak.

The goldfinch chages plumage in the winter and looks more like a green finch.

County, state show some bird-love

The front of the Fauquier County seal bears two symbols long associated with the county – Warrenton's old courthouse and a falcon. The falcon represents strength and swiftness, on the seal clutching a set of scales to pay tribute to John Marshall, one of the great founders of America and contributor to the development of our judicial system.



In 1950, Virginia's General Assembly chose the northern cardinal (*Cardinalis cardinalis*) as state bird. In 18th century England, the cardinal was known as "the Virginia nightingale."

The cardinal is state bird for seven states – Virginia, West Virginia, Indiana, Kentucky, Ohio, Illinois and North Carolina.

– By Betsy Burke Parker