for advice.

programs that accept discarded drugs. Another great resource is your phone book; in the government section you should find the 'Drug Take Back' website which lists participating pharmacies.

You can return old medication to your pharmacy; just ask your pharmacist if they will accept medication to be returned to the manufacturer for disposal. Check with your local hazardous household-waste office for available programs.

So, how do we safely dispose of medication?

School is starting; students of all ages are getting back to the books. Here are a few tips for students, parents, and everyone:

- Do not flush medication down the toilet. Water that will eventually be supplied to people and animals.
- "Finish all medication" If you look in your medicine cabinet you probably have an old prescription that has that message, or is expired, and you will probably throw the old pills in the trash or toilet. Right?
- Recycle your paper, turn it over and use it for scrap paper, reuse colored paper and old cards for art projects.
- When you are out and about, carry a litter bag for your soda bottles and food wrappers, then dispose at a recycling center.
- Use "Smart Shopping" techniques by purchasing goods that have little or no packaging and wrappers.
- Look for items that can be reused many times.

We are here to help, and together, we can work to benefit our environment.

If you have any questions or suggestions about our program please feel free to contact us by simply replying to this newsletter.