

## Santa's Workshop in Need



The Oklahoma Department of Mental Health and Substance Abuse Services Northwest Center for Behavioral Health in Fort Supply is

once again asking for donations for their clients. Below is a list of suggested gifts that can be utilized for the "Santa Workshop". All items given must be new. Bring the items to the Ext. Office and I will make sure that your gifts are delivered.

### Hygiene Items

- Toothbrush/toothpaste
- Talc/body powder
- Body wash
- Bar soap
- Body lotion
- Lipstick
- Make-up
- Face cream
- Face powder
- Combs
- Deodorant
- Aftershave (cream or non-alcohol based)
- Detangler
- Shave cream
- Non-alcoholic mouthwash

- Cologne/Perfume (cream, roll-on, or non-alcohol based)
- Kleenex
- Pony tail holders
- Barrettes
- Shampoo
- Conditioner

### Clothing Items

- Socks
- Slipper Socks
- House shoes
- Pajamas (lg + up)
- Nightgowns (xlg + up)
- Gloves
- Stocking caps
- Sweatshirts (xlg + up)
- T-Shirts (xlg + up)
- Wrap style robes
- Ear muffs

### Other

- Stationary
- Notebooks (no spirals)
- Writing pads
- Envelopes
- Greeting cards
- Men's handkerchiefs
- Bandana handkerchiefs
- Dominoes
- Uno
- Phase 10
- Rook
- Cards

Any travel size games  
Craft Projects

Cash may be utilized for items to provide for special needs such as sizes otherwise unavailable or items needed quickly due to allergies, etc. or for items not available through state funding. All items in break resistant containers; NO glass or mirrors please.

## ELECTION DAY NOVEMBER 7

**Exercise  
Your  
American  
Privilege:  
VOTE.**



This newsletter is published monthly by the Beaver County OSU Extension Office, PO Box 339, Courthouse, Beaver, OK 73932 (580) 625-3464, and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.



Liz Gardner-McBee  
Extension Educator,  
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FAMILY AND CONSUMER SCIENCES

# Newsline

NOVEMBER 2006

Beaver County Extension Office \* Courthouse \* Box 339 \* Beaver OK 73932 \* (580)625-3464



Beaver County OSU Ext. Service & OHCE  
Invites Everyone to:

## Festive Creations Day

Thursday, November 9th  
Beaver County Fair Building

9:30 Registration and Coffee

### 10:00 PRESENTATIONS

#### Shortcut Sweets

Mary Evans, Clearlake HCE

Add variety to your holiday baking with tips and recipes for quick, versatile treats.

#### All About Basil

Linda Moeller, Anthony HCE

Learn about new varieties of basil and how to grow it and use it.

#### Jazzy Jackets

Claudine Knight & Sandy Turner, Balko HCE

Learn what goes in to making trendy jackets.

#### Placemat Purses

Marilyn Jones, Clearlake HCE

Placemats are cleverly transformed into a purse.

#### Craft Break

Liz Gardner-McBee, Beaver Co. Ext. Educ. FCS

Make and take a small holiday craft item at no charge.

### Noon BUFFET LUNCH & LEARN

#### Gift Mixes from Your Kitchen—Liz Gardner-McBee, Beaver Co. Ext. Educator, FCS

Pre-register at 625-3464 by Nov 6th for free lunch and to reserve a copy of the 80 page recipe book.

### 1:00 WORKSHOP—Decorated Cookie Houses

Make and Take a "gingerbread" house. A small fee charged for workshop supplies.

Please pre-register by calling the Extension Office at 625-3464 by Nov. 6<sup>th</sup>.

Come on your break, during lunch hour, or stay all day!



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# Unused Medicines: What to Do?

by Recia Garcia, NW District FCS Program Specialist

For years consumers operated under the premise that *anything safe to ingest as medicine was safe to dispose of via the toilet*. Flushing unused medications avoided “misuse” of substances and got them away from small children at home, pets that raid trash cans, etc.

Most consumers didn’t consider potential long term consequences of such a wide spread practice until recently. In 2002, the U.S. Geological Survey released a national study of surface waters. Of 139 streams involved in the study, a shocking 80 percent had common pharmaceutical drugs such as antidepressants, hormones and antibiotics!

Municipal sewage treatment plants are not engineered for pharmaceutical removal. Consequentially many medicines are not captured or only partially captured during the process, and may pass through a wastewater treatment plant intact, to be released back into the environment along with treated water.

Many municipal water departments have guidelines about what is and is not acceptable for disposal via sewer systems. Contact your water department for their specific guidelines.

Septic systems allow the *earth* to serve as a giant filter. If having a home septic system leaves you feeling very unaffected, consider that medicines flushed down those toilets can harm beneficial bacteria responsible for breaking down waste in the septic system! Much misuse via septic systems could allow leaching of substances into private wells, depending on conditions at particular sites.

## Choose environmentally friendly and safe methods to dispose of unused medicines:

1. Call local trash service for options. Some may have local household waste facilities, where medications can be incinerated.
2. Ask your pharmacist if there are disposal options in your area.
3. If you must dispose of unused medicine in the trash, which is better and safer than the toilet or sink (entry to the water system), consider adding a little water to solid medications, or solidify liquid medicines with cat litter, sawdust or flour, to keep medications from being taken accidentally by a child or pet.
4. Only purchase what you need.
5. Say “No” to samples if you are not going to use them. They require disposal later.
6. Centralize pharmaceuticals in the home to one location to limit over purchasing products.
7. Read labels. Buy alternatives for any product which contains mercury.

Keep products in original containers. Pharmaceutical container caps are typically watertight and child proof. Double seal the container inside another container or heavy bag to prevent easy identification of the drug container, or to prevent breaking of glass containers.

Read the Oklahoma State Board of Pharmacy’s “Unused Prescription Drug Program for Oklahoma’s Medically Indigent” at [www.pharmacy.ok.gov](http://www.pharmacy.ok.gov). Click on “Rules” and read Chapter 12 of the 2005 Oklahoma Pharmacy Lawbook. Only unused medicines from licensed nursing homes and assisted living centers are accepted at this time.



# OHCE—BEAVER COUNTY NEWS

## 2007 Fair Exhibits

The Exhibit Committee met on October 11<sup>th</sup> and decided to make some exciting changes for the Oklahoma Centennial 2007 Beaver County Fair. This year, each group must have a full exhibit of 21 exhibits. All classes are required yet general enough to allow for a lot of creativity on the part of the members. The classes are:

### CANNING/FOOD PRESERVATION

1. Dried Fruit
2. Jam or Jelly
3. Hot Sauce or Salsa

### CLOTHING

4. Any Sleepwear or Loungewear
5. Handmade Purse or Clothing Accessory
6. Woman’s or Child’s Wear

### HOME FURNISHING

7. Hand Knitted or Crochet Article
8. Refurbished Article with Before Picture and Story
9. Wall Hanging

### FOOD

10. Cake Mix Item
11. Fruit or Nut Bread
12. Nutritional Snack (1 variety or 3 bars) with nutritional values listed\*
13. Homemade Candy

### HORTICULTURE

14. Potted Plant – Indoors or Outdoors
15. Flower Specimen
16. Potted, Homegrown Herb

### CULTURAL ARTS

17. Gift Basket--\$15.00 limit—Club project based on smart shopping.
18. Scrapbook Page (1)
19. Quilt Block (1)

### HOLIDAY

20. Holiday Tree Skirt
21. Oklahoma Centennial Ornament

\*Beaver County Extension. Office can calculate nutritive value if needed.

Each group is asked to furnish one holiday themed door prize for Festive Creations Day on November 9th.

Each group is asked to select a Promotional Sales Committee Member and notify the office ASAP. Thanks.

There will not be a Leaders’ Lesson as December is an open month.

## Fall Council Highlights

Council was held on Oct. 11th with 19 members, one guest, and Beaver Co. Ext. Educator present. Barbara Patzkowsky was recognized for her many years as state chairman of the Make It Yourself With Wool contest; this will be her last year in that capacity. Balko club reported that they had made over 100 pillowcases for Boy’s Ranch. Motion passed to compile, publish, and sell a Beaver County OHCE Centennial Cookbook to only include recipes submitted by members. More details later from President Mary Evans.

Election of officers resulted in one change: Sue Grose is the Pianist for 2007-08. Diana Croteau’s autobiographical DVD was played. Linda Downing of L&L Travel spoke about new travel regulations. Janet Cook, a 4th grade teacher from Laverne gave an excellent program on her teacher’s exchange trip to Czechoslovakia.



## FALL EXTRAVAGANZA

November 18, 2006

Pam Edwards, former Beaver Co. 4-H Educator, is hosting the Fall Extravaganza (also known as Potpourri) from 9:00am to 5:00pm at the Beaver Co. Fair Building. This years’ show is a combination craft and home show. If you are interested in participating as a vendor, contact the Ext. Office for a form or Pam Edwards at 580-646-3511.

## 2007 HCE LESSONS

- |          |  |
|----------|--|
| January  | <b>Celebrating the OK Centennial</b>         |
| February | <b>Aging Gracefully</b>                      |
| March    | <b>101 Things to Do with a Cake Mix</b>      |
| April    | <b>Log Cabin Quilts</b>                      |
| May      | <b>Dist Lesson: Eating Okla. Grown Foods</b> |

- |           |  |
|-----------|--|
| June      | <b>Family Reunions</b>                   |
| July      | <b>Eating Out and Staying Healthy</b>    |
| August    | <b>State Lesson: Buying USA Products</b> |
| September | <b>No Lesson—County Fair</b>             |
| October   | <b>What’s New in Home Appliances</b>     |
| November  | <b>Stress and Relaxation Techniques</b>  |
| December  | <b>No Lesson—Enjoy the Holidays</b>      |