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Over the Counter



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Medicine Cabinets: The New Drug Dealers



By Garrett Wilkerson, PharmD and
Rodney Richmond, RPh, MS, CGP, FASCP

Arkansas currently leads the nation in the number of teens that abuse prescription medications, with 1 in 5 high school seniors reporting that they have taken prescription drugs meant for another person. This is not a statistic we should be proud of, especially considering the majority of these drugs come from a parent or grandparent's medicine cabinet. More than half of teens in the United States report that prescription drugs are easy to obtain from their homes. The availability of these drugs combined with the notion that prescription drugs are safer than other recreational drugs has led to an epidemic of teen drug abuse that is centered around our great state. Adults should take responsibility for the safe storage and disposal of their medication in order to remove these temptations that can lead to serious injury or death. Remember to store all of your prescriptions in a place not easily accessed by your children, and to remove any unused medications from your

home. Having unused prescriptions in your home may make you a target for theft, so properly dispose of all unused medications at one of your local prescription drug take back sites around the state. These sites are usually located at Sheriff's departments, courthouses, city halls, or other local government buildings and provide a safe site for people to dispose of any medications anonymously for destruction. Parents should also talk to their teens about the dangers of abusing prescription drugs and explain how they are just as dangerous as other illegal drugs. Teens may be the ones abusing the drugs, but it is up to us as responsible adults to prevent these medications from ending up in the wrong hands. Thank you for taking the time to read this medication tip provided by the Harding University Center for Drug and Health Information. ♡

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Contents

FEATURES

Basketball Bonds	42
1,000,000 Pennies Challenge	44
Laughter In Love	46
Tips Of Bridal Shower Etiquette	48
A Promise Made A Promise Kept	52
Peace In The Valley	58
Taylor's Journal	64
Things For Kids This Summer	72
Roo And You	74
Searcy Youth Tennis League	76
Mission Machine	78
Playing On	84
Once Upon A Train	88
An Important Lesson	90
Heartburn And Reflux	92

DEPARTMENTS

Publisher's Note	11
Hope Believe	12
Fashion Fun	18
Favorite Facebook Quotes	22
We The People	24
Over The Counter	68
Out And About Photos	91
Dinner And A Magazine	94
Games And Puzzles	96



Out & About 91

“Life is like a mirror. It will smile with you, if you smile at it.”

—Unknown



Out & About 91



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