



**GROUNDWATER
GUARDIAN
TURF**

▲ *St. Charles Country Club in Winnipeg, Manitoba has four beehives on its property as part of its overall environmental stewardship initiatives. The beehives aid in local pollination and help the club's gardens and flower beds be more aesthetically pleasing. The Club was recently designated as a Groundwater Guardian for Turf.*

Honey Bees offer numerous benefits to the environment. A bee's primary role is to act as a pollinator. Almost 1/3 of the food we eat is dependent upon pollinators like the honey bee. Without bees acting as pollinators, many of the foods we enjoy would be much scarcer. Blueberries and almonds are just two examples of crops that are entirely dependent upon pollination from honey bees. Not only do the bees act as pollinators for a lot of our food, but they also contribute to pollinating many flowers, shrubs, and trees.

Get Healthy, Be Organized, and Do Something Good in 2020

Nebraska MEDS Pharmacies Accept Medications Every Day

Even if you've already given up on some of your New Year's resolutions, you can still set some important goals for 2020, like getting healthy, being more organized, and doing something good.

There's an easy way to achieve all three: Get in the habit of taking old or unused medications back to a Nebraska MEDS pharmacy.

"An important place to start organizing your home is with your medicine cabinet," said Sarah Hunter, Project Coordinator for the Nebraska Pharmacists Association. "Removing leftover medication from your home can help prevent accidental poisonings or medication misuse," Hunter said.

Your household will be healthier without the threat of accidental drug overdose or poisoning, your medicine cabinet will be more organized, and you'll help protect your community's water, all by simply taking medications back to the pharmacy.

Hunter says that over 300 Nebraska MEDS pharmacies across the state will take back prescription and over-the-

counter medications free of charge, no questions asked, for safe and legal disposal.

When flushed, put down the drain, or thrown in the trash, over-the-counter and prescription medications can contaminate water supplies. Most water treatment facilities do not have the capacity to remove these emerging contaminants.

"Remember every day is take-back day in Nebraska," Hunter said. "There's no need to hang onto expired or unused over-the-counter and prescription medications, you can remove leftovers from your home today!"

To find one of the 300 statewide participating pharmacies near you, visit www.leftovermeds.com.

Nebraska MEDS (Medication Education on Disposal Strategies) is a coalition of state and community partners dedicated to educating Nebraskans about drug disposal and provides safe ways to dispose of them to better safeguard the environment and public health. It is funded by the Nebraska Environmental Trust and the

Nebraska Legislature. The Coalition includes the Nebraska Pharmacists Association, Groundwater Foundation, Drug Enforcement Administration, Lincoln/Lancaster County Health Department, Lincoln Police Department, Coalition Rx, Lincoln Public School Nurses, LiveWise Coalition, Nebraska Department of Environmental and Energy, Nebraska Department of Health and Human Services, Nebraska Medical Association, AARP of Nebraska, Nebraska Pharmacy Foundation, Nebraska Regional Poison Center, Safe Kids Lincoln-Lancaster County, KETV, Nebraska Attorney General's Office, and Nebraska State Patrol.💧



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