

GOT LEFTOVERS?

Campaign urges people to give leftover and expired medicine to local agencies



MIKE HENNEKE/News-Review photo illustration

Law enforcement and health agencies are seeking expired and leftover prescription medicines as seen here in this photo illustration. Product Stewardship Institute asks people to drop such medications at one of six sites in Douglas County.

JESSICA PROKOP
The News-Review

Seeking to cut back on crime, drug overdoses and waste, law enforcement and health agencies are encouraging Douglas County residents to turn in their leftover medications.

The campaign, spurred by a national nonprofit group, Product Stewardship Institute, asks people to drop off their unused or expired medications at one of six sites throughout the county. Authorities say it's a better alternative than flushing drugs down the toilet or tossing them in the trash.

The Boston-based nonprofit agency focuses on solving waste management problems caused by products with an expired shelf life.

Douglas County Sheriff's Office spokeswoman Andrea Zielinski said this newest campaign is about drawing attention to the dangers of expired over-the-counter medications and prescription drugs that have been allowed to accumulate.

People often don't think about throwing out leftover medications until a spouse or relative dies and leaves behind a stockpile of medications, she said.

The sheriff's office in 2011 installed a medications disposal box in its lobby after teaming with the Oregon High Intensity Drug Trafficking Area, a state program founded in 1999 with a mission to reduce drug-related crime, violence and drug trafficking.

"(Drop-off boxes) help alleviate the drug abuse problem and prevent people from being the victims of burglaries or thefts," Zielinski said. "Most property crimes

So you know ...

Looking for a place to drop off leftover or expired prescriptions and over-the-counter medications?

Take your medications to any of these six sites:
Douglas County Sheriff's Office lobby, 1036 S.E. Douglas Ave., Roseburg;

Gordon's Pharmacy and Gifts, 312 S.W. Main St., Canyonville;
Myrtle Creek Police Department, 215 N.W. Pleasant St., Myrtle Creek;
Reedsport Police Department, 146 N. 4th St., Reedsport;
Sutherlin Police Department, 126 E. Central Ave., Sutherlin;
Winston Police Department, 201 N.W. Douglas Blvd., Winston.
Prescriptions can only be returned to the listed law enforcement agencies.

Those who return their medications to the sheriff's office can enter to win a \$50 Visa gift card, courtesy of the Product Stewardship Institute, which is leading the awareness campaign.

are drug-related."

She said consumers whose prescription painkillers are stolen cannot get a new prescription without first filing a police report. This helps prevent people from stocking

up on painkillers.

Roseburg police Lt. Patrick Moore, who leads the Douglas Interagency Narcotics Team, said there were a string of medication thefts and robberies several years ago from

Douglas County pharmacies and homes, especially in the central part of the county.

"My general thought is we do have a problem," he said.

About 70 to 75 percent of heroin users in the county started their addiction with prescription medications, Moore said. These percentages are based on interviews with known addicts, treatment programs and local law enforcement agencies, he said.

Moore said the most abused prescription drugs include oxycodone, hydrocodone, clonazepam, Vicodin and Percocet.

In the last 2½ years, 33 people in Douglas County have died from drug overdoses, roughly one person per month, he said. Of that

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MICHAEL SULLIVAN/The News-Review

A billboard visible near Winston is part of a campaign to urge people to turn in their leftover and expired prescription medicines.

Motorcycle crash kills Myrtle Creek man

The News-Review

A Myrtle Creek man was killed Friday afternoon when his motorcycle crashed in a construction zone on Interstate 5, 13 miles south of Cottage Grove, according to Oregon State Police.

Paul Joseph Alvarado, 60, was riding a Harley-Davidson shortly before 4 p.m. north on I-5 near Milepost 161 when he failed to merge into the left lane while entering a work zone, troopers said.

Alvarado hit at least one orange construction barrel, lost control of his motorcycle and struck a guardrail, troopers said.

The man was wearing a helmet but was still seriously injured.

A trooper and emergency personnel responded to the scene. An air ambulance was also called in.

Alvarado was pronounced dead, however, before he could be transported to a hospital.

The northbound lanes were blocked for about an hour before one lane opened to traffic.

Efforts to reach Alvarado's family were unsuccessful Saturday.

Troopers said there were multiple signs advising motorists of construction up ahead and a right lane closure, as well as orange construction barrels tapering right lane traffic into the left lane.

Troopers from the Roseburg Area Command Office are investigating the accident.

The Douglas County Sheriff's Office, North Douglas County Fire & EMS and Oregon Department of Transportation assisted.

WILLAMETTE VALLEY GROWERS Conditions perfect for big Oregon wine yield

SALEM — Oregon's Dundee Hills suffered from late rains last year that impacted the quality of wine in one of Oregon's most productive regions.

Not this year.

Vintners in the Willamette Valley say the conditions have so far been perfect, and early September has given white-grape growers a chance to start harvesting early.

The first picking of the state's famous pinot noir grapes isn't far behind, The Statesman Journal reported.

Stoller Family Estate vineyard manager Robert Schultz says Oregon's hot summer and the mild conditions for ambient yeast on the grapes themselves combined to forecast a strong early harvest.

"This year is remarkable for its earliness, perfect conditions at bloom and increased heat accumulation," Schultz said, adding that this year's crop is "bigger and riper earlier than last year."

Melissa Burr, who is celebrating her 12th vintage at Stoller, is also enthusiastic about this

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Oregon's Extremes: Yesterday morning's low: 30 at Meacham Yesterday's high: 97 at Scappoose

REGIONAL CITIES

City	Monday		Tuesday	
	Hi	Lo	Hi	Lo
Astoria	67	57	70	54
Baker	84	44	s	76
Bend	79	47	s	71
Brookings	87	54	s	69
Burns	84	41	s	78
Coos Bay	68	54	s	68
Corvallis	81	52	s	75
Eureka, CA	62	54	pc	63
Klamath Falls	81	46	s	79
La Grande	83	48	s	72
Medford	93	57	s	90
Newport	60	55	mc	62
Pendleton	84	53	s	76
Portland	77	56	pc	76
Redding, CA	97	63	s	98
Reedsport	73	56	pc	72
Salem	80	55	s	77

FORECAST DISCUSSION

Today we will see sunny skies with a high temperature of 93°, humidity of 24%. Light winds. The record high temperature for today is 99° set in 1981. Expect mostly clear skies tonight with an overnight low of 52°. Light winds. The record low for tonight is 42° set in 1992. Monday, skies will be sunny with a high temperature of 88°, humidity of 32%. Light winds. Skies will be partly cloudy Monday night with an overnight low of 55°.

RIVER STAGES

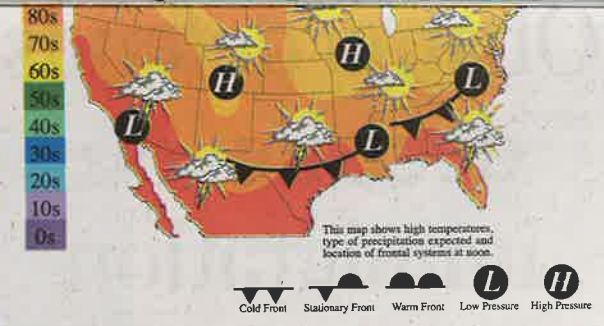
River	Location	Stage	Flow	River	Location	Stage	Flow
North Umpqua	Gilde	0.19	35	South Umpqua	Tiller	0.64	38
North Umpqua	Winchester	1.93	889	South Umpqua	Winston	2.79	74
Cow Creek	Riddle	1.07	43	Umpqua	Elkton	2.94	1180

*Flow is (cfs) Cubic Feet Per Second. All readings valid 7 a.m. today.

TIDES

Today	High	Low	High	Low
Coos Bay	12:04 am	6:41 am	1:08 pm	6:55 pm
Winchester Bay	11:47 am	5:16 am	11:39 pm	5:30 pm

Cairo	94	73	s	95	73	s
Copenhagen	65	57	sh	63	54	pc
Dublin	58	50	s	58	53	s
Frankfurt	80	60	t	73	53	ra
Geneva	80	58	s	83	59	s
Havana	90	74	t	91	74	t
Hong Kong	89	81	t	87	81	t
Jerusalem	83	62	s	83	62	s
Johannesburg	82	50	s	84	54	s
Kabul	86	61	s	86	59	s
London	71	49	pc	70	51	pc
Madrid	88	63	pc	83	62	s
Mexico City	72	54	t	73	56	t
Montreal	72	50	s	74	53	s
Moscow	69	53	pc	68	51	s
Nassau	83	80	pc	83	80	t
Oslo	69	53	pc	60	53	ra
Paris	77	59	pc	77	54	s
Rio de Janeiro	81	62	s	83	63	pc
Rome	86	65	s	85	66	s
Seoul	85	65	s	84	64	s
Sydney	64	49	sh	68	51	s
Tokyo	73	67	ra	79	67	sh
Toronto	73	55	s	74	59	s
Zurich	75	55	s	75	55	s



National Extremes:

Yesterday morning's low: 24 at Stanley, Idaho
Yesterday's high: 115 at Death Valley, Calif.

Weather Legend: bz-blizzard, cl-cloudy, fg-fog, hs-heavy snow, hz-haze, ls-light snow, mc-mostly cloudy, rs-rain/snow, pc-partly cloudy, ra-rain, sh-showers, sn-snow, s-sunny, t-thunderstorm, w-wind

Meds: People urged to give up expired prescriptions

Continued from page A1
number, 24 died from an opiate overdose — six from heroin and the rest from a prescription opiate. Additionally, 23 of those 33 people died from misuse of prescription medications, Moore said.
Some of the overdose deaths were suicides; others were caused from mixing multiple drugs or drugs and alcohol, he added.
Unintentional overdoses from prescription opioids kill more Americans than cocaine and heroin combined, according to Karen Shapiro, the nonprofit group's senior associate for policy and programs.
"And, the Pacific Northwest ranks third in the nation for drug dependence and abuse," Shapiro said in a written statement.
She said these prescriptions often are left in medicine cabinets long past their expiration dates.
Winston police Chief Scott Gugel said his department has been collecting medications since about 2008.

Over the years, he said he's noticed people tend to stock up on painkillers.
"The problem is people having access to them, like children, or kids giving it to friends," he said. "It's been a problem for years."
He said the disposal units take away the risks of those prescription drugs being "grabbed up by kids or visitors to your house. The secondary benefit is that they aren't going into water sources."
When medicines are thrown in the garbage, flushed down the sink or flushed down the toilet, they can enter waterways through landfills, septic systems or wastewater treatment plants.
Studies show that pharmaceuticals, like narcotics, hormones and antibiotics, have severe health consequences for fish and other marine life, Shapiro said in a written statement.
Zielinski said the sheriff's office cleans out its disposal box every couple of weeks and transports the medications to a facility

near Salem for incineration.
"It's very environmentally friendly," she said. "We don't want it to leak into the waterways."
David Stevens, owner of Gordon's Pharmacy and Gifts in Canyonville, said his business also has been collecting leftover and expired over-the-counter medications for years.
He said it's important to keep medications out of Douglas County waterways and landfills. "It's part of our going green movement," he said.
The pharmacy pays a fee to ship the medications to a facility in Texas that disposes of them safely, Stevens said.
He said this most recent campaign has brought in more people, nearly tripling the usual volume of returned medications.
It's more difficult for rural Douglas County residents to dispose of medications properly because they have farther to travel, Zielinski said.
"South County has a problem with prescription drug abuse," she added.

Gugel agreed this latest campaign is geared toward South County and rural-area residents.
He said the Winston Police Department hasn't received more medications than usual, but still gets hundreds of pounds of medications throughout the year.
"We have to go three or four times a year. Each bin is about 80 pounds of pills. And, we take liquid medications," Gugel said.
"It's been a very popular program, very successful," he added.
Gordon's pharmacy has been handing out prescription bags that read, "Got Leftover Medicine? Use This Bag To Bring Back Your Meds." Product Stewardship Institute received a grant from the U.S. Department of Agriculture Rural Utilities Service to purchase the bags. They also designed a 30-foot-long billboard and chose its location.
"It's gotten a lot of people thinking about it," Stevens said. "I wish more pharmacies would do this."

The billboard, which sat on Old Highway 99 South in Winston, also attracted attention with the slogan "Got Leftover Meds? Don't Flush Them!"
Both the billboard and bags were used through the end of August. Other ways of spreading the word, such as fliers, will be distributed throughout the end of the year.
Stevens said he thinks if more pharmacies collect leftover medications, fewer tax dollars would be spent by local law enforcement agencies paying disposal fees.
The Reedsport, Sutherlin and Myrtle Creek police departments also collect prescription and over-the-counter medications.
Drop sites, which are open during business hours, are free and anonymous. All except for Gordon's pharmacy accept controlled substances such as Percocet, Vicodin and Xanax.
The law enforcement agencies accept medications in any form, including pet medication.

Medications should be left in their original containers, tightly sealed and secured in a sealed plastic bag to prevent leakage and contamination. People should remove or black out their personal information from the prescription labels.
Needles, thermometers, hydrogen peroxide, aerosol cans and inhalers are prohibited. The sheriff's office is also unable to accept medications from clinics, nursing homes or businesses.
"We don't care what you put in there. We just want you to dispose of it properly," Zielinski said.
She said if people are unable to take medications to a drop-off site, they should put the medications in cat litter or coffee grounds, because that helps leach out some of the toxins.
The National Prescription Drug Take-Back Day is Sept. 27.
• Reporter Jessica Prokop can be reached at 541-957-4209 and jprokop@nrtoday.com.



Oregon Lottery

Saturday Powerball
09-29-31-43-50
Powerball: 18
Multiplier: 2
Next Jackpot: \$127 million

Friday Megamillions
7-12-20-24-59-7
Multiplier: 2
Next Jackpot: \$41 million

Saturday Megabucks
19-23-25-30-31-47
Next Jackpot: \$9 million

Friday Pick Four
1 p.m.: 6-9-7-1
4 p.m.: 5-2-2-8
7 p.m.: 8-6-6-6
10 p.m.: 5-7-2-7

Saturday Pick Four
1 p.m.: 6-4-6-6
4 p.m.: 6-6-9-9
7 p.m.: 6-4-7-9
10 p.m.: 5-7-2-0

Friday Lucky Lines
4-7-11-14-19-24-27-31

Saturday Lucky Lines
4-6-9-15-20-23-26-29

Saturday Win for Life
11 - 24 - 45 - 56

Wine: Willamette growers looking for a good harvest

Continued from page A1
harvest. "We have a healthy and heavy fruit set across the entire vineyard. The vineyard flowered in a compressed period of time, which leads me to think that harvest will also be compressed, and we are ready," Burr said.

Schultz said harvest should be done at Stoller by mid-October.
At Sokol Blosser and other Willamette Valley vineyards, the vineyard has begun harvesting grapes for its sparkling wine offerings.
"The grapes are picked early to help with acid

retention and lower sugar content, resulting in lower alcohol content for sparkling wine, an approach we've adopted after developing our sparkling program over the last year," winemaker Alex Sokol Blosser said.
If the warm weather keeps up — temperatures

reached the low 90s on Saturday — the pinot noir grapes could come earlier than anticipated.
"It appears to be an

all-around stellar year for the Dundee Hills, and I'm looking forward to tasting the results of our collective work," Schultz said.

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Got Leftover Meds? DON'T FLUSH THEM!

Bring them to any of these Southern Douglas Co. locations:

Winston Police Dept. 201 NW Douglas Blvd.	Myrtle Creek Police Dept. 215 NW Pleasant St.	Douglas Co. Sheriff's Office 1036 SE Douglas Ave.	Gordon's Pharmacy & Gifts 314 S. Main St., Canyonville
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FREE. ANONYMOUS. NO QUESTIONS ASKED!

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