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# Family

Home, Health and Living for Today's Family

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CORN MAZES  
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HALLOWEEN  
ACTIVITY GUIDE**

## NEW & NOTABLE

By Nina Fisher

### BEFORE YOU FLUSH...

Out of sight, out of mind. For decades, that was the public mindset for disposing of unused or expired drugs. Unfortunately, out of sight doesn't mean that the drugs are gone. They're showing up in drinking water and in the environment. Although scientists have yet to quantify human-health effects, some wildlife has shown adverse impacts — such as reproductive abnormalities — from these wayward drugs.

A few simple steps can help keep these drugs out of our water and the environment. The federal Office of National Drug Control Policy offers the following guidelines to dispose of household drugs properly:

- Take prescription drugs out of their original containers.
- Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
- Put the mixture into a disposable container with a lid, such as an empty margarine tub or a sealable plastic bag.
- Conceal or remove any personal information — including Rx number — on the empty containers with black permanent marker or duct tape, or by scratching it off.
- Place the sealed container containing the mixture and the empty drug containers into the household trash.

Alternately, a few counties in Maryland accept drugs at their Household Hazardous Waste collection sites, including St. Mary's (301-863-8400 x550), Prince George's (301-883-5045) and Baltimore (410-887-3745). Select pharmacies may take back unused drugs; most don't. Talk to your local pharmacists and encourage them to become involved in a pharmaceuticals take-back program.



### CANADIAN WEAR WORKS FOR MARYLAND WEATHER

"There is no such thing as bad weather; only inappropriate clothing." So says mom Lisa Will, mom and founder of Stonz Wear, a Canadian manufacturer of high-quality infant and toddler outerwear. She should know. Raising her son in cold and wet Vancouver weather, Will had trouble finding a way to keep her little one's feet warm. Thus was born Stonz Wear.

The company's signature product — Stonz Booties — is an ingenious pair of wide-topped boots with a durable nylon on the outside, comfy fleece inside and a rubberized, non-skid sole. The ample opening means that there's no struggling to force baby's foot into a snug-fitting boot. Once his foot is inside, the toggles easily tightens to hold the bootie in place. Each pair of booties comes in a variety of styles with cute appliques (ducks, bears, shapes, stripes, flowers, flags and so on) and colors. While the bootie itself should be plenty warm for Maryland's fall weather, parents may want to purchase liner inserts that fit inside the boots for the upcoming winter — especially if this winter proves as fierce as last season's.

The boots retail for \$46.95 and range from newborn to 3 years. Since the booties don't need to fit a child's foot precisely, the boots should span several growth spurts. The company also offers a full line of heavy-duty mitts and hats that range in price from \$21.95 to \$35.95.



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