

Mission College - Extended Opportunity Program and Services (408) 855 – 5055
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Dear students,

Happy November! What an amazing time in history! Were you able to vote last week? If so, then you participated in a momentous election that ushered in the first African American to become President of the United States, Barack Obama. So much of EOPS's history is borne out of the struggle of people of color, particularly African Americans, who dreamed and worked for equity in higher education for all, and to think that thirty-nine years after the institution of EOPS, we now have a person of color who was raised by a single mother become the next President of the United States! Did you read that, CARE students? What an inspiration to us all, and however you voted or even if you were not able to vote, this election can still be viewed as remarkable and transformational, and all of you who are immigrants but have children born in the US, you can now truly tell your young ones that they can achieve anything if they work hard enough....even becoming the most powerful person in the world. Happy Early Thanksgiving to you all!

~Jennica and Theresa

Registration Reminder - Nov. 17 and 18

The Winter and Spring 2009 class schedule is now available. Due to the current budget situation, there are fewer Winter classes available at Mission; West Valley still has many course offerings. (Mission students are eligible to register for classes at either campus) For that reason, if you need to take a Winter class, remember to register the first day available, which is next Monday, Nov. 17. As an EOPS student, you get this added benefit of priority registration so make sure to take advantage of it!

Last Day to Drop a Class Is Next Friday



If you plan to drop a class and get a "W," please do it by next Friday, Nov. 21. After this time, you must get a grade for the class.

Third Contact Timeframe Ends Nov. 14

Third contact for EOPS begins Monday, Nov. 17. As a reminder, all students in good standing and who have had perfect attendance with their contacts will receive either a \$10 gas card or a USB drive.

Transferring in Fall 2008?



If you are transferring to a UC or CSU for Fall 2008, please remember to submit your application by Sunday, Nov. 30. It is best to complete the application well before this date, however, as the system will be very busy this last day of submission, and you do NOT want your application delayed!

Students who are applying to a CSU, please remember to complete the **EOP** application as well. Note that you must finish the university application before you can complete the EOP one. You will also need two references with their email address for the recommendation portion. If you have further questions, contact an EOPS counselor.

Disposing of Drugs Safely



Disposing of Drugs Safely- taken from

<http://www.nodrugsdownthedrain.org/index.html>

In light of the increasing concern and interest over the environment, Keeping Tabs will begin a regular series addressing "green" topics. This month's subject will be on the safe disposal of drugs. As you may have heard on the news, drinking water has recently been found to be contaminated with chemicals, even hormones, due to people flushing their medication down the toilet. Disposing of unused, unwanted, and expired medications by flushing them down the toilet was once common practice. Your doctor or pharmacist may have directed you to do this. We now know that these substances are bad for our environment - the ground, water, and air around us. Medications, also called pharmaceuticals, include prescription drugs such as hormones, antidepressants, and antibiotics; over-the-counter medicines such as pain relievers, cold/flu remedies, and antiseptics; and veterinary medicines.

So, what should you do?

There is no one answer that applies to all people in all parts of the United States. One very important thing everyone can begin with, however, is to take medications as directed and finish the prescription when directed to do so by your doctor.

1. Take to a household hazardous waste collection center or event. To find out where you can drop off your unwanted medication, visit

<http://www.nodrugsdownthedrain.org/index.html>

and enter your zip code.

OR

2. Put in a sturdy and securely sealed container and then in a trash can where children and pets can't reach them.

To avoid accidental and intentional ingestion follow these steps:

- **Safety** - When possible, all medications put in the trash should be "treated" in some way to prevent people and animals from eating them. You can do this by simply adding water and then salt, ashes from the fireplace or barbecue pit, or dirt from the yard to pills or capsules in a bottle or by adding salt, ashes, or dirt to liquid medications. Wrap several layers of masking tape or duct tape to cover and hide blister packs (pills in a card). Learn more at <http://www.moea.state.mn.us/hhw/pharmaceuticals.cfm>. It is also wise to place the medications in the trash as close to the pick-up time as possible so there is less chance that the medicine can fall into the wrong hands.
- **Container** - Use the original container with safety caps, if available, and tape the lid to the container with duct tape or another type of sturdy tape. It is a good idea to use a plastic container when disposing of liquid in a glass bottle to contain the spill if the bottle breaks. Hide all medications in an outer container such as a paper bag, box, or plastic tub and wrap in several layers of newspaper to prevent discovery and removal from the trash.
- **Privacy** - If desired, remove patient's name, drug name, prescription number, and other personal information from the container before disposal.

New Environmental Club on Campus



Interested in being a part of the newest club on campus that's focused on the environment? Attend a meeting for EcoLogic! Students will have the opportunity to do community service work and to encourage active conservation efforts, increase awareness about the environment, meet like-minded students and make new friends. The first meeting will take place Thursday, Nov. 20 from 4 - 5 pm in Room 225 (above the bookstore) in the Campus Center. Be a part of the new "green" movement!

A Moment of Reflection



*** Follow Your Heart ***

Follow your heart and have the courage to dream, for what you dream becomes your life. What dream should you dream? The first answer your heart speaks is the truest. When you tell that truth to yourself, it becomes apparent to the world.

Follow what you love. That is always the right direction.

When your intention is clear, the path opens up. Find that course. Stay on it. Believe in yourself. When you lose your direction, look inside to find it again.

It will always be in the same place.

- David Viscott

