

ASK A MASTER RECYCLER



Take security precautions when recycling

SUSY LACER, MASTER RECYCLER
A MONTHLY COLUMN OF RECYCLING INFORMATION
PROVIDED BY FLORENCE MASTER RECYCLERS
For the Siuslaw News

Q. Is it safe to put personal papers such as tax returns and bank statements in the recycle bin that is picked up at my curb? Is there any chance of the papers being gone through at the recycle facility? Have there been reports of ID theft that occurred at one of these facilities?

A. Great question. Lane County Waste Management Division, the organization that trains and supports Master Recyclers here, has not heard any reports of identity theft occurring from a recycling facility.

They have heard reports, from around the country, of thieves going through recycle and trash containers near homes, in search of information that could be used in identity theft.

It would seem prudent to place recycle and trash bins at the curb shortly before they are to be picked up.

Of course, in Florence that's prudent anyway to avoid attracting bears! Paper for recycling can also be

taken to the Florence Transfer Station, 2820 Rhododendron Drive, and dropped off for free, avoiding concerns about leaving information curbside.

Both recycle haulers that serve Florence, County Transfer and Recycling and Central Coast Disposal, suggest shredding any confidential documents before placing them in your recycle bin — just to be safe. Shredded paper may be placed in a paper bag or box, then put in the curbside bin. Placing shred in a bag or box keeps it separate and avoids creating litter.

Oregon Pacific Bank, at 1355 Highway 101, offers a free shred day each year, typically the third Saturday in April.

All community members are welcome to bring confidential documents for secure shredding on site at that time. In addition, if you are a customer of OPB, they offer free secure shredding year round for small quan-

ties of paper; there is a drop box inside the bank. Other local businesses, such as copy centers, may also offer shredding services for a fee.

It is worth noting that shredding paper does reduce its fiber value, limiting potential reuse into new paper because the paper fibers are cut into short pieces. At a paper mill, used paper is mixed with water and heated to create a pulp. The pulp may be forced through screens to remove contaminants (staples, etc.), then is washed and cleaned repeatedly.

The pulp is spread over rotating screens, pressed and dried to form paper. Paper fibers can typically be recycled 7 to 10 times; the fibers keep getting shorter and shorter.

Fibers too short to make paper just rinse out in the screening processes.

So, please do shred any paper with confidential information, but, for maximum recycling potential, don't shred papers unnecessarily.

Q. Rather than throw away a broken appliance and just buy new, I'd prefer to have it repaired and keep using it. But it seems like repair shops are hard to find these days. Any ideas on where to get household items repaired?

A. Lane County has recently launched a local Repair2ReUse effort to encourage repairing rather than replacing household goods. Visit www.Repair2ReUse.org for more details and to find a repair resource guide listing contact information for repair of many different items.

Florence Master Recyclers, local repair experts and Lane County staff held a Repair2ReUse Café during the Green Fair here in May. The Café featured free computer problem consultations, small appliance repair and sewing repairs for attendees.

The intent of the Repair2ReUse effort is to:

- Reuse and maintain goods for their intended purposes, allowing items to be passed on to the next generation

- Combat the common misconception that it's cheaper to replace than repair

- Support local service businesses;
- Conserve resources and reduce costs and pollution.

At the 2015 Lane County Fair in Eugene, Master Recyclers are promoting Repair at the Fair, with a Repair2ReUse Café offered all five days of the County Fair.

Free repairs, demos, advice and referrals will be available, compliments of Master Recyclers and community volunteers.

On July 22, garments and jewelry can be repaired; July 23 it is appliances and power tools; July 24, bring in your bicycles for repair; July 25, it will be sewing machines; and July 26, hand tools will be repaired.

Check out Repair2ReUseCafe on Facebook for details on upcoming repair opportunities.

Florence Master Recyclers are part of the Lane County Master Recycler Program, a service of the county's Public Works Waste Management Division since 2002.

The mission of the MR program is to bridge the gap between awareness and action by motivating people to reduce solid waste at home, work and play.

This monthly column, written for The Siuslaw News, answers commonly asked recycling questions.

For more recycling information, visit www.ci.florence.or.us/building/recycling.

Zumba group celebrates five years of fitness

Coastal Fitness recently celebrated the fifth anniversary of offering Zumba classes with a week of raffles, giveaways, photos, decorations and the return of many favorite older routines.

There are four Zumba classes offered at Coastal Fitness each week, and the week-long celebration gave all students a chance to participate.

Zumba is a fitness program that combines Latin and international music with dance moves. It's been described as a calorie-burning dance fitness party and is a popular choice for having fun while getting fit.

Participants can enjoy music and dance in a non-judgmental atmosphere, achieving fitness goals at the same time.

Zumba was first brought to Coastal Fitness five years ago by J.C. Summers, an experienced aerobics instructor. She was joined by Bobbie Frankhouser, who soon became a licensed Zumba



Members from the Saturday Zumba Group at Coastal Fitness

instructor and still teaches today along with Martha Ransom.

Raffle prizes were donated by: Bridgewater Restaurant, Fresh Harvest Cafe and Bakery, Rosa's Mexican Restaurant, Big Dog Donuts and Deli and City Lights Cinema.

There were also T-shirts, bumper stickers and gift bags. Siuslaw Signs and Graphics made the photo collage banner and created the bumper stickers that were distributed to all students.

Zumba classes are free to all Coastal Fitness members, or single-day passes can be

purchased for \$10 (or \$8 as a guest of a member), which includes all classes, up-to-date exercise equipment and two swimming pools.

Call Coastal Fitness at 541-997-8086 for more information.

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Pianist, guitarist in house concert series July lineup

July promises to be an exciting month in Kathy Parsons' house concert series in Florence.

Guitarist Eric Tingstad will be appearing Saturday, July 11, and pianist Scott Cossu will follow Thursday, July 23.

Tingstad is a Grammy Award-winning multi-genre record producer, musician, songwriter and composer. He was born and raised in Seattle, Wash., where he currently resides.

Best known as a fingerstyle guitarist, Tingstad has performed, recorded and produced many styles of music. His solo recording career began in 1982 and, in 1985, he began a collaboration with woodwinds player Nancy Rumbel.

Tingstad won a Grammy Award for Best New Age Album in 2003 as artist, engineer and producer of Tingstad and Rumbel's album "Acoustic Garden."

In 2007, Tingstad recorded "Southwest" and received a Grammy nomination for that album as well.

His 2015 album "Mississippi" is a musical expression of how we are inspired and relate to our American landscape as well as an impression of the region that has come to be known as the "cradle of American

music."

On July 23, pianist and composer Cossu will be making his fifth concert appearance in Parsons' house concert series.

Cossu was one of the first artists signed to the legendary Windham Hill record label in the 1980s and continues to be one of the most respected names in contemporary music.

With a graduate degree in ethnomusicology and lifelong experience in jazz and classical music, Cossu's style is a blend of a wide variety of influences that create a sound uniquely his own. As comfortable playing barrelhouse piano as he is creating a lyrical melody line, Cossu will be playing music from his many albums as well as some possible surprises.

Performing with Cossu will be guitarist Lonnie Mardis.

Cossu's concerts usually end with a cheering standing ovation and this promises to be an evening of great music and entertainment.

Reservations are required by emailing Parsons at kathy.piano@gmail.com or by calling 541-999-9720.

The address and directions will be given when reservations are made.

There is a suggested donation of \$15 per seat at the door for each concert.

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