

ASK A MASTER RECYCLER



Commingling and the value of recycling

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

Q. This year I resolve to clean up my recycling act. How do I know what can go in my curbside bin, and what should be left out?

A. We like that resolution! Commingled, curbside recycling is very convenient and has helped increase recycling rates statewide, from 27 percent in 1991 to 50 percent in 2013. However, when well-meaning customers place unacceptable items in the bin, it causes issues for those working in the materials recovery field.

The automated systems that have helped make commingled recycling feasible, by sorting the mixed recycling items into separate categories at the Materials Recovery Facility, can be damaged and fail when plastic bags or other incorrect items are

placed in the bin. When unacceptable items are placed curbside, they are sent to the wrong facility and will end up being trashed.

We understand the desire to recycle as much material as possible.

There is even a name for the phenomenon: wishful recycling. We wish it was recyclable and we believe it should be recyclable, so we add it to the bin. Unfortunately, that doesn't work.

Every waste hauler has different items they will accept in commingled recycling, based on the Materials Recovery Facility they deliver to. In Florence, we have two waste haulers; they deliver to different Materials Recovery Facilities and so have slightly different acceptable items.

Contact your waste hauler for a current list of correct and incorrect materials. If you're unsure on a specific item, give them a call. They welcome inquiries and are happy to offer suggestions on recycling options:

Central Coast Disposal, 541-902-7554, and County Transfer and Recycling, 541-997-8233.

For more information on commingled recycling and ways to improve your recycling success, as well as commingled options available at the Lane County Transfer station, visit www.lanecounty.org/commingled recycling.

Q. Is it really worth it to recycle? Are those recovered materials actually re-used?

A. The Oregon Department of Environmental Quality (DEQ) addressed this issue in an article posted Oct. 15, 2015, "Oregon DEQ Response to John Tierney's New York Times opinion piece, The Reign of Recycling."

The DEQ article highlights the importance of recycling to the Oregon economy and notes that many businesses statewide depend on using recycled materials.

For instance, paper mills that produce new paper from recycled office paper, junk mail and cardboard. Or a plastics manufacturing plant that uses plastic bottles redeemed via the Bottle Bill to create feedstock for making new bottles.

Likewise a glass facility that uses recycled glass bottles to produce new bottles, and a steel mill that relies on scrap metal to make steel.

These Oregon businesses rely on recovered materials collected during recycling, including those collected here in Florence.

The DEQ article concludes, "Oregon has been a leader in recycling, first with the Bottle Bill in 1971, followed by the first statewide Recycling Opportunity Act in 1983 and then continuing with statewide Materials Management legislation

(Senate Bills 245 and 263) this year.

"DEQ supports recycling when it makes sense: when it helps reduce pollution, saves money and conserves natural resources. Recycling continues to have long-term value."

The short answer to your question is yes, it's worth it!

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

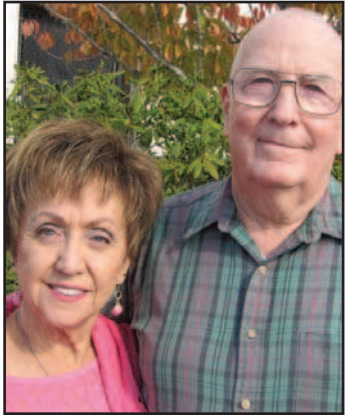
The mission of the MR program is to bridge the gap between awareness and action by motivating people to reduce solid waste at home, work and play.

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 or www.lanecounty.org/departments/PW/WMD/Recycle or follow Master Recyclers of Florence on Facebook.

Us TOO Florence

Our Prostate Cancer Journey — Part 3



BY RAY AND MARILYN BARBA
CANCER SURVIVOR

Following is part of a series of true personal stories about men's experience with prostate cancer. These men tell their stories with the hope that they will help someone else traveling the same road.

Before I finish the third and latest chapter of our Prostate Cancer Journey, Marilyn and I want to wish everyone a Happy

(Healthy) New Year.

After my Radical Robotic Prostatectomy on Friday, March 13, 2015, a detailed prostate biopsy report raised more concerns than clarity.

The cancer on my prostate's lower margins was inconclusive enough to determine whether the cancer had been contained in the prostate gland. Additionally, the biopsy showed a cluster of cancer cells gathered around some of the gland's blood vessels ... suggesting it was, at least, close to spreading outside the prostate.

One point from the report was clear. It was time to give it the "one-two-three punch!"

The second punch is a series of hormone (testosterone) deprivation shots every six months for two years, which began three months after my surgery.

Cancer cells feed on testosterone and the Lupron injections stop production of that hormone — in essence, stop-

ping cancer cells from spreading by starving them.

We had booked a three week visit to the East Coast for a visit with Marilyn's family in September. It gave us comfort to know we could go without worrying if the cancer that may be undetectable would spread.

The third "punch" was radiation. Dr. Bryan Mehlhaff requested our permission for him to enroll me in a study called "Decipher," a prostate cancer classifier.

He was concerned with me being the seventh male in my father's family diagnosed with prostate cancer. My paternal grandfather died from the disease.

The Decipher study would provide Dr. Mehlhaff clinical data for my genomic risk of developing metastasis within five years of a radical prostatectomy.

The study showed I had a significantly higher than aver-

age risk of clinical recurrence within five years.

I consulted with Radiation Oncologist Dr. Kevin Forsythe at Oregon Urology Institute, who designed my radiation treatment program using the pathologist's prostate reports as well as consultations with Dr. Mehlhaff.

I began my 40 "designer" treatments of radiation therapy Oct. 13, 2015.

That meant 40 trips to Springfield. What a lifesaver the community-funded Friends of Florence Van was!

I was treated with genuine respect by every staff member at Oregon Urology Institute, the Van Fans Volunteers and our new friends at Us TOO

Florence, which is the local Prostate Cancer Education and Support Group.

Bob Horney is dedicated as he leads the "Us TOO Florence" chapter. The chapter's support has been a priceless, constant source of information, community and encouragement.

We attend the two meetings each month, with a urologist usually present — talk about educating and encouraging a group of patients and their loved ones.

We have the opportunity to get questions answered by the doctors without having to wait for our next appointment.

Dr. Mehlhaff and Hoff kept us up to date on the latest tech-

nology and treatment options.

The rest of the group that was present got informed right along with us and we learned from one another. I wholeheartedly encourage anyone wanting more information on prostate cancer to attend an "Us TOO Florence" meeting. Call Bob Horney at 541-997-6626 for meeting times and locations.

Dr. Mehlhaff, Dr. Hoff and Dr. Forsythe are some of the best Urology specialists in the nation. But more than that, they never forget that they are not just treating the cancer, but real men who, unfortunately, happen to have the disease.

Men like me. Our partners and families can never thank them enough.

'Winding Stream' director to visit Florence

This Friday, Jan. 15, at 6:30 p.m., City Lights Cinemas celebrates this year's Winter Music Festival, happening Jan. 16 to 17, at Florence Events Center, with a screening of "The Winding Stream," a documentary about America's country music royalty.

The film traces roots music back to the Carter and the Cash families, when the original Carter Family, A.P. Carter, his wife Sara and his sister-in-law Maybelle, became three of the biggest stars of early country music.

In addition to the special screening, Beth Harrington, the director of the award-winning film, will travel to

Florence for the showing.

"I'm excited about showing the film in Florence. The story of the first family of country music seems to be resonating in many different places we've played," said Harrington. "I'm curious to see how folks attending the show at the City Lights Cinemas react and to hear their comments and answer their questions. It's my favorite part of screening the film now."

The film also features interviews and studio performances from Johnny and June Carter Cash, George Jones, Rosanne Cash, Sheryl Crow, Kris Kristofferson and many others.

"It's a perfect complement to a weekend of great music," says Michael Falter, owner of City Lights Cinemas.

The director will be selling merchandise, including DVDs and CDs, at the screening, will introduce the film and be there for a Q&A session after the screening.

The film plays one time only, 6:30 p.m. on Friday, Jan. 15.

Tickets are available in advance or at the door.

Cost is \$6.50 for City Lights members, \$8 for students, seniors and military and \$9 for regular admission.

More information on the film can be found at www.thewindingstream.com.

Valentine Afternoon Social

February 12th
2:00 p.m. to 3:30 p.m.

- ❖ Admission Free
- ❖ 2:00pm - Karaoke starts with **Dan Harkins** and his more than 36,000 songs to choose from.
- ❖ Audience members will be the judges – bring your friends.
- ❖ Gourmet appetizers & Champagne will be served while you wait for the mic.
- ❖ Dance floor for those of you that can't sit still.
- ❖ A 'very' special guest appearance – you will have to attend to find out who!
- ❖ Raffle drawing for a **gift certificate** to one of Florence's local restaurants.

Ask about our move in **Special!**
Please R.S.V.P. by February 10th to Belinda Shores at belinda.theshorewood@gmail.com or call (541)997-8202



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