

## ASK A MASTER RECYCLER

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

to create a Class A soil amendment called FloGro — which you can then put back onto your garden to feed your plants!

Do not include food scraps, animal waste, construction debris, plastics or trash with the yard debris. This local composting option is a great recycling of plant matter and biosolids to produce a useful new product.

For more information, call the Public Works Department at 541-997-4106.

The Lane County Transfer Station in Florence also accepts yard debris year round at 2820 Rhody Drive. Prices start at \$15.50 for 3 cans/3 cubic yards. They accept bush prunings, grass trimmings, leaves and tree limbs less than 12 inches in diameter.

Please do not bring stumps, sod, poison oak, dirt or rock.

The Transfer Station is open Monday through Saturday, 8 a.m. to 6

p.m. For information, call 541-997-6243.

Another option would be to use a chipper to shred the larger yard debris so it will fit in your compost bin and break down more rapidly. Chippers can be rented locally, or perhaps you could borrow one from a friend.

Whichever method you employ to keep this fully recyclable green matter out of the landfill is much appreciated.

**Q.** Did I miss the Green Fair this year? Isn't it usually in April, close to Earth Day?

**A.** You did not miss it. The Florence Green Fair will be Saturday, June 11, this year. The date was moved to accommodate having a greater variety of exhibitors available. This year's event will be from 10 a.m. to 4 p.m., at the Florence Events Center.

Check out the exciting details at [www.FlorenceGreenFair.com](http://www.FlorenceGreenFair.com).

**Q.** I'm moving and have two beds to get rid of. Is there any place I can recycle a mattress locally?

**A.** Saint Vincent de Paul's store at 2315 Highway 101 accepts mattress-

es and box springs for reuse or recycling. Those in re-sellable condition are sold in their stores to support their charitable mission. Beds that have stains, torn fabric or odors are cut apart and separated into components (cotton, foam, wood, steel, etc.), then baled and shipped for recycling.

According to its website, SVDP is the largest mattress recycler in North America; it pioneered viable commercial recycling of mattresses.

SVDP operations in Eugene, and in Oakland and Woodland, Calif., recycle more than 170,000 mattresses and box springs each year.

Visit [www.svdp.us](http://www.svdp.us) for more information.

Beds in reuse condition might also be accepted for donation at the Goodwill store at 1665 Highway 101, for resale to benefit their charitable mission; call first to confirm.

**Q.** Do fluorescent lights go in the garbage?

**A.** No. Fluorescent light bulbs contain a small amount of mercury and they should not be placed in the trash. Instead, they can be recycled at Florence True Value Hardware store at 1750 Highway 126.

True Value accepts fluorescent linear tubes that are 4 feet or less in length, as well as compact fluorescent lamps (CFL), including the spiral shapes.

For tubes longer than 4 feet, either visit Lane County's year-round Household Hazardous Waste Collection Center in Eugene, or wait for the next Hazardous Waste Round-up in Florence in October.

Disposing of fluorescent bulbs properly helps keep our environment and water supplies safe.

*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](http://www.ci.florence.or.us/building/recycling) or [www.lanecounty.org/Departments/PW/WMD/Recycle](http://www.lanecounty.org/Departments/PW/WMD/Recycle) or follow Master Recyclers of Florence on Facebook.*



A monthly column of recycling information provided by Florence Master Recyclers.

**Q.** After the rainy winter and spring, and our recent hot weather, the shrubs and trees in my yard are growing like crazy. The trimmings are too big to fit in my compost bin. How can I recycle them?

**A.** You have several options locally. From spring to fall, the City of Florence offers monthly yard debris disposal for a nominal fee (prices start at \$10 for a standard pick-up load). Bring materials to the airport entrance at Kingwood and 27th streets, between 9 a.m. and 2 p.m. Remaining disposal dates for this year are May 14, June 18, July 16, Aug. 20, Sept. 17 and Oct. 15.

The city accepts: tree and shrub prunings, grass clippings, leaves, weeds and brush. The city composts these materials, along with biosolids,

### Siuslaw News Garage Sale GUIDE

**Sat 5/14 9am**  
Ocean Dunes HOA, Multi-family off Munsel Lake Rd. Household Goods, and Furniture, Shop, Power Tools, Kayaks, Camping Gear, Etc.

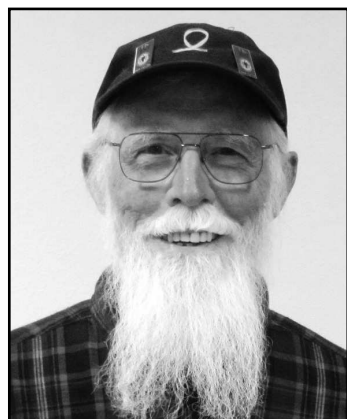
**Fri/Sat 9am-4pm Sun 9am-12pm**  
Huge 3 Family Sale! 121 Park Village Loop Furniture, Soft Tub, Womens bike w/helmet, Kitchenware, Clothes, Shoes, Etc. Rain or Shine.

**Fri/Sat 5/13-5/14 9am - 4pm**  
4020 Munsel Creek Dr. Large sale, Furniture, Tools, Household, Gardening Tools.

**Simply Marvelous!**  
Thurs 5/12 - Sat 5/14 10am - 3pm  
4390 Hwy 101  
In RV Sales Building. Furniture, Antiques, Collectibles, Crafts, Shells & household.

**FREE garage sale signs**  
541-997-3441  
with your ad

## Us TOO Florence Behind the headlines



BY BOB HORNEY  
CANCER SURVIVOR  
US TOO CHAPTER LEADER

Sometimes material for Behind the Headlines just leaps out, begging to be used. Such a case in point is the May 2, 2016, Austin Meek story in The Register-Guard titled, "One Last Run to the Finish Line Among Friends."

What a touching story and exciting confirmation of what Us TOO Florence participants have known and proclaimed for years about urologist Dr. Bryan Mehlhaff: that he works together "with" men to preserve the highest quality of life while fighting prostate cancer.

Richard Leutzinger, the recipient of Mehlhaff's extraordinary efforts to fulfill his goal of running his 100th marathon before dying of prostate cancer, says it all when he states: "How many people can ever say they had a doctor like that? That's a once-in-a-lifetime doctor. I just can't say how much I appreciate that. That's a really soulful human being."

Anyone who has followed our many Personal Prostate Cancer Journeys or my Behind the Headlines understands why we have total confidence in the care we receive from Mehlhaff and the other urologists at Oregon Urology Institute.

Mehlhaff is the prostate cancer expert on that staff and has been attending our Us TOO Florence meetings since 2004. During those years, we have received more than 100 hours of his expert

advice. Much of that is "personal advice" with Mehlhaff answering personal questions much as in an examining room. The importance of this cannot be overstated.

Still, we realize some readers may view our supportive comments with a bit of skepticism. Hopefully, the above story will be seen as an affirmation of our remarks.

As prostate cancer patients, we know that Mehlhaff works with us when it comes to decisions regarding treatment or non-treatment. Much of this support is in providing information upon which to base a decision. He works "with" us in deciding what kind of treatment to have if we choose to go the treatment route.

Just as in the above story, he will make his preference known, but it is never "his way or the highway." He understands totally that it is our body and we are responsible for deciding how to treat it (or not). He is our constant source of information and guidance, always with us.

Occasionally, at our Us TOO meetings, we will observe or hear about a patient who, for personal reasons, may prefer an alternative to Mehlhaff's recommendation.

Those, like Richard's, will usually be "quality of life" issues, which Mehlhaff totally understands. His cooperation with patients in those times in no way lessens the importance of his recommendations. Those are always given careful consideration even

though the patient may prefer to go a different direction.

Unfortunately, stories such as Mehlhaff and Leutzinger don't often get told in such a prominent way. It seems it is always the negative outcomes that get the headlines, turning men away from the very physicians (urologists, in this case) who would work with them in a supportive and collaborative role to protect their health.

These negative outcomes are often hyped to the point of convincing the public that they are the rule, not the exception. A prime example of that is the 2012 finding by the U.S. Preventive Services Task Force and supported by the American Academy of Family Physicians that with PSA screening, "the harms outweigh the benefit."

That pronouncement resulted in men turning away from prostate cancer screening. As a result, fewer men are currently being diagnosed with early stage prostate cancer while more men are now being diagnosed with more advanced disease which is more difficult to treat.

My hope is that the Austin Meek story of Mehlhaff and Leutzinger will go a long way toward reestablishing the public trust that urologists deserve. If that confidence in urological care will lead to a resurgence of prostate cancer screening, many men will be saved from terminal prostate cancer care.

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997-8866

**SUSLAW NEWS**

148 Maple St.  
Florence  
541-997-3441

## LCC Florence prepares for 'Ventures'

Lane Community College Florence Center's Continuing Education program Outward Ventures will offer a sneak peek at upcoming courses and Outward Ventures trips during open house sessions Monday, May 23, at 6 p.m., and Tuesday, May 24, at 10:30 a.m.

"This is a chance for residents to 'save the date' for Outward Ventures excursions that may interest them and learn about fun and unique opportunities they may want to share with their family and friends who'll visit Florence this summer," said Marsha Sills, LCC Florence Center Continuing Education program coordinator.

Outward Ventures provides cultural and educational trips to sites in the region. Attendees will have a chance to win free Continuing Education registration, up to \$50, that can be used in either the summer or fall. Attendees will also get to vote on an upcoming Outward Ventures locale.

During the open house events, community members can learn more about how to get involved as a partner in providing lifelong learning opportunities in Florence. Instructors interested in sharing their hobbies and skills can apply.

For more information on Outward Ventures or becoming an instructor, contact Sills at 541-997-8444, ext. 4825.

### ...need a friend?

**Meet Raider**

I am looking for an awesome family to call my own. I've also been told I'm a very smart boy. I know many tricks...sit, down, shake, high five, roll over and the cutest sit pretty you have ever seen. The only issue I have is that I do not like cats or small dogs, I get a bit over eager when I see other dogs so the kennel staff has not done a meet and greet with any of the other dogs here. And don't get me started on tug of war, because I will win...

If you would like to meet Raider any of his friends, please visit us at:

**FLORENCE HUMANE SOCIETY**  
2840 Rhododendron Drive • Florence • 541-997-4277  
[www.florencehumane.org](http://www.florencehumane.org)  
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