

ASK A MASTER RECYCLER

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

product to you.

Before you buy, consider if Less is Best.

Some suggestions for a less trashy holiday:

- Recycle those non-working holiday light strings and other electronics at Next Step Recycling. They accept almost any item that plugs in or works on battery; visit nextsteprecycling.org for details.

- Instead of shopping for another "thing" for those on your gift list, consider offering the gift of service: offer to mend some clothing, walk a dog or fix a leaky faucet. The gift of your time will be much appreciated.

- Use reusable dishes and napkins instead of disposable plastic or paper dishware, utensils and napkins.

Florence Master Recyclers offer Durable Dishware free for the community to use; more than 100 full

place settings, including napkins, are available.

Call 541-590-0506 to reserve.

Visit the Waste Free Holidays link at www.lanecounty.org/LessIsBest to learn how to make your holidays more about family, fun and joy, and less about things, money and excess waste.

Q. We recently had our home re-roofed. The contractor stripped away four layers of old roofing and indicated the material would be recycled. How does that process work and where does the roofing go?

A. This was a fun question to research-thanks for asking!

Composition roofing material, commonly called asphalt shingles, is most often ground up for reuse in roads and parking lots. Associated roof items such as paper and wood can also be separated from the shingles and then recycled.

Visit www.asphaltroofing.org/asphalt-shingle-recycling-faqs for details.

As far as where the old roofing

goes, construction debris can go to a construction and demolition Material Recovery Facility (MRF). Wood, metal, cardboard and other materials are sorted out before the non-recyclable items are discarded.

Construction/ Debris MRFs recover 25 percent or more of the material in their loads for recycling. The cost to dispose of construction debris at a MRF can be the same or less than the cost to dispose of it as trash. Which recyclable materials can be recovered depends on which MRF the material goes to.

At this time, the nearest recycling options for asphalt shingles are in the Portland area. These include Northwest Shingle Recyclers (nwshinglerecyclers.com) and Greenway Recycling LLC (recyclegreenway.com), among others.

For information about what can be recycled where in the Portland area, visit: www.oregonmetro.gov/tools-living/garbage-and-recycling/find-a-recycler.

Q. Is it too late to sign up for the

next Master Recycler class in Florence?

A. No, there is still time! The next class will begin Jan. 13 and run through March 10, at the LCC Florence campus.

The class will be held every Friday afternoon, 12:30 to 3:30 p.m., and includes two Saturday field trips.

The Master Recycler class is free in exchange for volunteer service.

Pick up applications at the Florence transfer station or online at LaneCounty.org/MasterRecyclers.

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



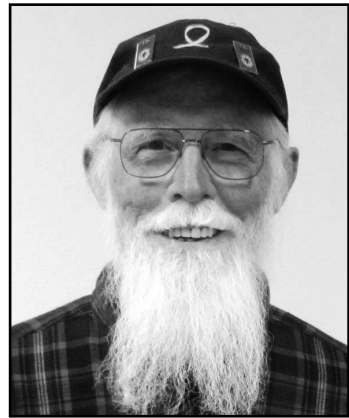
(A monthly column of recycling information provided by Florence Master Recyclers)

Q. Do you have any advice for reducing the trash that always seems to come with the holidays?

A. Yes, Lane County Waste Management Division promotes a "Less is Best" approach. There are many ways to reduce waste while you shop, work and play; fortunately, these options often also result in saving you money.

It's important to remember that our choices as consumers have direct impacts on local, national and global environmental issues. For instance, manufacturing the products that we buy often requires the extraction of natural resources, as well as transportation-related resources to ship the

Us TOO Florence Behind the headlines



By **BOB HORNEY**
CANCER SURVIVOR
US TOO CHAPTER LEADER

We left Ben Stiller last month knowing that if his internist had followed the U.S. Preventive Services Task Force (USPSTF) guidelines, his prostate cancer wouldn't have been diagnosed until it became symptomatic and most likely too late for curative treatment.

Since he was very aware of that, he asked: "But without this PSA test itself, or any screening procedure at all, how are doctors going to detect asymptomatic cases like mine — before the cancer has spread and metastasized throughout one's body rendering it incurable? Or what about the men who are most at risk, those of African ancestry, and men who have a history of prostate cancer in their fam-

ily? Should we, as the USPSTF suggests, not screen them at all?"

Those two questions get right to the heart of the matter: Being diagnosed with curable or incurable prostate cancer.

Deadly prostate cancer comes in two forms: Asymptomatic and symptomatic.

A baseline PSA test like the one Stiller opted to have is a man's best opportunity to diagnose asymptomatic prostate cancer with a chance of curative treatment.

Yes, we know there are some very aggressive prostate cancers that are not going to be stopped no matter when they are diagnosed; however, we also know that waiting until the cancer announces itself through symptoms is taking a very dangerous risk with one's own life.

I haven't read anywhere that Stiller's two questions were answered and I'm not holding my breath that they will be, least of all, by the USPSTF, AAFP or other like-minded doctors and organizations.

Their goal is not to answer Stiller's questions, but rather to discredit his statement that the PSA test saved his life.

Their vocabulary is pretty much limited to: over-diagnosis, over-treatment, harms, incontinence and impotence. The one word you will not find in their vocabulary is "benefit," as in "lives saved."

The USPSTF made that quite clear when it stated, "The possibility is very small that death from prostate cancer is less likely in men whose prostate cancer is detected by PSA screening rather than waiting for clinical detection."

As I mentioned last month, I was amazed at the degrading comments directed at Stiller even though he prefaced his statement with, "I am not offering a scientific point of view here, just a personal one, based on my experience."

Stiller and the rest of us prostate cancer survivors have a legitimate right to share our personal experiences, even feeling (and proclaiming) that the baseline PSA test saved our lives.

What the anti-PSA experts didn't want was any message coming from a pro-PSA celebrity.

Following Stiller's announcement that taking the PSA test saved his life, University of Alberta law and health policy expert Tim Caulfield called that announcement, the "Stiller effect."

He says, "There is a large body of research showing that, like it or not, celebrities have an influence on health behaviours, including cancer screening."

One way this happens is the power of a high-profile anecdote. Ben Stiller told a good story, one that will resonate with many men, even if the science doesn't support his position.

"And it doesn't. You want people to be making informed choices based on the best available evidence, not based on powerful anecdotes."

He then added, "But research tells us that a good narrative will often overwhelm a mountain of good data."

Since he doesn't have any, Caulfield can't explain his "mountain of good data." Instead, he reverts to the same over-diagnosis, over-treatment, harms of incontinence and impotence that those who don't believe in PSA testing use. He doesn't present anything new, simply repeats what he has heard or read from the USPSTF and others.

Caulfield complains about celebrities having undue influence when offering health advice and has made it his mission to debunk their advice. Trying to debunk Ben Stiller's personal experience didn't work very well.

"Celeb cancer advice. Evid(ence) for PSA cancer screening? Little. Ben Stiller's anecdote-confused endorsement," Caulfield tweeted after the actor publicized his diagnosis.

"Sorry you disagree. Cancer screening should be a patient's informed choice," Stiller tweeted in response.

And Ben Stiller is right on.

Free native plant giveaway requests being taken

River, creek and lakeside landowners may be eligible to receive free native plants.

Trees planted along streams help reduce erosion, filter nutrients and keep the water cool for salmon and trout.

The Siuslaw Watershed Council (SWC) will once again provide free native plants for waterside (riparian) planting in the Siuslaw Basin and coastal lakes area.

Call the SWC office to receive a brochure with more information on each available plant or visit www.siuslaw.org/native-plant-distribution.

Then determine which plants will work best for your site conditions and let SWC know which of these plants are on your wish list.


SWC staff can also help advise landowners on plant selection and placement. Send requests early because supplies are limited.

Priority is given to requests placed prior to Dec. 18,

although the SWC will accept requests after this date.

The distribution date will be Saturday, Febr. 11, 2017.

For more information, call 541-268-3044 or email native-plants@siuslaw.org.



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