

## ASK A MASTER RECYCLER

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

or plastic hangers can go to a thrift store also, and metal hangers are recyclable at the Transfer Station as well.

Plastic grocery bags and zip top bags can be recycled at the local Safeway store. Paper towels and napkins are not recyclable, but can go into your home compost pile.

These are some commonly found items that should NOT be placed in the commingle recycle cart. These items are garbage (not recyclable anywhere at this time): take-out coffee cups and lids, clamshell-style plastic food containers, frozen food boxes, foil coated wrapping paper, paper or plastic plates, foam take-out food containers, pizza boxes with food residue, empty motor oil containers, chip bags, disposable silverware of any type, and household batteries (AAA-D size).

In the separate curbside bin for recycling glass, commonly found items that DON'T belong include: glass dishware, window glass, mirrors and light bulbs.

The Siuslaw News recently published a Where to Recycle guide for 2017; to view it, visit [www.TheSiuslawNews.com](http://www.TheSiuslawNews.com). This is a great resource for identifying the correct place to recycle items in our area.

**Q.** My friend told me that it's better for the environment to drink commercial bottled water, rather than drinking water from the tap and washing my own bottle. Is that true?

**A.** We've heard this statement also; it is not true.

The Oregon Department of Environmental Quality (DEQ) has completed life cycle assessments on several products, including drinking water. A life cycle assessment is a scientific method for evaluating the environmental benefits and tradeoffs for the entire life cycle of a product, beginning with the raw material extraction needed to make the product, throughout its lifetime of use, and then disposal at the end of its service life.

In answering your question, we are using information from DEQ's site: [www.oregon.gov/deq/mm/Pages/Drinking-Water.aspx](http://www.oregon.gov/deq/mm/Pages/Drinking-Water.aspx).

Oregon law has a hierarchy for managing waste, the familiar 3Rs: Reduce, Reuse, Recycle. The order

of those 3Rs is important. Recycling is better than throwing it in the trash, and Reusing is better than recycling, but Reducing is the most beneficial action of all.

DEQ evaluated a wide range of environmental impacts (including greenhouse gas emissions), in comparing using water from the tap, using commercial five gallon reusable water containers, and using single use bottles. This assessment compared a Reduce action, tap water, versus Reuse/Recycle options, the five gallon or single use bottles.

The study showed that recycling bottles is preferable to trashing them, but buying bottled water and recycling the bottles is not the best environmental choice. Drinking water from the tap typically has substantially lower environmental impacts than all other options.

The life cycle analysis revealed that producing the plastic resin to make the bottles has the largest environmental impact for water that is bottled and consumed in Oregon.

Transporting a bottle across the country, or globally, increases the impacts by a factor of 3 or more.

Disposing of biodegradable plastic bottles in a landfill also produces

methane, a potent greenhouse gas. Recycling a bottle does have some environmental benefits, but they are outweighed by the impacts of making and shipping the bottle.

In using tap water for drinking, the frequency of washing your durable bottle, and the efficiency of the dishwasher used, influence the environmental impacts more than any other factor.

However, even with the most often washed, and the most inefficient dishwasher used, the tap water/durable container is still the best environmental choice.

*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 [ci.florence.or.us/building/recycling](http://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.** I'm trying to do a better job with recycling and I really want to do it right. What kinds of things do people put in the recycle tub that shouldn't be there?

**A.** As you might imagine, a lot of items are incorrectly placed in curbside mixed recycle bins. The worst part of that action is that the items might be fully recyclable, but they'll end up in the trash because they didn't get directed to the correct location.

Common items incorrectly found in the commingle recycle bin that CAN be recycled elsewhere include: Glass bottles and jars go in a separate bin at the curb. Clothing, reusable pieces as well as tattered rags, can be taken to a local thrift store.

Electronics can go to the Florence Transfer Station for free recycling, or to a thrift store, if reusable. Metal

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## DIETS, PILLS AND LOTS OF PROBLEMS

The Centers for Disease Control and Prevention has advised that, "One pound of body weight equals 3,500 calories. To loose weight, reduce your caloric intake by 500-1,000 calories per day and lose 1 to 2 pounds per week to produce health benefits, improvements in blood pressure, blood cholesterol and blood sugars."

For good health, make every calorie count. Eat organic fresh fruit, vegetables and salads

**GUEST VIEWPOINT**  
 BY JENNY VELINTY  
 SIUSLAW AREA PARTNERSHIP TO PREVENT SUBSTANCE ABUSE

with grilled fish or chicken. Serve meals on smaller plates, eat slowly, drink water with snacks of washed fresh fruit and vegetables.

Get out and walk every day.

Diet pills risk problems of addiction by stimulating the

Central Nervous System, boosting your activity and mental level with amphetamine or methamphetamine that make you feel good.

Rapid weight loss from self induced starvation can make your body metabolize essential internal fat that supports organs.

Continued lack of nourishment can cause loss of muscle tissue and reduce organ function. Six major organs have cancer concerns.

Diet pills with a caffeine base have side effects that include rapid heart beats, insomnia and difficulty breathing, increased anxiety and chronic gastro-intestinal disturbances.

Using over the counter drugs and herbal remedies can cause

more health problems.

The Food and Drug Administration looks for "tainted" or "off market" diet drugs, withdrawn because of increases in deaths from heart disease, stroke and slow kidney function can require dialysis.

FDA has approved prescription drugs for people needing supervised long-term weight management — Belviq, Qysmia and Contrave.

These products are intended for people 18 and older, who are obese and working to lose weight with the help of their doctors.

Siuslaw Area Partnership to Prevent Substance Abuse (SAPPSA) is an educational charitable nonprofit organization helping people choose healthy living and a community expectation to be free of addictive substances.

Contact SAPPSA at P.O. Box 1036, Florence OR 97439, or email [sappsa@oregonfast.net](mailto:sappsa@oregonfast.net).

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## Surfriders hold May meeting at Riverside

The next monthly meeting of the Surfrider Foundation will be held on Wednesday, May 17, at the Riverside Restaurant, 1340 Bay St. in Florence.

The meeting will focus on ongoing water quality efforts, new legislative initiatives and upcoming clean-up events.

Community members interested in protecting the ocean, its wildlife and associated industries are strongly encouraged to attend this meeting.

Surfrider Foundation is

committed to protecting and monitoring local water quality and also organizes beach cleanups, monthly marine debris monitoring, helps raise awareness about the Cape Perpetua Marine Reserve and holds quarterly Adopt-a-Highway Cape Perpetua cleanups.

For more information on current initiatives and for membership information check out Surfriders Siuslaw Chapter website or facebook page.

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