



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

Q. How do I borrow those reusable plastic dishes for parties? Is it really free? Can I use them for a family dinner? What about a business event?

A. Just call 541-590-0506, and, yes, it's free. The Durable Dishware is available for any event, from family celebrations to company picnics to nonprofit fundraisers.

Florence Master Recyclers have collected over 150 reusable plates, bowls, tumblers, cups, forks, knives, spoons, and napkins—all free for the public to use and return. Some serving dishes are also available, as well as tablecloths.

Master Recyclers offer this service to the community to reduce the use of disposable paper, foam and plastic ware which end up in the landfill.

ASK A MASTER RECYCLER

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

Using durable tableware saves you money — both in not having to purchase paper/foam/plastic dishes and in reduced garbage volume — and it helps the environment.

Plus, the assorted retro dish patterns are a guaranteed conversation starter! Who wouldn't prefer to use a sturdy plate and real cutlery, rather than flimsy plastic forks and paper plates?

To reserve tableware for your next event, just call the number listed above. A Master Recycler will collect some basic information about your event, help you identify what materials you would like to borrow, and complete a one-page free loan agreement. Then they will arrange with you to pick up and return the dishware.

The Durable Dishware program works on the honor system, with borrowers returning dishes in a clean

condition and replacing any lost items.

Call 541-590-0506 to use this fun tableware for your next event.

Q. Can't I recycle paper plates and paper towels? Paper is recyclable, right?

A. Unfortunately, not all paper is recyclable.

Paper products that are designed to stay strong when wet — like cups, plates and towels — often have a chemical or plastic component that is damaging to the paper remaking process.

Also, paper products with food or grease residue are not recyclable.

The better option? Choose durable dishes and reusable towels.

Q. I want to recycle more and reduce the amount of garbage my family throws away each week, but I don't have much time. Where can I start?

A. To answer your question, we collected a few tips from Master Recyclers. These are some of the small, easy steps that can be taken to reduce the amount of solid waste you send to the landfill.

As an added bonus, many of these tips also save you money.

- Share tools or equipment that you use infrequently. Borrow a friend's sewing machine, or loan your ladder to your neighbor. You'll both save money and reduce resources.

- Think before you buy. Consider packaging in all of your purchases. For instance, buy fresh meat from the meat counter, instead of on the non-recyclable foam trays.

- Hook a ChicoBag (or any compact, reusable "bag-in-a-pouch") to your belt loop or purse handle so you always have a reusable shopping bag at the ready. Once emptied of groceries or whatever items, simply bundle it into its pouch right away and clip back in place. Kids love to re-stuff the bag, too.

- Repurpose single-serve beverage bottles over and over by refilling them with water or homemade tea or juice mixtures. This is a significant financial saving, as well as reducing waste. Freezing these bottles in the summer makes a great grab and go refresher for day-long events.

- Print on both sides of copy paper, and set your printer to Draft or Economy print quality to reduce the amount of ink used. You can easily change the setting when you need a top quality print job.

- Check out your local library. Libraries offer a wide variety of information and entertainment options in a range of media — all for return and reuse, over and over.

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.

Learn how to find first-aid in your garden

Did you know many first-aid plants can grow naturally in your yard? These herbal allies can soothe, cleanse, stop bleeding, draw impurities and heal tissues. Join Patricia Immel of Wellspring Clinic and Sarah Butte of Rose & Crown Apothecary, 1845 Highway 126, Suite G, for "Garden First-Aid" on Saturday, June 17, from 10:30 a.m. to 12:30 p.m.

Have fun learning about the healing power of nature and expand your self-care skills.

"Together we can redefine the 'perfect garden' and explore how cultivating medicinal plants benefits people, plants and our planet," said Butte.

Garden First-Aid focuses on the Pacific Northwest "First-Aid Five," which include St. John's wort, calendula, plantain, comfrey and yarrow. These beautiful plants have many healing aspects to them.

Attendees will learn how to make medicinal oils, a comfrey poultice, a first-aid salve and more. Everyone will take home a sample of the first-aid

salve made in class.

"Bringing traditional herbs into our self-care tool kit is comforting and empowering. Herbal medicine connects us to the healing power of Nature. It fosters our health and the health of our planet," said Immel.

Beyond first-aid, garden medicine comes in many forms. Recent research shows that simply sitting in a garden soothes your nervous system, improves mental function, reduces blood pressure and supports healthy immune function.

Many maladies of modern life can be improved and prevented by spending quiet contemplative time in nature, for example, the Japanese practice *Shin-rin Yoko*, or forest bathing.

Quietly being in the forest allows people to inhale compounds from the trees. The

result is a change in the person's physiology that relieves stress, strengthens immunity, improves cardiovascular health, reduces inflammation, depression, anxiety and anger and improves vigor.

Doctors in Japan prescribe *Shin-rin Yoko* to their patients.

Rose & Crown Apothecary works to connect people to the healing power of nature by offering organic herbs, teas, tinctures, skincare, distinctive gift items, DIY supplies and more.

Rose & Crown also provides personalized tea and tincture blends and lifestyle recommendations.

Hours are Tuesday through Friday, 10 a.m. to 5 p.m.

For more information, visit RoseAndCrownApothecary.com or call 541-902-8860 to make a reservation for the Garden First-Aid class.

Backstreet announces 'Shoe' winners

Backstreet Gallery has announced the winners of the Shoe In, Boot It Up and Roll On show at the gallery.

Sadie Ward, show juror, selected the following winners.

For 2-D: First place went to Kathleen King for "Shoe #3;" second place went to Patti Brooks Anderson for "Dance Class;" and third place went to Betty Romero for "Cowboy Boots."

For 3-D: First place went to Mariann Mawcinnitt for "Saturday Night, Sunday Afternoon;" second place went to Micki Shampang Voorhies for "Kinky Shoes;" and third place went to Abby Diane Watkins for "Toms."

The first place award winners, King and Mawcinnitt, will roll out a show of their work in November at Backstreet Gallery.

The Shoe In, Boot It Up and Roll On exhibit will be at the gallery, 1421 Bay St., until July 1.

Art lovers won't want to miss this show, so boot it up and put it on the calendar.



Relay For Life of Florence

"Paint Your World Purple"

Who benefits locally from the RFL of Florence/Central Coast?

WHOEVER GETS THESE SCREENINGS & TAKES THESE TREATMENTS

Breakthroughs developed by ACS funded researchers accessible in Florence:

- PSA Test, Pap Smear, Colonoscopy, Mammogram, Bone Marrow Transplant, Testing for the breast cancer gene, Chemotherapy/radiation combination.
- Treatments: Tamoxifen, Gleevec, Gardasil or Herceptin

WHOEVER TAKES A RIDE ON THE FRIENDS OF FLORENCE BUS

- Bus transports cancer patients to/from Eugene for treatment when they can't drive themselves.
- Legacy of P.T. Smith of Florence, \$3k annually from ACS, over 28,000 patients transported since 1985.

WHOEVER IS A SURVIVOR

- When we started our fight in 1913, only 1 out of 10 people survived cancer. Now it's 2 out of 3. We've funded over 10,000 researchers, 47 of whom are Nobel Prize winners.
- The cancer survivor rate has gone from 10% to 68% and we're not stopping until its 100% of lives saved.

WHOEVER HAS CALLED OUR CANCER INFORMATION HOTLINE

- In 2016, 27 people in the Florence/Mapleton/Reedsport/Yachats area called our 800-227-2345 hotline
- 7 head coverings, 15 nights of free lodging, 22 nights of reduced lodging, 16 people called hotline for info, 2 connected to patient navigators

ANYBODY WHO NEEDS A PUSH TO GET SCREENED OR NEEDS ADVOCACY ON THEIR BEHALF.

- Live, work and dine in smoke free environments thanks to ACS and Relayers
- We advocate in Oregon for access to screening and affordable healthcare.
- We hold legislators accountable to help make and keep laws that help us save our own lives.

ANYBODY WHO WANTS TO CELEBRATE, REMEMBER, AND FIGHT BACK!

- 900-2200 luminaria bags are lit to remember/honor - the largest display in Oregon
- 45 minute In Memoriam slideshow honors those we've lost
- Victory Lap of hundreds of Survivors to celebrate LIFE!
- Commitment to fight back against this awful disease as a community






We are TRYING SOMETHING NEW!

Everyone is invited to celebrate our 18th Relay For Life in Florence!

Join us at the Florence Events Center this year! You'll be glad you did!

A NEW VENUE

* Survivors lap * Live music * Food * Family friendly games

Join us as we light up the night with the largest Luminaria display in Oregon!

RELAY FOR LIFE

When: July 22nd, 2017 • Noon - Midnight (registration begins at 10:00 am)

Where: Florence Events Center

For more information about Relay For Life go to WWW.RelayForLife.org/FlorenceOR or contact Amy.Bickleman@cancer.org or 541-271-9240

Visit the Siuslaw News online at WWW.THESIUSLAWNEWS.COM

Everyone locally benefits from the Relay For Life of Florence/Central Coast