

'Recycling police' start behind new laws, China crisis

By Caitlyn May
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If you found a piece of recycling left behind or a tag on your recycling bin in the last month, you may have been hit by the recycling police.

"Because the legislature passed a bill last session that says all waste streams, which are mostly municipalities, have to compile a contamination plan, we are now the recycling police," said Cottage Grove City Manager Richard Meyers.

The new legislation bars contaminated material

in the co-mingled recycling containers meaning paper milk containers coated in plastic and wax cannot be recycled as paper. Likewise, plastic cannot be found in a cardboard recycling bin otherwise the bin is considered contaminated.

"If you have a pizza box and there's pizza in it and you put it in the cardboard bin, that's now contaminated and it's no good, we can't take it."

Cottage Grove used to be able to take its recycling to Eugene to a space that allowed trash haulers to go through its recycling and sort it.

"They're now saying they're just doing theirs so we can't take it there anymore," Meyers said.

"So, bins are going to be watched and tagged."

The trash collection company is currently footing the bill for the tags that will notify residents their recycling bin was contaminated. According to the city, the second time a resident is caught with a contaminated bin, the trash service may refuse to take the bin.

Trash haulers that are found to have contaminated loads will be required to re-load their trucks and take the loads to the landfill rather than recycle the materials.

"I hear on the radio the ads that say, 'When in doubt, throw it out,'" Meyers said. "And I think,

how is that helping?"

The new recycling laws fall just as the industry is struggling with a decision by China to no longer take the world's recycling. The country announced it would no longer take plastic, in particular, after a documentary in the country showed unsafe working conditions and children playing among the trash.

Residents with questions about recycling can contact Lane County at (541) 682-4120 or the city of Cottage Grove at (541) 942-5501.

FIRST THEY GRADUATE THEN, THEY COME BACK



South Lane School District prides itself on its teaching staff. Those teachers who make up the staff however, aren't new to the district at least, not all of them.

At first count there at least a dozen current teachers and faculty working in the South Lane School District who have either attended or graduated from Cottage Grove schools.

The Sentinel has reached out to these teachers to talk about their time in the district as students and what brought them back to South Lane as teachers.

Over the next few weeks, teachers will answer a series of questions detailing this experience.

Taylor Boxberger
American Literature at
CGHS
Sarah Parsons kinder
classes at Bohemia
Elementary

Q:What grades did you attend South Lane School District?

TB: I received my entire K-12 education in the SLSD (Bohemia Elementary, Lincoln Middle School, and Cottage Grove High School).

SP: I graduated from Cottage Grove High School in 1995 and attended 1st-12th grade in South Lane School District

Q: What did you love about your school at the time? Looking

back, what did you take for granted?

SP: Growing up, the family-like feel of this district and the schools that I attended are probably something that I took for granted.

TB: At the time, I didn't have anything to compare my educational experience to, so I didn't know that I had a lot to be grateful for. I knew that most of my teachers cared about me and wanted me to be successful, but in hindsight, I recognize that this is not everyone's educational experience. Now, as a teacher that is starting to realize how difficult teaching can be at times, I am so grateful for the teachers that took the time to encourage me to step outside of

my comfort zone, to work hard, and to enjoy what elementary, middle and high school had to offer.

Q:Where did you go after leaving South Lane?

SP: I attended Western Oregon University where I received my degree in teaching

TB: After graduating from CGHS, I attended the University of Oregon for both my Bachelor's Degree in General Social Science and Business Administration and my Masters Degree in Education.

Q:Why did you come back?

SP: I returned to Cottage Grove with my husband after receiving my teaching license. I think I have always known that I wanted to raise my own chil-

dren in this town and school district and grew up watching both of my parents, (Jan and Jerry Settelmeier) and my uncle (Jim Settelmeier) serve the students and families in this community in such a selfless and giving way that serving this community as a teacher myself, just became a passion and direction that I knew I wanted to follow. I have always appreciated the "smallness" of this district in respect to really knowing and caring for the people around us.

TB: Cottage Grove has, and continues to, bless me with countless opportunities. I know that I have taken many of these opportunities for granted (proven by my statements in high school that I was leaving and

never coming back), but with maturity, I have learned that Cottage Grove has the potential to be a community that encourages students to be the best they can be. We are small enough that we can really know our kids and encourage them to do great things with their lives. When I was offered a job at CGHS, I laughed, knowing that I was about to do the very thing I had sworn I wouldn't, but I also realized that I was being offered an opportunity to bless the students in SLSD in the same way I was.

How to find a hobby



Commitments to work and family can make adults feel like they have little time for much else. But finding time to pursue hobbies can benefit men and women in various ways.

A form of escapism that can provide a much-needed respite from the hectic pace of daily life, hobbies can help men and women reduce stress by forcing them to focus on something other than the source of their stress. In addition, hobbies can be a great way to meet new people, an important benefit for working parents who may otherwise find it difficult to meet new people.

Finding a hobby may take some trial and error, as adults may find activities that once appealed to them no longer do, while other pursuits may require more time than men and women can reasonably devote. Adults looking for a hobby can consider the following strategies as they begin their pursuits.

- Think back to childhood. A childhood passion may provide the perfect starting point as adults look for hobbies. For example, adults who enjoyed painting as children may find they still know their way around a canvas and palette.

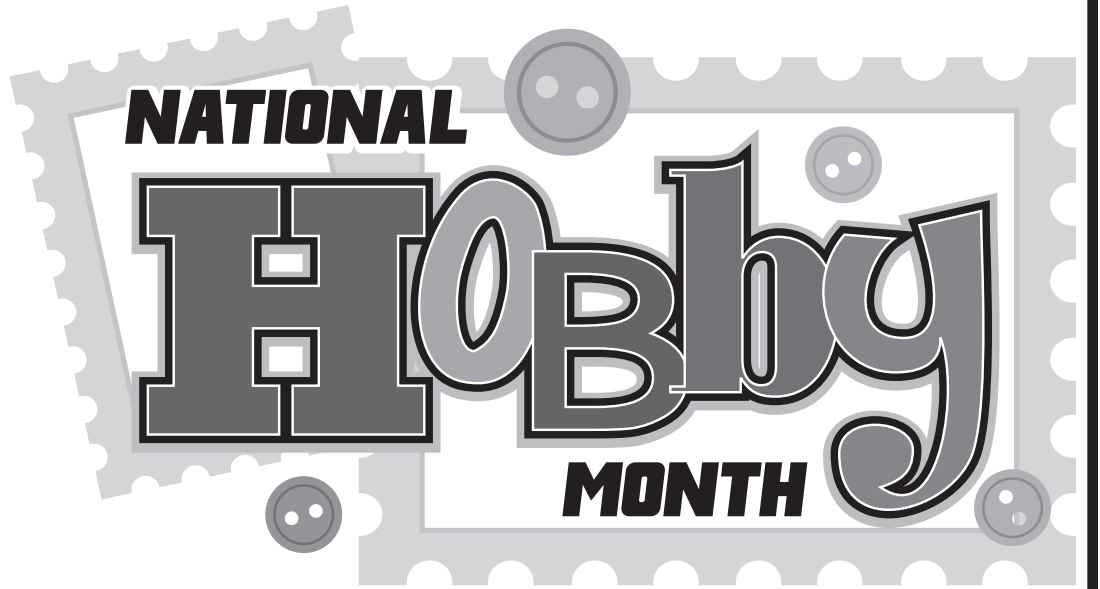
- Ask around. Adults who want to find a hobby to foster social connections can ask friends, family, neighbors, or co-workers to recommend activities. This can help men and women make connections in their communities and/or re-

connect with friends or family members with whom they have fallen out of touch.

- Think small. Because there is often some trial and error in finding a rewarding hobby, it makes sense to avoid making too big a commitment right off the bat. Before buying lots of expensive equipment or materials or making a large time commitment, give yourself some time to try a hobby on for size. The first activity you try might not necessarily take, and walking away won't sting as much if you had not committed much time or money.

- Consider coaching or mentoring. Athletes who still have a passion for their favorite sports but can no longer meet the physical demands such sports require can stay involved by coaching youth sports. The same can be said for professionals passionate about their work who choose to mentor. These activities might not be traditional hobbies, but they offer a great way for adults to pursue their passions on their own time.

Hobbies can enrich our lives and provide respites from the daily grind. Finding a hobby that fits might take some time and some trial and error, but such efforts will ultimately prove worth it if adults find activities they are passionate about.



Coloring a popular adult hobby

Coloring books are no longer just child's play. In recent years, adult coloring books have flown off of the shelves at craft retailers and bookstores, turning what was once a niche hobby into a popular and lucrative trend. Studies show that coloring can have calming and therapeutic effects. In fact, researchers at Johns Hopkins University suggest coloring as an alternative to meditation. This form of art therapy can relax the mind and help a person learn more about oneself in the process.

All types of coloring can stimulate a person's creative juices while simultaneously strengthening his or her mental well-being. Experts who study the impact coloring has on adults have found coloring involves both logic and creativity. This activates the areas of the cerebral cortex in the brain involved in vision and fine motor skills. The relaxation that coloring provides lowers the activity of the amygdala, the part of the brain that controls emotions. Participants who color can find tranquility quite easily. Marygrace Berberian, a certified art therapist and Clinical Assistant Professor and Program Coordinator for the Graduate Art Therapy Program at New York University, has said, "Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring about more mindfulness."

Adults interested in coloring have a substantial catalog of adult coloring books at their disposal. Start with something relatively easily by coloring mandalas, or circles filled with other geometric shapes. Intricate designs are hallmarks of adult coloring books, including fine art and design-themed coloring books. Therefore, it's best to invest in a quality set of colored pencils for a greater level of precision.

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