

PeaceHealth to host two drive-thru flu shot clinics in The Grove

In the COVID-19 pandemic, important that community members have access to influenza vaccinations. To make receiving influenza vaccinations easier and convenient, Peace-

Health Medical Group at Cottage Grove Community Medical Center will hold two drive-through flu shot clinics at 1515 Village Drive. The first will be held Wednesday, Oct. 7, from

9 a.m. to 1 p.m. The second drive-through vaccination will be held Wednesday, Oct. 28, from 1 to 4 p.m. The flu shot clinics are open to anyone age 12 or older. (A pediatric flu

clinic will be scheduled at a later date.) The flu shot drive-through clinic will be held just south of the hospital's main entrance. Look for directional signs on Village Drive. A PeaceHealth care-

giver will greet cars and fill out the appropriate paperwork. PeaceHealth will bill patients' insurance for the vaccination. Those who are not PeaceHealth patients may register as a patient

to have their insurance billed for the vaccination. Patients without insurance, or who choose not to have their insurance billed, can receive the vaccination for \$25.

Schools from AI

to a hybrid model for all grades by Nov. 2 may also not be met. To return to in-person instruction, school districts must be in a county that meets certain criteria. For three weeks in a row, a county must

maintain a case rate of 10 cases or less per 100,000 of the population and a test positivity rate of 5 percent or less in the preceding seven days. Statewide, the metrics must hold at a test positivity rate of 5 percent or less in the preceding seven days, also for three weeks. So far, Oregon has not

yet met the standard. For the week of Sept. 20-26, Oregon Health Authority (OHA) reported Oregon's cases per 100,000 at 48.1 and test positivity at 6.3 percent. Furthermore, Lane County has seen a steep rise in the number of cases. For the week starting Sept. 20, OHA report-

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—SLSD Superintendent Yvonne Curtis

ed the county as having 64.9 cases per 100,000 and a 7.1 percent positivity in testing. The trend seems to be reflected locally as well. Lane County Public Health data on Wednesday listed COVID-19 cases as having risen to 45 in ZIP code 97424. The setback means SLSD and other districts'

timelines for learning models in this school year may change, though SLSD officials could not speculate yet on what a new timeline might look like. Despite the sudden readjustment, reports surrounding the implementation of distance learning were largely positive at a Sept. 28

SLSD board meeting. South Lane Education Association Representative Dawn Stetina reported to the board that she had the chance to observe some Google Classroom sessions in person. "It looks pretty solid," she said. "It was pretty fun to watch and I have to admit I was pleasantly amazed and surprised." South Lane and other districts have been putting staff through hours of professional development courses to ensure a seamless return to school under the CDL model. Around 1,360 Chromebooks and 220 internet hot spots have been made available to ensure students have access to remote learning. SLSD Superintendent Yvonne Curtis told the board that the readjustment for the younger students seemed to be working. "They did a successful pivot to CDL," she said. "They had kids online today. A lot of theirs will be packets probably in the first two to three weeks. "We're hoping to get more online going."

First Steps to Reducing Household Waste

David Gardiepy
EcoGeneration Founder and Executive Director

Did you know, the average American tosses out 4.5 pounds of waste a day. Our per capita average in Oregon is much higher, sitting at around 7.6 pounds of waste a day. It is important to note that waste is defined by the United States EPA to include all materials thrown in the trash bin and the recycle bin. It may be helpful to consider waste as, anything that you or your household no longer has use for, no longer needs and thus will eventually be discarded. When you think of waste per individual over a year, you are able to understand the magnitude of the problem. The average Oregonian generates 2,774 pounds of waste in a year, and plastic only comprises an average of 185 pounds of that waste, less than 1% of an individual's total waste (based on weight). Plastic comprises a larger portion of an individual's waste when you think of it in terms of volume instead of weight.

by weighing each category and making notes on the most common items. For those who choose to audit all their waste, you can break your recyclables down into the following suggested categories: OR deposit containers, paper/paper board, cardboard, plastics, glass, and metals. You would then proceed to sort and record as you did with your trash. *We hope that your plastics are separated from curbside recycling, and set aside to bring to a Recycling Take-Back.* Now that the mess is cleaned up, you are able to fully assess your household's waste. The first step in reduction is knowing. Now you are able to decide what actions you can take to reduce what your house's discarded items. In some instances it is a simple switch to a different brand with less packaging. Such as going from Chobani yogurt to a brand without the outside shrink wrap on the container. Another option would be to change to a brand whose packaging is recyclable. For instance switching from Franz bread packaged in #5 or #7 film, to bread bagged in #2 or #4 film. Or you can opt to ditch the plastic packaging and go to a local bakery for your bread, and compost the paper bag if it gets dirty to recycle.

A benefit of a waste audit is that you are also able to look at all the waste at once. You may find that there are things that have been discarded that could be reused or upcycled. We encourage you to look for ways to reuse items. Those butter containers and lids provide a cost effective opportunity to organize your shop, garage, craft room, or kids rooms. There are many creative ways to reuse items. If you are struggling on coming up with ideas, a google search of the item and "upcycle" should provide you with some great examples. You can find resources in the News and How to section of our website, that will help you conduct a waste audit (www.ecogeneration.org).

Knowing that waste is defined to include both recycling and landfilled items it may seem like there is little options in the way of waste reduction at the bin. However, this is not true as it is imperative that you know what you are throwing away to better understand how to reduce your waste. You can assess your waste through a waste audit, where you examine a full bag of garbage prior to sending it on its way to the landfill. The intent of a waste audit is for you to see the waste, categorize it, and consider how to reduce it. For the first step in your waste audit, determine how long you want to track your waste and how many receptacles you are going to track it in. Are you going to track all your waste, including recycling or just your trash. Generally, we suggest that you start with just your trash bin. The next thing to decide, as mentioned, how many bins are you going to track? Note, if your house has multiple trash cans it may be helpful to consider reducing the number you have. Lastly, determine the length of your audit. Do you want to track a day, a week, or an entire month? If tracking more than a week, we suggest breaking the audit down to weekly audits, so that you do not store a month's worth of trash. The next step in your waste audit will occur after you have collected your materials for the determined time period. It is important to prep your space, noting that you will likely need a tarp or clear concrete surface (for easy clean up) ideally indoors. You may also want a pair of gloves. We recommend using a pair of gardening gloves so that they can be washed when you are finished. Now it is time to organize all your waste. Assuming that you choose your trash bin, we recommend categorizing into the following categories: Food Waste, other organic waste (including pet waste), potential recyclables (paper/metal/glass), plastics, and everything else. Once you have completed this, the next step is to chart or record the items. You can be as detailed as you would like (count each specific item) or you can generalize



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