

# Testing homes for radon more important than ever

State program urges home testing during National Radon Action Month

Oregon Health Authority is recognizing National Radon Action Month during January by encouraging people in the state to test their homes for radon, an odorless, tasteless and invisible gas that is the second leading cause of lung cancer in the United States after smoking.

Many parts of Oregon remain at risk of exposure to high levels of radon, a naturally occurring radioactive gas that comes up from the ground and is drawn into buildings, where it can build up to dangerous levels.

The U.S. Environmental Protection Agency estimates that radon is responsible for more than 20,000 lung cancer deaths per year in the United States.

In addition to being the second leading cause of

lung cancer, it is the leading cause of lung cancer among non-smokers.

People can take steps to reduce their exposure to radon by testing their homes for radon and, if necessary, hiring a professional to reduce it to a safe level.

The best time to test is during the heating season, when windows and doors are closed up tight for long periods.

"Now more than ever, we are spending more time in our homes. That means more exposure to potentially high radon levels. They only way to know if you have a high radon level is to test," recommends Jara Poppinga, Oregon Radon Awareness Program coordinator at OHA.

Many test kits are priced between \$15 and \$25 and can be found in most hardware stores.

Radon problems can be fixed by qualified contractors for a cost similar to that of common home repairs, such as painting or having a new water heater installed.

The Oregon Radon Awareness Program collects radon test data from test kit manufacturers to understand which areas of the state have the potential for high radon levels and to identify areas where educational outreach efforts need to be focused.

The program is offering a free radon test kit to residents whose homes are in ZIP codes where fewer than 20 radon test results have been recorded. Residents can learn more about the free short-term radon test kit program and how to apply at [www.healthoregon.org/radon](http://www.healthoregon.org/radon).

Free test kits are avail-

able while supplies last. For more information on which areas of the state are at moderate to high risk of having elevated radon levels, radon testing and mitigation, or how to order a test kit online, contact the Oregon Radon Awareness Program at [radon.program@state.or.us](mailto:radon.program@state.or.us), or visit [www.healthoregon.org/radon](http://www.healthoregon.org/radon).

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## Community Council offers student, parent support

The COVID-19 pandemic has impacted students' mental well-being in numerous ways.

Prolonged school closure and online learning pose some challenges for students such as loss of in-person connection, zoom fatigue, lack of access to stable internet connection.

Further, these transitions have presented parents with new challenges as they interact

with and support their children.

Center for Community Counseling will be offering support groups to help elementary students with mindfulness-based coping skills for on-line learning, as well as mindfulness-based support groups for parents who desire to strengthen their skills in supporting their children during this time.

If you're a student or

parent who is interested in these services, call 541-344-0620 for more information.

Groups on a sliding scale fee with scholarships available.

Rolling start dates through February. Group format will be on-line, with limited spots for in-person groups.

Call soon to reserve your space as spots are limited.



<p><b>COTTAGE GROVE:</b> <b>6th &amp; Gibbs Church of Christ</b> 195 N. 6th St. • 541-942-3822 10:00am Christian Education: Pre-K through 5th Tim Baker, Senior Minister <a href="http://www.6thandgibbs.com">www.6thandgibbs.com</a></p> <p><b>Calvary Baptist Church</b> 77873 S 6th St • 541-942-4290 Pastor: Riley Hendricks Sunday School: 9:45am Worship: 11:00am The Journey: Sunday 5:00pm Praying Thru Life: Wednesday 6:00pm</p> <p><b>Church of Christ</b> 420 Monroe St • 541-942-8565 Sunday Service: 10:30am</p> <p><b>Cottage Grove Bible Church</b> 1200 East Quincy Avenue 541-942-4771 Pastor: Bob Singer Worship 11am Sunday School: 9:45am AWANA age 3-8th Grade, Wednesdays Sept-May, 6:30pm <a href="http://www.cgbible.org">www.cgbible.org</a></p> <p><b>Cottage Grove Faith Center</b> 33761 Row River Rd. 541-942-4851 Lead Pastor: Kevin Prueff <a href="http://www.cg4.tv">www.cg4.tv</a> Full Children's Ministry available Services: 9:00am &amp; 10:45am</p> <p><b>Delight Valley</b> Church of Christ 33087 Saginaw Rd. East 541-942-7711 • Pastor: Bob Friend Two Services: 9am - Classic in the Chapel 10:30am - Contemporary in the Auditorium</p> <p><b>First Baptist Church</b> 301 S. 6th st • 541-942-8242 Pastor: David Chhangle Sunday School 9:30am Worship Service 10:30am Youth Wednesday 6:30pm <a href="http://cgfirstbaptist.com">cgfirstbaptist.com</a></p>	<p><b>First Presbyterian Church</b> 3rd and Adams St 541-942-4479 Rev.: Karen Hill Worship: 10:00am Sunday School: 10:00am <a href="http://fpcgrove.com">fpcgrove.com</a></p> <p><b>Hope Fellowship</b> United Pentecostal Church 100 S. Gateway Blvd. 541-942-2061 Pastor: Dave Bragg Worship: 11:00am Sunday Bible Study: 7:00pm Wednesday <a href="http://www.hopefellowshipupc.com">www.hopefellowshipupc.com</a> "FINDING HOPE IN YOUR LIFE"</p> <p><b>Hope In The Grove Baptist Church</b> 77820 Mosby Creek Rd Pastor: Wayne Husk Worship: Sunday 10:00am Evening Bible Study: Wednesday 6:30pm 541.649.1043</p> <p><b>Living Faith Assembly</b> 467 S. 10th St. • 541-942-2612 Worship Services Sundays: 9a &amp; 11a Youth Worship Sundays: 11a (all ages welcome) Mondays: 5:30p (6th-12th grades)</p> <p><b>Non-Denominational Church of Christ</b> 1041 Pennoyer Ave 541-942-8928 Preacher: Tony Martin Sunday Bible Study: 10:00am Sunday Worship: 10:50am &amp; 5:30pm <a href="http://www.pennoyeravecoc.com">www.pennoyeravecoc.com</a></p> <p><b>Our Lady of Perpetual Help and St. Philip Benizi Catholic Churches</b> 1025 N. 19th St. 541-942-3420 Father John J. Boyle Holy Mass: Saturday Vigil - 5:30 pm Sunday - 10:30 am For weekday and Holy Day of Obligation schedule see website <a href="http://OLPHCG.net">OLPHCG.net</a> Confession: 4 PM to 5 PM Saturdays or by appointment St. Philip Benizi, Creswell</p>	<p>552 Holbrook Lane Sunday 8 am</p> <p><b>St. Andrews Episcopal Church</b> 1301 W. Main • 541-767-9050 Rev. Lawrence Crumb "Church with the flags." Worship: Sunday 10:30am All Welcome</p> <p><b>Seventh-day Adventist Church</b> 820 South 10th Street 541-942-5213 Pastor: James D. Boram Bible Study: Saturday, 9:15 am Worship Service: Saturday, 10:40 Mid-week Service: Wednesday, 1:00</p> <p><b>Trinity Lutheran Church</b> 6th &amp; Quincy • 541-942-2373 Pastor: James L. Markus Sunday School &amp; Adult Education 9:15am Sunday Worship 10:30 am Comm. Kitchen Free Meal Tue &amp; Thur 5:00pm TLC Groups <a href="http://tlccg.com">tlccg.com</a></p> <p><b>United Methodist Church</b> 334 Washington 541-942-3033 Worship 10am <a href="http://umcgrove.org">umcgrove.org</a></p> <p><b>"VICTORY" Country Church</b> 913 S. 6th Street • 541-942-5913 Pastor: Barbara Dockery Worship Service: 10:00am Message: "WE BELIEVE IN MIRACLES"</p> <p><b>CRESWELL:</b> <b>Creswell Presbyterian Church</b> 75 S 4th S • 541-895-3419 Rev. Seth Wheeler Adult Sunday School 9:15am Sunday Worship Service 10:30 am website <a href="http://www.creswellpres.org">www.creswellpres.org</a></p>
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## What Happens to the Plastics?

David Gardiepy  
EcoGeneration Founder and Executive Director

One of the many questions that we hear over and over again, besides where do we send the materials we collect, is what happens to the materials once you submit them? This question is a lot more complex, as recycled plastic resins are used for a lot of different types of things. This is further complicated at times, due to the secrecy of the recycling industry. At EcoGeneration, we are lucky, in that we know where our materials go, how they are processed; and in some instances, what the plastic will be used to remake. With that being said, I will do my best to demystify the industry a little bit for you. It is important to note, that a significant percentage of plastic that is recycled, is actually downcycled into a lower quality plastic resin or fibers for clothing or carpet that will be discarded into the landfill due to limited recycling opportunities for the newly created product.

#1PET, sometimes #1PETE stands for Polyethylene terephthalate and it is one of the most common types of plastics found in consumer packaging ranging from drink containers to molded plastic containers. #1 PET is recycled into fibers for clothing or carpeting, car components, construction materials, strapping, composite lumber, & other #1 PET non-food related packaging.

#2 High Density Polyethylene (HDPE) has one of the widest array of reuses in the recycling industry, with natural (opaque) HDPE being one of the top sought after materials, and can be remade into a very large array of products. Take PakTech for instance, their handles are made from recycled milk jugs and other #2 High Density Polyethylene (HDPE) materials. Nearly all of their drink and product handles consist of 96% recycled plastic, or more. Other uses of #2 HDPE plastic consist of electronic plastic components, as a component in another blend of plastic resin, non-food related consumer packaging, recycling bins, drums/barrels, playground equipment, composite lumber, and many similar products.

Low Density Polyethylene (#4LDPE), is primarily used to make plastic films/bags and composite lumber. While LDPE has several additional uses, the vast majority of recycled #4 plastics will be turned into plastic lumber, and this is especially true when recycling films. Additional uses for LDPE are pipes, trash bags, grocery store bags, agricultural plastics, building plastics, and other industrial applications.

Polypropylene (#5PP) is more than likely the second most common plastic, as the majority of containers food comes packaged in is Polypropylene containers, as are many consumer goods. PP is one of the most durable of the plastic resins, as such its recycling potential is vast.

Some common everyday items that can be made out of recycled polypropylene include: laundry baskets, consumer goods, toys, outdoor furniture, plant pots, reusable containers, tools etc. Additional recyclable uses for #5PP include infrastructure plastics, and agricultural plastics. Polystyrene is generally recycled back into items that require #6 PS resins. These items include insulation,

to-go Styrofoam containers, block Styrofoam, rulers, acrylic pamphlet holders, egg cartons, coffee cup lids, and other common items. Styrofoam is not widely accepted, as it is a brittle and breaks very easily contaminating other streams of recycling collected. A high percentage of #6 PS recycling is collected from industry, compared to being collected from consumers.

Other materials collected and recycled by EcoGeneration would include metals found in some of the streams that we recycle including the Personal Care Packaging stream, as well as the Health and Nutritional Packaging streams. The metal collected is recycled in the same manner as other metals, with it going to a smelter and used in new metal production. As mentioned before, cigarette waste is primarily recycled into either composite lumber for shipping pallets or into industrial plastics. This occurs after the plastic resin is separate from ash, tobacco and paper which is then thoroughly cleaned and then pelletized. The organic waste is composted commercially, eventually being turned into new soil that is sold in the agricultural industry.

Now that I have discussed some of the potential new uses for your plastic when submitted for recycling, with us or curbside, lets discuss the importance of ensuring that you get your money's worth of use out of the packaging so many discard without a second thought. Growing up, I lived in a household that used butter tubs as leftover containers. This is rapidly becoming a dying out habit in many households. There are many opportunities to reuse items in our daily lives, and when we choose to first reuse we are working hard to reduce our communities' dependence on new materials, we are working to hamper the growth of our landfill, we are preventing water/air/land pollution more than by simply working to recycle our waste.

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