

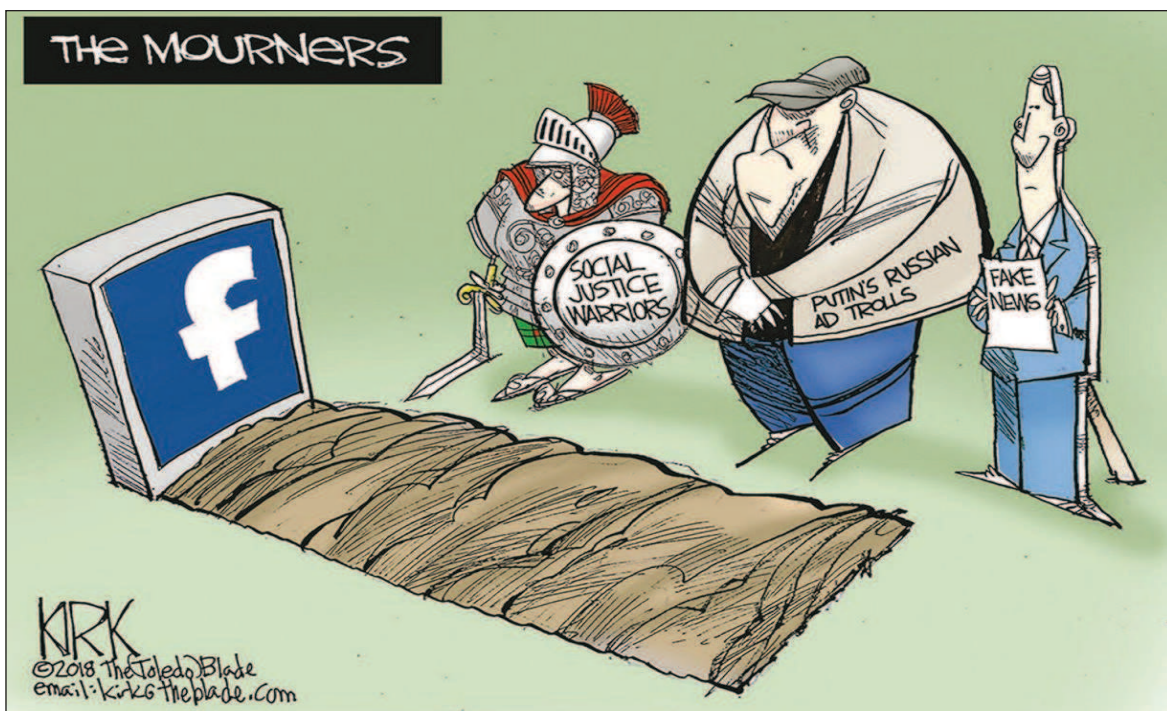
Bottle Bill rate increase paying dividends

The Bottle Bill is one of Oregon's great achievements. Nine other states have followed in our footsteps since 1971, creating an incentive to recycle one-use containers rather than pitching them in a trash can, gutter or wildlife habitat. About 1.3 billion bottles and cans were returned in 2017. That represents about 80 percent of the containers that were purchased, and a substantial increase from 2016 when the deposit was a nickel. According to the online Bottle Bill Resource Guide, the return rate for non-Bottle Bill states is about 28 percent. Distributors, who receive the initial deposit and pay it back at the end of the cycle, came out ahead at \$25 million in unreturned containers. But the big win is that the incentive of a dime did what it was supposed to and got us back into the habit of returning our cans and bottles.



File photo
Cubes of crushed cans stand on a pallet in the back of the BottleDrop facility in Hermiston.

Overall, Americans are sloppy recyclers. We're not alone in that trait, but we're bad at sorting before we drop off and, because of the mess we leave, much of the world's refuse is no longer accepted at processing centers in China. That's bad for the world, as material that can be reused is instead piling up in landfills. Bottles and cans are unique in that they are easily sorted, and a targeted campaign provides a greater return on investment than other materials. As a bonus, the increased deposits have made them a more effective fundraising mechanism for nonprofits. So whether you return your cans and bottles yourself, donate them to a charity or give them to a neighbor kid looking to make a few bucks, the daily effect of the bottle bill is what you don't see — litter and waste in our state.



Farmer's Fate: Wiped out!

By Brianna Walker
To the Blue Mountain Eagle



Brianna Walker

There I was, standing in the toilet paper aisle in the middle of the night. It had been one of those weeks that felt like a series of tasks you absolutely must get done before they don't matter anymore. The 10-day forecast had called for rain, which meant that everything took second fiddle to getting the hay up. Breakfast? I'm sure there's an old bag of peanuts in the tractor. Sleep? Remind me what that is after first cutting is tarped or sold. Laundry? A good shake ought to get most of the dirt from your pockets and cuffs. Toilet paper? Uh oh, Houston. We have a problem. All my life, I've heard, "You don't know what you have until it's gone." Well, that is definitely true when it comes to toilet paper! With the weather forecast continuing to predict gloomy rain, I opted to "borrow" the TP from the shop bathroom, rather than waste valuable tractor time for a shopping trip. That seemed like a great plan — until the shop bathroom ran out also. Thankfully, my husband keeps an emergency roll in the harrow bed. Unfortunately, it wasn't a full one. The people who calculate such things have determined that the average American uses 57 sheets of toilet paper each day, 8.6 sheets per visit. At that rate, the sad little emergency roll wouldn't buy us much time. But the threat of that rainstorm looming in the forecast pushed toilet paper to the far back of our minds, and we continued pressing on to get that hay up green and dry. Coffee, Mountain Dew and sheer determination kept us at it as the nights

grew even shorter — but not as short as a roll of toilet paper in the house. Just like our week, it kept going faster and faster until it ended with unfortunate timing. According to a Cottonelle poll, 72 percent of people prefer to hang toilet paper with the first sheet over the roll, and 28 percent prefer the first sheet under the roll. I am a "sheet over" kind of girl, but at that moment, I wouldn't have complained about a roll perched precariously on top of the holder. Luckily, my son remembered another partial roll in one of our snowmobiles. The week's work sped on, as did the remaining rolls of TP. I remembered with nostalgia the years of large Sears catalogs. Using TP with page numbers might seem redneck to some, but during a ridiculously busy week of harvest, I think it was just old-fashioned genius. The night finally arrived when even MacGyver would have come up empty. That's how I found myself staring at an aisle of toilet paper at midnight. I usually buy my toilet paper at Costco, where my choices are limited to a handful of brands — making it easy to compare prices. Perhaps it was the late hour, or perhaps the lack of sleep, but somehow, standing there, those toilet paper packages seemed especially confusing. How can a person calculate which package is a better deal when a roll isn't a roll. Some packages boasted "mega-rolls," "jumbo-rolls" and "1,000 sheet rolls." Others more simply stated

that "12=48," and "36=72." It was obvious I was not going to be able to compare rolls to price shop, but maybe I could calculate it based on the number of sheets. A quick glance at the packages revealed that the number of sheets on various "double-rolls" ranged from 176-352. Lest one spend time calculating the cost per sheet, it is prudent to note that the sheet size can vary between brands by nearly an inch! I looked around at the packages, all vying to end up in my cart. My brain felt muddled. I stood nearly comatose as the little squirrel in my brain tried to coax the wheel into spinning. I was just reaching for one package that said 12=48, when I noticed the package beside it boasting 12=54. "What kind of math is this?" the price-shopping part of my brain screamed. That's when I noticed the single rolls of toilet paper. I may not understand the math behind the cost of toilet paper, but I am really confused with buying a single roll. I may not be able to easily find the better bargain between the 12-pack and the 30-pack, but a single roll? I mean, really, are you trying to quit? With my brain still muddling through the murky math of double-rolls, I grabbed the big package with the purple — because I liked the color. As the cashier rang me up, I decided that buying toilet paper ranked as my second favorite domestic duty, falling only slightly behind airing out my husband's work boots, all the while holding my breath until I pass out from lack of fresh air. Brianna Walker occasionally writes about the Farmer's Fate for the Blue Mountain Eagle.



WHERE TO WRITE

GRANT COUNTY

- **Grant County Courthouse** — 201 S. Humbolt St., Suite 280, Canyon City 97820. Phone: 541-575-0059. Fax: 541-575-2248.
- **Canyon City** — P.O. Box 276, Canyon City 97820. Phone: 541-575-0509. Fax: 541-575-0515. Email: tocc1862@centurylink.net.
- **Dayville** — P.O. Box 321, Dayville 97825. Phone: 541-987-2188. Fax: 541-987-2187. Email: dville@ortelco.net
- **John Day** — 450 E. Main St, John Day, 97845. Phone: 541-575-0028. Fax: 541-575-1721. Email: cityjd@centurytel.net.
- **Long Creek** — P.O. Box 489, Long Creek 97856. Phone: 541-421-3601. Fax: 541-421-3075. Email: info@cityoflongcreek.com.
- **Monument** — P.O. Box 426, Monument 97864. Phone and fax: 541-934-2025. Email: cityofmonument@centurytel.net.
- **Mt. Vernon** — P.O. Box 647, Mt. Vernon 97865. Phone: 541-932-4688. Fax: 541-932-4222. Email: cmtv@ortelco.net.
- **Prairie City** — P.O. Box 370, Prairie City 97869. Phone: 541-820-3605. Fax: 820-3566. Email: pchall@ortelco.net.
- **Seneca** — P.O. Box 208, Seneca 97873. Phone and fax: 541-542-2161. Email: senecaoregon@gmail.com.

SALEM

- **Gov. Kate Brown, D** — 254 State Capitol, Salem 97310. Phone: 503-378-3111. Fax: 503-378-6827. Website: www.governor.state.or.us/governor.html.
- **Oregon Legislature** — State Capitol, Salem, 97310. Phone: (503) 986-1180. Website: www.leg.state.or.us (includes Oregon Constitution and Oregon Revised Statutes).
- **Oregon Legislative Information** —

(For updates on bills, services, capitol or messages for legislators) — 800-332-2313.

- **Sen. Cliff Bentz, R-Ontario** — 900 Court St. NE, S-301, Salem 97301. Phone: 503-986-1730. Website: www.oregonlegislature.gov/Bentz. Email: Sen.CliffBentz@oregonlegislature.gov.
 - **Rep. Lynn Findley, R-Vale** — 900 Court St. NE, H-475, Salem 97301. Phone: 503-986-1460. Website: www.oregonlegislature.gov/findley. Email: Rep.LynnFindley@oregonlegislature.gov.
- ### WASHINGTON, D.C.
- **The White House**, 1600 Pennsylvania Ave. N.W., Washington, D.C. 20500; Phone-comments: 202-456-1111; Switchboard: 202-456-1414.
 - **U.S. Sen. Ron Wyden, D** — 516 Hart Senate Office Building, Washington D.C. 20510. Phone: 202-224-5244. Email: wayne_kinney@wyden.senate.gov Website: http://wyden.senate.gov Fax: 202-228-2717.
 - **U.S. Sen. Jeff Merkley, D** — 313 Hart Senate Office Building, Washington D.C. 20510. Phone: 202-224-3753. Email: senator@merkley.senate.gov. Fax: 202-228-3997. Oregon offices include One World Trade Center, 121 S.W. Salmon St., Suite 1250, Portland, OR 97204; and 310 S.E. Second St., Suite 105, Pendleton, OR 97801. Phone: 503-326-3386; 541-278-1129. Fax: 503-326-2990.
 - **U.S. Rep. Greg Walden, R** — (Second District) 1404 Longworth Building, Washington D.C. 20515. Phone: 202-225-6730. No direct email because of spam. Website: www.walden.house.gov Fax: 202-225-5774. Medford office: 14 North Central, Suite 112, Medford, OR 97501. Phone: 541-776-4646. Fax: 541-779-0204.
 - **Pending Bills:** For information on bills in Congress, Phone: 202-225-1772.

GUEST COMMENT

Being overwhelmed

By Bryan Golden
To the Blue Mountain Eagle

The proverbial straw that broke the camel's back is an illustration of what can happen when you feel overwhelmed. Each straw by itself is irrelevant. Yet, the cumulative weight of enough straw can be unbearable. Life's events can have the same cumulative impact as the straw. Most situations, by themselves, are manageable. But when you are faced with one problem after another, before you have a chance to resolve each one, it's easy to feel overwhelmed. Situations can also pile up gradually because of your inattention or failure to deal with them as they occur. Then, seemingly out of nowhere, you become overwhelmed. In this scenario, you don't realize what's happening until everything becomes a crisis. So, you can become overwhelmed because of circumstances beyond your control that occur quickly or simultaneously. Or you can become overwhelmed because you neglect to handle situations as they arise. Each scenario requires a slightly different strategy. When events occur non-stop and without letup, often the first reaction is to panic and freeze. Not knowing what to do first, you try to juggle everything at once while feeling as if you are about to lose

your balance at any moment. The key to dealing with this situation is to prioritize. Since you can only address one issue at a time, you have to decide which circumstances require immediate attention. Sometimes, it seems as if everything is critical. But you, nevertheless, have to pick a starting point for your attention. Unfortunately, the most critical situation is usually the most difficult to deal with. So, human nature being what it is, people will tend to address one of the least important issues because it's easier. However, when you neglect the most critical situation, it will quickly worsen. With enough neglect, a situation will get to a point where it is out of control and the window of opportunity to take corrective action has passed. For example, the roof on Debra's house has started to leak. Additionally, her car needs an oil change, the kitchen has to be painted, she needs new clothes for a party in three weeks, her son is doing poorly in school, she has a painful toothache and the company she works for is being sold in six months. Debra feels overwhelmed. So she goes shopping for her new clothes. Rather than prioritizing and going to the dentist first, Debra takes a painkiller and then picks the task of lowest importance. After she gets her clothes, Debra will feel just as overwhelmed as before since all of

the pressing issues are still there. As an outside observer, it is easy to see what Debra should do first. She should tend to her tooth before she risks losing it. If Debra neglects her roof, more serious damage will occur. Then she has to get her son back on track before he falls too far behind. Once these immediate issues are dealt with, Debra will have a little more breathing room and feel less overwhelmed. But when you are the one feeling overwhelmed, your perspective becomes cloudy. You become stressed out and don't want to deal with anything. Avoidance, however, will allow things to get worse. When overwhelmed, you have to address the most critical situation first. Then focus your energy on one task at a time. Once you have done everything you can for the most important problem, move on to the next pressing situation. Resist the temptation to begin with the least significant challenge. When you take this approach, you will start to feel better because you are taking action on the most pressing problems. The more proactive you are, the faster you will overcome the obstacles in front of you. Bryan Golden is the author of "Dare to Live Without Limits." Contact him at Bryan@columlist.com or visit daretolivewithoutlimits.com.

Blue Mountain EAGLE
PUBLISHED EVERY WEDNESDAY BY
EC MEDIA group

Grant County's Weekly Newspaper

PUBLISHER..... CHRIS RUSH, CRUSH@EOMEDIAGROUP.COM
EDITOR & GENERAL MANAGER... SEAN HART, EDITOR@BMEAGLE.COM
REPORTER..... RICHARD HANNERS, RICK@BMEAGLE.COM
COMMUNITY NEWS..... ANGEL CARPENTER, ANGEL@BMEAGLE.COM
SPORTS..... ANGEL CARPENTER, ANGEL@BMEAGLE.COM
MARKETING REP..... KIM KELL, ADS@BMEAGLE.COM
OFFICE MANAGER..... LINDSAY BULLOCK, OFFICE@BMEAGLE.COM
OFFICE ASSISTANT..... ALEXANDRA HAND, OFFICE@BMEAGLE.COM

1 YEAR SUBSCRIPTION RATES
(including online access)
Grant County\$40
Everywhere else in U.S.....\$51
Outside Continental U.S.....\$60
Subscriptions must be paid prior to delivery

Periodicals Postage Paid at John Day and additional mailing offices.
POSTMASTER
send address changes to:
Blue Mountain Eagle
195 N. Canyon Blvd.
John Day, OR 97845-1187
USPS 226-340

Copyright © 2018 Blue Mountain Eagle
All rights reserved. No part of this publication covered by the copyright hereon may be reproduced or copied in any form or by any means — graphic, electronic or mechanical, including photocopying, taping or information storage and retrieval systems — without written permission of the publisher.