

# TRASH TALK

November 2024



*helping local cancer patients*

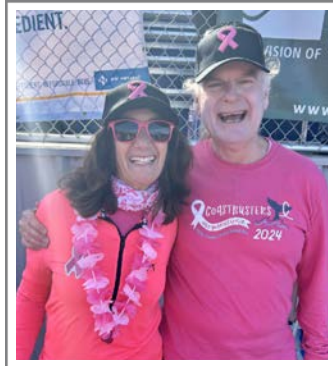
Since 2011, we've raised **\$94,919** to help our neighbors battle cancer



To donate, open the camera on your mobile phone, scan the QR code.

For this CAN Cancer article we're featuring our friend, fellow Rotarian, Newport community builder, and Newport 60+ Activity Supervisor Sonia Graham. Sonia recently lost her battle with cancer October 30. In 2020, we featured her in this newsletter highlighting her battle, but also her fierce determination and service for others. Sonia received her cancer diagnosis in April 2020 and a month later was organizing a campaign to raise \$5,000 towards CAN Cancer, of which Thompson's Sanitary has been supporting every year since 2011 through our November envelope campaign. CAN Cancer is a local effort to provide non-medical living

expenses related to treatment, for Lincoln County residents fighting all forms of cancer, through Pacific Communities Health District Foundation. At the time, Sonia was the Community Relations Director at Oceanview Senior Living. When she explained to her boss, Becky Donaldson, she wanted to raise money for cancer, Becky offered to shave her head if the goal was met to support Sonia's own hair loss due to treatment. Sonia went to work creating a Facebook page called "If I'm not going to die, I might as well try, laughing" and set the goal of \$5,000. She conveyed that "organizing this helped me focus on something I love to do, helping others".



Sonia Graham with husband Jim

Just in time for Sonia's October 11 deadline, her fellow Newport Chamber Ambassadors chipped in enough cash to get her to the goal and Becky shaved her head live on Facebook. Sonia went on to beat cancer, only to have it return last June.

During this 2020 campaign, then Exec. Director of Pacific Communities Health District Foundation Ursula Marinelli said this of Sonia, "Sonia has to be the kindest, most selfless person I know. In the midst of her own treatment for cancer, she mobilized her friends and colleagues to support other people going through her same challenging journey. She understands that what people need when facing health challenges is to know that other people care. My admiration and appreciation are endless." We thought this quote summed up Sonia perfectly and how she operated in everything she did. We will miss her greatly. Since that time, she went onto co-create her own fundraising event [www.coastbusterswalk.org](http://www.coastbusterswalk.org) with friend and fellow cancer survivor Jeanette Campagna. No matter which organization you choose to donate, we just ask that you do it to help your neighbors battle cancer.

Donations can be made online via <http://www.samhealth.org/givePCHDF>. For more information, contact PCHD Foundation at [kclm@samhealth.org](mailto:kclm@samhealth.org) or 541-574-4912.

## In the Know

### Holiday Schedule

Thompson's observes three holidays a year - Thanksgiving, Christmas, & New Year's



#### **THANKSGIVING, 11/23**

Thursday customers serviced 11/24  
Friday customers serviced 11/25.

#### **CHRISTMAS, 12/25**

Wednesday customers serviced 12/26  
Thursday customers serviced 12/27  
Friday customers serviced 12/28

#### **NEW YEAR'S 01/01**

Wednesday customers serviced 01/02  
Thursday customers serviced 01/03  
Friday customers serviced 01/04

Giving thoughtfully = less waste

**A little thought goes a long way in curbing our holiday waste problem.**



- 1) **Give consumable** gifts like sourdough starter, homemade preserves, or make a batch of soup and freeze in single servings for a loved one.
- 2) **If you buy** a gift, please purchase ethically made, pre-loved or thrifted, eco-gifts, or from small business.
- 3) **Give experiences!** Tickets to a movie while you watch their kids, tickets to the Aquarium, or give the gift of your time with a coupon for a hike and picnic. The ideas are endless!
- 4) **Give handmade** gifts - you don't have to be an artist or know how to sew. Google handmade gifts and there are plenty which only require minimal craft skills!

*Just in!* **Holiday String Light Recycling Dropoff**

That's just a real nice surprise!

available now through January @ Recycling Center  
7450 NE Avery Newport

If lights are battery operated  
**REMOVE & SEPARATE BATTERIES**  
for dropoff at recycling center

## Recycle these common Holiday food containers

Rinse well. Aluminum pie tins and foil (baseball size)

Rinse well. The only plastic you can recycle - jugs and bottles

Empty aerosol cans - but why would they be full again?

Cardboard egg cartons

## Landfill these common Holiday food containers

foil cracker bags

Plastic berry containers

Plastic freezer/food bags

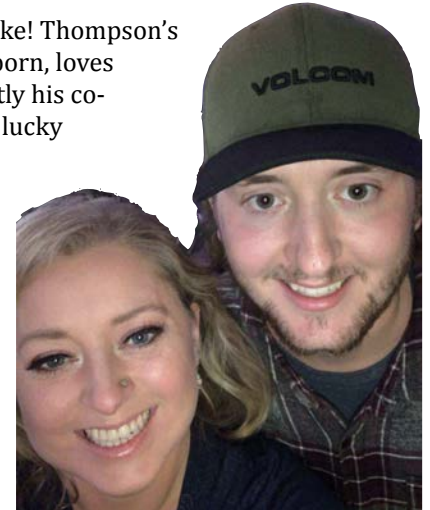
Waxed cardboard cartons

Plastic egg cartons



## EMPLOYEE SPOTLIGHT: Shain Osborn

This guy makes a mean cheese cake! Thompson's Sanitary Service driver, Shain Osborn, loves trying out new recipes and recently his co-workers at Thompson's were the lucky recipients as he brought in a delicious cheesecake for everyone to enjoy. Not only does Shain make the office staff quite happy with his culinary skills, he is also adored by staff for being dependable, following through with requests, and always willing to go the extra mile by working overtime shifts and even volunteering to do night shifts this summer for



Shain with mom Kitty



Shain fishing with co-worker and friend Ryan Reyes

a project on HWY 101 in midtown Newport. Most importantly, he does these with a smile and a positive attitude! Shain has lived in Newport on and off for 6 years and enjoys what the coast has to offer. Not only does he enjoy baking, he also gets outside to fish and disc golf. He has yet to go salmon fishing but that's on his list of goals. Shain explains that "his favorite part of the job is how much of the community he gets to see servicing customers and that Thompson's has a pretty good group of co-workers".

## Christmas Tree Disposal Options:

**Naked trees only\***

- Cut into 3' lengths and place in Mixed Compostables cart as part of your service
- Schedule pick-up at curb - \$5 charge
- Self-haul to Agate Beach Transfer Station for free drop-off

*\*Remove all decorations and stand, no flocked trees in Mixed Compostables*