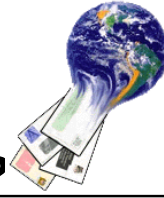


How do I get rid of Junk Mail?



Catalogues, magazines, and shiny paper are all considered “Low Grade” paper. It is recycled by Haines Friends of Recycling but the cost to handle and ship is less than what we receive for the recycled material. On the other hand, white paper (NOT shiny) does bring us a good return. Separating your low grade/mixed paper from white paper helps us.

Advertisers send out more than 62 billion tons of junk mail per year, and 44 percent of it goes into landfills without ever being opened. Producing and disposing of it uses 100 million trees, 28 billion gallons of water, and enough energy to power 2.8 million cars. You can greatly reduce the amount of unwanted mail you receive by taking a few easy steps.

If you want to decrease the amount of junk mail you receive (especially catalogues), here are some steps to take.

1. Gather all the unwanted mail order catalogues you receive and go online to www.catalogchoice.org. Using their free service, create a login name and click through their list of hundreds of catalogs and check the ones you don't want, using your name and address as they appear on the covers. After about 10 weeks, the changes will take effect. When new catalogues come, you can simply add them to the list to stop them as well.

2. Call the 800 number for the catalogue and request to be taken off their mailing list and all of their related mailing lists. It will take about 6 weeks for this to be effective.

Taking these two simple steps costs you nothing, reduces your footprint on the Earth, and eliminates the headache of sorting through piles of junk mail.