

Americans receive almost 2 million tons of junk mail every year, meaning **2 MILLION TONS OF WASTED PAPER**. You can put an end to junk mail waste. **Either** email [www.dmachoice.org](http://www.dmachoice.org) (no charge) **OR** complete the card below (be sure to list all variations of your name, including misspellings as they appear on junk mail you receive) and, using the tear off label, mail to Direct Marketing Association (DMA). If mailing, you must enclose \$1.00. DMA will remove your name from computer lists for 5 years.

**AND**

For added assurance call 888-5optout (888-567-8688) to remove your name from lists used by credit card companies and some direct marketers. This number reaches all 4 major credit bureaus. Calling it removes your name for two years. You can be removed permanently by calling this number, requesting, completing and returning the form they mail to you.

For additional information on this topic, go to [www.privacyrights.org](http://www.privacyrights.org), [www.worldprivacyforum.org](http://www.worldprivacyforum.org), [www.catalogchoice.org](http://www.catalogchoice.org), [www.41pounds.org](http://www.41pounds.org), [www.optoutprescreen.com](http://www.optoutprescreen.com) and others found on the Internet. You may also call the **GLOW Recycling Hotline at 1-800-836-1154** or visit our website at [www.glowsolidwaste.org](http://www.glowsolidwaste.org) for more information on waste reduction and recycling.

**GLOW Region Solid Waste Management Committee**  
**Recycling. Feels Great! Less Filling!**



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In an effort to reduce the amount of waste generated, please remove the following names from your mailing lists, effective immediately:

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Name (please print)

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Name

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Name

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Street, Apt. #

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City, State, Zip Code

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Signature