

# “Catalog Cut-backs”

Dear Adam and Eve,

I know there are ways to cut off all my junk mail out there but how can I stop just some of the catalogs I receive without cutting off all of them?

Thanks, Mailbox LogJam

Dear LogJam:

Yes, we can't just go cold turkey on all our “wish books”. After all, we might just order that sexy lingerie or the newest electronic toy!

But, there is a way to opt out of the rest of them. AARP magazine says you can register free @ [www.catalogchoice.com](http://www.catalogchoice.com) to “find & decline”. The site is endorsed by good folks at Natl. Wildlife Federation (NWF), Natl. Resources Defense Council (NRDC), and also Ecology Center of Berkeley.

SAD STATS: 19 billion catalogues are sent to Americans per year using 36 million tons of paper and 53 million trees!!

And Remember!

**RETHINK! REDUCE! REUSE! RECYCLE!**

Please email questions/comments to [DearAdamandEve@timemphis.org](mailto:DearAdamandEve@timemphis.org)

or write “Dear Adam and Eve”,

Eden Committee, c/o Temple Israel, 1376 E. Massey Rd., Memphis, TN 38120

