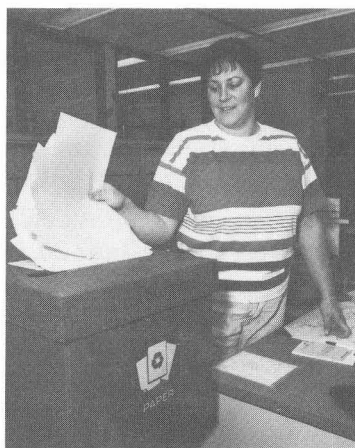


HEY, DON'T THROW THAT AWAY!

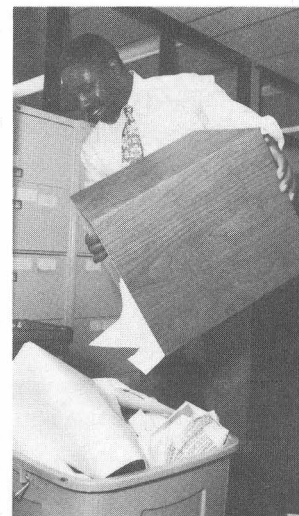
White office paper, which had been routinely tossed in a waste basket, is now being recycled by the occupants of Wilson Hall's fourth floor and five west. They are participating in the Lab's pilot white office paper recycling program. The program, under the guidance of **Dick Auskalnis**, Purchasing Department, was initiated four weeks ago. **Jim Finks**, Head of Business Services, kicked-off the program with a memo to fourth and fifth floor employees asking for their cooperation and participation. Said Jim in his memo, "We have all heard the phrase 'Let's save a tree,' now it is time to put that idea into practice. Each ton of paper recycled saves about 17 trees." Included in Jim's memo was a list of paper that could be recycled in this program. The list included: bond paper, calculator tape, letterhead/stationery, photocopy paper, typing paper and white scratch paper. Office materials **not included** in this program are envelopes, newspapers, magazines, fax paper, colored paper, carbon or carbonless (NCR) paper and computer paper.

"We wanted to pilot this program first," said **Dick Auskalnis**, "so that we could gauge the level of participation and also work out any problems that may arise with collection and pickup." To initiate the pilot program, a woodgrain finished corrugated box was placed at each person's work station. Employees fill their boxes with the recyclable paper and at their convenience empty them into the larger central containers located on each side of the floor. These central containers are removed on a weekly basis by employees of the custodial service. The central containers are taken to the ground floor staging area for subsequent pickup by a disposal service. The material will then be recycled. "The enthusiasm for the project and the level of participation has been very encouraging," said Dick. "Once it is determined that we have a workable program, we would like to include all of Wilson Hall."

Participant in the program, **Denise Bumbar** (Purchasing Department) is pleased the Lab has initiated this program. She believes that everyone needs to become more aware of environmental issues. "I recycle at home. I would probably recycle at work, with or without the program. But, the way this program is being run, makes recycling easier and more convenient."

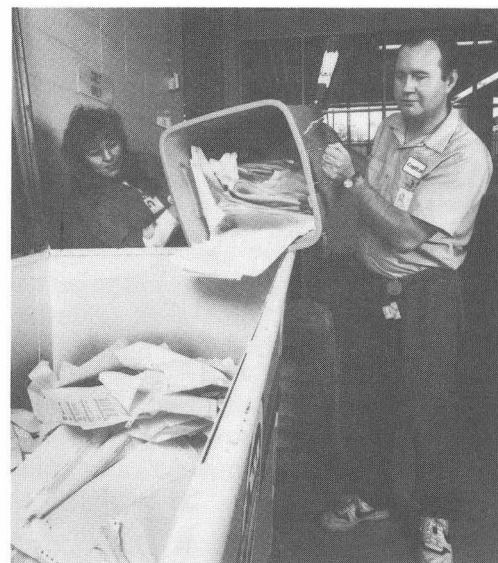


Nelson Sample (Contracts) is also a staunch supporter of the program. "I think it is great! It is a program that should be done. I use my recycling box. The box is a great reminder. It gets people conditioned to think about recycling. Like many people, if the box wasn't in front of me as a reminder, I might throw the paper away. But, with it here in my office, I use it."



Although the pilot program is currently limited to two floors, other Lab personnel are invited and encouraged to participate in the recycling of white office paper on a voluntary basis. A collection area, which is clearly marked, is located on the southwest side of the ground floor. Recyclable paper can be placed there. Also in the same location is an area for computer paper.

Business Services have other concurrent environmental programs. Containers for aluminum cans have been placed in appropriate areas and a recycling drop-off area in the village has just been completed. This village recycling area, which was landscaped for aesthetic appeal, is available to village residents only for disposal of a variety of recyclable materials.



• Note: If you wish to voluntarily participate in the white office paper recycling program, please refer to the list of acceptable materials in paragraph one. Also, remember to remove all paper clips. Staples can remain.

SHOULD YOU GET INVOLVED?

Billions are spent annually due to the abuse or misuse of drugs and alcohol on the job.

Nearly every worker knows of someone who uses drugs or alcohol on the job. If your co-workers are using drugs or alcohol on the job, it is not just their problem, it's all of our problem. It can affect your health and welfare too.

There are three major reasons why you should be concerned if your co-workers are using drugs or alcohol on the job:

- 1) Your health and safety may be at risk.
- 2) Drugs and alcohol abuse cost you money.
- 3) Drugs and alcohol create a negative work environment.

OUR SAFETY AND HEALTH

You and your fellow workers have a right to a safe work environment. However, your health and safety may be at risk when someone is using drugs or alcohol on the job.

Think of it this way, would you want to be in the tunnel or around high voltage when your co-worker is high on cocaine and behaving in a very erratic manner? Or better still, working around a high pressure system when your co-worker is under the influence? Just take a minute to think of the mistakes that are made in the transference of verbal information at shift change, regarding valve settings or other inaccurate readings that are essential in our research.

FACT: Your safety and perhaps even your life could be threatened by co-workers being under the influence of drugs or alcohol on the job site.

YOUR POCKETBOOK

According to the National Institute on Alcohol and Alcohol Abuse, drug and alcohol use on the job cost employers an estimated \$102 billion a year. The Chamber of Commerce claims that drug abusing employees incur 300 percent higher medical and benefit costs than other employees. These costs are passed on to you in the form of higher health insurance rates.

Drug users often steal from their employers as well as from their co-workers to support their habits. Need I comment more on how this may affect you as the co-worker?

FACT: Drug and alcohol abuse has a direct impact on everyone's pocketbook.

YOUR WORK PLACE

Workers who use drugs and alcohol on the job do not function at their full potential. Drug using employees are 3 times more likely to be late for work and 2.5 times more likely to have absences of 8 days or more per year.

Absenteeism among problem drinkers or alcoholics is 3.8 to 8.3 times greater than the norm. If your fellow workers don't come to work, you have to do their job in addition to your own.

FACT: Everyone has a role to play in getting a job done. When fellow workers use drugs or alcohol, others may have to do their job.

WHAT YOU SHOULD DO:

Learn the facts about substance abuse and why they are important to you and your co-workers.

If you know of co-workers who are using or abusing on the job, encourage them to seek help.

Fermilab does have an Employee Assistance Program. Contact the EAP if you have questions.

WHAT YOU SHOULD NOT DO:

Don't "enable" a troubled employee to continue using alcohol and drugs by:

- ignoring the problem
- lying or covering up for the worker in any way
- doing the worker's job
- lending money or offering other financial assistance to support substance abuse.

Don't violate worker's trust and confidentiality unless absolutely necessary (if in doubt, contact EAP).

Don't attempt to counsel troubled employees (refer them to the EAP).

REMEMBER: If you are not part of the **solution** to a problem, then you may be part of the problem.

—*Eleanor Thomas-Grumbach*, EAP counselor, x3591.

ATTENTION ALL VIETNAM ERA VETERANS AND OTHER INTERESTED PERSONNEL

Carl Burrell and Julian Poole of the Oak Park Veterans' Center will speak on issues concerning Vietnam Era Veterans on June 20, from 11:30 a.m. to 1:00 p.m., in Fermilab's Ramsey Auditorium. For further information, contact x3591.

Art Series

Slide Into Summer! - and let the Fermilab Arts Series Trombone Showcase be your home plate! This season's opener takes place on Saturday, June 16, at 8:00 p.m. in Fermilab's Ramsey Auditorium. The starting line-up calls for a brassy dozen known as The Chicago Trombones. And no trombone team could be complete without an appearance by jazzman Bill Watrous, who will be assisted by the Larry Novak Trio.

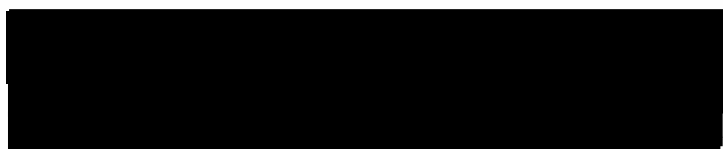
"A wonderful group," says Sir Georg Solti of The Chicago Trombones. Under the direction of the Chicago Symphony's Principal Trombonist, Jay Friedman, The Chicago Trombones amaze their audiences with the unforgettably glorious reverberations of a massed brass ensemble. With musical selections spanning from Gabrieli and Bach, to Brahms, Prokofiev and Wagner, to Jimmy Van Heusen and John Williams, The Chicago Trombones do indeed make their instruments "chant like a choir of priests, threaten, lament, ring a funeral knell, raise a hymn of glory, break into frantic cries or sound its dread flourish to awaken the dead." They also cajole, laugh and clown as the spirit of the music dictates.

Following the path of such ground-breaking trombonists as Jack Teagarden, Tommy Dorsey and Urbie Green, jazz trombonist Bill Watrous has become an undisputed master in both jazz and classical circles of trombonists. All who have heard him marvel at his virtuosic brilliance, his incredible tonal range and his "slight-of-slide" speed. In addition to studio recording work, Watrous performed with the bands on the Merv Griffin and Dick Cavett TV shows, fronted bands known as the Manhattan Wildlife Refuge and Refuge West and is a popular educational clinician.

Admission to this bone-a-fide showcase is \$11. Tickets are nonrefundable. For further information or phone reservations, call 708-840-ARTS weekdays between 10:00 a.m. and 12:00 noon or 1:00 and 4:00 p.m. Phone reservations are held for five days, but due to ticket demand those not paid for within five working days will be released for sale.

--Tammy Kikta

Congratulations



Security Subjects

Welcome back *FermiNews*. The Security Department also would like to reintroduce itself to the Fermilab community. The purpose of the Security Department is to support Laboratory operations, as well as to fulfill certain governmental (DOE) requirements. The Department's staff is organized to enable, resource, train and motivate the subcontract security force to consistently provide support on a daily basis. The staff consists of: **Gary Verseput**, Security Chief, who provides overall direction, management and control of security operations. He is also the Alternate Emergency Coordinator and fulfills those duties in **Rudy Dörner's** absence; **Rosemary Fellhauer**, Security Secretary, who provides administrative and clerical support (and lots of it!) to the Laboratory Security Staff; Five Security Supervisors (Captains), who provide 24-hour oversight of normal security operations by the subcontractor security force, provide direct support to lab elements and operations and coordinate specific programs and areas of responsibility. A Captain also act as Alternate Emergency Coordinator in the absence of both **Rudy Dörner** and **Gary Verseput**. The Five supervisors and their major areas of responsibility, in addition to daily shift supervision are: **Bill Flaherty**, Access Control, Keys and Locks, Alarms; **Walter Goins**, Security Operations Coordinator and Investigations; **Elaine Jones**, Staff and Officer Training Coordinator; **Hank Prokop**, Equipment and Support; **Paul Sackett**, Loss Prevention and DOE Order Compliance. New to the Security Department, but certainly not to Fermilab is **Earl Shaffer**, Fermilab's Locksmith. Earl continues to provide the same excellent services as in the past.

In the past, the "Security Subjects" column in *FermiNews* has discussed topics such as property passes, traffic hazards presented by the Laboratory's deer population and personal safety when using automated bank tellers. In the future, we will be covering such items as the employee's role in loss prevention, computer hardware security and vehicular safety. Please look for this feature each month in *FermiNews*! -- **Bill Flaherty**

NALWO News

NALWO announces the season's first summer cookout potluck dinner, June 15, 5:30 p.m. to 8:30 p.m. at the Village Barn. Everyone is welcome. Bring your own meat to barbecue and a vegetable or salad for 8 people to share. Drinks and desserts provided. Rainy? The potluck dinner will retreat to the barn. If you cannot manage to bring something, please contribute \$3 per person. For more information, please contact Elinor Paulk, 232-6970 or Jolanta Tkaczyk 393-9524.

FERMILAB FIRE FIGHTER SAVES DINER

Excellent training and the ability to react quickly under emergency situations, possibly saved the life of a Chez Leon diner. Last Thursday, Fermilab Firefighter, **Stephen Lusted**, was having dinner with his wife at Chez Leon, when he noticed a patron at another table who was apparently choking. Steve quickly performed the Heimlich Maneuver dislodging the obstruction that was blocking the woman's air passage.

Fred Cload, Fermilab Fire Chief, reported this incident to *FermiNews*. "Steve will probably be mad at me for doing this, but I think the story of his actions should be shared. Steve said he felt like he was just doing his job, but to me, what he did was an act of heroism. Any time a person becomes involved and makes an extra effort to save another human being, it is heroic."

Steve did make that extra effort in a very quick, precise, yet, unassuming manner. His professional training enabled him to properly react to the situation. After the incident, he turned down the offer by restaurant operator, **Tita Jensen**, to have dinner "on the house." "That was Steve's attitude towards the incident, he didn't want to make a big deal out of it," said Fred Cload.

Steve is a dedicated fire fighter, who has been with the Fermilab Department since 1980. He also serves as part time Assistant Chief for the Batavia Fire Department. Steve, like his fellow fire fighters, has received extensive training to be able to handle medical emergencies. All Fermilab Fire Fighters must complete a 400 hour course which certifies them as Emergency Medical Technicians. But, the training does not end there. They must also complete three hours of on-going training each month, to ensure that their skills remain sharp and that they are trained in new techniques and prepared to handle any medical emergency that may arise.

The training Steve has had, plus his concern for others and his willingness to "get involved," averted what possibly could have been a tragic incident. Stories such as these often cause others to wonder what they would do in such a situation. Would you be able to perform the Heimlich Maneuver or other emergency care procedures if needed? As a service to employees, Fermilab's Fire Department offers a medical emergency training course. This course includes the proper use of CPR and the Heimlich Maneuver along with other emergency training. If this story has made you realize how important this training can be in everyday life, call **Neil Dal Cerro**, x3428 to enroll in a training course. Right now, there is at least one family who is very grateful that Steve Lusted had this kind of training.

Steve may think he was just doing his job, but it was a job many would not have been able to do. A hearty Fermilab thank you to Steve and to all the other well-trained Lab Fire Fighters.

FermiNews page 4

BERT FORESTER: USERS OFFICE HEAD

There wasn't much of a honeymoon period for **Bert Forester** after she took the reigns of the Users Office. One week after arriving to her new post, she and co-workers **Joy Perington** and **Sheri Alderman** were busy seeing to all the details for the Universities Research Association's Annual Users Meeting. The Users Meeting, which was attended by over 300 experimenters from around the world, was held May 18-19 at Fermilab.

Included on the meeting's agenda was a State of the Laboratory address by Director **John Peoples** and presentations by staff members **Jorge Morfin** (Research Division), **David Anderson** (Research Facilities Department), **Taku Yamana** (Physics Department), **Christopher Hill** (Theory Department), **David Finley** (Accelerator Division), **Peter Garbincius** (Research Division Head), **Thomas Nash** (Computing Division Head), **Keith Ellis** (Theory Department), **Edward Kolb** (Astrophysics Group Head) and **Jeffrey Appel** (Physics Department Head).



The keynote speaker was Robert L. Park (University of Maryland/APS) whose presentation was titled, "Do Politicians Ever Listen to Physicists?" Bert and members of the Users Executive Committee and were soon able to test that question, as they left for Washington, D.C. after the meeting to talk with Statesmen about the High Energy Physics Research Program.

Bert replaces Phyllis Hale, who resigned her position with the Lab last August. Phyllis left Fermilab to head the Users Office for SSC Laboratory.



Quality Corner

"The Cost of Quality is the Expense of Doing Things Wrong."

If you have suggestions about how the quality, efficiency, reliability or effectiveness of activities in your area can be improved, please send them to Mark Bodnarczuk, MS 200 or BITNET Bodnarczuk@FNAL.

Applause Applause Applause

MARGE BARDEEN: BEBERMAN AWARD RECIPIENT

Marge Bardeen, Education Office, became the sixth University High School alumni to receive the Beberman Distinguished Alumni Award. The award was conferred on May 30, at the 69th graduation ceremony of University High School. Uni High is a lab school operated by the University of Illinois at Urbana-Champaign.

The Beberman Award was established in 1985 in honor of Max Beberman, whose distinguished career as a math educator brought him international renown. Recipients are chosen from nominations submitted by alumni. Past



recipients of the award have been: Ben Bailar, executive vice president of U.S. Gypsum Company, Chicago; Richard M. Noyes, retired chemistry professor at the University of Oregon; Victoria Garrett, vocalist whose distinguished music career includes singing with the New York City Opera; Mary Schroeder, United States Court of Appeals, 9th District and George Frampton, attorney and President of the Wilderness Society.

Marge was chosen for this prestigious award in honor of the work that she has done in the area of math and science education. Stated Marge, "I am honored to receive this award and pleased that it is being conferred upon an educator. President Bush stated that education, especially in the areas of math and science, should be our Nation's number one priority. With such a National goal, I am happy that work being done in this area is being recognized and rewarded."

Marge's career in education has included both professional and volunteer experience. She has been both a teacher and a board of education member. She is currently V. P. for Programs for Friends of Fermilab and Program Manager of Fermilab's Education Department. Last May, Marge was invited to speak at the Hearing before the Subcommittee on Energy Research and Development of the Committee on Science, Space and Technology, House

of Representatives. At this hearing, Marge discussed the Friends of Fermilab's educational programs. She concluded her presentation with the following final remarks, "When Friends of Fermilab began in 1983, it was not at all clear that a research facility was an appropriate setting for major teacher inservice programs. Teachers and students have given us the answer. 'Yes!' Precollege education programs work at Fermilab because it is not business as usual. Teachers come to a world class high energy physics research laboratory for a unique opportunity to witness science conducted at the frontiers of human understanding. Teachers gain invaluable experience learning from leading research scientists like Nobel Laureate, Leon Lederman. Students have an experience in science that broadens and enriches their attitudes and develops their appreciation for science. Students see, perhaps for the first time, what the world of science is really like, and they like what they see."

According to Barbara Gutowsky, Director of Alumni Affairs and Development, "Marge was chosen as this year's Beberman award recipient because of her major contribution to society and because she represents to students an exemplary alumni." Russell Ames, Director of University High School, presented the award.



Media Services

Are we missing something???

Many events, accomplishments and developments take place at Fermilab that are well documented in a written form, but have no visual documentation. If it is important to you that documentation be preserved in a visual form, Media Services is available to assist you by documenting the event with photographs or on videotape.

If you would like assistance with visual documentation, contact the Media Services Department at x3349. When making a request, please remember to give us as much lead time as possible. This allows us to better process your request, as we help you to preserve these milestones! -- Fred Ullrich

SAUNDRA POCES NAMED ACAC OFFICER

Fermilab Art Gallery Director, **Saundra Poces**, has been elected to serve her second consecutive term as secretary of the Association of Corporate Art Curators. Saundra, who has been the Lab's Gallery Director since 1980, stated that membership in the Association has been invaluable in terms of professional growth. "Most of the members in this organization are managing very large corporate collections. I have benefitted from their expertise."

ACAC is a nonprofit organization of representatives of corporate and museum collections who share common curatorial concerns regarding the collections they administer. The purposes of the Association, which are primarily educational, are: to promote public interest in art in general and in corporate collecting in particular; to facilitate the exchange of ideas about corporate collecting between Association members and allied professionals and to encourage in corporate collectors the observance of high standards of ethics, professionalism and aesthetics.



The Association of Corporate Art Curators was organized in January of 1980 as a result of a panel discussion on corporate collecting at the Art Institute of Chicago. "The growing need to share ideas and experiences in this new corporate activity led to the formation of this group," said Saundra. ACAC which began with 35 Chicago-area members has since tripled in size and has expanded to include members across the country.

Currently on display on the 2nd Floor Gallery are paintings and pastel drawings by John Colt and drawings by John Wickenberg. These collections are on loan from the Perimeter Gallery, Chicago. Both artists featured in the gallery display hail from Wisconsin. John Colt is currently Professor of Art at the University of Wisconsin-Milwaukee. John Wickenberg is a professor in the Art Department at the University of Wisconsin-Whitewater.

MOTORIZED VEHICLES:

1988 Mazda B2200 SE5 Red Pickup, 5 spd. man, AM/FM/cass, cloth seats, 6 ft bed w/bedliner, 1500 lb payload, tow 2,000 lbs, 19k mi, full warrantee 'til 36k mi, great truck, \$6,200. Call Karen x 2523 or 515-8369, FNAL::COULTER.

1984 Trans Am, adult driven, 20,000 mi on new V-8, stored winters, \$5,400 OBO. Call Carl at 708-377-1799 or x4602.

1985 Ford 150 - 1/2 Ton Truck, A/C, 8 ft bed, seats 6, bed liner, alum. cap, new brakes in May 1990, no rust, runs great, 4 spd w/overdrive, dark blue, 62k mi, 20+ mpg, rear window slides open, \$5,800. Call x3585 or 708-553-0128.

MISCELLANEOUS:

18 ft Tri Hull Classic Boat & Trailer, 140 hp I/O, new marine tarp, new sun top, new tires, been kept inside, \$3,800, Call 815-498-2635 after 7 p.m.

King Size Heated Water Bed, for price and description phone 708-668-6726, 7-10 p.m.

Panosonic Easa-Phone Answering Machine, records incoming messages only, \$15 OBO. Call Steve Timm at x4319 or FNAL::TIMM.

Four Aluminum 15" Tire Rims for a Ford E150 van or truck, \$75. **Ethan Allen Triple Dresser w/mirror and Matching High Boy Dresser**, both have glass tops, \$300. **Girls 10 Speed Bike**, 19", blue and white, \$40. Call Rich at x2474 or 708-393-1876.

Berning 830 Sewing Machine, former top of the line model, zig-zag, blind hem, stretch stitches & many fancy stitches, excellent condition, \$500. **Bernette 3/4 thread serger**, rolled hem & blind hem attachments, excellent condition, \$425. Call Eve at x2400 or 708-985-1419.

The deadline for the Friday, June 15 issue of *FermiNews* is Wednesday, June 6. Send your article submissions or ideas to the Publications Office, MS 107, FNAL::TECHPUBS, or call x3278.

Featured at Chez Leon

Chez Leon menus for the month of June are listed below. For reservations call x3111. Lunches on Wednesday are \$8 per person and are served at 12:30 p.m. Dinners on Thursday are \$15 per person and are served at 7:00 p.m. Chez Leon is housed in the User's Center, located at 10 Che-Che Pinqua in the Village.

Wednesday, June 6

Avocado Stuffed with Shrimp
Chicken Cordon Bleu
Vegetable of the Season
Garden Salad
Fresh Fruit Platter

Thursday, June 7

Calzone w/Cabbage and Bacon
Grilled Swordfish Steak
w/Tomato Salsa
Vegetable of the Season
Beet & Red Onion Salad
Galette of Rhubarb

Wednesday, June 13

Curried Zucchini Soup
Grilled Flank Steak Platter
w/Peapods & Mushrooms
Coconut Flan

Thursday, June 14

Pasta Carbonara
Shrimp Scampi
Zucchini
Tomato Salad w/Pesto Dressing
Raspberry Ice Cream

Wednesday, June 20

Fresh Vegetable Soup
Raspberry Chicken
Green Vegetable
Wild Rice
Fresh Fruit Platter

Thursday, June 21

Eggplant Parmesan
Grilled Lamp Chops
w/Basil Butter
Rice Pilaf
Vegetable of the Season
Caesar Salad
Almond Cheesecake

Wednesday, June 27

Fresh Tomato Soup
Stuffed Filet of Sole
Vegetable Medley
Green Salad
Chocolate Ice Cream

Thursday, June 28

Vol-Au-Vents w/Mushroom Duxelle
Grilled Salmon w/White Butter Sauce
Vegetable of the Season
Romaine w/Walnut Salad
Strawberry Shortcake

DOE INSPECTOR GENERAL'S HOTLINE

The Department of Energy Office of the Inspector General has established a hotline. Any DOE or DOE contractor employee who has information about alleged criminal violations relating to DOE programs, operations or funds should report such information to the Office of Assistant Inspector General for Investigations. The Office of Investigations operates a toll-free hotline 24 hours a day, seven days a week. The DOE IG hotline numbers are: 1-800-541-1625 or FTS 896-4073.

Hotlines have demonstrated their ability to save programs and the American taxpayer from fraud, waste and abuse which otherwise may not have been detected until the problems had become major ones.

From Harper's Index

Number of biodegradable golf tees ordered this year from "T" of Edmonton, Canada: 300,000,000.

Number of the ten largest environmental magazines that are printed on recycled paper: 3.

Number of trees Harper & Row will plant to replace those used to publish *2 Minutes a Day for a Greener Planet*: 1,000.

Fine for parking a pickup truck in one's own driveway in Flossmoor, Illinois: \$10.

Wellness Works

Despite the threatening skies, ninety-four employees donned their walking shoes and participated in the Fourth Annual Illinois Employee Fitness Day - Walk/Jog Event. Some ran, some power-walked, some strolled, but they all finished the 2-mile jaunt and enjoyed the company of their companions in spite of the less than favorable weather conditions. All participants received a blue ribbon and a ticket redeemable for a complimentary piece of fruit or a frozen yogurt in the cafeteria. All participants were automatically entered in a raffle.



Congratulations to the following raffle winners, who received Fermilab headbands: **George Wojcik, Millvenia Stiff, Angie Greviskes, Walter Kissel and Tom Nurczyk.** The grand prize winner was **Paul Mulligan.** Paul won a single membership to the Fermilab Gym.



Division/Department participation in the event was as follows: Accelerator - 18; Business Services - 11; Construction Engineering - 1; Computing - 7; Lab Services - 9; Physics - 6; Research - 26; Safety - 9 and Technical Support - 7. -- *Dotti Swanson*

FermiNews page 8

Our Environment

SIMPLE THINGS YOU CAN DO

STOP JUNK MAIL

The junk mail Americans receive in one day could produce enough energy to heat 250,000 homes.

Background. We don't usually think of junk mail as an environmental hazard - just a nuisance. But if you saved up all the unwanted paper you'll receive in the mail this year, you'd have the equivalent of 1-1/2 trees. And so would each of your neighbors. And that adds up to about 100 million trees every year.

DID YOU KNOW?

- Americans receive almost 2 million tons of junk mail every year.
- About 44% of the junk mail is never opened or read.
- Nonetheless, the average American still spends 8 full months of his or her life just opening junk mail.
- Junk mail is made possible by U.S. Postal Service policies that enable bulk mailers to send presorted batches of mail for their minimum rate - 10.1¢ per piece.
- If only 100,000 people stopped their junk mail, we could save about 150,000 trees every year. If a million people did, we could save some 1.5 million trees.

SIMPLE THINGS TO DO

- Write to: Mail Preference Service, Direct Marketing Association, 6 East 43rd Street, New York, NY 10017. They'll stop your name from being sold to most large mailing list companies. It won't affect the lists of companies that already have your name (you must write to each of them individually to get off their mailing lists), but it'll stop new ones from getting it and reduce your junk mail up to 75%.
- Recycle the junk mail you already get. If it's printed on newspaper, toss it in with the newspapers. If it's quality paper, make a separate pile for it - many recycling centers accept both white and colored paper. Envelopes are recyclable, too - as long as they don't have plastic windows in them.* (*Article idea submitted by Barbara Lach and John Paulk*)

* *50 Simple Things You Can Do To Save The Earth*
The Earth•Works Group

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