

Paper, paper, paper...

Did you know that fully one-third of what we dispose of curbside each week in Arlington is paper and cardboard [6000 tons/year - 280 lbs per person/year]? And that we recycle only 50 percent of it?!

What if instead each of us took a little bit of time to recycle the other 50 percent? What would be the impact? We would save the town \$200,000 in incineration costs and we would reduce greenhouse gas emissions and save natural resources too. So there's really no reason to delay. Start today! And just in case you didn't realize it a wide variety of paper materials that can be recycled, here is just a partial list:

Booklets	Lottery tickets
Books: soft cover	Mail (including Junk mail)
Boxes: office supplies, like paper clips	Magazines
Boxes: cereal, shoe, cracker, pasta, etc.	Mat board: used in picture framing
Boxes: with plastic windows	Math paper: graph and ledger, etc.
Brochures: including glossy	Newspapers: with or without inserts
Calendars: wall type	Newsprint
Cardboard: corrugated and paperboard	Office and copy paper
Catalogs	Packing paper
Charlie cards: paper MBTA tickets	Paper: lined, white, yellow
Clasp envelopes	Paper: fax
Colored paper	Paper bags: brown, white, colored
Construction and kraft paper	Paper bags: with handles
Cover and card stock, index cards	Paper towel and toilet paper tubes
Envelopes: w/ plastic windows or labels	Pendaflex hanging file folders
File folders	Phone Books
Flyers	Photocopies
Glossy paper	Post-it notes
Greeting cards	Receipts
Hanging file folders	Shredded paper in paper bags
	Spiral notebooks
	Writing tablets

Note that paper clips & staples need not be removed.

Here are some paper items that should NOT be recycled

Candy wrappers	Paper towels, napkins, tissues
Envelopes with bubble wrap	Photographs
Label backings	Metallic wrapping paper
Paper cups or plates	Tyvek® mailing envelopes

So the next time you are about to discard some paper, please check this list first to see if it can be recycled! And remember the simple rule: If you can rip it, you can recycle it.

Gordon Jamieson
Arlington Recycling Committee