



Stopping Phone Books No Easy Task

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PORTLAND, Ore. -- Tired of phone books showing up on your doorstep?

There's a movement afoot to allow residents to opt out of receiving them.

In 2003, the number of phone books distributed in Oregon doubled the state's population.

About 80 percent of those phone books end up at the dump and 19 percent are recycled, according to the Environmental Protection agency.

But phone books are often distributed with materials that may become contaminants in the recycling process, such as magnets and plastics, according to a report by the Product Stewardship Institute.

The best way to prevent a phone book from showing up at your front door is to contact the individual publisher. Some said it's easier to just recycle the books

"I don't need three or four or five and it seems we get four or five sometimes," said Dick Levy, who lives in Portland. "So I recycle about two in the spring and two in the fall."

For some phone books, you can opt-out by calling an "order directory" phone number listed on the front cover or inside page.

For more on the Product Stewardship Institute phone book project, [click here](#).

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