How can I unsubscribe from a list other than fitforum and facforum?

Lists other than fitforum and facforum are maintained by their own administrator. Many administrators have set up automatic methods to unsubscribe - often times e-mails from the list include this information. If you wish to unsubscribe from a list and you do not see an automated method, you will need to contact the owner/administrator of the list. If you do not know who this is, contact the Technology Support Center (techsupport@fit.edu) and they can forward your unsubscribe request to the appropriate party. (Note that this method may not be as fast as contacting your list's administrator directly.)

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