

# How to Stop Unwanted Mail



Catalogs, sweepstakes, credit card offers, coupons fill your mailbox on a daily basis. "Direct mail" (a.k.a. junk mail) is not just cluttering up on your kitchen counters it is also a hazard to our environment! The EPA estimates that the average American receives 41 pounds of junk mail a year and few companies print on recycled paper, and not all junk mail is being recycled.

We can stop junk mail through a phone call or spending a few minutes online. If you are receiving unwanted mail, contact the companies directly to be removed from their mailing list. After a few months or weeks, you will begin to receive less unwanted mail. The phone calls may seem time consuming, unnecessary, or not worth it, but the environmental impact is great.

## ■ DMAchoice™

Register with the Direct Marketing Association to have your name placed on a "delete" file, which is sent to companies four times a year. Registration is good for five years. By mail it costs \$1.00 for the processing fee, or is free of charge if you register online. It will stop new direct mail solicitations only. You will continue to receive mail from companies with which you currently do business.

DMAchoice™, P.O. Box 643, Carmel, NY 10512

Mail your request with a \$1 check or money order, payable to the Direct Marketing Association to stop most direct mail solicitations.

To register free online [www.dmchoice.org](http://www.dmchoice.org)

## ■ Stop the Junk Mail

Register with "Stop the Junk Mail" to stop advertisements of non-profit organizations, post cards, book clubs, catalogs, and various other unwanted mail. By registering for \$19.95 a year, it is 100% guaranteed that it will reduce your junk mail by up to 90%. To register online [www.stopthejunkmail.com](http://www.stopthejunkmail.com)

## ■ Credit Card and Credit Insurance Offers

To stop major credit card offers for five years or permanently, call (888) 5-OPTOUT. You must provide your full name, current mailing address, and social security number to complete the confidential request.

You can also contact these individual credit reporting companies to be removed from their solicitation lists:

### Equifax Options

P.O. Box 740123, Atlanta, GA 30374-0123

### Experian Consumer Opt Out

701 Experian Parkway, Allen, TX 75013

### Trans Union LLC - Removal Option

P.O. Box 505, Woodlyn, PA 19094

## ■ Local Coupons

To stop local business mail and coupons call, ADVO at (888) 241-6760, Val-Pak at (800) 676-6878, and Gold Clipper at (330) 633-4166.

## ■ Publishers Clearinghouse Mailings

You might already be a winner! Or you might not. To stop Publisher's Clearinghouse Mail, call (800) 645-9242. Please allow 4-8 weeks to be taken off their mailing list.

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• **How to Stop Unwanted Mail** (continued)

■ **Other Junk Mail**

- » If you receive unwanted mail or catalogs, it is easiest to call the 800 number and ask to be removed from their mailing list.
- » Call your credit card company and ask them not to release your name and address to anyone.
- » Contact your magazine and catalog subscriptions and ask that your name and address not be sold to any other company.
- » When you donate money, order a product or service, or fill out a warranty card, ask the company to not release your name and address to anyone.

■ **Recycle your unwanted mail**

All mail, wanted or unwanted, is recyclable through many community paper recycling programs. You may be able to include you junk mail with your newspaper and old magazines. Check with your city service department to see if your community recycles mixed paper.

Residents can also recycle junk mail through the Paper Retriever collection bins located throughout our area. To find a drop-off location near you, log onto [www.cuyahogaswd.org/residents/retriever.htm](http://www.cuyahogaswd.org/residents/retriever.htm)



# How to Stop Unwanted Phone Calls

You sit down to dinner or to watch your favorite show and the phone rings. A telemarketer is calling to talk to you about their products and services. These types of phone calls can now be stopped with just a few simple steps.

**Things to keep in mind about the “Do-Not-Call” registry**

1. Allow up to 31 days from the time of registration for marketers to have removed your name from their contact lists.
2. Various organizations do not have to comply with the FTC’s “Do-Not-Call” registry. These include the following:
  - Political organizations.
  - Charities, calling on their own behalf.
  - Survey companies as long as they do not try to sell you something afterwards.
  - Any company you have conducted business with within the last 18 months.
  - Any company that you called within the last three months can contact you with new information about its products.
  - Any company to whom you have given written consent may call you.

■ **National “Do-Not-Call” List**

The Federal Trade Commission (FTC), in conjunction with the FCC, has launched a system for individuals to stop unsolicited commercial telephone calls. The FTC has created a nationwide “Do-Not-Call” registry. List your phone number with the FTC and the telemarketers cannot contact you at the registered number.

Register online at [www.donotcall.gov](http://www.donotcall.gov) or call (888) 382-1222 from the telephone you wish to register.

■ **All Other Calls**

You can remove yourself from an individual company’s call list at any time. When receiving an unwanted phone call, politely ask the caller to remove you from their contact list. They must comply with your request.

Following these procedures to stop junk mail and telemarketing calls takes a little bit of time and effort, but is well worth it. If you choose, you can reduce the amount of unwanted materials and calls coming into your home, school, or workplace by 100%.

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