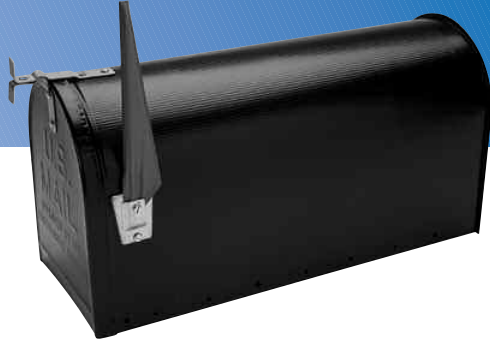




# HOW TO STOP UNWANTED MAIL



Catalogs, sweepstakes, credit card offers, coupons. All of these items fill your mailbox on a regular basis. Direct mail (a.k.a. junk mail) is not just a nuisance to you, piling up on your kitchen counters, it is also a hazard to our environment. The EPA estimates that 100 million trees are used to produce the 90 billion pieces of direct mail delivered across the U.S. each year. Few companies print on recycled paper and not all junk mail is being recycled.

The good news is junk mail can be stopped relatively easily just by making a few phone calls and spending a few minutes online. Contact one or all of the following companies and ask to be removed from their mailing lists. After a few months, you will begin to receive less unwanted mail.

## MAIL PREFERENCE SERVICE (MPS)

Register with the MPS of 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 and costs \$1.00. This will stop new direct mail solicitations only. You will continue to receive mail from companies with which you currently do business.

### Mail Preference Service

P.O. Box 282  
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.

You can also register online at [www.dmaconsumers.org/cgi/offmailing](http://www.dmaconsumers.org/cgi/offmailing)

## CREDIT CARD AND CREDIT INSURANCE OFFERS

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

## PUBLISHERS CLEARINGHOUSE MAILINGS

You might already be a winner! Or you might not. To stop Publisher's Clearinghouse Mail, call (800) 645-9242.

## AMERICA ON-LINE

A new AOL disk seems to show up every day in your mailbox. Stop the disks by calling (800) 827-6364.

## LOCAL COUPONS

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

## OTHER JUNK MAIL

- If you receive unwanted mail or catalogs, let the sender know! Call their 800 number and ask to be taken off 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's paper recycling programs. 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.cuyahogawd.org/residents/retriever.htm](http://www.cuyahogawd.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.



## 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 through 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.

### Things to keep in mind about the "Do-Not-Call" registry...

1. Allow a lag time of up to three months from the time of registration for all marketers to have removed your name from their telemarketing lists.
2. The FTC exempts certain organizations from complying with the "Do-Not-Call" rules. 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 you have conducted business with in 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
3. 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 significantly reduce the amount of unwanted materials and calls coming into your home, school, or workplace by 100%.

## CUYAHOGA COUNTY SOLID WASTE DISTRICT

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**Jimmy Dimora**  
Commissioner

**Timothy F. Hagan**  
Commissioner

**Peter Lawson Jones**  
Commissioner