



Declare your Independence: Junk Mail and Telemarketers

Junk mail and unsolicited phone calls are all CRAP (Clutter that Robs Anyone of Pleasure) and are distractions to staying organized. Here's how to declare your independence!

Don't Let Marketers Pass Your Name Around:

Any time you order a product by mail, enter a contest, subscribe to a magazine, buy something on-line, send in a warranty card, or otherwise give your name and address and phone number to a company or organization, you may be placed on a mailing list and that includes your email address. To limit your exposure, write "Do not sell my name" or check the box that says you don't want more e-mails. You don't need to send the warranty card for a new product; it's usually not required and the warranty will still take effect.

Reduce Junk Mail:

New American Dream has partnered with an organization called www.41pounds.org who promises to completely remove you from up to 95% of the junk mail lists by contacting each organization from which you receive mail and/or catalogs for a one-time fee of \$35. They also donate approximately 50% of their fee to the New American Dream junk mail campaign! Ninety percent of what you get in the mail is something you didn't ask for: recycle it and don't read it.

Reduce Telephone Solicitations:

Cut down on calls from telemarketers by registering online at www.donotcall.gov or by calling **1-888-382-1222** from the phone you wish to register. Your registration will not expire according to the Do-Not-Call Improvement Act of 2007, which became law in February 2008.

- Call the number again if you are getting too many telemarketer calls.
- Learn how to block calls on your cell phone.

Credit Card Offers:

The main consumer credit reporting agencies, TransUnion, Experian and Equifax, maintain mailing lists that are often used by credit card and insurance companies. You can call **1-888-5-OPTOUT (1-888-567-8688)** to get your name and address removed from those mailing lists and stop those "prescreened" offers of credit.

Unwanted Catalogs:

- For catalogs or other mail from specific sources, call the (often toll-free) customer service number of the organization or business. Request that your name be removed from their mailing list. You can make your request via e-mail from the company's website, or via letter or postcard. Use the mailing label from your magazine to identify yourself.
- Register with www.catalogchoice.org and cut down on future catalog mailings.

Other Tips:

- For tips on how to deal with business junk mail, see the National Waste Prevention Coalition's "Reduce Business Junk mail" website at: <http://your.kingcounty.gov/solidwaste/nwpc/bizjunkmail.htm>.
- Tell Congress you want to take control of your mailbox. Go to www.newdream.org.