



Reduce Unwanted Incoming Mail and Calls

Do Not Call Registry

By Phone: 1-888-382-1222 from the number you wish to register.

Pre-recorded telemarketing calls: When receiving these calls, press “2” on your keypad and wait for the recording to say you have been removed from the list. This works with most pre-recorded calls.

Send No Mail Registry

\$1.00 charge, will remain on list for 5 years

<https://www.dmachoice.org/dma/member/regist.action>

Residents only—no businesses

By Mail: Download PDF form on above link and send \$1.00 to:

Mail Preference Service

Direct Marketing Association

PO Box 643

Carmel, NY 10512

Stop Credit Card Mailings

1-888-567-8688, 24 hours a day (not for businesses)

Catalog Mailing Lists

www.CatalogChoice.org

Sign up for free online

Name Removal Help

Get help removing your name from lists

<http://precycle.tonic.com/>

\$15.00 for reduction kit—they plant 10 trees for every kit purchased.

Stop Junk Mail

www.ecocycle.org/junkmail