

REDUCE UNWANTED INCOMING MAIL AND CALLS

DO NOT CALL REGISTRY

By Phone: 1-888-382-1222 from the number you wish to register. Covers Cell Phones Too!

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
<http://www.dmchoice.org/mps/> (Residents only—no businesses)

By Mail: Send a postcard or letter that includes your name, home address, and signature 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

Email: optout@abacus-direct.com and give name of all household members and current address

Get Help with having your name taken off the lists

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