

## Sick of Pre-Approved Credit Card Offers??

Due to the changes in the Federal Fair Credit Reporting Act, you can now be removed from credit card mailing lists by making a toll-free call.



This call can remove your name from three major credit bureaus' mailing lists for two years.

When you call, you will need to confirm your identity, a recording will ask for personal information, including your Social Security Number (which they already have).

You can also request a form that will wipe your name PERMANENTLY from their mailing lists if you want.

The National Waste Prevention Coalition states that stopping these mailings can really make a difference. If 500,000 people took advantage of the law, more than 12 million fewer pieces of mail would be sent in one year alone.

Save a forest; call the following number to be removed:

**Trans Union**  
**1-888-5-OPT OUT**  
**(1-888-567-8688)**



## Do You Get Too Much Junk Mail?



To most folks, any junk mail is too much!

If your mailbox at home or work is overflowing with unwanted solicitations, you have probably wondered what you can do about it.

### How To Reduce Junk Mail

- Go to [www.directmail.com/directory/mail\\_preference/](http://www.directmail.com/directory/mail_preference/)

Ask them to take your name off unwanted mailing lists. Make sure to provide them with all the different variations of your name under which you receive junk mail. Be patient - it may take a few months before you see any results.

Registering with DMA will remove your name from unwanted mailing lists for five (5) years.

Remember... you need to provide DMA with your full name (and any variations of your name) and your address (any variations of your address).

- Contact the companies that send you unwanted mail and tell them to remove your name from their mailing list.

- Don't sign up for information you don't really want.

- If you subscribe to a magazine, book club, or other publication, call or write them to tell them not to give your name to other companies.

- Check [www.catalogchoice.org/](http://www.catalogchoice.org/) They offer a free service that will get you on no-send lists to stop catalog spam



### How To Recycle Junk Mail

Many communities in New York State recycle unwanted junk mail. Many Post Offices have collection containers, too.

Call your local Recycling Coordinator or the DEC Regional Office nearest you for more information. Junk mail can be recycled into paperboard and tissue products - items you use every day.

## Gee Whiz Junk Mail Facts....

Americans receive almost four (4) million tons of junk mail every year.

Americans get 21.31 pieces of direct mail per week, 43% wish they got less, 52.2% order something from it, and 46% of it is never read.

Each year, 100 million trees are used to produce junk mail.

250,000 homes could be heated with one day's supply of junk mail.

If you saved up all the junk mail you received this year, that would equal 1½ trees.

The average American spends eight (8) months of their life opening up junk mail.

### "Do Not Call" Telemarketing Sales Calls Registry ("Registry").

The Registry will prevent most unwanted telemarketing calls, however you should not expect total or immediate relief from such calls. To register for the protections offered by the new law and the Registry, check out this website

<https://www.nynocall.com/index.html>

If you have any question about waste reduction, reuse or recycling, or any ideas to help reduce, reuse, recycle, compost or buy recycled products & packaging,

call the  
Bureau of Waste Reduction and Recycling  
at  
**(518) 402-8705.**

### Send us your ideas.

We'd like to include them in future publications.

### Write to:

NYS Department of Environmental Conservation  
Division of Solid & Hazardous Materials  
Bureau of Solid Waste, Reduction & Recycling  
625 Broadway  
Albany, New York 12233-7253

### Or email us at:

[dshmwrr@gw.dec.state.ny.us](mailto:dshmwrr@gw.dec.state.ny.us)

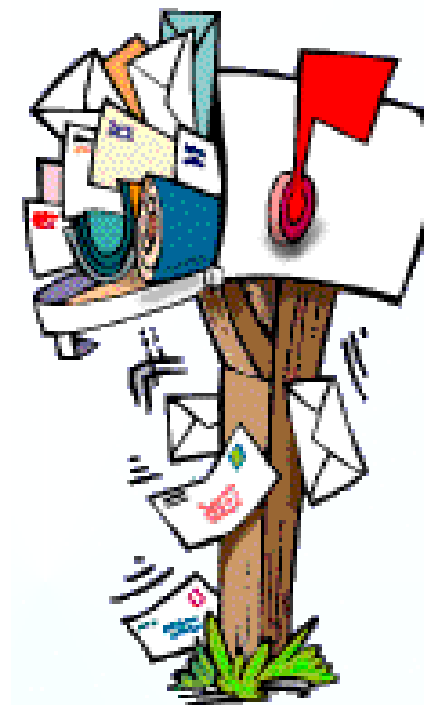
### and check out our web page at:

[www.dec.ny.gov/chemical/8506.html](http://www.dec.ny.gov/chemical/8506.html)



New York State Department of  
Environmental Conservation

## Get Too Much Junk Mail??



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