

Bombarded With Telemarketer Calls and Junk Mail?

Are you inundated with calls from telemarketers? Is your mail box stuffed with junk mail? It is unlikely that anyone - the BBB, the Postal Service, you, or your attorney - can have your name removed from all mailing lists. Even if you are successful in eliminating your name from most of the lists you are on today, new lists are constantly being created. However, if you want to take steps to cut down on the amount of fund raising mail you are receiving, here are some points to keep in mind.

To stop calls from telemarketers:

- Put your name on the "Do Not Call List" every six months
- www.donotcall.gov
- 888-382-1222

To remove your information from mailing lists:

- Mailing Lists

Fill out this [Mail Preference Service](#) online form to be placed on the "delete list." Submitting the form online costs \$5, but mailing it to this address is free:

Mail Preference Service
Attn: Dept 6150403
Direct Marketing Association
P.O. Box 282
Carmel, NY 10512
Telemarketer Lists

Register with the [Telephone Preference Service](#) to remove your name from telemarketer lists. Fill out the form and send it to this address:

Telephone Preference Service
Attn: Dept 6150486
Direct Marketing Association
P.O. Box 282
Carmel, NY 10512

- E-mail Lists

Submit your e-mail address to the [E-Mail Preference Service](#), and DMA members will remove you from their e-mail lists. Also see GovSpot's instructions on [reporting Spam](#) to the FTC.

- Charity Lists

The easiest solution to the problem of unwanted fund raising letters is to decide which charities you want to support and discard the appeals from other groups. Don't feel guilty about not supporting all of the groups writing to you; they do not expect a donation from each and every person they solicit.

If more focused giving doesn't reduce the volume, write directly to each organization soliciting you to request that your name be deleted from their mailing list. If you wish to continue supporting a group and receive its solicitations, request that your name not be included on any list that is exchanged or rented.

Most charities use nonprofit postal rates to send you fund raising appeals. Therefore, it does not work to write a note (such as "Delete my name from your mailing list") on the envelope and try to return the letter to the sender. These special postal rates only cover delivery one way - to your home. Unless you add additional postage, the letter will not be returned to the charity, and your name will not be removed from the charity's mailing list.