



Opt-Out of the Junk!

Tired of all that useless stuff in your mailbox
and unsolicited telephone calls?
Check out these easy ways to stop them!

To reduce unwanted telemarketing phone calls: Register with the National Do Not Call Registry: 888-382-1222 or www.donotcall.gov. Note: Political and charitable organizations are usually exempt.

To opt out of pre-approved, unsolicited credit card offers: Call 888-5-OPT-OUT / 888-567-8688 or opt-out online at www.optoutprescreen.com. Through the Web site, you can opt-out of credit offers for five years. If you want to opt-out permanently, mail the permanent opt-out form on the Web site.

To reduce junk mail: Write to the Mail Preference Service. Include the name(s) and address of household members who do not want to receive junk mail. Tell them to put you on the opt-out list. You must renew your registration after five years.

Direct Marketing Association
Mail Preference Service
P.O. Box 643
Carmel, NY 10512

Or, opt-out online:
www.dmaconsumers.org/cgi/offmailinglist
A credit card is required for verification
only. There is no fee for opting out online.

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To reduce unwanted catalogs: Abacus compiles a cooperative database of catalog and publishing companies' customers. When you order products from one catalog, that company is likely to sell your contact information to other catalog companies. To opt-out of the Abacus database, write to:

Abacus
P.O. Box 1478
Broomfield, CO 80038

Or e-mail abacusoptout@epsilon.com. Include full name (including middle initial) and current address (and previous address if you have moved within the last six months). For more information, visit www.abacusoptout.com.

Opt-out of **Acxiom's** (a global marketing services company) marketing and directory lists. The opt-out hotline is 877-774-2094, or go to optoutUS@acxiom.com. In their search box, type in "opt out".

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Helping You Live a Better (Junk Free) Life!

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