



Are you tired from all the junk mail you receive? We are too!

This year alone, Norwood residents will have spent over \$72,000 to dispose over 400 tons of junk mail. Your tax money! This money could be better spent on schools, roadways or on other important Norwood projects. What can we do about this waste? Well, we can do a lot!

You can reduce Junk Mail by following these 4 simple steps:

Step 1: Stop the Flow

Go to the source of the flood of mailings and turn off the faucet! Remove your name from mailing lists at www.dmachoice.org. Please be aware there is a \$2 processing fee.

Registering online is the fastest way to see results. DMAchoice offers consumers a simple, step-by-step process that enables them to decide what mail they do and do not want.

If you do not wish to complete your registration online, you can register for DMAchoice by using the mail-in form that is online: fill out the [DMAChoice Mail In Form](#) with all required information, print it and mail to the address below.

DMAchoice
Data & Marketing Association
P.O. Box 643
Carmel, NY 10512

It can take up to 90 days for the flow to stop since many mailings are already in print or production.

Step 2: No More Credit Card and Insurance Solicitations

If you've ever filled out a product warranty card, purchased a new home or vehicle, supplied your credit information to a lending institution, or simply carried a credit card, you can be sure your name and address are being circulated among an array of credit card companies hungry for your business. Don't despair -- there is help. To eliminate credit card and insurance promotional mailings, **call 1-888-567-8688 (that's 888-5OPT-OUT)** or visit www.optoutprescreen.com. You will have the opportunity to choose either a five-year removal or a permanent removal. For your personal credit cards, ask the company to place you on their "in house" list that is not sold or traded to other companies.

If you don't have access to the Internet, you may send a written request to permanently opt out to each of the major consumer reporting companies. Make sure your request includes your home telephone number, name, Social Security number, and date of birth.

Experian

Opt Out
P.O. Box 919
Allen, TX 75013

TransUnion

Name Removal Option
P.O. Box 505
Woodlyn, PA 19094

Equifax, Inc.

Options
P.O. Box 740123
Atlanta, GA 30374

Innovis Consumer Assistance

P.O. Box 495
Pittsburgh, PA 15230

Step 3: Put the Kibosh on Catalogs

To stop all those unwanted catalogs, go to www.catalogchoice.org, set up your own account and begin canceling those annoying catalogs that keep showing up.

Step 4: Stop Junk Promo Products

If you've had it with companies sending you mailings or promo products you don't want, there is an option. First, look for any of the following phrases: return service requested, forwarding service requested, address service requested, or change service requested. If you find any of these phrases, write "refused, returned to sender" on the unopened envelope. Mail sent to "Resident," "Current Resident," or "Current Occupant" can be refused if it contains one of the above endorsements, or is sent First Class. When you receive unsolicited promo products, you can mark the envelope "Return to Sender" and put it back in the mail.