

OMF W.I.S.E ~ First Friday Facts

JUNK MAIL - *It's like death and taxes, right?*

QUICK FACTS:

- The average person gets only 1.5 personal letters each week, compared to 10.8 pieces of junk mail. That equals 560 pieces of junk mail in a year. Out of that, 44% of all junk mail is thrown in the trash, unopened and unread.
- Your name is typically worth 3 to 20 cents each time it is sold to mailing lists.



WHAT CAN YOU DO?

Linda Rains and Sharon Wolf, OMF front desk staff on the 12th floor, have been calling, faxing, or emailing companies to ask them to take employees off their mailing lists. So far, they have stopped over 100 unwanted publications from littering OMF mailboxes! Not only is this reducing paper waste, it also saves them time when sorting mail (and saves some back pain for our mailcarrier!). If you sort mail in another OMF location and would like some tips on reducing junk mailings, contact Linda or Sharon at x3-5288!

RESOURCES FOR REDUCING JUNK MAIL:

- **CREDIT CARD/INSURANCE OFFERS:** Call 888-567-8688. This single automated phone line takes you off the lists of all major credit bureaus. You can also do this online at: <http://www.optoutprescreen.com>.
- **OTHER MAIL:** The Direct Marketing Association represents many mail order sales companies, and estimates that listing your name with their mail preference service will stop 75% of all national mailings coming to your home. To do this, send a postcard with your name, address and signature to: Mail Preference Service, Direct Marketing Association, P.O. Box 643, Carmel, NY 10512 or download the online form at <http://www.dmaconsumers.org/cgi/offmailinglist>.



Get more tips online at:

www.nativeforest.org/stop_junk_mail

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