

Stop the Flow of Junk Mail

Sunday, May 18, 2008; Page F03

Junk mail is a triple threat: It tries your patience, jeopardizes your identity and spoils the environment. But without too much effort, you can give yourself peace of mind and an uncluttered mailbox.

Register with the [Direct Marketing Association](#) to remove your name from its national mailing list. The service is free if you register online, or \$1 by mail.

Reject preapproved offers from credit card companies by visiting <http://https://www.optoutprescreen.com> or calling 888-567-8688.

Sign up free at <http://www.catalogchoice.org>, and the site will do the grunt work to get you off mailing lists for catalogues you don't want.

Pay a \$20 annual fee, and GreenDimes will remove your name from catalogue and other direct-mail lists, plus plant up to 10 trees.

For \$41, 41pounds.org -- named for the weight in junk mail the average adult receives each year -- will contact several dozen direct-mail companies on your behalf. In addition, \$15 of your fee goes to your choice among the group's nonprofit affiliates.