



How do I get off these pesky mailing lists?

This email link is a great resource for instructions on how to get off many different types of mailing lists.

<http://www.privacyrights.org/fs/fs4-junk.htm>

One of the most effective ways to get off non-profit mailing lists is below:

If you want to be taken off as many *national* mailing lists as possible, your first step is to contact the Direct Marketing Association's (DMA) Mail Preference Service (MPS). You must re-register after three years.

- **Register for the Mail Preference Service by mail.** Send a letter plus a \$1 check or money order to:

Mail Preference Service

Direct Marketing Association
PO Box 643
Carmel, NY 10512

Click here for our simple mail-in form, www.privacyrights.org/Letters/jm1a.htm.

When you register, your name and address are placed in a "Do Not Mail" file which is updated monthly. DMA members are required to update their lists at least quarterly, and some do it monthly. Businesses who are not members of the DMA may also take advantage of this "do not mail" list, so registering with the DMA will reduce much of your junk mail.

- **Register online.** You may also sign up online at the DMA's website. There is no fee for online registration. Visit: <https://www.dmachoice.org/dma/member/regist.action> DMA says this option is quicker than by postal mail.
- **Register names of deceased:** The Direct Marketing Association also gives you the ability to register the names of deceased loved ones with their **Deceased Do Not Contact** list (DDNC) at: <https://preference.the-dma.org/cgi/ddnc.php>. Click on the Continue button at the bottom of the page to get to the form.

Try to remember, if you ever give to a charity, specifically request that your name not be sold or shared.