



Custom Move Solutions

When the boxes are gone and the pictures are hung, it's Home

www.custommovesolutions.com • 650-343-5889 Office • 415-990-3810 Mobile

Unclogging your Mailbox

ELIMINATE PAPER THAT INVADES YOUR HOME FROM YOUR MAIL BOX

MAIL LISTS

If you want off as many national mailing lists as possible, your first step is to contact the Direct Marketing Associations' (DMA) Mail Preference Service (MPS). You must re-register after five 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

OR Click here for a simple mail-in form: www.privacyrights.org/Letters/jm1a.htm

OR Register Online: You may also sign up online at the DMA's website for a \$1 fee charged to your credit card at: www.dmaconsumers.org/cgi/offmailinglist

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://www.ims-dm.com/cgi/ddnc_form.php

Click on the continue button at the bottom of the page to get the form. There is a \$1 credit card verification fee to complete the registration in order to record those who are entering the names as well as to prevent fraudulent entries.

CATALOGS

Catalog Choice is a free service that lets you decline paper catalogs you no longer wish to receive. Reduce the amount of unsolicited mail in your mailbox, while helping to preserve the environment.

<http://www.catalogchoice.org>



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FLYERS, ADVERTISING SUPPLEMENTS – ADDRESSED TO RESIDENT/OCCUPANT

To reduce the amount of these advertising packets, contact ADVO, Inc. in one of the following three ways:

Call ADVO Consumer Assistance line: (888) 241-6760

OR Send a letter to:

ADVO, Inc.
Customer Assistance
PO Box 249
Windsor, CT 06095

OR Fill out and submit the form at ADVO's website: www.advo.com/consumersupport.html

VAL-PAK SAVINGS COUPONS

Val-Pak maintains regional lists, not a central one. Send your request to the address printed on the envelope you receive. If you receive the blue envelope, you can also remove your address from their website at: <http://www.coxtarget.com/mailemailsuppression/s/DisplayMailSuppressionForm>

PENNYSAVER

In California:

By Phone: PennySaver at (800) 422-4116

By Mail:

Circulation C/O PennySaver
2830 Orbiter Street
Brea, CA 92821

For a seven page thorough fact sheet for reducing junk mail: www.privacyrights.org/search.htm