

Steps To Reduce Unsolicited Mail

1. Contact your existing creditors. Use toll free numbers to contact your current credit card companies and request that they not distribute your name to any other organizations.

2. Cancel catalogs by mail. If you receive catalogs that you never requested, wish to discontinue, or duplicate copies, do all parties a favor and call the toll free ordering number and request that you be removed from the mailing list. Also, check the following website to remove your name from some catalog mailing lists: <http://www.catalogchoice.org/>

3. Return postage paid envelopes. If the solicitation comes in a postage paid envelope, send a note with your information and request that you be removed from their database. Caution: Please be gentle with non-profit and charitable groups, they still have to pay for postage on returned envelopes.

4. Replying to warranties for products. If you have received a product that has a warranty card, make sure you actually need to return it to activate the product warranty. If it is required for the warranty, fill out the card, but you may not want to provide additional demographic information that is asked in the form of a survey. This data may be used to establish new mailing lists according to the information that you have provided. Provide only necessary information that is vital to the warranty.

5. Remove names from databases

The businesses listed below sell your name and address to junk mailers. Write or call the following to request that your name and address be removed from their lists. When writing your request, include your name (and any variations), address, social security number, and signature. It may take a few weeks to see the reduction, but it will happen if you contact the following companies:

TransUnion LLC's
TransUnion LLC's Name Removal Option
P. O. Box 97328
Jackson, MS 39288-7328
1-888-5-OPTOUT
1-888-567-8688

Haines & Co.
Criss-Cross Directory
2382 E. Walnut Ave.
Fullerton, CA 92631
1-800-843-8452

National Demographics & Lifestyles
List Order Department
1621 18th Street, #300
Denver, CO 80202-1294
1-303-292-5000

Experian
Attn: Consumer Services Department
901 West Bond
Lincoln, NB 68521

Advo, Inc
One Targeting Centre
Windsor, CT 06095
1-888-241-6760

Direct Marketing Assoc.
Mail Preference Service
P. O. Box 643
Carmel, NY 15012-0643

Want More Tips?

The following groups are organized specifically to reduce junk mail.

Stop Junk Mail Association
3020 Bridgeway, Suite 150
Sausalito, CA 95965
1-800-827-5549

Junkbusters Corp
PO Box 7034
Green Brook, NJ 08812
908-753-7861
www.junkbusters.com/declare.html

Stop The Junk Mail
Consumer Research Institute
103 Dryden Rd
Ithaca, NY 14850
www.stopjunk.com/

The Internet Consumer
Recycling Guide
<http://www.obviously.com/junkmail/>

This list is provided as public service and is not an endorsement of these companies or their services. Zero Waste Communities is not responsible for any errors or omissions in this listing.

Special thanks to Riverside County Waste Management Department for providing information for this brochure.

ABOUT ZWC

We all get it -- mail boxes loaded with catalogs, credit card applications and other unwanted mail. Tons of junk mail are thrown away daily. This waste uses up paper resources and energy. Though all of it can be recycled, most of it fills up our local landfills.

But how about reducing the amount of waste in the first place? While it is good to recycle, it's **so much better** NOT to create the waste in the first place.

This brochure provides ways to reduce unsolicited mail and a few other places to find additional information. Also, check the ZWC website at www.zerowastecommunities.org for additional help.



Ancient History

The Zero Waste Communities of San Bernardino County (ZWC) is made up of 16 cities and the County of San Bernardino. These have partnered to educate their residents and businesses on waste reduction, reuse, and recycling. Reducing waste reduces greenhouse gas emissions, saves resources -- including energy, and ensures a better quality of life.

The group formed when Waste Disposal Agreements (WDAs) were signed by 16 cities to use only San Bernardino County landfill sites. The county provided funding for an outreach/education program for those cities with WDA agreements. Together, member agencies developed a public education committee called the "WDA committee."

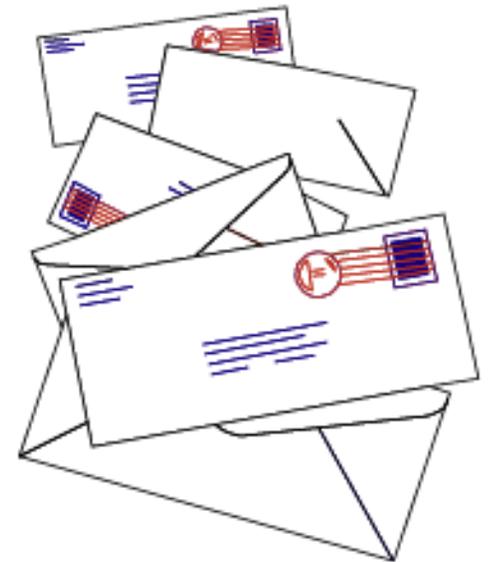
"WDA Public Education Committee" is hard to explain to the general public, so the group became the "Zero Waste Communities of San Bernardino County," describing the long-term goal shared by all environmentally-focused cities and individuals.

Members of ZWC are:

Adelanto	Loma Linda
Apple Valley	Rialto
Barstow	San Bernardino City
Big Bear Lake	San Bernardino County
Colton	Twentynine Palms
Fontana	Victorville
Grand Terrace	Yucaipa
Hesperia	Yucca Valley
Highland	

**For more recycling information in
Apple Valley, call 760-240-7000 x 7522**

HOW TO REDUCE JUNK MAIL!



A message from the



**Zero Waste
Communities of
San Bernardino County**

www.zerowastecommunities.org