

Are You Tired of All That Junk Mail?

I sure was. As I was hauling it all out of my mailbox recently it occurred to me that millions of trees must be destroyed every year so that we can throw unwanted junk mail into our recycle bins and haul it away to be made toilet paper or something. What a waste!

The person I talked to at the post office informed me that if there is postage on an item of mail they are compelled by law to deliver it. However there are things you can do to reduce the amount of junk mail that enters your mailbox.

1. You can write "refused" on any unopened piece of mail and return it to the mail stream without adding postage. It will be returned to whoever sent it. This does not apply to COD mail, certified, registered or insured letters.

2. Most junk mail comes through one of the two following advertising distributors. You can write to them and they will stop sending you mail. It takes a while for this to go in to effect as the mailing lists are only edited quarterly. I tried to figure out how to do this online but found it cumbersome. The post office only offered snail mail addresses.

Mail Preference Services
Direct Marketing Association
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