

Junk Mail

There are over 110 BILLION pieces of Junk Mail sent to our mailboxes every year. 2.6 MILLION trees annually are made into paper for our 6 pieces of junk mail per day. Tearing it up, shredding it, burning it, will not make it go away. My Junk Mail? I get about 6 per month.

“If nothing changes, nothing changes. If you keep doing what you’re doing, you’re going to keep getting what you’ve got. You want change, make some.”

A New Hobby

Years ago, I took on a new hobby. I put a stop to Junk Mail in my mailbox.

Here’s what I did...

1. Start with these web sites - request off mailing lists
 - <https://dmachoice.thedma.org/>
 - <https://www.optoutprescreen.com/>
 - <https://www.catalogchoice.org/>
2. Respond to EVERY piece of Junk Mail. A black “Sharpie” pen is your friend.
 - Mark on the outside of the envelope, “**Refused - Return to Sender**” and drop it back in the mailbox, or
 - Open each piece of mail, find their phone number and call. Request to be removed from their mailing list. Then, write all over their documents, “Refused”, “Remove From Mailing List”, “Do Not Solicit”, etc., and **stuff ALL their paper into their Postage paid envelope.** Mail it back to them.

Over time, your mail will decrease, and eventually drop to just a trickle. Being sarcastic on the calls, and the sick sense of satisfaction I got by sending them all their junk back at their cost.... I miss those days.



George

George Katsinis, AFC®

Personal Financial Counselor for the Oregon National Guard

PFC1.OR.NG@Zeiders.com

Cell: 503-459-6446