

HOW TO REDUCE TELEPHONE SOLICITATIONS

Most of us are annoyed by telephone solicitors and because we are annoyed, we tend to react badly when they call. Unfortunately our bad reaction does nothing to reduce the amount of calls that we get.

There is another way to respond that expresses our displeasure in a way that also gets the result that we want, i.e. to receive fewer calls. The best thing to do to get the desired result is to say, "Would you do me a favor and please remove my name from your call list." In my experience, the solicitor invariably says "yes" and the problem is solved. Plus all unpleasantness has been avoided for us and for them. Remember, anyone who works as a telephone solicitor, probably isn't any more thrilled making those calls than we are getting them. So any pleasant interchange is a bonus in their day.

HOW TO REDUCE JUNK MAIL

Sometimes, we are our own worst enemy. We dislike junk mail but continue to send off for free offers, enter sweepstakes and submit our names for prize drawings. Most often, our names are sold to companies who compile lists and sell them to direct marketers. When we subscribe to a new magazine, our names are sold. When we get credit cards, buy land, join a campground, or join a health club, our names are sold.

According to the Direct Marketing Association, they can get your name off a large percentage of these mailing lists. Just send your request to:

**Mail Preference Service
Direct Marketing Association
PO Box 9008
Farmington, NY 11735-9008**

Include your full name as well as any variations such as Jane Smith, Mrs. James Smith, J. Smith, etc. The service is updated quarterly so it may take a few months for DMA to process your request.

REPORTING RESULTS

If you live in Oregon, the Oregon Department of Justice is interested in being informed about the results you get from your request. Other places may have similar programs. In Oregon you can report the results of your request to not receive junk mail by writing:

**Financial Fraud
1162 Court Street, NE
Salem, OR 97310**

Or you can call:

**The Consumer Hotline
503 378-4320 or 503 229-5576 (Portland only)
8:30 a.m. to 12:00 noon
Monday through Friday**