

Helpful Tips For Stopping That Pesky Junk Mail Overflow

It's something we all get nearly every day. Junk mail is a nuisance for many consumers who receive daily postcards, flyers, specially-marked envelopes and pre-approved credit card offers.

Not only does junk mail weigh down our garbage cans and harm the environment, it also presents an opportunity for ID thieves to steal personal information. However, as the Better Business Bureau (BBB) explains, there are several steps consumers can take to reduce the amount of unwanted mail and the possibility of identity theft.

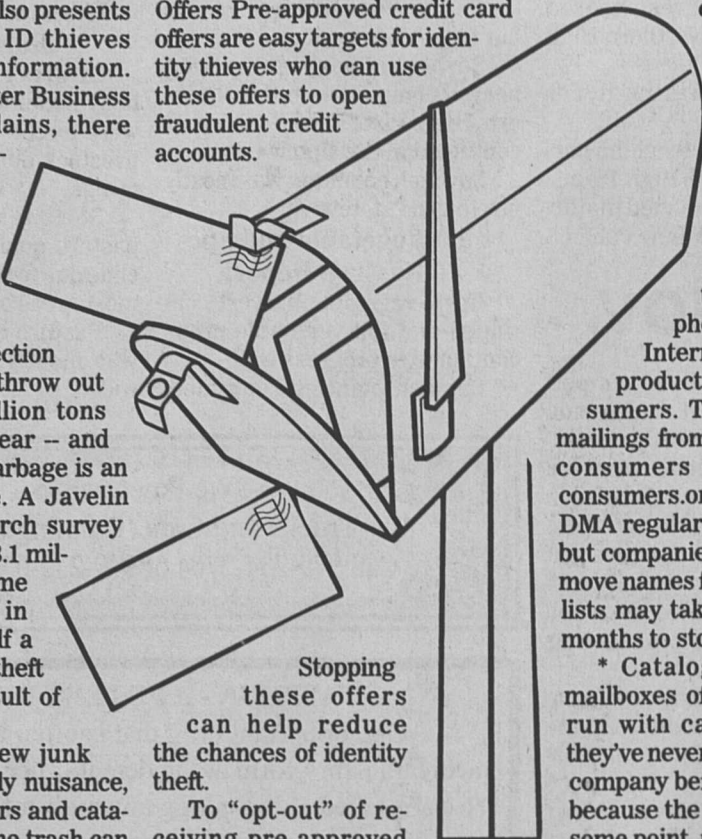
According to the Environmental Protection Agency, Americans throw out more than four million tons of junk mail every year — and what is one man's garbage is an ID thief's goldmine. A Javelin Strategy and Research survey theft estimates that 8.1 million Americans became victims of ID theft in 2007; with nearly half a million cases of ID theft occurring as the result of stolen mail.

"Many people view junk mail simply as a daily nuisance, but if credit card offers and catalogs are heading to the trash can in tact, that unwanted mail can become a much more sinister problem," said Steve Cox, BBB spokesperson. "Preventing ID theft perpetrated through the mail requires the two-step approach of reducing the amount of junk mail received, as well as shredding any

sensitive materials, such as credit card offers."

BBB recommends consumers always shred important documents and take the following steps to reduce the amount of junk mail they receive:

- * Pre-Approved Credit Card Offers Pre-approved credit card offers are easy targets for identity thieves who can use these offers to open fraudulent credit accounts.



Stopping these offers can help reduce the chances of identity theft.

To "opt-out" of receiving pre-approved credit card offers for at least five years, and perhaps permanently, consumers can call 1-888-5-OPTOUT (567-8688) or visit: www.optoutprescreen.com. This service is offered by the three major credit reporting bureaus, Equifax, Experian and

TransUnion. Consumers will be asked for personal information, including name, address, birth date and Social Security Number. This information is only used to process requests and remains confidential. This procedure will need to be followed for each adult family member.

- * Direct Mail Offers: Direct Marketing Association (DMA) is a trade group with 5,200 member companies that use telephone, mail, and the Internet to pitch their products directly to consumers. To stop receiving mailings from DMA members, consumers can go to dma-consumers.org/cgi/offmailing. DMA regularly updates its list, but companies it notifies to remove names from their mailing lists may take as much as six months to stop solicitations.

- * Catalogs: Consumers' mailboxes often can be overrun with catalogs — even if they've never shopped with the company before. This is likely because the consumer has, at some point, made a catalog or online purchase with a company that handed over contact information to Abacus, an alliance of catalogue and publishing companies. To stop individual catalogues, consumers can contact the specific company in question. To stop mass mailings, consumers can e-mail optout@abacus-us.com, or write to Abacus, Inc., P.O. Box 1478, Broomfield, Colorado 80038.

- * 'Resident' and 'Occupant' Mailings: Consumers can remove their address from "resident" and "occupant" mailings that offer various goods and services, by contacting Valassis — formerly known as ADVO — by phoning 888-241-6760, or through an online form at: advo.com/consumersupport.html. Consumers also can send a written request to ADVO, Inc. Customer Assistance, P.O. Box 249, Windsor, Connecticut 06095.

- * Solicitations Sent to Children: If a child under age 13 is being mailed advertisements or credit card offers, it could be a sign that identity theft has occurred. Parents should contact the three major credit reporting bureaus and inform them of the situation (Equifax: 1-800-525-6285; Experian: 1-888-397-3742; TransUnion: 1-800-680-7289).

For more on ID theft prevention, including tips Internet safety, visit www.bbb.org.

port.html. Consumers also can send a written request to ADVO, Inc. Customer Assistance, P.O. Box 249, Windsor, Connecticut 06095.

Also, \$50 Canaris Nursery gift certificate, Carolyn Noska; \$50 CVS, Nina Teague; \$25 Wal-Mart gift card, Melissa Garcia; \$100 Janik's Meat Market, John Brasher; \$100 Wal-Mart, Greg Witcher; \$100 Wal-Mart, Cecilia Rodriguez; \$50 Chili's, Theresa Verm; \$75 Academy, Ramona Garcia; \$100 Janik's Meat Market, Eleveccio Lopez; \$50 Wal-Mart, Joe Ray Joines; \$100 Johnny's Sport Shop, Sarah Urdiales; \$200 Brookshire Bros., Jose Lopez; \$200 Conoco/

Lake Oil, Alexis Castillo; \$100 Visa, Father Robert Guerra; \$25 Brookshire Bros., Ray Hinojas; Also, \$100 Golden Goose Designs, Liz Battles; \$250 Macy's, Gabino Guzman; \$250 Target, Rosie Contreras; \$200 Visa, Noelia Torres; \$200 Lowe's, Dennis Jackson; \$100 Golden Goose Designs, Lawrence Zapalac; \$100 Wal-Mart, Mario Villafuerte; \$200 Johnny's Sport Shop, Bridget Belman; \$100 American Express, Ruben Martinez; \$50 Bass Pro Shop, Denise Cook; \$50 Kohl's, Melanie Wilkerson; and a \$50 Wal-Mart gift card, Fred Frnka.

Parishioners look forward to an even bigger and better fall festival in 2009.

Parishioners of the Parish of the Nativity Catholic Church in Eagle Lake appreciate the community for their support of the church's Annual Fall Festival held October 19. A large crowd in attendance enjoyed a wonderful day of fellowship, good food and fun.

Father Robert Guerra thanked co-chairpersons, Lynn Rucka and Wanda Henry, for their time and dedication in coordinating the event, which was deemed a success due to the generous support of parishioners and the community.

The drawing is always an exciting portion of the day's activities. Tricia English, drawing chairperson, announced the following gift card/certificate winners: \$1,000 MasterCard debit card, Karol Rodriguez; \$500 Debit Card, Sidney Lira; \$100 Kohl's gift card, Katherine Frybert; \$50 Nancy's Steakhouse, Don Adams; \$100 Janik's Meat Market, Charlene Bradbury; \$25 Brookshire Bros., Jessie Torrez; \$25 Brookshire Bros., Carmen Leal Castaneda; \$75 Janik's Meat Market, Helen Hotz; \$200 Janik's Meat Market,

marketed as Advil or Motrin), aspirin and naproxen sodium (sold as Aleve).

Other herbs containing coumarin include fenugreek, horse chestnut and red clover.

—Kava, a popular anti-anxiety remedy, potentially can cause liver damage when taken with acetaminophen, a pain reliever widely marketed as Tylenol.

Other herbs that should not be taken with acetaminophen include echinacea and black cohosh. Kava, like chamomile and valerian, also should be avoided by people who are taking narcotic pain relievers such as Vicodin and Fentanyl.

The combination can result in serious nervous system depression or even death.

—Yohimbe, a popular herbal energizer, and ginseng, a cellular growth stimulant, both can cause kidney damage when taken with acetaminophen.

—St. John's Wort, a natural antidepressant, should not be combined with other antidepressants because it may alter their effects.

It also may interfere with the action of some HIV medications, as well as cardiovascular drugs such as warfarin and digoxin.

—Gingseng, a root extract with worldwide popularity as a natural "pick-me-up," is effective for many people, yet also carries risks for negative interactions, such as headache and tremors when combined with antidepressants of the monoamine oxidase inhibitor class.

—Glucosamine, a supplement often used to promote joint health, is safe for most people, but often contains sodium, which can reduce the effectiveness of low-sodium diets.

These are by no means the only herbal remedies that pose potential health risks.

Never take any "natural" supplement or medicine without asking your physician about effectiveness and potential risks.

Doctors can warn you of cases in which a natural substance may pose equal or greater risks than commercial drugs.

For example, ma huang herb contains ephedrine, the same tightly regulated stimulant found in Sudafed.

For more on safe use of natural supplements and medicines, check the American Academy of Family Physicians' Web site, www.familydoc.org.

Use the A-Z topic listings to locate the "Herbal Products and Supplements: What You Should Know" article.

REPLACE OLD, LEAKY WINDOWS THAT SWEAT WITH

INSULATED WINDOWS!

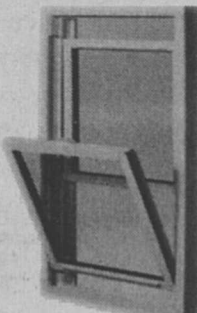
We replace any window in any type of house with no mess!

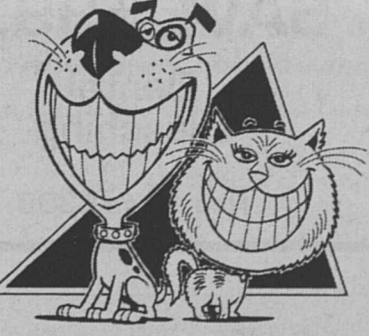
CUSTOM MADE TO FIT

- Reduce Noise
- Increase Security
- Save Energy
- Block Dust & Pollen
- Sashes Tilt In For Easy Cleaning

NEEDVILLE CONSTRUCTION

9105 Main St. • Needville, Texas
1-800-342-7306





Make Life Merry & Gay!

Spay or Neuter that Pet Today!

Call us if you can't afford to do it on your own.

PUPS- Prevent Unwanted Pets
979-732-5591

GENUINE PARTS. GENUINE PERFORMANCE.



Protect your equipment with quality-assured New Holland parts.

Insist on the quality, durability and dependability only genuine New Holland parts provide. They're built to our exacting standards to fit your equipment perfectly, and that's a promise that "will-fit" replacement part makers can't give you. Genuine New Holland parts keep you up and running, so they're the best value for your money.

Depend on genuine New Holland parts for:

- True OEM performance
- Perfect fit
- Minimal downtime
- Lower operating costs

Ask us today about our complete line of OEM parts.

Potter Tractor Company
3969 Hwy. 90 • Columbus
979-732-6201
www.pottertractor.com

©2008 CNH America LLC. New Holland is a registered trademark of CNH America LLC. All rights reserved.

Genealogical Society Luncheon Held Oct. 29

A luncheon was held on Monday, October 29 in Columbus for the Texas Central Branch of the Sons and Daughters of Pilgrims. Included were the Shopshire-Upton Chapter of United Daughters of the Confederacy and the Comal Colonial Dames of the Seventeenth Century. The luncheon was catered. Several other people in the Columbus area attended. The object of the meeting was to introduce the society to the area and hope to attain new members.

After lunch the group was led in the ritual of the Sons and Daughters of Pilgrims by the Branch Governor, Delitha Guenzel. The objects of this society are to perpetuate the memory of the principles of the pilgrims. Pilgrims being persons who came

to America before seventeen hundred. The research of the Pilgrims history is especially related to the foundation of civil government on the principles of religious freedom.

The speaker was Rev. J. Paul Bruhn, pastor at Columbus First United Methodist Church. Rev. Bruhn was born in Germany and came to the United States to attend the University for Methodist Pastors. His experiences in Germany are very interesting.

Members of the organization from Columbus are Sarah Uzzi and Millycent Cordes. Members of the Shropshire Upton Chapter assisted in the arrangements. Anyone who wishes to join the organization should contact Sarah Uzzi or Millycent Cordes.

indirectly owes one of their more beloved traditions to the country's roots in England.

While there's no absolute way of knowing why the Pilgrims sat down to a turkey dinner way back when, one theory dates back to England's Queen Elizabeth choosing roast goose for a harvest festival in the 1600s.

Upon learning that the Spanish Armada had sunk, the Queen then ordered a second goose, and a new tradition was born. Roast goose then became the favorite bird during England's harvest time. As the theory goes, upon arriving in what eventually became the United States, the Pilgrims looked to continue the "fowl" tradition in their new land.

However, geese proved elusive in the Pilgrims' new home, while wild turkeys were more abundant and much easier to find. So while the tradition of eating turkey on Thanksgiving might seem as American as apple pie, this theory suggests it's actually deeply rooted in English history.

Wants Ads Really Work!!

Check Us Out Online at
eaglelakeheadlight.com

We Now Accept Credit Cards

Click On Your Headlight!!