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TITLE: Eliminating Junk Email

One of the largest complaints that users of the Internet express is the fact that they receive junk e-mail. Junk e-mail, otherwise known as "spam," consists of messages usually created by telemarketers and sent to millions of e-mail accounts. Advertisers send out millions of e-mail messages to users on the Internet, with the knowledge that even if ten thousand people delete the spam, at least one person will visit their website and purchase their advertised products.

There are a number of different things that can be done to reduce or eliminate junk mail that is being received. While these actions may not prevent every possible spam from being received, it will greatly reduce the amount.

- 1. Never use your primary e-mail address on websites.** When buying and/or registering online at any website, you risk having your contact information sold to other companies. Many websites will sell a list of their users to telemarketers, who will sell your e-mail addresses to other advertisers.
- 2. Create a second e-mail account.** If you desire to use your e-mail address to register and/or buy items online, it is recommended that in order to limit the number of spam that is received, that you create a second e-mail account by visiting <http://mail.yahoo.com> or <http://www.hotmail.com>. Both these sites offer free email accounts.
- 3. Don't "unsubscribe".** Many telemarketers use special software that will e-mail every possible e-mail address on the Internet. At the bottom of the advertiser's junk mail, there is usually a "unsubscribe" link to a page on their website. As the telemarketer is mass mailing, they usually have no idea what e-mail accounts are active and working, and which accounts do not exist. By going to their unsubscribe page, and entering in your e-mail address, you have just verified a working e-mail address. Instead of decreasing your spam, you have just made it possible for your account to receive much more from other advertisers. You are better off deleting spam, instead of responding to it.
- 4. Filter your e-mail through MailWasher.** MailWasher is the first step in your email-line of defense so you can make informed decisions about your messages. With MailWasher, you can read all your email on the mail server and delete the messages you don't want, then download only the messages you want to keep and reply to. MailWasher makes it easy to distinguish between good email and bad email, simply by using colors (which you can personalize to suit) and giving you the status of each message. You can learn more by visiting <http://www.Mailwasher.net>.

5. Filter the e-mails in Outlook. Use the message filtering in Outlook to evaluate messages as they are downloaded. Filters can be setup to delete email that has certain words in the subject field, delete emails that are from certain email addresses or move email into separate folders. Click on TOOLS, then RULES AND ALERTS to setup.

For more information on how to prevent spam, or resources regarding the anti-spamming laws, there are a number of web sites available:

Fight Spam on the Internet!

FAQs About Unsolicited E-mail

Spam Laws

Spamhaus

<http://spam.abuse.net>

<http://www.spamfaq.net>

<http://www.spamlaws.com>

<http://www.spamhaus.org>