

## Advice &amp; More

# Freebies from charities can be used without feeling the guilt

**Dear Abby:** I'm writing in response to "Feeling Guilty in North Carolina" (March 18), who feels guilty using address labels, calendars and notepads from organizations soliciting donations. Last year, for about six months, I collected all the requests for donations I received. Abby, the total was 532 requests from 119 organizations! Yes, I'm overwhelmed, and I no longer feel guilty about tossing them. I sent all of them letters requesting they delete my name from their lists. One hundred eighteen ignored my request. One asked how often I want information from them.

I give the notepads and other enclosures to Goodwill and shred the labels. Ironically, I receive more labels now than ever before, even though I pay most bills online and e-mail rather than write. I donate less than I ever have in the past because I feel so hounded, so in my case, it has worked against them. — Karen H. in Fort Collins, Colo.

**Dear Karen:** Thanks for the input. Letters from readers complaining about charitable donation requests with labels arrive in my office on a daily basis, so you can imagine the mail I have received in response to the one I printed from "Feeling Guilty." Read on:



**Jeanne Phillips**  
Syndicated advice columnist

**Dear Abby**

**Dear Abby:** I, too, receive many "gifts" from organizations soliciting for donations. My view is, if they're using my donation to send gifts, then they really don't need my money. They should be using donations to help whom-ever or whatever it is they're soliciting for. I don't feel guilty in the least for using the labels, gifts, etc. I give to organizations that do not send out freebies; that's how I direct my charitable donations. — Sabrina W., Southgate, Mich.

**Dear Abby:** I'm a professional fundraiser and I, too, receive the pads and address labels. I do not give to every organization that sends them, but I do use what they send. No one should feel guilty for doing so. Nonprofits buy and rent lists from companies, and they don't expect everyone to respond. Nonprofits aren't trying to make anyone feel guilty or trick them; they just want to do the work of the causes you love to support. — Suzanne L., Staten Island, N.Y.

**Dear Abby:** Many solicitation

letters have a small box at the bottom asking you to indicate if you would like to be taken off their mailing list. It's worth the 44 cents to return it.

Some areas recycle junk mail. After removing the address labels, the rest can be put in the recycling bin with newspapers. Note pads, greeting cards and calendar gifts could be donated to a military personnel drive, thrift store, nursing home or community center. — Mary F., Stuart, Fla.

**Dear Abby:** We contacted the post office and were instructed not to open the envelope, to write "Refused — Return to Sender" on the front and put it back in the mailbox. The post office can then decide what to do with it. — Sandra M., Mukwonago, Wis.

**Dear Abby:** There's nothing "free" when organizations try to guilt us into sending money. My solution for all this junk is, use the labels and anything personalized if I like them; if not, destroy them. Anything else I give to a nursing home, local children's museum to use for crafts or to the Goodwill. When coins are attached, I put them in a jar and give them to my church. — Claire P., Portland, Maine

— Write to Dear Abby, P.O. Box 69440, Los Angeles, CA 90069, or [www.DearAbby.com](http://www.DearAbby.com).

**Dr. Peter Gott's medical advice column** appears Tuesdays in the Health & Fitness pages of Life and all other days on the Advice page.

## Younger brother broke promise

**Dr. Wallace:** I am 16 and have a huge problem. I have been dating Corey for over a year. He is into pot, but that's the only drug. While going with Corey, I have smoked marijuana on several occasions, but I do not consider myself a regular pot smoker. In fact, I haven't had any marijuana in over a month.

My 14-year-old brother knows I'm an occasional user. Once when he borrowed my jacket, I had forgotten I'd left a joint in one of the pockets. When he asked me about it, I told him the truth (I used it occasionally), and he promised never to tell a living soul. Then last week, my brother and I got into a heated argument about using the bathroom and I called him a dirty name. That did it! He told my parents what I called him (he deserved it), and he also told them that I was smoking marijuana.

I lied and told them that I had never smoked pot and that Jimmy was just trying to get me into trouble. Yesterday, when I was out, my mom searched my room and found a very small amount under my mattress. It wasn't mine. I was holding it for Corey. I am now on six months of



**Robert Wallace**  
Syndicated advice columnist

**Between 12 & 20**

restriction and have to break up with Corey. I can understand making me break up with Corey, but grounding me for six months for a small amount of marijuana in my room that wasn't even mine is a bit much. Do you agree? — C.J., Alliance, Ohio.

**C.J.:** You're embroiled in a problem of your own making — the most you can hope for is leniency. Wait until things cool down at home. Then give your parents an honest accounting of your occasional marijuana use, pointing out that you have given up the habit. Also, assure them that you will no longer be seeing Corey.

Let's hope they feel that you're sincere. Six months is a long time to be grounded. And I'm sure you are aware that possession of marijuana is against the law and that it was just plain dumb to keep someone else's marijuana hidden under your mattress!

**Dr. Wallace:** I am 16 and re-

cently started dating. My parents set the rule that I could have one date per month, and I kind of agreed. Well, my first date was fun with Allen, but since then I have met a super guy named Ted and he asked me out. My parents won't let me go because of the one-date-per-month rule.

Now that I think about it, one date per month isn't very much. Please tell me how I can convince my parents of this. If I don't go out with Ted, he might never ask me out again. Help! — Corina, Hackensack, N.J.

**Corina:** Ask mom if you can have Ted visit you at your house. It's possible to see a guy and not go out on a date with him. Be satisfied for the time being with the one-date-per-month rule. It's 100 percent better than no dates per month. After you have been dating for three months, ask your parents if your dating limit might be raised to two per month. At this time, Mom and Dad will have time to evaluate your maturity and trust. And since they will be of the highest standards possible (they will, won't they?), Mom and Dad should gladly raise the limit.

— Write to Dr. Wallace at [rwallace@galesburg.net](mailto:rwallace@galesburg.net).



## Garden club preserves champion tree

Posted by Liz DeMato



Recently, members of Cassina Garden Club met on Gascoigne Bluff on St. Simons Island for a major work day. The focus of the day was the champion red cedar tree adjacent to the club's historic tabby slave cabins of the old Hamilton Plantation. Concern about the care and preservation of this magnificent specimen tree led the club to seek advice from a former Glynn County Extension Agent and local arborist.

This tree is estimated to be almost 400 years old and has been measured by the U.S. Forestry Service to be the second largest of its species in the United States and the largest in the State of Georgia. Following the advice of the experts, club members have started the process of revitalizing

the tree after many years of neglect. More than 20 club members gathered on these two days and spread newspaper barrier and two dump truck loads of mulch to surround the tree. These efforts will not only protect and nourish the tree but will also call attention to its beauty and size for all the visitors who view the slave cabins and grounds every year.

Pictured are members of the Cassina Garden Club Deana Davis, from left, **Jennifer Kuja, Sallie Sasser, Jan Campbell, Libby Hogan, Roberta Mohlman, Julie Rochelle, Becky Yelverton, Anne Aspinwall, Ann Worthington, Beverly Nash, Lee Baxter, Susan Holloway, Gee Gee Adams, Dale Anderson and Janis Rodriguez.**



## BHS students selected for honor band

Posted by John Birge



Four Brunswick High School Band Students were selected to participate in the South Georgia Region Band held at Valdosta State University recently. Each student was selected based on audition and spent three days rehearsing under the instruction of Stephen Bulla, music arranger for the U.S. Marine Corps. They concluded the week-end with a finale concert. Pictured are **Alyssa Bell, Lydia Whitfield, Jacob Haymans and Rachel Madden.**



## CAP squadron honored

Eight members of the Brunswick Senior Squadron of the Civil Air Patrol recently attended the State Wing Conference in Atlanta. Maj. Bill Wallace conducted a workshop on the latest computerized radio direction-finding equipment used in search and rescue operations.

1st Lt. Andrew Tate gave a presentation on Airborne Digital Imaging System (ADIS). The Brunswick Senior Squadron is the first in the state to use this method of converting search flight photos into high resolution images using a camera, GPS and computer to aid ground team search and rescue/recovery efforts.

Both officers were among the squadron's volunteers to the Gulf of Mexico oil spill and used this technology to provide immediate monitoring of the coastal protection status to the Coast Guard command center.

The Brunswick Senior Squadron was selected as the Georgia Wing Senior Squadron of the



Year and 1st Lt. Andy Jones accepted the award on behalf of Squadron Commander, Capt. Bill Cozine. The Public Affairs Officer of the Year Award was presented to 1st Lt. Joan Scarborough by the Georgia Wing. Those in attendance were Lt. Col. Jack Caldwell, Lt. Col. Pat Wallace, Maj. Bill Wallace, Capt. Steve Mooney, Capt. Roy Scarborough, 1st Lt. Joan Scarborough, 1st

Lt. Andrew Tate and 1st Lt. Andy Jones.

Pictured are **Col. James M. Rushing**, Southeast Regional Commander, CAP 1st Lt. **Andy Jones**, Brunswick Senior Squadron Deputy Commander, Brigadier General **Lee Levy**, Commander of the Maintenance Wing, Warner Robins Air Force base, and **Col. Tonya Boylan**, Georgia Wing Commander, CAP



## Rotary welcomes STAR Foundation

Posted by Diane J. Richardson



The McIntosh County Rotary Club welcomed guest speaker Ellen Murphy, founder and executive director of the STAR Foundation, Brunswick. Murphy shared information about the program and success stories of its participants.

The STAR Foundation is a nonprofit organization that educates and encourages adults in Coastal Georgia to become self-sufficient through computer skills, jobs and life skills training. **Ellen Murphy**, left, is pictured with **Jason Coley**, past president of the McIntosh County Rotary Club.



## Students win 'gold' in competition

Posted by Jill Blizzard

Altamaha Technical College's business student organization captured first place in a state-wide competition among all of Georgia's technical college Phi Beta Lambda students. Students from the Golden Isles and Jesup campuses traveled to Atlanta for the 2011 competition. From the Golden Isles campus, **Randal Bullard**, left, and **Steven Hosea**, right, in a team effort, placed first in Network Design. Bullard also placed second in Web site Design and Hosea placed second in Computer Concepts. Tashina Scott placed second in Cyber Security. Students placing first and second at the state level qualify to compete at the PBL National Competition in June in Orlando, Fla.



## Pediatric Associates of Brunswick and Stephen J. Thompson, MD

say best wishes to **M. Townsend Cooper, Jr., MD** who leaves our practice for medical missionary work in Lima, Peru.

Two board certified pediatricians are available to continue care for Dr. Cooper's patients

**Amy Pavlou, MD**  
and  
**Helene V. Coyle, MD**

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