

# Niece confused by uncle's reaction

Dear Dr. Brothers: I have an uncle who's loaded with money, and when I was younger, I remember I always thought of him as simply a nice, generous man who liked to spread his money around, especially with my parents, who rarely had enough money to go out to dinner — whenever he'd come to town, he'd ask us all out to some super restaurant and, naturally, picked up the bill.

This was great, but he also kept reminding everybody how successful he was, and this left my dad feeling guilty and as if he'd failed. Anyway, this guy lives in the same city where I work in a job I love.

Well, the last time he asked me to dinner, I guess I really offended him by insisting on picking up the check, and I didn't monopolize the conversation, as he always did.

When I told my dad about this, he laughed and said, "You'll never see him again."

He was right, but I'm not sure why.

— L.V.

**Dear L.V.: It's not unusual that some big spenders feel that it gives them certain rights, such as controlling or attempting to control the conversation. This probably explains why your uncle felt free to remind others of his accomplishments as well as give a good deal of advice to all those at his table.**

**There's little question that one of the many reasons money and success are so highly valued is the amount of power that usually goes along with them.**

**Many wealthy people are generous simply because they like to help and share with others, but a few use money in an attempt to control or to buy love, companionship and friends they feel they might otherwise lose.**

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Dear Dr. Brothers: My husband, who's in his early 60s, has always prided himself on being tough, strong and able to do anything. Recently, he was told by his doctor that



**Dr. Joyce Brothers**

● Ask Dr. Brothers

he has a serious heart ailment and is in need of an operation.

According to the doctor, his chances for success are extremely high, and in a matter of time — if he watches his diet and follows directions — he'll be able to get back to most of the things he used to do. He's deeply depressed and shocked by all this.

It kills him to let me do anything for him; it's as if I'm the one who's ill and he can't get used to the news. Will he ever adjust, and will he be able to slow down?

— H.T.

**Dear H.T.: I'm sure he will adjust and accept the fact that we all have limitations, but this may take time.**

**A period of depression isn't unusual after news of a heart ailment and for a time after the completion of heart surgery, even after the patient's physical health has greatly improved.**

**Part of this is related to a need and desire for control that is common in most males, as well as a fear of dependency. This is especially true of men like your husband, who've prided themselves on their physical strength.**

**This is closely identified with masculinity in our society, and this kind of rigid sexual-stereotypic attitude actually limits the potential for growth in both men and women.**

**Often, after a serious illness in a man, marriages get closer, and eventually both partners adjust and even enjoy their new roles, as men discover that they don't have to be burdened with all the responsibility and— that women have hidden strength and power, which is welcomed.**

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## Student News

### Brian Saddler

MANHATTAN — Brian Saddler of Colby was one of almost 60 students living in residence halls at Kansas State University have completed a special program designed to help them develop as leaders and responsible community members.



**Saddler**

Saddler, a freshman in horticulture, took part in the Leadership, Education and Development program sponsored by K-State's housing and dining services and is for students who live in a K-State residence hall.

Saddler and the other students

agreed that the program was a good experience for meeting other students living in the residence halls, challenging themselves and serving others.

The program, he said, included a seven-week series of leadership workshops, conducted by K-State faculty and staff, on such topics as self-awareness, ethical decision making, group dynamics, diversity, assertive communication, community service and managing change.

In addition to Saddler, Lander said, other program graduates for the 2006-07 school year were: Stacy Simon, freshman in architectural engineering, Colwich; Andrew Massey, sophomore in civil engineering, Denton; Katie Foo-shee, freshman in family studies and human services, Derby; Danielle Power, freshman in athletic training, Grantville.

## Reducing junk mail tips

*Dear Attorney General Paul Morrison: Is there any way to reduce the amount of junk mail that arrives at my home? Every day, I receive more catalogs, credit card applications and advertisements that I don't want. Is there some type of "do not solicit" list for junk mail?*

Dear Kansas Consumer:

One of the many complaints received by my Office of Consumer Protection is the amount of junk mail delivered to your home. While you can't stop all commercial mail from arriving at your door, you can take steps to reduce the amount of unwanted solicitations you receive.

To receive less advertising mail, you can register for the Direct Marketing Association's Mail Preference Service. The service is a national private marketing association that requires its members to use their name-removal service and encourages all direct mail companies to use the list.

To sign up instantly online, visit [www.dmaconsumers.org/consumerassistance.html](http://www.dmaconsumers.org/consumerassistance.html)

You may also send a letter requesting your name and address removal to: Mail Preference Service (MPS), P.O. Box 282, Carmel, NY 10512.

Most companies that send you advertisements and catalogs maintain their own "do not mail" list. You should call the customer service number listed on the piece of mail and ask to be removed from their mailing list. These companies

often ask that you provide them with the source code or customer number located on the catalog near the address label.

If you are not in the market for a new credit card or insurance policy, you may sign up to opt out of pre-screened mail offers for either five years or on a permanent basis.

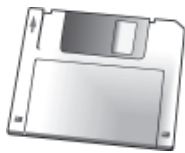
Removing your name from pre-screened lists has no effect on your ability to apply for or obtain credit insurance, and you can always opt back in for these offers by calling the same number.

To stop pre-screened solicitations based on the lists from the major consumer reporting companies, call 1-888-5-OPTOUT or visit [www.optoutprescreen.com](http://www.optoutprescreen.com)

This service requires you to provide certain personal information including your telephone number, name and Social Security number. The information is kept confidential.

The best way to stay off any junk mail lists is to avoid giving out your address. It's best to read the fine print before signing up for a raffle, sweepstakes or promotion because these organizations often give your information to outside companies. You can tell banks, magazines and charities that you don't want them to share your name with other organizations and ask your local phone company not to publish your address. For questions, call (785) 296-3751 or (800) 432-2310 with your questions or concerns.

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