

Following are some simple steps that you should follow in order to enhance the probability of success in your relationship:

Many people who are involved in the emotionally tormenting experience of a separation or a divorce often say, "If I had only known." It is as if certain information was obtained during the trial and tribulation of the relationship that would have persuaded the mates to refrain from developing a close relationship — if they had obtained the information in advance. However, contrary to what most people believe, second marriages are less successful than first marriages. This seems to indicate that either mates do not learn from previous experience, blame the "abnormal" mate for the previous breakup (thereby failing to modify their own future behavior), or become so emotionally entangled in the new relationship that they lead with the heart instead of the head. Many people make the same mistakes over and over again and wonder why they are not happy.

1. Similarity and compatibility are of utmost importance. The more that you have in common with your mate culturally, socially, financially and psychologically the better are your chances of

The winter season is upon us again and we at North State Legal Services have started receiving calls from people concerning utility payments and possible cut-offs. Several utility companies in North Carolina have filed for rate increases with the N.C. Utilities Commission. As you may have noticed, several companies have received permission to raise their rates.

In November 1979, the Utilities Commission issued an order which offered protection to low income and handicapped individuals concerning gas and electric service cut-offs during the winter months.

The order covers regulated gas and electric companies only. It does not cover wood, oil, coal, bottled gas, or some cooperative and municipally owned companies. Among the companies which are subject to this order are Carolina Power and Light,

Coping Success In Your Relationship

By Dr. Charles W. Faulkner



future happiness. Variations and differences in lifestyle are acceptable if they fulfill the basic emotional and psychological needs of each of the mates. This is known as compatibility.

2. Select a mate whose goals in life are similar to yours, if you don't know, ask. Then, observe to see if your potential mate's actions are compatible with his or her statements.

3. Don't expect your mate to change. You may be a very impressive and intelligent person. The likelihood of you changing the behavior of your mate is not very good even if your mate promises to change. Psychologists, human behaviorists and psychiatrists make a great deal of money attempting to change the behavior of people but even they have

only limited success.

4. Don't allow sexual attraction or the need for the sexual experience to become the sole, or even primary, reason to adopt a mate. This is especially true if you desire a lengthy and enduring relationship. If your mate's attraction is primarily sexual, you can expect the sexual attractiveness to diminish once the emotions cool off. You will be amazed at the loss of sexual attractiveness that occurs naturally and that occurs following your first argument.

5. Take your time in selecting a mate. Selections that are made in haste or on the spur of the moment tend to be primarily emotional. When the emotions cool off, as they are certain to, happiness in the relationship might also cool off. If the attraction

that initially exists between your mate and yourself is genuine, it will stand the test of time; it will last if it is solid.

6. Be prepared to compromise. If your primary goal is to satisfy your own emotional and physical needs and you have not given conscious thought as to how you are going to satisfy your partner's needs, you are in for trouble. Successful relationships are mutually fulfilling; your mate is a person with emotional needs just as you are. If those needs are not met, he or she will lose interest in you just as you will lose interest if your needs are not met.

7. In a relationship both persons must give up a part of their independence and must become a team having common goals and fairly common means of meeting them. You can't have your cake and eat it too. If you want to be happy with someone else, you must give. However, you also retain a degree of your individuality because you can offer new exciting insights to your relationship. Respect your mate's individuality.

8. Finally, don't give in too easily. Allow yourself to be pursued as you pursue your mate. This retains the excitement and gives courtship a continuing and thrilling quality.

Plain Talk About The Law Utility Cut-Offs

By North State Legal Services

Duke Power Company, Pinehurst, Inc., Piedmont Natural Gas Company, Public Service Company of North Carolina, and Virginia Electric and Power Company.

From November 1 through March 31, these companies cannot stop your service without express approval of the N.C. Utilities Commission IF YOU CAN show that:

1) An elderly (65 or over) or handicapped persons

lives in your house; AND

2) You cannot afford to pay the utility bill in part or in full; AND

3) You are certified as eligible for Low Income Energy Assistance by the Department of Social Services. (You don't have actually to received Low Income Energy Assistance to qualify.)

If you do not meet all three of the above conditions, you can also prevent a cut-off by paying

monthly installments. The company must inform you of the opportunity to work out a reasonable installment agreement designed to bring your account into balance within six months of the agreement.

If you are having trouble paying your gas or electric bill this winter, contact the company as soon as possible to work out a payment plan. If you know of an elderly or handicapped person who lives on a fixed income, let them know about this important information.

The Public Staff of the North Carolina Utilities Commission is also available to handle consumer complaints concerning utility companies, if necessary. Their number in Raleigh is 733-4271.

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Civil Rights Journal The Beginning of the End

By Charles E. Cobb

Executive Director

United Church of Christ Commission for Racial Justice



The people have spoken and loudly voiced a vote of no confidence in Reaganomics. Americans have sent a shock wave to the White House signalling a return of government by, of, and for all the people and not a select few. The electorate demonstrated a high degree of sophistication and was not diverted from the issues that most directly affect the elderly, the

poor, the disabled, and blacks. We were not persuaded by the administration's rhetoric nor its theatrics.

In 1980, the voting public wanted a change but in 1982, these same voters who caused what has been characterized as a "landslide", are obviously still seeking that change. One of the immediate conclusions to be drawn from the '82 vote is that Americans

place the problems of people above partisan politics. The public's perception of the nation's desperate state of affairs was clearly reflected in the Alabama gubernatorial elections where black voters were forced to choose George Wallace as the liberal alternative to the Republican candidate.

On the other hand, 1 (Continued on Page 16)

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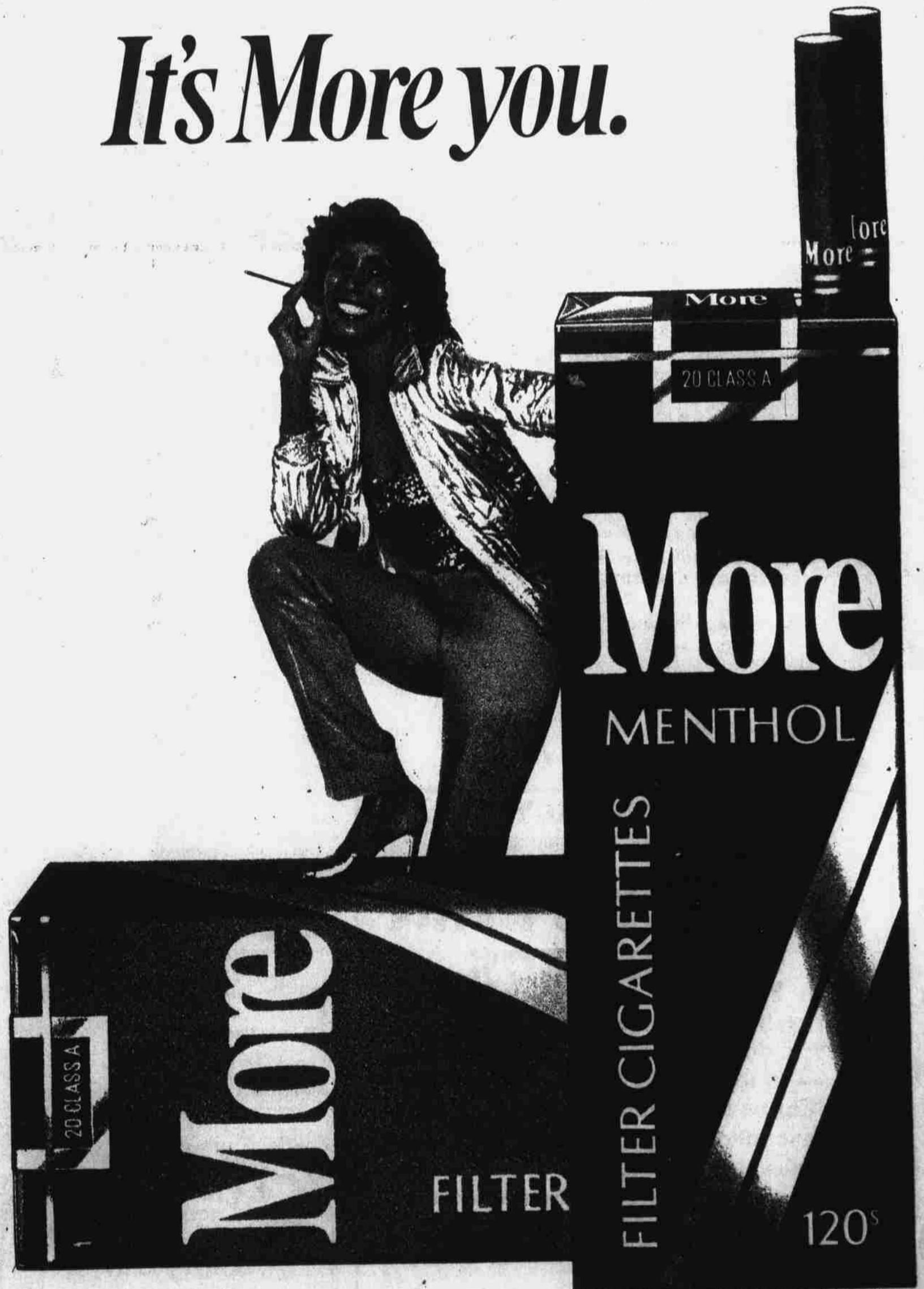
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