

TRANSYLVANIA'S MENTAL HEALTH PROGRAM

By - Dr. Joanna Byers
Consulting Psychologist

Before continuing our series on the Developmental Phases we are going to take some space for a "Little Lecture" on the Holidays.

Holiday Happiness — Holiday Unhappiness

The Christmas - New Year Season is generally considered to be the "time to be jolly," "a joyful time," "a time of great good will," etc. For many people the holidays are just that. Because they are well adjusted, because they see things as they really are and not the way they would like them to be, and because they have faith in themselves, they are able to view this season in the right perspective. They enjoy the hustle and bustle, the extra work, the parties and cooking, the preparation of gifts for those whom they love, and the holiday season is truly one of joy and great good will.

But for some people the holiday is approached with dread and misgivings. Those people who tend to see the world as something different than it is think that the glitter and good feeling of the season will make the world over at least for a few days — but that doesn't happen. Those who try to impress others with words, outward show and false jollity fail in their attempts because they are unable to feel close to other people and so they are as miserable as they were the rest of the year. People who are burdened with guilt, unable to accept the forgiveness which the Christmas season symbolizes and unable to accept the forgiveness which the Christmas season symbolizes and unable to forgive themselves, sink into the quagmire of despair and often turn the jolly season into one of frustration and hurt for themselves and their families or friends.

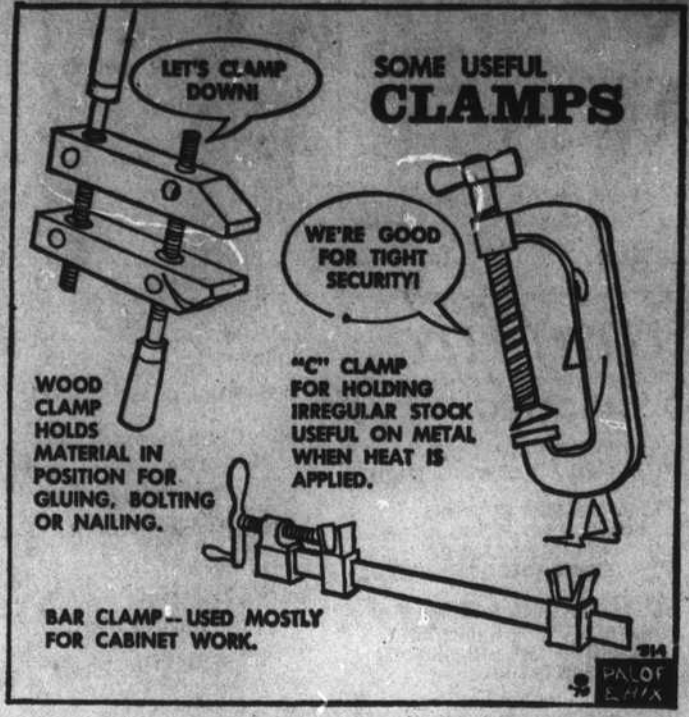
This little lecture is written for those people who dread the holiday season and for the families and friends of these people. First, let's consider the person who dreads the holidays.

All the general good will, friendliness and joy will not make anybody over. The change needs to be WITHIN the person and must be made BY the person. Recognition to oneself that you can't "kid" the world into being different is a first step in the change. Admitting to oneself that you are lying to yourself and to others is another important step. And looking into the area of how long one punishes oneself can be a step in getting out of the bog of despair.

For families and friends of people who have trouble during the holidays some thoughts to remember: When you are planning remember the difficulties which the person has. Whatever the problem don't expect that the person is going to behave differently than he or she usually does. Recognize, too, that they need your loving concern to help them through this difficult time.

And for everybody — search your inner-

TECH-TOONS



Methodist Youth Fellowship Sponsors Dance This Saturday

On Saturday, December 12th, at the door-stag \$1.00, couples the Youth Fellowship of the \$1.50. the First United Methodist Church will sponsor a dance from 8:00 Sky Ball will be the group performing. to 11:30 p.m.

This dance will be held in the new fellowship hall. Dress for boys is a coat and tie; for girls, dressy or semi-formal. This is not the coffeehouse but the same rules apply. For instance, no alcoholic beverages, no smoking on the dance floor, and the age limits are 9th grade-college.

Admission prices are: Advance-Stag \$.75, couple \$1.00.

U S Bond Sales Are At Record High For October

October sales of U. S. Savings Bonds in N. C. were at a 26-year high — the largest October dollar volume since 1944. Series E bond sales alone totaled \$5,560,386, which is more than an 11 percent increase over sales for October a year ago.

Cumulative sales for January - October were the highest recorded for the period since 1944. Amounting to \$54,881,121, bond sales for the first 10 months were 4.4 percent over the same period in 1969. This amounts to 87.1 percent of the state's 1970 dollar goal of \$63,300,000.

At the end of October, 20 counties had achieved 100 percent or more of their 1970 goal. Closely following were 38 other counties which had attained 85 percent or more of their annual goal. In making this release Jerry Jerome, Transylvania county volunteer chairman, reported that October sales in Transylvania county were \$26,891.00. Sales for the year reached \$261,769.00 or 95.5 percent of the annual goal of \$274,089.00.

most thoughts and see if you have love, kind thoughts and concern for others. Is there a minimum of worry about anything or fear of what will happen or anger at any man? Is there true forgiveness in your heart toward any who might have wronged you? If your answer is yes to all three, then you are ready for the Holidays?



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ZECO Company Now Producing New Products

Junior Achievement is alive and well, especially ZECO, the company that is reported on the ball.

As a starter product, they are making Christmas candles and coasters.

President Sharon Mackey states that sales are going very well.

The product is, in accordance with JA rules, a direct result of the company workers.

A major product is still on the drawing board, and chances are it will be something special.

The citizens who are stockholders of the company can expect to be proud of their corporation, says Sharon.

When you think of prescriptions, think of VARNER'S, adv.

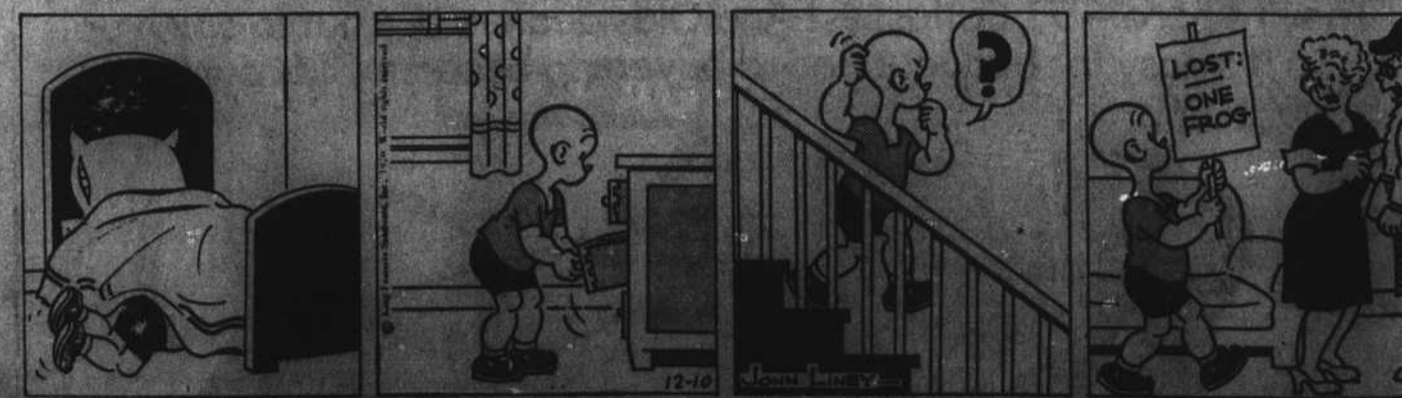
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