

### TRANSYLVANIA'S MENTAL HEALTH PROGRAM

By - Dr. Joanna Byers  
Consulting Psychologist

## Dependence - Independence - Interdependence

One of the things that happen to single people, especially if they are living alone, is that of developing an attitude of independence which at times cuts them off from others. Because they neither share with someone else in a living situation nor have the need to give way to others, there can be an attitude of "I can do it" and "I don't need anyone to help me." Along with this can go an ego-centric attitude of "I am right", I am the center of the world" and "I can tell others how to live."

Probably one of the saddest experiences one can go through is to have some person who is living alone come to visit. I remember when we have had visitors like this. One of them talked incessantly for 10 days. Conversation was punctuated with "I'd —", "I think —", "I believe —", and "If you could just do what I do!" After the 10 days we had two days in which to really talk with that visitor. Certainly the getting it all out was good for the guest but a rather boring and sad experience for the host family.

Still another example is that of a friend who would not permit us to stop by to take her to a party, who refused extemporaneous dinner invitations and was often curt when other offers of help were given. One evening during a discussion she remarked: "Nobody helps me!" About that time we had had enough of this and the whole gang pounced: One said, "you wouldn't let me take you to the party." Another said, "You wouldn't come to dinner after a swim one evening? remember?" etc. She looked hurt and sulked the rest of the evening; but next day she called and said "you are right! that's what I do! How can you people stand me?" As a result she looked at herself, recognized how she had been, and made a definite effort to change. It was a while before she had learned another way of answering. Every once in a while she would say, "No, I can get there by myself—" then catch herself and say—"Oh dear, there I go again—yes, I'd like for you to come by."

It took some doing for her to move from independence to interdependence for that was the result. She became dependent on us some, we asked more of her and soon there was an interdependence which made everybody more comfortable with her and made her more comfortable with us. The next best thing was that her changed attitude made her more attractive so she was engaged before the year was out and married six months after that.

In this present day world when things seem difficult and there are many changes to be made, there is still the need to be dependent on, independent of, and interdependent with other people. Sometimes if we look at ourselves in a new light we see that are not experiencing one or more of these joys.

Of course, as in other areas of living, we want to experience all and use all of these ways behaving. Too much dependence can lead to unhappy relationships. So can too much independence can lead to unhappy relationships. So can too much interdependence. Interdependence leads to more comfortable relationships and allows us all to be healthy people.

If anyone has some area of mental health that should be brought out for discussion, please feel free to call the Mental Health Program 883-3955.

## Women's Golf Tournament At Glen Cannon Is Slated

The Glen Cannon Country Club will hold their Women's Club Championship Tournament August 31 - September 8.

All Women Club members are urged to join this event. August 31 - September 1 are for 36-hole qualifying rounds.

"Get your own foursome, sign up for tee time and pay entry fee at pro shop," officials say.

September 7 - 8 is tournament

play, which will be flighted. Trophies will be awarded for championship, first and second runner up . . . First and second runner up in each flight.

Medalist award will be given for first two days of qualifying.

In the event of rain qualifying rounds will be played September 2nd and 3rd. Past Club Champions are: 1968 - Betty Mellwain; 1969 - Shirley Lea; and 1970 - Betty Brown.

## Openings Available At The Presbyterian Kindergarten

Several openings for students are still available for the coming term of the Weekday Kindergarten of the Brevard-Davidson River Presbyterian Church. Classes for five-year old children will be held each week-day morning from 9:00 to 12:00 noon following the same schedule as the public schools. Children of age five whose fifth birthday falls prior to October 15th may be enrolled.

Officials issue the following statement:

"The Presbyterian Kindergarten has spacious rooms, excellent classroom equipment and a fenced-in outdoor playground equipped with safe, attractive equipment.

"A week-day kindergarten helps children in many ways. They develop mentally by learning through experience at their own rate of speed in a happy, home-like environment under cheerful, well-trained guidance.

"They develop socially by learning to live together through play, to give and take, to share their toys and working materials, as well as their first cooperative thoughts, with each other. And, it helps them develop emotionally by learning to accept change gracefully in our changing world today, thus establishing stability at an early age.

"Also, in a church-sponsored school, a Christian atmosphere will prevail wherein the child may develop spiritually but without sectarian or denominational emphasis of any sort. Children of all faiths are welcome."

Mrs. Glenn C. Winston, a qualified teacher with public school experience, will be the teacher. Additional information may be obtained and registrations may be made by calling her at 883-2696 or the church office, 883-2488.

## Revival To Begin Monday At North Toxaway Baptist Church

By - Mrs. Leo Owen  
LAKE TOXAWAY — Revival services will begin Monday evening, August 23rd, at North Toxaway Baptist church with the Rev. Harold McKinnish,

pastor of Ebenezer Baptist church in Henderson County as the visiting minister. The pastor of the church, Rev. Tommy Owen, invites the public to attend.

## WEEKLY CROSSWORD

- |                               |                                    |                            |
|-------------------------------|------------------------------------|----------------------------|
| <b>ACROSS</b>                 | <b>DOWN</b>                        | <b>17. French river</b>    |
| 1. — (2 wds.)                 | 1. Yellowish-brown                 | 23. Appropriate            |
| 6. Restaurant order           | 2. Venezuelan peninsula            | 24. Cape                   |
| 10. "West Side Story" heroine | 3. Apprentice pressman (2 wds.)    | 25. Queen's title          |
| 11. Forward                   | 4. Recline                         | 26. Causing disintegration |
| 13. — pipe                    | 5. Made of baked clay              | 27. Kind of lens           |
| 14. Lady's garment            | 6. Sample tributary                | 29. Neptune's realm        |
| 15. One (Ger.)                | 7. Danube                          | 31. Chinese province       |
| 16. Make lace                 | 8. Friend indeed                   |                            |
| 18. Hobby room                | 9. A way from the service (2 wds.) |                            |
| 19. One-time Hamelin resident | 12. Masculine, feminine or neuter  |                            |
| 20. Hurry                     |                                    |                            |
| 21. Mournful                  |                                    |                            |
| 22. Biblical garden           |                                    |                            |
| 24. Grotto                    |                                    |                            |
| 25. Summer TV show            |                                    |                            |
| 27. One showing promise       |                                    |                            |
| 28. Gaelic                    |                                    |                            |
| 29. Soft drink                |                                    |                            |
| 30. — country                 |                                    |                            |
| 31. Fussy female              |                                    |                            |
| 32. Hooray!                   |                                    |                            |
| 35. Noun suffix               |                                    |                            |
| 36. Cereal grass              |                                    |                            |
| 37. "Little Teapot" (2 wds.)  |                                    |                            |
| 38. Actor David               |                                    |                            |
| 40. Burns' river              |                                    |                            |
| 42. Spanish province          |                                    |                            |
| 43. Grouch                    |                                    |                            |
| 44. Liveliness                |                                    |                            |
| 45. Zestful                   |                                    |                            |

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### EXECUTOR'S NOTICE

In The General Court of Justice Superior Court Division State of North Carolina Transylvania County  
Having qualified as Executor of the estate of Essie Scott Banther, of Transylvania County, North Carolina, this is to notify all persons having claims against the estate of said Essie Scott Banther to present them to the undersigned within 6 months from date of the publication of this notice or same will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 3rd day of August, 1971.  
Gayle E. Ramsey  
c/o Ramsey, Hill, Smart & Ramsey  
P. O. Box 426  
Brevard, N. C. - 28712  
8-5-4tc

### EXECUTOR'S NOTICE

State of North Carolina County of Transylvania  
Having qualified as the Executor of the estate of James O. Summey, deceased, late of the county of Transylvania, North Carolina, this is to give notice that all persons having claims against the estate of the deceased to present them to the undersigned Executor at Route 2, Brevard, N. C. 28712 on or before the 29th day of January, 1972 or this notice will be pleaded in bar of their recovery. All persons indebted to the said estate will please make immediate settlement.

This the 29th day of July, 1971.  
Van E. Summey  
Executor  
Estate of James O. Summey deceased.  
7-29-4tp

## Methodist Kindergarten Is Still Accepting Applications

The First United Methodist Church Weekday Kindergarten is still accepting a few applications for the four-year old and five-year old classes this fall.

Children who are or will be four years old or five year old prior to October 15th will be accepted.

The four-year old class meets three days a week, Monday, Wednesday and Friday.

holidays and days schools are closed due to the weather.

The weekday Kindergarten has been sponsored and operated by the First United Methodist church since 1965. It is the purpose of the Kindergarten not only to meet the standards of the State Board of Education, but also to provide in a Christian manner for all children in the community, as they work and play together.

Classes will begin on Monday, August 30th, at 9:00. Applications may be obtained by call-through out the school year. The public school calendar will be followed for vacations and office at 883-9025.

## OPEN FOR THE SUMMER! POOR RICHARD'S KITCHEN

AT THE HAUNTED MILL  
"A REAL COUNTRY MEAL SERVED FAMILY STYLE"

Luncheon Served 12 Noon to 3 p.m.

Dinner Served 5 p.m. to 8 p.m.

AFTERNOON TEA

Served 3 p.m. to 5 p.m.

CLOSED MONDAYS

SUNDAY DINNER

Served from 12 Noon to 8 p.m.

FOR RESERVATIONS & INFORMATION  
DIAL 1-693-6931

Directions to Poor Richard's Kitchen  
And The Haunted Mill

FROM HIGHLANDS & BREVARD

Take 64 East toward Hendersonville—just past Etowah across 2nd bridge turn right on Cummings Road. Go 2 1/2 miles deadend, TURN LEFT one-half mile.



## Tomorrow.

All your tomorrows. And each tomorrow has a different need. And each need something today doesn't know about. You can make tomorrow better. More special. How? Uncover today the help we can give you tomorrow. Know who can serve when you feel all alone. Whatever your needs become, learn who we are and learn what full service really means. Let's make tomorrow everything you want it to be. Let's make tomorrow together.

FirstUnionNational

### ETOWAH VALLEY GOLF CLUB DINING ROOM & LOUNGE



For a dinner and evening that is distinctively different, relax and dine in a charming atmosphere overlooking beautiful Etowah Valley Golf Course. FEATURING PRIME STEAKS AND SEAFOOD.

Toss your own Salad from 17 ingredients. Champagne with your meal, compliments of the club.

Thurs. is Family Night featuring a spaghetti dinner with a delicious homemade meat sauce.

By Popular Demand Now Open Every Evening Except SUNDAYS and TUESDAYS 5:00 - 11:00 p.m.

ON US 64 AT ETOWAH, N. C. BETWEEN HENDERSONVILLE & BREVARD  
Phone 704/391-7822 or 883-9154