

TRANSYLVANIA'S MENTAL HEALTH PROGRAM

By - Dr. Joanna Byers
Consulting Psychologist

Criticism: Who Needs It?

How many times have you been critical of some one's actions? The word criticize really means "to consider the merits and demerits of and judging accordingly." A second meaning, "to stress the faults of," is the one we usually think about when we use the word. Today let's think together about the fine old custom of criticizing.

First thing that comes to mind is "I don't like to be criticized!" Of course you don't like it! You don't like it in the sense that you don't want your faults brought out. You are probably all too well aware of your weakness, faults and tendencies to make mistakes. But you don't want another person telling you about them. If you have learned to live with your faults you probably won't be as angry about criticism as you would be if you haven't accepted them.

Second thing that comes to mind is "If people would just do their job right I wouldn't have to criticize them!" And of course they don't like criticism either. When we do point out some fault in another their reactions are usually that of anger. This means the person is on the defensive and ready to give you an excuse or a fight. When we take the attitude mentioned above we are implying that "we" could do the job better; or that our way is the only way. This is not accepting the other person's work or ideas. When we do this we're saying "everyone should be like me."

Third thing that comes to mind is "Why do I always get criticism for a sloppy job; but never get praise when I do something well?" This is indeed an important point. All too often we are ready to say the critical thing; but we refrain from saying the non-critical word. The wife who day after day serves tasty, nutritious meals for her family seldom hears words of praise. But let her burn the biscuits or forget to season the roast and she hears plenty about her cooking. The child who has brought home paper after paper with good marks receives a pat on the shoulder and "I knew you could do it!" But let him bring home a bad mark and then he really hears about it. Now this is not to say that we need to praise, praise, praise. Studies show that intermittent reward (or praise) is more effective for learning than continuous praise. Let's just remember that intermittent punishment is also more effective in determining future response or behavior.

Fourth thing to consider is that criticism is necessary. To be aware of our weaknesses, faults and tendencies to make mistakes is not enough. Attempts should be made to strengthen our weaknesses, avoid our faulty behavior and try to make fewer mistakes. Criticism is one way to measure whether or not we are changing. If we receive more criticism and less praise, we could be moving in the wrong

CROSSWORD

ACROSS	1. A lath (dial.)	6. Makes, as tea	11. Shore bird	12. Narrow-leaved cattail of India	13. Century plant	14. Overturn	15. Nothing more than	16. Snow vehicles	17. River of forgetfulness	20. Gentle blow	23. Dirtier, as a chimney	27. Submarine	29. Barrier	30. The Giant	32. An eccentric (slang)	33. Entertain	35. Fragrant smell	38. Valley (poet.)	42. Gem weight	44. Employed	44. Silly	45. Straighten (var.)	46. Dents	47. Type of automobile DOWN			
	2. Knight's boy	3. Jewish month	4. Even	5. Before	6. Curt dismissals	7. Surfeited	8. Gaelic	9. Gardener's plague	10. Places	18. Gauges	19. Toward	20. In France, a duke	21. Arab garment	22. Father of Odin	24. Hostelry	25. A shield	26. Soak flax	28. Inflexible	31. Chinese perfume	34. Roman magistrate	35. Tart river	36. Rajah's wife	37. Algerian seaport	39. Dry	40. Siberian river	41. Paradise	43. Owns

WNC Diocese To Observe Golden Anniversary On 23rd

A Golden Jubilee celebration for the 50th Anniversary of the Episcopal Diocese of Western North Carolina will be held at the Asheville City Auditorium at 11:00 a.m. on January 23rd.

direction. If we are receiving less criticism and more praise we could be moving in the right direction. In other words criticism can shake us out of our self-assurance and help us to strive again and again.

In our reactions to other people we should try to remember that they, too, have faults and probably are striving to do better. Remember how you feel when you are criticized and you behave accordingly. Be as sparing in your criticism as you are in your praise of actions. And lastly try to be critical in the first meaning of the word criticize; Consider merits as well as demerits and judge accordingly. If you can do this others will be better able to accept criticism because it will be a fair evaluation. This doesn't mean that they will like it, but they probably won't be as angry at you, nor at themselves, as if you judge unfairly.

We all need criticism. Have you been unfairly critical of your loved ones, your fellow workers and even the policeman on his beat? Or have you been fair?

Masons Confer First Degree Friday Night

An Emergent communication of Dunn's Rock lodge will be held in the Masonic Temple on East Main street Friday, January 21st beginning at 7:30 p.m.

This announcement comes from Jack M. Frady the Worshipful Master.

The purpose of the meeting will be for conferring the Entered Apprentice degree.

The degree will be conferred by W. C. Morris, Senior Deacon, and John C. Nicholson, Junior Deacon will fill the Senior Deacon place.

The Master urges the members to attend and a cordial invitation is extended to all visiting Masons.

EXECUTRIX NOTICE
State of North Carolina
County of Transylvania
Having qualified as the Executrix of the estate of S. L. Capell, 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 Executrix at P. O. Box 204, Pisgah Forest, N. C. on or before the 6th day of July, 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 10th day of January, 1972.

Lidie Harbin Capell,
Executrix
Estate of S. L. Capell
deceased.

1-13-4tc

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

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On January 22

Presbyterian Youth To Sell Candy For The March Of Dimes

It's The New Law

By - J. C. ROWE
Chief, Brevard Police

Editor's note: The 1970 North Carolina General Assembly made 84 changes in the state Criminal Statutes—wrote some new laws and changed old ones by addition or deletions. Since these laws affect the general public, Brevard's Chief of Police, J. C. Rowe, has collected the changes and THE TIMES is publishing them over the next several months as a public information service. The laws are here published as they appear in the General Statutes; no effort has been made to explain or interpret them. This is a function of the legal profession and the courts.

130-240. Legislative Intent and Purpose — The intent and purpose of this Article is to provide for the protection of the public health, public welfare, and public safety of those persons in attendance at mass gatherings and of those persons who reside near or are located in proximity to the sites of mass gatherings or are directly affected thereby.

130-241. Definitions — The following definitions shall apply in the enforcement and interpretation of this Article:

(1) "Mass gathering means the congregation or assembly in which admission is charged in reasonable contemplation of profit of more than 5,000 people in an open space or open air for a continuous period of at least 24 hours; it shall include mass gatherings organized or held for any purpose but shall not include assemblies in permanent buildings or permanent structures designed or intended for use by large numbers of people.

(2) "State Health Director" means the State Health Director or a representative designated by him.

(3) "Person" means any person, firm, corporation or legal entity which holds, sponsors, organizes, conducts or promotes a mass gathering.

130-242. Permit required: revocation of permit. — (1) No person shall organize, sponsor or hold any mass gathering unless a permit has been issued to such person by the State Health Director under the provisions of this Article. A permit shall be required for each mass gathering and is not transferable to other persons.

(2) A permit may be revoked by the State Health Director at any time if he finds that the mass gathering is being or has been maintained or operated in violation of this Article, or that prior to the mass gathering, the planning or preparation for the mass gathering is not in compliance with this Article. A permit may be revoked upon the request of the permittee or upon abandonment of the operation. A permit will otherwise expire upon satisfactory completion of the post-gathering clean-up following the close of the mass gathering.

Fill Cracks And Holes Better

Handles like putty. Hardens like wood.
PLASTIC WOOD
The Genuine - Accept No Substitutes.

The Senior High Youth Group of Brevard - Davidson River Presbyterian Church are bringing the generation gap to a close. They are participating in the annual January fund-raising campaign to prevent birth defects.

The Youth Group, under the direction of their advisors, Mr. and Mrs. John Gest, are selling Tootsie Rolls and Regal Crown Sour Fruit Candy packaged in very attractive coin banks. The youth plan to set up several selling stations in town Saturday, January 22.

This event highlights the spirit and work that these young people display in their

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NOTICE

City Auto Stickers Are On Sale Now!

The code of the City of Brevard requires that all resident automobiles display a City license sticker on the lower right hand corner of windshield on and after February 16th.

Residents are urged to purchase their stickers at City Hall before the deadline and avoid penalty.

City Board Of Aldermen

By: Opal C. Armentrout
Clerk-Treasurer