

TRANSYLVANIA'S MENTAL HEALTH PROGRAM

By - Dr. Joanna Byers
Consulting Psychologist

Complaints And Complaining

The verb Complain means to express grief, pain or discontent. The reason for expressing a complaint is to get it out in the open so that something might be done to ease the offending situation. Many times something is done. But what about the times that nothing happens?

There are individuals who repeat their complaints over and over. It is almost like listening to a record. Say the right word and on goes the record. A physician told me of a patient who came in each week. Every time she came in she went through the same story. One day he taped her list of complaints. Six months later he played the tape for the patient. When it was ended she looked at him seriously and said "Yes, doctor, that's exactly how I feel." In all that time neither had done anything to change her, so the complaints remained. Finally, when the doctor began to listen to what she said, he was able to say: "You must decide. Do you want your complaints or do you want to do something about your marriage?"

All too often when another person complains we fail to listen. When we listen to what is being said then something can happen. In the case mentioned above the real problem was hidden under the cloud of physical ailments. So long as the physician was concerned only with physical illness he could find no basis for complaints. When he finally listened to her, he was able to begin to help her to see that the real problem was her unhappiness and bitterness toward her husband and children. It took another six months for her to look at herself and accept that it was this that made her feel ill. When she decided she would do something about it, the list of complaints began to grow shorter and shorter.

Another kind of complaining is that of the person who wants to blame other people for his or her troubles. This individual says "My husband's drinking is the cause of all our troubles." or "My wife's family is always mixing into our business." In cases such as this what happens is that the person falls into the habit of blaming others and doesn't stop to look at his or her own behavior. They tend to remove themselves

Chill-Factor Chart

EQUIVALENT TEMPERATURES (°F)

0	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30
5	33	27	21	16	12	7	1	-6	-11	-15	-20	-26	-31	-35
10	21	16	9	2	-2	-9	-15	-22	-27	-31	-38	-45	-52	-58
15	16	11	1	-6	-11	-18	-25	-33	-40	-45	-51	-60	-65	-70
20	12	3	-4	-9	-17	-24	-32	-40	-46	-52	-60	-68	-76	-81
25	7	0	-7	-15	-22	-29	-37	-45	-52	-58	-67	-75	-83	-89
30	5	-2	-11	-18	-26	-33	-41	-49	-56	-63	-70	-78	-87	-94
35	3	-4	-13	-20	-27	-35	-43	-52	-60	-67	-72	-83	-90	-98
40	1	-4	-15	-22	-29	-36	-45	-54	-62	-69	-76	-87	-94	-101

Widespeed Plus Temperature Equivalencies

as a possible source of interpersonal conflict, so therefore nothing can be done about the complaints.

When anyone can begin to look at complaints as an expression of pain, grief and discontent they can begin to ask the questions which will lead to relief from the problem. For example, the wife who says "My husband's drinking is the cause of all our troubles", may begin to ask herself "Why is he drinking?" This leads to new questions and soon she may be asking the pertinent question: "What does my behavior have to do with my husband's drinking?"

Do you have a favorite record of complaints that you play out when somebody says the right word? If you stop to listen to yourself sometime then ask yourself what you have done to lessen the problem. And also ask yourself if your complaints are masking some problem you don't want to look at. If they are a mask you may need someone else to help you work out a solution. But until you decide to do something about it your complaining will cause nothing to happen, except to lose your friends and loved ones.

Are your complaints a way of blaming other people? If they are then when you look at yourself, you may ask "Why do I do this?" "How else can I behave?" "Who am I trying to kid?"

Complaining may be, as someone has said, a good old American habit, but what does it accomplish if nobody listens and acts?

From The Clarion

Music Department Presents Wide Variety Of Musical Programs

TRANSYLVANIA BOOKMOBILE SCHEDULE

Thursday, February 3 ----- Little River
Tuesday, February 8 ----- Pisgah Forest
Wednesday, February 9 --- Calvert Rosman Hwy.
Thursday, February 10 ----- Cedar Mountain
Tuesday, February 15 ----- Lake Toxaway

Several brief items of interest have taken place in the music field recently.

On Tuesday, January 18, Miss Irene Brychcin of the music faculty presented an informal recital at 4:30 p. m. in Dunham Auditorium. Miss Brychcin clarinetist was accompanied by Sam Cope at the piano.

This recital had been presented by Miss Brychcin at Western Carolina University the previous week. This was a part of the faculty recital exchange program arranged between Brevard and W. C. U. Members of their faculty will perform in Brevard on March 14.

On the night of Saturday, January 15, the Asheville Symphony Orchestra presented its first concert of the new year. Several Brevard people perform in the Symphony. On January 21, it was many students' privilege to hear the young renowned pianist, Andre Watts, as part of the Asheville Community Concert Series.

This session was held at Salem College to plan for next year's convention to be held there. Mr. Adams is First Vice President (Program Chairman), and Mr. Miller is the Voice Section Chairman.

every region selects a winner. The amount of each individual scholarship will be determined by the financial need of the winner and will frequently be a portion of a total package of aid.

A winner who has no financial need will receive the \$100 minimum scholarship. Association finalist who are not named regional winners but are still in need of aid, will be eligible for financial assistance under the regular aid program at Meredith.

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

Miss Talmadge Is A Finalist For A Meredith Scholarship

Pamela McKay Talmadge of Nolan Ford of Brevard.

route 1, Pisgah Forest, has been selected as the finalist in the Transylvania Association, one of 80 Baptist Associations in North Carolina, for a Regional Baptist Scholarship given by Meredith College.

The selection was based on the student's contribution to her home church, her potential as a future leader in the denomination, and her scholastic ability, said Mrs. Fred Kilstrom of route 1, Penrose, chairman of the association selection committee.

Miss Talmadge, daughter of Mr. and Mrs. Stephen T. Talmadge of route 1, Pisgah Forest, is a member of the Turkey Creek Baptist church whose minister, Rev. Zed D. Baker, endorsed her application.

Members of the selection committee named by Meredith College to choose the finalist from the Transylvania Association were Mrs. Fred Kilstrom of Penrose, Rev. Otis Wheelhouse of Brevard and Rev.

Miss Talmadge's selection as an association finalist places her in competition with other association finalists for the Regional Baptist Scholarship available for an entering freshman from the region in which the Transylvania Association is located.

One scholarship is available for an entering freshman at Meredith from each of the 10 regions formed by the Baptist associations. The 10 Regional Baptist Scholarships, which may be renewed annually, range from \$100 to \$1,000 per year, depending on the financial need of the recipient.

Before the associational winners go on to regional competition, their applications for admission to Meredith must be approved by the college. After approval, candidates are sent to a regional committee for evaluation and selection of a winner.

Meredith will announce the 10 recipients of the Regional Baptist Scholarships as soon as

Smokey Says:



Remember—Only you can prevent forest fires!

Legion Dance On Feb. 5th

The Monroe Wilson post of the American Legion will sponsor a dance on February 5th here in the Legion Memorial hall.

Music for the dance will be furnished by the Contempos, and admission will be \$3.00 per couple.

The public is invited.

GOODWILL MOTOR CO.

220 S. BROAD ST. BREVARD, N. C.
DIAL 883-4111

DEMONSTRATORS

- 1971 PONTIAC Tempest 2-door sedan, 6 cylinder 250 cubic inches, standard transmission with low mileage. 2195.00
- 1971 JEEP PICKUP. Short wheelbase, 1/2 metal top cab. 4 cylinder engine with standard shift. 4-wheel drive. 2795.00

USED CARS

- 1969 PONTIAC Catalina 4-door sedan. Power steering, power brakes, vinyl interior. 2295.00
- 1968 RAMBLER Rebel 4-door sedan. Automatic transmission, radio and other extras. 1395.00
- 1967 JEEP WAGONEER, 2-wheel drive. One owner. Has radio and heater. 895.00
- 1971 PONTIAC Ventura II 2-door sedan. Only 5,000 miles. Standard transmission, 6 cylinder, radio and heater. 2195.00
- 1970 FORD MUSTANG 8-cylinder, bucket seats, automatic transmission with console. 2395.00
- 1969 CHEVROLET Impala 2-door hardtop, power steering, radio, heater, new tires. 1975.00
- 1969 BUICK Sports Wagon, 2 seater with low mileage. Power steering, power brakes, wood-grain siding. 2495.00
- 1969 DODGE Dart Swinger, 2-door hardtop. 6-cylinder engine with standard transmission. 1595.00
- 1969 AUSTIN HEALEY Convertible with radio and heater. Green with black top. 1195.00
- 1968 OPEL KADETT, standard transmission with radio and heater. One owner. 795.00
- 1969 MERCURY CJ, has 4-in-the-floor with all the trimmings. 1895.00
- 1968 BUICK Le Sabre 4-door hardtop. Power steering, power brakes, factory air. One owner car. 2195.00
- 1968 BUICK G.S. V-8 with 400 engine. Perhaps the car you have been looking for. 2095.00
- 1967 CHEVROLET 4-door Impala. A one owner car. Has V-8 engine, automatic transmission, radio and heater. Reduced to 1195.00

Donations For Rummage Sale Are Requested

Anyone having donations for a rummage sale to be held Friday, February 11th, and Saturday, February 12th, can contact Grace Baptist church, or Mrs. Anne Runion at 883-4474 or Mrs. Frances McGee at 883-3288.

Proceeds will be for the church organ fund.

Free copies of one of the world's most quoted newspapers

Judged the most fair newspaper in the U.S. by professional journalists themselves. A leading international daily. One of the top three newspapers in the world according to journalistic polls. Winner of over 79 major awards in the last five years, including three Pulitzer Prizes. Over 3000 newspaper editors read the Monitor.

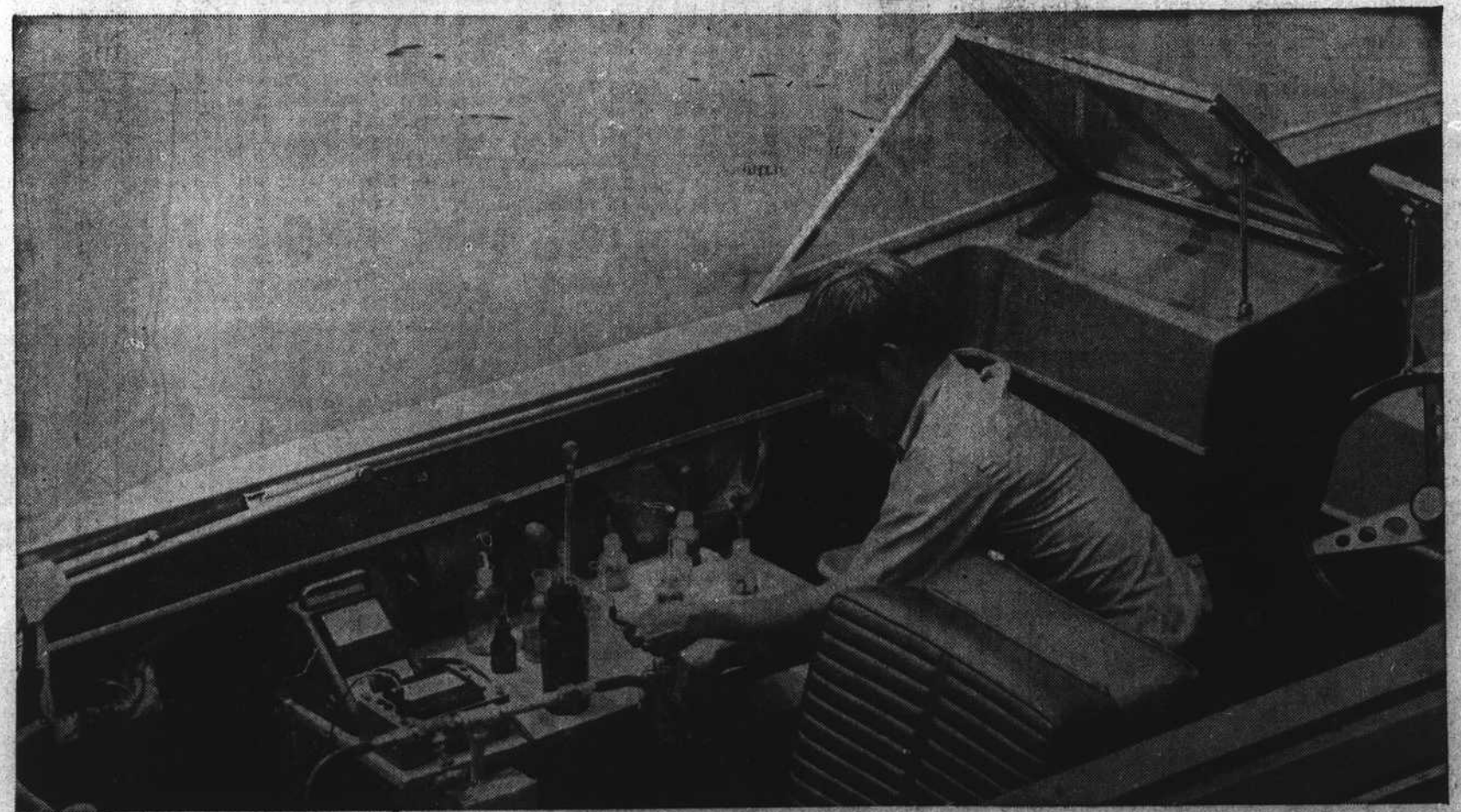
Just send us your name and address and we'll mail you a few free copies of the Monitor without obligation.

Please Print

Name _____
Address _____
City _____
State _____ Zip _____

THE CHRISTIAN SCIENCE MONITOR
Box 125, Astor Station
Boston, Massachusetts 02129

Bill Adair is a fisheries biologist.



He works for you.

Bill's main job is to make certain that fish in Duke Power's lakes are not harmed by the luke-warm water discharge from our steam electric generating stations.

The stations are designed so that the maximum temperature of discharged water is about the temperature of the human body. And this heat radiates rapidly to the atmosphere.

To check on the design and operations of the stations, we continually monitor temperatures and make biological studies of the water in our lakes.

So you'll find good fishing on Duke Power's lakes. Some of the best, in fact, is near our stations. And our scientists—like Bill Adair—are working closely with governmental and independent scientists to keep it that way.

It's just one of the many things we're doing to make this a better place to live.

