

TRANSYLVANIA'S MENTAL HEALTH PROGRAM

By - Dr. Joanna Byers
Consulting Psychologist

Talking: To - At - Or With

In my work with young people I hear them say: "You can't talk to my parents." When I am with parents I hear them say, "We've talked to her and talked to her, but it does no good." When married couples are having problems they say "I can't talk to him (or her)." All of these people are saying they cannot communicate with one another.

Today I'd like to have you look at the pre-positions that go after the word talk. Talking to someone usually means lecturing them or giving information. Talking at someone means one person talking in the direction of another person but there is little evidence that the other person is listening. Talking with someone means that both parties are taking part, listening to what the other says and replying or presenting another idea. The first two kinds of talking go in a one way direction with minimal feed-back from the recipient. The last one goes in a two way direction, with feed-back from all participants and gives some basis for each person to try to understand what the other is saying.

As you are taking a look at yourself and others, take a look at how you talk. How many times are you talking to or at somebody, neither wanting nor expecting any reply? This kind of talking goes on all the time. We have jokes about it, cartoons are made about it and yet it still happens. Many times mothers will say to me, "Maybe I talk too much!" Usually they are right. They are talking to or at their children. When I ask how much do you talk WITH your children?" the answer comes back "But I talk TO them all the time!"

Too many times parents don't want any answer from their children. This is one of the things they call "back talk" or "sassing." Then when the children are big enough and have matured enough to ask questions or to talk with their parents the parents have become so accustomed to talking at or to the children they

Tax Information Booklet Available At Post Offices

A booklet that gives information on how to fill out Federal tax returns will be sold at both the Brevard and Pisgah Forest Offices Postmaster Charlie Patton announces today.

found for each entry on the return.

The 160-page booklet is now on sale and costs 75 cents a copy.

"Your Federal Income Tax" was written by the Internal Revenue Service and contains many examples to illustrate how the tax law applies to actual situations. A special feature of the booklet is the sample filled-in return, Form 1040 keyed to pages where explanations can be

"By selling this booklet at postal facilities in Brevard and Pisgah Forest, we are offering a convenient service to our customers," Postmaster Patton said.

"We are participating in a nationwide program to make the tax booklet available to the public in 15,000 postal facilities," he concluded.

are unable to listen and to talk with the young people.

In arguments or discussions all too often each person is so busy getting ready to say what he has to say next that he fails to hear what others are saying. At one meeting where this took place three men in a row had said approximately the same thing using different words. Each thought he was at odds with the other. When a fourth man stopped them and said "Please listen to what Tom said", and then what Sam said and then what John said, after they listened they all looked at each other in wonderment. Each was so caught up in what he had to say next that he had no idea that there was no argument, they were all in agreement. And then they were able to discuss what could be done about it.

So when we are talking let's try to determine whether we are really talking with people. Perhaps another way of saying this is: Are we really listening to what people are saying? Are we just waiting for silence, when we can say "um hum", or to put in our few words? If parents would listen to children and talk with them, and children would listen to parents, how much better their relationship could be. The same can be said for wives and husbands; co-workers; lodge members; church-goers; etc.

When you have your next contact with another person try to judge whether you are talking to him, at him, or with him. If you are talking with people your life is enriched and so is theirs.

Brevard High School News

From The Broadcaster

Merrill Recipient

Becky Merrill has been named BHS's Betty Cocker Homemaker of Tomorrow for 1972. She was chosen on the basis of her score on a written knowledge and attitude examination taken by senior girls on Dec. 7.

She will receive a specially designed award charm from General Mills, sponsor of the annual educational program. In addition, she is now eligible for state and national honors.

The State Homemaker of Tomorrow will be selected from all school winners and will be awarded a \$1,500 college scholarship. A scholarship of \$500 will go to the second-ranking girl in the state.

Becky has been a member of the DE DECA club during her junior and senior years. Also she is presently employed by Winn-Dixie.

"I was extremely surprised to win this award, but I feel honored," Becky said when asked her reaction to the award.

Honors Club Tutors Now

The National Honor Society is now sponsoring tutoring sessions after school on Wednesdays in Mrs. Lathrop's room. These tutoring sessions are designed to help students in all academic areas, not just math and sciences. All that is neces-

sary is for students to come by after school.

Introduction of new members in the National Honor Society is currently being processed by the teachers and guidance office, who determine who the new members will be, on the basis of their scholarship, leadership, character, and service. The induction ceremony will be held sometime next week.

Silversteen News Reported

By - Edith Hogsed

(Too Late Last Week)

SILVERSTEEN — Although the crowd was small at the Bake Sale the amount was gratifying. We would like to thank each one that attended the bake sale.

Sunday guest of Mr. and Mrs. Avery Hogsed was Judy Owen from Balsam Grove.

Guests of Mrs. Eliza Hogsed were Mr. and Mrs. A. C. Hogsed and family, Mr. and Mrs. Artellus Hogsed and family and Mr. and Mrs. Lesley Hogsed.

The total amount of money taken in was \$89.82. We hope everyone had a nice time. There has been a meeting set for Saturday, February 12th, at 7:00 o'clock in the evening. Everyone come and have a good time.

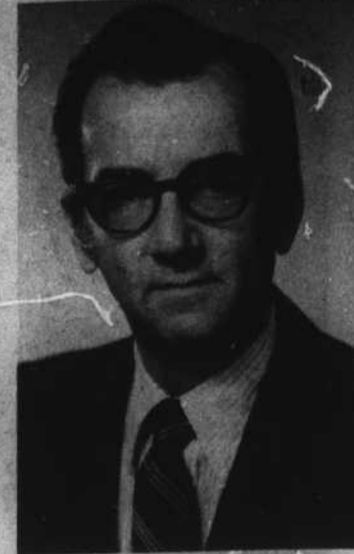
ALL PURPOSE 3-IN-ONE OIL Oils Everything Prevents Rust

REGULAR - OIL SPRAY - ELECTRIC MOTOR

Jack Huggins Is Promoted By Knitwear Division Of Hanes

Promotions for three members of the marketing department of Hanes Corporation's Knitwear Division were announced today by Thomas J. Biermann, Vice President - Sales and Marketing.

John W. Ketchum has been named Product Manager-Men's and Boys' Sportswear. Jack L. Huggins and Robert P. Moser have been appointed associate product managers in the men's and boys' product area. Mr. Huggins will be responsible for "Pro's Choice" and "Statesman" brands of lightweight underwear, "Red Label" women products, pajamas, heavyweight



JACK HUGGINS

NOTICE OF SERVICE OF PROCESS In The General Court Of Justice District Court Division State of North Carolina County of Transylvania MERCEDES M. HACKNEY, Plaintiff

- vs - CALVIN EARL HACKNEY, Defendant TO CALVIN EARL HACKNEY: Take notice that a pleading seeking relief against you has been filed in the office of the Clerk of the General Court of Justice of Transylvania County, North Carolina, the nature of relief sought being as follows:

To obtain an absolute divorce on the grounds of one (1) year separation.

You are required to make defense to such pleading not later than the 20th day of March, 1972, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This the 3rd day of February, 1972.

HAMLIN, POTTS & HUDSON, Attorneys for the Plaintiff By: S/Jack H. Potts 15 East Jordan Street, Brevard, N. C. 28712

2/3/72

underwear and special brands. Mr. Moser will be responsible for "Red Label" knits, "Undercolors" and other fashion underwear styles, and all private label brands.

Mr. Ketchum has been with Hanes Knitwear since May 1969, having been associated previously with Reynolds Metals Co. and Clinton E. Frank, Inc., advertising agency in Richmond, Va. He is a 1964 graduate of Marshall University and has done graduate work at Virginia Commonwealth University.

Mr. Huggins joined Hanes Knitwear in 1965 and has held a number of marketing management posts. He had previously been associated with Mason Athletic Company in Gastonia, N. C. He is a native of Brevard, and an Army veteran.

Mr. Moser was also associated with Mason Athletic Company prior to joining Hanes Knitwear's Marketing Department in 1968. He is a 1967 graduate of Wake Forest University and a native of Salisbury.

You could end up paying \$89.95 for a mattress this firm,

but it's only \$66.00* when you buy this Simmons Golden Value with cover by Oscar de la Renta



Sani-Seal* protected cover and extra heavy Comfortex cushioning against mildew, bacteria and odor.

Exclusive cover designed by world famous Oscar de la Renta.

Sturdy Sim-Guard edge keeps mattress edges firm, resists sagging.

Golden Value Super Firm

*Twin or Full Mattress or Boxspring Queen size set, \$179.95 King size set, \$259.95

Rayon satin cover quilted to felt and Polyurethane foam for long wear and surface comfort.

Exclusive Adjusto-Rest coils.

Golden Value Firm

Normal firm mattress with an exclusive rayon quilted cover. Extra heavy Comfortex cushioning for extra support and firmness. Sani-Seal protected cover and Comfortex cushioning.

\$55.00 Twin or Full Mattress or Boxspring Queen size set, \$195.95, King size set, \$229.95

Golden Value Luxury Firm

Luxurious firm mattress with an exclusive damask cover which is quilted to foam* and felt. Sani-Seal protected cover and Comfortex cushioning. Extra thick foam* upholstery for firm support and comfort. Sturdy Sim-Guard edges prevent sagging. *Polyurethane

\$77.00 Twin or Full Mattress or Boxspring Queen size set, \$199.95, King size set, \$289.95

Beautyrest mattresses, there's one right for you. Because everyone has a different idea of just how firm a mattress should be, we now make Beautyrest mattresses in four different firmnesses. Besides Normal Firm, there are three Back Care models: Extra Firm, Extra Firm Plus, and Super Firm. But because firmness alone can't support you properly, every Beautyrest is also flexible. Separate coils conform to your shape, so a Beautyrest can give you more support, more comfortably, than any other firm mattress. Come in and try all four Beautyrest firmnesses. The one you wind up on should be the firmness that makes you unwind the most. Beautyrest Supreme or Back Care I Mattress or Foundation

\$99.95 each (Twin or Double) Extra Long, Twin, \$249.95 set Queen size, \$269.95 set, King size, \$389.95 set Beautyrest prices start at \$89.95



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