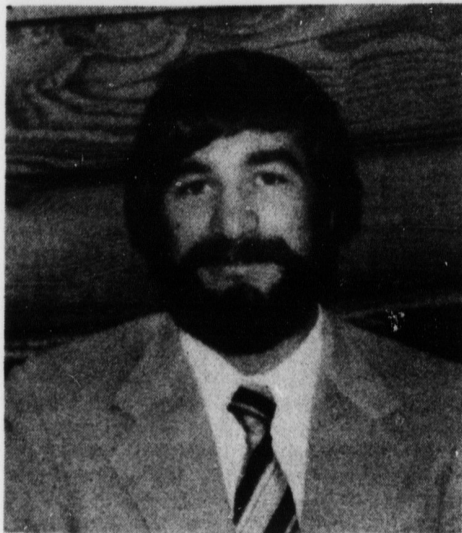


Dr. Campbell Speaks On Finding Happiness

This is the last of four articles in a series of interviews with Dr. Dan Campbell, school psychologist and mental health therapist. Today, Dr. Campbell speaks on "Finding Happiness."

FRANKS: Dan, we have spoken about autonomy, accountability, and the overall evils of television. Maybe we can finish up our time together by tying them all together. Can you summarize what we have said through these past weeks?

CAMPBELL: The idea that jumps to my mind, in summation, is a question I asked to one of my



DR. DAN CAMPBELL

Looking Up

By Tom Franks



groups of leaders in the junior high last year: Is helping better than hurting? Now, that seemed like a simple question, and nearly everyone said, "yes, of course". However, then I asked another question: Always? And the discussion flew. One young man said, "Sometimes, I hurt my dog by spanking him with a newspaper, but only to teach him not to do things that might hurt him, like running out into

traffic." And the ideal that many parents punish their children because they really want to help come out. With the idea that a mild spanking can actually be helping over the long run, we all agreed that helping is always better than hurting.

If that is true, does that mean that helping ourselves is better than hurting ourselves? Always? (This can be a very tricky question to cigarette smokers.)

Once we realize that we are children of God, and because of that we deserve wonderful things, we must look that the things we do for ourselves. We must learn to believe that we are capable of improving ourselves. We can be proud of who we are, and be proud of living up to our potential, no matter what we do or have.

Some of the things we do, help us in the long run, even if they hurt us in the short run. You can ask

any dieter about this.

FRANKS: How do we know whether the things we do today will help or hurt us in the long run?

CAMPBELL: That can only come through thinking about where we personally want (not wish, remember) to be in our long run. For example, a dieter who weighs 160 pounds and wants to weigh 140 can then feel proud when he denies himself of a hot fudge sundae, because then he knows he is helping himself instead of hurting. And this is where happiness enters into the picture.

FRANKS: How?

CAMPBELL: One day this year, I taught a class of seniors. I asked them about their future goals, and nearly all of them said they wanted to be happy. But you then come to the question, "How do I become happy?" And my reply, "by doing things that make sense when compared to your personal long-range goals, happiness will find you."

Another way to look at this is that by helping other people grow, you will soon realize that you are growing too. And this is exciting and possible. Anyone who wants to, can be happy. Do you?

FRANKS: We are grateful to Dr. Campbell for his wisdom and time for I feel this has been an experience. I would like to share with you a quote from Dr. Maxwell Maltz's book, "Thoughts To Live By" when he says, "there is a thought to live by: Be ashamed to die until you have won some goals for yourself and for others." Have a great week!

For Every Thing A Season

"For everything there is a season," said the moody author of Ecclesiastes, going on to specify among other things "a time to pluck up that which is planted."

No gardener, whether amateur or professional, can quibble with that.

But, on a summertime June day when the temperatures are soaring most gardeners can ask why, at this particular time, do the seasons conspicuously overlap. This is the time to plant and tend a garden but it is also the time to pluck up the weeds which plan themselves. This is also the time to cut the grass which is growing like mad on the lawn, in the orchard, beside the path and in the lesser tended parts of the garden itself. This is the time to trim the hedges, which were so neat two weeks ago, and the time to hoe and spray and dust.

Why has grass grown two inches overnight just now when it has all summer ahead. Certainly, there is an answer, simple and logical and based on the solid facts of botany. But, why does that not apply to beans, say, and corn. Besides, gardeners are not really seeking logical answers but playing for more time to get all the jobs done.

How true that for everything there is a season. And this seems to be it, the season for everything at once.

Because grazing cows produced more milk in June, "National Milk Month" was launched in



Lib Stewart

1937 to sell more dairy products. It has since become "June Dairy Month," a national celebration to remind consumers of the importance of dairy foods in the family diet.

This year's June Dairy Month theme is "The Magic of Milk." Cleveland County dairymen are joining in a national observance of June Dairy Month during the next few weeks

Overall, dairy production ranks fifth as an agricultural enterprise in North Carolina based on the sale of milk, providing a farm income almost \$200 million.

Milk production has come a long way since the days cows were milked by hand and the milk was carried to the kitchen in a wooden bucket. Today cows are milked twice a day with sanitary milking machines and the milk is pumped directly into refrigerated farm trucks.

We salute our friends and neighbors in dairying and applaud the "magic of milk."



GARY STEWART

Qualities Of Good Father

Sunday is Father's Day, a time when all of us should take time out to honor our fathers.

If we were to attempt to describe the perfect father, it would be an impossible task. But here are a few characteristics of a perfect father:

He's a provider. He gets out of bed early, and is careful not to awaken the children. After eight or more hours of hard, steady work at the plant, he makes a pit stop at the grocery store to buy milk and a loaf of bread for the wife, candy and other goodies for the young ones, comes home and works in the garden or does handyman chores around the house until dark.

He's a teacher and coach: While the mother assumes most of the responsibility of helping the youngsters with their schoolwork, it's the good father that teaches them to ride a bicycle. The child learns a lesson in determination when, after a fall, the father encourages him to get back on and try it again. The good father, even though he's tired, always has time to pass ball, or engage in a footrace, fly a kite, or take part in some type of game the child has dreamed up.

He's a pal. The best friend a boy has is his father. The good father is there to watch his son play. If his son is not a ballplayer, the father is always there to take him to watch someone else, or to support him in another activity. He takes him to the movies on

Saturday afternoon, or to the bowling alley, or helps him root for his favorite team on television.

He's a mechanic: He's forever being called upon to repair damaged bicycles and toys, and as the youngster grows into his teens, it's usually the father who keeps the kid's car in good running order.

He's a handyman: Plumber, electrician, janitor, painter, gardener...you name it, dad's it.

But, more than anything else, the good father is an example. He takes the child to church on Sunday, and carries the lesson through the other six days of the week. He speaks a clean language in front of the child. He does not drink nor does he allow any of his family to do it. If a beer bottle is ever seen on the premises, it has been thrown out of a passing car. He is honest, respects others, and is a good neighbor. He's always a giver, expecting nothing in return. Even as the child becomes an adult, he continues to benefit from his father's experience and wisdom.

A good father is one of God's greatest blessings. Those of us whose fathers are still with us should let him know how much we love him Sunday, and every other day. Those whose fathers have already gone on to a better place should cherish their memories and set dad's example for their own children.

"I'm IT At My House"

I heard a young woman say to an old woman "wonder why so many old women live in big old houses all by themselves. Looks like they could find something better to do with their lives. Sure does look like they'd find a small place, like an apartment to live, or better still, get others to come live with them."

The older woman laughed and then said rather sadly "Honey, I can hardly stand to live with myself, much less with anyone else."

I couldn't have said it better myself if I'd thought all day. There are many reasons that old women live in houses bigger than they actually need. The main one is it is Home to them. Here they are the big boss no matter how insignificant they appear when you see them away from their barracks.

Here's where their "things" are; they feel free to do as they please and when they please. They feel safe, to a degree. Nobody can "get them" here. This place is their's and they are going to stay there just as long as they can possibly manage it. So please try to understand. If you don't now you very may well some day.

The days when living by yourself seems just dandy are those when you are feeling good and when the weather is good and there are no major disasters on your premises. Believe it or not, there are many such days.

There are also those days when everything seems to go wrong. Then you really long for a kindred soul to share your misery with-imaginary or otherwise. Being sick is the worst. You can really hit a new low then-"misery loves company."

The first thing you have to realize, if you are forced to live by yourself whether by choice or otherwise, is that there are probably going to have to be some big changes made in your life.

You can either accept your lot in life with all the good grace and courage you can muster up and lead a rather good and happy life or you can be a sissy and whine a lot and make yourself and others miserable.

No matter how weak, complaining, dependent, dumb, awkward, or downright lazy, you've been in the past; you'd better shape up. There are literally hundreds of things you can do yourself you might have believed impossible before you tried. I know. I surprise myself ever so often doing something a ten year old child could probably do better, but I feel proud of myself. Doesn't hurt to pat yourself on the back ever once in a while, makes you willing, and feel able, to tackle the next thing that comes up.

Here are a few things I've found out that help old women living in big old houses. First try to see that your abode is as safe as possible both inside and from outside invaders.

Try to obey as many health rules as possible. We're all going to feel bad sometimes, but it's silly to count getting hurt any number of ways right in your own home.

Love your neighbors and try to make them love you. You never know when your very life may depend on them. I have been blessed everywhere I have ever lived with the very best anyone could ever hope for. There's no way I could ever tell so many of them how much love I have in my heart for the big and little things they have done for me.

Would you believe the man across the street from me puts my paper right outside my door on cold bad mornings. I would have to trudge out to the street to get it otherwise. It's things like this that make you realize how good and thoughtful most people are if we just realize it.



Television can be one of your best friends. I just don't see how lonely people got along without it. You can turn on a button and have friends to amuse you, inform you and generally keep you in touch.

I don't care how many people laugh and tease me for watching soap operas. I can think of a lot worse things I could be doing - like pestering them for instance.

We need contact with real live people as much as we can. We need to make ourselves, if need be, get up, get dressed, and get out.

There are people out there to share our thoughts and feelings with and we all need and crave love. We have to give love to get love. Our families and our churches are our best contacts.

Memories can be great or they can tear you apart. We can't help but remember so many times, so many places - mostly so many people.

If we can't best we get out and have new times and places and people to help form new memories.

It all sums up to what sounds conceited, **Learn to Like Yourself.** If you're it at your house make friends with yourself and have as much fun as you can while you can.

I feel good today! I learned a long time ago I couldn't, and wouldn't want to if I could, do or be all the things I might like or other people would like for me to be and do.

I also learned I couldn't afford to indulge in the pleasure of feeling sorry for myself anymore than was absolutely necessary. It's an indulgence no one can afford. I almost let it do me in at one low level in my life. I hope I never let that happen again.

Have a good day - I am, I hope.

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