

# Cassette Programs Offered

The Hoke County Public Library, a member of the Sandhill Regional Library System, is making available to its patrons a new service. Several audiocassette programs from the Listening Library of the Nightingale-Conant series have been purchased and may be borrowed for two weeks just like books. The recorded programs will be of interest not only to individuals but also to groups.

Dr. Wayne Dyer's "How to be a No-Limit Person" will probably be one of the most used cassettes. It is a fresh, dynamic, you-oriented approach to career and personal life, with psychological insights that help achieve and exceed most ambitious goals! The six audiocassettes have a progress guide included.

Earl Nightingale's "Lead the Field" was the first series of audio sessions specifically designed to help people set and achieve their goals, to utilize their time and talents to the utmost, to reach into that reservoir of energy and ability all folks have, but so seldom use as we can and should.

Dr. Joyce Brothers' six cassettes entitled "Success Is a State of Mind," are scientifically based, straight-forward and uncomplicated. Dr. Brothers, a noted psychologist, best-selling author, columnist, TV-radio commentator and business consultant, tells how to achieve more in less time, earn greater rewards in the process and enjoy greater happiness and self-satisfaction.

Also available in sets of six cassettes each are: "The Compleat Speaker" by Earl Nightingale; "New Concepts in Selling" by Harold Gash; "Winning Strategies

## Library News

in Selling" by Jack and Garry Kinder with Roger Stauback, and "Stone's six magic gateways to success."

**YOUTH CASSETTE PROGRAM**  
"Fly High" is an upbeat series to help 11 to 15 year olds build self-esteem, set goals, creatively solve problems, use the power of mind, handle peer pressure, etc.

### SINGLE CASSETTES

Several single cassettes from the Success Motivation Cassettes' "Listen and Succeed" library are also available from the library. They are: The Art of Public Speaking, The Art of Remembering, The Art of Creative Listening, Born To Win and How To Get Control of Your Time and Life.

Also available are five of Earl Nightingale's recent INSIGHTS. INSIGHTS (cassette & booklet), received monthly, is an exciting digest of action ideas for top achievers.

The above mentioned audiocassettes are located at the Hoke County Public Library. A cassette player also may be borrowed from the library.

This service is available through the Sandhill Regional Library System, of which the Hoke County library is a member.

### Adult Fact

Follett, Ken - On Wings Of Eagles, Graham, Don - Cowboys and Cadillacs, Henze, Paul - The Plot To Kill The Pope, Jewell, Geri - GERI, Kubler-Ross, Elisabeth - On Children and Death, Powers,

Ron - Supertube: the Rise of Television Sports.

### Adult Fiction

Dank, Gloria R. - The Forest of App, Janifer, Laurence - Reel, Knox, Bill - The Hanging Tree, Michener, James - Poland, Oliphant, Robert - A Trumpet For Jackie, Stewart, Mary - The Wicked Day, Ure, Jean - See You Thursday, Whitney, Phyllis A. - Rainsong.

### Children's Fact

Lavine, Sigmund - Wonders of Sheep

### Children's Fiction

Dubanevich, Arlene - Pigs In Hiding, Ernst, Lisa - Sam Johnson and The Blue Ribbon Quilt, Estes, Eleanor - The Moffat Museum, Haseley, Dennis - The Old Banjo, Jewell, Nancy - ABC Cat, Lunn, Janet - The Root Cellar, Rose, David - It Hardly Seems Like Halloween.



### New trustee on job

Phillip McMillan (left) is given the oath of office as a Trustee of Sandhills Community College. McMillan, an area businessman and former principal of Pinecrest High School, was appointed by the governor to

fill the vacancy created by the resignation of William E. Simmons. Administering the oath of office is notary public Inza Abernathy.

## Fowl Bones Are Deadly When Eaten By Pets

**Dear Doctor:** I can't possibly eat all of the Christmas leftovers I have, and I hate to throw anything out. Is it alright to feed Christmas leftovers to my pets?

**Answer:** If you are talking about small tidbits of turkey only, then yes. But bones are deadly. If your pet has had bones before and has not experienced any obstructive problems, consider the both of you lucky!

Bones splinter and can easily pierce the delicate intestinal tissue. Death is a very real possibility. The tempting aromas that smell

wonderful to us are appreciated even more by our keen-smelling dogs and cats. Do everything you can to dispose of leftovers and bones.

Your pet will be healthiest and happiest if given his regular food and extra affection during the holiday season.

Pet food companies spend millions of dollars in research to produce proper food for pets.

The best guideline you can follow is to not give pets your food any more than you would eat theirs.

### You And Your Pet

**Dear Doctor:** My eight-year-old poodle squints his eyes and they water a lot. He has an allergy and our veterinarian gives him shots, but I don't know if the squinting and allergy are related, or if the allergy shots are just not working. What do I do next?

**Answer:** Squinting indicates pain which can be due to many causes. These include retinal problems found in poodles, glaucoma, local irritants and associated inflammation. A veterinary ex-

amination is the only thing I can recommend here, other than to tell you that you and your dog may have to visit a specialist or two for all of your dogs problems before they become even more serious.

*Editor's Note: This column is provided as a service by the NORTH CAROLINA VETERINARY MEDICAL ASSOCIATION. Do you have a question about pet care? If so, send it to "YOU AND YOUR PET", P.O. Box 887, Smithfield, North Carolina 27577.*

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