

# MIRROR

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We've been convinced for more years than you can shake a stick at that Lena McCoy is one of the nicest New Bernians we've ever known. An unassuming soul, this gentle lady has no idea of the wholesome influence she has had on the Mirror's editor since his boyhood.

Our paths seldom cross, except for an occasional meeting in the Downtown business section, but each fleeting glimpse of her brings back memories of her kindness when the writer was a teen ager.

There are many people in your life and ours who have meant much to us, but how seldom we take time out to express appreciation. All of us, if we live long enough, let some of these folks go to their graves unaware of our lasting gratitude.

If you feel awkward and ill at ease when you try to reveal what's in your heart to these fellow mortals, you're in the same boat with the rest of us. Maybe if we did it oftener, referring to genuine gratitude not insincere flattery, the awkwardness would diminish and vanish.

No one with any degree of intelligence likes to be buttered up with undeserved praise, but all of us can stand a little thanking now and then. If you haven't been getting your share, just remember that others you ought to be grateful to aren't getting theirs either.

Perhaps while we're doing a bit of soul searching it is well to heed the advice of a wise man who once said:

Just for today I will try to live through this day only, and not tackle my whole life's problems at once. I can do something for 12 hours that would appall me if I felt I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will try to strengthen my mind. I will study, I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

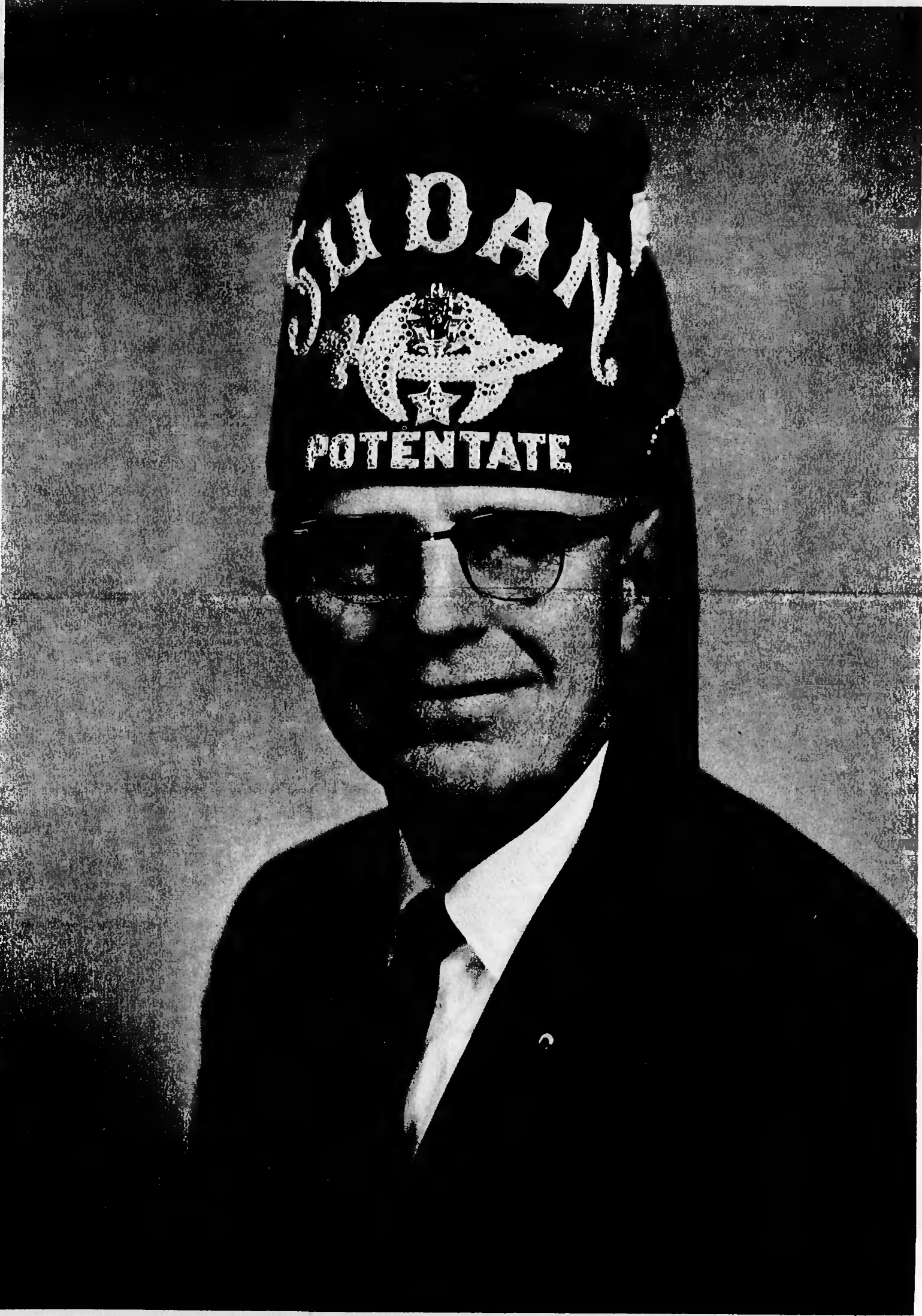
Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will exercise my soul in three ways; I will do somebody a good turn, and not get found out. I will do at least two things I don't want to do, just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but for today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests; hurry and indecision.

Just for today I will have a quiet half hour all by myself and relax. During this half hour, I will try to get a better per-



**NEW HAT**—Robert L. Sides of Rocky Mount, elevated to the office of Potentate this week at Sudan Temple's annual Winter Ceremonial here, is seen wearing the coveted fez that attests to his high position. He succeeds Arthur T. Moore of Fayetteville, a former New Bernian, who served during the past Shrine year. Local citizens look forward to the Ceremonials, with their colorful parades and conspicuously attired Nobles, although the gatherings have

ceased to be unusual. Sudan is one of two Shrine Temples that North Carolina can lay claim to. The other Temple, Oasis, is located in Charlotte. Sudan, with its thousands of members throughout the eastern half of the State, is famed for its tireless work in support of Shrine Hospitals. Children of every race, color and creed who have physical defects are restored to health in these institutions of healing.