

YOUR MIND

THE IMPORTANCE OF RELAXATION

By WILLIAM THORPE



Place The Right Valuation Upon The Things In Life

While talking with a group of people last week, a question came up. One of them wanted to know: "Where is all the money now?" Some-one answered by saying: "The president carried one third to China, one third to Russia, and the other third is taken up in high costs of living and excess taxes."

He said it in a jokingly way, but it does seem like something has taken place. Everybody's trying to get hold to the dollar, which almost vanishes as soon as it gets in our hands.

We all probably have heard the old saying: "Easy come, easy go; But according to wages and the costs of modern day living, we could now state it as: "Harder to come, easier to go."

Consequently, most all of us have some kind of financial problem. If there is real poverty, then the concern for money makes all other problems secondary. To keep our conscience and mind clear, we must check up on all conditions and circumstances that creates strong emotional disturbances.

As time moves on during this year, we are still having our courage and faith sometimes severely tested. Some people may feel that they have failed in their duties as parents or mates, and that the future holds very little promise of health, happiness, or financial relief for them. Many others may be wondering and worrying whether there is any real way out of the difficulties that surround twem.

To my knowledge, nothing can be denied us if we want to.

over-come obstacles or attract certain things of value or conditions earnestly enough, and are willing to put forth the effort to attain it.

Therefore, before making preparations for the second half of this year, it is necessary to clear our minds of the destructive thoughts and impressions that are stored there by repeating the following thoughts to ourselves that: "I am not going to let past mistakes or failures influence my future. Just because I have failed before is no reason for me to fail again; and if I do fail, I'm still gaining knowledge each time on how to avoid those mistakes the next time. Also I'm going to keep striving towards perfection, and conserve my physical mental and moral forces that they may be directed for personal and public benefit.

To the end, after clearing our mind and conscience, and making preparations for a brighter future; we know that it takes money to live, but our health is just as important because it is our main source of life that is required to bring us happiness, joy, and all resources that money can produce. But we can still be satisfied until we learn to discipline our mind with real knowledge of ourselves, to place the right valuation upon the things in life, and also by remembering that we are not in this world alone.

GRADUATION EXERCISE

The Oak Grove Day Care Center will present its annual graduation June 12, 1972 - 7:00 p.m. at the Oak Grove Free Will Baptist Church, 801 Colfax St.

Rev. Wm. A. Reeves, Director;
Rev. Z. D. Harris, Pastor

Woman's Day Held At Mount Gilead Church

The 20th Annual Woman's Day was held Sunday, May 28 at the Mount Gilead Baptist Church with two morning services. The speaker for the eight o'clock service was Mrs. Josephine Turner. Mrs. Turner, a member of Union Baptist Church Pastor's Aid Society, is a native of Durham. She is Worship Chairman of the Helping Hand Missionary Circle, Kyhoo-division of the YWCA, an active member of the Progressive Mother's Club and a board member of the Policy Advisory Committee of Operation Breakthrough. Her topic was "The Windows of the Soul."

The speaker for the eleven o'clock worship service was Mrs. Jeanne H. Lucas, director of youth and the junior choir of Mount Gilead Baptist Church. She is a graduate of North Carolina Central University and has done graduate work at UNC in Chapel Hill and Virginia State University.

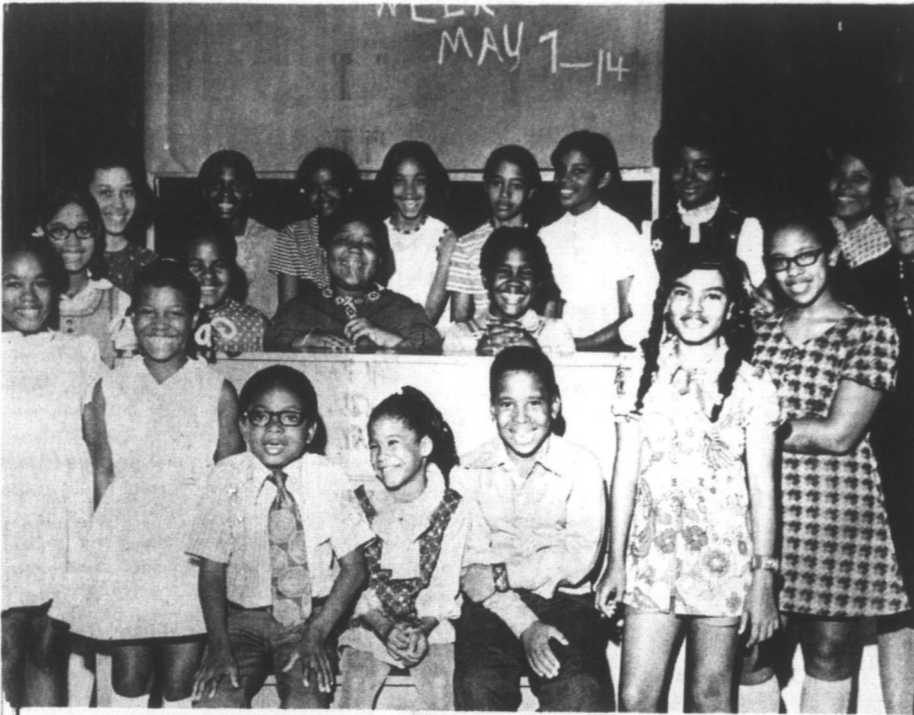
Mrs. Lucas is a spanish teacher at Hillside High School and chairman of the Modern Foreign Language Department. She holds professional memberships in NEA, NCAE, and DCAE. She was nominated most outstanding young educator at Hillside School for three consecutive years. Mrs. Lucas' topic was "Beauty of it All."

Mrs. Jacqueline Brown is chairman and Mrs. Jessie Tucker, co-chairman for the Woman's Day Observance. Dr. A. D. Moseley is pastor of the Mount Gilead Baptist Church.

NOTICE

The monthly program of the Durham Interdenominational Ushers Union will be held at the Northside Baptist Church on Sunday June 11, at 8:15 p.m.

The theme for this Men's



THE DURHAM CHAPTER of Links, Inc. presented Link Barbara Cooke and her piano students in a recital at C. C. Spaulding Elementary School during the closing days of the school year.

This recital was one of their activities during the year under their Services to Youth Program.

Students participating in the recital are from left to right: Front row: Anita Robinson, Valerie Kennedy, Aaron Gilchrist, Alma Toole, Leonza Lynch, Gina Tolbert. Second row: Veronica Porter,

Day observance will be "Striving Toward Greater Growth." Music will be furnished by the St. John Baptist Church Male Choir. Speaker for the occasion will be Preston Kennedy of White Rock Baptist Church, with closing remarks being given by Osofo L. H. McDonald, minister of Northside Baptist Church.

Clyde Moore, Jr. is president and Burch Coley serves as program chairman.

The public is cordially invited to attend this inspirational service.

Today, Greg Morris works hard to help others to achieve a measure of success.

Regina Satterfield, Lucille McIntosh, Claire Sanders, Loretta Lynch, (Mrs. Cooke); Third row: Oveta McIntosh, Ansel

Austin, Laura Malone, Lisa Piersawl, Wini Watts, Jodie Clement, Carla Johnson and Sadie Smith.

The Deadline for news and pictures to appear

in The Carolina Times on Saturday of the current

week is Tuesday, 10:00 a.m. Material reaching this

newspaper after the deadline will absolutely not

be accepted. If material is not perishable, it will

appear in the next edition.

NOTICE OF REAL PROPERTY SALE

This property located at 2310 Lindmont Street, Durham County, North Carolina will be sold on the Court House Steps on the 5th day of June 1972.

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VOTE FOR POP FATHER'S DAY JUNE 18

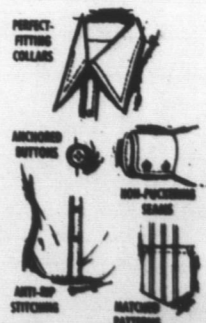
Win Pop a sport Coat, a pr. of shoes or a dress shirt by registering his name in ballot boxes in the men's depts. Drawing will be Sat., June 17.

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the NEW Knit Dress Shirts by Arrow

You know those days when you wish you didn't have to dress up at all? Well, Arrow has a new kind of shirt that gives you all the cool-to-the-touch comfort of a casual shirt during business hours. It's a knit shirt, the kind you love to relax in, designed with the touch of elegance you must have for working days. You've really got to touch them yourself to appreciate the softness. And the fine workmanship—which has made Arrow the #1 selling shirt in the country. Come in today and ask to see Arrow's dress-up knits. They're no-iron, of course. \$12.00

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E78-14	WW	24.98
E78-14	BW	21.98
F78-14	BW	23.15
F78-15	WW	26.19
G78-15	WW	28.41

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PT 107

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ATTENTION: CCF's Service Station will be open Friday, June 9 until 9:00 p.m. and on Saturday, June 10 until 6:00 p.m.

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