



Mrs. Martha Mitchell is talking with Ms. Anne Miller, Presbyterian inpatient surgery supervisor, at Mrs. Mitchell's recent retirement party.

Retiree Martha Mitchell Knows Secret To Survival

Survival is the name of the game, whether working in Africa during World War II or serving as Presbyterian 11 p.m. - 7 a.m. night nursing supervisor. Martha Mitchell, retired assistant director of nursing, had both experiences, and she has found the secret to success.

"I'm a hopeless optimist. I always figure you're going to survive; you just have to do the best you can. When things look grim, you assess the fact that you did the best you could, and then you laugh at the fact that you made a boo-boo," says Mrs. Mitchell, who retired recently after 17 years of service.

"Mrs. Mitchell's sense of humor and ability to laugh made working with her a

Trout Lilies Loveliest Of Early Flowers

N.C. Botanical Garden Special To The Post

One of the loveliest of our early wild flowers is easy to miss.

There may still be traces of snow on the ground, and you aren't really thinking of spring wild flowers, but a close look in the moist woodlands may surprise you.

The trout lilies may be there, spread like a yellow carpet through the winter's underbrush. They're only about six inches tall, perhaps explaining why they don't suffer when a late spring night dips below freezing.

The leaves are blade-shaped with speckled brown spots, resembling the brown trout's skin. This plant, *Erythronium americanum*, has other common names: dog-tooth violet and adder's tongue, also descriptive of its appearance.

Each plant has a single stem and a single nodding, bell-shaped flower. The yellow petals curve back to show the reddish, pollen-bearing stamens.

Since this is about the first of the spring ephemerals - the flowers that come and go quickly - the pollinators of the season are eager to begin their work. The honeybee seems to start its busy pollination schedule with trout lilies. A green-bodied bee, much smaller than the honeybee, crawls among the stamens and comes up covered with the reddish pollen, while small black ants also are doing their part in pollinating the trout lily.

Gardeners interested in this plant should be aware that growing it from seeds is a slow process. It may take as long as eight years for seedlings to mature to blooming size.

Nursery-grown bulbs are apt to be more successful. Since the plants go dormant right after blooming, wild flower gardeners often interplant other species that don't lose their leaves right away for a better appearance.

Trout lilies like light, open shade and can tolerate heavy soil.

The trout lily is pretty, maybe especially so since it is among the first flowers of spring.

special treat," says Nancy Snapp, senior vice-president and director of nursing.

"She would retell things that happened during the night, which would make a hectic night seem fun. We are surely going to miss her," Mrs. Snapp says.

It takes a special effort to learn how to laugh, but Mrs. Mitchell credits her experiences in Africa during World War II with teaching her that valuable lesson.

"I was a volunteer nurse in a medical unit from Charlotte, and we set up our hospital in a wheat field in Africa on November 8. We had winds that blew our tents down, and around the first of December, it started to rain. It must have rained for 40 days and 40 nights.

"After that, the dry season came, and it was so very hot. Sleep was virtually impossible. We had good times and hard times, but I couldn't complain because everyone was going through what I was. That's where I got my survival attitude," says Mrs. Mitchell.

chell.

Besides learning to survive, Mrs. Mitchell posed for a portrait that appeared on the cover of the December 27, 1943, issue of "Life" magazine.

"The Army was between pushes, and I was outside my tent when a doctor asked me if I wanted to pose. I said sure. The artist sketched the portrait and then painted it back in the states.

"I didn't even know it was on the cover of the magazine until I came home in February, 1944, and noticed that my mother had bought up all the copies," Mrs. Mitchell says. "It was something that just happened. It wasn't because I deserved special recognition."

Almost 40 years later, Mrs. Mitchell's co-workers thought she deserved special recognition and recently honored her with a retirement party. The nursing staff gave Mrs. Mitchell a string of pearls, and the grateful laughter of a woman who knew how to survive was heard around the room.

Mrs. Elizabeth Dargan Is Founder's Day Speaker

By Lori Grier
Post Staff Writer

Mrs. Elizabeth Dargan, soror of the Alpha Lambda Omega Chapter and principal of Billingsville Elementary School, was recently the Founders Day speaker for the Eta Alpha Chapter of Alpha Kappa Alpha Sorority, Rock Hill, S.C. Her charge to the chapter on their momentous occasion was "Facets of Dynamic Power, a key element in the sorority's national vein for continuous productivity.



Mrs. Elizabeth Dargan, CMS principal of diversified resources that have been united to impact the quality of life and improve the status of the race.

insights to improve the status of the race, and then translate these insights into power."

According to Dargan, if we as a people perceive we have power, we do, and if we do not perceive we have power, we do not. "The importance of self-image is one facet that cannot be overstated. The image of power must be projected before it can be discerned by others. Power is abundant, comes from many sources, has many forms and the wise organization builds as large a stockpile as possible. The key to successful use of power is understanding its limits in a given situation, combined with a willingness to take calculated risks."

Finally, Dargan emphasized that power corresponds to the human ability not just to act but to act in concert. "Alpha Kappa Alpha's thrust for power must be the common goal sought by every segment of the membership and each component of the

structure (soror, chapter, religion, directorate, national committees and staff). It calls for another facet of power that is most important—total commitment. A commitment that will impel each of us to pool our individual resources in order to form a collective group that sees itself and is seen by others as a symbol of power. We need to create a positive and forceful image internally as well as externally," challenged Mrs. Elizabeth Dargan.

**COUNSELING
CONSULTATION
TRAINING**

Marriage & Family Counseling
Consultation, Staff Development and
Training for Business and
Human Services Agencies

Ricks Resources

Carole B. Ricks, A.C.S.W.
909 East Boulevard, Suite 5
(between Dilworth Rd. W. and Park Rd.)
9 a.m. - 5 p.m. (also by appt.) 333-0140

According to Dargan, we have come a long way. When she thinks of our being in this place at this time, she thinks of the man whose house was on fire. Frantic, he picked up the telephone, dialed the fire department and said, "Hurry, come quickly, my house is on fire." The dispatcher asked, "Where do you live?" The man quickly replied, "422 Clarkson, you know, in the black community just before you reach the shopping district." Noticeable cooler, the dispatcher said, "I'm afraid we don't know how to get there." Exasperated and watching his home go up in smoke, the man asked, "Have you still got that red fire truck?" "Of course," said the dispatcher. "Well, come in that."

She told the sorors that they are on fire with ideas, goals, burning issues, desires and dreams, but there's always a dispatcher who throws you a curve unless you are quick to rebound and beat him at his own game. "We know that in this game of life there are many foul balls and few homeruns, but that doesn't mean that we lay down the bat and sink into the dugout...it just means that those who stay on the team have to practice harder, take more swings at the ball and take full advantage of the opportunity when we get a hit," she explained.

IT PAYS TO ADVERTISE
IN THE CHARLOTTE POST

Call Today...
376-8436

Uniforms Etc.

4120 E. Indep. Blvd. Phone: 563-1968

INTRODUCING
New Lines Of
Usher Uniforms and
Choir Robes

- Prices Vary
- Measurements Guaranteed
- Samples Available
- Sales Rep. Available

Where Can I Find
Nina Ricci
**EYEGLASSES
And Sunglasses**
Plus A **FREE**
Bottle Of Nina Ricci
Perfume?

At....
Fashion Eyes

Your Uptown Vision Center

Two NCNB Plaza
376-3725

Hours: Mon.-Fri. 10 a.m. - 6 p.m.
Sat. 10 a.m. - 5 p.m.



Who do you miss who's 50 miles away?

Isn't that someone special who seems too close to call and too far to visit, really worth a surprise chat now and then? Well, remember with Southern Bell, 50 miles is only a short long distance call away.

In North Carolina, a 15-minute call this weekend within 50 miles, dialed direct without the operator, costs no more than \$2.34 till 5 p.m. Sunday.

At that rate, you can visit long and warm. And often.

Make a short long distance call today.

Southern Bell
A BELL SOUTH Company

Dial Station (1+) charges apply. These charges do not apply to person-to-person, coin, hotel-guest, calling card, collect calls, calls charged to another number, or to time and charge calls. For direct dial rates to Alaska and Hawaii, check your operator. Rates subject to change.

Family Fast Food Fixin's

The family could be backed up into the next room for second helpings when you make this pot pie! So quick 'n easy to make by following the recipe below. Made with BIRDS EYE® Mixed Vegetables with STOVE TOP® Stuffing Mix.

Easy Turkey Pot Pie

- 1 package (10 oz.) BIRDS EYE® Mixed Vegetables
- 1 can (8 oz.) small whole onions, drained (optional)
- 1 can (10-3/4 oz.) condensed cream of chicken or mushroom soup
- 2-1/2 cups diced cooked turkey or chicken
- 1 package (8 oz.) STOVE TOP® Chicken Flavor or Cornbread Stuffing Mix

Prepare vegetables as directed on package omitting the salt. Do not drain. Add onions, soup and turkey to vegetables and pour into 2-quart baking dish. Prepare stuffing mix as directed on package. Spoon over turkey mixture. Bake at 350° for 30 minutes. Makes 6 servings.