

Let's Chat

BY MABEL B. JORDAN
Columnist

SYMPHONY
Be content with small things means; to seek ease rather than luxury, refinement rather than fuss; to be worthy, to sthward, think quietly, faintly; to listen to stars and rds with open heart; to all cheerfully and to doll bravely; await ocons, hurry never; in ot words, to be caul—this is to be my syphony.

Sybil L. Wilson
PUSHING
ner or later the man wia pull bows to the man wia push.

Anonymous

WORDS
is always well to know wh to say, but sometimes beer not to say it.

Anonymous
any a man's tongue shkes out his master's unoin.

Shakespeare
live most important wods: "I am proud of you." For mos important wods: "What is your opinion?" Three most important wods: "If you please." Two most important wods: "Thank you." Least important word: "I."

Anonymous

STRENGTH
It takes struggle in life to make strength. It takes fight for principles to make fortitude. It takes crises to give courage, suffering to make sympathy, pain to make patience. It takes a singleness of purpose to reach an objective.

Prochnow

CHANCES
Many a man who takes a chance wishes he could put it back.

Anonymous

PERSEVERANCE
Success is failure turned inside out, the silver tint of clouds of doubt; and you never can tell how close you are; it may be near when it seems far. So stick to the fight when you are hardest hit.

George Douglas

A successful human being is one who is well adjusted within himself and with the world. Such a person seldom experiences undue anxiety.

Edward Podolsky

HABITS
Every great advance by man has been the result of a break with tradition.

Bernard Haldone
Habits become a part of our "personal" traditions through repetition. By repetition you can change

your negative habits to positive habits. Change your pose, create good habits through repetition. You must feed your mind even as you feed your body with nourishing, wholesome food. Your mind must be fed nourishing, wholesome thoughts. The secret of better life is to cast out those old dead, unhealthy thoughts.

Dr. Norman V. Peale
ACQUAINTANCE
If a man dos not make new acquaintances as he advances through life, he will soon find himself left alone. A man should keep his friendship in constant repair.

Samuel Johnson
If you had to live with someone just like you are for the rest of your life, would you look forward to it as a wonderful opportunity and privilege?

Herbert V. Prochnow
Hats off to the man who is a little better than his word, a little more liberal than his promise, a little larger in deeds than he is in speech.

The Pepper Box

SOFT PILLOWS
It is well said ignorance and indifference are two soft pillows.

Stanley Link

LOVE
It is well said he who finds not love finds nothing.

Stanley Link
So long as we love, we serve; so long as we are loved by others, I should say that we are almost indispensable, and no man is useless while he has a friend.

Robert L. Stevenson

PRINCIPLES
Principles have no real force, except when one is well-fed.

Mark Twain
It is easier to fight for one's principles than to live up to them.

Alfred Adler

LIFE HAS TAUGHT ME
Life has taught me to expect nothing but she has taught me not to expect success to be the inevitable result of my endeavors.

Alan Paton

HAPPINESS
Happiness hinges on the capacity to believe. The happiest people are those who have mastered the art of faith. They draw constantly on this inner source of strength, for they have acquired and hold in their minds an abiding faith in their own destiny. To find the way to real happiness.

Dr. Norman V. Peale

Nature Study Trips Planned For Spring

Five nature study field trips will be offered this spring by the North Carolina State Museum of Natural History. All are open to the public, and the museum is now taking registration.

Three all-day family fossil-hunting trips to the Texasgulf mine at Aurora are scheduled for March 24, April 14 and May 5. A fee of \$15 a person includes transportation, to be provided by the museum, to Aurora.

The minimum age for participants on this trip is 12. However, Texasgulf is revising its visitor rules, and these trips may offer the last opportunity for persons under 18 years of age to hunt for fossils at the Aurora mine.

According to Jesse Perry of the museum education staff, "Most people find more fossils, such as shark teeth, whale teeth, and extinct seashells, than they can carry home." Perry urges interested persons to register early as the fossil trips are popular and will fill up early.

On April 19 a classroom session will prepare participants for a field trip on April 21 to the Sandhills to study its unique combination of plants, animals and topography. Cost for both sessions is \$15, with transportation to the field site provided by the museum.

The Nature Conservancy's Green Swamp preserve in southeastern North

Carolina, site of an all-day trip on April 28, will offer study of carnivorous plants and the pocosin habitats typical of this area. A fee of \$8 will be charged, and participants will be responsible for their own food and transportation.

A weekend trip May 12-13 to two bird breeding rookeries on the coast will be guided by Mark Shields, warden for Battery Island, an Audubon preserve. The group will see large numbers of herons, egrets, and white ibises and have an opportunity to photograph the nests, eggs and young of these birds. Participants must provide their own transportation and lodging. The fee for this trip is \$25 a person.

A camping and canoeing trip will be offered May 18-20 to explore Merchants Millpond and the adjoining state park. Museum staff will join Cecil Frost, former ranger, to guide the group in exploring such special features as beaver dams and lodges, virgin bald-cypress trees six feet in diameter, and one of the most diverse aquatic floras in the state. A charge of \$36 a person includes canoe rental and camping fees.

To obtain an application for registration or further information, write to Education Secretary or Jesse Perry, P.O. Box 27647, Raleigh, N.C. 27611; or call the education office at 733-7450.



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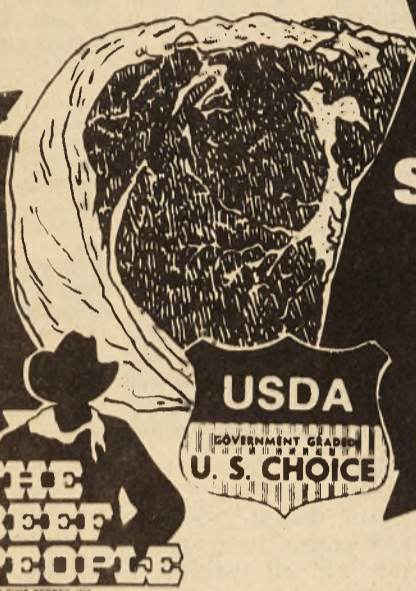
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