

Conference speaker head of Texas seminary

A Texas theologian and author will be the guest speaker at the annual fall conference of Midland's Knox Presbyterian Church this month.

Dr. John Walvoord, president of the Dallas Theological Seminary in Texas, will give an address the weekend of Oct. 17-19.

Robert Little says Dr. Walvoord's excellent teaching record is matched by both his pulpit ministry, and by his output as a writer and author.

In the last 25 years Dr. Walvoord has written extensively on Biblical subjects, concentrating on the Second Coming of Jesus Christ.

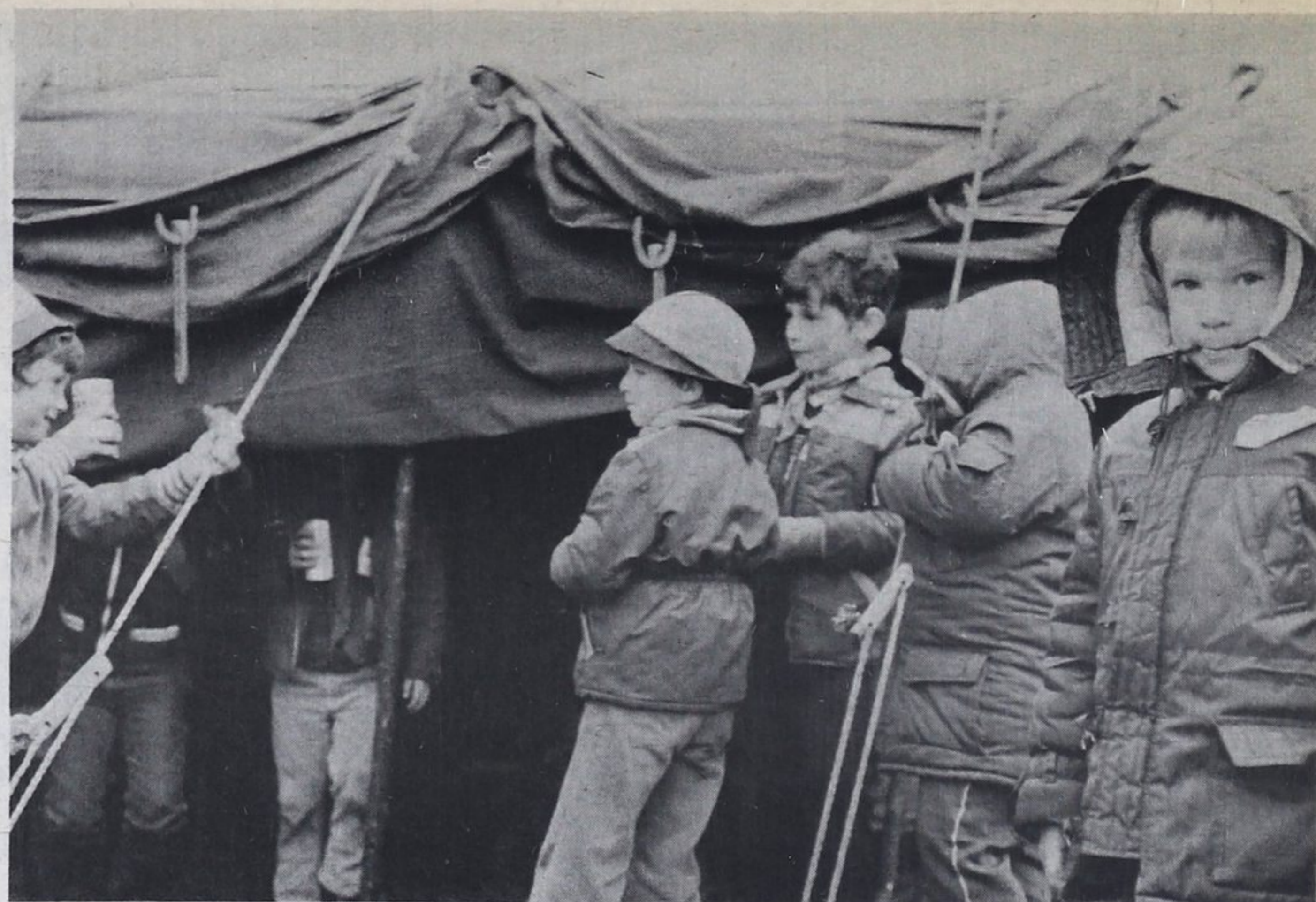
He has not neglected,

says Rev. Little, to relate the strong prophecies of Daniel and of the Book of Revelations to the present day.

"This is of great interest in our days, since much of our interest is focused on the Middle East, the oil crisis, and the political upheavals in this ancient part of the world," Rev. Little says.

Dr. Walvoord has traveled in Europe, the Middle East, Egypt, the Central and South Americas, and Australia and New Zealand.

Dr. Walvoord was a pastor in Fort Worth, Texas, for 17 years. He has been associated with the Dallas Seminary since 1935. He has been president and a professor of theology at the seminary from 1952 to the present.



Cold but happy?

A small group of Beavers, (the human kind), stand outside their activity tent situated in Awenda Park, Tiny Township. The youngsters from the Humber Seneca group were part of the Lakeland District Adventure to which over a thousand Beavers, Cubs,

and Scouts from many places in South Western Ontario journeyed over the weekend. Though the weather was cool, all those present seemed to be enjoying the weekends varied activities.

MSS may strive for one of 20 awards

Midland Secondary School Vice-principal Ken Woods expects the school will attempt to win one of the 20 \$1,000 cash awards Ministry of Health is offering in a competition open to Ontario high schools.

Awards can be won by the secondary schools that do the most to promote nutrition on their premises.

Time for motivational 'pick me up'

CONTACT
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The month of September certainly got underway with a bang - everything suddenly moved into high gear and many of us were faced with meetings, decisions to be made as to what we were going to do and how to do it all.

This has happened to me at Contact - new programs to be arranged, applications and briefs to be prepared, Board meetings to attend and many more obligations my job involves me in.

I had to stop and think for a while how could I get it all done and how I could keep my heart in my work at the same time.

I wondered if I had lost my enthusiasm for things that once were challenging to me.

Perhaps I needed a motivational "pick me up" as we all do from time to time so I jotted down the following techniques that might revitalize my psyche.

1. Re-examine your purposes. Know why you are doing what you are doing.
2. Set challenging, yet attainable goals. The most motivating goals are those which can be attained about half of the time.
3. Give yourself a reward. Recognition from others is nice, but not always forthcoming. So reward yourself, perhaps with that piece of fishing equipment or new shoes you've been wanting.
4. Organize the details. Try making a list of tasks, in their order of importance, and scratch them off as you accomplish them.
5. Take a break. A leisurely cup of coffee, or a prolonged change in activity, can be effective breaks. Physical exercise is a refreshing change.
6. Solve problems. Look for ways you can save work, make things easier or discover new and improved ways of doing your work.
7. Use your strengths. First, list things, large and small, that you have done well. Second, look at your list and pick out common skills and abilities you have used. Third, analyze your job for ways you can use your unique strengths to greater advantage.
8. Accept the possibility of failure.
9. Invest in yourself. Personal growth requires that we spend time and energy exploring and learning new things.
10. Recognize that motivation is contagious. People who are excited about their life and their job excite others. Share your knowledge and skills, and communicate high expectations.

Since working with this guideline for sometime it has made my life not only at Contact but in my outside obligations, much easier and I thought many of you that read this column might like to try the same thing. It certainly has helped me.

My reward is not a piece of fishing equipment or a new pair of shoes, but instead I am leaving on holidays for three weeks.

Contact will be in the good hands of Mrs. Marion Reed and Mrs. Barbara Emerson until my return.

Happiness is helping people to help themselves.

Mary M. Gibson,
Administrator

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