

John F. Kennedy Democrats Meet Monday, Sept. 25

A meeting of the John F. Kennedy Unit of the Jefferson County Progressive Democrats Council is set for 7 p. m. Monday, Sept. 25 at the Mt. Hebron Baptist Church, 2416 17th St.

Arthur Reid, president of the unit said "some of the candidates will be present at the meeting." There are five candidates seeking the position of mayor and 25 running for the five seats open in the Oct. 10 city election.

Mr. Reid added that there will be a discussion of the candidates, including their records, connections, platforms, programs and their philosophy of municipal government.

Meantime, the weekly meeting of the Jefferson County Progressive Democratic Council, headed by Atty. Arthur D. Shores, is set for 7:30 Thursday night in the Masonic Temple Building. The JCPDC has organized a candidate screening and strategy committee which is headed by Emory O. Jackson, managing editor of the Birmingham World.

Four of the incumbents are seeking re-election to the City Council. Another is trying for the office of mayor. The incumbent mayor is seeking re-election.

Mr. Jackson said that he probably will conduct "Sessions with the Candidates" in the mayor's bracket.

Meantime Mr. Reid urged the general public to attend the JFK Unit meeting next Monday night. The Rev. J. W. Croom, Sr. is host pastor. Mrs. Sylvia Lee Morgan is secretary of the unit.

LIVING TODAY

By Arlie B. Davidson

Watch Your Moods!

MOODS ARE a vital part of your life. They may help to make you happy, joyful, fruitful. Or they may take the ting out of life and weaken the interest to do anything of much value.

Moods are often passing, temporary and largely on the surface of oneself.



DAVIDSON

Others become deep-seated and a reflection of one's real self. They may cause you to feel that life is good and all important; or they may keep you depressed, all out of sorts, and make you feel that life has no meaning for you.

What we call good moods give us the vim and will to enjoy life and give our best to it. Our bad moods suppress and keep us down on the lower levels of feeling. These create our heavy problems.

These bad moods, suggested by sullenness, crabbiness, glumness, sourness, growling, ill-temper, pouting, or feeling like a worm in the dust, usually have some cause. They may be related to bad health, fatigue, a sense of failure, criticism, loneliness, lack of friends, pessimism, loss of hope, or a general feeling that nobody cares.

When such bad moods begin to pull your life down in spirit, you need to stop and take stock. Learn to take the long view, accept things as they are without so much concern. Begin to do something well and take pride in it.