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Footprints in your heart

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This is a poem I received via email recently from my good friend Carl Barron. I thought it had great meaning and I wanted to pass it along to all of the Journal readers.

Many people will walk in and out of your life. But only true friends will leave footprints in your heart.

To handle yourself, use your head; to handle others, use your heart.

Anger is only one letter short of danger.

If someone betrays you once, it is his fault. If he betrays you twice, it is your fault.

Great minds discuss ideas; average minds discuss events; small minds discuss people.

He who loses money, loses much; He who loses a friend, loses much more; He who loses faith loses all.

Beautiful young people are accidents of nature, but beautiful old people are works of art.

Learn from the mistakes of others. You can't live long enough to make them all yourself.

Friends, you and meâ€"You brought another friendâ€"And then there were three. We started our groupâ€"Our circle of friendsâ€"There is no beginning or end.

Yesterday is history. Tomorrow is mystery. Today is a gift. That's why it's called the present.

By Eleanor Roosevelt.

I hope you all enjoyed this as much as I did. Cut it out and hang it on your bulletin board.

Good health to all.

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