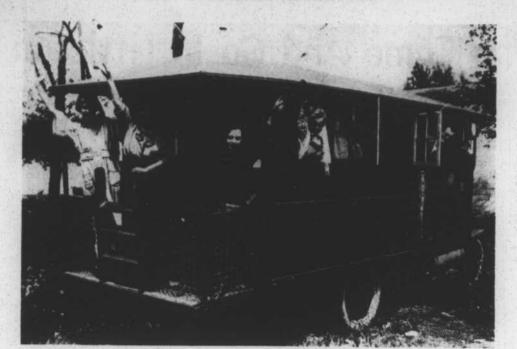
The Warren Record, Warrenton, North Carolina, Thursday, August 25, 1977 - Page 5



**ELABORATE** recreational vehicles are nothing new. These motor campers took all the comforts of home to the back roads in the early 1920s. Their "bungalow car"

was fitted with electric lights, indoor plumbing, and a combination bed-sitting room. Even the driver's seat could be converted into an upper and lower berth.

# Hot Weather Good **Time To Insulate**

year is the best time to install insulation in your home. The insulation can sharply

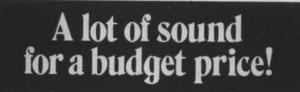
increase temperature control efficiency.

Caulking and weatherstripping doors and windows are measures that require a minimum of trouble and expenditure but can cut significantly the costs of operating heating and cooling equipment. Engineers estimate that the savings in energy costs may be as high as 10 per cent. Consider installing storm

windows and doors, if you don't already have them. These items are available for the do-it-yourselfer at widely varying costs. If you find the costs more than you can handle, consider using clear plastic film tightly taped to the inside of the window frames.

The cost of this simple but effective insulating measure might not run more along with county extension than \$5 or \$10 for the entire house. wide effort to inform

A "must" in these times of soaring energy costs and a Americans of ways to tight supply of some types of conserve energy in the fuels is attic and wall home, on the farm, at work insulation. Practically any and on the road.



The warm season of the home attic can be insulated with some type of material. no matter if it's an old dwelling or one of more recent vintage.

Heating costs could be reduced by an estimated 20 per cent by putting six inches of an approved insulating material in an uninsulated attic. The homeowner often can do this without having to pay a

professional. Eight to 12 inches of insulation in the attic will help even more than six, which is considered a practical minimum.

Insulating the walls of existing homes is more difficult and will probably require hiring professionals to do the job. But if you are building a new home, by all means consider installing a minimum of three inches of insulation in outside walls. North Carolina State Uni-

versity extension engineers

and housing specialists,

agents throughout the state,

are supporting the nation-

**Physical Fitness Boom Brings Back** The Jump Rope

> Jumping rope, once a children's game confined to playgrounds and sidewalks, has become fashionable. Nonsense rhymes of child-

hood have been replaced by wheezing gasps of exertion as Americans work to bring down their weight and build up their stamina by skipping rope, the National Geographic Society says.

Until the current physical fitness campaign, virtually the only adults with jump ropes were prizefighters, for whom the exercise is as traditional as a cauliflower

Everybody's Trying It Now it seems as though everyone from actresses and airline pilots to welders and truck drivers is hopping inside a whirling loop as jump ropes move from gyms to back yards and basements - wherever there's enough room to avoid snagging the furniture.

Trainers long have known that jumping rope regularly can increase a boxer's endurance. Today, basketball stars, tennis players, and other athletes are taking up the activity to keep in condition.

Jumping rope is touted as a way to improve coordination, burn off some excess calories, replace fat with muscle, and strengthen the cardiovascular system. But doctors warn it can put undue stress upon the heart if overdone.

It also can cause aching shins, sore joints, and hackaches\_unless

# Nancy Anderson Pays Tribute **To Life Of Elvis Presley**

The following are quotes from Nancy Anderson's reminiscences in a tribute to Elvis Presley published by Photoplay Magazine.

'He was born in a little 'shot gun' house in East Tupelo, Missouri...one room wide ... if you shot a bullet through the front door it would go out the back without hitting a thing.

-"He began singing and moving at church services ... in the fifth grade, his teacher encouraged him to sing at a fair .... it was his first hit.'

-"Throughout his life, his blood coursed to the beat of revival hymns he heard as a toddler. After he was established at the Bel Aire in Hollywood, he complained, 'I can't go to church here because people won't leave me alone. So I turn on the radio and listen to the gospel music.'

- "After the family moved from East Tupelo to Memphis, they lived in a public housing project. Elvis recalled this period: 'I found out I was being invited to parties so that others could laugh at me.' He was in Junior High School at the time."

-"He memorized Douglas Mac-Arthur's 'Old Soldiers Never Die' speech. 'It was just something I wanted to remember,' Elvis said."

-"On the set of Kid Galahad, Elvis was musing: 'I remember one girl who dated a friend of mine and she was double-crossing him all the time. All the boys in school knew what she was like, that you couldn't trust her. But,

## Local Fans Join In Paying **Tribute To Singer**

Warren Countians joined the millions of Elvis Presley fans across the country in bombarding stores for any souvenier of "The King." recently obtained one.

N. M. Hilliard, manager of Roses' Store, said that all of his Elvis albums had been sold by Tuesday of this week but that a new shipment should arrive on Friday.

Tenant House Is

**Destroyed By Fire** 

An unoccupied tenant house, the property of John Coleman of Warrenton and located near Macon, was completely destroyed by fire on Tuesday night of last week

The Warrenton Rural Fire Department dispatched four men and a pumper in response to a 7:45 p.m. call from the Macon Company which had a pumper and tanker at the scene.

(Continued from page 1)

**Fireboats** 

even knowing that, I would have given anything-which wasn't much-to go out with her.' "

-"Elvis recalling his first love: First love is the most common thing in the world because it comes to everybody. But at the same time, it's the most uncommon. Each person thinks of his own as entirely different from all the rest. I was so miserable when mine was over, I didn't think I could stand it. .....Many years later, I phoned the girl.

She was still living in Memphis. Children were crying in the background. She didn't have much to say.' "

-"Money was tight at the Presleys. He recollected: 'We always had enough to eat. When I got a job as a theater usher, I used my first pay as a down payment on a shirt.' He was later fired for clowning around, but got a job working nights in a furniture factory."

"Before bad health and personal problems encapsulated him so completely that he could scarcely see the sun, and the days became black and frightening, Elvis was a warm, funny, outgoing man with so much inbred gallantry that a woman felt protected in his presence. .....he was a romantic who wanted to live in a world peopled by beautiful women and heroic men ..... And, despite his recent interest in the occult and cultish religions, he was, deep down a believer in the fundamental Christianity he embraced as a child at a Pentacostal church in Mississippi."



Minister's children watch as their father, the Rev. Dennis Levin, conducts service. They are, left to right, Dennis, Debra and Amy Levin.

## Homeowners Should Watch Out For Lacebug Outbreaks On Azaleas

There is plenty to do in the The Warren County Ligarden during these hot brary has checked out all days of mid-summer. If you the biographies on Elvis and can't recognize the tasks at the Norlina Library has hand, here are some suggestions from North Carolina State University Stores across the nation agricultural extension horti-

Lacebugs are sucking

have been having runs on culturists: Elvis memorabilia since the -Check for lacebugs on singing star's death on your azaleas, rhododen-August 16. drons, pyracanthas and Washington Hawthornes. If **Tobacco Prices** control is needed, malathion

The Warrenton Tobacco Market average was still climbing as sales ended on Monday. While concern over low prices was voiced in pre-season reports, the Warrenton market has continued on an upward

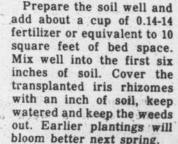
Monday's sales averaged

Warrenton Tobacco Board of Trade sales supervisor, said that the market is doing much better every week.

insects and cause leaves to turn dirty gray. The spray must strike the body of the nymphs and adults to be effective.

-Roses need continued attention to control insects and diseases. Spray every two weeks with a combination insecticide and fungicide. Malathion and Captan are good, if you want to mix your own. Prepared combinations are available at garden stores.

-Old fruiting canes from red and black raspberries should have been removed and burned by now. This reduces disease organisms. The new growth can be protected with a combination insecticide and fungi-



cide. Captan or Fermate

can be used for diseases and

Malathion for the insects.

Apply every two weeks, and

follow label directions pre-

iris anytime between mid-

July and early September.

This should be done every

three or four years, or more

often if desired.

-Lift and divide bearded

cisely.

"Elementary Needs"

may be used as a spray. Be sure to cover the undersides of the leaves. Most importantly, be extremely careful in handling malathion and all other pesticides. They should be used only as directed on the package label.

trend since it opened.

George Willis Shearin.

Show Increase

\$106 with 302,494 pounds being sold and \$319,862.78 given to farmers.



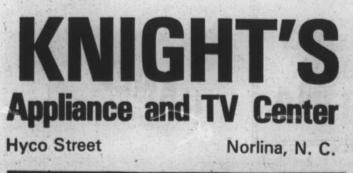
### FEATURING

- Allegro Series I Amplifier
- AM/FM Stereo FM Tuner
- Stereo Precision Record Changer



Features AM/FM/Stereo FM Tuner/Amplifier with AFC. Stereo Precision Record Changer. Shown with Zenith Allegro 1000 Speakers with tuned port for clear, rich, natural sound. Simulated wood cabinet, grained Walnut finish.





jumper wears soft-soled shoes; bends the knees and jumps just high enough to clear the rope.

longer suffices.

leather.

escort.

said. "That is not true. We have nothing against you. Fans, however, insist that a 10-minute workout with a You take these fellows down here in the county working rope is equal to half an hour of jogging. And, said one: for a living, growing tobacco "You don't have to go out in and peanuts, they pay the rain and dodge traffic." seasonal rates for their Adherents cite other adbarns and drying bins. So vantages to jumping rope: seasonal rates do apply to It can be done in private, others than you. requires little space and

"I can.assure you that we even less cash outlay, and is will give your request every portable. The director of a consideration," possible health club in Los Angeles Cox added. "But as it stands notes that "the jump rope fits easily in a suitcase." now, unless you are full time residents you will pay the **Models Getting Fancier** higher rate." But as jumping rope has

become popular, manufac-The REA regulations turers have rushed into the state that a permanent market with fancier ropes. residence is the place where A purloined length of the person spends more than clothesline or a piece of No. nine months per year. Cox told the residents if they feel 10 window sash cord no they qualify for the perman-Instead, jump ropes come ent resident status they with wood or plastic handles, some with roller must sign a form attesting to the fact and their case bearings, and at least one will be considered again. with a digital counter. The

"They want to divide and rope itself may be three-ply conquer us," Thomas chargcotton, nylon or other ed.,"They would have been synthetic yarns, or even glad to sign me up and shut For faster turning, one me up.

firm makes jump ropes in loops like a pliable chain to "It's none of their business how many days we stay reduce wind resistance. The there, it's electricity they ropes also are available in are selling.'

bright hues and colorful Thomas said that the stripes, but these can sometimes be hazardous. members of his group from Virginia are especially An American visitor to Northern Ireland a few eager to press forward, but that they had tentatively years ago reached for her agreed to wait until the jump rope only to have it jammed back into her board responds to their. handbag by her alarmed latest request.

"We hope to get them to "Do you want to get us killed?" he asked. Pointing treat us as equals, to to its red, white, and blue eliminate the surcharge," he said. "But we will pattern, he warned: "People will think you're asking continue to take whatever their children to jump to the colors of the British flag." steps are necessary to see this thing through."

### Stith Recuperating

In Capital City

Don Stith, employee of The Warren Record, is recuperating from a collapsed lung at the home of his aunt in Washington, D. C., after undergoing surgery at Veterans Hospital.

Stith was allegedly stabbed early last Friday morning in a fight between his estranged wife and a girl friend as he stepped between them. Stith said while in the hospital that he did not know which woman inflicted the scissor stab that caused the collapsed lung.

First taken to Maria Parham Hospital in Henderson, he was transferred to Veterans Hospital from which he was discharged Monday. He will require further bed rest.

No charges have been preferred and no arrests have been made.

### Chamber To Meet

Directors of the Warren County Chamber of Commerce are scheduled to meet today (Thursday) at 7:30 a. m. at The Carriage House in Warrenton for their monthly breakfast session.

### No Indication

Price doesn't indicate how good a particular food is for you. Steak is steak and just great. But other cuts such as chuck or round provide the same good value at a more economical price.



See them at **LEVI'S CORRAL** in

Henderson

oth-Stewart

Downtown,