

## Area Deaths And Funerals

### RUSSELL H. MUNN

Funeral services for Russell Horace Munn, 59, of Warrenton were conducted at 2:30 p. m. Saturday from Sulphur Springs Baptist Church at Elberon by the Rev. Julian Mills and the Rev. Dolan Humphries. Burial was in the Wise cemetery.

Mr. Munn, owner and operator of Exxon Service Station in Warrenton, died Thursday at Warren General Hospital after a brief illness. The son of the late Howard F. and Myrtle Hawks Munn, he was a naval veteran of World War II.

He is survived by his widow, Mrs. Gracie Bledsoe Munn; two daughters, Mrs. Gloria Edmonds of Warrenton and Mrs. Patricia Edmonds of Zebulon; two sons, David Earl Munn and Jerry Wayne Abbott, both of Warrenton; a brother, Eugene Munn of Warrenton; five sisters, Mrs. Louise Manning of Vaughan, Mrs. Bertha Moody of South Hill, Va., Mrs. Margaret Traylor of Colonial Heights, Va., Mrs. Janet Jones of Richmond, Va., and Mrs. Helen Capps of Warrenton; and five grandchildren.

Active pallbearers were Charlie Bowen, Gene Hudgins, John Riggan, J. D. Brown, Dick Riddle and Ed Moss.

Honorary pallbearers were A. K. Mustian, Robert Stegall, Clement Choplin, Pat Pinnell, Bill Neal and Melvin Abbott.

### HENRY GLASGOW

Funeral services for Henry Lee Glasgow, 63, of Days Crossroads were held on Sunday at 2 p. m. from Branch Funeral Home Chapel in Roanoke Rapids by the Rev. Billy Ray Jordan. Burial was in Weldon Cedarwood Cemetery.

Mr. Glasgow, a retired driver for Bounds Oil Company and a member of Community Free Will Baptist Church, died Thursday night at Halifax Memorial Hospital at Roanoke Rapids.

He is survived by his widow, Mrs. Lois Whitehead Glasgow; a daughter, Susan E. Glasgow of Nashville; a son, Carlton Glasgow of Weldon; three sisters, Mildred G. Rose of Greensboro, Mrs. Carra G. Johnston of Littleton and Mrs. Sarah G. Stephens of Weldon; four brothers, Edgar Glasgow of Leesburg, Fla., Charles Glasgow of Enfield, Jack Glasgow of Roanoke Rapids and Robert (Pete) Glasgow of Weldon; and one grandson.

### JAMES SHAW

Funeral services for James Frank Shaw, 70, of Aurelian Springs were conducted Monday morning at 11 a. m. from Tabor United Methodist Church by the Rev. Bobby Smith. Burial was in the church cemetery.

Mr. Shaw, the brother of Mrs. Anna Thompson of Macon, died Saturday morning at Halifax Memorial Hospital in Roanoke Rapids.

Other survivors include his widow, Mrs. Myrtice Liles Shaw; two brothers, Charles Shaw of Weldon and Justice L. Shaw of Weldon; and three grandchildren.

### FRANK PARKS

Funeral services for Frank Washington Parks, 82, who died Tuesday, were conducted at 3 p. m. Friday from Calvary United Methodist Church. Burial was in Sunset Hills Cemetery.

He is survived by his widow, Mrs. Effie Jenkins Parks; two daughters, Mrs. Dorothy Ann Shearin of West Palm Beach, Fla., and Mrs. Iris Jean Smith of Waverly Hill, Ga.; a son, Frank Lewis "Sammy" Parks of Mars Hill; a sister, Mrs. Bertice Parks Perry of Littleton; eight grandchildren, and a great-grandchild.

### ROBERT L. GRISSOM

Funeral services for Robert Lee Grissom, 77, of 1732 Louisburg Road were conducted at 2 p. m. Saturday from Fuller United Church of Christ by the Rev. Mark Wakefield, the Rev. Charles Mustian and the Rev. Raymond Ayscue. Burial was in the church cemetery.

Mr. Grissom died Thursday night at Maria Parham Hospital in Henderson. He was a life-long resident of Vance County, son of the late Bald Henry and Sally David Grissom. He was a retired painter and member of Fuller Chapel United Church of Christ.

Surviving are one daughter, Mrs. Jean Paschall of Henderson; three sons, James R. Grissom of Henderson, Calvin L. Grissom of Wise and Robert Lee Grissom of Basile, La.; four sisters, Mrs. Josie Lassiter and Mrs. Jamie Harp, both of Henderson, Mrs. Gracie Journigan of Franklinton and Mrs. Idell Abbott of Henderson; three brothers, Macy Grissom, Leland Grissom and B. H. Grissom, Jr., all of Henderson; nine grandchildren; and nine great-grandchildren.

Pallbearers were Milton Grissom, Sherwood Harp, Gerald Perkinson, Wade Grissom, Melville Lassiter and Wayne Stegall.

### MRS. JOHN JENNSON

Funeral services for Mrs. John Jennson, 65, of Norge, Va., will be conducted at Norge Lutheran Church on Friday, April 16 at 2 p. m. Burial will be in the Lutheran Cemetery in Norge.

Mrs. Jennson died on Monday, April 12, in Norge, Va. She was the former wife of Julius Harris of Wise and sister of Mrs. Nat Perkinson of Wise.

She is survived by her widower, John Jennson, and by one son, Jimmy White and three stepsons.

### ANNIE MAE H. VANN

An eulogistic service for Mrs. Annie Mae Hendrick Vann, 72, was held on Friday, April 9, from Greenwood Baptist Church near Warrenton at 4 p. m. by the Rev. Albert Gainous. Interment was in the church cemetery.

Mrs. Vann died on April 4 in White Plains Medical Center in White Plains, N. Y. The daughter of the late Armstead and Mary Elnora Hendricks, she was born on March 23, 1908, in Dinwiddie, Va.

Mrs. Vann confessed Christ at an early age and joined Nelson Chapel Baptist Church in Franklin County. After moving to New York, she joined Grace Baptist Church in Mt. Vernon, N. Y., where she remained a member until her death.

She is survived by one daughter, Mrs. Ruth Earl Burchette of Warrenton; one son, John Thomas Hendricks of Mount Vernon, N. Y.; five sisters, Mrs. Gertrude Jones and Mrs. Mollie Kearney, both of Mt. Vernon, N. Y., Mrs. Berteen Wilson of Warrenton, Mrs. Josephine Bullock and Mrs. Bernice Palmer of Macon; a brother, Plummer Hendricks of Newark, N. J.; six grandchildren and one great-grandchild.

Pallbearers were nephews and nieces were flower bearers.

### JOHNNIE MACK HAYES

Johnnie Mack Hayes, 59, of Rt. 3, Warrenton, died Thursday at the Veterans' Administrative Hospital in Durham. He was a native of Texas and had lived for one year in Warren County.

Funeral arrangements were by Warford Mortuary in Amarillo, Texas.

Survivors include his wife, Linda Wright Hayes; and four stepchildren, Dexter Wright, Candy Wright, Cheryl Wright and Cherbi Wright, all of the home.

### BETTIE ADAMS

Funeral services for Mrs. Bettie Finch Adams of Newport News, Va. were held on April 3 at Peninsula Funeral Home by the Rev. Jack L. Hamilton of Riverside Baptist Church. Burial was in Peninsula Memorial Park.

Mrs. Adams, 84, a resident of the Virginia Peninsula for 38 years, was born in Warrenton. A member of Riverside Baptist Church, she died April 1.

Survivors include five daughters, Mrs. Willie J. King of Norlina, Mrs. Joe Riggan of Wise, Mrs. Charlie Paynter of Raleigh and Mrs. Hazel Toler and Mrs. Wayne Harris, both of Newport News, Va.; five sons, L. J. Adams of Butler, George R. Adams of Enfield and Clifton E. Adams, Marvin G. Adams and Robert D. Adams, all of Newport News, Va.; one sister, Mrs. Myrtle Hicks of Raleigh; 27 grandchildren and 30 great-grandchildren.

### ESSIE A. JONES

Funeral services for Mrs. Essie A. Jones, 79, of Macon Road, Warrenton were conducted Sunday at 2:30 p.m. from the Cooks Chapel Baptist Church by the pastor, the Rev. W. L. Barnes. Burial followed in the church cemetery.

Mrs. Jones, daughter of the late Mattie Arrington, was born in Warren County, August 26, 1902. She died April 7, 1982 in South Hill Memorial Hospital in South Hill, Va.

She joined the Cooks Chapel Baptist Church at an early age and was a faithful member until her death. She was a member of the missionary society and served as pianist for many years.

She was married to Mark Jones. To this union six children were born. Her son, Mark, preceded her in death.

She is survived by her husband, Mark Jones of the home; two daughters,

Mrs. Beatrice Starling and Mrs. Margaret Holloway of Trenton, N. J.; three sons, James Arrington of Warrenton, Johnnie Jones and Earnest Jones of Trenton, N. J.; one sister, Mrs. Florence Williams of Warrenton; one step-sister, Mrs. Beatrice Branch of Brooklyn, N. Y.; 16 grandchildren and 27 great-grandchildren.

### JESSIE C. MONTAGUE

Funeral services for Mrs. Jessie Catherine Montague, 46, were conducted April 10, at 2 p. m. from the Bethlehem Baptist Church in the Paschall community.

Mrs. Montague, the daughter of Mr. and Mrs. Cary Montague, died on Monday, April 5, in New York. She was born in Warrenton County on Dec. 1, 1935.

She is survived by two daughters, Donna M. Reese and Brenda Montague; her mother and father, Mr. and Mrs. Cary Montague of Wise; six sisters, Mrs. Shirley Green, Mrs. Eloise Williams and Mrs. Rosetta Palmer, all of New York, Mrs. Phyllis Wright of Richmond, Va., Mrs. Connie Durham of Wise and Miss Carol Montague of Elizabeth City; five brothers, James Earl, Jimmie, and William Henry Montague of New York, and Theodore and Harold Montague, both of Wise and three grandchildren.



When ages grow to civility and elegance, men come to build stately sooner than to garden finely; as if gardening were the greater perfection. —Francis Bacon

## Many Suffer Because Of Being Overweight

By KATHERINE HILLIARD

Are you one of the hundreds of people in Warren County who has a problem with weight? Did you know that obesity greatly contributes to high blood pressure?

Millions of Americans across the United States suffer from hypertension due to excessive weight gain. Most of these Americans have great difficulty in reducing their weight and controlling it once they have lost those extra pounds.

For that reason, anyone who is overweight should find these helpful hints, provided by the Community Hypertension Program, a good guide to reducing and controlling weight:

To lose weight, those eating habits which made you gain weight must be changed. (Fad diets or crash diets do not offer the proper nutrients needed by the body and the weight loss which may occur is rarely ever a permanent weight loss.)

Set a short-term goal for yourself. Slow but steady weight loss of one or two pounds a week is best.

Eat three balanced meals a day, never skip a meal, including breakfast.

Eat slowly and really taste everything you eat.

Meat, poultry, and fish should be baked, broiled, roasted or boiled. Eat only the lean part.

Keep busy so you will not be tempted to eat from boredom.

Budget your calories in consideration of special occasions such as banquets, dinner with friends or parties.

Plan low-calorie "nibblers" as part of your diet. Save a food item from a previous meal to use as a snack.

Low-calorie "nibblers" include: Raw vegetables, raw fruit, diet or low-calorie drinks, skim milk, buttermilk, cheese and

popcorn with no salt or butter.

Foods high in calories that should be limited in your diet include: fried foods, gravies, sauces, added fats (butter), potato chips, nabs, sugar, candy, sweets, cookies, pie, cakes, soft drinks, alcoholic drinks, beer and wine.

Take advantage of daily opportunities to increase activities. Instead of riding, walk whenever possible.

When tempted, remember...you don't want to go through this all over again, do you?

## Outdoor Concert Is Being Planned

Franklin County's ninth outdoor Botanical Garden Concert is scheduled for Sunday, April 25, from 2 to 5 p. m. at the Greencroft Gardens near Royal Crossroads on Highway 401 six miles south of Louisburg.

The afternoon is a combination of music, wildflower garden tours, wilderness tours, and refreshments. The public is invited free of charge.

Concert performers are Fred Phillips, classical bassoonist from Freeport, Ill.; Jon Snyder, French horn player from Chicago, Ill.; Rebecca Gaskin, classical harpist from Raleigh; and guitarist Al Wright from Louisburg. They and other performers, including a children's choir are spaced along the trails to provide music as a complement to the natural environments.

Special tours beginning at 3 p. m. on the Wilderness Trail will provide areas for bird habitats, rock outcroppings, a flood plain, a natural waterfall and pristine beechnut groves for those who wish to hike two miles or more.

For more information contact Allen de Hart at 919-496-2521 or 919-496-4771.

# CALENDAR

## Variety Barn Show Slated

The Wise Variety Barn Show featuring the Virginia Bluegrass Band, the Kerr Lake Characters, the Nite Riders, Horton and Alta Brantley, and many others will be held on Sunday, April 18, from 2 until 5 p.m. at the old Wise School Building. The show is sponsored by the Wise Paschall Ruritans and admission is free.

## Barbecue Chicken Sale Set

The Inez Volunteer Fire Department will sell barbecue chicken dinners on Saturday, April 17, from 11 a.m. until 3 p.m. at High Dollar Warehouse (Rodwell auction). For early orders, call 257-2889 or 257-4722.

## Junior Choir Concert Set

The Burchette Chapel Junior Choir will present an evening in concert with Sister Mary Jefferson Evans and Mrs. Peggy Palmer and the Ridgeway Gospel Choir on April 25 at 6 p.m. at Burchette Chapel United Church in Manson.

## Woman's Day Is Scheduled

The annual Woman's Day Observance of the Warrenton Baptist Church on Bragg Street will be held on Sunday at 11 a.m. Miss Ruth Warwick of the Second Baptist Church in Macon will be the speaker. The public is cordially invited.

## Baptist WMU Will Gather

The Norlina Baptist WMU general meeting will be held at the church on Monday, April 19, at 7:30 p.m.



"Happy 18th Birthday, Son...we'll miss you when you're gone."

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December, 1981 READER'S DIGEST

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