



ENROLL IN ARMY DEP—Eleven seniors at John A. Holmes High School have enrolled in the Delayed Entry Program (DEP) in the U. S. Army. Pictured on the front row are: Lionel Rankins and James White. Standing are: Tim Lane, Arthur Johnson, Gerald Moring, Michael Felton, James Holley, Daniel Hassell and Alvin White. Not pictured are Sam Collins and Kenneth Slade. Upon graduation from Holmes High in June they will report for active duty in the Army. By enlisting prior to graduation students have a guaranteed job waiting for them when they're ready to report.

Congleton Named Deputy Director, Office For Aging

RALEIGH — Nathan H. Yelton, assistant secretary of the N.C. Department of Human Resources, Office for Aging, has appointed O. Morton Congleton as his

deputy director. The state agency is responsible for programs concerning the welfare of the elderly, which is one of Gov. James B. Hunt's top priorities for his

administration. "Mr. Congleton's experience and background well-qualifies him for the position," said Yelton. "He will be responsible for

supervising the programs and directing the staff in administering federal grants."

Congleton, 30, was assistant director for Region "M" Council of Governments until his present appointment. He also worked as senior planner and director of planning on aging for Region "M". From 1970 to 1973, he was employed by the Mid-East Commission in Washington, as regional planner and as director of comprehensive planning.

A native of Florida, he has lived in Eastern North Carolina for the past 17 years. Congleton received his bachelor of arts degree from East Carolina University (ECU). He graduated from the N.C. Department of Local Affairs, Division of Community Planning Training Program in 1971 and is presently working on a master's degree from ECU.

He is a member of several private and professional organizations. Among these are the American Institute of Planners, N.C. Planner's Association, N.C. Association of Area Agencies, and the Greenville Masonic Lodge.

CARD OF THANKS
I would like to thank Dr. Richard Hardin, Dr. Landis Voigt and the nursing staff of Chowan Hospital for the care they gave me while I was a patient in Chowan Hospital. I would also like to thank friends for the cards, flowers and donations given to me.

God Bless you all.
Lonnie Sharpe
chg.

TIME CONSCIOUS
Nothing makes an office worker more punctual than 5 p.m.

—Times, Los Angeles.

Eat Less, Exercise More; Lose Weight

Ila M. White, area home economics agent, EFNEP, says, "Cut down on food, get more exercise."

When your car's gas tank is full, extra gasoline spills out. When you eat more food than you need, the extra turns to fat.

It is good not to be fat because you look better, you feel better, you have more energy and your heart doesn't work so hard.

Here are some ways to keep from getting fat. They may help you lose fat too.

1. Eat more fruits and vegetables.
2. Eat fewer pies and cakes.
3. Use less fat meat for seasoning.
4. Use fewer fried foods.
5. Use skimmed milk.
6. Eat less hot breads, rice, grits, dried beans and peas.
7. Exercise more.

Prominent Area Leader Taken In Death

ROPER—Funeral services were held Tuesday afternoon for T. Reynold Spruill, 72, a prominent political and civic figure here and in Northeastern North Carolina.

The services were held at Hebron United Methodist Church with burial in the church cemetery.

Mr. Spruill died Sunday in Washington County Hospital following an extended illness.

He was a former Mayor of Roper and chairman of Washington County commissioners. He served as chairman of the 10-county Albemarle Regional

Now You Know

He was in deep disgrace, and, try as he would, he could not get a smile out of his wife at breakfast.

"Are you cross with me because I came home with a black eye last night?" he asked in desperation.

"No," replied his wife, tensely, "you hadn't gotten it when you came home."

Planning & Development Commission, the Albemarle Association of Counties and Towns and was a member of the 29-county Health Service Agency for Eastern North Carolina.

Mr. Spruill was a retired school teacher.

Surviving are his widow, Mr. Martha C. Spruill; a daughter, Mrs. Dian S. Williams of Stowe, Vt.; a

son, John R. Spruill of Richmond, Va.; three sisters: Mrs. Estelle Campen of Norfolk, Va.; Mrs. Minnie Phelps and Mrs. Deannie Spruill, both of Roper; four brothers: Warren Spruill of Washington, D. C.; Louis Spruill of Plymouth; Irvin Spruill of Baltimore, Md.; and Elmer Spruill of Stevensville, Md.; and two grandchildren.

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Plus \$1.73 F.E.T. per tire

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Plus \$2.26 F.E.T. per tire

F78 x 14 F78 x 15 Save \$24.70 to \$27.30 per pair
2 for \$73
Plus \$2.42 or \$2.52 F.E.T. per tire

G78 x 14 G78 x 15 Save \$28.70 to \$30.50 per pair
2 for \$74
Plus \$2.58 or \$2.65 F.E.T. per tire

H78 x 15 Save \$28.30 per pair
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