Eat Less, **Prominent Area Leader Taken In Death** Exercise More;

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.

vegetables. 2. Eat fewer pies and

seasoning. 4. Use fewer fried foods.

5. Use skimmed milk. 6. Eat less hot breads,

rice, grits, dried beans and peas. 7. Exercise more.

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

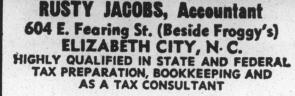
black eye last night?" he asked in desperation. "No," replied his wife,

Planning & Development son, John R. Spruill of Rich-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 grandchildren.

mond, 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



Mr. Jacobs has had 7 years experience with the Internal Revenue Service, as well as previous training through his work with small business firms and corporations.

FOR FURTHER DETAILS PLEASE CALL

Mr. Jacobs At: 338-2490 (Business) and 338-3456 (Home) Or Write: P. O. Box 1554, Elizabeth City, N. C.



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, Ar-

Section B



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1. East more fruits and

cakes. 3. Use less fat meat for

