

# The Warren Record

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## Learning From Pigs

When you see some 70-year-old man in an exercise suit jogging along the edge of the highway, don't laugh. He may have learned something useful from pigs.

Or so says Walter Spearman in one of his many splendid articles appearing in The Smithfield Herald.

Scientists at the University of California at San Diego tried an experiment on pigs, whose hearts they say are similar to human hearts. They persuaded one group of pigs to jog. The other group was left to mire around in the pig pen.

"The results were amazing," says Spearman. "The jogging pigs developed better blood circulation and were able to preserve 42 per cent of threatened heart tissue, while the pigs that lay around all day in sloth saved only 17 percent of their heart tissue.

Translating their findings from pigs to people, the scientists conclude that vigorous exercise may actually prevent heart disease or reduce its

severity. Exercise physiologist Herbert DeVries said: 'A good part of what people consider aging is not aging at all. It's simply disuse.'

We digress to say that not only is a pig's heart similar to that of a human, but all too often is his manners, as witness littered streets. It also occurs to us that maybe instead of testing PCBs or other substances on mice that they make a second test on hogs as being more like humans.

"So if you want to prevent the signs of aging," Spearman continues, "go ahead and buy that jogging suit and take to the roads and streets. Some folks may think that you are just an old fool; but you can be assured that you may well live to be a considerably older fool if you take regular exercise and keep that heart beating, those muscles tuned up, and that blood circulating.

"Of course, this doesn't mean that you have to make a pig of yourself at the table."

## God Bless This Land

government.

"But with amazement, delight and deserved pride, they would whisper as I do: 'God bless this land and its people'."

We Americans are the most spoiled people on earth. We are so accustomed to having what we want when we want it, to having an abundance of any kind of food we want at reasonable prices, to having the latest in conveniences through technology, and to having the freedom to tell those who govern us what we think of them, that we forget how fortunate we are to enjoy the fruits of liberty and private enterprise....

Everything about our country may not be perfect by any means, but we need to defend the good things in our system, while working to improve and change the not so good.

Perhaps we need those immigrants to remind us from time to time how good we do have it.

In N. C. Farm Bureau News

## News Of 10, 25, 40 Years Ago

## Looking Back Into The Record

March 5, 1943

Jimmie Brooks, formerly employed at Boyce Drug Co., Roy Pittman, of Grove Hill, ABC board clerk for several months, and Alvin Read of Grove Hill, who has been working at Williamsburg, Va. have accepted positions as brakemen with the Seaboard Airline Railway Co. All assumed their duties on Monday, working out of Norlina.

Because so many Warren County men are overseas or are preparing to embark for war zones, The Warren Record has ceased publishing soldiers' addresses.

Drafting of fathers is expected to begin in many areas of the United States about May 1, officials indicated

tonight, and draft boards generally will probably induct married men with children into the armed services by early summer.

March 7, 1958

Thomas E. Watson, a native of Johnston County, has been appointed manager of the Warren County ASC office, succeeding Jack S. Forlines.

Russell Elliott Brummitt, a former Henderson native and a graduate of the University of North Carolina School of Pharmacy, has accepted a position as druggist at Hunter Drug Company.

Betty Read of Norlina and Judith Spragins of Littleton have been announced winners in their respective schools in the Betty Crocker Home-maker of Tomorrow

contest.

March 8, 1973

The congregation of Wise Baptist Church participated in a worship and note-burning service on Feb. 25 when the notes of the church were burned. The church for the first time since a building program was begun in 1954 became free of debt.

The dream of a resident physician at Norlina came closer to reality with the recent obtaining of an option on a suitable lot and the submission of plans for an office on Monday.

Mrs. Eva S. Holtzman and Mrs. Pattie M. Brauer recently represented Warren County at the mid-winter conference of the N. C. Division of the American Cancer Society.

## Mostly Personal

## People Don't Ripen

By BIGNALL JONES

Some Sunday mornings when bad weather or other reasons keep me from attending my own church I will listen to the televised service of the First Presbyterian Church in Raleigh to hear Dr. Albert Edwards preach. I find that he has the ability to take some everyday incident and make a good sermon from it. A similar ability is possessed by Mrs. Carol Pelosi of Wake Forest who each week writes a column, "Back Room Notes," for The Wake Weekly, which I read each week.

This past Thursday as I read her column, "People don't really ripen like apples," I decided that instead of re-running a former column, as I had planned for first Mondays, for reasons previously stated, that I would run Mrs. Pelosi's column, for which I believe that readers in their forties will be thankful. It follows:

**Back Room Notes**

By CAROL PELOSI

Hooray for 45!

I'm about through the year, and to this point I have to say my 45th year has been the most satisfying, the most comfortable one I've ever had.

It wasn't perfect, but it had its moments.

It was the first year when I had the feeling my experience, my expectations and the way I feel about myself matched. For so long I spent each year looking ahead to the next one, wishing I could be 17 when I was just 15, wondering if 21 would be the magic year I felt grown up. I think I'm a very slow learner, and it has taken me 45 years to understand people don't even feel grown up, just older. And there are some points that make older definitely better.

How can you miss the chaos of feelings, the warring emotions of the teenage years? Or the pimples and general gawkiness? It's easier to deal with the wrinkles, the grey hair and the congenital clumsiness that still makes me wonder how I think I can wear high heels.

Those first years of marriage were wonderful, but they were also terrible at the same time. Not enough money, worries about career, little kids who were a delight but were always getting sick or getting hurt — all that made for a lot of strain that got in the way of enjoying marriage. Now that I know he loves me even in bifocals, marriage is a lot more comfortable and comforting.

We've had the wonderful experience of growing up together and learning people don't really mature and ripen like apples to a point of perfection. What people do is weather through a lot of experience. If they're lucky, they learn the right lessons from the experiences.

You learn about death because people you love and care for die. You begin to accept the fact that somehow the world is going to get along without wonderful you. You learn to treasure good friends, and you try to work at being a good friend.

You irritate your children to the point of fury by talking about

what you think they should do, based on your experience. And at the same time you have learned to blandly ignore the advice from your own parents, having outgrown fury on that score.

Most of all, I finally feel balanced, able to handle things. I don't say I'm going to handle them well or that I'll make wise, even rational decisions. But I'm going to do the best I

can and forget about worrying that everybody else seems to be so much more mature or able to cope than I am.

And now that I'm on the last half of life, I won't try to hurry it along, wishing I could be 50 or 65. I'm about as grown up as I'm going to get. At last a couple years are not going to make a big difference.

Why couldn't I have learned that a long time ago?

## Letter To The Editor

## Different Views

To the Editor:

Monday evening at the Warren County Commissioner's meeting, citizens voiced their concerns about the PCB leachate that is being pumped out of the landfill, and then state official, Bill Myer, and EPA official, Al Hinke, responded with their point of view. Outside, after the meeting, a group of citizens and I talked with both officials, and their view differed from that which was exhibited inside the courtroom. I would like to discuss these differences because they are fundamental, not only to our PCB case in particular, but to the management of hazardous waste everywhere.

One of the requests to the governor that the citizens are making, and at their bidding, the county commissioners as well, is that a holding tank be installed to catch the leachate while being tested and before it is released into the holding pond. Myer said that he would relay our request but that he would recommend that it is not necessary because he believes in the present method. However, outside of the courtroom, Myer modified his opinion after a bit of personal and good natured prodding.

Why did he change his tune? Why, because he is human and affected by the people and the circumstances he is around. When in the courtroom, he could sense, but more likely knew ahead, that the commissioners themselves have little to no objection to the landfill technology experiment that is going on; otherwise they would have given evidence of their concern with relevant questions and remarks. However, they had nothing to say on their own. Myer knew that without the citizens prodding, the commissioners would never have even raised the issue of the pumping at all. Yet it is this very hesitation on the part of the commissioners to responsibly search out the truth and to act accordingly that led the people of Warren County down a fateful path of toxic infamy. If these commissioners, past and present, were truly earnest in doing the jobs for which they were elected, they would do more to represent the people than merely to speak in their behalf when requested. With the resources available to the commissioners, they should be informing us of the problems of the landfill and leading us toward a safe solution; instead, they think it should suffice that we, with our meager means, should lead them.

Outside the courtroom, where no commissioners nor media were there to color the atmosphere, Myer divulged a bit more of his personal point of view on the landfill. I was sorry that he did not feel compelled to speak this way in public. But he is a man and afraid for his job. Nevertheless, he is an official representing a government that has forever violated our community, and if he is representing a position with which he cannot personally agree, the people have a right to know.

Inside the courtroom, Myer explained that one part per billion of PCB that would be left after filtering is safe enough, but when outside, he admitted that he wouldn't drink water with that much PCB in it, nor would he like to live in a community with even that much concentration because PCB bio-accumulates. While inside the courtroom, Myer defended the dump as if every aspect of its engineering was perfectly planned and poses no problems that couldn't be solved. Outside he admitted that any community that is targeted with a toxic waste dump is necessarily a sacrifice area. Inside the courtroom Myer explained how the state is trying to be safer than was legally necessary. Outside he admitted that the laws are not strict enough and that we often learn this after a community is destroyed. Inside, Myer was a state official speaking to defend his boss to a board of commissioners who have had no initial concerns of their own, while outside he was a man discussing the truth. And in truth, as a man, he admitted that if he were in our position, he would do the same thing, that is, determinedly fight to protect his persons and properties.

When I asked Myer why, if our landfill is so safe, has the governor called a two-year moratorium on landfills. He smiled and said that the 1984 elections might have something to do with it. I told him that if we citizens have anything to do with those elections, the PCB and toxic waste problem will be an issue of major contention. That's okay, Myer said, because the governor will have the Reagan administration to blame for the inadequate regulations of EPA. I told him that politicians will have to learn that they can't play party politics when it comes to toxic waste or else they will pay personally with their careers.

DEBORAH FERRUCCIO  
Warren County Citizens Concerned About PCB

## Letters To The Editor

## True Champions

To The Editor:

Upon first reading the letter to the editor submitted by Elizabeth Harris in last week's edition of The Warren Record, my first reaction was to consider the source and attribute her remarks to the "sour grapes syndrome." After re-reading and carefully considering her remarks however, nothing within me can allow to go unchallenged the negative comments and serious charges, both stated and implied, directed at the Warren Academy girls' basketball team and their fans.

Surely Mrs. Harris doesn't believe that the postponement of the Warren/Halifax play-off game was the decision of Warren Academy. It was a Carolina Academies Conference decision and any complaints should be directed to the same. If the proverbial shoe had been on the other foot, I'm sure Mrs. Harris would have been thrilled.

Mrs. Harris' complaint that the Lady Warriors cut down the nets simply shows a lack of knowledge of conference tradition. I remember all too vividly last year's play-off game between Warren and Hobgood on Warren's court. The Raiders won and our nets were taken. While it isn't an easy thing to watch, sometimes the old advice "grin and bear it" works best.

As for posters being torn down, I can't believe that this hasn't happened to every team following the loss of a heated contest. It certainly has to Warren Academy without any charges of bad sportsmanship being leveled at the victor.

I flatly deny the unstated "other physical damage" charged to the team and their fans by Mrs. Harris. I hasten to point out that when contacted by a concerned parent, the headmaster of Halifax Academy also denied that any damage occurred.

As a parent of a basketball player, I empathize with Mrs. Harris when a hard fought game is lost but I would hope that in the future careful thought is entertained prior to a distasteful dissertation being presented for publication. I can assure Mrs. Harris that win, lose or draw, the Lady Warriors are true champions in every sense of the word and I believe their fans are the most enthusiastic and loyal.

ANNE A. HARRIS  
Warrenton

## Words Tell A Lot

To The Editor:

Words have a way of portraying who we are and what we are. This is certainly evident in the letter of Elizabeth P. Harris to you as published in your newspaper last week concerning the Lady Warriors of Warren Academy and their fans. The entire letter is laced with jealousy — jealous because her daughter's team, the Lady Vikings of Halifax Academy, did not win the game. Her lack of knowledge of facts in writing such a letter is quite apparent, and one cannot help but wonder if she has one idea of sportsmanship for herself and another for the Lady Warriors and their fans.

Mrs. Harris must know, or if not, it is time she should know, that "To the victor belong the spoils" not only in sports, but in all phases of life. The next time she feels inclined to judge the behavior of individuals or a group, let her first judge her own.

My heartiest congratulations to the Lady Warriors and their coach on their achievements. May the individual achievements of each of them be as successful and honorable as their achievements as Lady Warriors.

IDA D. DAVIS  
Warrenton

## Jehovah's Witnesses

## Planning Convention

The Warrenton congregation of Jehovah's Witnesses has made plans to attend a two-day circuit convention to be held in the auditorium of the Roanoke Rapids High School on March 12 and 13.

Mr. W. Coley Perkins, a local minister of Jehovah's Witnesses, stated that more than 1,200 delegates from 10 congregations in the Northeast North Carolina and Southeast Virginia area are expected to attend.

Mr. Perkins said that the assembly's theme would be "Be Rich Toward God, Not Covetous" based on the scripture in Luke 12:21, 15. On Saturday this theme will be highlighted by discussions on such topics as "Working What Is Good Towards All" and "Love Does Not Look For Its Own Interests — Covetousness Does."

The focal point of Sunday's program will be a public talk at 2 p. m., raising the compelling question, "Is This World Doomed To Ruin?" to be

delivered by Louis R. Beda, district overseer of Jehovah's Witnesses for this area.

Mr. Beda, an ordained minister for 47 years, has been serving in supervisory capacity for 25 years in 15 different states. He is a direct representative of the Watchtower Bible and Tract Society of New York.

Some of the issues he will be addressing are: What is God's view of present world conditions? When will world ruin occur? How can you survive the end of this doomed world?

The program begins at 10 a. m. on Saturday. The sessions are free and Jehovah's Witnesses invite you to attend and learn the answers to these questions.

Mr. Perkins said the meetings at local Kingdom Halls will be cancelled for this weekend.

Broom Care

Give your broom a longer life by soaking it in hot, heavily salted water. Or clean it with a few sweeps in the snow.