

CHOWAN COUNTY DISTRICT COURT

APRIL 13 SESSION:
Tyrrell Armstead, guilty, misdemeanor probation violation, defendant transferred to unsupervised probation, ordered to pay \$100 per month with first payment due May 14 and to pay a like amount each month.

Armstead also pleaded guilty to driving while impaired and driving while license revoked. On the first count, he was sentenced to 24 months suspended with 24 months' supervised probation (first 12 months intensive), and active 30-day sentence to be served at discretion of probation officer. He was ordered to commit no criminal offenses, obtain substance abuse assessment, surrender driver's license, not operate motor vehicle for one year in addition to sentence DMV imposes, not use or possess any illegal drugs, submit to testing. On the second count,

he was sentenced to 30 days suspended with 12 months' supervised probation, fined \$200, and ordered not to operate a motor vehicle until relicensed by DMV. Voluntary dismissal was granted on a charge of speeding 84 in a 55 mph zone.

Hilda Brownridge, guilty, misdemeanor larceny, sentenced to 30 days suspended with 12 months' supervised probation, fined \$50 plus court costs, ordered to pay \$32 restitution and complete 80 hours of community service within 180 days; may transfer to unsupervised probation upon payment of all court indebtedness.

Lawrence B. Carter, guilty, reckless driving, sentenced to 20 days suspended with 12 months' supervised probation, fined \$100 plus court costs, ordered to pay all sums due by May 3.

Raymond Chesson, guilty, using fictitious or improper

inspection, fined \$10 plus court costs.

Michael Eugene Evans, guilty, speeding 70 in a 55 mph zone, prayer for judgment continued granted upon payment of court costs.

Michael Farrell, guilty, speeding 78 in a 55 mph zone, fined \$25 plus court costs.

Harry Louis Fryar, guilty, speeding 70 in a 55 mph zone, fined \$100 plus court costs.

James Linwood Fryar, guilty, exceeding safe speed, ordered to pay court costs.

Leslie J. Hedgebeth, guilty, failure to wear seat belt, fined \$25; exceeding safe speed, guilty, fined \$10 plus court costs.

William Henry Hyman, guilty, driving while license revoked, sentenced to 30 days suspended with 12 months' supervised probation, fined \$400 plus court costs, ordered not to operate a motor vehicle until

relicensed by DMV; may transfer to unsupervised probation upon payment of all court indebtedness.

Corey Devon Johnson, guilty, injury to real property and two counts of first degree trespass, sentenced to 15 day- active term with credit given for three days spent in jail awaiting trial. Appealed.

Judson Phillip Long, guilty, spinning tires, fined \$10 plus court costs.

Joyce Ann Rankins, guilty, speeding 75 in a 45 mph zone, prayer for judgment continued granted upon payment of court costs.

Wanda Sue Richmond, guilty, speeding 64 in a 55 mph zone, fined \$10 plus court costs and ordered to pay all sums due by March 3.

Thomas Bradham Rivers, guilty, reckless driving, fined \$150 plus court costs, ordered to report to Albemarle Mental

Health for alcohol assessment and comply with all treatment recommendations.

James Patrick Roughton, guilty, speeding 64 in a 55 mph zone, prayer for judgment continued granted upon payment of court costs.

Aaron Mershon Simpson, possession with intent to sell, prayer for judgment continued.

Tristan T. Spencer, guilty, failure to comply with terms of unsupervised probation, sentenced to active term of 30 days with credit given for three days spent in jail while awaiting trial; may be released upon payment of \$435.

Benjamin A. Squires, guilty, improper equipment, assessed court costs.

Christopher T. Tuttle, guilty, speeding 86 in a 55 mph zone, sentenced to 20 days suspended with 12 months' unsupervised probation, fined \$100 plus court

costs, and ordered not to operate a motor vehicle for 30 days.

Dennis Edward, guilty, driving while impaired, sentenced to 120 days suspended with 12 months' unsupervised probation, fined \$150 plus court costs, ordered to obtain substance abuse assessment, not operate motor vehicle for 60 days, and not have any alcohol on breath or person during probation.

Voluntary dismissal was granted in the case of Dytisha Lynette White, charged with aiding and abetting impaired driving.

AvaLatonya Williams, guilty, speeding 70 in a 55 mph zone, and inspection violation, fined \$25 plus court costs.

Robert J. Williams waived a probable cause hearing on a charge of maintaining a place for the purpose of illegal drug activity, and the case was transferred to Superior Court.

Fruit

Continued From Page 3-B

ripe fruit.

Fruit growers can't pick their fruit when it is soft and then ship it, because it would not ship well and would soon spoil. Instead, they pick it when it has reached full maturity, but is still firm.

A fully mature fruit is one in which all the natural sugars have developed so it can ripen to full flavor. When the yellow background color of the nectarines and peaches is fully developed, so are the sugars; for plums, full primary color is the key. Fruit growers use color chips, just like paint chips, a different set for each variety, to make sure the color is just right. At that point, the fruit is picked and immediately cooled to 34 degrees before being shipped in refrigerated trucks to markets nationwide.

Firm mature fruit stored between 36 degrees and 46 degrees can suffer from "chilling injury" which causes browning, mushiness, and loss of flavor. (Note: home refrigerators are kept in this temperature range, which is why fruit should not be stored in your refrigerator unless it is already soft and ripe.) Once the fruit arrives at the supermarket, it

will ripen and soften if it is kept between 50 degrees and 77 degrees. Unfortunately, many supermarkets still continue to chill the fruit, so that it doesn't become as sweet and juicy as it could.

Some supermarkets participate in a new program called "Partners in Ripeness" with California fruit growers who want their customers to have sweet fruit. At stores displaying these signs, you will know you are getting fruit that has been properly handled. If you don't see the signs, ask the produce manager if the fruit on display was kept out of the cooler. When selecting fruit, check the background color. There should be no hint of green.

Give the fruits a final ripening at home. Simply put them in a paper bag for a few days until they are exactly as ripe and soft as you wish. Fruits produce ethylene gas in varying amounts which helps the ripening process. You can put them all in a bag together because plums especially will benefit from the larger amounts of ethylene produced by peaches and nectarines.

After ripening, they can be stored in the refrigerator. If you buy properly handled fruit and care for it at home, you'll be eating summer-sweet fruit similar to what is available in an open-air market in sun-

washed southern France.

Grilled Peaches with Blackberry Sauce
Grilled peaches taste just like a luscious peach cobbler, warm, and sweet, but without the crust. You can grill nectarines and plums, accompanying them with a vanilla sauce or ice cream.

6 peaches, halved, pitted and peeled
juice of one lemon
Put the peaches in a bowl with the lemon juice to prevent them from discoloring.

Prepare a fire in a grill or preheat a gas grill. Rub a clean grill rack lightly with vegetable oil.

Place the peaches cut-side-down on the grill rack and cook 5 to 6 minutes on each side, or until the peaches are cooked through and becoming soft at the edges.

Blackberry Sauce
12 ounces ripe, juicy, blackberries
1/2 cup granulated sugar
1/4 cup water
Put the berries in a saucepan with the sugar and water over high heat, mashing the berries with the back of a wooden spoon and cook for about 5 minutes. Reduce the heat to low, stirring often for another 5 minutes.

Place a bowl beneath a food mill. Put the berries through the mill to remove the seeds, scraping the bottom of the mill

to make sure you get all the pulp as well as the juice.

Return the juice and pulp to the saucepan. Cook over medium heat for 3 to 4 minutes, just until the sauce thickens and warms. Serve the warm peaches with a spoonful of sauce next to them.

Makes 6 servings.

Visit www.eatcaliforniafruit.com for additional recipes and information.

(Georgeanne Brennan is an award-winning cookbook writer, who divides her time between her farm in northern California and her home in Provence, France. She has written 15 books and hundreds of articles for the New York Times, Bon Appetit, Food & Wine, the San Francisco Chronicle, Metropolitan Home and others.)

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CHOWAN HERALD DEADLINES

Retail Advertising *4:00 p.m. Monday
*Please allow one extra day for color ads

Classified Advertising 4:00 p.m. Monday

Church News 5:00 p.m. Friday

Society 5:00 p.m. Friday

All Other News 4 p.m. Monday

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Views On Dental Health

Richard N. Hines, Jr, D.D.S.
Fellow of The Academy of General Dentistry

GUM DISEASE AND BAD BREATH

When you look at your teeth and gums in the mirror, they may look strong and healthy with no signs of decay. Yet you may be troubled by mouth odor or bad breath. The decay must be there somewhere, but you don't have the instruments or expertise to detect it, especially if it is lurking below the gumline.


Bad breath in an otherwise healthy person is often caused by decomposing food particles and the bacteria that feed on them. It is also caused by decaying or diseased teeth and gums. Even the most strenuous and regular brushing and flossing at home cannot reverse these problems without your dentist's help. Any incidence of bleeding gums when you brush or floss could be a sign that you have gum disease. You may not feel any discomfort in your gums, but the disease is there and may get worse, causing loose teeth and other problems, as well as bad breath.

If you have a mouth odor problem, see your dentist for a checkup. He can restore any decayed teeth and treat the gum disease so your teeth can be saved and your breath can smell fresh and pleasant again.

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FINANCIAL PLANNING

LOOK WHAT'S HAPPENED TO THE STANDARD MILEAGE RATE

If you drive your car for business, or you have employees who do, you're probably familiar with the "standard mileage rate." According to this provision, drivers may deduct a fixed amount for every business mile, and owners may reimburse employees for car use at the same rate. Employees aren't required to keep piles of receipts, and employers don't have to deal with potential payroll taxes and other accounting headaches. It's no wonder that the standard mileage rate has been so popular.

Another nice thing about the standard mileage rate is that it always seemed to increase each year. For example, the rate grew from 31 cents per mile in 1996, to 31.5 cents in 1997, and to 32.5 cents in 1998. You can imagine the surprise that many people felt when the IRS announced the rate for 1999: 31 cents per mile. In other words, this year's rate was scheduled to decrease.

Many employers complained to the IRS about short notice, so the effective date for the lower rate (31 cents) was delayed until April 1, 1999. From January 1, 1999, through March 31, 1999, the 1998 rate (32.5 cents) continued in effect. After April 1, employers who pay more than 31 cents per mile must treat the excess as compensation, and employees who receive more than 31 cents must report the excess as income.

What about the future? Nobody knows when the standard mileage rate will increase again. In fact, it could drop even further. If you've been using the standard rate, you might want to consider claiming your actual car expenses. The actual expense method requires more recordkeeping, but the tax savings could be substantial. If you would like details on the pros and cons of both methods and a review of what would work best in your situation, give us a call.

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CHOWAN HOSPITAL
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1 - Mile Fun Run
3 - Mile Run
2 - Mile Fun Walk

FOR HEALTH

Saturday, May 8 - 8:30 a.m.

* Entry Fee is \$4.00 including T-shirt
* Free handouts
* Race-Day Registration will begin at 8:00 a.m.

←←←←← COURSE ←←←←←

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LIBRARY WATER STREET

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COURTHOUSE GREEN

OFFICIAL ENTRY FORM

Complete this application and enclose a check payable to Chowan Hospital Public Relations, P.O. Box 629, Edenton, NC 27932.

I am registering to participate in the _____ 1-Mile Fun Run _____ 2-Mile Fun Walk
Pre-Registration deadline is April 29 _____ 3-Mile Run _____

Name _____ Age _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ Emergency Contact _____

WAIVER: In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assigns, release and discharge Chowan Hospital of the 1-mile fun run, 2-mile fun walk, 3-mile run from any and all claims of injury, illness, or damages suffered by me as a result of my participation in, or traveling to or from this event. I also grant my permission to use my name and picture in any written account.

SIGNATURE _____ DATE _____ SIGNATURE OF PARENT OR GUARDIAN, IF UNDER 18 _____