



Judy Lynn Edwards and Keith Bryant Askew

Engagement announced

Mr. and Mrs. Kelly Edwards of Creswell, NC announce the engagement and forthcoming marriage of their daughter, Judy Lynn Edwards, to Keith Bryant Askew.

Mr. Askew is the son of Mr. and Mrs. Howard Askew of Edenton.

Miss Edwards is a 1989 graduate of Lawrence Academy and is employed by Winn-Dixie.

Mr. Askew is a 1985 gradu-

ate of John A. Holmes High School. He is employed by Seeco-Eastern.

The wedding is planned for July 3 at 11 a.m. at Lake Phelps. Family and friends are invited to attend.

Babies

Continued From Page 2-B

Jimmy Kirby of Edenton and Virginia Kirby of Hertford, NC.

Paternal grandparents are Thelma and Roger Bunch of Tyner, and Herbert Ray and Wendy Lane of Mathias, WV.

Maternal great-grandmother is Elizabeth Kirby of Edenton.

EMILY CHEYENNE LASSITER

Jerry and Vicky Gardner Lassiter announce the birth of their daughter, Emily Cheyenne Lassiter, on May 17 at 5:49 a.m. in Pitt Memorial Hospital, Greenville, NC. The little girl weighed 7 lbs., 8 ozs.

See BIRTHS On Page 8-B

Stay healthy...eat beans to your heart's content

Many of us, women in particular, are familiar with folate from news reports about the importance of folate for pregnant women. The fact that folate may help reduce the risk of certain birth defects by up to 50 percent is reason enough to applaud this B vitamin. However, what many people may not know is that folate can benefit both men and women at all stages of life.

Found in foods including dry beans, leafy green vegetables, and fruit, folate is essential for proper cell division and overall good health; plus, research has found that folate may help protect against heart disease and stroke.

Dear to Your Heart

Folate helps protect against heart disease by breaking down an amino acid called homocysteine. High levels of homocysteine in the blood, combined with inadequate amounts of folate in the diet, can triple the risk of heart attack. Insufficient folate levels in the diet may indirectly contribute to the risk of heart disease and stroke.

Finding Folate

Our bodies do not produce folate, so it's important to get it from the foods we eat. Dry beans are the best vegetable source of folate — one cup of cooked dry beans may contain as much as 366 micrograms (mcg) of folate. The U.S. Public Health Service recommends that all adults consume 400 mcg of folate each day — about twice their average intake — so, eating just one serving of



Turkey and Bean Salad with Apricot-Ginger Dressing

beans can help most people reach their daily intake requirement of folate.

The term "dry beans" is used to include varieties of beans other than green beans and soybeans. Dry beans are available uncooked in sealed bags or pre-cooked in cans.

"Beans are a bonus food for your heart," says registered dietitian Kim Galeaz. "Besides being packed with folate, beans are rich in soluble fiber, which can help reduce high cholesterol levels. And beans provide other important nutrients like magnesium, calcium and B vitamins necessary for overall good health."

When It Comes To Getting Folate, Use Your Bean

For a delicious dish that gives a boost of folate to your diet, the Bean Education & Awareness Network (BEAN) recommends the following recipe from its collection. Turkey and Bean Salad creatively combines Garbanzo beans, Blackeyes and turkey with spinach, broccoli and turkey with spinach, broccoli and red delicious apples. Topped with a flavorful, easy-to-prepare Apricot-

Ginger Dressing, one serving contains 367 mcg of folate.

Turkey and Bean Salad

Makes 6 servings (about 2 cups each)

Preparation Time:

15 to 20 minutes

12 ounces salad spinach
12-16 ounces cooked turkey or chicken breast, cut into 1/2-inch cubes

1 can (15 ounces) Garbanzo beans, rinsed, drained

1 can (15 ounces) Blackeyed peas or Navy beans, rinsed and drained

2 cups small broccoli florets

1 large sweet apple (red delicious), cored, unpeeled, cubed

1/3 cup dried cranberries or raisins

1/2 cup walnut pieces
Apricot-Ginger Dressing (recipe follows)

Salt and pepper, to taste

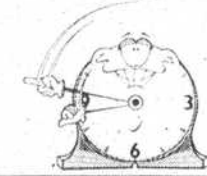
Combine spinach, turkey, Garbanzo beans, Blackeyes and walnuts in salad bowl; pour Apricot-Ginger Dressing over salad and toss. Season to taste with salt and pepper.

Apricot-Ginger Dressing

Makes about 1 1/4 cups

Combine 3/4 cup fat-free ranch dressing; 1/2 cup apricot preserves or jam; 1 teaspoon Dijon-style mustard; and 3/4 teaspoon ground ginger. Refrigerate until ready to use.

Times Have Changed



Beginning July 1st The Advertising

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The Chowan Herald

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MEDIACOM STEPPING UP TO MAKE A DIFFERENCE

Mediacom Cable TV began operating in Chowan and Perquimans Counties in February 1998. Though operating only a short period of time, Mediacom determined the need for improved reliability and expanded diversity in programming. As a result, Mediacom began a multimillion dollar upgrade to its cable system.

"The new system features fiber optic technology which will deliver a more reliable, clearer picture, along with expanded programming abilities," stated Kathy Rea, system Manager. "The project should be completed within the next three months. However, customers will begin to notice an immediate change with the new programming scheduled to launch in July.

During the next three months, cable may be interrupted during the day but should be restored by 6:00 p.m. Additionally, some disturbance to the right-of-way areas of property may occur, but will be restored by the end of the project. We want to thank our customers in advance for their patience during this upgrade project," stated Rea.

The new channel line-up is available for viewing on cable channel 19.



"To have a vibrant, growing community, we must first ensure the health of the hospital. We've always been fortunate to have a first class hospital like Chowan right here, and now we have the additional services and resources that are part of the new partnership with University Health Systems of Eastern Carolina."

— Anne Marie Knighton, Town Manager, Edenton —

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University Health Systems of Eastern Carolina

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