



Christine E. Harris

Harris now is Pitt grad

Christine E. Harris, the daughter of Willis and Catherine Carter, Christine Harris Hayes, and James Leary, graduated this summer from Pitt Community College with an Associate Degree in Medical Assisting.

A pinning ceremony was held in honor of the summer graduates at Pitt Community College in the Fulford building, room 153, on Thursday, Aug. 5, at 7 p.m.

Harris graduated with honors at the top of her class. She achieved a 3.87 grade point average.

Want to stay informed about upcoming events? You can when you pick up the Herald weekly at your favorite store!



HELPING TO EASE A CHILD'S FEARS

Ann Berry (left) from the Chowan Baptist Association, Women Missionary Union, presents an assortment of stuffed animals to Barbara Nixon, volunteer coordinator at Chowan Hospital. Whenever a child enters the hospital in Edenton as a patient, these stuffed animals are available at the nurses' stations. (Photo courtesy of Pete Rogers, Chowan Hospital)

Study establishes when pregnancy starts

BY DAVID WILLIAMSON
UNC-CH News Services

CHAPEL HILL, NC — With help from healthy women trying to conceive babies, North Carolina scientists have uncovered the most precise information yet about when pregnancy starts in humans.

Fertilized eggs attach themselves to the lining of the womb six to 12 days after ovulation,

the research shows. In most successful pregnancies, that implantation — the real start of pregnancy — occurs on day eight, nine or 10 following ovulation. Day eight appears to be the most successful.

The later the attachment takes place, the more likely a pregnancy will end on its own, the scientist found.

Conceivably, as a natural mechanism, the uterus tends to reject fertilized eggs that take too long to adhere to the lining because they may be less fit, the researchers say. On day 11, more than 50 percent of pregnancies fail and on day 12, that number jumps to over 80 percent.

A report on the findings appeared in the June 10 issue of the New England Journal of Medicine. Lead author was Dr. Allen J. Wilcox, chief of the National Institute of Environ-

mental Health Sciences' epidemiology branch and adjunct professor of epidemiology at the University of North Carolina at Chapel Hill School of Public Health. Co-authors are Drs. Donna Day Baird and Clarice Weinberg, both also of NIEHS and UNC-CH.

"This is a very basic piece of reproductive biology that will probably find its way into the textbooks," Wilcox said. "It's a step forward in terms of what we understand about pregnancy. Eventually, it could have an impact on patient care, but it is not going to change the way physicians treat their patients immediately."

Researchers collected daily urine samples for up to six months from 221 healthy NC women attempting to conceive after stopping contraception, he said. Of 199 conceptions,

See STUDY On Page 4-B

Whatever you need, we can help find it

I have enjoyed the Edenton weather this past week...it's been everything we (my husband and I) had looked forward to when we thought of moving here. The Thistle sailboats were a wonderful sight and made the harbor come alive. The excitement downtown was a pleasure to see and the folks who came to sail had nothing but terrific things to say about our town. One woman was even heard to say, "...this is where I want to move."

The Mailbag Post Office box contained nothing but dust this past week, so there are currently no requests to be answered. Maybe it was because I left out my PO Box number and e-mail address when I handed in last week's column! Shame on me! So, here they are: mail can be sent to me at PO Box 52, Edenton, NC 27932 or it can be e-mailed to me at soperfly@albemarle.net.com. Come on and drop the Mailbag a note. There must be a "something" that you are looking for and can't find, and just maybe our readers will be able to help you.

I did get an e-mail with a clever warning regarding the column that had the crock pot for the giving, along with an offer for five unruly squirrels. The message read, "Dear Marge, I love your column! I haven't tried your cake recipe yet but will in the near future. A word of advice: Beware of person who requests BOTH crockpot and 5 squirrels! Nuff said. K."

I read the e-mail and thought for a couple of minutes... "what did she mean?" Then the light dawned over Marblehead and I began to chuckle until it turned into a full blown laugh.

Marge's MAILBAG



Marge Soper

My husband came to see what in the heck had me in this fit of laughter. I pointed to the computer. With his English wit, he caught on to the meaning immediately, and he too began to laugh. Thank you, K, for the e-mail and hope our readers also find a chuckle in today's column. There are less muscles needed to laugh and smile than there would be needed to grab and grouse! Which means less wrinkles to the face!

The bugle arrived and Bill (the Boogie-Woogie Bugle Boy from Company B) has it in his possession. Neighbors, beware! As soon as it was placed in his hands, he began to play it — and I'll be darned, he was pretty good.

A McClellan saddle was spotted in an antique shop in Hagerstown, MD called Antique Crossroads. This information came from D & BV of Edenton and was immediately passed on to the reader wanting this type of saddle.

So, you see...the Mailbag does work! It may take awhile but some items may eventually be located. We still have a crockpot to give to someone — especially someone who doesn't want the squirrels!

Until next time...

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The Chowan Herald now has **NEW** deadlines. All news is to be in on Fridays before 5 p.m. and classifieds and displays are to be in on Mondays before 12 noon.

Views On Dental Health
Richard N. Hines, Jr., D.D.S.
Fellow of The Academy of General Dentistry
CAVITY - TOOTH LOSS MYTH
Are cavities the greatest threat to dental health? Far from it. Untreated decay takes its greatest toll in children and young people, but the largest single cause of tooth loss in adults is pyorrhea or gum disease (dentists call it periodontal disease).
Gum disease not only attacks the gums, but the supporting structure of your teeth. In advanced cases, the gums actually detach from the tooth and the tooth becomes loose and falls out.
Irritating deposits formed from substances normally found in the mouth, cling tenaciously to the teeth, and if they aren't removed by careful and frequent cleaning at home, they can lead to gum disease. Eventually this plaque hardens (calculus) and can then be removed only by regular tooth cleaning by your dentist or dental hygienist. The sooner treatment begins, the better your chances of stopping gum disease and tooth loss.
Whether it is either of the anti-tooth-villains, gum disease or dental decay, they can both be combated by a combination of good home dental care and regular visits to your dentists. It's up to you!
A public service with the aim of promoting better dental health environment.
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INSIGHT INTO EYESIGHT
DR. A.F. DOWNUM, JR.
- OPTOMETRIST -
MACULAR DEGENERATION

The macula is the central portion of the retina that is responsible for fine visual detail. With age, it is not uncommon that the macula begins to deteriorate and patients develop blank spots or distortions in central vision; the spots widen in time, but there is no pain. Some peripheral vision always remains.
It's vital to see an eye doctor as soon as symptoms appear, because one type of age-related macular degeneration can be arrested if treated promptly. Otherwise, there is currently no cure or correction available.

Symptoms to watch out for include:

- The appearance of a gray film in front of the eyes
- A straight line looks wavy, curved or chopped up
- Objects, or part of them, seem magnified or smaller than usual
- When reading a line of letters or words, certain letters drop out and black spots remain.

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