

Recreation REPORT

Summer Activities Schedule

The Recreation Department has begun registration for its youth summer activities.

Planned activities include swimming, tennis, sailing, arts and crafts, gymnastics, volleyball and soccer.

Class sizes are limited so sign up early and pay the registration fee to guarantee your spot.

Adult Exercise Class

The Rec. Dept. offers exercise classes three days a week to women and men of all ages. The classes are held at the Chowan Senior Center and cost \$3 per class or \$20 per month.

Morning and evening classes are offered to fit busy schedules and you may join at any time.

For more details on the classes call the instructor, Connie Parker at 482-2242.

7-9 COACH-PITCH

Note: Winslow Auction captured its second consecutive Little League regular-season championship by posting a 12-0 mark. Congratulations.

9-12 GIRLS SOFTBALL

Tuesday, June 13
Bruins.....17
Cubs.....12



A Bruins' baserunner attempts to return to third base after being caught in a rundown during a 7-9 Coach-Pitch game. The Bruins, however, went on to outscore the Cubs 17-12, during the June 13 contest. (Staff photo by Derrick Armstead)

Friday, June 16
Beavers.....300 0-3
Cubs.....615 X-12

Tigers.....334 0-10
Bulls.....402 0-6

Bucks def. Lions (forfeit)

Bruins.....111 0-3
Elks.....432 X-9

9-12 GIRLS SOFTBALL

Tuesday, June 13
Pizza Hut.....443-11
Dairy Queen.....709-16

Pizza Inn.....2200-22
Noble Bros.....916-16

Friday, June 16
Pizza Inn.....131212-37
Noble Bros.....466-16

Monday, June 19
Pizza Inn vs. Dairy Queen
Rained out: rescheduled

Noble Bros. vs. Pizza Hut
Rained out: rescheduled

9-12 BASEBALL

Wednesday, June 14
Westover.....012 101-5
National Guard.....100 111-4

W. Auctions.....400 600-10
C. Classic.....200 000-2

Tastee Freez.....310 0-4
NAPA.....720 X-9

Friday, June 16
C. Classic.....311 103-9
Nat'l Guard.....201 010-4

R. H. Ruritans.....000 0-0
W. Auctions.....2163 1-22

Westover.....310 04-8
Tastee Freez.....000 12-3

Monday, June 19
Tastee Freez vs. Car. Classic
Rained out: rescheduled

In Loving Memory of
Virginia O. Oliver
12 April 1926 - 27 June 1997

It has been a long, lonesome three years since you left us and went to your Heavenly Home with God. We depended on you for so many things. You were a devoted wife, mother, grandmother and friend. You gave so much to so many.

You would bring a smile to our lips, a reason to live life to the fullest with love. You were a sensitive listener and truly a child of God. Your Bible verses and prayers were your daily companion.

Life has not been the same without you. Your parting has left such a void that no one can fill. You took a part of us with you when you left and you are in our hearts and thoughts every day. We miss you very much and we'll love you forever. Rest in Peace.

Your Husband, Children, Grandchildren,
All Your Family and Friends

Howe

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Steamers play all their home games at Historic Hicks Field in Edenton. Ticket prices are \$4 for adults, and \$3 for senior citizens and children under 12.

You don't even have to wait for the night's game to pick up tickets or souvenirs, just drive down to the J.C. Penney Catalog Merchant Store located next to Snookers and pick up tickets or Steamers memorabilia.

The Steamers are currently averaging 1,100 fans per game, ranking them third out of ten teams in the league. For any ticket or general information on the Steamers, please call (252) 482-4080.

National Guard vs. Ruritans
Rained out: rescheduled

NAPA vs. Westover
Rained out: rescheduled

13-15 BASEBALL

Wednesday, June 14
Speary.....465 30-18
Optimist.....100 01-2

Saturday, June 17
Car-Va Signs.....103 27-13
Optimist.....300 10-4

Carter Estates.....101 00-2
Jr. Steamers.....300 21-6

16 & UNDER GIRLS SOFTBALL

Thursday, June 15
Coca-Cola.....002 32-7
Royalty.....904 54-19

Albemarle Hosp.....103 16-11
Blount's.....204 42-12

Women's League

C.C. Ladies 4-1
Combination 3-1
A&L Sluggers 3-1
Vogedes Insurance 2-2
Chowan Hospital 2-3
Lady Bombers 1-3
J.S. Electric 0-4

Men's League

United Country 9-1
Pine Ridge 9-1
Edenton Motors 6-4
Young Guns 6-4
Regulator Marine 4-6
Prepaid Legal 3-7
Spruill's Logging 3-7
Phelp's Tree Service 0-10

Correction

In last week's edition of The Chowan Herald, there was a headline called "Steamers play free exhibition game on June 27." The headline should not have included the word "free." We apologize for any inconvenience this may have caused fans and the Steamers organization.

BAY

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junior and senior divisions and Moths. All boat classes that would like to participate are more than welcome.

The Flying Scots, Tanzers and Windmills will sail on Course A on Saturday and Sunday. All other boats will sail on Course B on Saturday only. All classes will sail windward/leeward, Olympic or triangles as described in the racing instructions. The low point scoring system will be used. Following the races on Saturday, there will be a social followed by dinner at the waterfront. The public is welcome for dinner if reservations are made in advance.

We look forward to your joining us for what promises to be a wonderful weekend on Edenton Bay, so give us a call to receive your registration form now.

For more information contact Nancy Nicholls at (252) 482-3400 or 1-800-775-0111.

Sidewalk Sale

June 30th & July 1st. You don't want to miss this event. Come spend July 4th in Downtown Edenton

NORTH GUNS and AMMO
"Everything in Stock at Prices You Won't Believe!"
2 mi. past Albemarle Hospital North Hwy. 17
338-2219

St. Paul's Episcopal Church
"We seek to know Christ & to reach out to others in His name"
Sunday Schedule:
Holy Communion 8:00 a.m. & 11:00 p.m. • Sunday School (all ages) 9:45 a.m. E.Y.C. (youth group) 5:00 p.m.
Sunday Summer Schedule:
Holy Communion 8:00 a.m. & 10:00 a.m.
The Reverend Tom Rickenbaker, Rector • Office 101 W. Gale St., Edenton 482-3522

Health Sense Series
Rheumatoid Arthritis
Treatment of arthritis often is used by prescription dosage of NSAIDs, which frequently includes such medications as ibuprofen, and now more specific medications that can be conveniently taken once daily and are somewhat protective on the stomach lining. Some of these medications can be found in lower dosages over the counter with such common brand names as Advil and Motrin. These medications do relieve symptoms by reducing inflammation and reducing pain, however, do nothing specifically for modifying the disease destructive process.
Second line agents are referred to as DMARDs, which are disease modifying drugs that do in fact reduce the inflammatory process, and in hopes slow down the destructive process while improving symptoms. These medications are extremely potent and require close supervision by physicians comfortable with their use, and knowledgeable in their potential side effects.
Some of the common medications include Methotrexate, Plaquemil, Minocycline and Cyclosporine. Older medications such as Penicillamine and gold salts injections are still used, but are losing favor with some of the newer medications. Most recently, new drugs have been approved such as Enbrel as well as other tumor necrosis factor blocking medications. With good medical follow-up and competent physician management, these potentially crippling diseases can be treated comfortably and with safety. To ignore medical care often results in irreversible crippling arthritic conditions.
If you feel you have arthritis that is more than just a part of the aging process reflected in inflammatory, swollen and tender joints, please ask your physician about treatment for your arthritis. The bulletin on rheumatic diseases, A Publication of the Arthritis Foundation, December 1998, concludes by saying that the use of NSAIDs to avoid DMARD therapy is recognized as inappropriate for most patients with rheumatoid arthritis.
Steve Garman, M.D.
Internal Medicine
Dr. Garman is Board Certified in Internal Medicine. Dr. Garman received his medical degree from St. Georges University. He completed his internship and residency in internal medicine at Milton S. Hershey Medical Center, associated with Penn State University.
Dr. Garman's professional memberships include the American College of Physicians and the American Society of Internal Medicine.
Albemarle Hospital
11720 Hwy. 17, Edenton, NC 27929
If you have a health care related question, please write Albemarle Hospital, Department of Public Relations, P.O. Box 1587, Elizabeth City, NC 27906



Lasting Impressions Sale

Sale ends June 28

Save 25%
on a wide selection of paints, stains & accessories

Save 25%
on in-stock wallpaper

Save 25-60%
on all custom order wallpaper

Low Price Guarantee

Find a Lower Wallpaper Price and We'll Match It!
Competitor's price must be verifiable. Retail sales only.

Ask How. Ask Now. Ask Sherwin-Williams.

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