# Recreation

### **Summer Activities** Schedule

The Recreation Department has began 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.

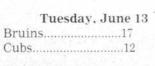
Morning and evening classes are offered to fit busy schedules and you may join at any time.

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.

Bruins......17





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)

9-12 BASEBALL

Westover.....012 101-5

National Guard......100 111-4

Wednesday, June 14

Friday, June 16	-
Beavers3	00 0-3
Cubs6	15 x-12
Tigers	3 3 4 0 - 10
	102 0-6

Bucks def. Lions (forfeit)

Bruins	111	0 - 3
Elks	432	x - 9

### 9-12 GIRLS SOFTBALL

Tuesday, June 13	
Pizza Hut4	43-11
Dairy Queen7	09-16

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

W. Auctions......400 600-10 ..2 20 0 - 22 Pizza Inn..... C. Classic.....200 000-2 Tastee Freez.....310 0-4 Friday, June 16 Pizza Inn..... NAPA.....720 x-9 ....13 12 12 - 37 Noble Bros. ...... 4 6 6 - 16 Friday, June 16 C. Classic.....311 103-9 Monday, June 19 Nat'l Guard......201 010-4 Pizza Inn vs. Dairy Queen Rained out: rescheduled R. H. Ruritans......000 0-0 W. Auctions......2163 1-22 Noble Bros. vs. Pizza Hut Rained out: rescheduled Westover.....310 04-8

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

Tastee Freez......000 12-3

# Howe

Continued From Page 7-A

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 memora-

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
Optimist100	01-2
Saturday, June 17	
Car-Va Signs103	27-13
Optimist300	10-4
Carter Estates101	00-2
Jr. Steamers300	21-6

### 16 & UNDER GIRLS SOFTBALL

Thursday, June	15
Coca-Cola	002 32-7
Royalty	904 54-19
Albemarle Hosp	103 16-41
Blount's	204 42-12

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

#### Men's League United Country Pine Ridge 9-1 **Edenton Motors** 6-4 Young Guns 6:4 Regulator Marine 4-6 Prepaid Legal 3-7

### Correction

Phelp's Tree Service 0-10

Spruill's Logging

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 organi-

# **BAY**

Continued From Page 7-A

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

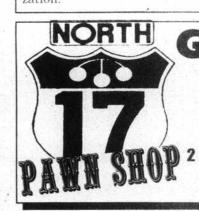
The Flying Scots, Tanzers and Windmills will sail on Course A on Saturday and Sunday. All other boats will sail on Course B. on Saturday only. All classes will sail windward/leeward, Olympic or triangles as described in the racing instructions. The low point scoring system will be used. Following the 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. .

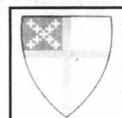
Sidewalk Sale June 30th & July 1st. You don't want to miss this event. Come spend

July 4th in Downtown Edenton



# GUN "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 crippling arthritic condi-If you feel you have arthritis that is more than just a part of the aging process reflected in inflammatory, warm,

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 destruc-Second line agents are referred to as DMARDs, which are disease

modifying arthritic drugs that do in fact reduce the inflammatory process, and in hopes slow down the destructive process while improving symptoms. These med-ications are extremely potent and require close supervision by physi-cians comfortable with their use, and knowledgeable in their poten-Some of the common medications

include Methotrexate, Planquenil, Minocycline and Cyclosporine Older medications such as Older medications such as Penicillamine and gold salts injec-tions 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



GARMAN, MD

N, MD 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 com-pleted his internship and residency in internal medicine at Milton S. Hershey Medical Center, associated with Penn State University

inflammatory, warm, wollen and tender joints.

please ask your physician about treatment for your

arthritis. The bulletin on rheumatic diseases, A Publication of the

Dr. Garman's professional mem-berships include the American College of Physicians and the American Society of Internal



If you have a health care related question, please write Albemarle Hospital, Department of Public Relations, P.O. Box 1587, Elizabeth City, NC 27906



817 N. Broad • 482-5050

**Edenton, North Carolina**