

# CHOWAN HERALD

482-4418

Wednesday, November 22, 2006

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Dickens retires from school system after 20 years  
Community, C1



## I love my teddy bear

Mary Pat Perry wins Fun Ad with 100 bears

Inside, A3

## More people in church?

Spanish Mass at St. Anne offers faith for new population

Inspiration, C10



## Holiday's trying time for caregivers

BY REBECCA BUNCH  
Editor

Making sure family members who are coping with physical, mental and emotional illnesses feel needed and part of the everyday life of others in their household is a challenge in the best of circumstances.

The approaching holidays can add to the tension.

In fact, the North Carolina Family Caregiver Support Program recommends that families planning for the holidays acknowledge that circumstances have changed and adapt celebrations accordingly.

They advise that meaningful holidays can still be enjoyed if you:

- Note the effect of the environment and activities on your loved one.

- Observe a normal routine. To decrease anxiety and agitation in your loved one during the holidays, as much as possible keep his/her routine the

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## Holiday closing

The *Chowan Herald* will be closed all day Thursday to allow staff to celebrate Thanksgiving with family and friends.

The office will be open Friday until 3 p.m. to accept submissions of ads, articles and photographs for next week's edition.

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## Thankfully yours . . .

Marie Bullock's 7th grade students share their list of "Thanks" this holiday



I am thankful for my grandmother because before she died she told me to be the best I can be by passing my grades and going to college.

This message my grandmother left meant a lot to me.

This is why I'm so thankful for her.

Ciara Revell



In life there are things that we have and don't deserve so we take them for granted and don't realize it.

When we sit down and eat dinner we don't think about the people who haven't got a dinner time, who go to bed hungry every night.

When Christmas comes we get tons of things but whine because we didn't get that new X Box.

But what about the people in the world who don't get anything at all but don't complain? In reality, that makes us 10 times more selfish than people who have to do without.

So I'm thankful for all that I have even though I may not get that new X Box. At least I'll get something.

So, how about you? Will you think about others next time you start to complain?

Robyn Carter



I see a lot of poor people out in the street.

My point is that I'm thankful my family is doing well.

We may have fusses and fights but we still love each other.

That's why when Thanksgiving comes my whole family gets together and we thank God for what he has done in our lives and we pray that others can see that they don't need to take life for granted because life is short.

When we finally realize that Thanksgiving is about giving thanks, it might be too late.

Enid Goodman

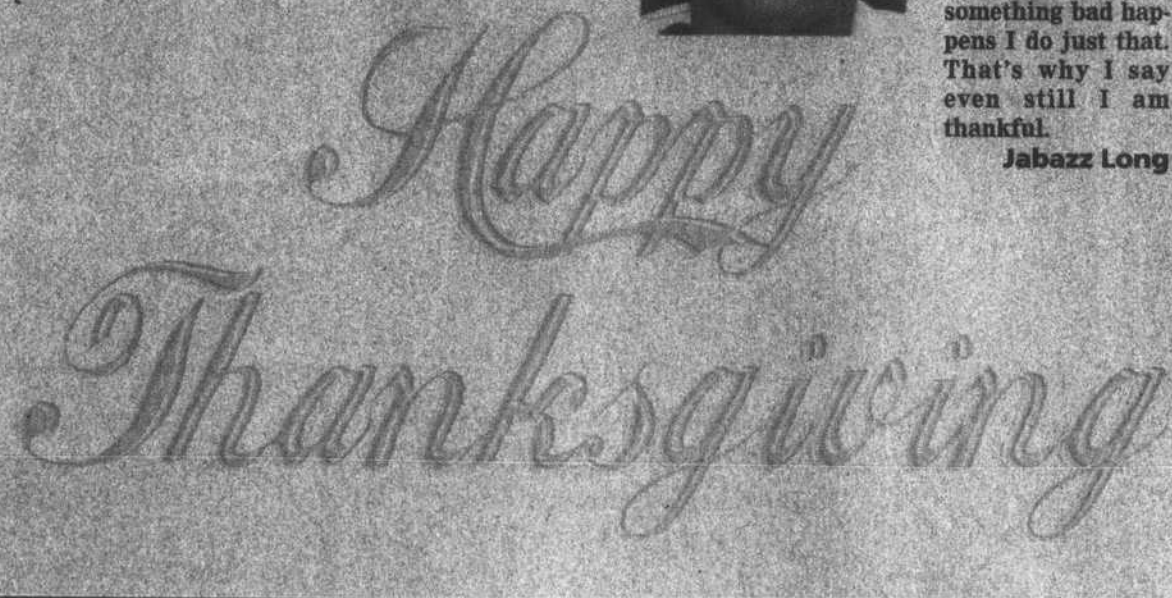


There are good things and there are bad things that happen in life.

When one of those bad things come up you just got to let it go and move on with life.

As for me, when something bad happens I do just that. That's why I say even still I am thankful.

Jabazz Long



## Chowan Hospital has prominent role in community

BY REBECCA BUNCH  
Editor

Chowan Hospital is the largest employer in our community, providing jobs for close to 500 people.

It contributes \$18,340,332 a year in salaries, wages and benefits to the local economy.

And, it has consistently been ranked in the upper 90 percent range in patient satisfaction in national surveys.

As it approaches its 60th birthday in March 2007, the hospital continues to strengthen its technology, services and programs.

"In keeping with our goal of providing our community with the latest in technology, we have renovated and expanded our radiology depart-

ment," Hospital Administrator Jeff Sackrison said.

"And, we have purchased a nuclear medicine camera to aid in diagnosing heart disease."

"The hospital has also acquired a new Lightspeed CAT scanner," Sackrison said. "This technology will enhance (the results of) current routine exams, and assist our staff in making non-invasive diagnosis."

Its outreach programs include a women's healthcare program, LifeSpan Women's Health, which sponsors an annual Women's Health and Wellness Fair that includes free health screenings as well as informational booths and wellness events on the hospital lawn.

Its second annual "Go Red" Tea, designed to bring attention to heart disease awareness and prevention in women, will take place in February.

A relatively new endeavor is a quarterly newsletter, "Today's Healthy Outlook," that is being inserted in The Chowan Herald.

Chowan Hospital also maintains a solid commitment to the health and well being not only of adults but children and teens as well.

Anti-smoking efforts are directed at high school students, while local middle schoolers are educated about the dangers of obesity and diabetes.

And at the elementary school level, children are

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Family Birthing Center staffers Selma Boucher, RN (sitting) and Mary Frierson, CNA II (standing) comfort newborn Michael Macharias Blount Jr. born Nov. 20.

**Rocky Hock Opry** Friday, Dec. 1, 7:30 pm  
Saturday, Dec. 2, 7:30 pm  
E.A. Swain Auditorium  
Edenton, NC

**Tickets \$10.00 Available At**

- Byrum True Value Hardware - Downtown Edenton 252-482-2131
- Acoustic Coffee - Downtown Edenton 252-482-7465
- Nixon Family Restaurant - Rocky Hock 252-221-2244
- Woodward's Pharmacy - Downtown Hertford 252-426-5527
- Mail orders call 252-221-4875 or 252-340-3438
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