



Former ECU coach dies — 2A

482-4418

Wednesday, January 9, 2013

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Losing weight tops most resolutions

SUBMITTED PHOTO

Darlene Carter, billing supervisor for the town of Edenton, walks near the waterfront as part of a health assessment. The town has launched efforts to raise awareness among its employees for improved health through diet and exercise.



Gyms typically get busier in January

By RITCHIE E. STARNES
Editor

Between holiday eating and New Year's resolutions to finally get fit, many are committed to losing weight and getting in better shape.

Those resolutions typically lead to more business for area gyms.

"We have had a spike in memberships in December and January," said Megan Shoaf, a personal trainer at the Toning Mill.

Fitness trainer Randy Hollowell echoed the recent uptick in inquiries at Classic Fitness.

Shedding pounds remains the top motivator for those starting a fitness program, especially after over indulging on holiday goodies.

In spite of the best intentions, those launching a sudden exercise program should heed Hollowell's advice of "safety first."

"The number one thing they should do is see a doctor for a physical," he said.

A rush to fitness typically leads to over-doing-it and tends to result in failure.

Both Hollowell and Shoaf recommend easing into a moderate workout pace.

"People don't need to start off at 99 miles per hour," Shoaf said. "They need to start slow and gradually increase the effort."

Success, however, is often dictated by a routine and a program that is measurable. Working out doesn't have to be like taking medicine. Accomplishments often accompany personal satisfaction.

"I try to guide them in a way that they enjoy it," Hollowell said.

While a gym typically has all the equipment to achieve

fitness goals, there's plenty of exercise opportunities available outside, such as walking, running, biking, kayaking, and hiking.

"It doesn't have to be the same thing or even in a gym as long as it's physical stress on the body in a positive way," Hollowell said. He adds that whatever the activity, it should take 30-40 minutes, five days per week.

"Everybody's schedule is different so people need to adjust their workouts accordingly," Hollowell said.

As far as losing body fat,

See RESOLUTIONS, 2A

State jobless rates spike

81 of 100 counties increased in Nov.

Associated Press

RALEIGH — November's unemployment rates increased in 81 of North Carolina's 100 counties, including Chowan.

Unemployment rates decreased in 13 counties and were unchanged in six. When compared to the same month last year, unemployment rates declined in 95 counties.

Chowan County posted a 10 percent jobless rate for the month, up from 9.5 percent in October. Last November the county posted an 11.1 percent unemployment rate for an over-the-year drop of 1.1 percent in the number of those without jobs.

North Carolina had 34 counties that were at or below the state's not seasonally adjusted unemployment rate of 9.0 percent. Unemployment rates increased in 11 of the state's 14 metropolitan areas.

Orange County had the state's lowest unemployment rate in November at 5.7 percent, and Graham County had the highest unemployment rate at 16.3 percent.

Jobless percentage rates posted by other Albemarle area counties for November were:

- Bertie - 11.4
- Camden - 7.7
- Currituck - 7.6
- Dare - 11.9
- Gates - 7.2
- Hertford - 9.8
- Pasquotank - 10.5
- Perquimans - 9.8
- Tyrrell - 9.0
- Washington - 11.4

The state unemployment rate for December will be released Jan. 18, state officials said.

Steinburg takes oath inside 1767 Chowan Courthouse

Justice Newby oversees ceremony

By RITCHIE E. STARNES
Editor

About 200 spectators squeezed into the 1767 Chowan Courthouse for the swearing-in ceremony of newly elected N.C. Rep. Bob Steinburg.

There was the expected support of Republicans present to watch one of their own from here in Edenton take the oath to serve in the State House. But, there were local Democrats present too as well as supporters throughout Steinburg's District 1. It was that political diversity and the appearance of non-partisanship that put a lump in the throat of Steinburg.

"Looking out at that sea of Democrats, Republicans, and Independents, including campaign adversaries was most humbling to me," Steinburg said. "There was a feeling of unity in that room."



STAFF PHOTO BY THOMAS J. TURNER

State Rep. Bob Steinburg, R-Chowan, (left) is sworn in by N.C. Supreme Court Associate Justice Paul Newby (right) in the historic 1767 Chowan County Courthouse in Edenton as Steinburg's wife Marie holds the Bible used for the ceremony, Jan. 2.

Steinburg defeated Democrat Bill Luton of Elizabeth City in a campaign that turned nasty as the election neared.

N.C. Supreme Court Associate Justice Paul Newby, also victorious in his re-election bid in November, made a

special visit to Edenton to administer the oath to Steinburg. Newby, also a conservative, reminded those present that govern-

ment works best when tempered by morality learned from our

See STEINBURG, 2A

County OKs security cameras at COA

A new HVAC system to be next expense

By RITCHIE E. STARNES
Editor

College of The Albemarle asked county leaders to fund security cameras and a new heating system for its Edenton campus.

At its Monday night meeting the Chowan County Board of

Commissioners unanimously approved funding two outside surveillance cameras at the COA campus. County leaders hinted they would also approve funding for a new heating system, but that vote will likely come next month once more information is available.

COA officials expressed concerns a year ago about security at the new campus, formerly the D.F. Walker school. Once the

town of Edenton voted to add five surveillance cameras at various vantage points, it extended the link to COA for consideration so the campus could be better monitored by Edenton police.

"I think it's necessary in this day and time that we have all the electronic surveillance possible," said Commissioner Greg Bonner, Edenton's former police chief.

The two cameras will cost tax-

payers \$6,129 and cover 95 percent of the exterior campus. COA could add interior cameras at a later date to further address its security concerns.

COA's Jim Turdici and Lynn Hurdle-Winslow also informed commissioners that the campus' antiquated boiler heating system warrants replacement. An apparent leaking seal prevents the

See COA, 2A

Preservation NC to sell cotton mill office



STAFF PHOTO BY REBECCA BUNCH

Preservation North Carolina is seeking a buyer for the Edenton Cotton Mill Office at 420 Elliott Street. In addition to office space for PNC, the office also provides a home to the Edenton Cotton Mill Museum of History.

Others offices remain in limbo

By REBECCA BUNCH
Staff Writer

Preservation North Carolina is looking for a buyer for the Edenton Cotton Mill Office it has owned since taking over the mill property in 1996.

The office is located at 420 Elliott Street, adjacent to the condos that now occupy the space that once housed the defunct cotton mill itself. The sale price

for the 1,672-square-foot space is \$199,000.

Claudia DeViney, who manages the mill property on behalf of PNC, said the impending sale does not mean that the nonprofit is leaving Edenton. In fact, she said, several local business owners have offered her office space in their buildings.

"The office is not closing," DeViney said. "We're just selling an asset."

DeViney said that a smaller office staff and increased use of the Internet had made the decision pos-

sible. "When I first started work here, we had a larger staff," DeViney said. "There were three of us. But now I'm the only one here and I really don't need all this space."

DeViney said that technology has made it possible for her to do much of her work online.

"I'm not in the office nearly as much as I once was," DeViney said. "And we've (PNC staff) all come to rely more on the Internet. We have a very

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