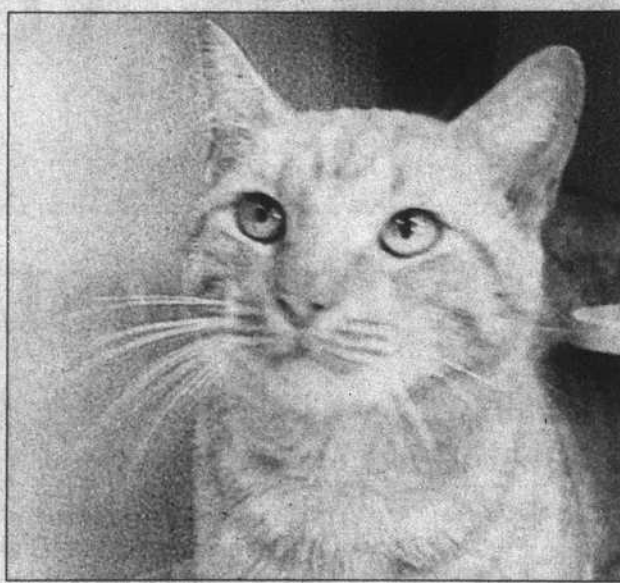


PETS OF THE WEEK



PHOTOS BY MARY JO SELLERS

Penny is an intelligent Australian cattle dog mix, about 3 years old.



Garfield is a young, large male Orange Tabby with a relaxed disposition. For information on how you can adopt her, contact the Tri-County Animal Shelter in Tyner at 221-8514.



Dallas is a 4-month old male Lab mix with a beautiful chocolate coat that is highlighted with black.



Candy is a female yellow Lab mix puppy that is about 5 months old.

RESOLUTIONS

Continued from Page 1A

Shoaf recommends a three-tier program that includes cardio exercises, resistance training, and a diet of low calorie, low fat foods.

Not everyone exercising is trying to lose weight. Fitness comes in several varieties, such as adding muscle tone, and flexibility, Hollowell said.

Recently, the town of Edenton raised the awareness of fitness among its employees by holding a health assessment so workers could hear from a trained professional where they may need fitness improvements. The town also purchased its employees a pedometer, which keeps track of their

daily steps, thus raises greater physical awareness.

"The town plans on keeping the pressure on to encourage employees to make better choices regarding healthy eating and exercise," said Anne Marie Knighton, town manager. Organizations that have healthier employees often qualify for reduced health insurance rates, experience fewer sick outages, and overall yield better production.

Success breeds more success. Once an exercise routine yields positive results, the workout bug becomes increasing contagious. But, simply getting started is usually the greatest obstacle.

"Most people say they don't have time to work out. You have to make time," Shoaf said.

COTTON MILL

Continued from Page 1A

user friendly website."

Besides DeViney's office, portions of the building are occupied by Progressive Contracting and the Edenton Cotton Mill Museum. DeViney said that while Progressive's owner Eric Ferguson has not expressed an interest in purchasing the building, the museum's board of directors has but with concerns.

Billy Voliva, board chairman, confirmed that interest. But, he added, funding the purchase would be a problem.

"We (board) have talked about the possibility of purchasing the building but we don't have the money," Voliva said. "It would be nice if we could get the building but at this point it looks like that would take a miracle."

The museum, which contains mill memorabilia such as photographs and items used at the mill such as an original desk and bits of machinery, opened just two years ago. Since then, the board has maintained a lease agreement

with PNC.

Voliva said the board has been making inquiries about grant money that might be available since learning the mill office would be for sale but has run into the same stumbling block time after time — they can't qualify for grant funds until they actually own the building.

In the meantime, Voliva said, his board is hoping that whoever purchases the building may allow them to stay.

"We'll just have to address that situation if it (sale) happens," Voliva said. "Hopefully, we won't have to leave."

DeViney said that she too would like to see that happen.

"Depending on who the buyer is, I hope that will be a possibility," DeViney said.

DeViney said that the property could continue to be used for office space or could also be used as a residence.

"It would be a great place for a home office," DeViney said, "and a great fit for a writer, an artist or somebody who does computer work. "It's a quiet neighborhood and this is a great space."

Former ECU Pirates football coach dies

From staff reports

Ed Emory, who coached East Carolina football for five seasons, died Friday at the age of 75 at his home in Wadesboro.

Emory oversaw Pirate football from 1980 through '84, compiling a record of 26-29 in that span.

After taking the reins from Pat Dye following the 1979 campaign, Emory's Pirates finished 4-7 in his first season at the helm.

The following season ECU notched five wins.

The '82 and '83 seasons were the most memorable of the Emory era.

The Pirates finished 7-4 in '82 and reeled off three straight road wins to finish out the season.

The defining season under Emory was '83, when the Pirates captured an 8-3 finish and an Associated Press top 20 ranking. That season's three defeats



SUBMITTED PHOTO

Former East Carolina football coach Ed Emory (right) passed away on Friday at the age of 75.

were by narrow margins to ranked opponents - Florida State, Florida, and Miami.

Emory, a former three-time letterman as an ECU player, was inducted into the ECU Athletics Hall of Fame in 2003.

Emory finished his gridiron career coaching high school football.

The Daily Reflector contributed to this story

STEINBURG

Continued from Page 1A

religious freedoms. He added that America's forefathers put our founding principles in place for a limited government.

"We recognize that our rights are superior to governmental power," Newby said. "Government should be there to help people and not tell its people how to live."

He also praised Edenton for its continued commitment to its own heritage, adding that its historic courthouse created a Colonial-like ambiance.

"Edenton has captured so much of its history," Newby said. "We should be doing that everywhere."

Steinburg chose his hometown of Edenton for his oath, instead of Raleigh where most legislators opt for their swearing-in.

Many of those present came from surrounding counties. Steinburg reiterated his commitment to serve all six counties in the newly drawn district.

"I'm a servant of the people," he added. "I understand the enormity of the responsibility that has been entrusted to me. I can only do it if we all come to-

gether." Chowan County's Republican Party Chairman Jim Robison called Steinburg's sensibilities key to his political success.

"Even though he is a conservative, he respects and is willing to listen to other people's ideas," Robison said.

GOP campaign volunteer Dorothy Bangert said she too believes Steinburg's commitment to all voters.

"I think he's that kind of man," Bangert said. "No matter what party affiliation people have, I believe he will be available to them. He's going to represent all the people."

Sheriff Dwayne Goodwin, a Democrat, said he has already seen firsthand how Steinburg listens to other ideas and rationalizes solutions.

"I think he's going to be a great representative for this area," Goodwin said. "I'm looking forward to working with him."

Mayor Roland Vaughan said he's glad that our newest representative is a local resident.

"I'm thrilled to have a citizen of Chowan County representing this district once again," Vaughan said. "I'm confident that Bob will do a good job for our district."

COA

Continued from Page 1A

boilers from adequately heating two buildings, leading to classrooms temperatures inside of 50 degrees.

"We know that not only is it an insufficient system, if any part goes down it takes time to get it back up," Turdici said.

Three vendors assessing the system recommended that the system covert to natural gas.

"None of the vendors recommended new boilers," Turdici said.

Plans call for the replacement system to be completed during warmer weather to minimize classroom disruption. It will also be done in two phases so the county can pay for the first part out of this year's fiscal budget and the second

from next year's budget. Each portion will cost \$76,200.

The boiler system was installed in 1989 and requires daily "babysitting," said Hurdle-Winslow. There are no problems, however, regarding the campus' cooling system whereby COA students assisted with installation of a new system last year, school officials said.

In other news, the county was able to add \$100,000 to its coffers after it was discovered that Mediacom, a local cable provider, had failed to list taxable property that had been erected in the county. Tax officials were able to recoup six years of taxes due from the oversight per state law.

Also, the board unanimously approved to hold its second monthly meeting, or work sessions, on the first Tuesday after the third Monday at 8 a.m.

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