

# COMMUNITY

## Workshops engage women in woodland stewardship

SUBMITTED REPORT

RALEIGH — Women landowners and natural resource professionals interested in learning more about management and conservation of private lands are invited to attend one of three ForestHer NC workshops, which will be held across the state in August.

The workshops will run from 9:30 a.m. until 3 p.m. and cost \$25 per person. Pre-registration is required. Workshops will be held on the following dates/locations:

\* Aug. 8 — Chatham

County Center, 1192 US 64 W Business, Pittsboro; <https://aug8fhnc.eventbrite.com>

\* Aug. 22 — Lenoir County Center, 1791 Hwy 11/55, Kinston; <https://aug22fhnc.eventbrite.com>

\* Aug. 29 — Burke County Center, 130 Ammons Drive, Morganton; <https://aug29fhnc.eventbrite.com>

During the workshops, participants will learn about North Carolina's forest ecosystems; identify the types of forests they own and/or manage; and understand the role their woodland plays in

the greater landscape. Other topics include defining and balancing multiple land management objectives, obtaining a forest management plan, reading aerial photographs and topo maps, and identifying resources available locally to help with land management. These three events in August are the first in a series of quarterly workshops offered regionally.

ForestHer NC is a new initiative created by conservation organizations in North Carolina to provide women who are forest landowners with tools

and training to help them manage their lands and become more engaged in forest stewardship.

According to the Women Owning Woodlands network and data published in the National Woodland Owners Survey, "the percentage of family forest ownerships where a woman is the primary decision maker doubled from 2006 to 2013. These women make decisions for 44 million acres of America's family forest land." In North Carolina, 65 percent of private forestland is jointly owned by women, yet

statistics indicate that women are significantly less likely to attend conventional landowner programs and participate in management activities.

"Research shows women are starting to have a greater influence on private lands management, which reinforces the need for us to develop a program specifically designed to appeal to women and engage them in conservation practices" said Kelly Douglass, a technical assistance biologist with the N.C. Wildlife Resources Commission. "We hope this program

will foster a sense of community among participants, provide them with an opportunity to learn from others in a positive, encouraging environment, and ultimately help them reach their conservation goals."

ForestHer NC is sponsored by conservation organizations including the Commission, U.S. Forest Service, N.C. Tree Farm Program, N.C. Forest Service, Audubon North Carolina, Wild Turkey Federation, N.C. State Extension, and the Sustainable Forestry and Land Retention Project.

### AROUND THE CUPOLA

## Birthdays, algae and baseball

First off, I'd like to say a very happy birthday to our staff writer Miles Layton.

We hope you enjoy your special day.



NICOLE BOWMAN-LAYTON

Colleen Karl visited the office recently to pick our brains about an idea.

Karl, who leads the

Chowan-Edenton Environmental Group, which studies the algae blooms along the river, is looking for some help. She'd like to start a program that gets the community involved in helping with the blooms but isn't based on science. She mentioned as an example, a group in Virginia helps monitor storm drains and keeps them clear of debris.

Karl, who has been studying the blooms for a while, said the algae blooms are happening all across the state and in places where scientists wouldn't think they'd be, like Bennett's Millpond. While many people call her group asking for ways to help, they aren't into taking and analyzing water samples.

If you're interested, contact Karl at through the Chowan-Edenton Environmental Group's Facebook page or contact us so we can pass along the message.

We didn't have this in

See CUPOLA, A6

## CENTER CELEBRATION



NICOLE BOWMAN-LAYTON/CHOWAN HERALD

The Chowan County Senior Center celebrated re-opening in its old space at E.A. Swain on Friday with a meal with its members. Joe Manley and Memphis Osborne performed several songs during the meal, which was catered by Abrams.

## Luncheon marks re-opening

BY NICOLE BOWMAN-LAYTON  
Editor

The Chowan County Senior Center celebrated its re-opening at E.A. Swain building on Friday with a meal for its clients.

The space closed in 2016 after it was damaged during Hurricane Matthew.

The new space feels bright and airy, with hues of green and grey

throughout the facility. A staff member noted that many of the seniors have been thankful that the center is back in E.A. Swain, as it's closer to downtown than the College of the Albemarle.

According to Connie Parker, director of the senior center, the facility will get the replacement weight equipment in about eight weeks.

"We are still trying to get everything organized and are adding

different things as requested by seniors. So if anyone has a suggestion, just give me a call or email me," she said.

The center is open Monday through Friday.

Parker said the Chowan County Commissioners have not picked a date for a public celebration of the re-opening. Check upcoming editions of the newspaper for information.

### CHOWAN ROUND-UP

## Trump, Gilliam and time travel

A round-up of all things Chowan County...

I met retired County Manager Cliff Copeland the other day while he was



MILES LAYTON

mowing his front yard on Blount Street. He has a high quality electric mower and not one of the crappy

ones they used to sell. Doesn't make a lot of noise and does a fine job on his lawn — his yard is cut almost as short as a putting tee.

Real estate matters — Skinner-Paxton house is for sale on West King Street. Nice home. Toured it during the Pilgrimage. Kids tell me it is a hot spot for Halloween candy. Listed with Perry & Co Sotheby's International Realty.

A hop, skip and a jump away, three buildings on Broad Street are listed for sale. Most days, whether I'm coming or going, I walk past the property that includes the Christian Book Store, Downtown Cafe and Soda Shoppe and some apartments. Back of the property that faces my yard has a faded sign painted to the brick wall that says Mitchener's Pharmacy, an institution known to many for decades in Chowan County. Property is listed with All Seasons Realty, according to Destination Downtown Edenton.

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## CHOWAN COUNTY HEALTH DEPARTMENT SCHEDULE

SUBMITTED REPORT

Albemarle Regional Health Services announces its clinic schedule for Chowan County, 202 W. Hicks Street, Edenton. The phone number is 482-6003.

The Chowan County Health Department is open from 8 a.m. to 5 p.m. Monday through Friday. The facility will have a night clinic from 5-7 p.m. every Thursday.

There is a fee, based on income, for most clinics. Immunizations and General clinics are held every day and other clinics are by appointment only. Sexually Transmitted Disease (STD) and other Communicable Disease services are free. Appointments for STD services may be required.

The Children's Developmental Services Agency, formerly the DEC, provides services to

children birth - three years of age through early intervention programming. The CDSA is at 1417 Parkview Drive, Elizabeth City. Office hours are 8 a.m. to 5 p.m. Monday-Friday. For information or an appointment, call 338-4004.

The Albemarle Regional Diabetes Care Center provides services to individuals living with diabetes and their families. This program is

located in the Health Department at 711 Roanoke Ave., Elizabeth City. Office hours are from 8 a.m. to 5 p.m. Monday through Friday and the third Thursday of each month from 5-7 p.m. Patients are seen by a registered nurse and registered dietitian. For information on the Diabetes Support Groups or an appointment, call

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## Quick marinara good way to use tomatoes

It's so odd that a tomato is indeed a fruit. Botanically it's considered a fruit because of its growth and seeds, but many nutritionists classify it as a vegetable. Unlike larger tomatoes, it's the smaller cherry, grape, and plum types which are usually the sweetest. I have had some very sweet fruit-like varieties of tomatoes and even added them to a nectarine crumble for a tomato-themed cooking class to get people to think outside of the box.

My tomatoes are just coming on, but I got them in late after a busy spring wedding season. I'm sure if you are fortunate enough to have a few plants of your own you are beginning to enjoy them now. Fresh garden tomatoes are so much better than the grocery store variety raised in a hot house that

have no flavor. If you don't have a garden or even a patio tomato plant in a pot, they are available at the Edenton Farmer's Market, Bunch's farm stand on Rocky Hock Road, as well as some local varieties in our Food Lion.

I recently had the pleasure of meeting a fairly new vendor at our Farmer's Market. Darryl Stallings has a wonderful array of vegetables from his Back 40 Produce. He also has a stand on Mexico Road and will take orders if you need anything in particular. He has wonderful tomatoes.

There are so many ways you can use tomatoes. I still have some of those meaty Hanover tomatoes and made a tomato tart



CHERYL ORR

with some for my friend Dickie's birthday party. I recently also made a tomato basil soup with an abundance of basil from my garden for a group of sweet ladies from the Baptist church. I also love to make a caprese salad with big slices of salted and peppered tomato and fresh mozzarella with fresh basil leaves and a drizzle of balsamic vinaigrette as a side, or a on a bed of arugula with grilled and sliced chicken on top for a meal. Another great way to use them is to make a bruschetta topping for some crisp crostini, or make a homemade salsa, or quick marinara sauce for pasta.

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### EDENTON EPICUREAN

#### Quick Fresh Marinara

##### INGREDIENTS

- ¼ cup olive oil
- 1/2 cup diced onion
- 8-10 minced garlic cloves
- 2 lbs. juicy ripe tomatoes, rough chopped (about 6 cups chopped, save juices)
- 8 garlic cloves
- 1/4 cup wine
- Pinch crushed red pepper flakes
- Pinch sugar, brown sugar or honey
- 1 teaspoon kosher salt, more to taste
- ½ teaspoon pepper
- 1 large fresh basil sprig, more to taste
- 1 teaspoon dried oregano, more to taste

##### PREPARATION

In a large, deep skillet over medium low heat, heat the oil. When it is hot and shimmers, add the onions and sauté about



SUBMITTED PHOTO

#### Tomatoes

minutes, until translucent. Turn heat to medium and add rough chopped garlic. Sauté a few minutes until garlic is fragrant. Add wine.

Add chopped tomatoes and all their juices and seeds. Turn heat up to medium high and simmer 5 minutes until tomatoes begin to break down.

Stir in red pepper flakes, oregano, sugar, salt and pepper. Reduce heat to low and simmer 5 minutes. Add basil just before serving as it will turn brown if cooked.

Toss in hot fresh pasta, and garnish with fresh basil and freshly grated parmesan.