

CAC opens 'Piecing for Peace of Mind' exhibit

Proceeds benefit NAMI Albemarle Region
STAFF REPORT

Chowan Arts Council is bringing attention to the fight against mental illness with its July exhibit.

The Piecing for Peace of Mind quilts to fight mental illness reception opened Thursday, at the CAC building on West Water Street.

The quilts are part of a fundraiser for National Alliance for Mental Illness (NAMI) Albemarle Region. The local group, co-founded by Cindy Smith and Betsy Johnstone, is dedicated to raising awareness and providing essential education, advocacy, and support so people affected by mental illness can build better lives.

"Ours is a nationally and state supported, locally based nonprofit made up of people who have lived with mental illness," Smith said in an email interview.

NAMI Albemarle Region was founded in 2015. It now supports for people in seven counties in northeastern North Carolina.

Piecing for Peace of Mind started in April 2017, when NAMI Albemarle displayed more than 50



Quilts from "Piecing for Peace of Mind" hang in one of the gallery rooms at the Chowan Arts Council. An opening reception was held Thursday.

contemporary, vintage and art quilts throughout Edenton, each dedicated to someone's story of mental illness, Smith said. The quilts were later auctioned, raising mental illness awareness and funding for local mental health programs, activities and support.

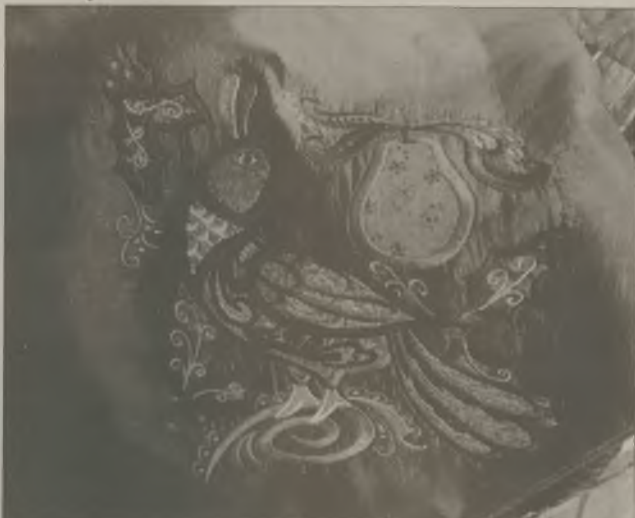
This year, NAMI Albemarle is launching a new fundraising initiative

rewarding those making tax deductible donations with a variety of quilting related items which can be found on its Facebook page, <https://www.facebook.com/NAMI-Albemarle-778217098941961/>. A collection of these items will be displayed and available for purchase at the CAC during July.

The exhibit will be open until July 31.



The pieces in the exhibit can be used as wall hangings, pillow covers, placemats, etc.



ROUND-UP

Continued from A5

Police Chief **Henry King** attended a big time chiefs' conference in Wilmington earlier this week. He said law enforcement leaders met to discuss plans and solutions to making the Tarheel State safer.

Craig and April Gorman's store on North Oakum Street is open for business. The store sells overstocked items gathered from various leading retail chains — a welcome addition for customers who dread the trek to Elizabeth City or Greenville. Their son **Logan** is a talented Bulldogs cross-country runner.

Per Chowan Herald/Daily Advance intern **Veronica Downing's** research for an upcoming story about Golden Frinks' home on Peterson Street, Downing reports that this nugget remains in the proposed state budget — \$155,000 of funding to add Frinks' home to Edenton State Historic Sites. NC

Representative **Ed Goodwin**, R-Chowan, a member of the House Appropriation committee, deserves a tip of the hat for keeping this spending proposal in the budget that lawmakers and Governor **Roy Cooper** have been grappling with these past few weeks. Maybe with any luck, Raleigh will get its crap together and pass a budget.

Speaking of politics, a lot of people commented on social media about last week's editorial welcoming President **Donald Trump** to eastern NC. That's good! Unlike the major mainstream media outlets, we respect and encourage a diversity of opinion. And if there is a Democrat elected president in 2020, we most certainly will welcome that person to eastern NC the same way we did with Trump or any future president, maybe someday **Alexandra Ocasio-Cortez**.

Gay McClelland Chatham was recently appointed as Daughters of the American Revolution National Vice Chair

Southeastern Division Historic Preservation. A couple of years back, Gay was regent for the Edenton Tea Party's chapter of the NSDAR and she does a spot-on **Tillie Bond** impersonation.

Last week marks the fourth year the **Rev. Malone Gilliam** has served as rector at St. Paul's Episcopal Church. Malone is married to Arts and Wellness of Edenton co-owner **Mary Gilliam**. They have four daughters, **Grace, Anne, Elizabeth and June**.

Most notably, Gilliam's sermons make a person think. And there is the occasional pop culture reference that never ceases to amaze — how during his Lenten sermon he and the congregation sang a bar or two of "Take it Easy" from the **Eagles** or when he explained how 80s' **Flash Gordon's** super power — his humanity — can be the same as everybody else as we try to be better people, good Samaritans.

I'm probably not doing this portion of one of Gilliam's sermons justice, but

here goes. After everything that had just happened with the crucifixion, Christ emerges from the tomb and rather than being angry at mankind like **Rocky III's Mr. T** was when he promised to inflict "pain" on **Balboa**, Christ forgives mankind, embraces love.

Trust me, Gilliam's sermons are not all about the pop references, but it does add to the flavor. Though I've long considered myself a Christian, I'd never really thought about much about the inner workings of faith until attending church at St. Paul's. Understanding the workings of anything, be it faith or sailing, makes you appreciate it that much more.

Today is my 25th birthday. Thus, per usual, I'm burying the lead news at the end of this column so that if you've read this far, I value your faith, friendship and trust. Like Gilliam, here's this song nugget to listen to when folks celebrate birthdays — Google "Trip Around the Sun" by **Jimmy Buffett**.

Among the "super-

powers" I've discovered about myself as I travel around the sun — I know more than a bit about the passage of time. Though time is measured by clocks, that's not really the most accurate way to illustrate the past, present or future, but it is the only, perhaps easiest, means of marking the minutes.

A decade may be 10 years long, but its effects can last much longer. Ten minutes for a small child is an eternity. And a year is but a blink like seasons in the sun to some.

Time is a feeling, a mood, a shared experience among minds.

If you know the cues and what you're looking for, you can travel backwards and forwards in time with relative ease.

While the 1767 Courthouse is just a brick building to some, it can be a portal to the past.

Across the globe, people and places live within time "bubbles." Navigating through these bubbles is like exploring new worlds.

Maybe a better analogy for time travel is finding

the exact groove on a vinyl record to play a favorite song and then figuring the right spot to take the needle off the turntable so as you can skip the crappy power ballad that big hair metal groups thought was important to include on the album.

Because the world is constantly spinning, the trick is finding the right groove. Many "tracks" are not only struck on "repeat" but played at various speeds. One town may live in the 1950s while another place may be in the 1990s — same thing is true with people. Not everyone grows at the same rate.

Once you find the right track, it's best not to listen too long. Rather than learning to experience change, you can become trapped, forever circling the same routine. The longer you stay, the harder it becomes to skip to various beats.

Taken as a whole, the ticks on a clock are nearly meaningless. Immortality is best judged not by the length of time, but the quality.

Miles Layton can be reached at mlayton@ncweeklies.com

CUPOLA

Continued from A5

time for last week's newspaper, but here are the results from the watermelon contests held during the Chowan-Edenton Optimist Club's Fourth of July activities.

For the seed-spitting contest, first place went to **Gavin Shafer**, of Trinity; second place, **Gavin Moody**, of Pembroke; and third place, **Everett Near**, of Edenton.

For the watermelon-eating contest, first place went to **Zoey Nowell**, of Gates County; second,

Nichole Brooks of Colerain; and third place, **Preston Clubb** of Port St. Lucia, Florida.

Thanks Optimist Club members **Kirk DeVine** and **John McArthur** for getting the information to us and congrats to all the winners.

This week will be a Steamers' heavy week for my family as we hope to attend two games this week. The team had games every day this week, both at Hicks Field and away, so it's a great time to take in a game.

Thursday, July 18, is **Daily Advance** night at Hicks Field. The Chowan

Herald has free tickets to the game at our office on South Broad Street available on a first-come, first-served basis. Come out and support the Steamers as they face the Peninsula Pilots (Hampton, Virginia). Since I've thrown out the first pitch at the past two Daily Advance nights, I thought it would be best if I passed the ball to another Steamers' fan, our youngest son, **Joseph**. He's been practicing to get ready to make his big debut.

Also at Hicks Field, the Steamers will have Kids Night on Saturday, July 20. I've been told that the night

will include a Scout activity, which is the first of its kind held at Hicks Field in recent memory. The Cub Scouts from Hertford and Edenton will participate in the opening ceremonies. After the game, they'll be camping out — weather permitting.

Speaking of kids, school is a little over a month away. Edenton-Chowan Schools wants to remind parents and guardians that if you did not turn in an updated school bus needs form for the upcoming school year, and you have not received a call from the Transportation Department yet, call the bus

garage at 482-5306 ASAP so they can double check your child's bus profile.

This helps with verifying bus information now, so that their reports are as accurate as possible for the first day of school and thereafter. Also, if a family moves to a different address over the summer, come in or fax a change of address and a copy of

proof of residence; light bill, water bill, rent or lease agreement, to the school(s) your child(ren) will be attending. Once received, school staff will inform transportation of the official change.

I really hope you enjoy the rest of your week. If you have any questions or story ideas, contact me at nlayton@ncweeklies.com.

HEALTH

Continued from A5

338-4370.

Aug. 1: General, WIC, Child Health AM, Immunizations 5-7 p.m.

Aug. 2: General
Aug. 5: General, WIC

Aug. 6: Women's Health Services, Prenatal All Day
Aug. 7: General
Aug. 8: General, New Prenatal AM

Aug. 9: General
Aug. 12: General, WIC
Aug. 13: Women's Health Services, Prenatal AM, General, WIC

Aug. 14: General
Aug. 15: General, WIC, Child Health PM, Immunizations 5-7 p.m.

Aug. 16: General
Aug. 19: General, WIC
Aug. 20: Women's Health Services, Prenatal All Day, WIC
Aug. 21: General

Aug. 22: General, New Prenatal PM
Aug. 23: General, Adult Health

Aug. 26: General, WIC
Aug. 27: Women's Health Services Prenatal AM
Aug. 28: General
Aug. 29: General
Aug. 30: General

ORR

Continued from A5

This week, I have included a recipe for a nice, fresh summer supper using tomatoes for a quick, fresh marinara. It's wonderful with homemade pasta or if using a box, dried pasta I prefer De Cecco, but they stopped

carrying it at our Food Lion under protest. A decent dried pasta I found by accident is the Ronzoni Homestyle dried pasta. Be sure to salt the boiling pasta water liberally to taste like the sea, cook to al dente, and use a freshly grated parmesan.

Enjoy!
Cheryl Orr is the owner of the Cotton Gin Inn.

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