

Pets of the Week



Kira isn't lying with that smile on her face ... she loves being outside and spending time with people. She's only a year old, and does well with kids and other dogs.



Liam is Kira's brother. Although they would love to be adopted together, they wouldn't mind being split up.



Ember is a young lab mix girl with a beautiful silver gray coat. She loves kids and does great with other dogs.



Annie, the orange tabby, is around 5 months old and ready for a forever home. Consider adopting her to help the shelter during "kitten season."

The Tri-County Animal Shelter and Adoption Center is on Icaria Road in Tyner and can be reached at 221-8514.

When seeking professional bodywork and massage

BY HARRIET CLIFFORD
For Chowan Herald

What does licensure mean for a massage and bodywork therapist? What does certification mean? And for that matter what does state licensing mean?

There was no credibility for massage and bodywork way back. How far back? More than a quarter of a century. Now that's some time ago. Therapist Pamela Ann Bennion remembers when first starting out, one of the questions on her intake form was: "When was your last massage?"

Some answers were 30 years, and others were just the other day. She commented that may be a bit too much if not addressing "an issue with the tissue." A humorous term used to indicate trouble with the soft tissue.

But seriously, as this field has evolved, just like other alternative forms of health care (chiropractic, acupuncture, hypnosis ...), it's grown harder to know when to use this type of health care and even more so whom to seek out when this type of care taking deems best.

After about five years of practicing, the state of North Carolina instigated statewide licensing and the North Carolina Board of Massage and Bodywork Therapy went live in 2000. Specific courses with so many hours were required. Schools teaching this field also were required to have North Carolina Board approval with licensing.

Then the requirement of so many board-approved continuing education courses came into being with traditional fees to renew a license every two years. Plus there is the North Carolina State privilege license with its annual fee. So, after the schooling certification, state test passing, and initial license application, there are no

certifications but simple continuing education course requirements and license renewal fees.

In short, to keep a massage and bodywork license active, it's definitely not inexpensive.

But, she says, keeping abreast of different techniques, or new modalities, or veering off to a new section or area (spa verses clinical verses energy work verses sports ... etc.) is good. Or delving deeper and gaining more knowledge and insight into the current expertise can be even better.

So, how do you know a massage therapist's particular expertise and style? Making an appointment then speaking with the therapist and most important experiencing the work is key. The different verbiage out there can make things confusing. Particularly since this field is far from being completely evolved. As we learn about other health care practitioner's educational background when searching for a particular expertise, the same goes here.

Perhaps in time there will be a General Health Care Practitioner than can deduce which area of expertise is needed with the alternative health care options also considered and not just the conventional areas of expertise.

But whether you're in for straight relaxation, help with an issue (sprain, strain, pull, ...), a problem (excess fluid after lymph node removal, or poor circulation, or area muscles/tissue after surgery...), or ease of discomfort (from scoliosis, arthritis, decreasing the formation of scar tissue after surgery, ...), once you have knowledge of a diagnosis, then it's good basis as to where to begin your search.

More information can be found on Therapeutic Bodywork (& massage) by Pamela Ann, LMBT #2311 at, www.healingmassageandtherapies.com.

The view from my windows

BY WILLIAM CURTIS PRESLEY

As I sit in my den and look at my backyard through my large three-pan windows, each measuring 74 by 34 inches, the first thing I see is my deck which is 20-feet long and 12-feet wide. On the deck is a big round table with four matching chairs. In the corner is my gas grill. There are two L-shape benches on each corner of the deck.

Past the deck is my pretty backyard with its oval shape, like a half moon. The rest of the yard is covered in pine straw and flowers or trees, such as the 18 dogwoods that surround the yard.

Then my eye catches my big oak-leaf begonia with its large blossoms that are white and turn bronze in the fall. Between the begonia and my storage shed, which measures 12 by 12, is a row of rhododendrons. Behind my shed is my pride and joy. In



SUBMITTED PHOTO

The home of Curtis and Thelma Presley. They family moved in on Halloween night, Oct. 31, 1962. The photo was taken by neighbor Ed Brown.

TALES FROM THE COTTON MILL KID

1983, my sister sent me a 4-inch tree from California. I planted and it lived. It is a California redwood called sequoia. Today, it is three times higher than my house.

In the front of my shed are 40 azalea, which are planted in three rows. Near them is my snowball bush, which is blue because of the acid in the ground.

Behind that, in the back of my yard, is a red bud tree. Then I look over to my backdoor with its glass, and I see one of Thelma's "may

she rest in peace" flower beds. She had three, plus ferns all the way to the back of the yard. Behind her ferns is my wall of blooming trees. In her first bed, she had me plant two ever-blooming roses. They were so pretty, I went and bought 10 more.

My front yard is 100 feet wide. On each side is a 20-foot natural area. The house is set back 75 feet from the street. In all, I have 3/4 of an acre.

I had my home built in 1962. We moved in on Halloween night. Our

daughter was 6 years old.

I gave my contractor \$7,000 in cash and financed \$12,500, which had a five-year, no pay-off clause. At the end of the five years, I paid off the loan.

I have stock in five companies. A bunch of C.D.s — IRA — and today, I am worth \$700,000.

Not bad for a cotton mill boy, who wore bib overalls to school and was looked down on by the uptown people and could not play with their children.

Curtis Presley, age 93 and a former Edenton resident, resided in the Cotton Mill District during the 1920 and 1930s. He lives in Raleigh.

SOMETIMES HEALING

TAKES MORE THAN TIME



ADVANCED SOLUTIONS ARE NEARBY

Wounds are complex. That's why, at Vidant Chowan Hospital, we offer many treatments for people with chronic wounds.

If you have stubborn wounds caused by diabetes, injury, infection, burns or poor circulation, we can help. Dr. Brandon Eppihimer, a certified wound care specialist, has the necessary skills and experience to care for open sores that



Brandon Eppihimer, MD

have not responded to traditional treatment. He and his colleagues offer vascular testing, nutrition, pressure-relieving devices and advanced wound dressings — all here in Edenton. And, as a plus, they offer access to the full resources of Vidant Health.

NICOLE BOWMAN-LAYTON/CHOWAN HERALD

Layden's Seafood is one of the many local food vendors that set up at the Edenton Farmers Market on Wednesdays and Saturdays. Here a crab caught earlier in the day is shown off to a customer at a recent Wednesday market.



MARKET

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activities that promote healthy eating, sustainable farming and local community participation.

* Advocates for grants and donations to continue to double EBT/SNAP (Supplemental Nutrition Assistance Program) benefits providing improved access

to nutritious food.

Those who wish to donate to the Edenton Farmers Market do not have to be a Sustaining Member. They can go to the market's Facebook page and click the donate button to make an easy donation online or send a check to: Edenton Farmers Market, PO Box 754, Edenton, NC 27932.



For more information or to schedule an appointment, call 252-482-6193. No referral needed.
211 Virginia Road, Edenton
VidantHealth.com

