

COA

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problems the town has. She decided to run for mayor.

Brown enjoys her COA classes, because she is learning things that are applicable to her current job as mayor.

"I was writing, drafting some policy. Because of school, I wanted to make sure I was referencing general statutes properly," she said. "So, I was using the references in MLA. Also, I have my office now and one of my drawings that I did in class last year hanging in my office."

She also has taken some challenging and exciting classes.

"When it comes to history, when it comes to art, I'm taking all of that and I'm loving it," she said.

As mayor of Hertford, Brown said she feels that it is important to make a difference in her community.

As a grandmother, she wants her grandchildren and future generations to see if she can do it, they can too.

She also noted that while on the campaign trail, she saw wide range of attitudes and expectations of people.

"For some, there attitude was a lack of aspiration. I believe that an education can change that," Brown said.

DOC

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West Market Street before it moved 25 years ago to its present location at 600 South Church St.

Today, Coastal Carolina Family Practice is a regionally focused family practice medical facility that serves the Albemarle area in northeastern North Carolina.

While the building located at South Church Street is owned by Vidant-Chowan Hospital, the medical practice belongs to Lane.

Worth noting, among the many ties the clinic has to folks in the area include physician's assistants Savannah Sievers and Erica Ford, both of Edenton, and Sarah Turner of Elizabeth City.

Coastal Carolina Family Practice's birthday party will be from 12-2 p.m. and 4-6 p.m. on Monday, Feb. 17.

American Academy of Family Physicians, North Carolina's largest specialty medical association, honored Lane as its 2013 Family Physician of the Year.

Knowledgeable in many areas, Lane has built up trust with his patients over the years.

"Thank you for taking care of my family all these years! We are so blessed to have Dr. Lane and his staff in our little quaint

town of Hertford," Linda Hurdle said.

Norma Whitehurst added, "Congratulations Dr. Lane; you so deserve to be honored. Thanks for being so kind, gentle and always with a listening ear."

Deb Witherow said, "His practice has the best people working under him. They truly care about you on a personal level. Thanks for keeping me well."

Before opening the clinic in Hertford, Lane served a long tour of duty at the hospital in Edenton, now Vidant-Chowan. He remembers when there were three doctors serving that area - all of them working together to cure what ailed folks back then.

In those days, Lane said, doctors would assist with birthing a baby and perhaps set a broken leg the same day. Nowadays, Lane noted that medicine is less general practitioner and more specialized.

Full of praise, Linda Owens noted, "What a blessing Dr Lane has been to so many in our community. He is a rare and unfortunately dying breed these days as we watch the large medical conglomerations slowly remove the personal touch and care and turn them into hurried businesses. I am forever in this man's debt for his guidance, service, and assistance, often going out of his way to

graciously help me with my mother during her last months. We thank you."

Jean Ward too remembered a day forever marked in her mind.

"He is absolutely awesome! I could write a very thick book about all the aches and pain that Dr. Lane has gotten me and my family through. The closest to my heart was at 3:15 am on Oct. 16, 1984 he delivered Elmer. I am forever grateful to my wonderful Doctor and friend, Robert Earl Lane and his staff family. Love you all. God's blessings to you always."

Lane speaks with pride about how he's assisted with the birth of many, many babies over the years.

"That's something," he said. "Sometimes, I've treated patients that I've delivered, brought into the world. When they grow up, I've delivered their children too."

Dwayne D. Proctor was one of those babies who Lane brought into the world. When paying tribute to Lane, Proctor mentioned a line from a popular song "Bad to the Bone" by George Thorogood.

"Thanks for delivering me in 1965," he said. "You and your nurses 'all gathered around to gaze at the wonder and joy they had found. The head nurse spoke up and said 'leave this one alone' as they

could tell right away, I was bad to the bone!' Thanks Dr. Lane for all you have done for me and my family in the past!"

It's not all been bonnets and babies for this country doc. Lane recalled days from long ago when house calls were more common that he was treating a man living deep in the county who was dying from a terminal illness. Moments like this flash across Lane's face as he shared the story about how he did everything he could to ease the man's suffering during his last days.

Lane is married to wife Chris and they live outside Winfall. There have five living children; Molly died of breast cancer. And they have 10 grandchildren. Last weekend, they visited their grandson who is attending college at Xavier University.

Coastal Carolina's office has active medical charts for 42,000 people, some coming from the Outer Banks or Windsor. Perquimans County has a population of about 14,000.

Coastal Carolina's lobby is always filled with folks young and old, all waiting to see the good doctor.

"New patients become old patients - generations of the same family in many cases," Lane said.

Many folks from the community offered kind words of praise for Robert

Earl's service to the community.

Joan Mansfield said, "This community has been blessed by his Medical Practice. He has never set himself above others. Seems easier to get the men to take care of their health if it was Dr Lane with who they had an appointment."

Darlene Harrell added, "After visiting many doctors, it was Dr. Robert Earl Lane who diagnosed our daughter, Gena, with cancer at the age of 18. He helped save her life and we are forever grateful to him! Congratulations for your 25 years of service to our community at Carolina Family Practice."

Joanne Brown said, "Congratulations for 25 dedicated years and service you have given our community. We are so thankful for your service. You have always been their for us and gone far and beyond helping anyone in need. Thank you and Chris and your staff for always being there."

Kay Acurio added, "A huge thank you to Dr Robert Earl Lane! You're not afraid of work and I admire your dedication to your patients and staff. You always take excellent care of your patients from the cradle to the grave."

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LAYTON

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have to pay attention not only to the water in front of you, but the cypress trees above for any snakes who may suddenly decide that they'd like to go sky diving into your watercraft, according to John Mitchener and many others.

While on the campaign trail, NC Representative Ed Goodwin told a story about how when boating up a slow moving creek as a teenager, he killed more than a few snakes.

A chapter in Edenton attorney Sambo Dixon's book "Stayin' Put" mentions how as a teen, he killed a few snakes and skinned the critters so as to prepare them to be cooked - not as uncommon a dish as you might think. Some people consider frog legs a delicacy too.

Snakes are best served fried. A quick Google search reveals the recipe:

- 1 snake
- 1 box Jiffy cornbread mix
- 1/2 cup egg whites
- splash black pepper
- 1/2" oil (depends on pan size)

After skinning the snake, etc., the recipe says:

■ Heat about 3/4" of canola, vegetable, or peanut oil in a heavy frying pan until quite hot. A bit of dry batter should bubble nicely.

■ Add the snake pieces one at a time to avoid dropping the temperature in the pan too quickly.

■ Use tongs to keep your fingers away from the sizzling hot oil, watch for dangerous splatters, and use a screen if necessary to prevent mess.

■ Turn the snake pieces just as the batter begins to turn golden by the time it starts to brown the snake will be overcooked. There's not much meat on the bones, and the muscles are thin and lean.

■ Remove the snake pieces before they're quite done- they'll continue to cook after removal from the pan- and set them on paper towels to drain and cool.

■ If you've still got more batter, chop up some veggies, dip them in the egg whites and/or milk, dredge in batter, and fry. You can also just mix the liquid into the batter and fry hushpuppies.

Last snake story - many years ago long after the state park dismantled the narrow stair case leading to the top of Pilot Mountain, the only way to get there was to scale the steep vertical cliffs.

Over the years, folks have died or been seriously injured while climbing these challenging rock walls. It's not

an easy climb and certainly I don't recommend taking the risk unless you know what you're doing.

When I was an experienced rock climber, I decided to take the trek to the peak and back - two different trips let me assure you.

The going up was slow, methodical, point to point because virtually any misstep would be ... bad.

Took some time reaching - then testing - each foothold spaced between narrow ledges, but I got to the top. Exhilarating accomplishment. View was amazing. Peak had been virtually abandoned - no humans - for many years, so the natural wildlife had returned, maybe it had never left.

Pilot Mountain's peak was rumored to have more than a few snakes. When I reached the top, I could hear a large rattlesnake shaking its tale and threatening my path ahead, so let's just say that my trip down took on a bit more urgency.

In other news, John Elliott penned me a quick note, "Just letting you know am enjoying the paper, lots of good info. Thanks."

Speaking of leadership, people have asked me about Perquimans Weekly's new General Manager Sean O'Brien. He's worked at the Daily Advance for many moons, so he knows the ground game in eastern NC.

Many good ideas.

To give our readers a story about what kind of man O'Brien is, he's built bulkheads by the waterways and my favorite story, when he was a teenager growing up in Cape Hatteras, he and his dad were out commercial fishing in the Atlantic when they caught a 12-14 foot shark in their net.

Sharp-toothed creature probably weighed several hundred pounds - not easy to kill as it wiggled wildly across the deck. O'Brien kept his cool; a boom stick was fired into the beast's skull. The shot did not pass through the shark's head because it was so thick.

That's a freaking awesome story that conjures up thoughts binge watching "Wicked Tuna: Outer Banks" television show.

My wife Nicole met Hertford Mayor Earnell Brown the other day at 1767 Chowan County Courthouse at a reception featuring COA President Jack Bagwell, who was in the area talking to local notables about the college's prospects.

Brown too gave a speech - my wife was impressed with her.

"Sounds like she's got a good head on her shoulders and wants to help. Lots of Hertford has hope that things will improve. She wants to make things better. This may- or - she lives as an example

of what you can do."

Per Pam Hadden, the **Holiday Island Civic League** held its February meeting on Tuesday the 4th. The speaker for the evening was Elizabeth Grant with the Red Cross from Wilson.

Grant is a Senior Volunteer Recruitment Specialist with American Red Cross of Eastern North Carolina. She informed the league that the Red Cross is always in need of volunteers. There are numerous services under the umbrella of the Red Cross. Examples are: Disaster Relief - they provide shelter, food, health and mental health services due to a disaster.

The Holiday Island Civic League has a covered dish dinner each month and a speaker. Speakers are usually from the county or the subject will pertain to the county. Holiday Island residents can still join. League's last meeting for 2019-2020 year will be June 2nd. League's new year, 2020/2021, will begin Sept. 1, 6 o'clock.

This dinner looks a lot more appetizing than dining on fried snakes: **Perquimans Arts Hosts Shamrock Soiree** - Tuesday, March 17 for a dinner of Corned Beef & Cabbage, Irish Soda Bread and yummy desserts! This event will be held at the former Carriage House Restaurant, 108 Dobbs St. in Hertford. Tickets are \$20 for adults and \$10 for children 12 and under and can

be purchased at the gallery at 109 N. Church St. All proceeds benefit the PAL Building Fund. For information, call the

gallery at 426-3041. As always, if you have news tips, send them to mlayton@ncweeklies.com

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HERTFORD
CEMETERY FLOWERS
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COASTAL CAROLINA FAMILY PRACTICE, PA
Coastal Carolina Family Practice is Celebrating 25 years of Serving The Community
Please join Our Coastal Carolina Family Monday, February 17th from 12-2 pm and 4-6 pm for light refreshments and good wishes as we celebrate and say thank you to both our patients and community for continuing to allow us to serve you.
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ATTN: PERQUIMANS COUNTY RESIDENTS!!
Not All Heroes Wear Capes.....
Maybe red is not your color, or a cape is not your style, but you can still make a difference in the lives of residents living in long term care facilities. The Albemarle Commission offers you the opportunity to be an advocate for those residents through visits and companionship—how HEROIC is that!
CONSIDER VOLUNTEERING AS A COMMUNITY ADVISORY BOARD MEMBER
• Work to maintain the intent of the Resident's Bill of Rights.
• Make official quarterly visits to assigned facilities to apprise themselves of general conditions under which persons are residing and to establish rapport with residents, families, staff, and administrators.
• Serve as the nucleus for increased community interaction with facilities.
• Promote community education and awareness of the needs of residents in long-term care facilities.
• Work toward keeping the public informed about aspects of long-term care and operations of homes in their counties.
For more information contact Jasmine Wilson, Aging Program & Contract Specialist/ Region R LTC Ombudsman CAC Program Assistant (252)426-8244.