



NEW '99 FORD CONTOURS

0.9% APR AVAILABLE!

'99 FORD F-150'S! URRY IN ... \$1000 REBATES



6 cyl. only MSRP \$21,080 WMENT: \$2500 CASH/TRADE DOWN 5.5 YRS, 7.9% APR



NEW '99 MERCURY COUGARS 15 IN STOCK TO CHOOSE!



PRICES STARTING AT

M/FM, CD, TILT, REAR DEFROSTER, SPEED CONTROL, REAR WIPER/WASHER, REMOTE EYLESS ILLUMINATED ENTRY

#LM51887

GUARANTEED LOWEST PRICES *ALL DAY *EVERY DAY!

COURTESY FORD LINCOLN MERCURY KIA (252) 338-4783 1310 N. ROAD ST. ELIZABETH CITY, NC

SALE HOURS: MON-FRI 9 AM - 8 PM; SATURDAY 9 AM - 6 PM PHOTOS FOR ILLUSTRATION PURPOSES ONLY. ALL PRICES AFTER \$2500 CASH OR TRADE DOWN PLUS FEES. EXT. TERMS APPLY. TAXES, TITLE AND \$249 PROCUREMENT FEE EXTRA. ALL OFFERS WITH APPROVED CREDIT. APR. AND MONTHLY PAYMENT MAY VARY DEPENDING ON YOUR ACTUAL DOWN PAYMENT AND CREDIT QUALIFICATIONS. SALE ENDS 4/24/99.

Notary training to be offered

The COA Chowan County Center has announced that a Notary Public training class has been scheduled. The fied as a notary public. The course, offered through Con- cost of the class is \$35. Stutinuing Education, will be held dents will also need to purchase

The class is open to anyone interested in becoming certi-Monday, May 17, from 7-10 p.m. a book at a cost of \$13. Preregistration is required.

Students may register at the COA Chowan County Center during normal business hours. For more information, contact COA Continuing Education at (252) 482-7900.

Chowan Dem. women plan meeting

Women will hold their Spring Meeting on Wednesday, April 28, at the Dram Tree Restaurant. The luncheon meeting will

begin at 1 p.m. The speaker will be Jan Riley,

Chowan County Democratic WCNC/WZBO Radio in Elizative meeting. beth City.

Mary Partin, chair of the Chowan County Democratic Women, invites all current members as well as other interested individuals to attend director of Public Affairs for this interesting and informa-

Reservations can be made by calling Jean DeMajewski (482-7569) or Fran Ward (482-3250). Cost of the meal will be \$7.50. Reservations should be made by Friday, April 23.

Dr. Reynolds offer health program

Dr. Cris Reynolds, a board Today's Health series. certified urologist and a member of the Chowan Hospital Medical Staff and Edenton Urology Clinic, will present a free education program in the

The program entitled: Urology Services will include such topics as prostate health, impotence, bladder control, kidney stones, and cancer, will be

offered, Monday, May 3 at 7 p.m. in classroom B at Chowan Hospital. The program will include a question and answer period.

To register, call 482-6242.

Massage

Continued From Page 11-A

really puzzles Brandt about the community - why people here seem to think of massage as a reward, rather than a service that can provide health ben-

She said that in Michigan, people regarded scheduling a massage in much the same way they would scheduling visits to

ANY PURPOSE.

ALL DAY FESTIVAL

the dentist—as something they did because it was important to their continued good health.

And, she added, visits to a massage therapist often went hand in hand with regular trips to the chiropractor. In fact, Brandt said, it was so common for her and other massage therapists in Michigan to work with chiropractors that she's happy that she's been getting referrals from at least one Edenton chiropractor who feels his clients can benefit from her services.

"It just makes a lot of sense if you think about it," she said. "If you go to a massage therapist and get your muscles relaxed, then go to the chiropractor it makes it easier for him to work-

with you." And massage therapy has another benefit, too, she said.

"You not only become more relaxed, but it helps your breathing, as well. It's really beneficial if you want to stay in good health."

Want to stay informed about upconing events in our community? You can by picking up the Herald weekly!

TRY US FIRST, WE'RE FAST.

Edenton, NC

MAY PLAY DAY

SATURDAY, MAY 1, 1999 - 10:00 A.M. UNTIL

AT ROCKY HOCK COMMUNITY CENTER

CRAFT BOOTH SPACES AVAILABLE

CALL 221-4169 OR 482-2131 FOR RESERVATIONS

GAMES • FOOD • FUN • ENTERTAINMENT

FREE COUNTRY MUSIC SHOW 7:00 P.M. UNTIL

COUNTRY JAM BAND

SPONSORED BY ROCKY HOCK RURITAN CLUB

Now this is a pain

BBQ CHICKEN \$5

Healthy

Continued From Page 11-A

say to people who have a health problem, however, is not to ignore it and hope it will go away. That is the one thing they should not do, because many times delaying dealing with an injury only makes it worse." But, he hastened to add, he Loans from '400 - '4000 does not attempt to treat problems he thinks could be better TIME FINANCING SERVICE

served in a traditional health care setting. "Your goal has to always do what's best for your patient," he said, "and sometimes the

best thing I can do for them is to send them to a medical doctor for assistance." He said that another common misconception about chi-

ropractic care is that it is a relatively new phenomenon. "It's been around for over 100

years," he said.

Dr. Cranford, in fact, was a member of the "Centennial (1995) Class of chiropractic. He practices the "Gonstead"

style of chiropractic care. Those types of treatments, designed by an engineer, are able to provide "specific, accurate and precise" adjustment to relieve discomfort in troubled areas of the body. Its founder, Dr. C.S. Gonstead, became known as "the chiropractor 's chiropractor.'

Dr. Cranford, who will join his staff in hosting an Open House tomorrow (Thursday) at 10:30 a.m. at his office, located at 701 North Broad Street, invites the public to come tour the facility.

4 OUT OF 5

North Carolinians prefer newspaper over TV for finding information & prices.

CHOWAN HERALD DEADLINES

Retail Advertising 4:00 p.m. Monday

*Please allow one extra day for color ads

Classified Advertising .4:00 p.m.

Monday

Church News .5:00 p.m.

Friday

Society

Friday

5:00 p.m.

Monday

All Other News ..4 p.m.

in the neck! Chiropractic care is the chosen method of care for whiplash injuries.

Research has shown that patients receiving chiropractic care for back-

related injuries lose up to ten times fewer working days than those receiving medical care for the same injuries. Journal of Occupational Medicine, Volume 33, Number 8

NEW PATIENT CERTIFICATE

Present this certificate for a complete Chiropractic Evaluation - FREE!!! Your initial visit will

include: Consultation with doctor, 2 x-rays (if considered necessary) thorough spinal exam, explanation of treatment, confidential report of findings (\$105.00 value)

(252) 482-4499



300J N. VIRGINIA RD., EDENTON CHOWAN CROSSING SHOPPING CENTER Mon., Tues., Wed. & Fri. 8:30 - 6:30 (Closed 12:30 - 2), Thursday and Saturday

8:30 - 12:30, Closed Sunday We accept Medicare/Medicald, Most Insurances.

· IF CLINICALLY INDICATED onal treatment, you have the legal right to change your mind within three days and recieve a refund