



SUBMITTED PHOTOS

The children and families at Loving Hearts daycare collected food for Chowan County's first-responders.



Daycare provides meals for first-responders

BY SUBMITTED REPORT

The children and families at Loving Hearts daycare collected food for Chowan County's first-responders for Thanksgiving.

The daycare wanted those who were on duty to be able to have a big Thanksgiving meal while helping and protecting us! The business provided to each team a turkey,

ham all the sides, bread, desserts and drinks! Everything right down to the whipped cream!

The children were so excited to give the first-responders their boxes. The daycare provided boxes to Chowan County Central Communications (911), Chowan County EMS, Chowan County Sheriff's Office, and the Edenton Fire and Police departments.

When not feeling good after a massage

BY HARRIET CLIFFORD
For Chowan Herald

Have you ever not felt great after you've had a massage? Or during even? Aren't they supposed to make you feel better? Most times, yes, says Therapist Pamela Ann Bennion, LMBT NC No. 2311. Most times, are the keywords here, she says.

When it comes to the muscular system, she says what you want is to feel is a good burning kind of burning pain when a knot, adhesion, tautness, tension or even a tendon releases. And this discomforting burn release should be about a level 4-6 (with level 1 being the least and 10 the most.) Anything over that is too much. And below that is not quite enough to give the optimal kind of release that's usually best and desired.

She does point out that each person's threshold level is different. So what's deep to one person may not be deep to another. How come? Each of us has our own sense of touch. And that's unique, just like a snowflake.

And we each have our own sense of "touch-taste." You could even call it our "touch-palette." She explains further, that

while the physical depth deeper into a muscle belly may be needed to achieve the result a client seeks, they may not like that. And that's where the "dislike" for the massaged (and the therapist) can come from.

You may wonder why the therapist just doesn't use the pressure level that the person wants? She says here again is the "snowflake theory." The craft of "pressure" is a learned art. Plus the "heaviness" of a therapist's hand is what comes natural to them. Combining the two is just like a carpenter or potter, their skill trade is a craft learned over time with practice and the eventual emergence of their own singular style.

Feedback to the therapist during the session is great, she says. This should boost the massage experience. Albeit gently put, however, if the "pressure"/discomfort isn't your liking, massage and Bodywork therapists on the whole are a sensitive lot!

So don't hesitate to give the gift certificate of wellness! Information on her gift certificate sale and practice can be found at www.healingmassageandtherapies.com.

OBITUARIES

James E. Parks

HOBBSVILLE - James Edwin Parks, 75, of 446 Gliden Road, died Tuesday, December 3, 2019, at his daughter's home in Clinton, NC.

Mr. Parks was born in Gates County on October 2, 1944, and was the son of the late Earl F. and Stella White Parks. A retired inspector with Norfolk Naval Shipyard, he was an Army veteran of the Vietnam War. A member of Piney Woods Friends Meeting, in earlier years he had enjoyed the fellowship of Up River Friends.

In addition to his parents, he was preceded in death by his sister, Earline.

Surviving are his wife of 53 years, Sandra Winslow Parks; three daughters, Jennie Parks Upton of Hertford, Vevlyn Parks Lowe and husband, John, of Clinton, and April Parks Millsap and husband, Justin, of Quantico, VA; a brother, Vandy "Bud" Parks of Hobbsville; five grandchildren, Tifani Boyce and husband, Jonathan, Garth Upton, Carter Lowe, Jackson Lowe, and Gracyn Millsap; and two great-grandsons, Brayden and Tanner Boyce.

Funeral services were held Saturday at 3:00 p.m. in Piney Woods Friends Meeting and were conducted by Pastors Jeremy Pugh and Frank Carter. A private burial was held in the Up River Cemetery. Friends joined the family Friday from 6 to 7 p.m. in Miller Funeral Home & Crematory, 735 Virginia Road, Edenton, or in the fellowship hall of the Meeting House immediately following the funeral.

In lieu of flowers, contributions may be made to Piney Woods Friends Meeting, the Winfall Volunteer Fire Department, or to the Edenton Farmers Market. Online condolences may be made by visiting www.millerfhc.com.



Mary "MaNoah" Nora Jones Tisdale

EDENTON - Born October 27, 1938, Mary was in Palliative Care and Comfort care surrounded by her sister Janet, brother-in-law Alvin and nephew Wesley King also longtime friend Lona Powell by her bedside and a few close friends at Vidant Chowan Hospital, Edenton, NC. It was very emotionally. Her sister Edith Joanne and Lola for emotional support via phone.

She went to sleep in death on December 2, 2019.

Funeral services will be held on December 14, 2019 at 1:00 p.m. at Rowsom Funeral Home, 104 N Oakum St, Edenton, NC.

Please no flowers contact 770-315-7793 directly.



OBITUARY POLICY

For information on submitting obituaries or death notices, call 329-9505 or email obits@appenc.com between 8:30 a.m. and 5 p.m. Monday through Friday, and specify that you are interested in obituary information for The Chowan Herald. On weekends and holidays, email obits

@appenc.com.

Obituaries must be received, processed and approved by 8 a.m. Tuesday to appear in print in the Wednesday edition.

Death notices can include the name and age of the decedent; funeral and visitation or viewing information; and the name of the funeral home.



MILES LAYTON/CHOWAN HERALD

Participants in the Christmas Parade walk down Broad Street Saturday.

HOLIDAY

Continued from A1

Ringleman, CPAs, Chowan Arts Council and Southern Bank.

Saturday kicked off with the Edenton-Chowan Christmas Parade. Put together by Edenton-Chowan Chamber of Commerce, the parade featured about 50 entries.

The weather was a little chilly, but perfect for the hundreds of people who lined up along Broad Street to watch the parade.

The float winners were first place, Open Door Church, second place, Regulator Marine, and third place, D.F. Walker Elementary School.

The 2019 Christmas Parade sponsored included Vaughan's Jewelry and Fine Gifts, Branch Banking and Trust, C & N Basic Learning Center, Chowan County Regional Fair, Carpet and Appliance Plaza, Cutting Edge Hair Salon for Men, Specialty Seed Company, Dr. Bora and Kelley Duruman, Sound Shore Pottery, The Christian Book Seller, J. Leek Associates Inc., Downtown Cafe' and Soda Shoppe, Cavanah



TOWN OF EDENTON GARBAGE COLLECTION

CHRISTMAS 2019

WE WILL NOT HAVE YARD WASTE PICK UP THIS WEEK

MONDAY DECEMBER 23RD
EASTSIDE SOLID WASTE & DUMPSTERS (TOWN WIDE)

TUESDAY DECEMBER 24TH
OFFICE CLOSED "HOLIDAY"
NO COLLECTION

WEDNESDAY DECEMBER 25TH
OFFICE CLOSED "HOLIDAY"
NO COLLECTION

THURSDAY DECEMBER 26TH
OFFICE CLOSED RECYCLABLES WILL BE PICKED UP

FRIDAY DECEMBER 27TH
WESTSIDE SOLID WASTE & DUMPSTERS (TOWN WIDE)

W.E. NIXON Welding & Hardware, Inc.

3036 ROCKY HOCK ROAD • EDENTON • 221-4348 OR 221-8343

Santa Shops at W.E. Nixon!



Cookies with Santa
December 18,
2pm - 5pm

we have STOCKING STUFFERS



Christmas with THE JONESES

Celebrating the story!

Dec. 15th - 6:00pm

Edenton First Assembly of God

EDENTON, NC
1201 W. Queen St

