## Your change can "change" a life

## Now Open

## Mt. Vernon Chiropractic and Pain Center

patients who suffer from back and neck pain, he also can help many conditions that cause pain and discomfort to various parts of the body. Such as:



Arthritis

\*Carpal Tunnel Syndrome

\*Fibromyalgia

Headaches -Joint Pain

Overuse injuries -\*Kheumatism

Sciatica - Scolosis

\*Sports injuries -\*TMJ

Tendonitis -Whiplash injuries

\*Stiffness, Numbness, Swelling,

Thoding or Cramps of any

Tingling or Cramps of any extremity
Massage Therapy Available

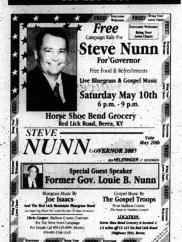
Stop in or call for an appointment with Dr. Meyer at 606-256-1986.

Walk-Ins Welcome. After hour appointments available

Open Monday - Wednesday - Friday 9 a.m. to 12:30 and 3 to 6 p.m. Tuesday 3 p.m. to 8 p.m. (Late Day) • Thursday 8 a.m. to Noon (Early Day) Saturday 9 a.m. to Noon

We file all insurance for you. Medicare/Medicaid provider. Auto-Accidents & Workmen's Comp injuries covered at 100% All Auto-Accidents & Works

School Street • Mt. Vernon (Former KU Bldg.) 606-256-1986



brings us one step closer to a cancer free tomorrow.

With your contributions and the support of our local banks, we can fight against cancer.



Green Giant

Vegetables





U.S.D.A: Inspected Whole

**Bnls. Pork Loin** 

249

Boneless Ribeye Steaks



This Week's Hot Buy!! **ICE CREAM** 

Pepsi and Pepsi Products 299

128 oz.

Saver's Choice

BLEACH

59¢

8-10.6 oz. Asst. Vor. Kid

Cuisine

3/\$5

Golden Ripe BANANAS

Chicken Noodle **Grill Gas** 

or Tomato Soup 999

Tropicana Pure Shurfine Premium **Biscuits** Orange Juice 1 29 2/\$4

Mother's Day is Sunday, May 11, 2003 RAGU eet Dreams Bouqu Spaghetti Sauce Mini Rose Plant

**Juicy Juice** 1 89

Tony's Original

**Crust Pizza** 

2/5/

ksst. War. Reg. or Kraft Easy Mac 2/\$/

5499

119 Shurfine Butter Qtrs.

Cottage

Cheese

Faygo Pop 59¢

249



2/\$3 Eckrich Sliced Bologna (Regular, Thick or Lite) ...... 349 Johnsonville Sausage...... Valleydale Old Fashioned Boiled Ham .... Single Layer Cakes For Mom (Asst. Var.) ......

Greener Selection 8/\$ 1 99 **Dole Salad** Sweet Jumbo Cantaloupes

2/\$3 New Crop Red Potatoes 1.98 Sweet Honeydew Melons Greenhouse Grown Red Ripe Tomatoes . 129 199 Sweet Crunch Pack Sliced Apples 249 Freshline Fruit Medley .79¢

Sweet Ga. Grown Vidalia Onions

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		12	
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