

Gotta get ready to gobble until ya' wobble

Thanksgiving is already around the corner and gluttony becomes a patriotic duty. It's also an annual tradition of observing how people used to communicate before the Internet. Although the majority of folks now sit down to dinner when it's halftime. It's the time of year when all the turkeys would much rather fly south if they could.

Thanksgiving is when families and friends join together to raise America's obesity rates while the rest of them are camped out at the local mall for Black Friday sales and fist fights.

It's when Aunt Martha sets a big family table and remembers the water glasses go on the left and all the wine glasses go next to her.

Aunt Sarah is always there to remind everyone to set their scales back at least ten pounds before chowing down the big feast.

Above all Thanksgiving is the time to spend time with the loved ones. Only problem is after a day or two they cease to remain loved ones. (No Harm!)

To avoid so much family bickering

this year, I plan on marinating the turkey in vodka, making a red wine cranberry casserole, moonshine stuffing and Jell-O shots for dessert. That should calm things down.

Our neighbor Ben's prize turkey, Giblets, ran away last year to avoid the axe only to get trampled the next day in the local mall parking lot during the Black Friday sale day. From what I hear,

it really knocked the stuffing out of him!

As you know, there are a few signs you're having a bad Thanksgiving. First, you run out of booze

by eleven a.m. Then you have to concentrate on just which side of the turkey you saw the dog licking.

Also wondering who scared you to death by plastering a picture of a huge turkey holding a HELP sign on the outside of your oven. Is that really a dog collar around my turkey's neck?

Another thing to remember is there can never be any leftovers because everyone you invited believes in 'eat big then go home.' Not to mention the most frequently used word at dinner is Heimlich.

On top of that, being informed

Grandpa Roy is presently on a 'cleanse' doesn't help the aftermath of one whopping plumber's bill the next day.

The only relief in sight is hopefully the turkey's dose of tryptophan will soon after dinner put everyone to sleep with a healthy nap so I can have a moment of peace and an enjoyable glass of wine with Aunt Martha.

Look at it this way, if all else fails,

restaurant reservations are a great option. That just might make Momma smile all the more.

Most of all, I wish everyone love, laughter and warm hearts throughout this holiday and many more to come.

Many Gobble Till Ya' Wobble Hugs,

SAVANNAH

Today's Chat with Savannah

Those pesky chipmunks, moles, armadillos and the little brown bugs

We've certainly had a few days of beautiful weather with temperatures in the eighties. I hope you, like me, have taken advantage of those days since we are to have the temps drop over the weekend with highs in the sixties which will be a temperature drop of some twenty degrees.

Saturday evening those little brown bugs that invade our homes in the fall came a calling at our house. Bryan Pitts and son Gunter have been helping me out with a few outside projects that they have completed in no time flat, even with the onslaught of those pesky bugs landing on us. Later daughter Kristie and husband Dusty came out for a visit. Always a good thing when family comes a calling. Beverly Hubler, Sherry Gannon and Russell Taylor also stopped by this week.

Daughter Kristie and I ate at Cracker Barrel last Thursday and later enjoyed the evening on our patio. Love eating at Cracker Barrel as that is my favorite place to chow down on a good home-cooked meal.

Please keep the following people in prayer: Cecile Ferrell, Mary Melton, Joe Gunter, Rose Watts, Gracie Bratcher, Sepal Pedigo, Charlie Mai Daniel, Alene Ferrell, and the family of Bill Pack. Also, please keep praying for Israel.

We've got a lot to be thankful for in this country with the freedoms we all enjoy. I hope we never lose that freedom, and we won't if we will turn back to God and keep His commandments. We haven't gained anything by turning our backs on Him. We've let God down in so many ways. He is a loving God to everyone, and He is the only One to get us through these perilous times.

A TV commercial about getting that all important Thanksgiving meal underway and the recipe card that looked like it had been used for a many-a-year on the kitchen counter. Can't help but think of the recipe card that I have that is worn around the edges and the recipe for dressing that "Aubrey's" mom "Mildred" gave me years ago. Talk about a recipe for the ages, hers was at the very top. She was a fabulous cook (her daughters all carrying on that tradition) and a won-

derful Christian lady that this girl will always be in admiration of and how she always thought of others. I was so blessed in having a second mom and dad with Aubrey's parents because they treated me like a daughter. Oh, by the way, that dressing recipe of Mildred's has been given to others and has been shared not only at Thanksgiving meals but at family reunions and other gatherings.

Stamps haven't gone up at this time but heard on the tube that's probably in our future. Christmas cards this year will be fewer this year as stamps are just getting too expensive to purchase. Our mail service is not getting any better either. Seems like we can't win in this battle.

I'm having problems with those pesky chipmunks, moles and armadillos. The chipmunk, like the boll weevil, is making his home at the side of our patio, the moles seem to be everywhere so more bubble gum will be needed to stop any more progress of them tearing up the

yard, and the armadillos come out at night which make me think of vampires. Of course, vampires don't exist, but these armadillos

do, and are making holes anywhere they want. This, for me, is a serious matter. Got to rethink my strategy on how to thwart these enemies to our yard. Maybe I need to get someone like Columbo on the case.

Hope you make it to the Lord's house this Sunday to praise and worship Him. So many people in other countries do not have the freedom to do this. Spread the love of Jesus through the week by what you say and do for others. Try to do a good deed for someone. There's always someone who needs help, and you can be the one to come to their rescue. May they see Jesus through you and want Him in their life, too, if they haven't accepted Him as their Savior. Everything we do does matter in honoring Him.

If you have any news for the column, just give me a call at 615-563-4429. Have a great day!

From the rising of the sun unto the going down of the same the Lord's name is to be praised. Psalm 113:3

Daily headaches gone under chiropractic care

From the Journal of Pediatric, Maternal & Family Health comes a study documenting the case of a young boy with daily headaches being helped by chiropractic. The study begins by noting between 10-20% of school age children suffer with headaches. This number increases to 27-32% at the age of 13-14 years for a headache within a given month.

The authors report chronic daily headaches affect 2-4% of adolescent females and 0.8-2% of adolescent males. A diagnosis of chronic daily headaches is made when headaches occur more than 4 hours per day, 15 headache days per month or more, over a period of 3 consecutive months, without an underlying (medical) pathology.

In this case, a 13-year-old boy was brought to the chiropractor by his parents for a consultation and possible care. It was reported the boy was suffering from headaches every day for several years. There was no history of trauma, or any physical injury prior to the onset of the boy's headaches. The boy's mother did report her son's headaches to his MD, who said they were probably sinus

related. However, he did not recommend any treatment or further tests.

A chiropractic examination of the boy was conducted which included a postural inspection, palpation, and range of motion. Based on the examination findings, it was determined the boy had multiple vertebral subluxations and chiropractic care was initiated.

The boy was initially seen two times per week for the first two weeks. Care was reduced thereafter as improvement was seen. The study reports the boy's response was immediate as his headaches stopped as soon as chiropractic care was started. This improvement made an immediate and profound impact on the boy's quality of life and ability to function.

In their conclusion, the authors wrote, "This case report provides supporting evidence on the effectiveness of chiropractic adjustments characterized as high-velocity, low amplitude thrust to sites of vertebral subluxations. We encourage further research on the use of this type of care in children suffering from CH, (chronic headaches)."

For more information contact:
Cannon County Chiropractic
824 McMinnville Hwy.
Woodbury, TN 37190
615-563-3320



Cannon County Chiropractor
Treia Wessel

News from the Mountain

BY CAROL GUNTER



LEGALS & PUBLIC NOTICES

The Cannon County Board of Zoning Appeals will have a public hearing on Tuesday, 11/28/2023 in the 2nd floor Court Room of the County Courthouse, 200 W. Main Street, Woodbury TN for the purpose of reviewing the following item:

Application for a Variance of: .23 acres (10,018.8 sqft): to accommodate construction of a guest house at 112 Brawley Circle, Readyville, TN 37149.

The proposed item can be reviewed at the office of the Cannon County Planning Department, 200 W Main Street, Woodbury TN, from 8:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday, and Friday.

The public hearing will begin at 5:30 P. M. All citizens are invited to attend; in addition to the above public hearing, a period for public comment on matters germane to other items on the agenda shall be provided. Any questions or comments can be addressed to the Cannon County Land Use Administrator by phone: 615-563-5263 or by email: David.Robinson@CannonCountyTN.gov

The Cannon County Board of Zoning Appeals will have a public hearing on Tuesday, 11/28/2023 in the 2nd floor Court Room of the County Courthouse, 200 W. Main Street, Woodbury TN for the purpose of reviewing the following item:

Application for a Special Exception for: construction of a barndominium at 0 River Bluff Drive, Woodbury TN 37190.

The proposed item can be reviewed at the office of the Cannon County Planning Department, 200 W Main Street, Woodbury TN, from 8:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday, and Friday.

The public hearing will begin at 5:30 P. M. All citizens are invited to attend; in addition to the above public hearing, a period for public comment on matters germane to other items on the agenda shall be provided. Any questions or comments can be addressed to the Cannon County Land Use Administrator by phone: 615-563-5263 or by email: David.Robinson@CannonCountyTN.gov

The Cannon County Board of Commissioners will have a public hearing on Thursday, December 7, 2023 at the Cannon County Courthouse, 200 W Main Street Woodbury TN 37190 for the purpose of reviewing the following item:

To amend the Cannon County Zoning and Building Codes Resolution; such amendment to include provisions to establish an application fee for an NFIP Floodplain Development Permit.

The proposed amendment can be reviewed at the office of the Cannon County Planning Department, 200 W Main Street, Woodbury TN, from 8:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday, and Friday.

The public hearing will begin at 6:00 P. M. All citizens are invited to attend. Any questions or comments can be addressed to Cannon County Land Use Administrator by phone: 615-563-5263 or by email: David.Robinson@CannonCountyTN.gov

Greg Mitchell
Chairman
Cannon County Commission

The Cannon County Board of Commissioners will have a public hearing on Thursday, December 7, 2023 at the Cannon County Courthouse, 200 W Main Street Woodbury TN 37190 for the purpose of reviewing the following item:

To amend the Cannon County Zoning and Building Codes Resolution; such amendment to include provisions to define a barndominium, include a barndominium as a permitted use in an A-1 Agricultural District, and include a barndominium as a non-permitted use in an R-1 Residential District.

The proposed amendment can be reviewed at the office of the Cannon County Planning Department, 200 W Main Street, Woodbury TN, from 8:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday, and Friday.

The public hearing will begin at 6:00 P. M. All citizens are invited to attend. Any questions or comments can be addressed to Cannon County Land Use Administrator by phone: 615-563-5263 or by email: David.Robinson@CannonCountyTN.gov

Greg Mitchell
Chairman
Cannon County Commission

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