

Moving on it’s gonna be a brand new year

Okay Folks, I’m in the mood to lighten things up a bit and attempt to overlook all the nationwide snow storms and the migrants ending up at everyone’s door steps.

COVID has slowed down, now it’s the flu, while police forces are gaining ground and storekeepers are finally retaliating against the smash and grabbers who are arrested and let out the very next day. Go figure!

Word is also out to beware of picking up folded dollar bills and tempting pieces of paper that are tossed on the ground with deadly Fentanyl tucked inside.

Must I go on? Nope, let’s just slide on to another subject.

Let me ask you. Have you ever stopped to think just how many times during the day we use old-timey sayings in our conversations and exclamations?

You know, for example: It’s the bee’s knees; brand spanking new; cost me an arm and a leg; fit as a fiddle; a sight for

sore eyes; as the crow flies; too big for his boots; or like a chicken with its head cut off.

Believe it or not, each of these sayings has a bit of history behind it and a reason why they became part of our English language.

Bite the Bullet. During war times, surgeons made their patients bite down on a bullet to ease the pain from the procedure.

Butter Them Up. Comes from an ancient Indian custom of throwing balls of butter at statues to seek favor of the gods.

Give ‘em the Cold Shoulder. Today it means a rude way to avoid people, but in medieval days after a big feast, the host would let the guests know it was time

to leave by giving them a cold piece of meat from the shoulder of beef, mutton or pork.

The Whole Nine Yards. Means to try my best. It originated during the WWII when fighter pilots received a

9-yard chain of ammunition. Therefore, when a pilot used all his ammo on one target, he gave it the whole nine yards.

How about She’s No Spring

Chicken. It means someone past their prime. But, back in the New England days, the chicken farmers would get more money for the chickens born in the spring than for the chickens that had survived through the winter. When farmers tried to sell the winter birds as spring ones, the clever buyers complained the fowl was No-Spring-Chicken!

Waking Up On the Wrong Side of the Bed. Way back when if anyone exited the bed on the left side it was considered sinister. So, to ward off evil, innkeepers made sure all the beds were pushed against the wall.

More recent ones are. Change is good, dollars are better. Silence is golden, duct tape is silver. The best thing since sliced bread. Those who throw dirt, only lose

ground.

Even my family has come up with a few of their own unique sayings. So, with Tongue-in-Cheek, I will let them get in their Two-Cents-Worth.

Uncle Festus came up with this one. Never try slamming a revolving door. And then...The road to success is always under construction.

From Aunt Martha comes...I don’t suffer from insanity, I enjoy every minute of it. Then, Wine takes the whine out of my day.

Cousin Sarah has one. Face wrinkles disappear whenever I go Bra-less.

Uncle Pete’s is...Where there’s a will, there’s 500 relatives.

Cousin Clarence says...Before you criticize someone, walk a mile in their shoes, that way you’ll be a mile from them and you’ll have their shoes.

And Grandpa Roy goes by this one all the time. When you’re right, no one remembers. When you’re wrong no one forgets.

You can Bet Your Bottom Dollar on that one.

Well, gotta sign off for now. But just remember...If at first you don’t succeed, then skydiving definitely is not for you. (Just sayin’.)

Many New Year Hugs to all of you!

SAVANNAH

Keep all the snow in Buffalo

We’re hoping we don’t have any more cold spells like we’ve had since Thursday night. We were warned days ahead about the artic blast of air coming our way and to protect our homes from pipes bursting, check our vehicles, and to secure outside Christmas decorations so they wouldn’t be “Gone With The Wind” overnight as wind gusts exceeded 40 mph. We still had some snow left on the ground come Christmas morn so I was happy.

How the people of Buffalo, New York are surviving with all the snowfall they

have been having the past few weeks is a mystery to me. I wouldn’t be able to make it in conditions like that. I about froze

with our last cold front. Emergency responders there in Buffalo have found people frozen to death in their cars and others frozen to death in their homes. The death toll, no doubt, will get even higher as time goes on. Please keep the people in Buffalo in your prayers.

All day marathon of Shirley Temple movies on Saturday. She was “cute as a button” and was certainly quite a talented little girl. Earlier years of television provided more quality viewing of movies, at least from my viewpoint... Looking forward to a “Columbo” movie marathon next weekend, and yes, I’ll be watching.

Ralph Gunter is at NHC in Smithville. I’m sure he would be glad if any of you could stop in and visit for a while. Also, Geneva Byford is in rehab in McMinnville. She may get to come home next week. Please keep them both in your prayers.

We have some other people that need our prayers: Sepal Pedigo, Charlie Mai

Daniel, Rose Watts and the families of Jimmie Besheares and Ethelene Pedigo in the loss of their dear loved ones.

Have you noticed, as I have, the extra alcohol commercials they are slipping in on TV nowadays? We thought Christmas was “sacred” didn’t we--but the other night the alcohol commercial was playing a Christmas melody while advertising their wine. An epidemic going on with all the beer companies and other liquor promoters making you think your get-togethers will be better with drinking. Cigarette commercials

were banned. How many people have killed other people while smoking a cigarette and driving their vehicle? What you don’t hear

are the thousands upon thousands of people that are killed by a drunk driver getting behind the wheel of their car and running into innocent people and ending those people’s lives.

Rick and Beverly Hubler spent Christmas with daughter Ginny and hubby, Joe, in Smyrna. So many people, I’m glad to say, are feeling better and on the mend right before Christmas. We now have the New Year, 2023, in sight. Hoping it will be a good one for you and your family.

Starting out the new year would be a great time to accept Jesus as your Lord, and personal Savior. Try to make it to church this Sunday to give Him the praise and worship He so richly deserves.

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

Go ye into the world and preach the gospel to every creature. Mark 16:15

News from the Mountain

BY CAROL GUNTER



Essential tremors reduced in elderly man under chiropractic



Cannon County Chiropractor
Trea Wessel

The Annals of Vertebral Subluxation Research published the results of a case showing the reduction in essential tremors for an elderly man receiving chiropractic care. According to the Mayo Clinic website, “Essential tremor is a nervous system (neurological) disorder that causes involuntary and rhythmic shaking. It can affect almost any part of your body, but the trembling occurs most often in your hands, especially when you do simple tasks, such as drinking from a glass or tying shoelaces. Essential tremor is usually not a dangerous condition, but it typically worsens over time and can be severe in some people.”

The study begins by noting essential tremors are a common condition in the elderly affecting about 5% of that population. Essential tremors are different than the tremors from Parkinson’s disease in that essential tremors are in the upper extremities 95% of the time, and are present during movement of the upper extremities unlike Parkinson’s which are present while resting.

Common medical treatment usually involves medications such as beta blockers, anti-seizure drugs, tranquilizers, or even Botox injections. These treatments have mixed results, and often include significant side effects and risks.

In this case, a 75-year-old man suffering with tremors affecting both hands went to the chiropractor to see if he could be helped. The man described his tremors as spasms that were pounding, dull and crawling, and were often accompanied

by pain. He explained his tremors started many years ago, but had been getting progressively worse over the past four years.

In describing his tremors using a 0 to 10 scale, with 10 being the worst, he rated his problem as a 5/10 at its best and a 9/10 at the worst. The tremors interfered with his daily activities, including eating and writing. He was on several medications that had little effect. He reported the only thing that could relieve his tremors was alcohol consumption.

A chiropractic examination was performed, which included a comprehensive neurological assessment, postural analysis, orthopedic evaluation, active range of motion, palpation, and spinal x-rays. The conclusion of the examination was the presence of multiple areas of vertebral subluxations present in the man’s spine. From this, the man was started on a regime of regular specific chiropractic adjustments to address the subluxations.

After 12 chiropractic visits, the man underwent a re-evaluation to determine the progress made. In addition to improvements noted in the results of the exam procedures, the man reported he could notice a 50% reduction in his tremors. Because of this improvement, he was able to write more efficiently and was able to eat breakfast cereal with a spoon more easily. The authors concluded, “Chiropractic care resulted in significant decrease of essential tremors for this patient.”

For more information contact:
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Call 615-563-2512 or
visit www.cannoncourier.com

LEGALS & PUBLIC NOTICES

PUBLIC NOTICE:
Cannon County Board of Education (via Cannon County Government) has applied for Federal Emergency Management Agency (FEMA) Hazard Mitigation Grant Program (HMGP) funding through the Tennessee Emergency Management (TEMA) as a sub-recipient. The purpose of the funding is to provide automatic standby natural gas-powered back-up generators at 3 schools in order to maintain critical communications infrastructure during power outages. Details of this Public Notice are posted on the school district website at www.ccstn.net under News & Announcements – Press Releases (The document name is Public Notice 12-01-2022.pdf). You may contact Michael Medford at 629-201-4801 (email: michael.medford@ccstn.net) for further information. Comments are due within 30 days.

NOTICE TO CREDITORS
Estate of Max Eugene Lane, Jr.,
Notice is hereby given that on the 14th day of November 2022 Letters of Administration or Letters Testamentary in respect of the estate of Max Eugene Lane, Jr., deceased were issued to the undersigned of Chancery Court of Cannon County, TN. All persons both resident and non-residents, having claims matured and unmatured against the estate are required to file same with the Clerk of the Chancery Court on or before the earlier of the dates prescribed in (1) or (2), otherwise claims will be forever barred
(1) (A) Four (4) months from the date of the first publication (or posting as the case may be) of this Notice if the creditor received an actual copy of the Notice to Creditors

at least sixty (60) days before the date of the date that is four (4) months from the date of the first publication (or posting); or (B) Sixty days from the date of the creditor receiving an actual copy of the Notice to Creditors, if the creditor received the copy of the Notice less than sixty (60) days prior to the date that is four (4) months from the date of the first publication (or posting) as described in (1) (A); or
(2) Twelve (12) months from the decedents death. This is the 14th day of November, 2022.
Trinity Marye Martin, Executrix of the estate of Max Eugene Lane, Jr., deceased
DANA DAVENPORT, CLERK & MASTER
Jay. B. Jackson Attorney For The Estate

Convenience Center Hours of Operation

Mondays: 8:00 a.m. until 5:00 p.m.
Tuesdays: 8:00 a.m. until 5:00 p.m.
Wednesdays: Closed
Thursdays: 8:00 a.m. until 5:00 p.m.
Fridays: 8:00 a.m. until 5:00 p.m.
Saturdays: 8:00 a.m. until 5:00 p.m.
Sundays: Closed