

Celebrating 70 years



Perry Loudon For the Courier

Ann and Bryson Johnson celebrated their 70th wedding anniversary on October 18, 2023. The couple have been members of the Woodbury Seventh-day Adventist church since 1992 and have been an invaluable fixture there for the past 31 years.

Bryson was born in 1930 and grew up in Bowling Green, Kentucky. He was the youngest of 13 children and was baptized into the Seventh-day Adventist church in 1944. Ann, the next to youngest of six children, grew up in Indiana and was also baptized into the church as a child. The two met at Highland Academy when Ann was a freshman and Bryson was a senior. They stayed in touch through letters after Bryson graduated and joined the military. Over the next two years, Bryson wrote Ann over 600 letters.

While in the army, Bryson spent 14 months in Korea. When he was discharged from the service, he went to Indiana, where he reconnected with Ann, and the two were married on October 18, 1953.

Bryson and Ann spent the first part of their marriage in Nashville, Tennessee, where Bryson worked for Southern Publishing as a bookbinder and an assistant foreman, and Ann worked as a registered nurse. They had two sons, Danny and David. In the 1980s, the

family moved to Hagerstown, Maryland, where Bryson worked for Review & Herald. When Bryson retired in 1992, the couple moved to Woodbury where Ann's sister and brother-in-law, Macy and Martin Davis, had been living.

Woodbury and the Woodbury Seventh-day Adventist church have been a large part of the couple's lives. Over the years, Ann served as head deaconess and taught Cradle Roll, Kindergarten, and Primary Sabbath School classes. Bryson served as head deacon, and the couple served together as board members for the church school. Bryson and Ann have always taken a special interest in keeping the church and school beautiful. They have taken part in church beautification projects and managed flowerbeds at the church and the school every spring and fall since 1995.

The couple credits their years of staying together to the church. When asked what marriage advice they would give, they said, "Settle differences with the Lord's help" and "Always love each other." The couple, who now have three grandchildren and four great-grandchildren, enjoy bird watching and traveling. They continue their legacy in Woodbury through faithful church attendance and support, church beautification projects, and delicious potluck dishes.

Cancer from A1

had her game plan laid out. It's the same plan she approaches any hurdle in life. She also uses it to advise other women who joined her in her path of fighting cancer. "Never focus on yourself. Pray, pray, pray and never give up," she said. "Have a purpose and do for others."

Her support group consisted of her family. They also stayed strong as a result of her inspiration. The road was rough through all the radiation treatments and the partial breast removal surgery. Then, to top it all off, Hale contracted the COVID-19 virus shortly after her surgery. Nothing stopped the determined 76-year-old though.

The light at the end of the tunnel produced a cancer free diagnosis in 2022. "Every morning when I was going through radiation, I told my doctors 'God's got this'," Hale said. "Radiation would have been a tough thing to go through, but it was okay for me. Dr. Lee, the radiation doctor, saw me every Tuesday. He was so excited because I followed his directions and he'd tell me how well I was doing. I don't have any scars or anything."

Smith also added, "I know Stella was probably a highlight of their day just like she is for me. If she's anything with them like she is with me, it's a joy to see a patient like Stella who has a great outlook."

She has withstood not only cancer with a positive attitude, she also has depended on her faith to help her

through cancer diagnoses in other family members, reunifying with family members, and going through other members who passed away.

Because the need for early detection is so important. Ascension Saint Thomas Stones River put in a 3-D mammogram machine. "As a provider it opened the door for more screening opportunities," said Smith. "I did give them a call, as I was interested to see about on average how many clients they screen, and they told me about 350 a year."

The new 3-D technology takes it to another level and makes getting a mammogram a significantly less uncomfortable experience than the older 2-D models.

Smith's office follows the US Preventative Service Task Force (USPSTF) recommendations. She also stresses the importance of the yearly screenings and mammograms. "You can complete a mammogram without a doctor's order. They will ask you if you have a partner physician we can send the results to. You need a partner in case something happens," she explains. "It's why we see you when you're sick, but lets us see you when you're well because one of these days you're going to need us and we want to know what you look like well."

Smith recommends a website which helps those who are underinsured or uninsured afford a mammogram. "The site is called mdsave.com. People can search their local zip code, pick a facility they can go to, and it will tell a person what the exact costs for specific services."

There are recommendations of reducing breast cancer risks according to the world renowned Mayo Medical

Clinic. To lower risks, they suggest:

Limit alcohol. More alcohol you drink, the greater your risk of developing breast cancer. The general recommendation based on research is to limit yourself to no more than one drink a day as even small amounts increase risk.

Maintain a healthy weight. If your weight is healthy, work to maintain the weight. If you need to lose weight, ask your doctor about healthy strategies to accomplish this.

Be physically active. Physical activity can help you maintain a healthy weight. The recommendation is for healthy adults to participate in at least 150 minutes a week of moderate aerobic activity, or 75 minutes of vigorous aerobic activity weekly plus strength training.

Breast-feed. Breast feeding might play a role in breast cancer prevention. The longer you breast-feed, the greater the protective effect.

Be vigilant about breast cancer detection. If you notice any changes in your breasts, such as a new lump or skin changes, consult your doctor. Also, ask your doctor when to begin mammograms and other screenings based on your personal history.

If you are diagnosed with cancer remember Stella Hale's tips, including figuring out your purpose along with being positive.

"I had a purpose of helping others who already had cancer and it played a major part in helping me overcome it," she stated.

LEGALS & PUBLIC NOTICES



October 26, 2023

To: Cannon County Commissioners:

The Cannon County Board of Commissioners will meet in regular session on **Thursday November 2, 2023, at 6 PM**, in the courtroom of the Cannon County Courthouse.

Meeting Agenda

1. Call to Order
2. Prayer
3. The Pledge of Allegiance
4. Roll Call
5. Approve / Change Agenda
6. Consent Agenda (Voice Vote)
 - Approve meeting minutes (Oct. 5, 2023)
 - Approve Notaries
7. Public Comment Period Concerning Agenda Items (15 minutes)
8. Old Business / Tabled Items: Approve Purchase of Two Sheriff Department Cars from the ARP Fund
9. Public Hearing of a Request to Rezone 3608 Hollow Springs Road, Bradyville, TN 37026 From A-1 Agricultural to R-1 Residential
10. Amendment of the Cannon County Zoning Map to Rezone 3608 Hollow Springs Road, TN 37026 From A-1 Agricultural to R-1 Residential
11. Approve Sheriff Department Lawsuit Settlement
12. Accept Resignation from Zone 2 Cannon County Road Commissioner Doyle Duke
13. Amend Cannon County Zoning Resolution to Provide Oversight of Buildings and Codes Administration by the Cannon County Regional Planning Commission
14. Approve Second Reading of Resolution 2023-25 Levying Additional Sales and Use Tax in Cannon County
15. Approve CCEMS Policy Change Revisions
16. Approve Courthouse Renovation Committee
17. Approve Bradyville Fire Hall Renovations
18. Approve Readyville Tornado Costs from Rutherford County
19. Finance Department: (Diane Hickman / Neal Appelbaum)
 - α. Budget Amendments
 - β. Financial Updates
20. Adjourn

Chairman Greg Mitchell, County Executive

The Cannon County Board of Commissioners will meet in an Executive Session on Thursday, November 2, 2023 at 5:30 P.M.

Next Commission Meeting Date: December 7, 2023 at 6 P.M.

Moving forward the Cannon County Commission agenda will be published in the Cannon Courier the week of the monthly meeting and on the county website at cannoncountyttn.gov

VETERANS DAY PARADE Saturday, November 11th

JEEP OWNERS

You are invited to participate in the Woodbury Veterans Day Parade, Saturday, November 11, 2023.

All vehicles are welcome... classic cars, trucks, tractors, motorcycles, etc.

Help make this the longest parade Woodbury has ever seen.

We want to show our appreciation for our veterans and our active military plus our law enforcement officers.

Remember Jeep Owners without our military there would be no Jeeps. Help make this the longest parade in Tennessee on this Veterans Day.

Line up at 11:30 AM in front of the Middle Tennessee Electric office at the corner of Adams Street and West Main.

For More Information, Call Randall Davis,
615-684-4982.

More Legal Ads on Page B6