

# It’s simply rubbish to litter

Maybe you have already heard this, but Tennessee Governor Bill Lee has designated the month of March as “Keep Tennessee Beautiful Month.” It’s his statewide campaign to clean up America. He will be hosting events like rallies and award ceremonies to encourage participation toward no littering and to observe recycling.

From your homes to the highways to the Tennessee River, this campaign to clean up such a mess is underway and should continue to stay that way.

It’s simply rubbish to litter, so join the cleanup crews and literally save our planet one scrap at a time.

Uncle Festus spoke up, “C’mon folks, must you continually toss your cigarette butts out your vehicle windows and then dump your auto’s ashtrays in public parking lots?”

Martha added, “I wish people would

quit dumping those disgusting used baby diapers along the highway; and also those who never scoop up their dog’s poop off the sidewalks.”

Tossing about those used plastic grocery bags are really dangerous when they get sucked up under one’s vehicle while driving on the roadways.

The overloaded pickup trucks with garbage are really a mess when the bags keep falling off truck beds and breaking open with trash all over the road. Trying to dodge that mess could easily cause an accident time after time.

Stop littering in our forests. It harms all the animals large and small. Throwing

trash in our rivers and lakes destroys our fish population.

Little children picking up pieces of litter can contact germs and disease quite easily.

Cousin Clarence mentioned, “I’m starting a new business recycling discarded chewing gum. I just needed help getting it off the ground.”

Uncle Festus said, “I’m going to a recycling party this weekend. They said to bring a bottle. Martha grabbed a bottle of wine to take with her.

I told her it had to be an empty bottle... she said ‘no problem, it’ll take just a minute.’”

There’s actually “cash benefits” in recycling. So start saving any plastic, glass, or even old tires.

Grandpa Roy tells us, “When, or if you throw out leftovers, think about starting a compost pile. It makes the best garden dirt ever. As they say waste not, want not.”

Uncle Pete added, “If you’re a dumpster diver at least clean up after your search. I can’t stand it when people leave

a mess outside the dumpster and just drive away.”

Aunt Sarah said, “If you have clothing or household goods, there are hundreds of recycling centers that can use all of it. When I donate my used clothes it’s like gladly tossing out all those pounds I have been losing for the past few years!”

There’s even litter in my mailbox... every day! I don’t know about you, but my trash can is full of junk mail day after day. What a waste of trees.

The other day a policeman asked our neighbor, “Why are you dumping your trash here?”

The neighbor answered, “Well officer, didn’t you read the sign? It says ‘Fine for Littering.’”

Well Folks, good habits start at home. Teach your family to not litter and to recycle and respect our land and nature. Save our planet!

Uncle Pete says, “We don’t want to live in a trash can. So stop making our planet one!”

It’s safe to say if we merely leave our footprints and memories when we leave this earth, we have left enough.

Many Litter-Free Hugs,

SAVANNAH

## Exercise can help most children with depression



Chiro Care  
Trea Wessel

The headline above comes from the January 4, 2023, issue of the Wall Street Journal. This article, and several others in the press on this subject, report on a study published in the journal JAMA Pediatrics on January 3, 2023. The JAMA Pediatrics study titled, “Physical Activity Interventions to Alleviate Depressive Symptoms in Children and Adolescents” began by asking the question “Can physical activity interventions alleviate depressive symptoms in children and adolescents?”

The study stated the importance of the findings of this study by noting, “Depression is the second most prevalent mental disorder among children and adolescents, yet only a small proportion seek or receive disorder-specific treatment. Physical activity interventions hold promise as an alternative or adjunctive approach to clinical treatment for depression.”

This study conducted a “meta-analysis” (a review of other previous studies) of 21 prior studies involving 2,441 children and adolescents. Of this total, 47% were boys and 53% were girls.

Study co-author, Walter Thompson, a retired professor of exercise physiology with Georgia State University in Atlanta, commented, “This is the first time that we’ve been able to put enough studies together so that we can make a pretty good conclusion to answer the question, ‘Is physical activity and exercise good for children with depressive symptoms?’”

He then answered his own question with “The answer is overwhelmingly yes.”

Lead author Francesco Recchia, MSc, of the School of Public Health at the University of Hong Kong commented, “The available evidence supports phys-

ical activity interventions as an alternative or adjunctive approach to alleviate depressive symptoms in children and adolescents, substantiating the beneficial influence of physical activity on the mental health of pediatric populations.”

The study also discovered some additional helpful information noting children who were 13 years-of-age and older received more benefits from regular exercise than those under 13. Additionally, they found those teens who were already suffering with a pre-existing mental illness or depression got greater benefits than those teens who were considered healthy.

The study reported an hour of physical activity three days a week provided the best relief for symptoms of depression. Co-author Thompson pointed out this amount of exercise is fairly close to what is currently recommended for kids. “And you know, that’s pretty close to what the federal government has recommended as regular exercise for both children and adults, somewhere between 75 and 150 minutes a week.”

“This study adds to the body of knowledge that good health is obtainable without the overdependence on medications,” commented Dr. Selina Sigafoose-Jackson, president of the International Chiropractors Association. “The chiropractic profession has always valued a drugless approach to health and continues to hold that many of society’s growing health issues can be improved by searching for non-pharmacological solutions.”

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, March 18th from 5:30 to 6:00 p.m. This week’s topic will be “Posture.”

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

## It’s time to wear something green

Do you, like me, have to have that delicious cup of coffee in the morning to get your day started off on the right foot? I’ve told you before I have to put the hazelnut creamer in mine. It’s just a given for most people to have the coffee pot ready to start brewing that coffee, when they first rise and shine. I always get my coffee machine ready the night before so all I have to do is plug it in and push a button and it’s not long before that aroma of coffee brewing is all over our house.

St. Patrick’s Day will be here before you know it on March 17th. A lot of celebrations will be held that day and hopefully you’ll have the “Luck of the Irish” on your side that day. We are told to wear something green that day. Luckily, I’ve got that covered with several items of green. I did a little digging into the origin of Saint Patrick’s Day and found out Saint Patrick was a missionary to Ireland in the A.D. 400’s who converted the Irish to Christianity. St. Patrick’s Day is a national holiday in Ireland. It is also celebrated outside of Ireland in cities with a large number of people of Irish descent.

Caught up with Tony and Tracy Neal as they were headed home on Friday after a trip to Nashville for Tracy’s doctor’s appointment. Glad to report she’s doing just fine.

Rick and Beverly Hubler are still doing better, after that nasty virus they had a couple of weeks ago.

Stopping by this week were Russell Taylor, Connie Cantrell, Rex Pedigo and great granddaughter “Aubrey”, Rick Hubler and Sherri Davenport.

Mai Nell Melton and sister Gracie Bratcher are both looking forward to warmer weather. They are both well and have told me they are behaving themselves.

You know it’s getting closer to spring when you start receiving those flower catalogues in the mail. I do love all the new plants and flowers that keep cropping up in

their brochures. I’m more into the yellow dinner-plate dahlias these days. They were my mom’s “Mrs. Hester Warren’s” favorite, too.

While researching many pages of my outdated, but much loved, encyclopedia, I came upon several pages on all kinds of different spiders that inhabit our earthly premises. So many of them were so scary looking. I despise spiders and for me the only good spider is a dead one...and the same goes for snakes. I did not know the Black Widow spider has a red or yellow patch, shaped like an hourglass, on its abdomen. As soon as I spot one it’s “dead in the water” with me. Who would want to check out that spider’s belly anyway? After it’s dead, that would be o.k. Just make sure its body isn’t moving or breathing as it can really harm you if it bites you.

Burley Bogle was taking it easy on Sunday evening. I guess that is what we should be doing on the Lord’s day. He’s always blessing us each and every day. We should praise and worship Jesus for how great He is and tell others about our Risen Savior. Don’t know about you but I couldn’t get through a day without Jesus by my side to guide and direct my path. I want to be in His presence someday, when my life is over here.

Please keep the following people in your prayers: Dustin Johnson, Mary Melton, Diane Evans, Rose Watts, Walter and Faye Ferrell, the people of Israel and Ukraine, and the leaders of our country.

I’ve now got a groundhog to deal with at our house. I guess I’ll just have to gas him in that hole. Chances are he’ll get the message and leave the property. He started his invasion of my privacy without an invitation. If it’s not one varmint to contend with it’s another.

Have a great day and Happy Saint Patrick’s Day!

I am come a light into the world, that whosoever believeth on Me shall not abide in darkness. John 12:46



### News from the Mountain

BY CAROL GUNTER



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# LEGALS & PUBLIC NOTICES

### AGENDA FOR THE WOODBURY MUNICIPAL PLANNING COMMISSION

**March 18, 2025 at 6:00PM**

A. Call to Order / Roll Call

B. Reading and Approval of the Previous Planning Commission Minutes

C. Public Comment Period – Local Citizens

D. Old Business

E. New Business

F.

1. None.

1. Colin Jones - Final Plat Approval Request, A portion of this Property is Located in the Town of Woodbury within a R-1 Zone (Cannon County Tax Map 039N “C” Parcel 007.00 Located off of Old Manchester Road)

2. David Reuland - Final Plat Approval Request, This Proposed Subdivision Located within a R-1 Zone (Cannon County Tax Map 046 Parcel 100.00 Located off of Shannon Drive)

3. Resubdivision of Lot 15, Hickory Ridge Estates Phase 1 - Final Plat Approval Request, (Cannon County Tax Map 046B, Parcel 014.00 Located off of Hickory Ridge Lane)

4. Consideration/Discussion of Possible Amendments to the Woodbury Zoning Ordinance

Adjournment

**NEXT REGULARLY SCHEDULED MEETING: April 15, 2025**

**NOTICE TO CREDITORS**

Estate of Quintus Earl Thomas, Notice is hereby given that on the 28th day of February, 2025. Letters of Administration in respect of the estate of Quintus Earl Thomas, 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

**NOTICE TO CREDITORS**

Estate of Benjamin W. Hartsfield, Notice is hereby given that on the 4th day of March, 2025. Letters Testamentary in respect of the estate of Benjamin W. Hartsfield, 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 28th day of February, 2025. Quintina Thomas Alexander, administratrix of the estate of Quintus Earl Thomas, deceased. DANA DAVENPORT, CLERK & MASTER Tara J. Cowan Attorney For The Estate

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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 4th day of March, 2025. Mildred Elizabeth Davis, executrix of the estate of Benjamin W. Hartsfield, deceased. DANA DAVENPORT, CLERK & MASTER Tara J. Cowan Attorney For The Estate

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Additional Legals on pages A10 & B7