

If you're lucky enough to be Irish...you're lucky enough

March 17th marks a special day all over the world. It's Saint Patrick's Day! A day to celebrate togetherness, luck, gratitude and Irish heritage with family and friends. It's the toasting for health and good fortune with green beer and whiskey while munching on corned beef and cabbage.

I went to the genealogist last week and it turns out I'm 87.8% Irish. Are ya' now? Well, what's the other 12.2%? Whiskey.

It's the day for the wearin' of the green. If the green doesn't look good on you, you can wear orange. That's the other color on the Irish flag besides white.

Believe it or not, blue was actually associated with St. Patrick's Day until the Irish Rebellion in 1798. Then green took over. Although, not all the Irish were Roman Catholic so the Protestants wore orange.

They do say by wearing green, a person is sure to avoid being pinched by an ornery leprechaun. And just what is a Leprechaun you may ask? It's a tiny elf from Irish folklore. They love gold coins, shamrocks, rainbows and anything green.

Grandpa Roy tells me, "According to legend, if a human succeeds in catching one of these little men, the Leprechaun will grant you three wishes, or even give you a pot of gold. I thought I saw one last

year, but then again you start seeing just about anything after drinking a bunch of that green beer!"

Grandma Clara chimed in, "You don't need it to be St. Patrick's Day to spot a Leprechaun. There are plenty of strange little men everywhere you go with all of their shenanigans. And by the way, if you happen to find a four leaf clover, it means you have entirely too much time on your hands."

Well, okay folks, what do you get when you cross a four leaf clover with poison ivy? A rash of good luck.

Uncle Pete added, "Saint Patrick drove the snakes out of Ireland. Wonder if he could stop by the White House?"

Aunt Martha is presently looking for green wine. She believes that would put a fancy new step to her Riverdance.

Aunt Sarah loves the Irish food, but adds, "May the wind be at your back and not be the result of the corned beef and cabbage you had for lunch."

Grandma Clara told me, "Well, I married an Irishman on St. Patrick's Day."

Oh, really Grandma?

Today's Chat with Savannah

"No, O'Reilly."

Are ya' Dublin over with laughter yet? Aunt Sarah asked, "Does one lose more weight by 'jigging' than jogging?"

Cousin Clarence replied, "I think the Irish jig got started by too much drink and not enough restrooms."

Festus asked, "Hey Pete, why did they invent whiskey anyway?"

Pete answered, "To keep the Irish from ruling the world."

My goodness, I don't know if you folks ever noticed, but there seems to

be no shortage of Irish quotes of malarkey. Here are a few of my friends' favorites.

"Do not speak unless you can improve

the silence."

"May the road rise up to meet you. May the wind always be at your back."

"A good friend is like a four leaf clover. Hard to find, lucky to have."

"As you slide down the banister of life, may the splinters never point in the wrong direction."

And this one never seems to get old: "The ability to tell a man to 'go to hell' in such a way he'll be looking forward to the trip."

Thus, in closing, whether you're Irish or pretend to be, I'll send you one more wish of the green. "May your troubles be less and your blessings be more with nothing but happiness to come through your door."

Many cinealta (kind) Hugs,

SAVANNAH

Wild weather on the mountain last week

You, like me, have been watching the news and all the snow, mudslides, flooding and bad weather conditions out on the west coast. I cannot imagine how bad it is for all those people who are confined to their homes and running out of food, water, medicines and other necessities to get by. Help has come by way of helicopters dropping food and etc. to the people. I'm sure people will be thinking of keeping maybe a three or four months' supply in reserve of non-perishable food and other items needed in case something this disastrous happens again. Please keep these people in your prayers.

Have are a few trivia questions for you: What American humor author was born in 1835, the year Halley's Comet appeared, and claimed he would die seventy-six years later when the comet reappeared? Answer: Mark Twain...and it he predicted.

What popular cartoonist illustrated Art Linkletter's humorous book "Kids Say the Darndest Things?" Answer: Charles Schultz, creator of "Peanuts."

What stingy comic always claimed to be thirty-nine years old? Answer: Jack Benny, who died in 1874...several years older than thirty-nine. Gary Busey played a rock-and-roll pioneer in what 1978 film? (Hint: "Peggy Sue") Answer: The Buddy Holly Story.

We had some wild weather here on Short Mountain on Monday of last week. On the local Channel 4 news they reported 51 mph winds came through our area. Surprisingly I haven't heard of any wind damage from those high winds. On Friday of the same week, Clarksville had winds of 79 mph. Several places had damage done to properties from these windy gusts. Three people were killed in all this stormy weather from falling trees.

Ann Warren and family are doing well. We're not liking the up and down cooler weather, but we both agree our weather could be a lot worse.

Let's keep the following people in our prayers: Diane Evans, Sepal Pedigo, Penny Gunter (she's doing some better), Ralph Gunter, Rose Watts, Ray Braswell, Charlie Mai Daniel, Burlley Bogle and the families of Billie Patterson and Roger Wayne Warren in the loss of their dear loved ones.

Watching a program on the tube last night about the legends of country music. Stars like Roy Acuff, Minnie Pearl, Eddy Arnold, Johnny Cash, Glen Campbell, Hank Cochran, Tammy Wynette, George Jones, Loretta Lynn and a batch of others too numerous to list were, in my opinion, real country to the core not the "fly by nighters" of today who have

changed the whole fabric of country music and not for the better. Last night's performances by the ladies of country music were so decent

in their dress and let the talent of their singing make you sit back and enjoy every minute. No disgusting tattoos or showing as much skin as they do nowadays. That's the very reason I don't care for the country music of today. It's not country to me.

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

But the mercy of the Lord is from everlasting to everlasting upon them that fear Him, and His righteousness unto children's children; To such as keep His covenant, and to those that remember His commandments to do them. Psalm 103: 17-18

News from the Mountain

BY CAROL GUNTER



Allergic asthma helped by chiropractic



Cannon County Chiropractor Treia Wessel

The Annals of Vertebral Subluxation Research published a study on January 3, 2023, documenting the improvement through chiropractic of a patient who was suffering with allergic asthma.

The Asthma and Allergy Foundation of America describes this condition by saying, "Many people with asthma also have allergies. In fact, allergens are the most common asthma

trigger. This is called allergic asthma. Allergic asthma is most common in early childhood and steadily decreases through adulthood."

This study describes how common asthma is by reporting, "Asthma is a common respiratory condition affecting 25.7 million people with increasing prevalence. Asthma is more frequently seen in children and is the leading cause of pediatric admissions to hospitals, as well as absences from school." Although the condition is more common in children, and in many cases disappears in adults, some cases do continue into adulthood.

In this case, a 38-year-old woman who was suffering with allergic asthma went to the chiropractor. She had been suffering with this condition since she was a teenager. On a scale of 1 to 10, with 10 being the worst, the woman rated her allergies as an 8 out of 10. She also reported she was suffering with chronic sinus issues, headaches, and leg numbness.

A chiropractic examination revealed the presence of subluxations. Specific forms of chiropractic adjustments were started to address the subluxations at the initial rate of three visits per week.

After about one month of chiropractic care, a first assessment was done to evaluate the amount of improvement. At that time, the woman reported she had experienced considerable improvement with her asthma. She related she had improved about 40% overall. The woman also reported she saw moderate improvements in her headaches and leg numbness, and mild improvement with her sinus problems.

On the woman's second assessment, she reported she no longer had symptoms of asthma and had experienced complete improvement with her allergies. In addition to this, she also reported she had seen significant improvement with her headaches and leg numbness with complete improvement with her sinus problems.

In their conclusion, the study authors summed up this case by saying, "The results of this case suggest that specific chiropractic adjustments delivered to primary subluxations can be beneficial to people with allergic asthma. This case supports chiropractic care in the management of people with non-musculoskeletal conditions, namely asthma."

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

LEGALS & PUBLIC NOTICES

NOTICE OF SUBSTITUTE TRUSTEES SALE

WHEREAS, Billy Joe Young and Kayla L. Young, husband and wife, by Deed of Trust (the "Deed of Trust"), dated April 28, 2017, and recorded on May 3, 2017, in Record Book 175, Pages 64-76, or as Instrument or Document Number 52679 in the Register of Deeds Office of Cannon County, Tennessee, conveyed to Megan K. Trott, Trustee, the hereinafter described real property to secure the payment of a certain Promissory Note (the "Note") described in the Deed of Trust, which Note was payable to, First Community Mortgage, Inc., which the aforementioned Deed of Trust was subsequently assigned to FLAGSTAR BANK, N.A. fka FLAGSTAR BANK, FSB, dated 10/11/2019 and recorded on 10/21/2019 in Record Book 198, Pages 695 or as Instrument or Document Number 59617, and;

WHEREAS, McPhail Sanchez, LLC has been duly appointed Substitute Trustee by the owner and holder of the Note by instrument recorded in Record Book 243, Pages 606-608 or as Instrument or Document Number 71676, Cannon County, Tennessee

WHEREAS, default has been made in the payment of the Note; and WHEREAS, the owner and holder of the Note has demanded that the hereinafter described real property be advertised and sold in satisfaction of the indebtedness and costs of foreclosure in accordance with the terms and provisions of the Note and Deed of Trust.

NOW, THEREFORE, notice is hereby given that an agent of McPhail Sanchez, LLC, Substitute Trustee, pursuant to the power, duty, and authority vested in and conferred by the Deed of Trust, on 04/13/2023 at 2:00 PM at the Cannon County Courthouse located at 200 West Main Street Woodbury, TN 37190, will be sold to the highest call bidder for cash free from all legal, equitable and statutory rights of redemption, exemptions of homestead, rights by virtue of marriage, and all other exemptions of every kind, all of which have been waived in the Deed of Trust, certain real property located in Cannon County, Tennessee, described as follows:

Land located in the Sixth (6th) Civil District of Cannon County, Tennessee, being all of Lot No. 45, of Volunteer View Estates, Section II, according to plat and survey of same appearing of record in Plat Cabinet I, Slide 1-89, in the Register's Office of Cannon County, Tennessee, according to the Plat, Lot No. 45 fronts on the West side of Rivendell a distance of 110.85 feet; has a back or West line of 100 feet; a North line of 369.37 feet; and a South line of 324.39 feet.

Being the same property conveyed to Billy Joe Young and Kayla L. Young, husband and wife, by Warranty Deed from Trinity O'Neal and Lauren O'Neal, husband and wife, of record in Record Book 175, Page 62, in the Register's Office of Cannon County, Tennessee.

The street address of the above-described property is believed to be 364 Rivendell Rd, Woodbury, TN 37190 but if such address is not part of the legal description of the property sold herein and in the event of any discrepancy, the legal description herein shall control.

Owner of Property: Billy Joe Young and Kayla L. Young, husband and wife
Property ID: 052 10500 000

This sale is subject to any unpaid taxes, if any, any prior liens or encumbrances, leases, easements and all other matters which take priority over the deed of trust under which this foreclosure sale is conducted, including but not limited to the priority of any fixture filing. If the U.S. Department of the Treasury/Internal Revenue Service, the State of Tennessee Department of Revenue, or the State of Tennessee Department of Labor and Workforce Development are listed as interested parties in the advertisement, then the notice of this foreclosure is being given to them, and the sale will be subject to the applicable governmental entities right to redeem the property, all as required by 26 U.S.C. 7425 and T.C.A. 67-1-1433. The notice requirements of T.C.A. 35-5-101 et seq. have been met.

The right is reserved to adjourn the day of the sale to another day, time and place certain without further publication, upon announcement at the time and place for the sale set forth above. The trustee/substitute trustee reserves the right to rescind the sale.

This sale is subject to all matters shown on any applicable recorded plat; any unpaid taxes; any restrictive covenants, easements or setback lines that may be applicable; any statutory rights of redemption of any governmental agency, state or federal; any prior liens or encumbrances as well as any priority created by a fixture filing; and to any matter that an accurate survey of the premises might disclose.

All right of equity of redemption, statutory and otherwise, and homestead are expressly waived in said Deed of Trust, and the title is believed to be good, but the undersigned will sell and convey only as Substitute Trustee. The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above.

Publication Dates: March 14, 2023, March 21, 2023 & March 28, 2023.
McPhail Sanchez, LLC, Substitute Trustee
126 Government Street
Mobile, AL 36602
251-438-2333

SCHOOL MOWING BID NOTICE April 1, 2023 – October 31, 2023 and April 1, 2024 – June 30, 2024

The Cannon county Finance Office is requesting bids on behalf of the Cannon County Board of Education to mow and trim school yards at one high school, four elementary school buildings and one Central Office location.

- This includes the following schools and locations:
- 1.) East Side Elementary School, 970 Old McMinnville Hwy., Woodbury, TN 37190; **This School is CLOSED and may be leased, and/or sold during this contract period and mowing services will be cancelled after action is taken by the Board of Education;**
 - 2.) Cannon County Elementary School/Cannon County Middle School, 530 West Adams Street, Woodbury, TN 37190;
 - 3.) Cannon County High School, 1 Lion Drive, Woodbury, TN 37190;
 - 4.) Cannon North Elementary School, 3714 Murfreesboro Highway, Readyville, TN 37149;
 - 5.) Cannon South Elementary School, 8383 Jim Cummings Hwy., Bradyville, TN 37026;
 - 6.) Cannon County Schools Central Office (front yard and western side yard of Adams Office Building), 301 West Main Street, Woodbury, TN 37190.

Bids must be submitted on Bid Form provided by the Board. Please contact Diane Hickman for a bid form: diane.hickman@cannoncountyttn.gov or go to the county's website www.cannoncountyttn.gov under Finance Department. This contract is for April 1, 2023 – October 31, 2023 and April 1, 2024 – June 30, 2024 (End of Contract). This contract is subject to cancellation by either party with a thirty (30) day written notice.

Bids must be submitted to: Diane Hickman, Finance Director
Cannon County Finance Office
110 S. Tatum St, Ste 216
Woodbury, TN 37190
diane.hickman@cannoncountyttn.gov

Bid Opening Date: March 24, 2023 at 10:00 am at the Cannon County Finance Office.

The Board will act upon the bids at a special called meeting on Monday, March 27, 2023 – 6:00 PM at the Adams Committee Room, 110 S. Tatum Street, Woodbury, TN 37190.

Cannon County reserves the right to reject any and/or all bids. We are an equal opportunity employer.