

# Are you scrambling over the egg shortage?

Welcome to 2023. Where the price of a dozen eggs will cost you more than a gallon of gas.

If you haven't been locked in a closet, or had your head in the sand, you'll have noticed egg prices are soaring.

Unfortunately, farmers have lost over 57 million chickens to the avian (bird) flu. Thus, our vast shortage of omelets throughout the week.

Drug dealers are making more dealing in eggs.

Today, winning the lottery is "finding the cheapest eggs in town." Eggs-actly!

Uncle Festus tells me, "I know for a fact last year we could buy a dozen eggs for under \$1.50. Soon that'll be the price of one egg."

Grandpa Roy said, "I think it's safe to say this year's Easter egg hunts just might be cancelled."

Grandma Clara added, "Well, most eggs are a basket case anyway this time of year! It seems egg hunts are more like the Hunger Games right now."

Yes Folks, I agree that regarding using

eggs this Easter for the traditional egg hunts just might be out. Come to think of it, I've noticed a more than usual large supply of colorful plastic eggs being sold at the stores.

Aunt Martha suggested we paint potatoes instead. Does that mean that we no longer have to walk on egg shells?

"No, said Martha, if they keep threatening to take my gas stove away, I won't need to cook eggs anyway."

Uncle Pete exclaimed, "The other day, I ordered an omelette at the restaurant and they served it with a sparkler." (Better than a raw egg with a candle in it.)

Aunt Sarah added, "Well ladies, we can forget trying to be cute. Men are now going to want a woman who can catch a chicken."

Hey guys, would it be cheaper now to

just rent a chicken than pay the high price of eggs?

Cousin Clarence joined in, "Egging your neighbor has become too expensive. Now, throwing eggs at houses is considered generous as long as the homeowners can catch them before they crack."

Have you folks seen the new ad: Every Kiss Begins with K... Kroger? It seems a dozen eggs beats a diamond from Kay Jewelers any day right now. So, be a good egg and show her how much you love her by making her a delicious quiche for breakfast.

Picket signs are all over town...MAKE EGGS CHEAP AGAIN!!

Folks are even opening Flex Egg Accounts.

Is the price of Egg McMuffins now out of sight? So much for a Happy Meal.

Hey, there are the vegan eggs. You know, the plant-based ones. They probably cost about the same as real eggs, but they have yet been known to catch the flu.

So, obviously there's nothing sunny-side up about this poached market of egg shortage. But, look at it this way, if it's not eggs it'll be something else we're going to be over-charged for.

Just hang in there. We're all in this together. Same "pecking" order. Same things, different day. From over-easy to hard-boiled.

Many Eggs-act Hugs,

SAVANNAH

## Today's Chat with Savannah

## Don Knotts brought Barney Fife to life and into our homes

I wonder how many people forgot to set their clocks ahead an hour when going to bed Saturday night? "Aubrey" and I messed up a few times over the years in forgetting the time change. It's probably happened to most people I would imagine. It will be nice to have some extra light at the end of the day.

Talked with Mai Nell Melton Thursday night. She was doing okay, but not liking the cooler weather we have been having.

Dogwood trees are blooming out over at Aubrey's mom and dad's place. One is pink the other is white. Aubrey's dad loved those trees, and also the small grape hyacinths that are also blooming. "John", Aubrey's dad, planted some of those hyacinth's decades ago at the cemetery and they keep flourishing year after year. At times I get to thinking, we, too, will be living again after we pass away here, if we will accept Jesus Christ as our Savior.

The best is yet to come for those that have made the most important decision in their life to have done that.

What can we say about this crazy weather we are having? Really it is just typical for this time of year. Next month one or two hummingbirds will be arriving ahead of other hummers to let me know I had better get those feeders out and filled up. I had to get rid of the two feeders I had last year, as they had passed their prime in their appearance, sort of like me. I will have to make a run to the store to get two new feeders shortly. I usually see a hummingbird at our kitchen window or at our patio door in early springtime. I figure it must be a scout they send out surveying the premises.

Hostas and monkey grass are coming out nicely after a restful winter's nap just like

so many of my other flowers. "Mom's" peonies are a foot tall now. Sis is into peonies more than me as she has always had a passion for them.

We have some people that are in need of prayer: Ralph Gunter, Sepal Pedigo, Rose Watts, Ray Braswell, Charlie Mai Daniel, Diane Evans, and the families of Billie Patterson, Roger Wayne Warren and Virginia Mai Pack Daniel in the loss of their dead loved ones.

I've gotten into the habit of watching the older shows of yesteryear that I feel are so much better than the shows on television today. Sort of hooked on the Andy Griffith Show and, of course, that funny character, Don Knotts as Barney Fife. Such good acting by the cast and some good moral values being passed along in the show. Nope, they just don't make

shows like this anymore.

The mowing season is now underway. Lots of people are glad to have had the opportunity to get outside and get the grass

and wild onions mowed down. I enjoyed getting my yard mowed and looking nice. With the colder temps we have been having, the grass won't grow too much this week I'm hoping. Next on my agenda will be spraying some Roundup and pulling some weeds. There's always something to keep you busy with spring just around the corner, but it is wonderful to get out and enjoy the fresh air.

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

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. John 3:16

## News from the Mountain

BY CAROL GUNTER



## Lower opioid usage with chiropractic among people with back or neck pain



Cannon County Chiropractor  
Treia Wessel

The Journal of Manipulative and Physiological Therapeutics released the results of a study on October 1, 2022, showing people under chiropractic care utilize and are prescribed less opioids for their pain. The title of the study is, "Association Between Chiropractic Utilization and Opioid Prescriptions Among People with Back or Neck Pain."

The study begins by pointing out a third of the population in the United States has experienced back pain in the past three months. In 2016, a study reviewing insurance claims showed one in five of all new lower back pain cases seeking medical care were prescribed opioids within 30 days of their initial complaint.

The study also reported in 2017, clinical practice guidelines recommended "opioids should be considered only in patients for whom other therapies have failed because they are associated with substantial harms." Even with these guidelines, in 2020 there were 16,416 overdose deaths involving prescription opioids.

In this study, researchers at Life Chiropractic College West reviewed data from multiple studies to see if there was a change in the frequency of usage if opioid drugs in patients who were under chiropractic care and medical care, as opposed to those who were only under medical care.

The studies included 4686 people who had experienced lower back or neck pain. Of these people, the data showed 21% were prescribed and utilized an opioid prescrip-

tion. The data was further examined to see the rate of opioid usage for those who received chiropractic care. The researchers then compared the rate of opioid usage versus the total group. The data showed people with back or neck pain who sought chiropractic care had a 54% less probability of purchasing or receiving an opioid prescription for their condition than those that did not utilize chiropractic.

One of the studies the researchers used for gathering data for this study showed those who utilized chiropractic care had a significant decrease in overall health expenses versus those who used opioids. That study showed "Medicare patients who initiated long-term management of chronic low back pain with opioids had twice the Medicare charges in a 4-year study period compared to those who initiated chronic low back pain management with spinal manipulation therapy, typically provided by Doctors of Chiropractic."

In their conclusion, the authors of this study stated the obvious by saying, "Patients with back or neck pain who saw a chiropractor had approximately half the odds of reporting an opioid prescription compared to those who did not see a chiropractor."

Considering the expense both financially, as well as human suffering and death, chiropractic should be considered first before opioids are prescribed or administered when it comes to low back and neck pain.

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

# LEGALS & PUBLIC NOTICES

**The Cannon County Board of Zoning Appeals meets at 5:30pm and Planning Commission meets at 6:00pm, 4th Tuesday of each month at Cannon County Courthouse.**

### 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](mailto:diane.hickman@cannoncountyttn.gov) or go to the county's website [www.cannoncountyttn.gov](http://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](mailto: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.

### NOTICE OF SUBSTITUTE TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms and conditions of a Deed of Trust dated February 1, 2013, executed by JULIE P. CARNEY and IRVIN GENTRY NEELY conveying certain real property therein described to FNC TITLE SERVICES, LLC, as Trustee, as same appears of record in the Register's Office of Cannon County, Tennessee recorded March 8, 2013, in Deed Book 144, Page 874, at Instrument Number 42639; and WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to WILMINGTON SAVINGS FUND SOCIETY, FSB, NOT IN ITS INDIVIDUAL CAPACITY BUT SOLELY IN ITS CAPACITY AS OWNER TRUSTEE FOR CASCADE FUNDING MORTGAGE TRUST HB2 who is now the owner of said debt; and WHEREAS, the undersigned, Ruben Lublin TN, PLLC, having been appointed as Substitute Trustee by instrument to be filed for record in the Register's Office of Cannon County, Tennessee.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable, and that the undersigned, Ruben Lublin TN, PLLC, as Substitute Trustee or his duly appointed agent, by virtue of the power, duty and authority vested and imposed upon said Substitute Trustee will, on **April 20, 2023** at 3:00 PM at the Main Entrance of the Cannon County Courthouse, Woodbury, Tennessee, proceed to sell at public outcry to the highest and best bidder for cash or certified funds ONLY, the following described property situated in Cannon County, Tennessee, to wit:

A CERTAIN TRACT OR PARCEL OF LAND IN CANNON COUNTY, STATE OF TENNESSEE, DESCRIBED AS FOLLOWS:  
A HOUSE AND LOT FACING 49 FEET, MORE OR LESS, ON THE SOUTH SIDE OF LESTER STREET IN THE TOWN OF WOODBURY, SIXTH (6TH) CIVIL DISTRICT, BOUNDED ON THE NORTH BY LESTER STREET; BOUNDED ON THE SOUTH BY NORTHCUTT; BOUNDED ON THE EAST BY MELTON AND NORTHCUTT; AND BOUNDED ON THE WEST BY THE ALLEY, CONTAINING ONE (1) ARE, MORE OR LESS.

Parcel ID: 0390-C-029.00

PROPERTY ADDRESS: The street address of the property is believed to be **407 LESTER STREET, WOODBURY, TN 37190**. In the event of any discrepancy between this street address and the legal description of the property, the legal description shall control. CURRENT OWNER(S): ESTATE AND/OR HEIRS-AT-LAW OF IRVIN GENTRY NEELY  
OTHER INTERESTED PARTIES:  
SECRETARY OF HOUSING AND URBAN DEVELOPMENT

The sale of the above-described property shall be subject to all matters shown on any recorded plat; any unpaid taxes; any restrictive covenants, easements or set-back lines that may be applicable; 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. This property is being sold with the express reservation that it is subject to confirmation by the lender or Substitute Trustee. This sale may be rescinded at any time. 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. All right and equity of redemption, statutory or otherwise, homestead, and dower 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 Property is sold as is, where is, without representations or warranties of any kind, including fitness for a particular use or purpose.

THIS LAW FIRM IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Ruben Lublin TN, PLLC, Substitute Trustee  
1661 International Drive, Suite 400  
Memphis, TN 38120  
[rlselaw.com/property-listing](http://rlselaw.com/property-listing)  
Tel: (877) 813-0992  
Fax: (470) 508-9401