

Vampires buy Cannon Courier...heard it has great circulation

Well yep, Halloween is upon us with the usual ghoulies running about collecting candy.

As one who has always enjoyed all the treats, Aunt Martha says, "It's not the ghosts and goblins I fear, it's the ten pounds of candy that goes to my rear."

Uncle Festus wanted to dress up as something really scary to most people. He's going as a cell phone battery registering only 2%. He was going to go as his driver's license photo. That would scare anybody. His dog, Snickers, is going as a pet vampire bat. All bite and no bark!

Aunt Sarah is dressing as a Walmart shopper wearing her pajama pants, slippers and no bra. Her best friend, Betsy, dressed as a sock, jumped in her dryer and disappeared. What a feat of illusion.

Cousin Clarence as always serves Blood Lite beer to those who just come for the Boo's.

Grandma Clara always dresses as a witch. Although she's still in a bad mood since her last broom ride gave her a wicked wedgie which really made her fly off the handle. Her bumper sticker reads: "A broomstick is my second car." She says an automatic transmission is nice,

but she still prefers to drive a stick.

Last year Grandpa Roy went as a pinata filled with candy. Bad idea. His bruises are still healing from the little neighborhood kids chasing him with branches and baseball bats.

Probably one of the most unique trick-or-treaters that came to our door was a young boy who kept changing his costumes in order to come back to collect as many of the huge candy bars I was handing out as he could.

They happen to be the big chocolate bars the high school football team were selling as their fundraiser. Pretty soon I let him know, "Game's over little buddy. Haven't you run out of different costumes by now?"

His answer, "Nope! Not till you run out of them there big treats." This year I am handing out much smaller candy bars.

Hey, before I sign off, here's a reminder to all parents to please check their children's trick-or-treat bags when they

get home. These are some things I not only remember finding, but what other parents have reported as well. We have yet to figure out if some people just forget it's beggar's night and scramble to

find just about anything to put in the treat bags, or if they're being dopey and intentionally mean.

Either way, here are some items discovered among the candy. Packets of McDonald's croutons, ketchup and salad dressings,

bouillon cubes, hotel soaps, a potato, a package of hot dogs, cat toys, Christmas ornaments, chunks of cheese, a can of spam, a lighter, tampons, 9-volt battery, Band Aids, caramel-covered onions, dog bones, giant pickles, cans of beer, moldy cookies, firecrackers, business cards, and even a used toothbrush every once and awhile.

I'm sure there are even more strange, weird, and even dangerous items that could be added to this list. But all in all, just be aware enough to check those treat bags.

Just Creepin' It Real Hugs,

SAVANNAH

Today's Chat with Savannah

Short Mountain "little green men" may be worth a million

Two of the county's bushhogging tractors went by the house recently. I was so glad to see them as the weeds have made quite a spectacle of themselves since the last bushhogging took place around here.

Have you heard a million dollars to be given to the best ring cam of an "alien/little green man" on your premises just taking a stroll? This is mega money folks. If the aliens watch TV, they'll want to be in the limelight on this and prove they are the real deal. You're no doubt thinking about "Clyde" and the different sightings from his deck of possible aliens in his back yard. He, too, if he were still with us, would be out on his deck more often. I think this will give people the motivation to keep a better awareness of what goes on after dark and maybe spot an intruder on their property.

Another bizarre story where a bear in the news was on a boat maybe taking a vacation to get away from all the tourists that won't leave the bears alone. A getaway helps sometimes, I guess.

Talked to Gracie Bratcher on Thursday night and she's doing ok and behaving herself. Always good to get to chat with Gracie.

It was awfully gloomy and dreary on Friday morning. Rain was still falling and put a damper

on our yard sale. Oh well, we'll try again next weekend. Maybe third time will be a charm.

Ruth Brown and family are doing better these days. They have had a lot of sickness going on lately.

By now everyone on the planet has heard about the invasion of Israel by Hamas, slaughtering hundreds and taking hostages. Fourteen Americans were killed at last count and a number of Americans are being held hostage. Carnage seen all over Israel is being shown on TV. This was so hard to watch, and I felt so much hurt for the people of Israel. You knew, as I knew, Israel would strike back at these cowards in the brutality they wreaked on the people of Israel, God's chosen people. I am 100% behind Israel and hope they destroy every stronghold of Hamas and get rid of these barbarians of humanity. The well-armed cowards were laughing as they were mowing down innocent civilians. The Prime Minister of Israel said this was "war" and

what will happen now as we retaliate will echo for generations to come. I hope so. These are not human beings when they are killing babies and their mothers. I'm hoping that Israel takes care of business and completely destroys Hamas and all of its followers. Iran is said to be backing Hamas. Our president is letting Israel know we have their backs in this conflict. We can all remember Pearl Harbor and 9/11. We mustn't be caught off guard like that ever again. We know the pain and the hurt Israel is going through. Hamas wants Israel to be wiped off the face of the earth. Be careful of what you wish for Hamas, because God is not going to let you do or any others that feel that way about Israel do that to His chosen people, He will see to that. What would you do if someone invades your home? You would no doubt try to protect your family and kill the enemy. Well, Israel has every right to take out its enemy once and for all, in my opinion. Like Barney Fife would say "nip it in the bud."

Got to chat with Penny Gunter on Wednesday. She's doing pretty good. Barry Bogle and I chatted at the store on Tuesday of last week. I also ran into good friend, Sherri Davenport, at the store. She caught me up on the latest news of things going on in her family.

Please keep in prayer the following people: Cecile Ferrell, Mary Melton, Joe Gunter, Bill Nokes, Ronald Lawson, Linda Pedigo, Sepal Pedigo, Charlie Mai

Daniel, Grant Luffman, Alene Ferrell and the family of Ralph Gunter. Also, I must add to be praying for Israel and its people who have lost so many of their loved ones by terrorists that invaded their country.

November birthdays coming up: Don Nixon 2nd, Lacy Wheeler 7th, B.J. Warren 17th, Lori Ramirez 23rd, Brittany Little 24th, Brian Hullett 25th and Eddena Hale 30th.

Wedding anniversaries for November: Ralph and Debby Harvey 21st and Walter and Faye Ferrell 23rd. Congratulations to all of you!

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

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

Chiropractic more cost effective than physical therapy for LBP



Cannon County Chiropractor Treia Wessel

A study titled "Treatment of Patients with Low Back Pain: A Comparison of Physical Therapy and Chiropractic Manipulation" was published in PrePrints by the author Nima Khodakarami, PhD from Texas A&M University, showing chiropractic was a more cost effective mode of care for patients with lower back pain than physical therapy.

This report begins by noting "Low back pain (LBP) is a chief cause of years lost to disability in the world. In the industrialized countries, LBP causes the high cost of medical expenses and loss-of-work." It is also reported in the U.S. alone, over \$80 billion is spent directly and indirectly on LBP. Of this amount, about \$7.4 to \$28 billion is the cost of work loss. An additional \$26 billion is spent related to pharmacologic, non-pharmacologic and therapies. This problem is so common, in the U.S., LBP is the second most common reason for visits to physicians.

The report notes the common medical approach for LBP is medication and activity. If this approach does not work, physical therapy is usually medically recommended. Previous studies have shown physical therapy to be more effective for LBP than no care or medical care alone. Similarly, the report states chiropractic has also been shown to be a more cost effective form of care for LBP than medical care. However, few studies had previously compared chiropractic care to physical therapy for LBP.

This report compared the two types of care for short-term results to see which was more effective and cost efficient. The results showed, on average, chiropractic care required 20% fewer visits than physical therapy. They also found 66% of patients who went to the chiropractor experienced complete wellness immediately after their first visit. This was compared to only 56% of patients who went to a physical therapist and felt complete wellness after their first visit.

When comparing medical care to non-drug forms of care, the study reports both "chiropractic care and physical therapy are shown to be the superior non-pharmacologic strategies for treating LBP." When comparing chiropractic care to physical therapy care for the total costs of care for six months, it was shown chiropractic care was less expensive than physical therapy care for patient suffering with LBP. Chiropractic care also resulted in less days of disability and work loss.

The conclusion of the report stated, "The findings showed in the chiropractic group, the total average cost was \$48.56 lower than the physical therapy group, and daily adjusted life years (DALY) was 0.0043 higher than the physical therapy group. Chiropractic care was shown to be a cost-effective alternative compared with physical therapy for adults with at least three weeks of low back pain over six months."

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

News from the Mountain

BY CAROL GUNTER



2023 Family Corn Maze

6088 Jim Cummings Hwy in Woodbury, Tn
www.plainviewbaptistchurch.org
 Sun Nights Oct 22 and 29 6pm till 8pm

PLAINVIEW BAPTIST CHURCH
FREE Family Corn Maze
 6088 Jim Cummings Hwy in Woodbury, Tennessee

Come and see us and RIDE THE MOST GREAT TRAIN
FREE FOR ALL CHILDREN

LEGALS & PUBLIC NOTICES

NOTICE TO CREDITORS
 Estate of Myrtle Sue Bryson, Notice is hereby given that on the 28th day of September, 2023. Letters of Administration or Letters Testamentary in respect of the estate of Myrtle Sue Bryson, 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 September, 2023 Wallace Nelson Bryson, executor of the estate of Myrtle Sue Bryson, deceased DANA DAVENPORT, CLERK & MASTER Sonya S. Wright Attorney For The Estate

 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 26th day of September, 2023 Terri Alford, executrix of the estate of Hazel M. McGough, deceased DANA DAVENPORT, CLERK & MASTER Tara J. Cowan Attorney For The Estate

NOTICE TO CREDITORS
 Estate of Hazel M. McGough, Notice is hereby given that on the 26th day of September, 2023. Letters of Administration or Letters Testamentary in respect of the estate of Hazel M. McGough, 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

DEA NATIONAL Rx TAKEBACK

SAFELY DROP OFF UNUSED PRESCRIPTION DRUGS AT

WOODBURY DRUG CENTER
 604 WEST MAIN STREET
 BETWEEN 10 A.M. AND 2 P.M.

Bring in your old or unused prescription drugs and get a FREE personal prescription lock box for your home.

Too often, unused prescription drugs find their way into the wrong hands. It's dangerous and often tragic. Everyone is encouraged to clean out their medicine cabinets and turn in, safely and anonymously, any prescription drugs.

Don't be an Unintended Dealer

CANNON COUNTY SUBSTANCE ABUSE PREVENTION COALITION

Wittaya Labore 1 ROPS Regional Overdose Prevention Specialist
 a. 615.585.1400, wlabore@ncscs.org
 From the ROPS 502 for anyone that wants to gain information and training on Naloxone

TN Department of Mental Health & Substance Abuse Services

More Legals on Pages B6 & B7