

# Hands down just doesn't work

Yes, handshaking is a big part of our lifestyle. Today I plan on sharing some “gripping” facts regarding this gesture. Handshaking has always been an action so ingrained in our lives we hardly stop to consider it. That was until the COVID-19 pandemic made us rethink personal contact. Before then, greeting people with one arm outstretched was a near-universal gesture used in instances such as closing a business deal, meeting an acquaintance, or saying good-bye. But, just how did this clasping of hands come to be such a basic ritual? They say one of the earliest documented handshakes dates back to the 9th Century when Assyrian King Shalmaneser III was depicted shaking hands with Babylonian ruler on a wall sculpture. It showed alliance and mutual trust. Since swords were often carried on the left side of the body, right arms were used to draw weapons. Approaching with an open right hand extended was thus a display of trust, showing one's hand was “weapon-free”...a ritual gesture.

As mentioned before, the COVID-19 pandemic changed our approach to handshakes, especially when good ole Dr. Anthony Fauci warned against it. Although, most of us know Fauci has had more flip-flops in his statements than there are on Florida beaches! Well, as far as I am concerned, the handshake is here to stay. Uncle Festus told me the only reason he stopped shaking hands was because, at the same time, everyone was out of toilet paper. Aunt Martha was very happy to substitute the handshake with merely the clinking of wine glasses with good friends. Grandpa Roy kept the good ole hand buzzer handy for those who forgot about the no-handshaking-rule. And for the huggers, he wore a hug-buzzer pillow

behind his neck. So, if we couldn't shake hands or hug, what other types of greetings could people use? I guess there's always “toss a kiss,” or elbow tap. There's the peace sign or Vulcan salute from Star Trek. Tipping one's hat, or give a nod, or a distant fist bump might work. While just give a salute and share the hand sanitizer with your hand on

distance. Better known as the Pelosi-Squeeze. Oh, and here comes the Bone Crusher when one squeezes your hand until you cringe. Intended to intimidate you. Ahhh...and now the Lobster Claw, when the person's thumb and fingers touch the palm of your hand. In no way is this person interested in connecting with anyone on a deep level. The Top-Handed Shake is when one holds the hand horizontally so their hand is on top of yours. Demonstrating superiority and sincerity when held that way for a longer length of time. “Kinda like Trump,” said Cousin Clarence. On the opposite realm is The Pusher, who extends one's arms so they can't get close to you. There's the Halfway Shake: Hello, I'm a Princess! The ongoing Howdy-Do Shake is when one continues to shake your hand while chattering incessantly. And, how about the Forearm Shake commonly known as the Honorable Viking greeting. So for now Folks, I guess regardless of what handshake one chooses to use or receive it is back. And as far as I'm concerned...extremely welcomed. Many ongoing Shakes and Hugs,

## Today's Chat with Savannah

your heart. Just for the heck of it, and when it is permitted, let's kind of identify the different types of handshakes that do exist. There's the Sweaty-Palm Shake indicating a nervous person. Then the Dead Fish one that has no energy, no squeeze, not even a pinch and gives a feeling you're literally holding a dead fish. This indicates a person with low esteem. Then the Brush-Off which is a quick grasp and release. Like a Kamala Harris special where she shakes one's hand and immediately wipes her hand off on her jacket in front of the person. The Finger Vice is when someone grabs just your fingers and not your entire hand. Meant to keep you at a

SAVANNAH

# The power of chiro for immune system boosting

In today's fast-paced world, maintaining a strong immune system is more crucial than ever. Your immune system serves as your body's natural defense against infections and illnesses. While proper nutrition, exercise, and adequate sleep are essential components, many people are unaware of the role chiropractic care can play in enhancing immune system function.



Cannon County Chiropractor Trea Wessel

We are dedicated to helping you achieve optimal health and well-being. In this blog, we'll explore how chiropractic care can boost your immune system and provide the guidance you need to keep yourself feeling your best.

the rest of the body. When your nervous system is functioning correctly, your immune system can better recognize and respond to threats. Research has shown chiropractic adjustments can lead to an improvement in immune system function. One study published in the Journal of Manipulative and Physiological Therapeutics found that patients receiving chiropractic care experienced a 200% increase in immune system competence compared to those who did not receive chiropractic adjustments. This research highlights the tangible benefits of chiropractic care in boosting the immune system.

### A holistic approach to immune health

Our approach to chiropractic care is not just about pain relief; it's about enhancing your overall well-being. By focusing on spinal health and nervous system optimization, we offer a holistic solution to immune system support. We are dedicated to tailoring their approach to meet your unique needs, ensuring that your body functions at its best.

Incorporating chiropractic care into your wellness routine can be a game-changer for your immune system. We are committed to helping you achieve optimal health through chiropractic adjustments that not only alleviate discomfort, but also enhance your immune system's performance. Don't wait until your immune system is compromised. Start your journey to better health today and discover the difference chiropractic care can make. Contact us to schedule an appointment and take the first step towards a healthier, more robust immune system. Your well-being is our top priority.

Boost your immune system with our expert chiropractic care. Contact us today to schedule your appointment and unlock the benefits of a properly functioning immune system.

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, April 16<sup>th</sup> from 5:30 to 6:00 p.m. This week's topic will be 'Autism.'

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

# Say "I Love You" while you have the chance

For me a saddened and heavy-laden heart this past week as my sister, Sepal Pedigo, went home to be with Jesus after succumbing to health issues she couldn't recover from. I always have to write about my loved one at their funeral and my sisters was not any different. Want to write you a few lines that our Pastor Chris Moore read at Sepal's funeral that I had written. Our loved ones mean the world to us as so many of you know.

For My Beloved Sister "Sepal"... We've been close as far back as I can remember. You've always been there for me giving me guidance and help when you thought I needed it. So lucky to have had such a remarkable and caring sister as you, Sepal. We've had so many fulfilled sister get-togethers for me to remember that will help me get through the loss of you in my life when I'm missing you and the void that cannot ever be filled. You're with Jesus now because He saved your soul years ago. I'll be back with you someday when my journey here is over. My heart is broken, but I'm happy for you in your new home. You've got to be happy, too. Love, Carol.

As I've written many times before in the column cherish your loved ones every day and tell them you love them often. You'll be glad you did as I have if they pass away.

Melvin Ferrell is doing better after spending a few days in the hospital with bronchitis and allergy problems. So good to talk with you, Melvin.

Burley Bogle tired but in good spirits on Tuesday evening and feeling pretty good. He's always outside working, if the weather permits. He says we're going

through dogwood winter now. I've noticed "Aubrey's" dad's pink dogwood is blooming and is a beautiful sight. Donna Prater in good form on Monday. Always a joy to chat with her. Talked with Beverly Hubler on Tuesday. She and the family are doing well.

I find myself wondering about the invasion of those cicadas in May. Millions upon millions to arrive. Will people want to put chocolate on them like they do grasshoppers and other insects and eat them? I'm about to gag just thinking about that.

Gracie Bratcher is doing much better when talking to her on Wednesday of last week. She sent me a beautiful sympathy card that deeply touched me about Sepal. Thank you, Gracie.

Please keep praying for the following people: Cecile Ferrell, Mary Melton, Joe Gunter, Jeff Brown, Rose Watts, Charlie Mai Daniel,

Jimmy and Faye Hale, Walter and Faye Ferrell, Georgene Grisham, the people of Israel, and the families of Sepal Pedigo, Lois Larimer and Greg Laboe.

Yesterday was to be an extreme weather day for middle Tennessee. You, like me, probably kept a close eye on the weather. We should never take the possibility of severe weather lightly. Our lives could hang in the balance. I'm so glad we dodged another bullet this go round. Being prepared for bad weather is a must and having that "safe place" to shelter in during a storm can keep you alive.

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

Verily I say unto thee, today shalt thou be with Me in paradise. Luke 23:43

## News from the Mountain

BY CAROL GUNTER



# LEGALS & PUBLIC NOTICES

### NOTICE TO CREDITORS

Estate of Lois Witty Gilley Larimer, Notice is hereby given that on the 1st day of April, 2024. Letters Testamentary in respect of the estate of Lois Witty Gilley Larimer, 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 1st day of April, 2024. Kenny Russell Gilley and Robert Alan Gilley, co-executors of the estate of Lois Witty Gilley Larimer, deceased DANA DAVENPORT, CLERK & MASTER Matthew D. Cowan Attorney For The Estate

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### NOTICE TO CREDITORS

Estate of Wanda Sue Conley, Notice is hereby given that on the 18th day of March, 2024. Letters Testamentary in respect of the estate of Wanda Sue Conley, 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 18th day of March, 2024.

Donna Rena Sissom and Terri Elaine Burnett, co-executrices of the estate of Wanda Sue Conley, deceased DANA DAVENPORT, CLERK & MASTER M.B. Murfree, IV Attorney For The Estate

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### NOTICE TO CREDITORS

Estate of Genevieve Fox, Notice is hereby given that on the 26th day of March, 2024. Letters Testamentary in respect of the estate of Genevieve Fox, 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 26th day of March, 2024. Davis L. Fox and Dana L. Myers, co-executors of the estate of Genevieve Fox, deceased DANA DAVENPORT, CLERK & MASTER Rick Mansfield Attorney For The Estate

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### NOTICE TO CREDITORS

Estate of Margaret Eileen Solomon, Notice is hereby given that on the 1st day of April, 2024. Letters Testamentary in respect of the estate of Margaret Eileen Solomon, 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 1st day of April, 2024. Patricia Klier and Duane Solomon, co-executors of the estate of Margaret Eileen Solomon, deceased DANA DAVENPORT, CLERK & MASTER Chad A. Massey Attorney For The Estate

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