

Successfully cooking a turkey is easier said than done

Well Folks, here we go again. It's Thanksgiving time. It's supposed to be a time to gather with family and friends over good food and drink, but as we know things don't always go exactly as planned.

Sometimes, despite all your best efforts, the meal can encounter some so called "snafus."

Those frequent mishaps can range from burning the turkey, spilling food or running out of wine. Fortunately, our family has Aunt Martha so the chance of running out of wine is very slim. Whatever you do, don't trip when bringing the big bird to the table or for sure your dogs will be very happy.

Uncle Festus never seems to have much luck cooking the turkey in his outdoor fryer. One year he almost burned his entire place down, even Snicker's dog house. He's not alone. According to Fox News deep fryer fires last year were responsible for five deaths, sixty injuries and destruction of over 900 homes. (Don't instructions come with those things?)

They say to not undercook your turkey. Harmful bacteria like salmonella and campylobacter exist in this meat if not prepared properly. Yet, there have been incidences where the turkey has been way over-cooked.

For instance, one couple accidentally set the oven on 'clean' after they put the bird inside and shut the door. Since there is an auto-lock feature, they could not open the oven for hours. Thus, the cremated remains were all that was left for dinner. Anybody got a chainsaw available?

Cooking the turkey upside down is another disaster; along with a grease fire or attempting to cook a frozen turkey.

One year Uncle Pete cooked such a huge turkey once it was cooked and

ready to come out of the oven it had swelled so high Festus had to remove the oven door in order to release it.

Grandma Clara has been permanently banned from preparing the family Thanksgiving meal. She charred the turkey, the stuffing had evaporated, the mashed potatoes were gummy, the green bean casserole was soggy, the gravy was lumpy and she put way too much salt in the pumpkin pie.

We ordered Chinese that year.

Two years ago, Aunt Martha somehow lost her wedding ring while stuffing the bird. No problem. Uncle Festus found it when bit down on it during dinner and chipped his molar. At least he didn't swallow it!

As we all know, Martha has her own way of preparing the almighty turkey.

Here it is as follows:

- Step 1: Buy a Turkey.
- Step 2: Have a glass of wine.
- Step 3: Stuff Turkey.
- Step 4: Have a glass of wine.
- Step 5: Put turkey in the oven.
- Step 6: Relax and have a glass of wine.
- Step 7: Turk the Bastey.
- Step 8: Glass yourself another pour of wine.
- Step 9: Bake the wine with 4 hours.
- Step 10: Take oven out of the turkey.
- Step 11: Grab another bottle of wine.
- Step 12: Turk the carvey.

Well, the turkey was still raw and we couldn't find Aunt Martha anywhere.

J. D. and I had the entire gang over last year and decided to set everything up in front of the TV since football was

scheduled.

All the fixin's were ready to be served when we suddenly realized we never turned the oven on. So, obviously no turkey.

Thank goodness we had several pizzas in the freezer.

I guess worse things could happen like leaving the giblet bag inside one's cooking turkey or breaking the garbage disposal from

too many potato peels, having a baking dish explode and food flying all over the kitchen, forgetting to add sugar to the pumpkin pie and, sadly but surely, someone never fails to knock over a glass of red wine onto the white carpeting.

Cousin Clarence had to work and couldn't enjoy his Thanksgiving dinner

until after the family had already eaten. He had politely asked we save him a plate with a little bit of everything. Due to the fact our family is well known for leaving NO leftovers, that's just about what Clarence got...a LITTLE bit of everything. His plate contained: one green bean, two dressing cubes, half a biscuit, three cranberries, a kernel of corn and, last but not least, the treasured wishbone.

So, overall we may ask why we still love Thanksgiving so much.

Well, because basically it's one of the only times families get together. Yes, we may argue over politics, vaccines, housing prices and what not, but hey, we love each other and that's what matters. Plus, we pleurably stuff our bellies.

I wish all of you a most wonderful Thanksgiving. Stay safe and it probably wouldn't be a bad idea to make sure the batteries work in your smoke alarms.

Many Happy Holiday Hugs,

SAVANNAH

Today's Chat with Savannah

Scary fire on the mountain, but all is well

A short distance down the road from our house a fire started on Thursday afternoon and the fire department was called to put it out. A lot of fire department personnel went by our house and managed to stop the fire. No one was hurt or homes damaged. Someone said they thought the fire was started by a lawn mower. With the weather and extreme drought conditions we are having, any spark or ember can quickly get going so everyone needs to wait about doing any mowing. We got some rain Thursday night to help curb the dry conditions around here for a little while. The upcoming week's forecast calls for 2 or 3 days with chances of rain. I certainly hope we get even more than that. Fingers are crossed.

That turkey day is fast approaching. Sometimes Thanksgiving, it seems to me, is overlooked by fall's arrival and Halloween. We should never forget how the Lord is always taking care of us in His blessings to us all throughout the year. Take the time to give credit where credit is due. Our accomplishments in life could

never be achieved without His mighty hand upon us. Before we dive into that scrumptious mouth-watering meal, acknowledge God for it and give Him honor at your table.

News from New York City is simply appalling. It is so hard to fathom how some people are protesting against Israel. They, to me, need to get a life. Do they not know the people of Israel are God's chosen people? God has said those people that curse my people I will curse. The wrath of God will be swift. These people who are out of control should tread lightly and rethink the path they are lost on. I'm wondering if these same people are protesting Russia for killing thousands upon thousands of innocent people in Ukraine and destroying their homeland that will take decades to recover from. These people, I guess, are also probably for all the other dark demonic things going on in our country. Boats and airplanes should be provided to "ship out" these people. This country has only a small flame flickering that will in time go out and then this free country will be no more. We've let evil prevail and seep in and destroy us and our way of life. Just my opinion on our downfall, if we don't make a stand for God and what is right. I'm tired of the people we elect to serve this country compromising and giving in to every evil agenda. Israel, like Ukraine, was attacked by those who have no conscience. Hamas needs to be stamped out, Putin, too, for that matter, or will we

let the United States be next to be taken over? It's not a far-fetched notion that this could happen. Reality could hit us at our front door someday by being caught off-guard.

Busy week ahead as I'm still doing the fall-cleaning thing and progress is being made. Lining up for a "spring" yard sale is in the works. Will be glad to get rid of items that I don't know why I keep holding onto instead of putting in the sale. Just one of many things we all, I guess, have a hard time letting go of but it will serve us better if we will do just that. Clutter can take us over so clean house if possible. You may not be a packrat like me, but I have taken up the same trait as my "mom." I think this is hereditary, because our girls keep back things, too, so I'm not in this boat by myself.

Friends Beverly Hubler, Sherry Gannon and Russell Taylor have been helping with projects around here. Connie Cantrell stopped by this week, also.

Spoke with Mai Nell Melton and her sister Gracie Bratcher on Monday. Both are doing pretty good these days.

Been tapping in on some of my tuna and crackers that I have stored back in the kitchen cabinet just in case ole' man winter

wreaks havoc around these parts. My tuna supply is looking good and should help me get through the winter. Just like the squirrels store up for the winter...so do I.

Be a good friend...be a good neighbor...and try to do a good deed for someone this week. You'll be blessing them, and you will be blessed, too.

Please keep in prayer: Cecile Ferrell, Mary Melton, Rose Watts, Joe Gunter, Sepal Pedigo, Charlie Mai Daniel, Alene Ferrell and the family of Bill Pack.

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

For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with Him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air: and so shall we ever be with the Lord. I Thessalonians 4:14-17

Chiropractic delivered to pregnant mothers is safe for their fetuses



Cannon County Chiropractor Treia Wessel

The Journal of Pediatric, Maternal & Family Health Chiropractic published the results of a study in October 2022, documenting chiropractic care did not have any adverse effect on the fetal heart rate when chiropractic care was administered to their pregnant mothers. The title of the study is "Fetal Heart Rate Monitoring of 33 Pregnant Women

Undergoing Chiropractic & Midwifery Care."

John Hopkins Medicine describes Fetal Heart Rate Monitoring by stating "Fetal heart rate monitoring measures the heart rate and rhythm of your baby (fetus). This lets your healthcare provider see how your baby is doing. Your healthcare provider may do fetal heart monitoring during late pregnancy and labor. The average fetal heart rate is between 110 and 160 beats per minute. It can vary by 5 to 25 beats per minute. The fetal heart rate may change as your baby responds to conditions in your uterus. An abnormal fetal heart rate may mean your baby is not getting enough oxygen or that there are other problems."

The purpose of this study was to see if chiropractic care had a negative impact on the fetus by measuring the fetal heart rate. If chiropractic were having a negative effect, the results should be picked up in an abnormal fetal heart rate.

In this study, 33 women met the criteria for inclusion in this study. The criteria for inclusion was:

(1) The woman underwent a complete history and physical examination with their respective provider,

(2) The patient attended consistent and continuous care with both a midwife and chiropractor,

(3) The patient provided consent for the review of both the chiropractic and midwifery patient records, and

(4) Fetal heart rate monitoring was performed and recorded. The records from these women were reviewed and correlated to give a full picture of their chiropractic care and any effect on the women's fetuses.

The results showed the average age of the women in this study was just over 30 years. These women averaged almost 20 chiropractic visits during their pregnancy in addition to over 11 prenatal visits. In all, there were a total of 216 fetal heart rate monitoring recordings performed with about 99% of them occurring after the woman's chiropractic visit.

The results showed no adverse effects to the fetal heart rate of any of the fetuses. This showed chiropractic care did not have a negative impact on this major fetal health measure. In addition, all pregnant women delivered healthy babies without any complications.

In their discussion, the study authors commented, "The safety of the chiropractic care of pregnant women and the unborn fetus is a concern not only among chiropractors¹⁹, but also by other healthcare providers involved in prenatal care." They concluded, "The use of spinal/pelvic chiropractic adjustments during pregnancy did not result in adverse events for the fetus as measured by FHR, a major indicator of fetal health in obstetric care."

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

News from the Mountain

BY CAROL GUNTER



LEGALS & PUBLIC NOTICES

PUBLIC NOTICE

Notice is hereby given to the public that a vacancy has occurred for Cannon County Road Commissioner for Zone 2. To be eligible, applicants must meet qualifications pursuant to T.C.A § 8-18-101.

All persons eighteen (18) years of age or older who are citizens of the United States and of this state, and have been inhabitants of the state, county, district, or circuit for the period required by the constitution and laws of the state, are qualified to hold office under the authority of this state except:

- (1) Those who have been convicted of offering or giving a bribe, or of larceny, or any other offense declared infamous by law, unless restored to citizenship in the mode pointed out by law;
- (2) Those against whom there is a judgment unpaid for any moneys received by them, in any official capacity, due to the United States, to this state, or any county of this state;
- (3) Those who are defaulters to the treasury at the time of the election, and the election of any such person shall be void;
- (4) Soldiers, sailors, marines, or airmen in the regular army or navy or air force of the United States; and
- (5) Members of congress, and persons holding any office of profit or trust under any foreign power, other state of the union, or under the United States.

The vacancy for the Cannon County Road Commissioner, Zone 2 will be filled at the regular meeting of the Cannon County Board of Commissioners on December 7, 2023, at 6:00 p.m. in the courtroom of the Cannon County Courthouse. Registered voters of the county may submit names to the commission for consideration; however, to be nominated, a member of the commission must subsequently nominate the person. Members of the county legislative body may also nominate a candidate to fill the office or vacancy without the name being submitted by a voter. If a person is not present, the person making the nomination must submit a signed statement from the nominee that the nominee is willing to serve.

Greg Mitchell, County Executive

REQUEST FOR PROPOSAL

The Upper Cumberland Development District's Area Agency on Aging and Disability (AAAD) will receive sealed proposals for the provision of Professional In-Home Services for persons age 60 and over and for adults age 18 and over with disabilities as specified below.

- **Homemaker Services:** Provision of assistance to persons having difficulty with one or more of the following instrumental activities of daily living: preparing meals, shopping for personal items, managing money, using the telephone, and doing light housework. Activities include routine household management tasks such as menu planning, budgeting, shopping, meal preparation, and light housekeeping
- **Personal Care Services:** Providing personal assistance, supervision or cues for a person with disabilities having difficulties with one or more of the following five activities of daily living: eating, dressing, bathing, toileting, and transferring in and out of bed.
- **In-Home Adult Care:** Provision of care and supervision for dependent adults in their own homes during some part of a twenty-four-hour day.
- **Chore Services:** Provision of assistance to persons having difficulty with one or more of the following instrumental activities of daily living: heavy housework, yard work, and sidewalk maintenance.
- **Grocery Purchasing and Shopping & Delivery Services:** Obtaining the grocery shopping list from the client, purchasing and delivering the groceries to the client's home. Assistance can also include putting the groceries up for the client, as needed.

The AAAD contracts for services in the fourteen-county region of the Upper Cumberland (Cannon, Clay, Cumberland, Dekalb, Fentress, Jackson, Macon, Overton, Pickett, Putnam, Smith, Van Buren, Warren and White). Interested parties are encouraged to contact Phillip Fox at (931) 476-4166 or pfox@uccdd.org to receive a Request for Proposal (RFP) packet. Submissions will be accepted until December 15, 2023

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