

# Actually 'in a jiffy' is a number

Yes, 'in a jiffy' is actually a measurement of time. It's 1/100th of a second. It's about as crazy as a Baker's Dozen being thirteen. Sometimes, do you ever feel all you are is just a number? Well, no doubt. Because we're surrounded by all kinds of numbers every day. Think about it. Since 1986, social security numbers have been assigned to newborns at the same time they are issued birth certificates. Before that, those numbers were applied for when folks were getting jobs. It's the most important identification number we can possess. Without it, we couldn't obtain more numbers, such as driver licenses, bank accounts, credit cards, utility accounts, mortgages, insur-

ances, phone numbers, and more. Oops, and aren't there numbers used in our prescriptions, on our license plates, lottery slips, clothing and shoe sizes, TV channels, cellphones, computers, addresses, military IDs, birth dates, ten fingers...ten toes. Yes, we're labeled and consumed by a lifelong existence of numbers. We're like little cans of Campbell's Soup...processed, labeled and stamped with an expiration date.

But, spoiler's alert! All our numbers are right underneath our governments' thumb. Even sometimes fraudulent things happen with our numbers like scams. We can't be too careful who we give our numbers out to and when. Grandpa Roy tells us, "Age is just a number, even though I do count the number of candles on my birthday cake. I figured last year when I turned 65 there were only 1,825 days until I reach 70." Uncle Festus said he recently heard only four out of three people struggle with math. I told Festus his math was really messed up, and he said for 25 cents he could kick himself in the head. Well, here ya' go buddy, I happen to have four rolls of quarters. Aunt Martha liked that quarter idea for Festus. All she's basically concerned with are the expiration dates on her favorite bottles of wine.

A while back, Cousin Jessie went to open his first bank account. He was asked to create a password eight characters long, including at least one capital. This is what he came up with...Mickey, Minnie, Pluto, Huey, Duey, Louie, Donald, Goofy and Sacramento. Dang! Give me one of those rolls of quarters. Here's another member of my family whose number is about up. Well, to sum it up, we may have a lot of numbers in our life, but I'll tell you not one of you are just a number...you are individuals. Some days we're weak; some days we're strong. Just make the right decisions and keep loyalty and truth as the cornerstone of all your relationships. We can be well, and sometimes we can be very ill. But we survive to stay here for a number of more years to come. Let's CHAT next week and, until then, please take care of yourselves, family and friends, and if you play the Lottery, I hope your number wins! Many Numerous Hugs,

SAVANNAH

## Today's Chat with Savannah

# Post-concussion syndrome helped by chiropractic



Chiro Care Trea Wessel

Published recently in an issue of the Asian-Pacific Chiropractic Journal are the results of a case study documenting the resolution of a young woman's symptoms from post-concussion syndrome to a recent sports injury.

The study begins by reporting traumatic brain injuries are very common in the U.S. with 1.7 million occurring each year. Of that total, 52,000 die and 275,000 are hospitalized. Of the total number of head injuries, it is estimated over 300,000 of them annually are sports related.

The International Conference on Concussion in Sport created a definition for concussion. "Concussion is a brain injury and is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces." The conference listed several common features of concussion. "Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an 'impulsive' force transmitted to the head. Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours."

In this case, a 21-year-old woman stood up abruptly and felt lightheaded causing her to fall forward into a desk hitting her head on the desk and then on the floor. She was knocked unconscious

for a short period and awoke with severe head pain. She was transported to the hospital, but was released without a CAT scan or an MRI.

Over the next several months, the woman began to feel light-headed and dizzy when she exercised. These symptoms progressively got worse until she was unable to exercise at all. She also started to develop headaches which were made worse by her school studies or even just using a phone. She progressively got worse to where driving was an issue, and she was forced to sharply reduce almost all physical and mental activities. Her cognitive problems got so bad she was forced to discontinue school.

A chiropractic examination was performed and based upon the results the examination specific forms of chiropractic care were started.

The study reports in little over one month of care, the woman "was completely pain free with no symptoms of lightheadedness, brain fog, or nausea. She has been able to exercise, and has been lifting light weights. She was also able to run five miles."

The woman's significant improvement was in light of the fact she was nearly non-functional for the previous six months.

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, February 25th from 5:30 to 6:00 p.m. This week's topic will be "Sports and Chiropractic."

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

# Salt just lumps up

Lots of rain coming our way this week. Umbrellas are a must for all us ladies. I figure we might just melt if we got wet. "Aubrey" would always tell me "salt lumps up." Neighbor Diane Evans says, "trash floats." I like Aubrey's version of the best.

Chatted with Brenda Neal on Wednesday evening. She was doing fine as was the rest of the family. Tracy Neal still doing better. Ann Warren and I, like everyone else, commenting on this rainy weather. She and the family are doing fine.

Disasters with airplanes and helicopters crashing the past few weeks. Have never had the urge to board an airplane, because I feel safer on the ground in my vehicle if I want to go anywhere. We are told by

those that keep track of plane and car crashes that it is safer to be on a plane than in a car. Disturbing news on the television last night regarding Kanye West. I think he's a rapper, but however he makes a living, he seems to always stir up some kind of controversy. He has a line of t-shirts that display a "nazi emblem" that has outraged a lot of people. Ya know this guy sure has a big problem in my opinion. Freedom we are blessed with in this country, but sometimes some people go off the deep end and show they are not Americans. In America we respect other people and their beliefs. A preacher said on the radio the other day if you do not like this country and what it stands for, just L-E-A-V-E!" I might add, and no one is gonna miss you.

Please keep the following people in your prayers: Dustin Johnson, Mary Melton, Diane Evans, Walter and Faye Ferrell, Rose Watts, the leaders of our country, and the people of Israel and Ukraine. I left out an important birthday for December: Patty Lawson 31st. Hope your birthday was wonderful. We've got thick, dark clouds moving in

this Monday evening. This week will certainly be a soaker with at least three days of heavy rainfall. Maybe up to eight inches or more of rain by Sunday is predicted. That will help out with our drought situation. There will most likely be quite a bit of flooding with that much rain.

Well, the 59th Super Bowl is over. The Philadelphia Eagles topped the Kansas City Chiefs 40-22. I wonder how many people didn't show up for work Monday morning. It is now a customary absence for a lot of people not to make it to work after staying up so late watching the big game. Just too much hype on the game going on from what it used to be, in my opinion.

I came across a bookmark while filing some papers that was from a dear friend of mine and our family. That friend was "Edith Miller." She sold Avon and could she ever cook. She gave it to me at

Christmas 2012. Edith passed away May 12, 2022. She was one of those special and rare individuals that God puts in your life to bless you. Not only did she bless me, she blessed our whole family. We loved her dearly. The bookmark's title was "What Is A Friend?" A friend is someone very dear who shares your hopes and dreams, who shows you that the grayest day is brighter than it seems. A friend will bring you happiness that lasts a lifetime through--I know, for that's the kind of friend I found when I met you! Tears are falling as I am writing this, because I miss her so much. I can remember crying when I first read it years ago. Edith made quite a forever impression on me and our family. I only hope you've got a friend like her in your life. Be sure to cherish the loved ones in your life that God gives you for a little while, because He will want them back.

Have A Great Day!  
Go ye into all the world, and preach the gospel to every creature. Mark 16:15

## News from the Mountain

BY CAROL GUNTER



**To subscribe to the Cannon Courier, call 615-563-2512 or email spatrack@cannoncourier.com**

# LEGALS & PUBLIC NOTICES

**NOTICE TO CREDITORS**  
Estate of Catherine Marie Shaw,  
Notice is hereby given that on the 11th day of February, 2025, letters of administration in respect of the estate of Catherine Marie Shaw, deceased were issued to the undersigned of County Probate Court

of Cannon County, TN. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice, otherwise their claims will be forever barred.

This is the 11th day of February, 2025. Catherine Smotherman, administrator of the estate of Catherine Marie Shaw, deceased. Lana Jones, County Clerk Addie L. Toy Attorney \*\*\*\*\*

## Cannon County Board of Education Request for Bid

**Description of items/services requested:** The Cannon County Department of Finance, on behalf of Cannon County Schools, is requesting bids for generators at Cannon North Elementary, Cannon South Elementary, and Cannon County Middle School.

**General Requirements:**

1. Generators should be 18kW, air-cooled, standby Generac units, each with a 16-circuit, 100 Amp load capacity
2. The bid should include installation of all necessary electrical work and natural gas piping
3. Electric lines must be run to all IDF's and MDF's at the schools, as well as to the paging amplifier

**The chosen contractor must be capable of handling both electrical and natural gas pipe installation within a single company.**

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **1:00 p.m. March 6, 2025** (local time). Every document must be enclosed in an envelope clearly marked as a bid document. Any response, bid or proposal received after the above deadline shall be considered late, and will not be opened or considered. Bid prices must be valid for at least thirty (30) days. Electronic bids are not accepted.

All documents shall be submitted to the following address:  
Diane Hickman, Director of Finance  
Cannon County Department of Finance  
110 S. Tatum St, Suite 216  
Woodbury, Tennessee 37190

To schedule a walk-through of the project sites, contact Michael Medford, Director of Technology, at (629) 201-4822 or michael.medford@ccstn.net.

Cannon County reserves the right to reject any or all bids. We are an equal-opportunity employer. It is the policy of Cannon County, Tennessee to ensure compliance with Title VI of the Civil Rights Act of 1964; no person shall be excluded from participation in or be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance on the grounds of race, color, sex or national origin.

## NOTICE OF MEETING CANNON COUNTY 911 BOARD OF DIRECTORS

The Board of Directors of the Cannon County 911 Emergency Communications District will meet at 5:00 p.m., February 27, at 110 South Tatum Street, Woodbury, or such other location as may be posted at the Courthouse, where and which time the Board will consider any matter that may be properly presented. Board members may participate by electronic means. The public is welcome. Any person who seeks a copy of the agenda may do so by sending e-mail to cannonco911@dtccom.net.

John Naylor, Chairman  
Board of Directors

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.

ADDITIONAL LEGAL ADS ON PAGES A9 & B6