

I'm not done living yet

Well okay, it's been a couple weeks or so all, or at least some of us, have announced our New Year's resolutions. Or was it what we added to our Bucket List instead?

As every new year approaches, I renew my gym membership and try to encourage my friends and family to do the same thing, along with getting on a healthy diet. And, here's how it went.

Aunt Martha told me, "I finally figured out my body type. It's an hourglass with extra minutes. Plus, I'm pushing sixty."

"That's enough exercise for me."

Aunt Sarah mentions, "I for one can't blame the holidays for gaining weight. I was fat in August! Presently,

I'm on a 30-day diet. So far I've lost 10 days."

Grandpa Roy said, "I guess I'll try

Today's Chat with Savannah

Essential tremors reduced in elderly man under chiro



Chiro Care
Trea Wessel

The Annals of Vertebral Subluxation Research published the results of a case showing the reduction in essential tremors for an elderly man receiving chiropractic care. According to the Mayo Clinic website, "Essential tremor is a nervous system (neurological) disorder that causes involuntary and rhythmic shaking. It can affect almost any part of your body, but the trembling occurs most often in your hands, especially when you do simple tasks, such as drinking from a glass or tying shoelaces. Essential tremor is usually not a dangerous condition, but it typically worsens over time and can be severe in some people."

The study begins by noting essential tremors are a common condition in the elderly affecting about 5% of that population. Essential tremors are different than the tremors from Parkinson's disease in that essential tremors are in the upper extremities 95% of the time, and are present during movement of the upper extremities unlike Parkinson's which are present while resting.

Common medical treatment usually involves medications such as beta blockers, anti-seizure drugs, tranquilizers, or even Botox injections. These treatments have mixed results, and often include significant side effects and risks.

In this case, a 75-year-old man suffering with tremors affecting both hands went to the chiropractor to see if he could be helped. The man described his tremors as spasms that were pounding, dull and crawling, and were often accompanied by pain. He explained his

tremors started many years ago, but had been getting progressively worse over the past four years.

In describing his tremors using a 0 to 10 scale, with 10 being the worst, he rated his problem as a 5/10 at its best and a 9/10 at the worst. The tremors interfered with his daily activities, including eating and writing. He was on several medications that had little effect. He reported the only thing that could relieve his tremors was alcohol consumption.

A chiropractic examination was performed, which included a comprehensive neurological assessment, postural analysis, orthopedic evaluation, active range of motion, palpation, and spinal x-rays. The conclusion of the examination was the presence of multiple areas of vertebral subluxations present in the man's spine. From this, the man was started on a regime of regular specific chiropractic adjustments to address the subluxations.

After 12 chiropractic visits, the man underwent a re-evaluation to determine the progress made. In addition to improvements noted in the results of the exam procedures, the man reported he could notice a 50% reduction in his tremors. Because of this improvement, he was able to write more efficiently and was able to eat breakfast cereal with a spoon more easily. The authors concluded, "Chiropractic care resulted in significant decrease of essential tremors for this patient."

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, January 28th from 5:30 to 6:00 p.m. This week's topic will be "Isolation."

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

the gym again. Even though I'm still walking funny from my last work out. One would think that we get enough exercise jumping to conclusions, dodging responsibility, and pushing our luck. But guess not."

I think the hardest part about going to the gym is just showing up.

My trainer tells me to train like a beast so I can look like a beauty. Right now I feel like Disney's forgotten Princess.

Uncle Festus remembers his workout resembled a herd of turtles stampeding through peanut butter.

Have you ever noticed there's always that one person in gym class who thinks they're in the Olympics?

Another annoyance are those people who are in exceptionally good shape. I'm like: "What are you doing here? You're done! I have exercised with women soooo thin, buzzards followed them to their cars."

Ever price how much workout clothes cost? I wear black to the gym. It's like a funeral for my fat. I've reached the conclusion the real advantage of exercising every day is you die healthier.

Uncle Festus didn't make it to the gym today. That makes five years in a row.

Grandpa Roy's favorite machine is the television. He told me that if GOD wanted him to touch his toes, he would have put them on his knees.

Cousin Clarence added, "I was seriously going to start jogging, but my toes voted against me ten to one. Once I ran six miles. What a workout. I didn't think that ice cream truck would ever stop."

I suggest jogging early in the morning before your brain can actually figure out exactly what you're doing. Aunt Martha used to jog, but the ice cubes kept falling out of her wine glass.

So folks, there you have it. Even though exercising can be literally a real pain, it doesn't pay to be a couch potato either. You may get sore after today's workout, but you will be stronger by tomorrow.

Let's look at it this way. It is important to take care of your body. It's the only place you have to live!

Many Healthy Hugs,

SAVANNAH

Breakfast for supper...Yum!

What a day and what a snowfall that is blanketing the mountain this Friday, January 10th! Four to seven inches of snow is predicted, but in some locations, there may be more accumulation. This is winter for sure settling in with very cold temperatures and a lot of snow. People calling to find out if I had my snowman built. If I were a few years younger, I would probably give it a try, but I'll just let others have the fun. Forecasters of the weather say our coldest temps of this winter season will be next week. January temperatures, like December's, will be below normal.

Rick and Beverly Hubler enjoying all this snow as is Russell Taylor. It certainly is a beautiful sight with the snow covering lamp-posts and everything else around our home. Randy and Gail Neal's

trees are so beautiful with their branches being weighed down from all the snow that is falling. We had between three and four inches of snow here on the mountain. I hope we will not have any more of the white stuff. That may be wishful thinking on my part. I'm just yearning for the good ole summertime temperatures, that for me, cannot get here soon enough. Flowers, hummingbirds, mowing, yard sales and to be able to be outdoors will be a wonderful blessing.

My neighbor down the road, Mr. Melvin Ferrell, doing well and sounding chipper after all the snow we had last week. Melvin and his family were all to gather at Melvin's home for a Christmas/birthday celebration for him since he reached the young age of "97" on January 9th. Because of the snowy weather, it had to be cancelled. New date for the

get-together will be on Saturday, January 18th.

Burley Bogle, like the rest of us, not getting out too much except to make sure his mules are o.k.

It is so hard to watch television and see the disaster that is going on in California with all those wildfires. So far at this writing twenty-five people have lost their lives and thousands upon thousands of homes and businesses have burned to the ground. Very little containment of those fires as the wind speeds are so high, and firefighters are risking their lives to put them out. Please be praying for the people in California that have lost so much.

Junior and Rose Watts celebrated their 54th wedding anniversary on Friday, January 10th. Congratulations to both of you. Please

keep praying for the

following people: Dustin Johnson, Mary Melton, Diane Evans, Rose Watts, Walter and Faye Ferrell, the people of Israel and Ukraine, the leaders of this great nation, and the family of James Cooper. God answers prayers.

It's a cold evening and I'm thinking a cup of hot cocoa, or a cup of coffee will help to warm me up. I might even have breakfast for supper. Sausage, egg, gravy, a biscuit or two, and maybe a slice of tomato sounds awfully tempting. I have found out that I'm not the only person that likes a meal like that. Sometimes change is good so fix up the food you are craving.

Have a great day!

Set your affection on things above, not on things on the earth. Colossians 3:2

News from the Mountain

BY CAROL GUNTER



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LEGALS & PUBLIC NOTICES

CANNON COUNTY CONVENIENCE CENTER Request for Bid

The Cannon County Department of Finance is soliciting bids for the management of solid waste – garbage, trash, rubbish - beginning July 1, 2025, and ending June 30, 2028 (at the earliest).

The management of solid waste includes collection of solid waste through the use, but not limited to, two compactors connected to two receiver boxes and three open top containers (for large debris, not compatible with compactors) provided by the vendor. Transportation and disposal of non-hazardous solid waste must be in full compliance with all valid and applicable federal, state, and local laws. The company must use facilities that have been issued all of its necessary permits, licenses, and certificates, and follow ordinances and regulations that allow the facility to accept, treat and/or dispose of the waste. The contract term must be a minimum of 3 years and potentially up to 5 years - to be negotiated between the county and the winning bidder.

Vendor to provide suitable compactors, either as lease, purchase, or free of charge as part of the overall contract. Convenience Center is located at 271 Alexander Drive, Woodbury TN 37190.

A site visit will be required. Contact Greg Mitchell to coordinate.

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. Tuesday, February 11th, 2025 (CST)**, at which time and place all bids will be publicly opened and read aloud. Every document must be enclosed in an envelope marked **COUNTY CONVENIENCE CENTER BID**. Any response, bid, or proposal received after the above deadline shall be considered late, and will not be opened or considered.

Bids must 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

Bid must be submitted on the Bid Form provided by the county. For a copy of the bid form, please contact Diane Hickman, diane.hickman@cannoncountyttn.gov or Greg Mitchell, greg.mitchell@cannoncountyttn.gov or call (615) 563- 3068. Or go to the county's website www.cannoncountyttn.gov under Finance Department.

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.

The Cannon County Board of Zoning Appeals will have a public hearing on Tuesday, 1/28/2025 in the 2nd floor Court Room of the County Courthouse, 200 W. Main Street, Woodbury TN for the purpose of reviewing the following item:

Application for a Special Exception to: place a Quonset hut in an A-1 Agricultural District (Zone) located at 625 tract 4 Burt Bergen Rd, Woodbury TN 37190.

The proposed item can be reviewed at the office of the Cannon County Planning Department, 200 W Main Street, Woodbury TN, from 8:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday, and Friday.

The public hearing will begin at 5:30 P. M. All citizens are invited to attend; in addition to the above public hearing, a period for public comment on matters germane to other items on the agenda shall be provided. Any questions or comments can be addressed to the Cannon County Land Use Administrator by phone: 615-563-5263 or by email: David.Robinson@CannonCountyTN.gov

The Cannon County Board of Zoning Appeals will have a public hearing on Tuesday, 1/28/2025 in the 2nd floor Court Room of the County Courthouse, 200 W. Main Street, Woodbury TN for the purpose of reviewing the following item:

Application for a Special Exception to: construct a cellular communications tower (C-1 Commercial) in an A-1 Agricultural Zone at located at 784 Turkey Branch Rd, Liberty TN 37095.

The proposed item can be reviewed at the office of the Cannon County Planning Department, 200 W Main Street, Woodbury TN, from 8:00 a.m. to 4:00 p.m. Monday, Tuesday, Thursday, and Friday.

The public hearing will begin at 5:30 P. M. All citizens are invited to attend. Any questions or comments can be addressed to the Cannon County Land Use Administrator by phone: 615-563-5263 or by email: David.Robinson@CannonCountyTN.gov

**Additional Legals on
Pages B5 & B6**