

How to choose and use a home blood pressure monitor



Dear Savvy Senior,
Can you offer me any tips on choosing and using a home blood pressure monitor? I just found out I have high blood pressure and my doctor recommended I get a home monitor so I can keep tabs on it.
Just Turned 63

Dear 63,
 Everyone with high blood pressure (130/80 or higher) should have a home blood pressure monitor. Home monitoring can help you keep tabs on your blood pressure in a comfortable setting. Plus, if you're taking medication it will make certain it's working, and alert you to a health problem if it arises.

Here are some top-rated blood pressure monitors to consider along with some tips to help ensure you take an accurate reading.

Best Monitors

The most accurate and easiest to use home blood pressure monitors today are electric/battery powered automatic arm monitors, which are more reliable than wrist or fingertip monitors. With an automatic arm monitor, you simply wrap the cuff around your bicep and with the push of one button the cuff inflates and deflates automatically giving you your blood pressure reading on the display window in a matter of seconds.

Many automatic monitors also come with additional features such as irregular heartbeat detection that checks for arrhythmias and other abnormalities; a risk category indicator that tells you whether your blood pressure is in the high range; a data-averaging function that

allows you to take multiple readings and get an overall average; multiple user memory that allows two or more users to save their readings; and downloadable memory that lets you transmit your data to your smartphone or computer.

The top five automatic arm monitors as recommended by Consumer Reports for 2025 are the Omron Platinum BP5450 (\$90), Omron 10 Series BP7450 (\$70), Omron Evolv BP7000 (\$70), A&D Medical UA767F (\$55), and Omron 3 Series BP7100 (\$55). And the top wrist monitors are the Omron 7 Series BP6350 (\$55) and the



Equate (Walmart) 4500 Series (\$40). You can purchase these blood pressure monitors at pharmacies, medical supply stores or online and you don't need a prescription to buy one. Prices, however, will vary slightly depending on where you buy.

How to Measure

After you buy your monitor, it's a good idea to take it to your doctor's office so they can check its accuracy and make sure you're using it properly. Here are some additional steps to follow to ensure you get accurate

measurements at home.

Be still:

Don't exercise, smoke or drink caffeinated drinks, or alcohol for at least 30 minutes before measuring. Empty your bladder and ensure at least five minutes of quiet rest before measurements.

Sit correctly:

Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the middle of the cuff is placed directly above the bend of the elbow. Check your monitor's instructions for an illustration.

Don't measure over cloths:

Put the cuff directly on your bare skin. Putting it over clothes can raise your systolic (upper) number by up to 40 mmHg.

Measure at the same time:

It's important to take the readings at the same time each day, such as in the morning before taking medications, or evening before dinner.

Take multiple readings:

Each time you measure, take at least two readings one minute apart and record the results.

For more information on high blood pressure numbers and how to accurately measure it at home, visit Heart.org/HBP.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

UT Gardens' February Plant of the Month

North America's largest native fruit regaining popularity



Pawpaws are eaten raw. The custard-textured pulp tastes similar to a cross between a banana and mango. (UTIA photo)

Karen Caspary
For the Courier

"Where oh where is dear little Susie? Way down yonder in the Pawpaw Patch..."

If you grew up in the eastern United States, you may have heard this folksong around the campfire. Once called "America's forgotten fruit," the common pawpaw tree (*Asimina triloba*) is a rich source of legends and lore, evoking bygone times and hidden places beside rivers and forest glens.

The pawpaw is and has always been a beloved food of the indigenous peoples of eastern North America; the botanical name *Asimina* originates from Algonquin-speaking peoples such as the Miami, Shawnees and Powhatans. It was said to be the favorite fruit of Daniel Boone and was planted by both Thomas Jefferson and George Washington.

Wild pawpaws fed untold thousands of travelers throughout the history of this land, including enslaved African Americans who escaped to the North. Many an old-timer will remember days spent gathering pawpaws, but sometime in the late 20th century the tradition fell from

mainstream cultural awareness. In recent decades, thanks to the efforts of dedicated and talented researchers, as well as the curiosity of new generations, the mysterious pawpaw has come back into the forefront.

The largest fruit native to North America, the pawpaw is the only temperate member of the Annonacea, or custard apple family. Common pawpaw is primarily a bottomland species, growing wild in the low country along rivers and streambanks. It is an understory tree reaching between 15 to 20 feet at maturity, and it suckers readily, forming large colonies of genetically identical individuals.

Pawpaws are not self-fertile, and the patch will need a different pawpaw nearby to cross-pollinate. Its burgundy flowers appear in the early spring. No conclusive evidence exists regarding which insects pollinate the trees, but the shape of the flowers strongly indicates beetles. Flies also are suspected to be important pollinators.

Speaking of insects, the pawpaw tree is the exclusive host plant for the zebra swallowtail butterfly, our state butterfly, which is rare in some areas. There are

no serious diseases or pests that affect pawpaws, and deer or other herbivores do not browse on their leaves.

The fruits are egg-shaped, 2-6 inches long and full of yellow-orange, custard-textured pulp, as well as several large black seeds. The taste is usually described as somewhere between a banana and a mango. The grey-green fruits ripen sometime in September in Tennessee. They are eaten raw or processed into pulp by removing the skin and seeds. The pulp is made into jams, ice cream, added to baked goods or even used in beers, meads and spirits.

Those interested in growing pawpaws can plant individual trees in an orchard style (their suckers will need to be trimmed periodically), or they can establish a pawpaw patch. They grow in full to part sun, and prefer moist, well-draining soils but can be enticed to grow in drier upland areas. Because of their strong tap-

roots, trees cannot be transplanted from the wild, but starting from seed is fairly straightforward.

Seed-grown saplings are common in local nurseries. It's recommended to buy several from different sources - the more genetic diversity, the better. If the trees have a sufficient cross-pollinator, they will begin to bear fruit in 6-7 years. Buying grafted trees of a known cultivar is the only way to truly predict taste and size of fruit set.

The Pawpaw Research Program at Kentucky State University has made incredible strides in breeding and propagation and has released a selection of named cultivars. We recommend visiting their website for a wealth of other growing information.

Karen Caspary is horticulturist and volunteer coordinator at UT Gardens, Knoxville.

LEGALS & PUBLIC NOTICES

IN THE CHANCERY COURT FOR CANNON COUNTY, TENNESSEE AT WOODBURY

CANNON COUNTY, TN and TOWN OF WOODBURY
Plaintiffs
VS.
DELINQUENT TAXPAYERS, et al
Defendants

DOCKET #24-131

ORDER FOR SERVICE BY PUBLICATION

Publication is hereby made as ordered by the court on January 13th, 2025, as to the **COMPLAINT for the collection of ad valorem taxes** filed by Plaintiffs. The Plaintiffs Attorney, Tara J. Cowan can be contacted at 110 North Tatum Street, Woodbury, TN 37190, phone (615) 563-4052. By order of this court, publication shall run once weekly for four (4) consecutive weeks in the Cannon Courier, a newspaper of general circulation of Cannon County, Tennessee. The defendants have 30 days from the last date of publication of this Order to file an answer in the Chancery Court of Cannon County Tennessee, 200 West Main Street, Woodbury, TN 37190, phone (615) 563-5936, otherwise a Default Judgment may be granted for relief sought in the Complaint. (Defendant List as Exhibit A)

This the 17th day of January, 2025.

/s/ HONORABLE DARRELL
 L. SCARLETT
 CHANCELLOR BY

INTERCHANGE

/s/ DANA M. DAVENPORT
 CLERK & MASTER FOR
 CANNON COUNTY, TN

EXHIBIT A

DEFENDANT

Lori L. Hillis
 Bridgette Davenport
 Fate Brown Heirs
 Volunteer Broadcasting LLC
 Michael Fann
 James R. & Cindy Gilley
 Bruce P. & Karen Gunn
 Lewis Nicholson
 Robert Peck

PROPERTY ADDRESS

211 Mason Street
 1648 Peeler Hill Road
 Browntown Road
 153 Mile Valley Road
 1160 Sugar Tree Knob Road
 761 Auburtnow Road
 Sugar Tree Knob Road
 41 Morgan Avenue
 768 Cove Hill Road
 Industrial Park
 R.E. Davenport Avenue
 199 Milligan Lane
 1326 Gilley Hill Road
 1480 Jim Cummings Hwy.
 5088 Dickens Hill Road
 2575 Poplar Bluff Road
 146 C L Barrett Road
 1805 Blair Branch Road
 5416 Gassaway Road
 Gassaway Road
 Old Prospect Road

Church of God c/o Trustees: Jay B. Thomas
 General H. Cawthorn, Herbert Mooneyham

ADDITIONAL LEGAL ADS ON PAGES B3 & B6

The Woodbury Lions Club is looking for new members who wish to serve their community. We are one of the largest service organizations and the Lions motto is "WE SERVE". We are celebrating our 90th year in 2025.

Some of the services we provide:

- School and daycare eye screenings for children
- Disaster Relief for floods and tornadoes
- Collect food for Cannon Food Bank
- Provide blessing box for food
- Collect and distribute coats
- Assist with eyeglass purchases for needy
- Save lives by hosting blood drive bi-monthly
- Sponsor the Lions Christmas Parade
- Donations to White Cane
- Donation to Cannon Senior Citizens Center
- Donation to Cannon Rescue Squad
- Donation to We Care Cannon
- Donation to Pediatric Cancer
- Donation for Juvenile Diabetes Research
- Provide funds for Austin Jennings College Scholarship
- Donation to Cannon Co Substance Abuse

We meet twice monthly on the second and fourth Monday nights. Fish fries and pancake breakfasts are used to raise money as well as the Cannon County Walking Horse Show. We sell ornaments and pecans and other nuts. If you want to be of service to your community, join the Woodbury Lions Club. You can contact any Lions member if you would like to visit our club and see all the good we do!

