

We all need a good laugh

Several times, I have asked my readers and family for opinions, thoughts and even memories to share with everyone.

I got lucky. Here are quite a few for all of you to enjoy.

Chocolate is God's way of telling us he likes us a little chubby. When I was a kid I wanted to be older...this is NOT at all what I expected! Never sing in the shower. Singing leads to dancing. Dancing leads to slipping and slipping leads to the paramedics seeing you naked. So remember, don't sing.

I see folks my age mountain climbing. I feel good just getting my leg through my underwear without losing my balance.

I'm at a place in my life where errands

are starting to count as going out. I don't always go the extra mile...but when I do it's because I missed my exit.

You don't realize how old you are until you sit on the floor to do something and then try to get back up. I remember telling my grand daughter what my childhood was like. Oh, I used to ice skate in the winter on the family pond, make a swing from a tire and ride my pony and pick blackberries in the woods. All wide eyed she was taking it all in. At last she said, "I sure wish I had gotten to know you sooner!"

Do you know why fire trucks have Dalmations? To find the fire hydrants. Grandpa Roy told me, "Remember when we had to smack the TV because the channel wasn't coming in very

clearly? Well that's the way I feel about far too many people that are so poorly running our country!"

Uncle Festus commented that whenever he finishes eating something he has to show his dog Snickers that it is all gone...like a blackjack dealer. Ever go grocery shopping on an empty stomach and end up owning most of Aisle 4?

Aunt Martha tells me, "I might wake up early and go running and I just might win the lottery but the odds are about the same. Think I will just have a glass of

wine.

Well hopefully most of you can relate to some of these comments and memories.

For now please be happy and stay safe.

If I might add... I happen to have typed this Chat with my left hand, as I broke my right arm a few days ago. Wish me luck...
Many Huge Hugs,

SAVANNAH

Today's Chat with Savannah

Bullfrogs beat cicadas any day

I'm hearing bullfrogs not cicadas this Friday afternoon while out on the patio. We've had on and off thunder showers today. We are going to have rain and more rain for the next several days and into most of next week. We could have two inches of rain by Monday according to the weather gal.

Melvin Ferrell is having a good crop of strawberries as he usually does. Family and friends are getting to benefit from his having a green thumb with his crops.

Jimmy Hale has his grandson spending some time with him and helping to get things done around the place. So good when family is there to be with you when you're going through a trying time.

So many people have put out a garden to help with a supply of fresh vegetables, so they won't have to buy those high-priced veggies at the grocery store. Talked with Ann Warren on Friday. Rick and B.J., her sons, working around the home-

stead to help her out. Rick loves flowers so he takes care of them and all the landscaping that is needed. B.J. has a green thumb and has put out a garden with a lot of vegetables that will come in later. Rick, I'm sure, will give B.J. a helping hand with the garden. I'm glad they are well and taking care of their "Mom."

Gracie Bratcher doing well last week. Good talking with you, Gracie. Mai Nell Melton, her sister, is doing well, also. They had a sister get-together recently and had a good time. Ruth Brown and Jess, her son, enjoying being out in the sunshine on Wednesday. They aren't liking those cicadas that have arrived at their place.

Watched the running of the 150th Kentucky Derby on Saturday at Churchill Downs. I've always loved horses so watching the race was quite a treat. Mystik Dan came out the winner. Those hats that the ladies wear gets wilder looking

each year. When the derby began back in 1875 hats were \$4 each. Now they are in the range of \$1,250 each. Just think of it as that kind of money could buy a lot of cans of tuna and boxes of crackers. No way would I spend that kind of money on a hat. Those hats that cost around \$8 at Roses work for me since I love hats. You can always fancy them up with flowers, ribbon, bows, etc. I just love to use my imagination in coming up with a new look for a hat.

We all know about the turmoil on so many college campuses in our country with students showing their ignorance over the war between Israel and Hamas. I want to know why these students even care about this war. They haven't spoken up about Russia invading Ukraine and killing who knows how many multiple thousands of innocent people. Most of these students, in my opinion, are for

abortion so killing innocent lives is probably the norm for them. They were most likely brought up right but lost their way and think

everything is about them. Maybe that chain gang in Alabama or some other state needs to be reactivated since these rude and outspoken students have so much pent-up energy to cause disruption to decent people's lives, it might just decide to get back in the classroom where they belong. "True Americans" do not act this way.

Please keep in prayer: Cecile Ferrell, Mary Melton, Rose Watts, Walter and Faye Ferrell, Charlie Mai Daniel, the people of Israel, and the families of Faye Hale and Sepal Pedigo.

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

Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. Matthew 22:37

Baby with colic helped with chiropractic care



Cannon County Chiropractor Treia Wessel

gas a lot, spit up frequently after eating, and cry while pulling their legs up and making tight fists. The crying sounds as if the baby is in pain.

Colic is distressing not only to the baby, but also to the mother and father who witness the suffering of their baby, and are frustrated by their inability to help the baby.

In this case an 8-week-old baby girl was brought into a chiropractic clinic with the classic signs of colic. The mother said the baby cried constantly for up to five hours, and that the baby's face showed pain when making a bowel movement. The baby also had diarrhea, and would scream and cry during these episodes.

A chiropractic examination of the baby was performed using static, motion, and

muscle palpation. Subluxations were found in the atlas and T11, as well as observations of subluxation in other areas of the infant's spine.

Specific chiropractic adjustments were begun with "...light impulse finger adjustments." The adjustments were made to C1 (atlas) and T11. The care plan included two visits weekly for four weeks.

Immediate improvement was observed after the initial adjustment, and the colic symptoms disappeared after eight adjustments over four weeks. The parents of the baby reported, "After her first visit, she slept the entire night. She did not have the crying spells and we reduced the medication to once per day." After two weeks of chiropractic care the parents further noted, "She (the baby) no longer takes her medication daily. She is now a happy baby. She eats, sleeps and has regular bowel movements with no pain. For the first time since she was born, she slept through the night."

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, May 21 from 5:30 to 6:00 p.m. This week's topic will be 'Arthritis At What Expense?'

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



News from the Mountain

BY CAROL GUNTER

**To subscribe,
call 615-563-2512**

LEGALS & PUBLIC NOTICES

NOTICE OF SUBSTITUTE TRUSTEE'S SALE

WHEREAS, default has occurred in the performance of the covenants, terms, and conditions of a Deed of Trust dated **March 13, 2020**, executed by **Philip W Prater and Judy C Gaither, joint tenants, to John B Philip Esq (TN)** as Trustee, for **Mortgage Electronic Registration Systems, Inc., as beneficiary, as nominee for Longbridge Financial, LLC, its successors and assigns**, and appearing of record on **July 24, 2020**, in the Register's Office of **Cannon County, Tennessee**, at Record Book 207, Page 704, and Instrument Number 62120.

WHEREAS, the beneficial interest of said Deed of Trust was last transferred and assigned to **Longbridge Financial, LLC**, the party entitled to enforce said security interest; and having appointed **Clear Recon LLC**, the undersigned, as Substitute Trustee by instrument filed or being filed for record in the Register's Office of **Cannon County, Tennessee**, with all of the rights, powers, and privileges of the original Trustee named in said Deed of Trust.

NOW, THEREFORE, notice is hereby given that the entire indebtedness has been declared due and payable as provided in said Deed of Trust, and that the undersigned, **Clear Recon LLC**, as Substitute Trustee or his duly appointed agent, by virtue of the power, duty, and authority vested and imposed upon said Substitute Trustee will, on **June 13, 2024, at 11:00 AM**, local time, at the Cannon County Courthouse, located in Woodbury, Tennessee, proceed to sell at public outcry to the highest and best bidder for cash or certified funds ONLY, paid at the conclusion of the sale, the following described property situated in **Cannon County**, to wit:

The land referred to herein below is situated in the County of Cannon, State of Tennessee, and is described as follows:

ALL THAT CERTAIN PARCEL REAL ESTATE LOCATED IN THE 6TH CIVIL DISTRICT OF CANNON COUNTY OF THE STATE OF TENNESSEE, BEING DESCRIBED AS FOLLOWS, TO-WIT: BEING ALL OF LOT NO. EIGHTEEN (18) OF AUBURN HILLS SUBDIVISION AS SHOWN BY PLAT OF RECORD IN PLAT CABINET 3, SLIDE 3-12, OF THE REGISTER'S OFFICE OF CANNON COUNTY, TENNESSEE, TO WHICH PLAT REFERENCE IS HEREBY MADE FOR A MORE COMPLETE AND ACCURATE DESCRIPTION OF SAID LOT.

PARCEL ID #:0391 C 01800 000

For information only: 89 Auburn Hills Drive, Woodbury, TN 37190.

BEING THE SAME PROPERTY CONVEYED TO PHILIP W. PRATER AND JUDY C. GAITHER, JOINT TENANTS BY DEED FROM DEVAULT HOME IMPROVEMENT, INC., A TENNESSEE CORPORATION RECORDED 10/03/2011 IN DEED BOOK 134 PAGE 663, IN THE REGISTER'S OFFICE OF CANNON COUNTY, TENNESSEE.

Parcel ID: 0391 C 01800 000

Commonly known as 89 Auburn Hills Drive Woodbury, TN 37190

The street address and parcel number(s) of the above described property are believed to be correct; however, such references are not a part of the legal description of the property sold herein, and, in the event of any discrepancy, the legal description herein shall control. This sale is subject to tenant(s)/occupant(s) rights in possession.

This sale is subject to all matters shown on any applicable recorded plat; any unpaid taxes; any restrictive covenants, easements, or setback lines that may be applicable; any statutory rights of redemption of any governmental agency, state or federal; any prior liens or encumbrances as well as any priority created by a fixture filing; and to any matter that an accurate survey of the premises might disclose. In addition, the following parties may claim an interest in the above-referenced property: **Philip W Prater and Judy C Gaither; Estate/Heir(s) of Philip W Prater, Estate/Heir(s) of Judy C Gaither, Phillip Prater II, Katherine Porter, Debra Comstock, Jaclyn Comstock, Federal Housing Commissioner, Regions Bank.**

If the United States or the State of Tennessee have any liens or claimed lien(s) on the Property, and are named herein as interested parties, timely notice has been given to the applicable governmental entity, and the sale will be subject to any applicable rights of redemption held by the entity as required by 26 U.S.C. § 7425 and/or Tennessee Code § 67-1-1433.

All right and equity of redemption, statutory and otherwise, homestead, and dower are expressly waived in said Deed of Trust, and the title is believed to be good; however, the undersigned will sell and convey only as Substitute Trustee.

The transfer shall be AS IS, WHERE IS, AND WITH ALL FAULTS, and without warranties of any kind, express or implied, as to the condition of the Property and the improvements located thereon, including merchantability or fitness for particular purpose. Trustee shall make no covenant of seisin or warranty of title, express or implied, and will sell and convey the subject real property by Substitute Trustee's Deed only.

The right is reserved to adjourn the day of the sale to another day, time, and place certain without further publication, upon announcement at the time and place for the sale set forth above. This property is being sold with the express reservation that the sale is subject to confirmation by the lender or trustee. This sale may be rescinded by the Substitute Trustee at any time.

THIS OFFICE IS ACTING AS A DEBT COLLECTOR AND IS ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

Clear Recon LLC
Substitute Trustee
651 East 4th Street Suite 200
Chattanooga, Tennessee 37403
Phone: (877) 319-8840
File No: 1823-599A

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