

Happiness is an inside job

Folks, do you know for every minute you're angry or upset with someone, you lose sixty seconds of happiness? Yep, it's true. And those minutes add up mighty quickly.

What I'm trying to say is it's so much easier to be nice to people than it is to be mad at them.

Granted there are times when some bozo pulls out in front of you on the road and almost causes an accident, or the one who grabs something off a shelf just when you were reaching for it, or sneezes next to you without covering their mouth.

Or the fool who decides to roar through your neighborhood streets when it's late at night and everyone is sleeping. I GET IT!

But overall, we have to realize some folks just don't care and will never change for that matter. But, it certainly doesn't mean we have to be that way. So cheer up! The good news is I've found there are a lot more nice and considerate people out there than there are nasty and bad.

Uncle Festus takes time to mow our elderly neighbor's yard every week at 'no charge.' That's not to say he doesn't enjoy the homemade apple pie waiting for him when he's done.

Aunt Martha remembers the day when she parked next to a lady in the grocery store's parking lot who was yelling out her car window that she couldn't get her seat belt unfastened.

Somehow she had locked her purse strap into it and it wouldn't release. Martha went into the store and got a checkout fella to come to the rescue.

Martha told me trying to get her out of that seatbelt was like trying to say the letter "P" without separating your lips.

(Now where she came up with that one, I'll never know!)

But I do know, the seatbelt lady happened to see what kind of wine Martha had in her cart and paid for a second bottle to thank Ma'rtha for her kindness.

The same day Uncle Pete helped a disabled couple load a ton of groceries into their trunk. Come to find out it was all for not as it turned out to be the wrong trunk. All those groceries were in someone else's vehicle. That turned out to be a very long afternoon for dear Uncle Pete.

Cousin Clarence reminds us, "For crying out loud, if you're in a grocery checkout line and your cart is full of groceries and you happen to notice the person behind you only has a few items in their hands, please offer to let them go in front of you. I sure appreciate it when folks do that for me."

Out at the flea market, I personally get many chances to be a Good Samaritan. One lady pulled up in front of my booth in an older car running kinda rough, and yelled out her window, "How much you askin' for that there shower chair?" I answered, "Fifteen dollars." She said, "Would ya' take ten?" I said, "Sure!"

After I loaded it up in her trunk, she pulled out a five dollar bill and said, "That's all I got." (Sigh...) Well, I ended up being okay with it. That lady was so happy she asked if she could pray over me.

I guess we both ended up happy. She

got her much needed shower chair and I received a much needed blessing.

I always have an extra chair next to me in my booth. You never know who will come along to visit and offer an interesting story or two.

Last week another customer came in and bought a simple purse for only two dollars. She told me it was going to be her go-to-church purse. She went on to tell me when she was growing up on the mountain her family was very poor. But, she added it didn't matter because she had a loving family and so many wonderful memories money could never buy.

I then offered her the shoes that matched the purse. She asked, "How much?"

I told her if they fit, they would go with her go-to-church purse. With not too much effort, by golly, they fit. "With sparkling eyes, she thanked me and promised to come see me again. Ever since then, she has returned, but always with several church members with her who indeed enjoy buying their own go-to-church items. (Gosh, that feels good!)

Oh, I also fuss over all the dogs that accompany their owners and always

have a huge bowl of water to offer them during this hot summer, plus a treat or two. Talk about a real tail-waggin'-affair.

My neighbor recently opened her patio umbrella and happened to find a family of bats inside of it. She didn't have the heart to disturb them because there was a little baby bat with them. Her reward was so far the bats have kept all the pesky mosquitoes away while she sits at her patio table on those warm summer evenings. Who knew?

Aunt Sarah always tries to be patient when her kids become wild and unruly. She uses a nice safe playpen. When they calm down, she climbs out of it. (Interesting!)

Grandpa Roy always tries to help people by giving them directions. Investing in a GPS would be much less time consuming. His intentions are good. His directions unfortunately are not.

So, there you have it. I've only touched the tip of the iceberg when it comes to being kind to your fellow man (and woman). There are so many other ways to do so.

All I'm saying is it's so much easier to have a good heart and think of others than to walk away without a care for anyone.

Happiness is definitely an 'Inside Job!' Many Good-Hearted Hugs,

SAVANNAH

Today's Chat with Savannah

That morning cup of coffee is mandatory

Hope you're feeling up-to-snuff today. I'm on our patio this morning having my cup of coffee with the hazelnut creamer. I have to get my day off to a good start with some coffee like so many people do. Glad to be alive on this beautiful day. There's always something I need to get done. May not get everything on my to do list done today, but hopefully, even a project or two will get completed. Rome wasn't built in a day, and we all hope we'll be given another day to get our work done.

I was saddened to hear of the passing of Charlie Mai Daniel. She was "81"

years old and had been in bad health for quite some time. She passed away Sunday, August 4th at her residence in Smithville.

I can almost still hear that laugh of hers when we would be talking before church services. Charlie Mai you are now at peace with your Lord and Savior Jesus Christ and are in the best health now. You are missed and will be missed by so many because you were loved by so many including me. I count my blessings from God for putting you in my life.

Stamps have gone up "again" from 68 cents to 73 cents. This is like sticker shock. Seems like we're being taken to the cleaners, doesn't it? May just have to call my loved ones and friends instead of sending them a Christmas card. Now if my ship comes in, a card will be sent, but since I think my ship sank at sea, I am not holding my breath on the odds of a

windfall of money in my future.

Gracie Bratcher and Mai Nell Melton are hanging in there like the rest of us and keeping cool. Great they are both doing well.

Thursday evening Brenda Neal delivered mail to me that was put in her mailbox by mistake. It seems these substitute mail carriers are just not up on their job as this is happening to others in the neighborhood. Our regular mail carrier, Mr. Johnson, does a fine job. I have watched when a substitute is on our route, and the flag is not put all the way down (only halfway) the mail looks

like it was just thrown in the back of the box, and on one occasion the flap to the mailbox was half open. It so happened I got home from town

only a short while before it came a down-pour of rain. I had some important mail in the box that could have gotten soaked.

Talked with Ann Warren, Ruth Brown, and Betty Sue Hullett lately. They are doing well, also.

On our prayer list this week for us to remember to pray for is: the family of Charlie Mai Daniel, Diane Evans, Mary Melton, Tracy Neal, Leander Taylor, Jeff Young, Rose Watts, Walter and Faye Ferrell, the leaders of our great nation, and the people of Israel and Ukraine.

Have a great day! I am the light of the world: he that followeth Me shall not walk in darkness, but shall have the light of life. John 8:12

News from the Mountain

BY CAROL GUNTER



Lower opioid usage with chiropractic among people with back or neck pain



Cannon County Chiropractor Treia Wessel

The Journal of Manipulative and Physiological Therapeutics released the results of a study showing people under chiropractic care utilize and are prescribed less opioids for their pain. The title of the study is, "Association Between Chiropractic Utilization and Opioid Prescriptions Among People with Back or Neck Pain."

The study begins by pointing out a third of the population in the United States has experienced back pain in the past three months. In 2016, a study reviewing insurance claims showed one in five of all new lower back pain cases seeking medical care were prescribed opioids within 30 days of their initial complaint.

The study also reported in 2017, clinical practice guidelines recommended "opioids should be considered only in patients for whom other therapies have failed because they are associated with substantial harms." Even with these guidelines, in 2020 there were 16,416 overdose deaths involving prescription opioids.

In this study, researchers at Life Chiropractic College West reviewed data from multiple studies to see if there was a change in the frequency of usage if opioid drugs in patients who were under chiropractic care and medical care, as opposed to those who were only under medical care.

The studies included 4686 people who had experienced lower back or neck pain. Of these people, the data showed 21% were prescribed and utilized an opioid prescription.

The data was further examined to see the rate of opioid usage for those

who received chiropractic care. The researchers then compared the rate of opioid usage versus the total group. The data showed people with back or neck pain who sought chiropractic care had a 54% less probability of purchasing or receiving an opioid prescription for their condition than those that did not utilize chiropractic.

One of the studies the researchers used for gathering data for this study showed those who utilized chiropractic care had a significant decrease in overall health expenses versus those who used opioids. That study showed "Medicare patients who initiated long-term management of chronic low back pain with opioids had twice the Medicare charges in a 4-year study period compared to those who initiated chronic low back pain management with spinal manipulation therapy, typically provided by Doctors of Chiropractic."

In their conclusion, the authors of this study stated the obvious by saying, "Patients with back or neck pain who saw a chiropractor had approximately half the odds of reporting an opioid prescription compared to those who did not see a chiropractor."

Considering the expense both financially, as well as human suffering and death, chiropractic should be considered first before opioids are prescribed or administered when it comes to low back and neck pain.

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, August 20th from 5:30 to 6:00 p.m. This week's topic will be "Carpal Tunnel."

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

To advertise, call 615-563-2512

LEGALS & PUBLIC NOTICES

Cannon County Board of Education FOR SALE

Description of items/services requested: Rotary Hydraulic Lift 9000 lb (2 post lift)

General Requirements:

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. August 27, 2024** (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.

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
diane.hickman@cannoncountyttn.gov

For more information, contact Crystal Kennedy CTE Director, at (629) 218-3192 or crystal.kennedy@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.

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Additional Legals on Page B7