Think smart, think green & recycle

Today's Chat
with Savannah

America Recycles Day is held annually on November 15th. It was founded in 1994 and is promoted nationally by Keep America Beautiful and the Tennessee Department of Environment and Conservation (TDEC) along with the Tennessee Recycles Coalition.

Many agencies host educational events that sponsor drop-off collection drives and workshops to encourage better recycling habits. Even our local dumps feature containers that stipulate what recycled item goes where.

Uncle Pete says, "Recycling is just common sense which is probably why most people don't do it!"

Aunt Martha adds, "I'm doing my part in the green movement by recycling my 29th birthday indefinitely. Savannah thinks it's a great idea. Plus, I donate as many wine bottles as I can to my local dump."

Uncle Festus is in favor of recycling as long as no one expects him to recycle the toilet paper."

Grandma Clara mentioned, "You know you're old when the garbage bins go out more than you do."

Aunt Sarah is still working on her diet and exclaimed, "I don't mean to brag, but I just donated a lot of food containers after I finished my 14 day diet in three hours and 16 minutes."

Cousin James added, "Recycling is nothing new to me. I've been losing and gaining the same ten pounds for 20 years."

Do you ever think when you go to apply for a job they merely put your resume' in a Recycling Box?

The iconic 3-chasing-arrows recycling symbol was designed in 1970 by a 23-year-old college student named Gary Anderson. The three types of recycling methods are mechanical, chemical and energy.

Tons of things can be recycled, such as newspapers and magazines, flattened cardboards, aluminum cans, steel and tin cans, plastic bottles and jugs, glass bottles and jars, mail and junk mail, household batteries, old computers and laptops, cell phones, motor oil, eyeglasses, plastic shopping bags, shoes and sneakers, wine corks, carpet and rugs and large appliances.

Did you know chewing gum and tennis balls are recycled into skateboard wheels? And that a recycled glass bottle saves enough energy to power a 100 watt incandescent light bulb for four hours.

And of course, recycled paper can save many trees.

Aluminum cans can be recycled and back on the store shelves as NEW cans in as little as 60 days. By recycling them it uses 95 % less energy than making new ones from raw materials.

Recycled corrugated cardboards uses 75% less energy than making it from scratch.

Do not recycle bubble wrap, grocery bags, greasy pizza boxes, Styrofoam, broken glass, mirrors or windows, disposable coffee cups, used paper towels, napkins or tissues. Some batteries cause dangerous fires in garbage trucks and recycling plants such as the lithium ones.

It is preferred you rinse cans and glass bottles before putting them in bins.

Grandma Clara said, "I don't want to say I'm old, but I make sure I'm nowhere near the curb on trash day!"

Grandpa Roy mentioned, "I remember returning glass soda bottles to the store to get my nickel deposit back. Probably, we were the original environmentalists."

Believe it or not, but hair clippings from humans and pets are collected by specialized environmental groups to make Hair Booms that soak up oil spills in oceans and waterways.

So let's all concentrate on recycling TODAY for a better TOMORROW.

Think smart ... think green ... and recycle!!

Many Resourceful Hugs,

SAVANNAH

Endometriosis symptoms helped by chiropractic



Chiro Care
Trea Wessel

Endometriosis is a condition that affects millions of women worldwide and can have a major impact on daily life. Many people living with endometriosis experience severe menstrual pain, fatigue, headaches, back pain, and difficulty participating in normal activities.

A recent case report published in the 2026 second quarter issue of the Asian Pacific Chiropractic Journal, explored how chiropractic care may help support women dealing with both musculoskeletal problems and menstrual-related symptoms. The report followed a 24-year-old woman who had struggled with endometriosis, migraines, chronic neck and back tension, and reduced quality of life.

Before beginning chiropractic care, the woman described constant neck and upper back pain, recurring migraines, shoulder discomfort, and severe menstrual pain that often radiated into her back and knees. Her symptoms became so intense during parts of her cycle she spent nearly two weeks each month largely confined to bed. The condition affected her work, exercise, social activities, and family relationships. She had previously relied on medication for relief but stopped because of unwanted side effects and concerns about long-term use.

Over the course of her chiropractic care, the woman reported meaningful improvements in several areas of her health. Neck and upper back pain decreased, posture improved, sleep quality became better, and stress levels were reduced. Most importantly, she experienced a major reduction in menstrual pain and cramping. She reported fewer days of severe symptoms and found her menstrual cycles much easier to manage. These improvements allowed her to return to exercise, increase social activities, and function more comfortably at work and in daily life.

Doctors and researchers are learning conditions like endometriosis may involve more than just localized pelvic pain. Many patients also experience changes in posture, spinal tension, increased sensitivity to pain, and nervous system stress. This study discussed how spinal dysfunction and vertebral subluxation may contribute to altered nervous system function, muscle tension, and changes in how the body processes pain signals. Researchers believe improving spinal function may help support healthier nervous system balance and better pain regulation.

The study also discussed possible explanations for these changes. Researchers noted correction of subluxation may help improve communication within the nervous system and support healthier autonomic function, which plays a role in pain processing and organ regulation. Improvements in posture, spinal balance, and nervous system adaptability may also help reduce central sensitization, a process in which the body becomes overly sensitive to pain signals. While these ideas are still being studied, they offer encouraging possibilities for conservative, drug-free approaches to chronic pain conditions.

Although this was only a single case report and more research is needed, the findings highlight the potential value of chiropractic care as part of a broader wellness approach for women dealing with endometriosis and chronic pain. The patient's improved ability to participate in work, family life, exercise, and social activities represented a major improvement in overall quality of life.

For More information Contact:
Cannon County Chiropractic
824 McMinnville Hwy,
Woodbury, TN 37190
Phone: 615-563-3320

Much needed and welcomed rain on the mountain



News From The Mountain
Carol Gunter

We finally got the rain that the weather guys and gals have been talking about, and it was a very welcome rain. Opened the patio door Sunday morning with the rain being a moderate rain that would soak into the ground. A good possibility there will be more rain for us Tuesday night into Wednesday.

Spoke with Mai Nell Melton on Sunday. She's ok and she's glad we're getting this rain, too. Ann Warren and Ruth Brown are doing well, also. I believe everyone is excited about this rain like me for it has been a long time in coming. Rick and Beverly Hubler enjoying the rainy weather like the rest of us. Talked with Tracy and Tony Neal on Tuesday. Tracy is doing pretty good, but Tony has been under the weather for a while now so keep Tony in your prayers. Lori Ramires stopping by on Tuesday while I was working around "Aubrey's" shop. Hadn't seen Lori in a long time so we had some catching up to do. This wind was fierce that day with me having a different hair style every few minutes. No doubt my hair could have passed for Phyllis Diller's that day with it sticking up in every direction.

Well, here it is Wednesday and I don't know the amount of rain we have gotten from the cold front that is moving through our state today, but I know it is a beneficial rain. Looking out the window while at my deck writing the column and the rain is still falling with some fog on the mountain and it does seem truly like an autumn day with the temperature now being cooler. It is what I call of cozy day to stay in and be under that heated throw to enjoy some TV time. Randolph Scott and John Wayne westerns are on the tube today.

Got to talk with Betty Sue Hullett on Tuesday. She is well I'm glad to report. Their weather there in Indiana has been up and down for a while now. They do have a colder winter than we have.

Let's keep praying for the following people: Mary Melton, Rose Watts, Faye Ferrell, Ann Ferrell, the people of Israel and Ukraine, the leaders of our country, and the families of Tony Lawson, Agnes Underhill, and Carl Byford in the loss of their loved ones.

Are you counting down the days until it will be Thanksgiving? I am, too. Can hardly wait to get stuffed like the turkey will be that day. We know, of course, for some families there may be an empty chair or maybe two at that banquet table. It will be hard to celebrate Thanksgiving as usual, but if they had accepted Jesus they are at a bigger banquet table in heaven with Jesus and they are healthy and having the time of their lives because they made the right choice and will live for eternity with their Savior Jesus Christ.

With these cooler temperatures coming over the weekend chili sounds awfully good to me. I do love Wendy's chili and now they have it in a can at your local store. I used to fix pot of chili that was awfully good. Everyone liked it. Now it is more convenient in a can and it is truly delicious.

Have a great day!

I am the resurrection, and the life: he that believeth in Me, though he were dead, yet shall he live.

John 11: 25

LEGALS & PUBLIC NOTICES

NOTICE TO CREDITORS
Estate of Jessie Ruth Christian,
Notice is hereby given that on the 2nd day of November, 2026. Letters of Administration or Letters Testamentary in respect of the estate of Jessie Ruth Christian, deceased were issued to the undersigned of Chancery Court of Cannon County, TN. All persons both resident and non-residents, having claims matured and unmatured against the estate are required to file same with the Clerk of the Chancery Court on or before the earlier of the dates prescribed in (1) or (2), otherwise claims will be forever barred
(1) (A)Four (4) months from the date of the first publication (or posting as the case may be) of this Notice if the creditor received an actual copy of the Notice to Creditors at least sixty (60) days before the date of the date that is four (4) months from the date of the first publication (or posting); or (B) Sixty days from the date of the creditor receiving an actual copy of the Notice to Creditors, if the creditor received the copy of the Notice less than sixty (60) days prior to the date that is four (4) months from the date of the first publication (or posting) as described in (1) (A); or (2) Twelve (12) months from the decedents death. This is the 2nd day of November, 2026.
Linda Sue Tripp,
Executrix of the estate of Jessie Ruth Christian, deceased
DANA DAVENPORT,
CLERK & MASTER
Bratten Hale Cook, II
Attorney For The Estate
****

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AGENDA FOR THE WOODBURY MUNICIPAL PLANNING COMMISSION
November 17, 2026 at 6:00PM

A. Call to Order / Roll Call

B. Reading and Approval of the Previous Planning Commission Minutes

C. Public Comment Period – Local Citizens

D. Old Business

1. No Agenda Items for this Month
E. New Business

1. Review and Consideration for a Proposed Amendment to the I-1 Zoning District to Allow Daycares as a Permitted Use (See Attached Draft Ordinance)

F. Adjournment