

They say it's better late than never

Well, the reason for that title this week is I didn't get a Happy Valentine's Day out there to all of you folks. So, I'm hoping you enjoyed your day and felt very loved by receiving maybe a special card or gift from someone who cares about you very much. Time just got away from me and I apologize.

From what I understand, my family members did fairly well on what they wished for and received.

Aunt Martha commented, "There are three things women need in life...food, wine and compliments. All I wanted for Valentine's Day was a little card. Like a MasterCard."

Uncle Festus confesses he's still looking for the card that says, "I am here for you Monday through Friday. But weekends are for football!"

Which reminds me. I hope you all enjoyed the Super Bowl and your favorite team won.

Grandpa Roy mentioned, "I'm sure glad Clara and I found each other when we did. Because at this point, between the two of us, we can't even now find our glasses, the remote control, or even our car keys."

Probably, one of the sweetest valentines Aunt Sarah ever received from

Uncle Pete said, "If I had a flower for every time I thought of you, I could walk through my garden forever."

Sarah adds, "All you need is love. But a little chocolate now and then certainly doesn't hurt."

And, once again, it may be a few days late when he reads this CHAT, but I want to wish my son Billy a very happy birthday as he was born on Valentine's Day and has been such a special gift to me throughout my life.

Another thing I failed to mention early on was Punxsutawney Phil's prediction of how much longer we must endure this ugly winter weather. Six more weeks he said. That really wasn't what I wanted to hear.

I wonder if Tennessee's groundhog, Chattanooga Chuck, would have come up with a bit of better news than that. They say he resides at the Tennessee Aquarium. What the heck is he doing there?!

Grandpa Roy says it has been so cold lately it makes his teeth chatter...and

they are still on the nightstand.

It's been so cold Aunt Martha said her hot flashes are starting to feel quite beneficial.

Today's Chat with Savannah

Uncle Festus says if he has a pain in his knee it's going to be snowy. If he has a pain in his neck relatives are coming.

Cousin Mildred called me from Ohio the other day and said, "I'm snowed in, but nothing a little salt can't handle. Especially around the rim of my margarita glass." (Easy to tell she's on Aunt Martha's side of the family.)

And, now onto the Winter Olympics. Good news for a change. All the Olympians share the same slogan: Faster, Higher, Stronger and Together.

Uncle Pete commented, "Whether they win the gold, silver or bronze metal...or even no metal at all...I consider all of them winners in what they do."

I think Aunt Martha really enjoys the

curling event. She's most confident, with all the sweeping she does around the house, she could very easily win the gold.

The ice skating events remind Grandpa Roy of how his Clara tries to walk on their icy driveway while gliding into the car. (Join the club on that one Clara. I'm no better.)

I think what I enjoy the most is, win or lose, the Olympians are extremely cordial to each other. It's so great to see their smiling faces as they pat each other on the back and even offer a hug. So what if they don't speak the same language or come from different countries, they all still peacefully enjoy their time together competing for the ultimate gold!

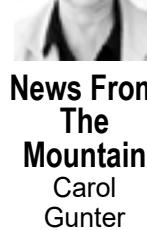
So, for now my friends, as you have read in today's CHAT, it IS better late than never!

May all of you stay safe; love each other; and be there when your neighbor needs you.

Many Olympic Strength Hugs,

SAVANNAH

Been a grueling winter ...I'm almost out of tuna


**News From
The
Mountain**
Carol
Gunter

The weather is going to be better for us this week with highs in the sixties and possibly into the seventies. Rain will be moving in Tuesday night into Wednesday. The rain will be welcome as we need it. My wild onions are scattered about in the yard and will get bigger with the rain and warmer temperatures. My brother "Harold" despised the smell of

those wild onions after cutting the grass, but I love that smell. I haven't seen any buttercups blooming, but they can't be far behind. Snow usually makes its debut on the buttercups each year. You can just about count on that happening. The changing of the season to warmer weather makes us all feel better. Getting rid of ole' man winter will be a blessing for all of us.

God's perfect plan of life is to live each day we are given to the fullest, praising Him and the loving family He has given us. Those that have accepted Jesus know the joy and the peace inside we feel that only Jesus can give a person.

You, like me, and millions of others are praying for Nancy Guthrie to be returned to her family. At this writing, it's been over a week since her abduction.

The Seattle Seahawks won the Super Bowl over the New England Patriots. I did watch a few clips of the game, but I had to get back to watching my favorite detective show.

Got a call from Walter Ferrell on Tuesday night that made my night so much better. I hadn't talked with Walter in quite a while. He's gone through and is still going through health issues that would probably bring a lot of people to a screeching halt. Walter, though, is still serving the Lord, and just like this girl, he only wants to impress the

Lord not this lost world and the people in it. When you stand up for Jesus, you can count on being ridiculed by those that don't know any better. Keep those people in prayer. "Aubrey" and Walter worked together for years and became the best of friends. Wish I had asked Walter about their midnight run to Indiana to get an amplifier for Aubrey's CB setup here at our house. It was so funny because Walter had no idea they would be going out of state when he agreed to take a trip with Aubrey. It all turned out well and they had a good time. Those two were quite a pair.

We have some people that are in need of our prayers: Dusty Johnson (he's doing somewhat better), Mary Melton, Diane Evans, Rose Watts, Walter and Faye Ferrell, Glen Ferrell (he is improving gradually), the people of Israel and Ukraine, the leaders of our country, the people of Nashville that are trying to recover from that deadly ice storm, and the family of Georgia Royce Odom in the loss of their dear loved one.

Down to my last two cans of tuna and half a box of crackers so I'm in trouble big time. It's been a grueling winter for sure, so I've eaten more of the tuna and crackers than I thought. Good thing the store is close by so I can restock the pantry. I wonder if the squirrels ever run out of nuts and berries at their house.

Everyone faring well around these parts and looking forward to spring.

Check that piece of paper you get in the bag at the drug store about your prescriptions. Seems like there's more danger taking the drug than not taking it after reading all those warnings. If a doctor has prescribed this drug for you, just take the medicine and you'll know later if it worked or not. Do pray and keep fingers crossed is my motto.

Have a great day!

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Matthew 11:28

parents or caregivers due to musculoskeletal problems or other health complaints.

The Journal of Body- work & Movement Therapies

published the results of a study on February 19, 2025, showing school aged children with a wide variety of health issues benefit from chiropractic care. The study data was tabulated and written by multiple authors in the United States, New Zealand, and the Netherlands.

The authors of the study begin by noting "Chiropractic care is utilized in school aged children for a variety of health complaints, including headaches, postural issues, nocturnal enuresis, neurodevelopmental disorders, and back pain."

The study points out there is an alarming increase in neurodevelopmental disorders (NDD's) among children. NDD conditions include problems such as autism spectrum disorders (ASD), dyslexia, attention-deficit hyperactivity disorder (ADHD), and other neurological conditions.

The study reports children are typically brought to the chiropractor for care with musculoskeletal disorders such as back pain, neck pain or headaches. However, there is a growing group of children who receive chiropractic for NDD issues. They state, "Chiropractic care for children has been used in the clinical setting to help co-manage individuals with NDD's, particularly autism spectrum disorders, ADHD, and other behavioral disorders." They continue, "Previous research on chiropractic care in the pediatric population has also shown improvements in quality of life and a high satisfaction of care."

In this study, the health records of children between the ages of 5 and 18 who had received chiropractic care in a public-school setting in the United States were reviewed. Children were offered chiropractic care if they were identified by their teachers as having an NDD, or if requested by the child's

parents or caregivers due to musculoskeletal problems or other health complaints.

The records of the children included in this study were reviewed to determine the results of the care. The children were only included if they had received 12 weeks of continuous chiropractic care within the schools participating in this study. This study was ethically approved by the Institutional Review Board (IRB) of Life University, Marietta, Georgia.

Results of the chiropractic care were evaluated by standardized scientific questionnaires, and by tests to determine neurological function. The questionnaires included information about the child's quality of life, mental health, school performance, and relationships with other children.

The results of this study show positive changes for the children in the various areas the study examined. The authors described the results by saying, "This retrospective case series in 180 children revealed statistically significant improvements following 12 weeks of chiropractic care in several areas." They elaborated by stating, "Statistically significant improvements were noted in the 'health and activities' sub-section and overall score of the Pediatric Quality of Life Inventory™ and in the hyperactivity domain of the Strengths and Difficulties questionnaire."

The authors concluded, "These positive changes highlight the potential benefits of chiropractic care in addressing certain aspects of well-being and behavior of school-age children."

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

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

LEGALS & PUBLIC NOTICES

The Cannon County Board of Commissioners will have a public hearing on Thursday, 3/5/2026 for the purpose of receiving public comment regarding the following:

A request to rezone the property located at 10950 Jim Cummings Hwy from A-1 Agricultural to C-1 Commercial to allow for the establishment and operation of a car dealership.

The public hearing will begin at 6:00 P.M. at the County Courthouse, 200 W. Main St. Woodbury TN 37190, in the courtroom on the 2nd floor. 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 Cannon County Planner Tommy Lee by phone: 931-979-2170 or email: tlee@ucdd.org

Greg Mitchell
Chairman
Cannon County Board of Commissioners

The Cannon County Board of Zoning Appeals will have a public hearing on Tuesday, 2/24/2026 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 operate a wedding/event venue (C-1 Commercial use) within an A-1 Agricultural zone at 2502 Cooper Hollow Road, Auburntown, TN 37016.

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 6:00 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 email:

David.Robinson@CannonCountyTN.gov

The Cannon County Regional Planning Commission will conduct public hearings on Thursday, 2/19/2026 and Thursday 2/26/2026 in the Adams Conference Room at 200 S. Tatum Street, Woodbury TN 37190, for the purpose of receiving public input regarding the proposed Cannon County General Regional Plan.

The General Regional Plan provides frameworks for counties and municipalities to plan for 20-year growth, guiding development, annexation, and public service provision.

Both of the public hearings will begin at 6:00 P.M. All citizens are invited to attend. Any questions or comments can be addressed to Cannon County Land Use Administrator by phone: 615-563-5263 or email: David.Robinson@CannonCountyTN.gov

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

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