

Smart phones getting smarter than people

Today, our smart phones tend to make us look a little silly and lost. We can't seem to put them down and practically treat them like family. We panic when the low battery shows up and rely on apps for basic life tasks.

And whatever you do, don't run out of rice for the, "Yep! Just in case we drop it in the toilet or wherever we use water."

Grandpa Roy asked Grandma Clara, "What makes you think I dropped my phone in the toilet?"

She answered, "It took a picture!" Did you folks know our cell phones hold 18 to 30 times more bacteria than a toilet seat? Because the average user touches their phone screen over 2,600 times a day... allowing bacteria to thrive, often exceeding levels found in a toilet bowl.

Gross, but true.

I asked Uncle Pete why he still has a 'land line.' He told me, "Because I use it to dial my cell phone when I can't find where I left it. I'm always misplacing the darn thing."

Uncle Festus says he does the same thing. Except one time he had put it on silent. Fortunately, it did vibrate and it was in his hip pocket. "Now, if you don't think THAT was somethin'," he said.

Aunt Sarah mentioned, "I finally realized something. People are prisoners of their phones. That's why they are called CELL phones!"

What troubles Aunt Martha is when she takes over 15 minutes to text an important

situation to someone over her phone and after all that, the person merely answers, "K." (That's it? "K"?)

Cousin Clarence told Festus there was something wrong with his phone. "What's wrong with it?" said Festus. Clarence answered, "Every time I call you it says, 'The subscriber you're calling is a monkey...please contact the zoo.'"

It's unbelievable just how many people walk around with their head bent and staring down at their phone. How they don't trip and fall is hard to believe. There is such a thing as "Neck Horn" one develops from constantly bending the neck while looking down at their phone.

Gradually that neck bone remains in that position. Truly not a good look as far as I'm concerned. It is bad enough people cause one out of five traffic accidents by using their cell phones while driving!

Here's another thing, your smart phone has already replaced your camera, phone directory, GPS, calendar, and alarm clock. Don't let it replace your 'family.'

Try putting your phone away once in a while and pay attention to those talking to you. There's an app for that. It's called RESPECT.

This addiction to your smart phone is called Nomophobia. People may experience anxiety, agitation, and disorientation if unable to use it.

Now, don't get me wrong. Having a cell phone can definitely have its good

points. One is for emergency purposes. Either while you are on the road and have car problems, or if you suspect someone is following you and you can call for help. Or you have an important question regarding an errand you're on, or what time an appointment is and the location. Things such as that are understandable. But to literally be a so-called prisoner all day long to this device is ludicrous.

I will say that yes, back in the day all we had were phones attached to the wall. When it rang, we would pick it up, not really knowing who it was.

Today, with our cell phones, if we don't recognize the number...DELETE.

It's said Elon Musk is creating, or has already, a new phone called Tesla PI. It costs \$199 with no monthly bills and it lasts for ten years.

Guess we'll have to watch for that one.

So, once again, the average person checks their phone every 12 minutes, and two-thirds of children spend over four hours per day on them. Plus, within ten minutes of waking each morning, once again, yep, we're checking that phone.

Aunt Martha finally stopped using her phone in the shower because the steam was messing it up. Interesting.

So, okay Folks, as we come to an end of this week's CHAT, let's try to at least attempt to put down your cell phone and re-enter society.

It's alright to own one but not alright to be literally owned by one!

Many Howdy-Do Hugs,

SAVANNAH

No more wild west and Indian attacks



News From The Mountain Carol Gunter

Cool to some, cold to me, on this Saturday morning. McMinnville had a temperature of thirty-seven degrees according to the weather guy. We usually have a lower temp around here than them. The wind which is blowing pretty hard makes the temperature even colder. I can never get used to the wild weather in the spring even after all these years. I'm hoping the weather will calm down for April.

We, of course, know there can be severe weather with tornadoes possible in this month and in May, too.

Our very own "Thelma and Louise" here on the mountain visiting me this week. You know they have become world-renowned since we introduced them some time ago. Nothing has gone to their heads even though they are in the limelight now. They live life low key but are recognized in a lot of venues. Stardom they do not want. Martha Parker as "Thelma" and Betty Barnes as "Louise" I'm so proud to say are originals in every way. This newfound fame hasn't affected them at all. What a pair and so down to earth. That is my kind of people. We may set up an autograph table at our yard sale later on for them.

Everyone seems to be faring well on the mountain. Today while preparing the tractor to mow, I could hear other mowers hard at work. I was ready to get out in this warm weather and get busy. I'm sure some had gotten "cabin fever" and for others it was like getting out of prison to not be cooped up in the house. I'm glad myself of the pretty weather with no rain in sight. Wintertime I do not like, but sometimes it can be cozy inside if you're warm, have a cup of hot chocolate or coffee (your preference), groceries to last the duration, and there is snow falling outside, because for me, wonderful memories of my homeplace and my growing up years come racing back. Would have been nice if I could have bottled up that time that meant so much to me.

Lots of people nowadays are taking the more traveled road of not caring about their families or its history, just themselves. I prefer the less traveled road, so I guess I'm one of those old-fashioned gals that is liv-

ing for Jesus and loving each day He gives me to be here. A lot of things have changed over the years that you, like me, would have not thought could have come about. This, I believe, is because we've gotten away from God and His commandments. It's never too late to change the course you're on.

We have some people that are in need of prayer: Dusty Johnson, Mary Melton, Diane Evans, Rose Watts, Ann Ferrell, Walter and Faye Ferrell, Glen Ferrell, Billy Joe Vincion, Bill Melton, the people of Israel and Ukraine, and the leaders of our great country.

I used to think I would like to have lived back in the days of the wild west. Wasn't thinking of how bad it was back then. Been watching a lot of westerns on the tube and what was in store for those that settled there and the many hardships they had to endure. Indians constantly attacking homesteaders killing them, burning their homes, and lifting their scalps. If it wasn't Indians there were outlaws attacking them and even shooting up a town. This would have been way too much for me to contend with. Now aren't you glad these days we only have road rage, home break-ins, packages being stolen off people's porches, drugs galore that are destroying families and their homelife, stores being robbed at gun point, your privacy being invaded by hackers via computer and other means to try to get everything you have worked so hard to accumulate in your life?

When we have to watch our backs 24/7 just how safe from harm are we now? Each generation's morals and values seem, to me, to be thrown by the wayside and that is a shame. Was a much better time when I was growing up and respect for God, family, and other people were a given. My how times have changed and I hate to say it but it's not for the better. How we teach our kids to love God and his son, Jesus Christ, should be every parent's main focus in raising their kids to know right from wrong, and to have respect for other people and their property. Everything else will fall in place with God's guidance to help you.

Have a great day!

Because thou hast been my help therefore in the shadow of thy wings will I rejoice.

Psalm 63:7

Tips for neck crick relief



Chiro Care Treia Wessel

Waking up with an unexpected crick in the neck can be a real pain—literally. If you find yourself grappling with this discomfort, fear not. Whether it's a result of an unnoticed incident the day before or simply an uncomfortable sleeping position, there are several practical ways to alleviate the discomfort and promote healing. Here's a guide on how to get rid of a crick in the neck.

Apply heat to your neck

One effective method for soothing neck pain is to harness the power of heat. Applying heat helps the muscles to soften and stretch more easily, reducing pain and enhancing mobility. Take a heating pad and place it on your neck for around 10-15 minutes. Following this, gently stretch the affected area. You'll likely notice a subtle relaxation in the muscle and a decrease in pain. Be cautious not to overstretch, and allow sufficient time for the injury to heal.

Gentle neck massage

Another helpful approach to relieve neck pain is through massage. Seek assistance from a family member or, if accessible, give yourself a gentle massage. You can use oils for added comfort or proceed without. The key is to avoid causing further harm during the process. The massage should not be painful; its purpose is to promote relaxation and ease tension. By employing this method,

you can enhance circulation and encourage the healing process.

Consider professional chiropractic care

For more serious or persistent neck pain, seeking professional chiropractic care is a prudent choice. A chiropractor can assess the severity of the issue, identifying whether it stems from muscle damage or joint displacement. If the pain persists for more than a day or two, scheduling an appointment with a trusted chiropractor, such as Cannon County Chiropractic, is recommended. Regular check-ups and professional chiropractic care not only address current discomfort but also provide a proactive solution for preventing future ailments.

Dealing with a crick in the neck can be an uncomfortable experience, but with these practical tips, you can take steps to alleviate the pain and promote healing. Whether through the application of heat, gentle massages, or professional chiropractic care, there are options available to suit your comfort and needs. Remember, giving your body the time it needs to heal is essential, so be patient and consistent in your efforts to find relief. Looking for relief from your neck pain?

Cannon County Chiropractic will hold their weekly Spinal Workshop April 7 from 5:30 to 6:00 p.m. This week's topic will be Safety Pin Cycle.

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

LEGALS & PUBLIC NOTICES

NOTIFICATION OF INTENT TO APPLY FOR A CERTIFICATE OF NEED

This is to provide official notice to the Health Facilities Commission and all interested parties, in accordance with T.C.A. §68-11-1601 et seq., and the Rules of the Health Facilities Commission, that Naven Health, Inc., a/an proposed home care organization owned by Naven Health, Inc. with an ownership type of Corporation (For Profit) and to be managed by itself intends to file an application for a Certificate of Need for the establishment of a home care organization and the initiation of home health services limited to home infusion services. The project will serve a proposed service area of 95 counties: Anderson, Bedford, Benton, Bledsoe, Blount, Bradley, Campbell, Cannon, Carroll, Carter, Cheatham, Chester, Claiborne, Clay, Cocke, Coffee, Crockett, Cumberland, Davidson, Decatur, DeKalb, Dickson, Dyer, Fayette, Fentress, Franklin, Gibson, Giles, Grainger, Greene, Hamblen, Hamilton, Hancock, Hardeman, Hardin, Hawkins, Haywood, Henderson, Henry, Hickman, Houston, Humphreys, Jackson, Jefferson, Johnson, Knox, Lauderdale, Lawrence, Lewis, Lincoln, Loudon, Macon, Madison, Marion, Marshall, Maury, McMinn, McNairy, Meigs, Monroe, Montgomery, Moore, Morgan, Obion, Overton, Perry, Pickett, Polk, Putnam, Rhea, Roane, Robertson, Rutherford, Scott, Sequatchie, Sevier, Shelby, Smith, Stewart, Sullivan, Sumner, Tipton, Trousdale, Unicoi, Union, Van Buren, Warren, Washington, Wayne, Weakley, White, Williamson, and Wilson Counties, as well as CON-exempt Grundy and Lake Counties. The address of the project will be 9041 Executive Park Dr., Suite 250, Room 6, Knoxville, Knox County, Tennessee, 37923. The estimated project cost will be \$142,733.

The anticipated date of filing the application is 05/01/2026

The contact person for this project is Mr. Jeffrey Stofko who may be reached at Ascendiant Healthcare Advisors Inc - 1335 Environ Way, Chapel Hill, North Carolina, 27517 – Contact No. 919-403-3300.

The published Letter of Intent must contain the following statement pursuant to T.C.A. §68-11-1607 (c)(1).

(A) Any healthcare institution wishing to oppose a Certificate of Need application must file a written notice with the Health Facilities Commission no later than fifteen (15) days before the regularly scheduled Health Facilities Commission meeting at which the application is originally scheduled; and (B) Any other person wishing to oppose the application may file a written objection with the Health Facilities Commission at or prior to the consideration of the application by the Commission, or may appear in person to express opposition.

Written notice may be sent to: Health Facilities Commission, Andrew Jackson Building, 9th Floor, 502 Deaderick Street, Nashville, TN 37243 or email at hsda.staff@tn.gov

CLASSIFIEDS

HUGE YARD SALE

58 Dogwood Circle
(Houston Hills)

Thursday & Friday
April 9th & 10th
8am - until ???

Outside wicker chairs,
nick nacs, clothes,
much more!

Come Check It Out!
Rain Date: April 16th &
17th

More Classifieds B9
Additional Legals B8