

# Christmas can be a ‘fur-ever’ event

Along with everything else, pets can bring a unique and often hilarious form of chaos to the holiday season. With humorous incidents including them “redecorating” the Christmas tree, “baptizing” the tree with a lifted leg, and hilariously attempting to help with gift wrapping and mostly “unwrapping.”

Cats in particular often view the Christmas tree as a giant climbable toy, batting ornaments off the limbs and yanking the strings of lights down to the ground. Hopefully they don’t bite the wires while lit, or no more pussy cat for sure!

Years ago, my mother happened to add something called a “bird ball” to her tree. Off and on it would chirp. Finally our cat Spot became very interested in finding just where that chirping came from and kept knocking the tree over.

My mother would get mad and say, “Why is that cat constantly knocking my tree over?”

Well, gee Mom. Ever think of removing that tempting “bird ball?” Finally the

battery wore out on it and it no longer tempted the cat.

Then there are the “festive feces” that result in pets chewing up and digesting tinsel or edible garlands of popcorn, cranberries and marshmallows. Please watch out for that, it can lead to potential health problems.

Curious pets often can’t resist tearing into gifts under the tree resulting in a flurry of shredded wrapping paper and a very confusing gift exchange on Christmas morning. I suggest to not make the big mistake of including the pet treats, bones, catnip mice and so forth along with the family gifts. You’re just asking for trouble there.

The next thing is ornaments obsession when those shiny, irresistible items lead

to them being hidden all over the house. Mostly found in the dog’s bed.

Uncle Festus told me the best thing his dog Snickers did was tear up his list of New Years’ resolutions. Now, that was okay!

Early on, my cat Rocky thinks he is helping me by lying on the wrapping paper while I am trying to hurry and get things done. Chasing

the ribbon and running off with the tape dispenser is not one bit of help as well.

If you have bought a LIVE tree this year watch out for the disappearing water needed to keep the thing alive. Both dogs and cats are guilty of helping themselves to whatever water you place in that bowl at the base of it.

So, regardless of all that. May your Christmas holiday be “furry and bright” and filled with love, treats and endless play.

Many Merry Christmas Hugs to ALL,

SAVANNAH

# Green eggs, aliens and Gunsmoke



News From The Mountain  
Carol Gunter

Well, we sure can’t do anything about our weather. It certainly is like the weather man said about it being like a roller coaster with its up and down temperatures. Maybe it’s just me, but this weather is highly unusual I’m thinking. December 21st is the official start of the winter season as I’ve mentioned before, but winter to a lot of us has been here for several weeks. The coldest weather for us will be coming on Sunday with an Arctic front coming through. I hope everyone heeds the warning and stocks up on essentials like food, heating supplies if you heat your home with wood, and check all faucets and leave them on the inside dripping some to prevent pipes from freezing. Having a checklist is always helpful I have found so I don’t forget anything. Sunday evening, I talked with Betty Sue Hullett in Indiana. I believe they have had around fifteen inches of snow since Thanksgiving. It has been a lot of years since they have had that much snowfall. The high temperature that day was minus five degrees. At night the windchill was a minus twenty-five degrees. I could not survive those kinds of temps. I can hardly stand this frigid weather we are having now.

Good news though as we will get into the upper fifties to around sixty degrees for highs this coming week.

A birthday party for Roman Reed was held at the Morrison Entertainment House on Saturday, December 13th. Roman turned “10” years old on December 11th. Family and friends were there to celebrate the special occasion. Congratulations, Roman, love Carol.

Busy Tuesday morning with daughter Kristie and “Olaf” in tow for a visit. She is into chickens and showed me the first

“green egg” she had gotten. First thought of mine was this could be an “alien egg.” Told her that but she shrugged off that wild notion of mine. Evidently, she’s not into the theory of there being any such thing as aliens inhabiting our planet. If she decides to incubate the egg, what would happen if a baby alien emerged? Instant fame and fortune till her dying day would come from such a discovery. Maybe I should urge her to do the incubation thing just to prove I might be right about this matter. We’ll see, but I’m not holding my breath as she, I figure, she won’t go for it. On the tube the other night they were talking about “aliens”/the little green men living under water now. I quickly got off that channel and put it on Gunsmoke and got back to reality. Sometimes you can get too much information.

Gracie Bratcher and Mai Nell Melton are doing well. Talked with Ann Webb on Friday. She’s a joy to talk to and be around. Ann Warren and her family all ok. Ruth Brown called me on Sunday. All are well in her family, too.

Please keep praying for the following people: Dusty Johnson, Mary Melton, Diane Evans, Rose Watts, Walter and Faye Ferrell, the people of Israel and Ukraine, the leaders of our country, and the families of Jo Ann Campbell and Joe Gunter in the loss of their dear loved ones. There is a deep hurt inside of us when we lose a loved one and especially when it comes before a holiday. That person will not be in that chair anymore here, but if they had accepted Jesus, God’s son, they’ll be in a more elaborate chair at that banquet table in heaven and will be so happy. Someday there will be a grand reunion with our loved ones that have gone on before us.

Have a great day...and Marry Christmas”

Blessed are they that have not seen, and yet have believed. John 20:29



Chiro Care  
Treia Wessel

On January 1, 2025, the first-quarter issue of the Asian Pacific Chiropractic Journal published the results of a case study showing chiropractic helping a patient who was suffering with a variety of pain issues in her lower back, legs, shoulders and neck. The patient had undergone unsuccessful spinal surgery in their lower back five years previously.

Failed back surgery is a common problem in healthcare. A report published by the National Library of Medicine’s National Center for Biotechnology Information states that “Failed back surgery syndrome is reported to affect between 10 to 40% of patients following back surgery.”

The authors of this study also highlight the issue of failed back surgery by quoting the editors of the Department of Orthopedic Surgery at Georgetown Medical Center in Washington, DC, “The world of spinal medicine, unfortunately, is producing patients with failed back surgery syndrome at an alarming rate. There is growing frustration over the lack of progress in the surgical treatment of degenerative disc disease. Despite a steady stream of technological innovations over the past 15 years, from pedicle screws to fusion cages to artificial discs, there is little evidence that patient outcomes have improved.”

In this case, a 52-year-old woman who had undergone spinal laminectomy surgery at the lower spine five years previously, sought chiropractic care for relief from her variety of symptoms. At that time, she was suffering with pain in her left hip, buttock, groin, leg, calf and ankle that had been present for five months. Additionally, the woman was suffering

with painful plantar fasciitis and frozen shoulders for the prior three years.

The woman stated sitting for too long made her pain unbearable. She rated her back, hip, leg and foot pain as a 10 out of 10 and said she suffered with these problems for “7 days out of the week.” Prior to her problems, the woman was very active but was now unable to participate in many of the activities she enjoyed.

After a detailed chiropractic and orthopedic examination, specific forms of chiropractic care were started. The study recorded within a four week period and after five chiropractic visits, the woman reported all of her symptoms had been resolved and she only had some minor residual stiffness. A follow-up two years later showed none of her symptoms had returned, and she was once again able to engage in the life and family activities she enjoyed.

The authors of this study highlight the importance of chiropractic care being tried before irreversible spinal surgery is considered. “Most importantly, this case report demonstrates the continued ineffectiveness and overuse of spine surgery. More people need to understand the risks and costs before embarking on a path to potential failed back surgery. People also need to know there is a better solution, chiropractic care, that is getting the recognition it has long deserved. Around the world there are millions people who are now addicted to strong medications for their chronic back pain from failed back surgeries.”

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, December 30th from 5:30 to 6:00 p.m. This week’s topic will be “Myths, Truths and Consequences.”

**For more information please contact:**  
**Cannon County Chiropractic**  
**824 McMinnville Hwy**  
**Woodbury, TN 37190**

To advertise call Sharon

at 615-563-2512

# LEGALS & PUBLIC NOTICES

NOTICE TO CREDITORS

Estate of Joyce Dean Campbell Rice, Notice is hereby given that on the 17th day of November, 2025. Letters of Administration or Letters Testamentary in respect of the estate of Joyce Dean Campbell Rice, 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 17th day of November, 2025.

Joseph Paul Rice, executor of the estate of Joyce Dean Campbell Rice, deceased DANA DAVENPORT, CLERK & MASTER Tara J. Cowan Attorney For The Estate

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NOTICE TO CREDITORS

Estate of Shirley Jean Allen, Notice is hereby given that on the 9th day of December, 2025. Letters of Administration or Letters Testamentary in respect of the estate of Shirley Jean Allen, 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 9th day of December, 2025.

Christy Michelle Allen Prater, exuctrix of the estate of Shirley Jean Allen, deceased DANA DAVENPORT, CLERK & MASTER Tara J. Cowan Attorney For The Estate

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NOTICE TO CREDITORS

Estate of David Pursell Haines, Notice is hereby given that on the 8th day of December, 2025. Letters of Administration or Letters Testamentary in respect of the estate of David Pursell Haines, 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 8th day of December, 2025.

Cynthia Louise Haines, exuctrix of the estate of David Pursell Haines, deceased DANA DAVENPORT, CLERK & MASTER Tara J. Cowan Attorney For The Estate

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NOTICE TO CREDITORS

Estate of John Genovese, Notice is hereby given that on the 11th day of December, 2025. Letters Testamentary in respect of the estate of John Genovese, 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 911h day of December, 2025.

Holly Genovese, exuctrix of the estate of John Genovese, deceased. DANA DAVENPORT, CLERK & MASTER Tara J. Cowan Attorney For The Estate

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