

A spooktacular time of the year

Well, yep it’s already October and in a few weeks it will be time to celebrate Halloween. More often than not, we can judge it’s about that time because Walmart starts selling their Christmas decorations.

As usual our neighborhood is bursting with pumpkins, mums and monsters. Aunt Martha tells me it’s the time of year she doesn’t bother sweeping the cobwebs off her ceilings...as they make great decorations along with her fake spiders.

Uncle Festus said last year a squirrel got its head stuck in a scary Halloween mask and terrified the whole neighborhood. He mentioned it’s definitely the time of year when most of them are collecting nuts. So far, three of our relatives are now missing.

Cousin Clarence put up a large tombstone that says: “Here lies Mozart...decomposing.” He is now serving ‘Blood Lite’ beer at his parlor.

Do Zombies eat popcorn with their fingers? No, they eat their fingers sepa-

ately.

Uncle Pete decided on two interesting costumes this year. He told us, “I’m going as a cellphone battery registering at only 2%. My second choice is going as my driver’s license photo. That would scare anybody!”

The Taco Bell cashier dressed in a McDonald’s uniform and confused the heck out of all the customers. Her best friend dressed as a sock...jumped in the dryer and disappeared. What a ‘Feet of Illusion.’

Aunt Sarah’s cat just wouldn’t grow any larger. The vet told her to stop feeding it “condensed” milk.

Aunt Martha is going as a witch again this year. Her bumper sticker reads: “A broomstick is my second car.” Festus says it’s a good costume for her as she

is known to fly off the handle way too much. Maybe it’s because she gets a wicked wedgie from riding the darn thing.

The guy who owns the Knuckle Head Garage went as a clown again this year. His motto is: “We’ll fix anything or break it trying.”

Uncle Festus made a mistake and went as a pinata last year, but will never do that again. It took him forever to get over

all the bruises from the neighbor kids beating him with sticks thinking he was full of candy.


Two years ago, a young boy knocked on my door trick or treating. I looked at him and he had no costume on. I asked him what he was dressed as. He said a werewolf. But, it’s not a Full Moon yet. I got rid of him...quick!

Well, here’s hoping all of you enjoy this fall season and choose some interesting costumes this year. Until next CHAT...

Many Ghostly Hugs,

SAVANNAH

Neck pain and headaches helped with chiropractic



Chiro Care

Trea Wessel

The Annals of Vertebral Subluxation Research published the results of a case study showing chiropractic helping a patient with neck pain, headaches, vertigo, and abnormal posture. Neck pain is one of the leading causes of disability in the general population.

The study begins by explaining how common and how debilitating neck pain is. Neck pain sufferers have limited ability to participate in normal activities of daily living and some estimates suggest that close to 90% of the population may experience neck pain at some point in their lifetime.

The study reports changes from the normal forward neck curvature is a key factor and directly related to neck pain. Correction of the normal neck curvature has shown to yield both short-term and long-term benefits to patients. Non-surgical approaches such as chiropractic have been shown to be the safest and most effective means to deal with neck curvature issues and resulting neck pain.

In this case, a 49-year-old man brought himself to the chiropractor for evaluation and possible care. He was suffering with acute neck pain that began two days before visiting the chiropractor. There was no history of immediate trauma or injury that could be associated as the cause of the pain. The man described the pain as severe, sharp and aching which he rated as a 7 out of 10 in severity, with 10 being the worst. He reported the pain was constant and radiated down into his right hand causing numbness and limiting his range of motion.

The man did mention he would have occasional headaches and vertigo. His pain was made worse when he turned his

head, and he would get some minimal relief when he was standing straight and looking forward. He was using some over-the-counter drugs and heat packs to temporarily get some relief.

The examination of the man showed his head to be in a forward position more in front of his body than the normal over the shoulder position. Additionally, his neck range of motion was limited. Spinal x-rays were taken which confirmed the improper head positioning and vertebral malpositions.

Based on the findings of the examination and x-rays, specific forms of chiropractic care and adjusting were started. In a re-assessment done after one month of care, the man reported 90% relief of his neck pain and a complete resolution of his hand numbness. Chiropractic care was continued as the goal of the care was not just the alleviation of the symptoms, but also the correction of the underlying structural issues which had been present much longer than the man’s pain.

At a 6-month assessment, the man reported his neck pain was nearly completely resolved going from a 7 out of 10 initially to an occasional 1 out of 10. He also noted his headaches, vertigo and hand numbness had completely been corrected. Follow-up x-rays showed improvement in the curvatures and head positioning toward being in a more normal posture.

For more information please contact:

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, October 21st from 5:30 to 6:00 p.m. This week’s topic will be “Essential Oils (Erin Hillis.)

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



News From The Mountain
Carol Gunter

Enjoying this early Thursday morning the second day of October on the patio. I can hear vehicles zooming by our house at a face pace (some breaking the speed limit) as people don’t want to show up late at their work place. I can remember those hustle and bustle days when I worked. A lot of good memories stored up in my head of better days that are no more. People on the road back then had a better tolerance of how to act when traveling the roads with other people. There was just a general rule of thumb to be courteous and not to fly off the handle as so many people do today. I think a lot of this terrible behavior by people today on the road goes back to the homefront as how they were raised. If kids are brought up to respect others, they will be better people in our society and a lot of this nonsense with road rage will not exist. As parents we should practice what we preach on how to treat others as we would want others to treat us. Respect is a two-way street. Most people adhere to kindness.

Cut off two of my yellow dinner-plate dahlias this morning. They are huge and seem to be basking in their beauty in the very heavy vase that holds them on the patio table. The dahlias that I have planted by the patio will keep blooming till frost. Before frost arrives, I will take up the dahlias, cut the stems back, and store them in the garage till spring. After the threat of frost is gone, I will then set the dahlias back out around the patio and in no time at all they will put on quite a show of beautiful flowers once again.

Those nasty old stink bugs are back

and are making their presence known around here. Where did these terrible-smelling creatures evolve from? I was glad when those pesky Japanese beetles weren’t around so much and I’m hoping the same will be the case with those stink nugs.

A lot of money to be spent on Halloween this year. On the news the amount to be in the billions. The cost of costumes and etc. have gone up like everything else. I stopped doing the celebration of Halloween a long, long time ago. Too much devilish delight and even a touch of a cult for this girl. This is just my opinion on the matter as for me it wrecks of darkness, death, and doom. I simply celebrate October and all its fall beauty with pumpkins, mums, cornstalks, decorations, etc., and it’s not costing me an arm and a leg in the process.

Melvin Ferrell giving me a call on Wednesday. He’s doing o.k. and wanted to comment on the woolly worm phenomenon that I talked about in the last column. I guess this has baffled us for decades if this little fuzzy critter can really forecast the weather we could have for the winter. I hold no credence to the matter. It seems like an old wife’s tale to me. I don’t think these bugs are smarter than us, do you? Melvin saw a woolly worm not long ago and the little fella was a light brownish color from one end to the other. Melvin’s prediction for us is a mild winter. I hope he’s right.

Please keep the following people in your prayers: Dusty Johnson, Mary Melton, Diane Evans, Rose Watts, Joe Gunter, Walter and Faye Ferrell, the people of Israel and Ukraine, and the leaders of this great nation.

Have a great day!

For if ye forgive men their trespasses, your heavenly Father will also forgive you. Matthew 6:14

Your advertisement could be here! Call 615-563-2512

LEGALS & PUBLIC NOTICES

Town of Woodbury Board of Zoning Appeals

The Town of Woodbury Board of Zoning Appeals will meet at 5:30 p.m. on Tuesday Oct. 21, 2025, to consider the following requests:

- A request at 902 W. Main Street to operate a Bed & Breakfast/Tearoom in a R- 1 zone.
- A request at 324 Doolittle Road to begin an air medical operation on existing hospital campus in a R-2 zone.

Bill Jennings, Chairman

The Cannon County Board of Zoning Appeals will have a public hearing on Tuesday, 10/28/2025 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: allow development of a home for the elderly, a commercial use, on a property located on Jim Cummings Highway (parcel 058 072.04), Woodbury, TN 37190; this property is currently zoned A-1 Agricultural.

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 5:30 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 by email: David.Robinson@CannonCountyTN.gov

AGENDA FOR THE WOODBURY MUNICIPAL PLANNING COMMISSION

October 21, 2025 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. Consideration of fees for plat review and annexation applications
- E. New Business
 - 1. Report and site plan presentation for County EOC Building
- F. Adjournment

NEXT REGULARLY SCHEDULED MEETING: November 18, 2025

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