

Hoping all mothers enjoyed their day

There's no way I can sum up all there is to say about MOMS. So for now, this is my best shot at appreciation for all those women whose jobs include housekeeper, chef, chauffeur, nanny, nurse, accountant, waitress, gardener, pet sitter, dog walker, team mom, room-mother and so many more I'm sure I've forgotten. All those chores with no salary or tips. But yet find those precious hugs and kisses are payment enough.

Ever wonder how Mother's Day became an official day on our calendar? Well, it was President Woodrow Wilson who proclaimed mothers need to be celebrated. The first public thank you was on May 9, 1914.

Today, our momma's day is the third largest holiday in the United States for sending cards. Billions are spent on flowers and gifts and special cards.

Yes, we ladies love to be pampered. But to be respected and loved for who we are is

the greatest gift you can give your mother!

Did you know carnations are the customary flower of Mother's Day? But, honestly it almost makes more sense that it be "Mums"

I remember asking Clarence when he was little, "Do you say prayers before eating?" He answered, "No ma'am, I don't have to. My mom's a good cook."

My mom always told me carrots are good for the eyes. But, I've yet to see a rabbit wearing glasses!

And I'll never forget that warning whenever I was climbing that big oak tree in our backyard. "If you fall out of that tree and break both your legs, don't come running to me!"

Well, I'm sure we all have stories and

memories of when we were growing up. Remembering the things our mothers would do. Making our home special and doing all the chores they did to keep us all

safe and happy.

Dad made the bacon and Mom cooked it.

Aunt Sarah remembers getting a card from her son while he was in

college that read, "Thanks Mom for not feeding me to a shark or selling me to the circus. I know it was a real possibility!"

Grandma Clara got a card from her son Festus one time where he said, "Love to the woman who gave me life and never has let me forget it!"

Aunt Martha offered a gift suggestion for some to give their mothers. "Get your mom a bottle of wine for Mother's Day. After

all, you're the reason she enjoys a glass or two."

Hey, don't get me wrong; mothers are allowed to be human. No one is perfect. Don't compare yourself to other mothers. We're all a Hot Mess.

Some just hide it better than others. It's not easy being a mother. If it were, more fathers would do it!

It's a happy chaos. We go through stages along with our children and somehow we manage to get it done with a stellar attitude.

So once again and here we go. To all you wonderful ladies out there...the mommas, grandmas, mothers-in-law, sisters, aunts and friends everywhere. I hope you had a wonderful Mother's Day.

CHAT with you next week. Many Special Hugs,

SAVANNAH

Were you drinking when you bought that hat?

It's the last day of April and it's a pretty chilly morning. The cooler temps were forecast, but this isn't too bad when I think about how cold the winter was for us. I think we can all take this kind of weather and go about our business as usual.

The 152nd Run for the Roses or the Kentucky Derby was Saturday, May 2nd, 2026. I think some of those elaborate hats that were so huge came about with the drinking of an alcoholic beverage going on in their production. Just my opinion, but the derby like so many other events have the gambling and socializing going on wide open. I wonder just how many homes were affected in a negative way by all of this? I used to watch a few of those cooking shows but got tired of the alcohol used in the cooking process and also the cook just having to have a drink for herself or himself.

Hope to get ahead of the rain before Tuesday evening arrives. Mowing needs to be at the top of the list to be completed. The rain we got last week greened up everything and the grass loved it.

I got to talk to Ann Warren, and she is still feeling better as is the rest of the family now that Ann is ok. Billy Joe Vincion still doing great after his surgery. Beverly Hubler spending some time with her sister Sherry Gannon on Friday and Saturday. Anytime family can have some good quality time spent together is a wonderful thing. Count your blessings from God to be given that opportunity with family. You are making special memories to last a lifetime so cherish each other as we don't live here forever and we don't know when one of us will be taken away. Just live each day that God gives you to the fullest and live that day in serving Him in whatever you say and do.

We have some people to keep praying for: Dusty Johnson, Mary Melton, Diane Evans, Rose Watts, Walter and Faye Ferrell, Glen Ferrell, Louise Foster, Ann Ferrell, Bill Melton, Gracie Bratcher, the people of Israel

and Ukraine, the leaders of our country, and the families of Jimmy Higgins and Wayne Prater in the loss of their loved ones. I guess we can all relate to the sadness and the hurt when we lose someone we love. What matters most is hopefully that loved one had accepted Jesus Christ as their Savior. They will live again for eternity with Jesus if they have done this.

It's late this Monday evening, but I did get our yard mowed and will tackle John and Mildred's yard tomorrow. Trimmed back bushes and sprayed some Roundup when the wind calmed down. Heard the latest weather forecast and they are predicting on to three inches of rain for us the next several days, so I've got to get a few more projects done before it starts raining. Transplanting some of Aunt Lou's flowers that bloom purple into a cluster in the flower bed behind the house as this will add beauty to mom's July beauties. Hummingbird feeders need to be cleaned and fresh nectar put in them.

I do hope if you are lucky enough to still have your mom, you made her Mother's Day a day to remember. Whether you took her out for a meal, bought her a card, gift, or flowers you made her feel so special on her day. Mothers have so many jobs taking care of her family. Staying up all night with a child that is sick is a given for a mother. They are simply indispensable in the role they play in bringing up their children in the ways of the Lord as God intended.

Have you noticed all the commercials where you are urged to send money to save animals that are dying? I believe most of these are just scams to get your money. St. Jude and Shriners are probably your best bet, if you want to donate money for them.

It's the end of your day and did you possibly brighten someone's day by just saying hi or giving them a smile as they passed by? That may have been just what they needed. Showing courtesy to others goes a long, long way.

Have a great day!

And if I go and prepare a place for you, I will come again, and receive you unto myself, that where I am, there ye may be also.

John 14:3

How chiropractic can treat neuropathy



Chiro Care
Treia Wessel

Neuropathy is a medical condition resulting from damaged or destroyed nerve cells and is often a side effect associated with autoimmune diseases, infections, diabetes, tumors, or hereditary conditions. Also known as peripheral neuropathy, this condition currently affects over 20 million people in the United States with symptoms ranging from slight tingling or burning pain to muscle spasms, difficulty moving your arms or legs, and in some cases, atrophy.

What are the symptoms of neuropathy?
For many patients, neuropathy begins with a tingling or numbness that occurs in their fingers and toes. As time goes on, the numbness begins to spread and may also develop into prickly or sharp pains in their extremities.

Early symptoms of neuropathy include numbness, weakness, and tingling or burning pain that evolves into muscle spasms and difficulty moving your arms or legs over time. As neuropathy progresses, patients may also feel their balance is being lost more often.

The symptoms of neuropathy greatly depend on the type of nerves damaged, ranging from autonomic nerves, motor nerves, and sensory nerves. With this in mind, it's important to document what type of symptoms you may be experiencing prior to your visit to our office so we can better diagnose and treat your pain. Since neuropathy affects the nervous system as well as the body's ability to balance, it is important to seek help and treat neuropathy as soon as you can.

Treating neuropathy
Neuropathy can be a side effect or caused by other medical conditions, which is why treatment is first tailored to treat the underlying condition which then reduces the severity of the nerve pain. Neuropathy can be severe and quite painful. The most common forms of neuropathy include diabetic neuropathy, carpal tunnel syndrome, and

sciatica which are actually quite prevalent in adults. Because of this, some people may be suffering from neuropathy, and not even know they have it.

To treat nerve pain, many patients are finding relief in alternative medicine. For neuropathy, countless patients have sought chiropractic care as an alternative for treating neuropathy pain and also correcting the underlying causes to help slow down the progression of the medical condition. In treating neuropathy with corrective chiropractic care, you are choosing an all-natural and therapeutic approach to treating symptoms and the pain you may be suffering from.

How does chiropractic care work for neuropathy?
Chiropractic care for neuropathy focuses on treating the underlying conditions that cause nerve pain, as well as the inflammation your body is producing from your neuropathy. Treating the inflammation will help to ease your pain in the different joints and extremities. Many patients are looking not only to reduce their pain but to also improve their overall quality of life without relying on medication.

To do this, we tailor each chiropractic treatment plan to meet the needs of every patient. For instance, if a patient is suffering from nerve pain in their lower extremities, our treatment will focus on exercises and therapies that promote healing throughout the leg muscles and joints like the hips, knees, and ankles.

We understand how unpleasant neuropathic pain is. Which is why we are proud to provide a comfortable, family-friendly office atmosphere for our patients. Our helpful, professional staff are here to help you manage your pain and help treat any underlying conditions as well as your nerve pain.

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, May 12th from 5:30 to 6:00 p.m. This week's topic will be Fountain of Youth: The Choice is Yours.

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

LEGALS & PUBLIC NOTICES

PUBLIC HEARING NOTICE

The Town of Woodbury, Tennessee hereby provides certain financial information for the fiscal year 2027 budget in accordance with the requirements of Tennessee Code Annotated Title 6, Chapter 56, Section 206. There will be a Public Hearing concerning the budget at Woodbury City Hall, Tuesday June 2, 2026 at 7:00pm. All interested citizens are welcome to attend.

GENERAL FUND	Actual 2024-2025	Estimated 2025-2026	Proposed 2026-2027
Estimated Revenue			
Local Taxes	\$1,715,636.00	\$1,649,326.00	\$1,700,672.00
State of TN	\$388,539.00	\$414,435.00	\$439,480.00
Fed Govt	\$17,660.00	\$20,000.00	\$24,400.00
Other Sources	\$142,227.00	\$158,010.00	\$158,300.00
TOTAL	\$2,264,062.00	\$2,241,771.00	\$2,322,852.00
Estimated Expenditures			
Salaries	\$754,908.00	\$955,456.00	\$960,519.00
Other costs	\$1,231,411.00	\$1,479,853.00	\$1,381,203.00
TOTAL	\$1,986,319.00	\$2,435,309.00	\$2,341,722.00
Estimated Fund Balance			
Beginning	\$2,913,879.00	\$3,191,622.00	\$3,145,798.00
End	\$3,191,622.00	\$2,998,084.00	\$3,126,928.00
Employee Positions	(FT) 13	17	17
Mayor, Aldermen, Firemen..	(PT) 19	19	19
STATE STREET AID FUND			
Estimated Revenue			
State of TN	\$95,811.00	\$105,940.00	\$106,032.00
Other sources	\$-	\$-	\$-
TOTAL	\$95,811.00	\$105,940.00	\$106,032.00
Estimated Expenditures			
Salaries	\$6,893.00	\$7,582.00	\$7,961.00
Other costs	\$16,879.00	\$59,459.00	\$179,507.00
TOTAL	\$23,772.00	\$67,041.00	\$187,468.00
Estimated Fund Balance			
Beginning	\$65,063.00	\$137,102.00	\$183,555.00
End	\$137,102.00	\$176,001.00	\$102,119.00
Employee Positions	(FT) 0	0	0

Stan Hollandsworth, Mayor
Brooke Young, CMFO/City Recorder

Monthly Meeting Notice

Cannon County Highway Commission will be meeting at the office of Mr. Wayne Hancock, Road Superintendent, 900 Old McMinnville Road, Woodbury, Tennessee 37190 on May 19, 2026 at 5:00 p.m. Local Time

Cannon County Highway Department
Mr. Wayne Hancock, Road Superintendent

PUBLIC HEARING NOTICE

At the June meeting of the Town of Woodbury Board of Mayor and Aldermen, there will be public hearings on the following proposed ordinances:

-Ordinance 561, an ordinance of the Town of Woodbury, Tennessee adopting the annual budget and property tax rate for the fiscal year July 1, 2026- June 30, 2027.

-Ordinance 562, an ordinance to amend the zoning ordinance of the Town of Woodbury, Tennessee: to delete adult oriented business establishments as a special exception within the C-3 highway commercial zone and require these types of uses to be 1,500 feet from certain uses as required by the Woodbury Zoning Ordinance. The meeting will be at City Hall on June 2, 2026 at 7:00pm.

Stan Hollandsworth, Mayor

Additional Legals on page B7