

# Now, this is how I roll

Hey, this CHAT could be right up your alley. So, let’s strike up a conversation; spare the details and roll on to...you guessed it...the subject of bowling.

Grandpa Roy tells me, “I’m on a roll alright! Mostly into the gutter! I did bowl a 300 once, but it took me three games to do it!” So, the secret to bowling? Blame the lane.

By the way, Uncle Festu’ bowling team’s name is “Spare Me.”

Folks, bowling isn’t just about strikes, splits and the occasional gutter ball. But overall a sport full of fun and humor.

You know how they throw the ball into the crowd after they win...let’s say at a football game. Well, that’s NOT allowed in bowling.

Aunt Martha adds, “It’s easy. Just throw the ball straight down the middle. No hooks, no English. Anything more simply becomes figure skating.”

Uncle Pete shouts to Sarah, “Wow! Three strikes in a row! Too bad it wasn’t in your lane.”

What do you call a gutter ball? An Alley-Oops.

Grandma Clara spoke up, “My bowling technique is secret. Not even I know what I’m doing.”

They say, before you marry a person, you should first take them bowling and see how they really roll. Life is good, but bowling

can make it even better. Bowling is cheaper than therapy, plus most of the time they even serve beer.

Can’t beat that!

Aunt Martha said the last time she went bowling, she was doing awful. But wait, once she started to drink beer she had never bowled better. What the heck was in that beer? Who cares, give me one of those things!

Aunt Sarah said, “If I bowl for a couple hours, my exercise is done for the week. That’s how I roll.”

Probably the two scariest words in bowling is: WATCH THIS!

Jake’s Bowling Ball Sales offers free delivery to anyone who lives downhill.

Grandma Clara has got it goin’ on. She tells us, “I will tell you one thing. No one will try to steal my purse with that bowling ball in my bag.”

Ever wonder why they call three strikes in a row a Turkey? It’s because in the early 20th century, bowling alleys would give out actual turkeys as prizes during holiday tournaments.

Although in bowling there are such

things as coordination failures, strange incidents and odd behavior. Such as the accidental lob, when the ball is thrown with so much force it ends up a few feet in the air and crashes back onto the lane.

There’s also when your thumb gets stuck in the ball and either you end up being dragged down the alley and sometimes make it to where you actually knock down the pins, or suddenly the ball releases your thumb and the ball hits the ceiling bringing down several panels of drywall.

The gutter ball never fails to be one of the most embarrassing events of the evening.

Having to retrieve a young child running down the same gutter could be another one.

The craziest spare ever is when the first ball is a gutter ball, but the second ball knocks all ten pins down. Thus, a spare.

Or how about when you have almost a perfect first game of 279, but somehow your second game turns out to be a mere 78.

One thing that really drives me nuts is when I’m winding up for a shot and someone on the next lane decides to roll their ball at the same time. Totally distracting!!

And by all means, never bowl in flip flops just because you think the bowling shoes are ugly.

Well Folks...any way you put it, bowling can be a lot of fun. Oh yes, it can have its ups and downs, but overall it’s a lot of fun. So, give it a shot and let it roll one afternoon or evening with family or friends. Even joining a team can be entertaining.

Many Bowled-Over Hugs,

SAVANNAH

## Today’s Chat with Savannah

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# Cracker Barrel backs down on sign change



News From The Mountain  
Carol Gunter

I know we’re in a hustle and bustle of living our lives, but if we could slow down for a few minutes and think about the importance of being kind and respectful to others, we would be doing what God, our Creator, would want us to do for our fellow man. We all know how much our world has changed from what it used to be. I do not say that with any pride. Getting back to God in our country, which we have strayed from, is our only hope for the future of America to survive. A kind word, a good deed to others will go a long way. Our life here will end someday so make your life count in a positive way before you leave it.

I have written this piece before, but I feel impressed for the time we are living in, to write it again in hopes you will take to heart the words in it seriously:

At Day’s End

Is anybody happier because you passed this way? Does anybody remember that you spoke to them today? The day is almost over, and its toiling time is through; Is there anyone to utter now a kindly word of you? Can you say tonight in parting with the day that’s dipping fast, that you helped a single person of the many that you passed? Is a single heart rejoicing over what you did or said? Does the person whose hopes were fading now with courage look ahead? Did you waste the day or lose it? Was it well or sorely spent? Did you leave a trail of kindness, or a scar of discontent? As you close your eyes in slumber, do you think that God will say, “You have earned one more tomorrow by

the work you did today?” Author Unknown

Wanted to let you know of some birthdays for the month of September: Addie Mangrum 1st, Judy Gunter 2nd, Ricky Blair 2nd, Sherry Gannon 11th, Chris Hood 17th, Bill Nokes 17th, Tracy Mangrum 17th, Noel Anderson 19th, Ricky Warren 27th (my nephew), Ralph Harvey 27th and Gwen Butcher 29th. Wedding anniversaries are: Dusty and Kristie Johnson 9th, and Don and Patsy Nixon on 21st. Congratulations to all!

A public outcry at Cracker Barrel over their changing of their logo featuring an old man in a rocker beside a barrel that has been their trademark for more years than I can remember. So many people outraged over the new sign that just said Cracker Barrel. The people at Cracker Barrel got the message from the public that they didn’t want the sign to be changed so the new sign has been dropped.

It’s not the law yet but hopefully it will be before long for a person that burns the American flag to serve one year in jail. I personally think it should be a five-year sentence in jail. After that person has had the time to think about how he or she has dishonored our flag they may turn over a new leaf and decide they shouldn’t have done this disgraceful act. I would hope that would be the case.

Got to chat with Ann Warren, Ruth Brown and Gwen Butcher this week. All is well with them and their families.

Please keep these people in your prayers: Dusty Johnson, Mary Melton, Diane Evans, Rose watts, Walter and Faye Ferrell, Joe Gunter, the people of Israel and Ukraine, and the leaders of our country. Have a great day!

Being justified by faith, we have peace with God through our Lord Jesus Christ. Romans 5:1

# Severe difficulty swallowing resolved under chiropractic



Chiro Care  
Treia Wessel

The Journal of Medicine and Life has published the results of a case study documenting the successful resolution of a patient who was suffering with severe difficulty swallowing and had not gotten any help from medical care. When the swallowing difficulty is coming from muscles in the throat and neck, it is known as cervicogenic dysphagia.

The author of this study defines this condition by saying, “Cervicogenic dysphagia is characterized by difficulty swallowing caused by musculoskeletal and/or neural dysfunction in the cervical spine.” He notes about 3% of the general population, and about 20% of people over 50 are affected by dysphasia. He describes two possible mechanisms that can create cervicogenic dysphagia. One mechanism is postural, where the position of the neck creates problems with swallowing. The second mechanism involves the nervous system, where the neck can interfere with nerve system signals that affect swallowing.

In this case, a 48-year-old man sought out chiropractic care for help with his swallowing problems. The man’s history revealed he had a history of some neck pain and tightness for the past five years, but his swallowing difficulties only started eight months prior to seeking chiropractic help. At first, the man reported “a grabbing sensation” in his throat, but he did not experience any pain associated with this feeling.

Over time, his problem worsened. He later described the feeling as food being stuck in his throat when eating. Eventually, he was unable to swallow any dry food, such as cake or bread. He was medically diagnosed as dysphagia associated with an anxiety disorder by a hospital psychiatry department. Medical treatment was physiotherapy and medications.

After three months of medical care, his condition continued to get worse. Over

time, he was only able to eat chopped noodles and oatmeal and was unable to dine out at any restaurant. This problem severely impacted his quality of life and caused him to lose over 20 pounds in five months.

Eventually, his dysphasia got so severe he was unable to consume thick liquids and sometimes even choked on his saliva during swallowing. He was then admitted to the hospital where a battery of tests found no pathologies and he was placed on a diet of oatmeal. After two additional months of seeing no results medically, the man researched online and decided to try chiropractic.

A chiropractic examination with x-rays was performed and chiropractic care was started. By the third week of chiropractic care, the man reported his symptoms had gradually improved. At this point, he was now able to eat lunch with his colleagues. By the fourth week of care, his breakfast meals could now include eggs and toast. By the eight week of chiropractic care, the man reported he was able to eat steak for his dinner. He was eventually able to discontinue all medications he was taking for his problem.

In giving an overview, the author summed up this patient’s case by stating, “This case report describes a 48-year-old man who complained of difficulty swallowing for eight months. The patient had a history of neck pain and tightness in the upper trapezius region during office work. His symptoms gradually worsened, and he eventually could not swallow any dry food. Despite multiple consultations and treatments, his condition did not improve until he sought chiropractic therapy.”

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, September 9th from 5:30 to 6:00 p.m. This week’s topic will be “Rhyme & Rythm of Healthy Living (Part 1)

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

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# LEGALS & PUBLIC NOTICES

**IN RE: A PETITION TO REFORM DEED TO REAL PROPERTY LOCATED AT 1280 ST. JOHN HOLLOW ROAD, WOODBURY, TENNESSEE**

WHEREFORE, by verified Petition to Reform Warranty Deed filed in the Circuit Court of Cannon County, Tennessee, Docket No. 25-CV-21, by RICHARD LEROY CROOKS seeking correction of a Warranty Deed recorded at Record Book 239, Page 124 within the Register’s Office of Cannon County, Tennessee to reflect “VIRGINIA D. CROOKS, et vir, as married persons in tenancy by the entirety” as grantees, pursuant to Tenn. Code Ann. §66-5-107(a), it is hereby NOTICED to all persons holding interest in said real property, more particularly described as 1280 St. Johns Hollow Road, Woodbury, Cannon County, Tennessee, that hearing upon the said Petition shall be conducted upon the 10th DAY OF NOVEMBER, 2025 at 9:00 A.M. before this Honorable Court, 2nd Floor Courtroom, Cannon County Courthouse, 200 West Main Street, Woodbury, Cannon County, Tennessee 37190. All those having present or future interest in said real property, whether vested or unvested, shall seek entry as Respondent to said action by written objection delivered unto Cannon County Circuit Court Clerk Katina George, Cannon County Courthouse, 200 West Main Street, Woodbury, Tennessee 37190 or unto the Petitioner’s Counsel of Record, JONATHON D. FAGAN, 106 N. Tatum Street, Woodbury, Tennessee 37190 and appear before the Court for said hearing upon the 10th DAY OF NOVEMBER, 2025 at 9:00 or else risk waiver of all argument and objection to the relief sought within the Petition. Pursuant to Tenn. Code Ann. §66-5-107(b), the foregoing NOTICE shall be published for three (3) consecutive weeks within the Cannon Courier, a newspaper of general circulation published in Cannon County, Tennessee, and for which Affidavit of Publication shall be filed in this action.

Additional Legal Ads on Page B7

August 28, 2025

To: Cannon County Commissioners

The Cannon County Board of Commissioners will meet in regular session on September 4, 2025, at 6:00 P.M. in the courtroom of the Cannon County Courthouse.

Meeting Agenda

1.Call to Order

2. Prayer

3. The Pledge of Allegiance

4. Roll Call

5. Approve / Change Agenda

6. Consent Agenda (Voice Vote)

• Approve meeting minutes (Aug. 7, 2025)

• Approve Notaries

7. Election of Chairman

8. Election of Chairman Pro Tempore

9. Public Hearing –Request to Rezone 11910 Jim Cummings Hwy from A-1 (Agricultural) to (C-1 Commercial) for Proposed Convenience Store Development.

10. Public Hearing – Proposed Amendment to the Cannon County Zoning and Building Codes Resolution to Revise the Fee Schedule by Redefining Square Footage Calculations for Commercial, Industrial, and Multi-Family Building Permits.

11. Public Comment Period Concerning Agenda Items (15 minutes)

12. Old Business / Tabled Items:

13. Consideration to Rezone Property at 11910 Jim Cummings Highway from A-1 (Agricultural) to C-1 (Commercial) for Proposed Convenience Store Development

14. Consideration of a Proposed Amendment to the Cannon County Zoning and Building Codes Resolution to Revise the Fee Schedule by Redefining Square Footage Calculations for Commercial, Industrial, and Multi-Family Building Permits

15. Approval of Resolution 2025-12 to Support the Tourism Enhancement Grant Application and Committing Local Matching Funds

16. Approval of Appointment of Thad Rains and Kendall Smith to the Board of Zoning Appeals

17. Announcement: Cannon County Awarded \$250,000 ThreeStar Grant for Community Center Renovation

18. Finance Department: (Diane Hickman /Regina Mullins)

a. Budget Amendments

b. Financial Updates

19. Adjourn

Chairman Greg Mitchell, County Executive

Next Commission Meeting Date: October 2, 2025 at 6 P.M.