

# Here comes your Easter Cards by hare-mail

Well, I guess we have to give that good ole Easter Bunny some credit somewhere. And if you've ever noticed those bunnies do keep in pretty good shape. They seem to stay that way with lots of eggs-ercise and hare-obics, while jazzing to their favorite Hip-Hop music.

Grandpa Roy tells us if ten rabbits are marching backward it's called a "receding hare-line."

From what they tell me, Easter is the one time of year when it's perfectly safe to "put all your eggs in one basket."

As far as Easter eggs hunts, Aunt Martha says they are perfect proof a child can find anything when they want to. She tells her

grandchildren in one of the 600 eggs she has hidden in her backyard, there is a \$100 bill.

Results? A nice quiet day indoors for her and guests to enjoy their glasses of wine and snacks without kids interrupting them.

Uncle Festus gets his kicks by handing out Jalapeno-flavored jelly beans. Grandma Clara loves the regular fruity ones and to this day had believed jelly beans always came from rabbits eating crayons. The farmer down the street provides lots

of eggs for folks to decorate. He recently went into his chicken coup and complained he had kidney stones. "Big deal," said the chickens. "Try laying eggs all day long for a living."

Speaking of money, Easter expenses can really add up. Between dinner, new outfits for church, and all the goodies for those Easter baskets, it's a big deal.

We're giving Aunt Martha another chance at preparing a family holiday meal. Since quite a bit of the family is invited, she has even picked out a special wine that goes well with NUTS. She is serving ham instead of turkey. With Great Grandpa Alvin attending, she felt one tough old bird at the table was enough!

Aunt Jenny from Louisville is bringing the dessert. She always mentions, "Good moms let their kids lick the mixer beaters. Great moms turn them OFF first."

It's said Easter comes in second only to Halloween as far as the amount of candy we purchase during this holiday. Americans consume over 16 million jelly beans with

cherry-flavored ones as their favorite.

Cadbury eggs are another favorite, along with chocolate bunnies and marshmallow peeps.

Cousin Clarence always sponsors a special egg hunt at his Pizza Parlor on Easter weekend. He mentioned with the price of real eggs, he would much rather fill and hide the plastic ones.

Grandpa Roy told him, "At my age, I can watch you hide every one of those eggs, wait half-an-hour, and have no clue where you left them!"

Clarence just laughed and handed him one of the special plastic eggs that had a coupon inside that gave Roy a yummy pizza dinner. Roy said that was the best egg hunt he had ever been on!

Well, that sounds great to me!

So, Folks, aside from receiving those Easter cards by hare-mail and going on those egg hunts, let's try to remember Easter is a very special time to wish each other the best of health and happiness throughout the year. And to remember for sure some bunny out there loves each and every one of you!!

Many, many Eggs-tra Special Hugs,

SAVANNAH

## Finally have the yard mowed...ready for Easter



**News From The Mountain Carol Gunter**

Betty Barnes/or "Louise" stopped by on Saturday. A beautiful day to be out on the patio and sit down with a friend for a spell. We sure enjoyed the get-together. Betty's sidekick Martha Parker/or "Thelma" feeling a bit under the weather. Keep Martha in prayer. While trying to redo the mailbox on Thursday two delightful people stopped by and we were able to chat quite a while. Their names were Barbara Ledford Eganey age "84" and her granddaughter Megan Cobble (she's a school teacher). They were scanning the neighborhood trying to find Barbara's homeplace and where John Gunter lived. Of course, they were at the right place to find that out and I was so glad they stopped. Barbara had lived years ago in the Crossroads community on Short Mountain in the late 40's and she remembered "Aubrey's" parents John and Mildred Gunter and also Mrs. Lola Henegar. Megan took pictures of John and Mildred's home. She also took a picture of Barbara and me. After their visit, my afternoon went a whole lot better, and I completed the job on my mailbox.

I believe I've told you before about our oldest daughter and how she loves her coffee. Before one of our "Gunter Reunions" Carolyn had forgotten to pick up coffee and creamer while she and the family stayed at John and Mildred's home. In a state of panic she came over, and mom came to her rescue. I needed to talk to her about the reunion, but until she had her coffee and creamer, she just couldn't talk to me about anything. I've heard of others that just have to have that coffee or they can't function. That hasn't hit me yet. Throwing caution to the wind here goes what I thought was our funniest Gunter Reunion. Aubrey was on the phone the night before the reunion telling people they didn't have to bring any food...just bring themselves. I'm hearing all this and thinking well, this reunion is gonna turn out simply lovely and one to remember. Next day Carolyn is in a frenzy as the reunion was to start in a little while. She came over and said "people are showing up with no food." Mom, why is this happening?" I informed her it was not my doing, but her dad's. He had told people we would have plenty of food so no need to bring any food. Never knew what she said to Aubrey, but

rest assured he didn't make that mistake again! Would love to have been a fly on the wall when that conversation was going on. All's well, that ends well, as other people that showed up cooked up enough great dishes of food and desserts to settle the natives down to get their bellies full. I am so grateful to have so many fond memories of those wonderful reunions to last me a lifetime.

We have some people that we need to keep praying for: 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 country.

Some April birthdays to let you know about: Connor Meyncke 2nd, Junior Watts 4th, Jeanette Smithson 4th, Claire Nicole O'Neal 9th, Carolyn Fryar 12th (our daughter), Diane Evans 12th, Wanda Dunham 16th, Dustin Johnson 17th, Kim Hall 18th, Brooklyn Pedigo 30th, and Debbie Melton 30th.

Dusty and Kristie Johnson came out for a visit on Friday. That was the first day of spring. Mowed some on the yard after they left. We haven't had much rain lately, so yards are not in too bad a shape.

Wednesday I got to talk with my sister-in-law Ann Warren. She and the family are doing well. That same day I chatted with Ruth Brown. Glad to report they are all fine, also.

Several years back, Gracie Bratcher, a dear friend, sent me a clipping of some of the Appalachian mountain folk that lived deep in the mountain coves and hollows way of talking and their sayings: Doins...A function "Are you goin to the church doins tonight?" Holler...A small valley "She comes from over in the holler. Book read... Educated or well informed "We aim for little Flossie to git book read someday." I am thoroughly enjoying this clipping. Gracie.

Easter Sunday, April 5th, will be here shortly. What a day to celebrate the return to life of Jesus Christ, the founder of Christianity, after His crucifixion. Jesus' return to life is called the resurrection. On the morning two days after Jesus' death, His tomb was found empty. Jesus' resurrection means we, too, will receive new life after death.

Have a great day and Happy Easter! If thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved.

Romans 10:9

## Blood pressure aided with chiropractic care



**Chiro Care Treia Wessel**

The Annals of Vertebral Subluxation Research published a case study with a review of pertinent literature documenting the positive effect chiropractic has on people with hypertension. The study defines hypertension as a systolic blood pressure of greater than 140 mm Hg or a diastolic blood pressure greater than 90 mm Hg.

Treatment of hypertension is one of the most expensive components of medical care in the U.S., costing a total of \$50 billion in the year 2009. Upwards of 78 million Americans are being treated for hypertension. According to the study, it's estimated by the year 2030, the cost as a result of hypertension and related illness will reach \$343 billion per year. It's estimated 30.5% of men and 28.5% of women are hypertensive.

Hypertension itself isn't the major concern. Of more concern are the health issues coming from long term hypertension which can be serious or even deadly. In reporting data on years of life lost due to related condition from hypertension, the study states, "...related diseases in 2010 was estimated at: 7.2 million as a result of ischemic heart disease, 1.9 million as a result of stroke, and 2.2 million as a result of the combination of chronic kidney disease, other cardiovascular and circulatory diseases, and hypertensive heart disease."

In this case, a 50-year-old man went to the chiropractor with no health complaint other than hypertension. He'd been diagnosed with hypertension 24 years prior. His only other history concern was resolved back and neck pain five years earlier. He was previously taking a hypertensive medication which he self-discontinued due to his observation it wasn't working. He'd previously been under chiropractic care and was seeking care on this occasion for wellness purposes.

A chiropractic and general examination was performed on the man. At the time of the examination, his blood pressure measured 155/100 mm Hg. Additional findings of the examination showed a restricted cervical range of motion. Thermography and spinal palpation also showed spinal areas of concern leading to the diagnosis of multiple subluxation in the cervical, thoracic, and lumbar spine.

The man began receiving chiropractic adjustments at the rate of one per week. Blood pressure was measured before and after the chiropractic adjustments to record any changes. Palpation and thermography were also performed regularly to access progress of care.

The study reports there was an average 8.39 mm Hg drop in systolic and 3.56 mm Hg drop in diastolic blood pressure measured pre- and post-adjustment over the course of the chiropractic care.

The study authors reported on the literature available on the subject of blood pressure related to chiropractic and related care. They found there were forty articles in the current literature under the umbrella of chiropractic adjustments, spinal manipulative therapy, and osteopathic manipulation's effects on blood pressure. They point out the variety of research on chiropractic and blood pressure makes it difficult to make specific statements related to the type of chiropractic care best suited to affect blood pressure. However, they were able to conclude "Results from these studies are largely varied as well with studies suggesting the chiropractic as effective in managing hypertension as the use of a two-drug combination therapy."

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, March 31 from 5:30 to 6:00 p.m. This week's topic will be Diabetes.

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

### LEGALS & PUBLIC NOTICES

#### Cannon County School Board Meeting / Workshop

Tuesday • April 7th, 2026 @ 6:00 pm  
**Board WORKSHOP**  
Cannon County Committee Room  
110 Tatum St. • Woodbury, TN

Thursday • April 9th, 2026 @ 6:00 pm  
**Board MEETING**  
CCES/CCMS Cafeteria  
530 West Adams St. • Woodbury TN

**Additional Legals on page B7**

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**THE CANNON COUNTY REGIONAL PLANNING COMMISSION MEETS AT 5:30PM AND BOARD OF ZONING APPEALS MEETS AT 6:00PM, ON THE 4TH TUESDAY OF EACH MONTH (EXCEPT DECEMBER) AT CANNON COUNTY COURTHOUSE.**

#### POSITION OPENING Planning Assistant

The Cannon County Planning Department is pleased to announce the opening of the position of Planning Assistant. Among other duties, this position involves assisting in the administration and enforcement of the Cannon County Zoning and Building Codes Resolution. Candidates are invited to contact Luke Bryant at Luke.Bryant@cannoncountyttn.gov with any questions, to inquire about required qualifications, or to request an application.



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