

LETTER TO THE EDITOR

To the Editor:

The election is over. Campaign promises no longer have any value, only accomplishment does. For conservatives in Marshall County, some accomplishments are now more needful than others.

The bedrock of a conservative frame of mind is being able to count your blessings, and thus to know what needs to be conserved, especially when those blessings are gifts from above.

Marshall County's most precious blessings need conserving and they need it now. Open land, a long familiarity with your neighbors, the ability to see the stars at night, quietude, a commonality of past and of outlook, God's handiwork, air worth breathing, a scale of life constrained enough to be understood by all, rivers that still flow -- those are blessings and they count.

Such blessings are at risk from the forces of rapid change, change driven by nothing so much as what the Good Book called out -- the love of money -- and it is the love of money that is converting those blessings, our blessings, into other people's bank accounts.

Open land disappears so easily and with it human scale. Rapid increase in population terminates our commonality of past and of outlook, never to return. Neither air worth breathing nor the stars at night withstand spreading development. The anonymity of life in cities attracts the rootless; let them go there, which is to say do not let them bring such anonymity here. Debating how much of the Duck River's water you can steal without killing it is just more of the same.

It comes down to this: ordered liberty depends on putting a speed limit to irrevocable change. Our leaders are not fit if they think otherwise, as if selling our blessings for the best price is a leader's job. Ask yourself this: What would it cost to put the things being lost back? If your answer is "astronomically more than we can afford" then you know the selling price was far, far, far too cheap.

If the brakes are not applied, if the speculators are not driven off, the inevitable will follow. It would give no decent man pleasure then to say "I told you so."

Be in touch,
Dan Geer
Cornersville

These are things you can and can't do with COPD

If you have chronic obstructive pulmonary disease (COPD), everyday activities can be a challenge because the condition affects your ability to breathe properly. But by taking steps to take care of your health and manage your condition effectively, there's no need to let COPD get in the way of living your best life.

"Having a strong respiratory system is vital to good health," said J. Spencer Jensen, M.D., a specialist in pulmonary and critical care medicine with Maury Regional Medical Group (MRMG) Pulmonary & Critical Care. "It can be tough living with COPD because it can be difficult to breathe. Some other symptoms of COPD include a recurring cough, excess amounts of mucus, shortness of breath, wheezing or tightness in the chest area, and those affected may also have frequent colds, low energy levels or swelling in the ankles, feet or legs."

Here are some do's and don'ts to keep in mind if you have COPD:

- Don't smoke. One of the best ways to protect your lungs and stop your COPD from getting worse is to quit smoking if you still smoke.

- Do exercise regularly. You may think you can't exercise if you have COPD, but exercise is another great thing you can do for your lungs.

- Low- to moderate-intensity exercise helps strengthen lungs and can boost the amount of oxygen in your body. Of course, always check with your doctor before

starting any new activity to make sure it's safe for you to do. You may also want to inquire about pulmonary rehabilitation services. Maury Regional Medical Center (MRMC) has designed a comprehensive cardiac and pulmonary rehabilitation program aimed at getting patients back to normal activities as quickly and safely as possible.

- Do follow a healthy diet. COPD can drain your energy, so to keep energy levels high, it's best to eat a number of small meals throughout the day instead of a few big ones. Follow a well-balanced diet that prioritizes fiber- and vitamin-rich foods, such as fruits, vegetables, whole grains, lean protein and healthy fats. Don't eat too much salt, because it can cause you to retain fluids, which can increase the amount of mucus in your lungs. Dairy, fried foods, alcohol and caffeine may also exacerbate symptoms. Drink plenty of fluids.

- Do practice breathing exercises. By routinely doing breathing exercises, you can help increase the amount of oxygen that flows through your lungs. These exercises are also good at reducing stress and anxiety, which is something people with COPD may feel when their breathing is difficult.

- Do take precautions to avoid illness. When you have COPD, there's more of a chance of developing complications from illnesses like a cold, the flu or COVID-19. So take steps to protect

yourself, such as getting recommended vaccines (including flu, pneumonia and COVID-19), washing hands often, wearing a mask when around groups of people and avoiding anyone who is sick.

- Do prevent allergy flare-ups. Many people with COPD also have allergies. If you are one of them, avoid allergy triggers like pollen, dust and pet dander. Talk to your doctor about what you can do to effectively treat your allergies so they don't exacerbate COPD symptoms.

- Don't spend time around lung irritants. Since people with COPD have more sensitive lungs, being around any type of irritant can make the condition worse. Avoid things like secondhand smoke, air pollution, dust and fumes from chemicals, paint or cleaning products, as well as mold and mildew.

"Consult with your health care provider if you feel you should make an appointment with a pulmonary medicine specialist," Jensen said. "Our specialists at MRMG Pulmonary & Critical Care are here to help keep your respiratory system strong."

Patients may be referred to MRMG Pulmonary & Critical Care by a primary care provider or specialist for diagnosis and treatment of lung-related conditions.

Contact the MRMG Pulmonary & Critical Care office at 931.490.7775 or go to MauryRegional.com/Pulmonology for more information.

Lewisburg

(Continued from Page 1)

"Patience is a virtue. Lewisburg has waited over two decades to receive the 'Main Street' designation," said Lewisburg Mayor Jim Bingham. "This award will allow stronger applications for grants to improve our historic downtown area."

"The Tennessee Main Street program is an essential component of our rural and community development efforts

across the state," said McWhorter, in the announcement release.

"Many have worked for the designation over the years including our Main Street Board of Directors," added Bingham. "Two individuals, Lewisburg Economic and Community Development Director Greg Lowe and Executive Director of the Marshall County Joint Economic Board Emily Darnell are the most responsible for the award coming to fruition."

Tyree

(Continued from Page 1)

ective director of Hope Resource Center in Knoxville.

"Why Pro Life" is available in both paperback and Kindle ebook formats, just in time for Christmas. Amazon permits potential purchasers to preview the

first two chapters free of charge.

Amazon also carries Tyree's 2020 book "Yes, Your Butt Still Belongs in Church". November 2023 is the scheduled date for the publication of a 25-year celebration of Tyree's nationally syndicated Tyrades! column, featuring 50 favorite essays.

Thankful

(Continued from Page 1)

"I'm thankful for new friends and new opportunities, both inside and outside of my business. I've been able to meet new people and get more involved in the community."

Polk has been the owner of the five-year-old business since August, but she has already recognized the special qualities of Mar-

shall County.

As office manager Darlene Roberson of the First Presbyterian Church puts it: "I am thankful that everyone is welcome here. There are such good people here, so kind, and willing to do anything for others."

Across the county, people are ringing in the holiday season, but they can rest assured that they live in a place so worthy of gratitude as Marshall County.

Club

(Continued from Page 1)

safe. Although life for the general public has gradually returned to normal and the library is now open again, the library is not thriving like it was pre-pandemic. Jennifer encouraged everyone to visit the library and make use of this excellent resource in our midst.

Karen McNutt closed the program referencing the changes she ex-

perienced as a worker during Covid. Karen works for a tech company and during Covid, she was given new responsibilities and extended hours even though she was working from home. Like many people, Karen has discovered the metamorphosis of working from home has been great.

The next Lewisburg Study Club meeting will be December 10 at the home of Karen Adams.

Commission

(Continued from Page 1)

Both were recommended by the county's planning commission as exceptions requiring Board of Zoning Appeals approval in A-1 zoned areas.

Private sports fields, examples being soccer or baseball but not including golf courses, were added to acceptable uses by a 17 to 1 vote by the commission, the lone nay being Commissioner Craig Blackwell who had expressed concerns that security was not suffi-

ciently discussed in the resolution.

Commissioners also approved adding commercial energy facilities as an accepted use by a 15 to 3 vote.

Commissioners Terry Dunning, Jeff Poarch, and Seth Warf voted in opposition to the measure which would permit the development of solar farms and the like.

The commission approved the reappointment of Kenneth George to the planning commission by a 14 to 4 vote.

Commissioners Poarch, Blackwell, James Hopkins, and Joseph

Warner voted against.

Commissioners approved a 12 month continuation of the current lease for the Marshall County Probation Office in Collins Plaza on Nashville Highway.

The lease terms are unchanged. The county is planning on moving that office into the former health department building on Legion Avenue at some point in the future.

Tommy Roberson, Cannon Allen, and Susan Hunter were unanimously approved for positions on the county agriculture committee.

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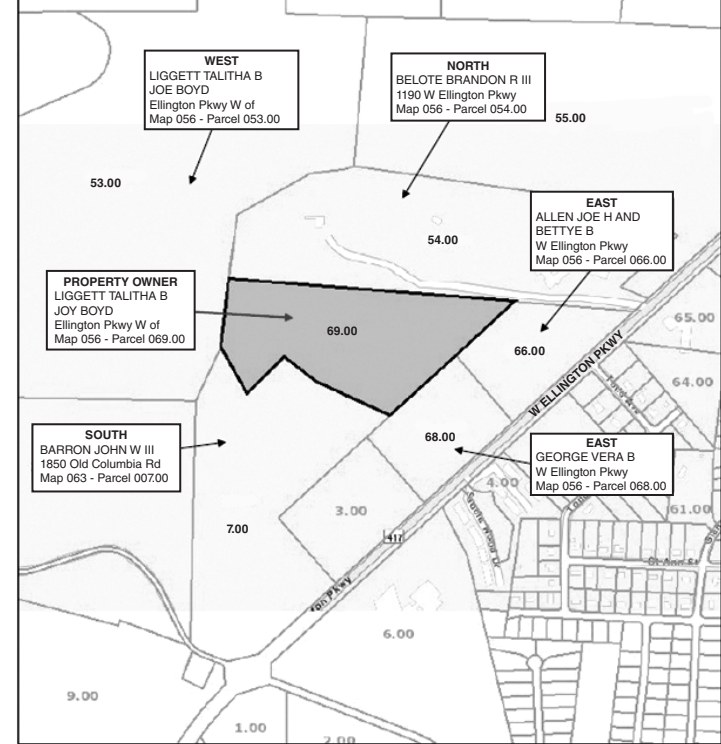
Notice of Public Hearing

The Mayor and Council of the City of Lewisburg will hold a Public Hearing **Tuesday, December 13, 2022, at 5:50 p.m.** at Lewisburg City Hall, 131 East Church Street, followed by their regular meeting at 6:00 p.m. The public hearing will be to hear comments or opinions concerning the following:

1. Annexation Resolution 22-22. A request by owner consent to annex 23.85 acres and zone to "R-1" Low Density Residential certain territory and to incorporate a portion of the same into the corporate boundaries of the City of Lewisburg located on West Ellington Parkway, (Map,056, Pcl:069.00.) Owners Talitha B. & Joe B. Liggett, represented by Developer Blake Arnold.
2. Plan of Services for the annexation of property described as West Ellington Ridge Subdivision (West Ellington Parkway) Map,056, Pcl:069.00, approx. 23.85 acres. Record Book: 667; Pg.766, office of Marshall County Register of Deeds.

Proposed Annexation & Plan of Services is available for public viewing at the following locations: Lewisburg City Hall, Marshall County Courthouse Annex, Marshall County Library and City of Lewisburg website, www.lewisburgtn.gov.

Marshall County - Parcel: 056 069.00



Map labels include: WEST LIGGETT TALITHA B JOE BOYD Ellington Pkwy W of Map 056 - Parcel 053.00; NORTH BELOTE BRANDON R III 1190 W Ellington Pkwy Map 056 - Parcel 054.00; EAST ALLEN JOE H AND BETTYE B W Ellington Pkwy Map 056 - Parcel 066.00; EAST GEORGE VERA B W Ellington Pkwy Map 056 - Parcel 068.00; SOUTH BARRON JOHN W III 1850 Old Columbia Rd Map 053 - Parcel 007.00; PROPERTY OWNER LIGGETT TALITHA B JOY BOYD Ellington Pkwy W of Map 056 - Parcel 069.00.