

Round Up Program Benefits Area Benefactors

Tullahoma Utilities Authority customers generated more than \$40,000 in donations to area nonprofits in 2023. A total of \$41,200 was disbursed in January in the fourth round of charitable giving through TUA's annual Round Up Program.

TUA President Brian Skelton presented checks in the amount of \$5,000 each to representatives of Attic Outlet, Shepherd's House, Coffee County Salvation Army and Partners for Healing. Another \$4,000 was presented to Come to the Table, Inc.

One-time payments of \$2,000 were granted to Hospice of the Highland Rim and Tullahoma Day Care Center. Recurring donations of \$550 per month are made to the Good Samaritan Ministry and Henry Center to help clothe and feed members of the community.

All monies generated by customers who allow their bills to be rounded up to the nearest dollar are disbursed to local organizations that serve people in need. Additional monies were used to fund the Home UpLift Program, which addresses energy efficiency needs for low-income households.



Residential Gigabit Internet is now just \$74.95 per month! Call 455-4515 to upgrade.

Prevent Frozen Pipes This Winter

The average water leak causes up to \$7,000 in damage, so it's important to safeguard against the possibility of a frozen pipe. As cold weather sets in, help preserve your pipes with these simple tips.

- 1) **Keep your thermostat consistent:** Keep your thermostat set to the same temperature day and night. The constant circulation of warm air can help prevent costly plumbing repairs.
- 2) **Insulate your pipes:** Dropping temperatures put pipes in unfinished basements and crawl spaces at risk. Make sure any pipes that run along an exterior wall are properly insulated.
- 3) **Open cabinet doors:** In many homes, the kitchen and bathroom sinks are along an exterior wall. Cold air from outside can freeze pipes beneath the sinks. Leave cabinet doors open so warmer air can reach them.
- 4) **Turn on the faucet:** Running water through pipes that are exposed to exterior walls will help keep them from freezing.

Rural Route 4 Sickly

I felt puny the week of Christmas. That means I was sick. A sore throat, headache, and a runny nose kept me from devouring the hind-end of a good-sized pig and eating about a pound of fruit cake. It seems my body's "check engine" light is coming on more often than I would like. In fact, 2023 was a record for me: Three surgeries and many ailments.

I want to avoid a repeat performance in 2024. But what should I do? I consulted the internet. It knows everything! Or does it? I quickly found a site that listed old-time cures and remedies for some common ailments.



Phillip Burgess

As I read, I was amazed! I found a "cure" for just about everything. And I remembered that old saying, "the cure is worse than the disease." And these fit into that category. These so-called remedies are hilarious, so don't try them. Pay your deductible and see a real doctor!

Here are a few gems I found:

To prevent a cold: Eat an onion sandwich and wash your hair.

To cure a cold: Catching leaves in your hand, which fall from trees in the fall, will cure a head cold.

If you have a cough: Bake onions and pour all the juice from the baked onions into a glass and drink.

If you get cut: Pack the cut in axle grease. Take a large army ant and apply him to the cut so that he takes hold of each side of the wound with his pincers. Cut his head off the body, leaving the head to hold the cut together.

Curing appendicitis: Tie a leather thong around your waist, and the appendicitis will enter the thong. Take the thong and tie it around a tree, and the sickness will enter the tree.

Healing sprains: Take a dirt dauber's nest and make a mud ball out of it with vinegar. Apply it on the sprain and wrap a stocking around it.

Getting rid of warts: Put butter on the wart and have a cat lick it.

Stopping hair loss: To prevent thinning and baldness, never cut your hair in the light of the moon.

Healing measles: Put burned corn meal in a tobacco bag and hang it around your neck.

Healing mumps: Tie a black sock around your neck.

Controlling pain: Find a rock that is partially covered with dirt. Remove the rock and spit on the bottom or covered side. Replace the rock in the same hole exactly as you found it.

Stopping a headache: Sleep with a pair of scissors under your pillow. The next morning your headache will be gone.

These outrageous remedies are taken from the "Legends of America" website. It is interesting to note, however, that Native Americans and country folks have long employed alternate medicines to cure what ails them. Herbs, roots, tree bark and other things found in nature were used in a trial-and-error method until the right combination was found.

Ingredients in many of the vitamins taken today were first used long ago to remedy aches, pain, and sickness. And natural medicine, sometimes called naturopathic medicine, includes herbs, massage, acupuncture, exercise, and nutritional counseling to heal the body.

Philip Burgess' book, "Rural Route 4, The Good 'Ol Days Were Never Better," is available on Amazon.