

# Save water...drink beer

Yep! Once again it’s time for the International Beer Day. Every year on the first Friday of August this global party takes place in pubs, breweries and backyards everywhere.

It’s a day for beer lovers to raise a toast to our breweries and bartenders and rejoice in the greatness of beer. This special day was founded in 2007 in Santa Cruz, California by Jesse Avshalomov. (Say that name three times after a six-pack!)

Uncle Festus says, “Have a beer. Because no great story ever started with someone eating a salad.”

But, wait a minute, Festus. From what I understand, beer is made from hops. Hops are plants. Therefore, beer can be classified as a salad. Better known as a wheat smoothie.

Everything tastes better with beer. So, let’s get ready to “Stumble.”

Grandpa Roy confesses, “Beer is the only reason I wake up every afternoon. I just want to know who keeps putting vegetables in the beer crisper. People drink beer because it’s not good to keep things bottled up.”

Uncle Pete explains beer can be magic water for fun people. It’s definitely still cheaper than therapy. Our local bar here hangs a sign that says: “Group therapy practiced here.”

Yep! It’s Friday and time to be a hero and rescue some beer that’s trapped in bottles.

Cousin Clarence told us, “I will say the greatest invention in history is beer. Oh, I grant you the wheel was also a fine invention, but the wheel does not go nearly as well with pizza served here at my parlor as beer does.”

Uncle Festus adds, “My idea of a balanced diet is a beer in each hand. Happiness is in the hands of the beer holder.”

Grandma Clara tell us, “The difference between a beer and someone’s opinion is I asked for the beer. I like beer, oysters, and maybe three people.”

Aunt Martha chimed in, “When I read about the evils of drinking, I gave up

reading.”

Aunt Sarah came up with this one. “They say the more you weigh, the harder you are to kidnap. Stay safe. Drink Beer.”

There’s always time for a beer with good friends. If you don’t drink, how will your friends know you love them at 3 a.m. in the morning?

Grandpa Roy mentioned, “A day without beer doesn’t happen...although sometimes I do drink water to surprise my liver.”

Cousin Clarence says, “Everyone

needs to believe in something. I believe I’ll have another beer.”

Evidently Uncle Festus has a neighbor who doesn’t like beer, but drinks way too many martinis. It’s said the last time he gave a urine sample, it had an olive in it.

Good Ole Thomas Jefferson once said, “If you drink beer in moderation, it softens the temper, cheers the spirit and can promote health.”

Aunt Martha says, “Beer is like a hug in a glass.”

Guess I’ll let Grandpa Roy close out this CHAT with, “Folks, it’s a lot easier to start the day when you know it will end up with a beer!”

So for now,  
Many Cheerful Hugs,

SAVANNAH

## Today’s Chat with Savannah

# The heat is a great conversation starter



News From  
The Mountain  
Carol Gunter

It’s going to be another hot, sweltering day here on the mountain. It sure is easy to start a conversation with anyone you meet because the heat is bothering all of us. The rain that we had been getting has really backed off in intensity, and we are left with this extreme heat to try to endure. Also, we’re all trying to catch up on our mowing around here after all the rain we had been getting has slowed down. We have to be careful in the times we get to mow because of how hot the temperature gets so quickly during the day. The dew is a factor as you have to wait for the grass to dry out before you start mowing, because you sure don’t want to gum up with wet grass under the tractor.

Mai Nell Melton and her sister Gracie Bratcher are doing well. Talked with some friends at the store today. Dora Lawson was the first person I saw as I went in. Ronald Lawson, her husband, doing somewhat better. Ronald is quite a character and everyone likes him. Keep Dora and Ronald in your prayers. Gwen Butcher and her granddaughter were doing some shopping. We were able to talk with each other for a little while. Also, Betty Tanner, another friend, and I were able to talk some while in the check-out line. What would we do without friends in our lives? It would certainly be dull and not an entertaining thought for any of us. We’re not an island unto ourselves. God didn’t create us that way. Jimmy Hale and brother Dennis Dane Hale were on the golfing trail on Tuesday of last week and had a great time. John and Rose Womack are doing well. John Womack and Jimmy Hale were out on

Wednesday getting their hair cut and just having a good time. Ann Warren (my sister-in-law) and her family are still fairing pretty good at the present time. Ruth Brown and son, Jeff, doing better but need our prayers as they continue to improve health-wise. Rick and Beverly Hubler in Murfreesboro on Wednesday. It was Rick’s birthday.

We’ve got several birthdays coming up in August: Pam Turnpaugh 9th, Sherri Hood 9th, Billy Joe Vincion 12th, Hannah Pitts 13th, Claire Meyncke 13th, Linda Pedigo 14th, Penny Gunter 14th, Ron Turnpaugh 15th, Teresa Motley 15th, Erica Fults 15th, Ashlee Moore 17th (our granddaughter), Darrell Fults 23rd, Jr. Parsley 26th, Donna Prater 29th, Trina Graham 30th, Rose Watts 31st, and Jeff Nokes 31st. Congratulations to all of you.

I left out an important birthday for July: Ricky Gannon 23rd.

We have some people that are in need of prayer: Dusty Johnson, Mary Melton, Diane Evans, Rose Watts, Walter and Faye Ferrell, Joe Gunter, George Grisham, the people of Israel and Ukraine, the leaders of our country, the families in Texas that have lost loved ones due to the flooding there, and the family of Benny Blair in the loss of their loved one.

Yellow dinner-plate dahlias are blooming, and they are simply beautiful. Measured one of them yesterday evening and the flower was nine inches across. They can get up to 10-12 inches across in size. Dahlias can’t stand the frigid winter temps, so I take them up in the fall and secure their safety storing them in our garage.

Have a great day!

I am Alpha and Omega, the beginning and the ending, saith the Lord; which is, and which was and which is to come, the Almighty. Revelations 1:8

# Chiropractic extremely safe according to study



Chiro Care  
Trea Wessel

A retrospective analysis study published by Scientific Reports showed chiropractic care is extremely safe with very few adverse events. The study was conducted from January 1, 2017, through August 31, 2022, and involved 30 chiropractic clinics in Hong Kong. Scientific Reports is an open access peer reviewed journal that publishes original research on subjects related to natural sciences, psychology, medicine and engineering.

The study begins by defining what an adverse event is by saying, “An adverse event (AE) is any unfavorable and unintended sign, symptom, or disease temporally associated with the use of medical treatment or procedure that may or may not be considered related to the medical treatment or procedure.”

This study graded all adverse events into one of five categories based on severity of the event, (1-mild, 2-moderate, 3-severe, 4-life-threatening, 5-death). During the study period, there were 960,140 patient visits involving a chiropractic adjustment the study referred to as Spinal Manipulative Treatment (SMT) given to a total of 54,846 unique patients.

Information related to any adverse events in patients was obtained by reports from the clinical professional staff (38%), followed by a phone call (28%), the front desk staff at the clinic (10%), text patient survey (8%), other support staff (5%), internet (5%), and emails (5%).

The authors reported in this entire study, with all these patients, there were no adverse events rated either in category 4-life threatening, or in category 5-death. There

were only two cases listed as category 3-severe. Both of those cases involved women who were over 60 years of age and suffered with osteoporosis. Osteoporosis is when the bones lose calcium and become more brittle. In these two cases, the women involved suffered rib fractures. The study also noted there were no cases of stroke, transient ischemic attack, vertebral or carotid artery dissection, cauda equina syndrome, or spinal fracture.

From the 960,140 total chiropractic visits only 37 adverse events were listed that fit into either category one or category two that were potentially associated with chiropractic care. Of these, 28 were listed as a temporary increase in the patient’s original symptoms. The remaining nine were associated with symptoms such as jaw pain, chest pain, headaches, or some kind of new radiating pain. Each of these cases either had a prior history of these conditions or were receiving other types of professional care that could also have been responsible for the adverse events.

The study authors noted in their conclusions adverse events associated with chiropractic are exceedingly rare. They reported, “This current study, which retrospectively studied a large dataset from integrated chiropractic clinics in Hong Kong, found that severe AEs potentially occurring in relation to SMT were rare, yielding an incidence of 0.21 per 100,000 SMT sessions. No AEs were identified that were life-threatening or resulted in death.”

Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, August 12th from 5:30 to 6:00 p.m. This week’s topic will be “Sit Less.”

**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 • August 12th, 2025 @ 6:00 pm

**Board WORKSHOP**

Cannon County Committee Room  
110 Tatum St. • Woodbury, TN

Thursday • August 14th, 2025 @ 6:00 pm

**Board MEETING**

CCES/CCMS Cafeteria  
530 West Adams St. • Woodbury TN

**NOTICE TO CREDITORS**

Estate of Susie Mae Scott, Notice is hereby given that on the 22nd day of July, 2025, letters of administration or letters of testamentary in respect of the estate of Susie Mae Scott, deceased were issued to the undersigned

of County Probate Court of Cannon County, TN. All persons both resident and non-residents, having claims matured and unmatured against said estate are required to file same with the clerk of the above named court within four months of the first publication of this notice,

otherwise their claims will be forever barred. This is the 22nd day of July, 2025. Becky L. Harris, executor of the estate of Susie Mae Scott, deceased. Lana Jones, County Clerk Anthony J. Cain Attorney

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### CANNON COUNTY Invitation to Bid

The Cannon County Department of Finance, on behalf of the Cannon County Fire Department, is soliciting bids for an **SCBA Compressor unit**.

**General Requirements:**  
Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. August 12, 2025** (local time). Every document must be enclosed in an envelope clearly marked as a bid document. Any response, bid or proposal received after the above deadline shall be considered late, and will not be opened or considered. Bid prices must be valid for at least thirty (30) days. Electronic bids are not accepted.

All documents shall be submitted to the following address:  
Diane Hickman, Director of Finance  
110 S. Tatum St, Ste 216  
Woodbury, Tennessee 37190  
diane.hickman@cannoncountyttn.gov

**For bid specifications/questions, please contact Tim Bell at (615) 849-2730 or tbell@cannoncountycastle.com.**

*Cannon County reserves the right to reject any or all bids. We are an equal-opportunity employer. It is the policy of Cannon County, Tennessee to ensure compliance with Title VI of the Civil Rights Act of 1964; no person shall be excluded from participation in or be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance on the grounds of race, color, sex or national origin.*

July 31, 2025

To: Cannon County Commissioners

The Cannon County Board of Commissioners will meet in regular session on **Thursday August 7, 2025, at 6 PM**, 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 (July 10, 2025)
  - Approve Notaries
7. **Public Hearing**- Rezoning Request for Parcel 8058 072.04 (Jim Cummings Hwy) Proposed Change from A-1 (Agricultural) to C-1 (Commercial) for Use as a Residential Home for the Aged
8. **Public Hearing**- Proposed Amendment to the Cannon County Zoning and Building Codes Resolution Regarding the Composition of the Board of Zoning Appeals
9. Public Comment Period Concerning Agenda Items (15 minutes)
10. Old Business / Tabled Items:
11. Discussion and Appointment of Commissioner for District 1 Vacancy
12. Consideration of Zoning Map Amendment to Rezone Parcel 8058 072.04 on Jim Cummings Hwy from A-1 (Agricultural) to C-1 (Commercial) for Use as a Residential Home for the Aged
13. Consideration of an Amendment to the Cannon County Zoning and Building Codes Resolution Regarding the Composition of the Board of Zoning Appeals
14. Recommendation to Place a Memorial at First Lieutenant Frank B Walkup VI Memorial Bridge
15. Approve Resolution No. 2025-11 To Re-Enact the Litigation Taxes for General Sessions Court in Cannon County
16. County Land Purchase – Parcel Split by Seller After Approval (Commission Review)
17. Finance Department: (Diane Hickman / Neal Appelbaum)
  - a. Budget Amendments
  - b. Financial Updates
18. Adjourn

**Chairman Greg Mitchell, County Executive**  
**Next Commission Meeting Date: September 4, 2025 at 6 P.M.**

**Additional Legal Ads on Pages A8 & B6**