

Check-out time should be 18 years

Many of us live, or have lived one time or another, in a madhouse that was ruled by that tiny army we created ourselves. A place where our disciplining voice would get so loud even the neighbors brushed their teeth and got dressed. Having a child versus a pet and I've had both. You can't get a tax credit for a cat. There's so much drama from the beginning on to the empty nest. Starting with disappearing pacifiers, sippy cups, blankies; then the missing favorite jeans, cell phone issues, acne cream and food fights. Through each stage there is the ever existing trauma and drama. "I'm calling Grandma...she'll come and pick me up!" Well, she's not coming. You're going nowhere but to your room! And watch out if the house is too quiet...something is going on. And, the search begins.

Years ago, I asked Uncle Festus why he says he has a perfect son. Festus answered, "Well, he doesn't smoke, drink whiskey, or come home late." Well, how old is he? "He will be six months old next week." They say parenting without a sense of humor is like being an accountant who stinks at math. Hey Aunt Sarah, your blood pressure is a little high. "I wouldn't doubt it. I have four kids! Two are in college, one just got his driver's license and my youngest is about to become a teenager. But, as long as they don't smoke, drink, vape, use weed, take pills, cyberbully, or eat Tide Pods, I'll be happy."

Uncle Pete added, "When your children reach the teenager stage, it's important to have a dog so that someone in the house seems happy to see you." Grandpa Roy chimed in, "One thing that was interesting about raising teenagers was that I always had someone around who knew everything." (Sound familiar?) Grandma Clara said, "I found the easiest way to get my kids attention was when I sat down and look

raise my kids. I live with one of yours and I've seen your work!" (Whew! I bet that went over like a lead balloon.) That's almost as bad as, "Why did the chewing gum cross the road? Because it was stuck to the chicken's foot." And hey, "How do you know carrots are good for you? You never see a rabbit wearing glasses, do you?" Having kids doesn't make you a parent, raising them does! It's so important to teach your children respect for you and for others. Uncle Pete said, "I was disciplined. I learned what my boundaries were and knew what would happen if I crossed them. I didn't fear or hate my parents. I loved and respected them. It's hardly like that today. What the heck happened?" Well, concentrate on doing your best. Enjoy each day with your little ones because before long they will be grown and out on their own. Laugh with them and praise them. Be concerned they become healthy and wise adults. Treasure the times you have with them now, because once again time goes by so swiftly and before long they are out of the nest. Such is life, so do it right! Many Loving Hugs, SAVANNAH

Today's Chat with Savannah

comfortable." Aunt Martha chuckled, "When my youngsters would become wild and unruly, I used a nice safe playpen. When they finished, I would climb out, but very carefully so not to spill my glass of wine." What about when it was Mama who did practically everything for that baby, and yet the first word out of its mouth was 'DADA.' I remember the days when Aunt Martha would get very tired of her mother-in-law Clara's advice on raising kids and would tell her, "Stop telling me how to

Proper sleep is important for your health



Chiro Care Trea Wessel

During times of stress and crisis, proper sleep is more important than ever to help overall health and your ability to cope with difficult times. To help with this effort, the Foundation for Chiropractic Progress (F4CP) published a paper offering "Tips for Better Sleep to Encourage Overall Health and Well-Being". The F4CP paper begins by noting, "Staying up late and sleeping in may be a common habit for many Americans, but it could be harmful to our health. A study published in the Journal of the American College of Cardiology, comprised of nearly 2,000 people whose sleep patterns were tracked over three years, found those with irregular sleep schedules had a greater chance of developing cardiovascular disease." The NIH's National Heart, Lung, and Blood Institute also stressed the importance of proper sleep on their website. "Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The way you feel while you're awake depends in part on what happens while you're sleeping. "During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others." Sherry McAllister, DC, executive vice president of F4CP, noted proper structure is important for proper sleep. "With all

of the overwhelming research demonstrating sleep's health benefits, anyone experiencing disrupted or inadequate sleep for an extended period, for whatever physical or emotional causes, should seek help from a healthcare provider to help them find a solution," Dr. McAllister said. "Not only could correcting the cause of the disturbance improve their rest, but increased sleep quality and quantity will help them feel much better as well." The International Chiropractors Association (ICA) also stresses the importance of sleep on its website. "Sleep is vital to the normal biological and psychological/emotional functions humans must engage in to survive. Sleep enables the body and mind to rejuvenate, reenergize, and restore. Sleep allows the brain to perform vital tasks such as organizing long-term memory, integrating new information, and repairing and renewing tissue, nerve cells and other essential biochemical processes." The ICA offers some practical tips for proper sleeping, which include avoiding sleeping on your stomach. But for those with chronic sleep issues, the ICA offered the following advice. "See a doctor of chiropractic if you continue to have trouble sleeping. If you consistently find yourself feeling tired or not well rested during the day despite spending enough time in bed at night, you may have a sleep disorder. Your family doctor of chiropractic can evaluate your needs and develop a personalized comprehensive care and wellness plan, and, if necessary make an appropriate referral to another professional or professionals." Cannon County Chiropractic will hold their weekly Spinal Workshop Tuesday, March 1st 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 McMinnville Hwy, Woodbury, TN 37190 Phone: 615-563-3320

Please Mother Nature, make up your mind

A cold and frosty morning here on the mountain the day before Valentine's Day. The weather is more mixed up than some of us. With its up-and-down temps all over the place it's hard to know how to dress for the day. Oh well, we'll survive the wardrobe changes until the weather settles down and warmer air returns to stay for a while. Weather people are predicting severe weather on Saturday for us. Heavy rainfall, high winds, and hail a good possibility overnight. By next Wednesday we may get an accumulating snow of several inches that will stick around for a while with temperatures in the 20's and 30's for daytime highs and teens to single digits at night. Schools will be cancelled for the week, no doubt. If it's a wet snow, snowmen will be built. Mother Nature always has the last say. I just hope everyone stays safe and warm. Five turkeys were roaming around in our back yard Saturday morning. The rain was pouring down, but they didn't seem to care. They stayed for a while and then slowly migrated to my next-door neighbor's place. They'll be scarce when Thanksgiving is on the horizon around here. Caught up with Ann Warren, Ruth Brown, Mai Nell Melton and Gracie Bratcher over the weekend. All seems to be well with their families with no sickness. Ruth Brown had been to a birthday party for Sawyer Warren on Saturday. He turned six years old. He is the youngest son of Stephen and Jessica Warren. Betty Sue Hullett and family are all doing fine. They have a Super Bowl party each year. It has become a tradition for several years now. They all enjoyed the outcome of the game. I was pulling for the Eagles, too. Friends Rick and Beverly Hubler, Sherry Gannon, Russell Taylor and Connie Cantrell are all doing good. Jimmy Hale and grandson, Jacob, staying in and trying to stay warm. Jimmy reporting that John and Rose Wom-

ack are faring well. Melvin Ferrell told me something interesting about the weather. This goes back years ago, but he said "if it thunders in February, it will frost in May." Melvin said he was feeling pretty good and trying to stay warm. Please keep in prayer: Dustin Johnson, Mary Melton, Diane Evans, Rose Watts, Walter and Faye Ferrell, the people of Israel and Ukraine and the leaders of our great nation. Wanted to let you know of some birthdays coming up in March: Doug Underwood 1st, Ruth Brown 4th, Martha Parker 4th, Crystal Gannon 4th, Kathy Nokes 6th, Patsy Nixon 8th, Gerry Nokes 9th, Rex Pedigo 10th, Georgene Grisham 10th, Heather Underwood 14th, Helen Nixon 15th, Koen Nokes 17th, Delaine Taylor 18th, Bryan Pitts 21st, Burley Bogle 21st, and Sonya (Ralph Harvey's mom) 31st. John and Peggy Caldwell will be celebrating an anniversary on the 10th. I still have that little gnome occupying a space on my desk. Do not know what to name him. Since I can't entirely see his face because of the funny hat on his head... just his nose...I guess I'll call him "Nosey." I think that would be a good fit for him. Been doing a "little" spring cleaning as spring is only a few weeks away. I think spring fever may be kicking in. Wild onions are all over the place. The last snow we had those onions were peeking through the snow. They have grown an inch or two since then. Hopefully, I can do away with them at my first mowing of the year. Russell Taylor keeps up with the amount of rain we get here on the mountain. We've gotten 3.5 inches with this cold front that came through. Have a great day! We know that all things work together for good to them that love God, to them who are the called according to His purpose. Romans 8:28

News from the Mountain

BY CAROL GUNTER

LEGALS & PUBLIC NOTICES

Cannon County Highway Department Invitation to Bid

Description of items/services requested: The Cannon County Department of Finance, on behalf of the Cannon County Highway Department, is soliciting bids for the furnishing of all labor, materials, equipment and services for paving various county roads in Cannon County, Tennessee.

General Requirements:
Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. March 6, 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. All documents shall be submitted to the following address:
Diane Hickman, Director of Finance
Cannon County Department of Finance
110 S. Tatum St, Suite 216
Woodbury, Tennessee 37190

For bid specifications, contact Wayne Hancock, Road Superintendent at (615) 563-4213.

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.

Cannon County Board of Education Request for Bid

Description of items/services requested: The Cannon County Department of Finance, on behalf of Cannon County Schools, is requesting bids for generators at Cannon North Elementary, Cannon South Elementary, and Cannon County Middle School.

General Requirements:
1. Generators should be 18kW, air-cooled, standby Generac units, each with a 16-circuit, 100 Amp load capacity
2. The bid should include installation of all necessary electrical work and natural gas piping
3. Electric lines must be run to all IDFs and MDFs at the schools, as well as to the paging amplifier

The chosen contractor must be capable of handling both electrical and natural gas pipe installation within a single company.

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **1:00 p.m. March 6, 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
Cannon County Department of Finance
110 S. Tatum St, Suite 216
Woodbury, Tennessee 37190

To schedule a walk-through of the project sites, contact Michael Medford, Director of Technology, at (629) 201-4822 or michael.medford@ccstn.net.

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