

# That yummy circle of life

When the moon hits the sky like a big pizza pie... Can you imagine the world without pizza?  
Gosh, the most popular dish in the modern world is pizza! Originally spelled pitza, this geometric food treat comes in a square box, round in shape with triangular slices. And comes in all sizes.  
If you ever feel down and out, there is a special number you can call and a pizza will be there in 30 minutes.  
Aunt Martha says there has never

been a pizza she doesn't like. Forget the flowers, this girl only asks for a pizza and that bottle of wine on any day of the week.  
Aunt Sarah who's still on her diet recently ordered her favorite pizza. The cashier asked her, "Do you want it cut into six or twelve pieces?" Sarah replied, "Oh, six pieces please! I could never eat twelve!"  
Uncle Festus' beer belly has been replaced by a pizza pouch. He says, "he

is into fitness, like fit' ness whole pizza into my mouth!"  
We can thank the Greeks for inventing this popular pie.  
They would bake flat and round large breads and top with veggies, spices and olive oil. By the 18th century, Italy became the first commercial seller of pizza by street vendors in Naples.  
After World War II, America, England, France and Spain put pizza in the mainstream of their diets.  
National Pizza Month is October. The most pizzas are sold on Halloween, the night before Thanksgiving, New Years Eve, and Super Bowl Sunday . Satur-

day night is the most popular night for chompin' the pie.  
The first Pizzeria was first opened in 1905 in New York by Gennaro Lombardi. Frozen pizza came along in 1957 by the Celentano Brothers.  
Cousin Clarence is so into pizza that his freckles look like pepperoni.  
Even dogs have their own brand of pizza. My friends dog Maggie loves them. A big shout out to Tina and Kenneth!  
Hoping all of you continue to enjoy those pizzas and have a wonderful summer doing so!  
Many Yummy Hugs,  
SAVANNAH

## Today's Chat with Savannah

## Breathe easy: The Respiratory System and chiropractic care



Cannon County Chiropractor Treia Wessel

Many people suffer from some form of breathing problems such as asthma, allergies, lung disease, or Chronic Obstructive Pulmonary Disease (COPD). While there are a variety of treatment options such as medication and surgeries, most people don't even consider chiropractic treatment as a way to reduce and relieve symptoms of certain respiratory conditions.

complications that can become severe.

### How Chiropractic Treatment Can Benefit Respiratory Health

In chiropractic treatment, it is common for patients suffering from back or neck pain to also have difficulty breathing or another form of respiratory issue. This is because everything within the body is connected.

For the body to function optimally, the spine must be in proper alignment so that the nerves attached can function properly and support the organs they are connected to within the body.

Your chiropractor will address the cause rather than merely treat the symptoms and note any subluxations within the spine that may be putting stress on your thoracic nerves.

A combination of manual adjustment, soft tissue therapy, physical therapy, and lifestyle changes will be offered to you as a custom treatment plan that will not only reduce your breathing problems but will also return your body to optimal health giving you a better quality of life.

### Taking a Breath of Fresh Air with Chiropractic Care

There can be many different causes and reasons behind respiratory problems, many of which are often rooted in the health of the spine.

If the spine is out of alignment, the nerves will suffer and the organs controlled by those nerves will become impaired. To learn more about chiropractic treatment and how it can help you breathe easier, contact our office today for more information or a consultation.

Optimizing your respiratory health with chiropractic care can provide relief and improve your overall well-being.

Don't let breathing difficulties hold you back from living your life to the fullest.

Cannon County Chiropractic's weekly Spinal Workshop will be closed on Tuesday, June 11th. The workshop will resume the following week.

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

## Mud turtles heading for higher ground

"Memorial Day" is a day to honor those men and women in uniform that gave their all to preserve the freedoms we all love in this country. I hope you made it your top priority to stop, pause and give thanks to those that sacrificed so much in protecting us and our way of life in this country with the freedoms we have. I was disappointed in some of the people's answers to the question how will you be celebrating Memorial Day? Of the four or five that gave a reply nothing was said about the men and women that died in battle to keep our country free and safe from those that want to destroy us.

We have lost a lot in this country by not counting our blessings from God and giving thanks and honor to those that have fallen to keep us free. I don't know how much longer God will keep His hand of protection upon us when we have stopped acknowledging and serving Him as we should. We are all well aware of the mess we're in and the rest of the world. I do wonder about Jesus coming back and how soon that could be.

So much rain has fallen this week. Even mud turtles are trying to get to higher ground. Next week we are to have some drier weather and plenty of sunshine.

Mai Nell Melton and her sister Gracie Bratcher enjoyed a good KFC chicken meal that Mai Nell brought to Gracie's for their sister get-together on Tuesday.

Gracie's great-granddaughter Leah Davis and her brother Ain Davis visited with Gracie that day, also.

There are some people in need of prayer: Cecile Ferrell, Mary Melton, Rose Watts, Charlie Mai Daniel, Walter and Faye Ferrell, the people of Israel and Ukraine, and the family of Faye Hale. Prayer, as I have said before, is a powerful weapon that we need to use more often as God hears those prayers for those we care about and need healing and comfort in their time of need. Our prayers do not fall on a deaf ear.

Burley Bogle doing well and working hard on Wednesday of last week. Martha Parker has told me she is Thelma and Louise" duo and that Betty Barnes is

Louise. I'm glad we got that settled. Martha said her sisters Fay and Louise are both doing well at the present time. Melvin Ferrell doing some better on Wednesday afternoon. He was eating his lunch, so I didn't keep him on the phone lone. Ann Warren and family are o.k. and Ruth Brown and family are well, too. Rick and Beverly Hubler, Russell Taylor, Connie Cantrell, stopped by this week.

If you have any news for the column, just give me a call at 615-563-4429. Have a great day!

The Lord is good unto them that wait for Him, to the soul that seeketh Him. Lamentations 3:25

## News from the Mountain

BY CAROL GUNTER

### The Spine's Role in Respiratory Health

Think of the spinal cord as the roots of a tree. If the roots are in poor condition, it can cause the entire tree to suffer. In the same way, when something is out of alignment within the spine, other parts of the body may also function poorly.

Chiropractic is a healthcare profession that focuses on the musculoskeletal system, the nervous system, and how disorders within those systems can affect a person's health. It is a generally drug-free, hands-on approach to health care.

Spinal manipulation is the most common form of treatment performed by chiropractors, but other manual therapies and approaches are used such as heat and ice, relaxation and meditation, lifestyle counseling, nutrition advice, exercise, and other treatment methods.

### Thoracic Nerves and Respiratory Function

Chiropractic care focuses on correcting subluxations or misalignments within the spine that can affect different areas of the body beyond your spine, including the respiratory system. The thoracic nerves are found in the chest, but they stem from the spinal order. They help to operate the lungs and the rest of your respiratory system such as the muscles within the chest, ribs, upper back, and neck.

Misalignments within the spine can impact the thoracic nerves which can cause problems with the lungs expanding or contracting, resulting in breathing

CANNON COUNTY, TENNESSEE			
PROPOSED BUDGET FOR THE FISCAL YEAR ENDING June 30, 2025			
	Actual 2022/2023	Estimated 2023/2024	Estimated 2024/2025
<b>General Fund</b>			
<b>Estimated Revenues and Other Sources</b>			
Local Taxes	\$ 4,929,301.00	\$ 4,966,077.00	\$ 6,007,210.00
State of Tennessee	\$ 454,011.00	\$ 853,710.00	\$ 941,711.00
Federal Government	\$ 42,627.00	\$ 235,693.00	\$ 162,785.00
Other Sources	\$ 1,664,518.00	\$ 2,153,417.00	\$ 3,029,373.00
<b>Total Estimated Revenues &amp; Other Sources</b>	<b>\$ 7,090,457.00</b>	<b>\$ 8,208,897.00</b>	<b>\$ 10,141,079.00</b>
<b>Estimated Expenditures &amp; Other Uses</b>			
Salaries	\$ 3,820,147.00	\$ 4,452,203.00	\$ 6,533,607.00
Other Costs	\$ 3,198,238.00	\$ 3,724,748.00	\$ 3,903,349.00
<b>Total Estimated Expenditures &amp; Other Sources</b>	<b>\$ 7,018,385.00</b>	<b>\$ 8,176,951.00</b>	<b>\$ 10,436,956.00</b>
Estimated Beginning Fund Balance - July 1	\$ 3,262,752.00	\$ 3,334,824.00	\$ 3,726,770.00
Estimated Ending Balance - June 30	\$ 3,334,824.00	\$ 3,726,770.00	\$ 3,430,893.00
<b>Highway/Public Works Fund</b>			
<b>Estimated Revenues &amp; Other Sources</b>			
Local Taxes	\$ 55,685.00	\$ 78,500.00	\$ 109,000.00
State of Tennessee	\$ 2,215,499.00	\$ 5,479,512.00	\$ 5,552,909.00
Other Sources	\$ 83,181.00	\$ 5,109.00	\$ 331,500.00
<b>Total Estimated Revenues &amp; Other Sources</b>	<b>\$ 2,354,365.00</b>	<b>\$ 5,563,121.00</b>	<b>\$ 5,993,409.00</b>
<b>Highway/Public Works Fund</b>			
<b>Estimated Expenditures &amp; Other Uses</b>			
Salaries	\$ 547,748.00	\$ 641,840.00	\$ 833,677.00
Other Costs	\$ 1,911,057.00	\$ 3,616,435.00	\$ 5,945,131.00
<b>Total Estimated Expenditures &amp; Other Uses</b>	<b>\$ 2,458,805.00</b>	<b>\$ 4,258,275.00</b>	<b>\$ 6,778,808.00</b>
Estimated Beginning Fund Balance - July 1	\$ 2,680,356.00	\$ 2,579,916.00	\$ 3,880,762.00
Estimated Ending Fund Balance - June 30	\$ 2,579,916.00	\$ 3,880,762.00	\$ 3,095,363.00
<b>General Purpose School Fund</b>			
<b>Estimated Revenues &amp; Other Sources</b>			
Local Taxes	\$ 3,425,804.00	\$ 2,996,464.00	\$ 3,580,966.00
State of Tennessee	\$ 13,448,615.00	\$ 13,986,045.00	\$ 15,016,068.00
Federal Government	\$ 29,349.00	\$ 83,925.00	\$ 75,000.00
Other Sources	\$ 1,662,570.00	\$ 664,187.00	\$ 50,000.00
<b>Total Estimated Revenues &amp; Other Sources</b>	<b>\$ 18,566,338.00</b>	<b>\$ 17,730,621.00</b>	<b>\$ 18,722,034.00</b>

CANNON COUNTY, TENNESSEE			
PROPOSED BUDGET FOR THE FISCAL YEAR ENDING June 30, 2025			
	Actual 2022/2023	Estimated 2023/2024	Estimated 2024/2025
<b>General Purpose School Fund</b>			
<b>Estimated Expenditures &amp; Other Uses</b>			
Salaries	\$ 9,031,416.00	\$ 10,198,034.00	\$ 12,094,998.00
Other Costs	\$ 10,209,935.00	\$ 6,430,935.00	\$ 7,265,898.00
<b>Total Estimated Expenditures &amp; Other Uses</b>	<b>\$ 19,241,351.00</b>	<b>\$ 16,628,969.00</b>	<b>\$ 19,360,896.00</b>
Estimated Beginning Fund Balance - July 1	\$ 4,845,687.00	\$ 4,414,522.00	\$ 3,902,387.00
Estimated Ending Fund Balance - June 30	\$ 4,414,522.00	\$ 3,902,387.00	\$ 3,263,525.00
<b>General Debt Service Fund</b>			
<b>Estimated Revenues &amp; Other Sources</b>			
Local Taxes	\$ 127,376.00	\$ 102,818.00	\$ 102,400.00
<b>Total Estimated Revenues &amp; Other Sources</b>	<b>\$ 127,376.00</b>	<b>\$ 102,818.00</b>	<b>\$ 102,400.00</b>
<b>Estimated Expenditures &amp; Other Uses</b>			
Debt Service Cost	\$ 101,845.00	\$ 101,850.00	\$ 102,000.00
<b>Total Estimated Expenditures &amp; Other Uses</b>	<b>\$ 101,845.00</b>	<b>\$ 101,850.00</b>	<b>\$ 102,000.00</b>
Estimated Beginning Fund Balance - July 1	\$ 631,194.00	\$ 656,725.00	\$ 657,693.00
Estimated Ending Fund Balance - June 30	\$ 656,725.00	\$ 657,693.00	\$ 658,093.00
<b>Education Capital Projects Fund</b>			
<b>Estimated Revenues &amp; Other Sources</b>			
Wheel Tax	\$ 746,656.00	\$ 718,000.00	\$ 725,000.00
Other Sources	\$ 1,279,050.00	\$ 250,000.00	\$ 250,000.00
<b>Total Estimated Revenues &amp; Other Sources</b>	<b>\$ 2,025,706.00</b>	<b>\$ 968,000.00</b>	<b>\$ 975,000.00</b>
<b>Estimated Expenditures &amp; Other Uses</b>			
Capital Project Cost	\$ 4,638.00	\$ 19,900.00	\$ 60,900.00
Debt Service Cost	\$ 735,819.00	\$ 763,640.00	\$ 1,514,000.00
<b>Total Estimated Expenditures &amp; Other Uses</b>	<b>\$ 740,457.00</b>	<b>\$ 783,540.00</b>	<b>\$ 1,574,900.00</b>
Estimated Beginning Fund Balance - July 1	\$ 47,009.00	\$ 1,332,258.00	\$ 1,516,718.00
Estimated Ending Fund Balance - June 30	\$ 1,332,258.00	\$ 1,516,718.00	\$ 916,818.00