

At this point it's 100% Christmas

Folks are busy shopping for just the right gifts for their friends and relatives. Recently, I did see an interesting sign in a merchant's window. It read: "Your husband called. He said buy whatever you want. What a guy!" From what I could see, it was working.

There are still letters pouring into the North Pole. Aunt Martha's note said: "I'm writing to let you know I've been naughty and it was worth it." She has a gorgeous tree made out of green wine bottles.

I'm wondering if all those bottles represent just one year of consumption. Although, it was all holiday red wine, so maybe Santa will forgive her and bring her a gift after all.

Cousin Clarence chimed in with his letter: "Dear Santa, I have been good for

a week or so. Let's just focus on that." Even our cats sent a request letter. They asked: "Can we have four calling birds, three French hens, two turtle doves, and would it be possible to get just the partridge without a pear tree?"

Speaking of birds, Uncle Pete warned me to never catch snowflakes with my tongue until all the birds have gone south for the winter. No doubt he said that with a bad taste in his mouth.

Recently a rumor came out saying Christmas had been cancelled.

Apparently, Festus told Santa he was good all year long and Santa died laughing.

Well, this part is true. Last Christmas Eve Santa happened to go down a chimney that had a fire still burning. He was as close to a Krisp Kringle as he'll ever get!

By the way, have you ever noticed the different ways people open their presents? At this point, I've decided to place them in categories.

There's Jack the Ripper. The one who attacks their presents aggressively like an explosion...a bit scary to watch.

Then there's the Pincher, who squeezes the gift over and over again trying to guess what it is. (Really? Just open the thing!)

And here comes the Turtle. The one who opens at a snail's pace; like watching

someone diffuse a bomb. Aunt Martha is the only one who enjoys this kind of opener, as it gives her plenty of time for several wine refills.

The Saver is the one who never throws anything away. It seems to be their duty to save all the wrapping paper, bows, name cards, and tissue paper. They get very grumpy when others crumple it all up and throw it away.

Oh well, just chalk it up along with the rest of holiday craziness.

Overall Folks, the way I see it, the important gifts you can give someone is your time, your attention, your concern and your love. Unconditional love and acceptance for just the way they are.

Remember each day is a gift. Open it. Celebrate it. Enjoy it.

J.D. and I wish all of you love, health, happiness and inner peace throughout and beyond this Holiday Season.

Have a very Merry and Blessed Christmas!

Many Holiday Hugs,

SAVANNAH

Today's Chat with Savannah

My doll was under the Christmas tree

This time of the year I can't help but think of our "sweet little Mom" Mrs. Hester Warren. You see mom passed away Christmas Eve, 2008, at the age of "94." Her birthday was December 7th, so I wished her a happy birthday in heaven, because I know that is where she is residing. She always sacrificed so much for all seven of us. I want to tell you about the "Most Memorable Christmas" for me growing up because of Mom. Some of you may be new to the column and may not have heard this story and some stories are worth repeating: I went with my dad, Mr. Jake Lane Warren to Mrs. Lola Henegar's little country store and while there I spotted this beautiful doll with curly blond hair and enchanting blue eyes. I had never seen a more beautiful doll. Her blouse was lacey and white and the skirt, I think, was navy blue. Black patton-leather shoes and more lace on the white socks. Not able to remember the price on the doll but oh how I wanted to have it. Told mom about it but we were poor, and she told me it was just too high a price on it. When you are little there's a lot of things you do not understand and the hurt from hearing mom's words, even though she was so sweet in trying to explain why they couldn't get the doll for me, just about crushed me, and, of course, I cried. I tried not to think about the doll, but you know I did. Finally accepted getting the doll wasn't going to happen as one day in Mrs. Lola's store I did not see the doll where it had been, and I knew someone that could afford it had bought it. Later on, as Christmas morning arrived there under our live tree that daddy had cut down as he always did was a package that had my name on it. Inside was that beautiful doll from Mrs. Lola's store.

Mom, I am pretty sure, and Mrs. Lola traded out on eggs so I could have my best Christmas ever.

Christmas is in the air and I'm hoping you've been nice so Santa will bring you the gift you have asked him for. I'm just hoping everyone is well and will have a good get-together with family and friends. Do make Jesus the highlight of your celebration at Christmas because He should be the reason you, your family, and your friends get together and enjoy each other's company on His birthday and thank Jesus for the gift of eternal life in accepting Him as your Savior.

Want to let you know how much rain we got last week. The total was seven inches. That is a lot

Review of chiropractic, vertebral subluxation and immune function

A thorough review of existing scientific literature on chiropractic and the effect on immune function was published in a report on May 18, 2020, in the journal *Annals of Vertebral Subluxation Research*. The purpose of the study was to review existing scientific literature on chiropractic and immune function in order to shed light on the subject, and determine the need and direction of future research.

Recently, with the COVID-19 pandemic, there has been much discussion about possible ways to help defend yourself against getting the virus. Obviously, a heightened immune system would go a long way to prevention of infections in individuals and society in general. Chiropractors have traditionally stated they do not treat infectious diseases. They have, however, stated chiropractic care, by correcting nerve system interference, does help bolster the body's immune capabilities. This concept has drawn criticism from both traditional critics of chiropractic and some forces within the profession.

The study begins by noting the connection between nerve system function and immune function. "It is well established the nervous system controls and coordinates all functions and systems of the human body including immunity and the immune system. Many in chiropractic consider this relationship confers salutogenic benefits in people undergoing chiropractic care." In explaining this further, the authors point out that proper nerve function is essential for proper immune system function. This is how chiropractic can indirectly have a positive impact on immune function. "The original chiropractic theory is

centered on the principle that obstruction or interference in the nervous system caused by vertebral subluxation can affect internal physiological function and the propagation of mental impulses and therefore plays a role in pathophysiology and dis-ease."

The report authors reviewed 125 scientific papers from published sources having relevance to the subject of immune function and chiropractic. All of the studies and reports reviewed showed in some way chiropractic had a positive effect on nerve system function and thereby immune function.

One of the earliest reports reviewed was from the 1918 pandemic which compared medical care to chiropractic care in Iowa for those suffering with the Spanish flu. The results of that care were reported in this report. "In the state of Iowa, medical doctors treated 93,590 patients, with 6,116 deaths - a loss of one patient out of every 15. In the same state, excluding Davenport, 4,735 patients were treated by chiropractors with a loss of only 6 cases - a loss of one patient out of every 789." The study also noted, "In Davenport, Iowa, 50 medical doctors treated 4,953 cases, with 274 deaths. In the same city, 150 chiropractors including students and faculty of the Palmer School of Chiropractic, treated 1,635 cases with only one death."

In the conclusion of the report, the authors note there is an abundance of evidence showing chiropractic care has a positive effect on immune function. They call for more research along specific guidelines to end any controversy on this subject. "The results of this research demands we further explore the neuro-immuno-regulatory effects of chiropractic, adjustment and spinal manipulation and it provides a starting point for doing so. While adjustments reduce pain and inflammation, they also improve immune-regulatory function."



Cannon County Chiropractor Trea Wessel

News from the Mountain

BY CAROL GUNTER

Subscribe to the Cannon Courier.
Call 615-563-2512 or visit www.cannoncourier.com

LEGALS & PUBLIC NOTICES

Invitation to Bid
Description of items/services requested

Cannon County is requesting bids for used oil equipment at the Cannon County Convenience Center for the 2022 Used Oil Grant.

- One (1) Collection Tank Canopy
- One (1) Used Oil Collection Tank and Spill Pan including shipping
- One (1) Used Oil Storage Tank
- One (1) Old Collection Tank Removal and Disposal
- One (1) Used Oil Filter Crusher
- One (1) <250,000 BTU Used Oil Heater including Storage Tank and Flue Pipe
- One (1) Used Oil Pump
- One (1) Antifreeze Collection Tank and Spill Pan including shipping

General Requirements:

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. January 5, 2023** (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 Lisa Luck, c/o Upper Cumberland Development District, 1104 England Dr, Cookeville, TN 38501 or 931-432-4111 or LLuck@ucdd.org.

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.

Invitation to Bid
Cannon County Fire Department

The Cannon County Finance Department on behalf of the Cannon County Fire Department is soliciting bids for Communication Equipment. We are accepting bids on 8 – XPR 7550E portable two-way radios. All radios must come with batteries and chargers and must also be programmed.

General Requirements:

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. December 29, 2022** (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. *Please include a phone number and email address with the bid.*

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
diane.hickman@cannoncountyttn.gov
(629) 218-3213

If interested in submitting a bid, please contact Cannon County Fire Chief, Michael Underhill at munderhill@cannoncountyrescue.com or by calling (615) 904-5002.

Cannon County reserves the right to reject any or all bids. We are an equal opportunity employer.

Invitation to Bid
Cannon County Board of Education

Description of items/services requested: The Cannon County Department of Finance, on behalf of Cannon County Schools, is soliciting bids for a HVAC – Closed Circuit Cooler Replacement. Replace one (1) existing Closed Circuit Cooler included all associated work including new VFD, electrical, piping, insulation, crane costs, including 304 stainless steel basin. Delivery date of May 1, 2023 or sooner required to be considered for the award. Successful contractor must be able to provide a one (1) year parts and labor warranty on all labor and tower parts and components. *A site visit is required to bid. Bids will not be accepted from contractors that do not attend the pre-bid walk-through on Thursday, December 22, 2022 at 9:00 am. No other opportunity to view the job site will be granted outside this date and time.*

General Requirements:

Proposals, bids, or responses will be accepted by the Cannon County Department of Finance no later than **10:00 a.m. December 28, 2022** (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
110 S. Tatum St, Suite 216
Woodbury, Tennessee 37190
diane.hickman@cannoncountyttn.gov

For questions, please contact Melanie Sissom, Facilities Coordinator at (629) 218-3211, cell (615) 318-5189 or email: melanie.sissom@ccstn.net.

Cannon County reserves the right to reject any or all bids. We are an equal opportunity employer.