Wildcats compete in nationals

Staff Reports

The West Wilson Area Wildcats took the mat on Feb. 10, 2018, at the National High School Cheerleading Championship finals in the Senior Club Division in Orlando, Fla., and walked off with the title of 4th place in the nation and a bid to compete in the 2019 World School Competition in Orlando.

Their routine also earned them the top placement out of the squads from Tennessee. The squad is coached by Wendi Slone, 5th grade teacher at Coles Ferry Elementary, Jennifer Davis-Kelley, 5th grade teacher at Rutland Elementary School, and Phoenix Slone, Wilson Central graduate and Biology major/Chem-

Thieves strike out

Staff Reports

Three people have been charged after a scheme of stealing more than $128,000 in retail value of baseball equipment was uncovered after detectives were able to track down the suspects that took hundreds of items, including custom baseball gloves and batting gloves, from Wilson Sporting Goods in Mt. Juliet.

Two of the suspects, Rebecca M. Knight (32) and Rachel D. Patterson (34), were employees of the sporting goods store and were charged with Theft of Property ($10,000-$60,000).

While Knight and Patterson worked together to deprive the business of its inventory, a third suspect, Terry L. Averitt (35), was charged in connection to the crime by receiving the stolen items from the two and transporting them with his vehicle.

“Wilson Sporting Goods contacted us after they noticed a significant amount of items missing from their warehouse,” said Sheriff Robert Bryan. “Detectives were able to develop strong leads which led to the arrests of these three individuals. This was a complex scheme and thankful that their Loss Prevention unit remained vigilant in recognizing the missing items which were strategically taken over a period of time.”

Averitt has been released from the Wilson County Jail after posting a $20,000 bond.

Student charged after making threats

By Sarah Tate
Managing Editor

A Wilson Central student was charged through Juvenile Court for threats made to another student and the school, according to Wilson County Sheriffs.

The threats were made Thursday night, one day after a school shooting in Parkland, Florida, that left 17 dead at Marjory Stoneman Douglas High School.

The tragedy marked another school shooting in the United State this year. On Feb. 9, 2018, a 17 year old was critically hurt after he was shot outside Pearl Cohn High School in Nashville. On Jan. 23, 2018, little more than a week prior, two students were shot and killed at Marshall County High School in Kentucky.

“We take all threats seriously and will prosecute any student who makes a direct threat on an individual or the school itself, even if students are doing so in a joking manner,” said Lt. Scott Moore of Wilson County Sheriff’s Office. “These situations are dangerous and can have serious consequences.”

Teachers of the Year

By Sarah Tate
Managing Editor

This week’s feature for Teacher of the Year is Taimi Reese, and interventionist at W.A. Wright Elementary School.

Taimi Reese graduated from Tennessee State University with Bachelor of Science degree in K-6 Education. She is planning on getting her Master’s degree in Administration in the next few years.

Though she always loved school and enjoyed learning, she didn’t always know she wanted to be a teacher. It wasn’t until after she became a mom and started working in the learning center for preschool that she realized she enjoyed being a teacher rather than a student.

Reese has been at W.A. Wright for seven years. She previously taught third and fourth grades in classrooms.

See CHEER, PAGE 2
See WCSO, PAGE 5
See WCPS, PAGE 5
See TOY, PAGE 15
COMMUNITY CALENDAR

FEB 22

VA Benefits event
Rutland Place will be hosting a VA Informational Event: “How VA Disability Benefits May Help with Senior Care Costs,” presented by Dr. Glenn Osborne, Dr. App. Sc. (Gerontology), Managing Director of Elder Veterans Legal Aid Group. P.C. Event is Thursday, Feb. 22 from 11:30 a.m. until 1 p.m. Lunch provided. Please RSVP at 615-773-6111.

MARCH 1

JECDB
The Joint Economic Development Board Executive Committee will meet at 7:45 AM on Thursday, March 1, 2018 at the JECDB office located at 200 Aviation Way, Suite 202, Lebanon.

MARCH 3

Fundraiser
Boy Scout Troop 246 is having its annual Spaghetti Dinner Fundraiser Saturday, March 3, from 5-7 p.m. at Cook’s United Methodist Church. Tickets are $5 each. Located at 7919 Lebanon Rd. in Mt. Juliet.

MARCH 24

Senior Informational Expo
Grace United Methodist Church will be having a “Senior Information Expo” on Saturday, March 24 from 9 a.m. to noon. Located at 2905 N. Mt. Juliet Rd. They will be providing information for seniors and their caregivers. Free to the community.

FEB 24

Hermitage Church
Black History Month Memorial Service, 11 a.m. to noon on Feb. 24 at The Hermitage Church. Join The Hermitage for their annual commemoration of those enslaved at The Hermitage and throughout the country. The service will feature guest speaker Nicole A. Moore of the Center for Civil & Human Rights in Atlanta.

FEB 27

TDOT meeting
Tennessee Department of Transportation will be holding a pre-construction meeting for Highway 109 (SR 109) at 6 p.m. Feb. 27 at Life Church, located at 3688 Hwy 109, Lebanon. Local residents are encouraged to attend to learn about the construction plan, what residents can expect, and a timeline for the project.

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Gladeville Elementary Honor Lists
Second Nine Weeks

Principal’s List

2nd Grade:  

3rd Grade:  
Noah Bennett, Grayson Bilter, Machaela Black, Lily Cook, Nate Cox, Kiley Davis, Kiley Delacey, Brylee Fly, Grafton Graves, Cara Gullett, Reese Hagar, Brayden Hail, Harry Hanley, Michael Harris, Landen Ivy, Sophie Lannom, Mary-Beth Martin, Jayden Mead, Hayden Moran, Johanna Murugia, Wyatt Nichols, Gaines Odom, Lucas Pack, Leilani Pierre-Antoine, Jakarah Sanders, Brenna Scott, Carter Spencer, Reid Spencer, Hunter Suttles, Liam Trammell, Cassie Tucker, Wesley Vertrees, Oakley Webster

4th Grade:  
Alex Stone, Gillian Thomas, Maddux Vanatta, Harlie Ward, Annie Wilson, Isaiah Word

5th Grade:  

Honor Roll

2nd Grade:  

3rd Grade:  

FREE DINNER
If you’re having serious back, neck, arm, leg pain or numbness please accept this invitation to attend our FREE Spinal Decompression Seminar. Learn about how this state-of-the-art AMT Technology, with a 92% success rate, can fix your neck and back problem for good.

Woodfire Grille 3950 N. Mount Juliet Rd., Mt. Juliet, TN 37122
Tuesday, March 6th, 7:30pm
FREE Spinal Decompression Seminar. Learn about how this state-of-the-art AMT Technology, with a 92% success rate, can fix your neck and back problem for good.

You’re invited to a FREE DINNER
If you’re having serious back, neck, arm, leg pain or numbness please accept this invitation to attend our FREE Spinal Decompression Seminar. Learn about how this state-of-the-art AMT Technology, with a 92% success rate, can fix your neck and back problem for good.

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What are the benefits of a Spring Tune-Up?

Spring is around the corner and your HVAC system is due for a cleaning. After a long winter, your system needs to be maintained to prepare you for the upcoming season. A Spring Tune-Up consists of an inspection of all functioning parts and thorough cleaning. First, this will inform you of any repairs that need to be currently made and this will also let you know of any repairs that could possibly happen in the future. Next, a thorough cleaning will help your system run more efficiently and cut down on energy costs. We recommend a Spring Tune-Up to give you, as the customer, peace of mind that your system is running properly and to keep you in the loop on the future of your HVAC system. Please, let us know how we can be of service to you this Spring!

What can I do to help my dull skin look more radiant?

Lack of exfoliation typically results in dull skin. Chemical exfoliants are my go-to, as far as at home products go. They microscopically dissolve dead skin cells, increasing overall cell turnover. You cannot go wrong searching for a serum that contains glycolic, lactic, phytic or salicylic acids. I am currently enjoying the benefits of ZO’s GlycoCeutix and Skin Benefit’s Koji Pads. With the proper product, your skin can be smoother, brighter and more radiant – oftentimes in as little as a couple of weeks. In office brightening treatments consist of microdermabrasion or a light chemical treatment, with either no downtime or light to moderate peeling. My personal favorite is ZO’s Stimulator Peel, which offers excellent exfoliation and no peeling downtime. These treatments will jumpstart your skin to becoming more vibrant, while complementing an effective at home skin care routine.

Will a retainer be necessary after braces?

Great question! Wearing a retainer after any orthodontic treatment, is an important step, because it keeps the teeth stable after the active orthodontic appliance is removed at the end of treatment. Without retainers, your teeth would return to their old “crooked ways.” If you want your teeth to remain in their ideal positions for the rest of your life, it would be best to wear your retainer for life. Some orthodontic retainers can be attached to your teeth permanently, called fixed retainers. We usually start with a retainer made of a clear plastic removable material that fits on your teeth like a glove on your hand.

Retainers are the cheapest form of insurance around. If you lose your retainer, it is cheaper to replace it IMMEDIATELY than to do your orthodontic treatment over again.

How can I cut down the cost of running my pool all year long?

If you don’t already have one, think about investing in a variable speed pump. You don’t need 100 percent of your pump’s capability, but it is easier to keep your pool clean and in good shape if you circulate your water 24/7. To reduce the cost of running your pump all the time, the variable speed pumps draw less power and can be run at lower speeds during part of the day, which makes them consume even less power.

We speak Medicare.

I’m about to become eligible for Medicare and the insurance agent I spoke to advised me to purchase a Medicare supplement. They advised against Medicare Advantage plans. How do I know which is best for me?

I have touched on this before, but I want to bring it up again since we hear so much of this in our office. Not all insurance agents or agencies can show you Medicare Advantage plans, that is a bad sign. These are all very good plans and should definitely be considered when making decisions regarding Medicare. We at IMS are brokers and represent every Medicare health plan in the state. We can show you all of your options and in a way that you’ll understand them! Feel free to come in and let us draw a picture to help you understand all of these different options.
Mt. Juliet named one of safest cities in Tennessee

Mt. Juliet is one of the safest cities to live in Tennessee, according to the National Council for Home Safety and Security.

Mt. Juliet ranks five on the group’s ranking of Safest Cities in Tennessee for 2018.

Brentwood, Spring Hill, Collegedale and Germantown rank one through four, respectively, and Hendersonville, Collierville, Franklin, Gallatin and Bartlett are six through ten.

To identify the safest cities, the group review recent FBI Uniform Crime Report statistics along with its own population data and internal research. Cities that failed to submit a complete crime report to the FBI and cities with populations under 10,000 were eliminated.

According to the National Council for Home Safety and Security, the cities were ranked based on the number of reported violent crimes (aggravated assault, murder, rape and robbery) and property crimes (burglary, arson, larceny-theft and motor vehicle theft) per 1,000 people. These variables were then weighted, with violent crimes assigned a value 1.5 times (due to their severity) that of property crimes.

The report was formally released on Feb. 20, 2018. The National Council for Home Safety and Security is a trade association comprised of home security professionals across the United States. The council advocates for safe communities and home safety with a strong focus on community involvement.

Mt. Juliet was ranked fifth on the Safest Cities in Tennessee for 2018 by the National Council for Home Safety and Security.

From WCSO, PAGE 1

From THREAT, PAGE 1

Patients are not something to joke about or make a mockery of and we will work collaboratively with school administrators to maintain a safe environment.”

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A World in Need of Faithful Mentors

We live in a world with so much violence, and yet the brokenness of life continues to take center stage. Where are the answers to be found? I hear so much talk but see very little action. Last week as another dreadful school shooting took place, I learned of the passing of a special man who was a true mentor to me in my formative years. Blake Whisenant was a deacon in our church, a family man, a tomato farmer, and a man who loved God. Brother Blake was also my Royal Ambassador leader. As such he was always patient, loving and kind to our little group of rowdy boys. Honestly, in those days I saw him simply as the guy who made it possible for us to have a fun time while being challenged to walk in the footsteps of Jesus. Looking back however, Brother Blake provided me and the others with so much more. Week by week at Palm View Baptist Church in Palmetto, Florida, he was mentoring each of us, showing us how to become men of integrity and responsible citizens. A few years later, as a young college student, this man who had earned the right to probe my life with a simple and yet profound question, helped turn my heart toward a life of ministry that now spans more than 40 years.
The struggle of committing good deeds and being nice is harder to do when we're agitated, aggravated, frustrated, mad, ill, tired, impatient, hot, cold, running late or distracted.

Wow! It seems there are lots of things that can distract us from being kind, nice and committing good deeds.

The problems caused from all these distractions can at times cause us to be less than nice and forget to commit good deeds ourselves. The sad thing about anyone committing fewer good deeds is that it is reciprocal. Fewer good deeds committed equals fewer good deeds received. In other words, the more good deeds we do for others the more likely we are to receive the same in return.

We should all be more aware and cognizant of others’ feelings as well. The way to create a happier, more giving society is to start with ourselves first. If we all committed more good deeds for no reason at all it would surely catch on.

Think about it. It’s hard to be mean spirited or ill to anyone who is being good or kind to you. However, let someone cross you in the wrong way and watch the sparks fly. Very few disagreements have ever, if ever, been caused from someone committing good deeds or kindness.

As human beings, our tendency is to be nice to those who are nice to us. In traffic and/or driving situations, we have all found ourselves needing to enter traffic only to find that other drivers will not stop and allow us to enter traffic. We patiently wait and wait when finally someone lets us enter traffic. We say to ourselves, finally. As we enter traffic, we wave to the person who committed the good deed feeling better about society and mankind as a whole again.

Thank goodness for these random good deeds. If we didn’t all have a good deed thrown our way every now and then, we would all eventually commit fewer good deeds ourselves.

The moral of the story is to remember to be kind to one another for we all have to share this wonderful life and world together. As we have all been told by our parents for many years, it is always better to share than not to share. And that goes for the sharing of good deeds as well. So please remember, what goes around comes around, so please do unto others as you would have them do unto you.

Commit more good deeds and you will INDEED receive more good deeds in return. Have a great day!
Letter to the Editor

Concerning the recent Florida shooting, I have three suggestions to protect our students and teachers.

1. With each new school building that is constructed, there should be an interactive camera at the outside entrance. This means that in order for someone to check out/in a student, they would only gain entrance upon showing proper identification. All existing school buildings could be revised with proper additions to make the interactive camera operable for each school. I know this would be costly but what price can you put on the safety of the loss of even one single child?

2. We should employ more specialists to work within our schools system such as School Counselors and School Psychologists to enable them to identify and work with troubled youth. The majority of School Counselors must devote a lot of their time to testing, scheduling and doing whole class presentations rather than being able to concentrate on individual concerns on a regular basis. They do a wonderful job but are pulled in so many directions it is hard for them to devote a lot of time to this endeavor.

3. Recently I talked with several substitute teachers from various counties and they all said the same thing: When they substitute, they are not given a key to the classroom where they will be all day. This means the students and the substitute within that particular classroom would not be able to lock the door to prevent intruders. Many of the substitutes tell me they are not told anything at all concerning procedures on how to protect the students within their classroom. In my opinion, each substitute should be given a key to the classroom they are substituting for to enable them to protect their students.

Myra Sloan, Lebanon

Editor’s Note: Letters to the editor are edited for length and published as sent. All opinions expressed are those of the author and do not necessarily reflect the views of this publication.

Wilson Central Cheerleaders recently competed in the National High School Cheerleading Competition. This is the first team from Wilson Central to ever place in the prestigious competition. There are two competition squads at Wilson Central, Varsity and Junior Varsity. The Varsity squad placed 9th in the small varsity game day competition. The Junior Varsity squad placed 2nd for junior varsity game day and 8th in the nation for small junior varsity overall.

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SFMO reminds to use candles with care

Staff Reports
While candles are a popular piece of home decor, the Tennessee State Fire Marshal’s Office (SFMO) wants to remind consumers that flamed candles must be used properly to avoid loss of life, injury and significant property damage.

Though candles might make homes feel festive, they can also cause tragedy. In 2017, Tennessee fire departments responded to 77 home structure fires that were started by candles. These fires caused two civilian fatalities, two civilian injuries, one firefighter injury and $2,447,363 in direct property damage.

“We remind consumers to always take care when using candles,” said State Fire Marshal and Commerce & Insurance Commissioner Julie Mix McPeak. “When left unattended or placed too close to something that can burn, candles can cause devastating fires. Fortunately, consumers can prevent candle-related fires with just a few cautionary steps.”

According to the National Fire Protection Association (NFPA), on average, 24 home candle fires are reported every day in the United States. More than one-third (37 percent) of home candle fires begin in the bedroom.

The State Fire Marshal’s Office offers the following tips to keep Tennesseans safe from candle fires:
• Consider using battery-operated flameless candles, which can look, smell, and feel like real candles.
• When using candles, place them in sturdy, safe candleholders that will not burn or tip over.
• Protect candle flames with glass chimneys/containers.
• Keep candles at least 12 inches from anything that can burn.
• Never leave a burning candle unattended.
• Avoid using candles in bedrooms and sleeping areas.
• Keep children and pets away from burning candles.
• Never use a candle where medical oxygen is being used. The two can combine to create a large, unexpected fire. Medical oxygen can cause materials to ignite more easily and burn at a faster rate than normal. Always use a flashlight, not a candle, for emergency lighting.
• Use only battery-powered lights in tents, trailers, motor homes and boats.
• Lit candles should not be placed in windows, where blinds and curtains can close over them, causing a fire.

TriStar Summit offers award for extraordinary nurses

Staff Reports
TriStar Summit Medical Center kicked off a new recognition program last week, The DAISY Award for Extraordinary Nurses. The award is part of the DAISY Foundation’s program to recognize the super-human efforts nurses perform every day.

The not-for-profit DAISY Foundation is based in Glen Ellen, Calif., and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon autoimmune disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families, and colleagues, and they are chosen by a committee of nurses at TriStar Summit Medical Center to receive The DAISY Award. Awards are given throughout the year at presentations given in front of the nurse’s colleagues, physicians, patients, and visitors.

“We are proud to be among the healthcare organizations participating in the DAISY Award program. Nurses are heroes every day. It’s important that our nurses know their work is highly valued, and The DAISY Foundation provides a way for us to do that,” says Mary Ann Angle, Chief Nursing Officer at TriStar Summit Medical Center.

If you wish to nominate a nurse you can do so at https://tristarsummit.com/patients-visitors/daisy-award.dot, pick up a nomination form at TriStar Summit or call Karen Witte at 615-316-3305.

THE CHRONICLE of Mt. Juliet

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Walk-ins Welcome! Most insurance plans accepted!

Photo by Sarah Tate

Mt. Juliet Police Chief James Hambrick talks to a group of children at Coffee with a Cop Friday, Feb. 16, at Gourmet Donuts.

Photo by Sarah Tate

THE CHRONICLE of Mt. Juliet

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The Chronicle of Mt. Juliet, FEBRUARY 21, 2018 Page 9

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Southeastern Dental of Mt. Juliet

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• Lit candles should not be placed in windows, where blinds and curtains can close over them, causing a fire.
OBITUARIES

Memorial Services for Sarah Wilma Bowles, age 91 of Old Hickory, were held Feb. 17, 2018, at Plumk Funeral Home. Mrs. Bowles was born June 10, 1926, in Lyles, Tenn., to the late Herman Houston Epps and Ada Adele Cochran. Mrs. Bowles attended Green Hill Church of Christ in Mt. Juliet. She is survived by: Daughter – Pamela Nichols; Step-Son – Morris (Marjorie) Bowles; Brother – Ernest Epps; Sister – Verda Plant; Grandchildren – Jennifer (Booby) Ginn, Michelle (Randy) Samson, Racquel (Shane) Mangrum, Nichole (Robbie) Allen, Donnie Reavis, Shanna Roberts and Marta Morgan; 17 great grandchildren and seven great-great grandchildren. Along with her parents, she is preceded in death by:Husbands – Billy Franklin Fowlkes (1960) and Morris Coleman Bowles (2008); Son – Michael Lynn Holt; Daughters – Donna Jean Suiter; Brothers – Walter Epps, Joe Morris Epps, and Herman Houston Epps, Jr.; Sister – Grace Epps Thompson; Granddaughter – Penny Thompson; Great-Granddaughter – Sara Roberts. Plumk Funeral Home is in charge of arrangements.  

DUKE, Billy Carol  

EATHERLY, Timothy Hugh  
Tim Eatherly passed away on Feb. 15, 2018 at 62. A funeral service was conducted Feb. 18 at Sellars Funeral Home in Lebanon. Interment followed at Wilson County Memorial. Mr. Eatherly worked at Bridgestone in Machine Operations and was a member of Fairview Church. He is survived by wife of 43 years, Peggy Dunham Eatherly; children Kadee Jo (Drew) Boggs and Kyle Eatherly; grandchildren Macie Jo Boggs and Kyle Eatherly; great-grandchildren Macie Jo and Wesley Gwynne Boggs; siblings Jane (Ronnie) Williams, Kathy Susan Eatherly, Step-brother Will (Chasie) Mullinax, daughter (Lee) Stinson; and great-grandchildren, Renick, Maryn, Jackson and Hutton. Memorial services were held Feb. 19 at Sellars Funeral Home in Mt. Juliet, and interment followed at Hermitage Memorial Gardens. Arrangements by Sellars Funeral Home at Mt. Juliet, 2229 N. Mt. Juliet Road, Mt. Juliet, TN 37122, 615-758-5459, obituary line 615-758-8818, www.sellarsfuneralservices.com  

GRIZZARD, Dianne  
Grizzard, Dianne, age 65 of Mt. Juliet, passed away Feb. 17, 2018. Mrs. Grizzard was born in Clarksville. In 1970, she was voted Homecoming Queen in her senior year at Clarksville High School. She attended Austin Peay University where she received her Bachelor's Degree in Education and met her husband, Kent. She was a Metro school teacher for more than 20 years. After retirement from teaching, she and her husband bought the Sub Stop Restaurant at 17th and Potters Road where they met thousands of friends. She was a devoted wife, mother, grandmother and friend. She lived her life to the fullest with laughter and joy. She also loved to travel, A friend summed up her life with these words: Thank you for the sunshine that you brought to this world. Thank you for your friendship and for being all that God wanted you to be on this earth. We are all better for having known you. Mrs. Grizzard was preceded in death by parents, Gilford and Bonnie Martin. She is survived by husband of 42 years, Kent Grizzard; sons, Jeff (Mary) Grizzard and Jake (Noel) Grizzard; sister, Sandra (Elvy) Martin; brother, Joe White; and grandchildren, Elijah, Shyanne, and Weston. Flowers may be made to the Alzheimer’s Association, 4825 Trousdale Drive, Suite 220, Nashville, TN 37220. Arrangements by Bond Memorial Chapel, N. Mt. Juliet Road and Weston Drive, Mt. Juliet, TN. [615]773-2663. Obit Line [615]641-2663, www.bondmemorial.com  

MULLINAX, Amanda Lenoire Heady  
Amanda Mullinax passed away on Feb. 16, 2018 at age 33. A funeral service was held Feb. 20 at Sellars Funeral Home in Lebanon, and interment followed at Cedar Grove Cemetery. Mrs. Mullinax was a Certified Nursing Assistant and a member of Salem Baptist Church. She loved crafting, singing and writing songs. She is survived by husband Wesley Mullinax, daughter Kristy Michelle Mullinax, father Jerry (Nancy) Heady, mother Melinda Harrison, brother Daniel Lee Heady, step-brother Will (Chasie) Graham, step-sister Tammy (Josh) Keel, grand-parents Georgia Louise Heady Gill and Jack Lee Heady, in-law Kenneth and Carolyn Mullinax, and numerous loving aunts, uncles, and cousins. Visitation will be held Feb. 16 at Grace Place in Hermitage. Flowers accepted or memorials may be made to the Alzheimer’s Association, 4825 Trousdale Drive, Suite 220, Nashville, TN 37220. Arrangements by Bond Memorial Chapel, N. Mt. Juliet Road and Weston Drive, Mt. Juliet, TN. [615]773-2663. Obit Line [615]641-2663, www.bondmemorial.com  

HUGHLEY, Martha Mae  
Hughley, Martha Mae, age 88 of Gallatin, died Feb. 13, 2018. Mrs. Hughley was born in Delrose, Lincoln County, TN and was the daughter of the late Marvin Wesley and Annie Bea Brewer Mitchell. She was also preceded in death by her daughter, Melody Lynn Hughley; son, Billy Don Hughley; and sister, Marvalene Colquette. Mrs. Hughley loved to cook and spend quality time with her family, but was a doll collector. She is survived by her husband of 70 years – Willard Hughley, son Robert “Billie Bob” Hughley; Daughter – Gayle (Mark) May; Daughter-in-law – Brenda Hughley; Grandchildren – Heather (Brent) Murphy, Amber (Chris) Davis, Danny (Niki) Guy, Joy (Steve) Sherman and Dana (Lee) Stinson; Great-grandchildren – Janes Murphy, Caleb Davis, Emily Davis, Dylan Guy, Courtney Guy, Eljah Sherman, Natalee Stinson and Audrey Stinson. 

Funeral services were conducted Feb. 16 at Grace Place in Hermitage. Flowers accepted or memorials may be made to the Alzheimer’s Association, 4825 Trousdale Drive, Suite 220, Nashville, TN 37220. Arrangements by Bond Memorial Chapel, N. Mt. Juliet Road and Weston Drive, Mt. Juliet, TN. [615]773-2663. Obit Line [615]641-2663, www.bondmemorial.com  

Advertise in The Chronicle of Mt. Juliet, FEBRUARY 21, 2018
Codi Esquivel of MJHS signed with Thomas More College to play football with the Saints. TMC is located in Crestview Hills, Kentucky.

Tony Thompson of MJHS signed with Independence Community College to play football with the Pirates. The school is located in Independence, Kansas.

Aiden Raines of MJHS signed with Tennessee Technological University to play football. TTU is located in Cookeville, Tenn.

Colton Reeder of MJHS signed with Mount St. Joseph University to play football with the Lions. MSJ is located in Cincinnati, Ohio.

Tyreece Stone of MJHS signed with Thomas More College to play football with the Saints. TMC is located in Crestview Hills, Kentucky.

Jalen Sowell of MJHS signed with University of Memphis Tigers as a Student Associate working with wide receivers. UofM is located in Memphis, Tenn.

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**Tots to Teens Consignment Sale.** February 17th - 24th. School Age Children - PreK - High School. Sizes 47 to 13260 Lebanon Rd. Mt. Juliet (Across Green Hill Church)

Ladies clothing, books, tools, dishes and a little bit of everything. February 23rd &24th 8:00am - 2:30 pm 8201 Luree Lane Hermitage, tn.

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VEHICLES
The following vehicles will be sold at Mobiletech Automotive Repair 108 West Division, Mt. Juliet, Tn. 37122 at 10 a.m. on March 8, 2018 for towing and storage fees accumulated on vehicles if not paid in full by the time of the sale. Paperwork will be provided at the point of sale to apply for a title. 1992 Chevrolet CC1, VIN 1GCDC1426N223203, Terry M Johnson 1998 Chrysler SLI, VIN 4C3AU52N-1WE110312, Ashley N Potts

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When my youngest child was six-months old, my little sister came for a visit. One of her many visits trekking from the northwest to Tennessee that summer. The last summer we had our mom. When I picked her up from the airport, she asked how I was doing. “I’m fine,” I responded. With a laugh, she said, “When I did my labor and delivery rotation in nursing school, one of my professors told us that fine is just an acronym for Frustrated Insecure Neurotic Exhausted.” I don’t like to brag, but I WAS NAILING IT! FINE was my jam. That’s what I think of every time someone says, “I’m fine.” Maybe it’s just easier to say what we think someone wants to hear instead of going into a 30-minute rant about how life stinks sometimes.

With social media pages that showcase photographic evidence of how fabulous life is, it’s no wonder no one wants to reveal those warts. If we tell the truth about our less than perfect life, kids, jobs, in-laws, we then become what we fear most … human. If you are anything other than fine, you’ve failed at this. Whatever this is.

How’s the new baby? “He’s perfect. A gift from God. I don’t know what we did before he/she was here. I feel complete. I was made to nurse. Bloody nipples be damned, my baby is going to be a genius because of me.” That’s wonderful! How are you? “Me? I’m fine. I get to watch the sun rise and set and rise and set. I can’t remember the last time I showered, but I’ve discovered that a baby wipe shower works great in a pinch. I’m totally fine.” I’ve perfected the art of being fine since having children. I was fine when he didn’t get invited to a friend’s birthday party in first grade (This is a lie. I’ll never get over that.) I was fine when he started high school. I was fine when he started driving and dating. I was fine when he made stupid teenage mistakes that left my gut steaming with worry. I was fine when he graduated from high school. I was fine when he went on his first road trip with friends without REAL adult supervision. I was fine when we moved him into his college dorm. I’m fine now even though I have no idea if he’s washed his sheets since we moved him more than six months ago. I’m fine not knowing or having any control over what he’s doing while away from my admittedly overbearing, watchful eye.

I’ve been the walking embodiment of FRUSTRATED INSECURE NEUROTIC EXHAUSTED more times than I’d like to admit. And I’m sure I will feel the sting of that acronym with my youngest who will begin high school in a few short months. But today I am fine. Really! The hard didn’t last forever.

For now, I’m done with the “How are you” questions. Common sense and a little life experience prove that you are probably not fine if you just lost a parent or a job or if you just had a baby eight days ago or your oldest child only came home from college three times during his first semester of college. You are entitled to feel all those inconvenient, complicated emotions that go hand in hand with being human. The ones that are left out of our Snapchat stories. Because even if things aren’t really “fine” now, it will be eventually. But don’t get too cocky when things are going well. And don’t say, “My kid would never…” As soon as you utter those words, little Kevin might be headed home with some shiny new hardware on his nipple!

Comments? Email becky@wilsonlivingmagazine.com

By Becky Andrews
Wilson Living Magazine

TELLING TALES
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Selph, David Earl

Dave Selph (Oct. 23, 1945 - Feb. 14, 2018) passed away unexpectedly on the morning of Feb. 14, 2018 in Mt. Juliet. He was 72. He was born in Vallejo, CA. and raised in Murfreesboro, TN. He was educated at Middle Tennessee State University, graduating in 1967 with Honors in both Engineering and English. He valued education and was proud that all his daughters received advanced degrees in their fields.

He served his country in the Vietnam war on the front lines 1968-1970 acquiring an Air medal, a Purple heart and a Bronze star. He was an avid history scholar and enjoyed visiting museums while travelling across the south. He loved cars, mechanics, and tinkering in general. He spent many years rebuilding an Army jeep from the ground up. He was a fan of do it yourself projects, building a garage and laying a new wood floor by himself in his home.

A life-long music lover, he played the saxophone in the marching band at President John F. Kennedy’s inauguration in 1961. Dave also had a tremendous gift for storytelling and was reliably witty and entertaining, always delivering a punch line with perfect timing. You could hear his laugh from across the room.

He was exceptionally healthy and full of energy up to the moment he passed away. He never missed a day walking his beloved dogs. He had a soft spot for all animals and inherited his mother’s green thumb producing yummy tomatoes and okra in his summer garden.

His biggest love in life was his family. He was married to his wife of 29 years, Mary Frances Self. He is survived by his wife; his daughters, Melissa (Nigel) Sanders-Self, Julie Benjamin, and Mary (Jason) Organ; his stepchildren, Rhonda Parman and Jeffrey Jennings; and his six grandchildren, Dylan Sanders-Self, Luke Sanders-Self, Hannah Benjamin, Emma Benjamin, Olivia Benjamin, and Pearl Organ.

SWEETON, Linda “Joyce”

Joyce Sweeton, age 74, passed away peacefully Saturday, Feb. 17, 2018. Joyce was born Aug. 8, 1943 in Lebanon, the daughter of Corine and Frank Sellars. A loving and devoted wife, mother, grandmother and great-grandmother, Joyce had a passion for cooking and gardening and spent many years active in the Middle Tennessee Daylily Society.

She is survived by her beloved husband of 59 years, James Sweeton, Mt. Juliet; three loving children Scott (Susan) Sweeton, Longview, TX, Penny Warren, Hendersonville, TN, and Randy Sweeton, Mt. Juliet; seven grandchildren whom best know Joyce as “Nanny,” Lindsay (Cody), Brittney (Walker), Chance, Justin, Dillon, Jacob and Morgan; and two great-grandchildren Sawyer and Bo.

She is preceded in death by her parents Corine and Frank Sellars.

Funeral services will be conducted 2 p.m. Thursday, Feb.22, 2018 at Bond Memorial Chapel with Ronald Stroupe officiating. Visitation will be one hour prior to service. Thursday at Bond Memorial Chapel, N. Mt. Juliet Road and Weston Drive, Mt. Juliet, TN. (615) 773-2663. Obit Line (615) 641-2663, www. bondmemorial.com

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Staff Reports

Timothy Kreth, M.D., a cardiologist specializing in diagnostic cardiology and preventative care, has joined the Saint Thomas Heart team. Dr. Kreth will serve patients in Hermitage, Mt. Juliet and Carthage. Saint Thomas Health is part of Ascension, the nation’s largest Catholic and non-profit health system.

Dr. Kreth’s specialty procedures include echo cardiograms, stress testing, nuclear cardiology and cardiac event monitoring. Dr. Kreth is board certified in Internal Medicine, General Cardiology, and Interventional Cardiology.

Dr. Kreth earned his B.A. from the University of Dallas, where he graduated Cum Laude, and he completed his Medical Doctorate at University of Arkansas for Medical Sciences. Dr. Kreth previously served patients at private practices in Memphis and Nashville.

When he’s not serving patients at Saint Thomas Heart, Dr. Kreth enjoys photography, ham radio and traveling with his wife.

From SPINE, PAGE 2

Kreth joins St. Thomas Heart in local offices

Tennessee Spine and Disc aims to help relieve back and neck pain. Conditions they treat include auto, work and sport injuries, herniated and degenerated discs, and sciatica (leg pain), according to their website.

“We’re offering a $20 special, which includes an exam, an X-Ray, and a treatment,” said Kanan. “Normally it’s $300, and we’re doing that for $20 for the month of March for our grand opening special.”

Kanan will have a license Nurse Practitioner in the office as well, which will bring additional services to Tennessee Spine and Disc.

Under their Nurse Practitioner’s license, the business will also offer hormone optimization for men and women and cosmetic services such as Botox and collagen fillers.

They are also offering a $20 special for a 30-minute consultation with the Nurse Practitioner to see if patients may have a hormone balance problem.

Tennessee Spine and Disc will also host a special free dinner presentation where Kanan will talk about the benefits of spinal decompression for a person who has serious neck or back problems. The presentation will be 7 p.m. March 6 at Woodfire Grille in Mt. Juliet.

To learn more about the services offered at Tennessee Spine and Disc, visit their website at tennesseespineanddisc.com. Prospective patients can call (615) 583-5883 to find out if they are eligible for care.

Located at 854 N. Mt. Juliet Rd., the office will be open Tuesdays and Thursdays from 8:30 a.m. to 6:30 p.m., closed from 1 to 2 p.m. for lunch. It will also be open Saturdays from 8:30 a.m. until noon.

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