Vehicle crashes through front window of Mt. Juliet business

Structure fire closes down Belinda Parkway

Fire crews called back to scene due to re-kindled fire

Mt. Juliet boy injured from unrestrained dog attack, bite

Wilson County School Board votes against corporal punishment

Moss’ Flower Shop opens at new location

Vehicle crashes through front window of Mt. Juliet business

A car crashed through the front window entrance of Maximized Living Health Center on Lebanon Road last Thursday afternoon. No injuries were reported when authorities arrived on the scene around 4pm the afternoon of the accident.

Mt. Juliet Police Department reported that the car was in the wrong gear when the driver attempted to exit out of the parking space.

Structure fire closes down Belinda Parkway

Fire crews battled a structure fire to a home located on Belinda Parkway last Friday, February 3, that shut down the road as officials settled the scene of the house fire.

The fire began around 4pm on Friday afternoon. It was stated that a driver passing by the house on Belinda Parkway had seen the house on fire and stopped to knock on the door of the residence to make the residents aware.

Officials reported that all made it out of the home safely.

Crews worked the scene for almost two hours re-opening the main road close to 6pm.

Mt. Juliet Fire Department crew members checked on the structure later in the night around midnight to make sure the fire did not rekindle.

It was the next morning on Saturday early when fire crews were back at the scene of the structure fire of the home that had re-flamed once again as reported by officials.

Wilson County School Board votes against corporal punishment

Wilson County Schools Board of Education voted at Monday night’s meeting to omit corporal punishment from its code of conduct.

The board voted 5-2 removing the language type due to the act of corporal punishment not being practiced in years.

According to superintendent, Donna Wright, there are behavior patterns that exist that we may not know the reason behind, such as home living situations.

Staff agreed that the main goal is to work with the kids.

Moss’ Flower Shop opens at new location

Moss’ Flower Shop is a fresh new venture under the direction of the 3rd generation Moss family.

Joe and Lauren Moss along with Hale and Brenda Moss will oversee the business while shop manager Phil Chandler will handle the day to day operations.

The loyal staff of Moss’ will continue in the new location including award winning designers Terry and Phil along with Regina, Lydia, Mary Katherine and little Regina.

Located at 3690 North Mt Juliet Road across from the entrance to Charlie Daniels Parkway, the business will focus on fresh flowers, weddings and events, sympathy designs, fruit and gourmet baskets, gifts, Trapp candles, and the Aromatique home fragrance line. The shop will continue to offer not only delivery locally but also delivery to the surrounding area.

As Valentine’s Day approaches, the new flower shop
COMMUNITY CALENDAR

February 9
Senator Beavers and Rep. Pody Host Community Meeting to Discuss Proposed Gas Tax
Senator Mae Beavers and Rep. Mark Pody will host a community meeting at Mt. Juliet City Hall on Thursday, February 9th, at 6:30 p.m. to discuss the proposed gas tax increase.

February 9
Wilson County Adult Education Program
The Wilson County Adult Education program will be giving the high school equivalency test (HiSET formerly GED®) on February 9, 2017 and again on February 24, 2017 at the Tennessee College of Applied Technology in Lebanon, TN. For information on taking the test, please call (615) 443-8731.

February 14
Wilson County Election Commission Meeting
The Wilson County Election Commission will have its regularly scheduled meeting on Tuesday, February 14, 2017 at 7:00 a.m. at the Election Commission Office at 203 East Main St, Lebanon, TN to conduct election business which comes before the commission pursuant to its duties listed in, but not limited to, TCA § 2-12-116, and to conduct any other business that may come before the election commission at that time.

February 15
Chamber Connection Luncheon
Please join us for our Chamber Monthly Luncheon on Wednesday, February 15th from 11:15am-12:30pm at Rutland Place. Our Guest Speaker for February is Colin Barrett, President of the Tennessee Bankers Association. Mr. Barrett will present an update on the current state of Tennessee banking, including M&A, the legislative environment, and the role banks play in Tennessee. Early registration (by noon on 2/14) is $18 and late/ non-member registration is $23. Register online for this event.

February 24
Wilson County Adult Education Program
The Wilson County Adult Education program will be giving the high school equivalency test (HiSET formerly GED®) on February 24, 2017 at the Tennessee College of Applied Technology in Lebanon, TN. For information on taking the test, please call (615) 443-8731.

February 25
Rutland Elementary School’s Hoops For Hope
Silent Auction and BBQ Dinner will be held at 4pm prior to Basketball Practice at 4:30pm and the Basketball Game at 5:30pm inside at Gym-A. For more info, go to mj4hope.org.

Unconscious driver charged with DUI
Gary L. Love, 31, of Mt. Juliet. Photo courtesy of MJPD.

Staff Reports
Mt. Juliet, Tenn. – Officers had to use their patrol SUVs to stop and stabilize a moving vehicle after the driver went unconscious behind the wheel in early January.

At the time of the incident, it was unclear why the driver, identified as 31-year-old Gary L. Love, was unconscious.

Officers continued to investigate the incident, and it was determined recently that opiates and methamphetamines were present in Love’s blood.

In addition, Love was driving on a revoked driver’s license. On Monday, January 30, 2017, Love was arrested and booked into the Wilson County Jail, charged with Driving Under the Influence – 2nd Offense and Driving on Revoked Drivers License.

Moss’ new location on N. Mt. Juliet Rd. Photo by Phyllis Robinson.

From MOSS, PAGE 1

is specializing in special gifts for the holiday, creating mixtures of candy and flower creations for the perfect Valentine’s Day gift.

One of the main features inside the shop consists of a candy tree. The tree is a real, live tree with chocolates and red candies tied to the branches and limbs of the decorative arrangement.

Other new specialties include candy baskets, flower bouquets, interior home accents, wind chimes, jewelry, containers, and interior green and blooming plants.

“We’re excited about moving forward with the fresh new start and location. We plan to continue our traditions of excellence at our new location with the youthful infusion of ideas that Joe and Lauren will bring along with the legacy that Hale and Brenda will continue,” stated Moss’ Flower Shop General Manager, Phil Chandler.

Moss’ Flower Shop is located at 3690 N. Mt. Juliet Rd. in Suite #400.
Mt Juliet Rotary Club supports African AIDS program

While most locals are aware of the contributions Rotary clubs make to the community, Rotary is also an international organization that reaches beyond borders and across oceans in service to mankind.

As an international project, the Mt Juliet Breakfast Rotary Club is supporting an HIV/AIDS prevention and education program in Zimbabwe, Africa. The club recently donated $600 to Project Tariro (Hope), a program that educates persons with AIDS on how to live with the disease as well providing a training program to those willing to serve as volunteer caregivers in their villages.

The Zimbabwe government decriminalized prostitution in 2015, opening the door for many impoverished teenagers to become a part of sex trafficking. The result was in a dramatic increase in the rate of HIV and AIDS.

Paul Van Buren, a member of the Mt Juliet Breakfast Club, has done extensive volunteer work in Africa and was instrumental in forming Project Tariro. He emphasizes the importance of being tested for the virus. “Most people don’t want to be tested,” he says, “especially pregnant women”. A portion of the funds donated to the project is used to purchase cooking oil and sugar to offer as an incentive to women to come in to be tested, as well as incentives for volunteer health workers.

MJ, WC hockey team beats Blackman, Stewarts Creek

Feb. 3rd, 2017
MJ vs Blackman/Stewarts Creek
(7-1) - WIN
#26 - Jack Tirey 2 goals & 1 assist
#91 - Cameron Barnes 2 goals
#13 - Kiernan Ogle 1 goal & 1 assist
#4 - Jack Simonson 1 goal
#21 - Corey Settle 1 goal
#18 - Lawson Smith 2 assists
#14 - Patrick Guay 1 assist
#46 - Nick Roman 1 assist

Next Game: Senior Night recognition night
Friday, Feb. 10th
Centennial Sportsplex
at 6:30 pm

Photo Submitted.

Photo of the Week

Denver

Denver is a blue and white pit bull mix. He is around 2 years old. He was found wandering a Mt. Juliet neighborhood. He is very sweet and loving and really wants to be with you doing whatever you are doing. He is a beautiful dog with lots of energy. He is current on vaccinations & neutered. His adoption fee is $75.00. He will require an additional bully breed application in addition to our shelter application. Please call the shelter at 615-773-5533 to schedule an appointment to meet him, or come during “open hours” on Wednesdays from 11:30am-3:30pm, Mt. Juliet Animal Shelter 115 Industrial Drive, Mt. Juliet, TN 37122

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West Wilson Middle School Principal’s List & Honor Roll

**Principal’s List**

**7th Grade**
- Alana A. Alshat
- Mary E. Armstrong
- Alexs N. Arwood
- Josiah Bellfield
- Abbey R. Benson
-非常好的
- Celtic C. Carson
- Emma G. Hungerford
- Abanoub Armanious
  - 8th Grade
- Principal’s List
- Cael A. Howell
- Lillian M. Horman
- Chanson K. Hollis
- Melissa D. Hessey
- Olivia R. Happy
- Kaitlyn E. Goode
- Mary Gendy
- Madison L. Foreman
- Eric Z. Curtis
- Katelyn B. Clark
- Autumn B. Cecil
- Sandy S. Aramanuous
- Lakyn N. Williams
- Cali M. Vancleve
- David C. Turner
- Haven D. Thompson
- Will F. Stride
- Maggie L. Templeton
- Havyn D. Thompson
- Erin F. Tucker
- Druzy Y. Ugel
- Cali M. Vancleve
- Lakyn N. Williams
- Whitney E. Yanakura
- Verena R. Yousef
- Sabina Bouyoudsabaeva

**8th Grade**
- Iyad M. Abdullaev
- James A. Civas
- Anastasia Amelkina
- Emily G. Anney-Dillard
- Georgina A. Anwar
- Tara Baluch
- Jasmin Betancourt
- Justin J. Bilbrey
- Madeline G. Bittle
- Nichol R. Boudoucques
- Jessica Boucher
- Ana Maria Brasotin
- Cade L. Carpenter
- Lauren P. Carter
- Autumn B. Cecil
- Katelyn B. Clark
- Avra R. Coffman
- Eric A. Coleman
- Gracie D. Dixon
- Mark A. Embrakar
- Monique Exfordorfo
- Madison L. Foreman
- Mary Gendy
- Kaitlyn E. Goode
- Olivia R. Harvey
- Melissa D. Hessey
- Emma R. Hicks
- Chanson K. Hollis
- Lillian M. Horman
- Cael A. Howell
- Ananda G. Irwin

**Honor Roll**

**7th Grade**
- Louis Abdullaev
- James C. Alvis
- John L. Thompson
- Sudan Sridhar
- Sydnee R. Sottke
- Audrey G. Reeves
- Nicolas R. Redidi
- Taylor V. Petty
- Taylor V. Petty
- Taylor V. Petty
- Taylor V. Petty

**8th Grade**
- Ishon Abdullaev
- James C. Alvis
- John L. Thompson
- Sudan Sridhar
- Sydnee R. Sottke
- Audrey G. Reeves
- Nicolas R. Redidi
- Taylor V. Petty
- Taylor V. Petty
- Taylor V. Petty

Fire injures elderly man in Mt. Juliet

Samuel Breeden of Mt. Juliet was sent to Vanderbilt University Hospital after emergency crews found him severely injured from a fire to his residence in Mt. Juliet was sent to Wilson County Sheriff Deputies.

Fire injures elderly man in Mt. Juliet

was severely burned which he was located at. Vanderbuilt University Mt. Juliet was sent to

causing emergency crews difficulty in recognizing the victim at first. The camper home located on Beckwith Road inside of a barn structure was where authorities reported to the scene of the fire according to Wilson County Sheriff Deputies.

Former high school teacher pleads not guilty, granted court date continuance

Former Wilson Central High School coach, Michael Shepard, age 36, pleaded not guilty to the two charges he faces of statutory rape by an authority figure. Shepard was scheduled to appear in court on January 30, but the former teacher asked for a continuous in which Criminal Court Judge, Brody Kane, granted for the case.

According to criminal court records, Shepard will next appear in Wilson County court on March 27.
Justified in Christ Alone

In his letter to the Galatians (2:16), the apostle Paul three times tells us that no one is justified by observing the law and that this is the enemy to real faith. He identifies grace as a word that is central to the message of his letter; central to the gospel that Paul preached, and central to Christianity itself. The former monk Martin Luther said, “This is the truth of the gospel. It is also the principle article of all Christian doctrine, wherein the knowledge of all godliness consists. Most necessary it is, therefore, that we should know this article well, teach it unto others, and beat it into their heads continually.” To understand the message of being justified in Christ, there are two things we must settle. First, God is righteous. “There is none holy like the LORD; there is none besides you…” 1 Samuel 2:2. The second thing we must settle is that while God is righteous, we are not. This can be a disturbing thought to some because we want to believe that all people are basically good. And yet, the Scriptures proclaim a contradictory message when it is recorded in at least three places that “None is righteous, no, not one… no one does good, not even one.” In the movie, Amazing Grace, John Newton is quoted as saying “Although my memory is fading, I remember two things very clearly – I am a great sinner and Christ is a great Savior.” That is the message of justification. When you consider that God is righteous and we are not, it explains the human predicament and why we need a Savior. See FAITH, PAGE 7

CHURCH DIRECTORY

Assembly of God
Lighthouse Assembly of God
Life Assembly
Baptist
Baker’s Grove Baptist
Beckwith Baptist
Cedar Grove Baptist
Corona Baptist Church
Faith Church
Fellowship Baptist
The Fellowship at Mt. Juliet
First Baptist Church of Mt. Juliet
The Glade Church
Grace Baptist Church
Green Hill Church*
Hickory Hills Baptist
The LightHouse Fellowship
Mays Chapel
Mt. Juliet Missionary Baptist
Mt. Olivet Baptist
Music City Baptist Church
New Life Baptist Church
Rutland Baptist Church
Silver Springs Baptist
Truth and Grace Free Will

Baptist Church
Victory Baptist Church
Catholic
Holy Comforter Anglican (ACC)
St. Stephen Catholic Community
Church of Christ
Beckwith Church of Christ
Belinda Parkway Church of Christ
Center Chapel Church of Christ
Corinth Church of Christ
Gladeville Church of Christ
Green Hill Church of Christ
Leeville Church of Christ
Mt. Juliet Church of Christ
Nonaville Church of Christ
Vesta Church of Christ
Church of God
Living Water Fellowship
Mt. Juliet Church of God
The Pointe Church
Church of Jesus Christ
The Church of Jesus Christ of Latter Day Saints
Episcopal

Church of the Epiphany
Jehovah’s Witness
Kingdom Hall of Jehovah’s Witnesses
Lutheran
Celebration Lutheran
Methodist
Cook’s United Methodist
Gladeville United Methodist
Grace United Methodist Church
Mt. Juliet African Methodist Episcopal Church
Pleasant Grove United Methodist
Province United Methodist
Scott’s Chapel African Methodist Episcopal Church
Williamson Chapel CME Church
Nazarene
Covenant Fellowship Church of the Nazarene
Pentecostal
Church Alive
Presbyterian
Clyods Cumberland Presbyterian

Hickory Grove Church
Suggs Creek Cumberland Presbyterian

Unity
Unity of Music City
Non-Denominational
Abundant Life*
The Barn Church
Bridge Fellowship Church
Cedar Ridge Church
Connect Church
Faith is the Victory Church
Cross Point Church
Friendship Community Church
Gateway of Hope
Generation Changers Church

Global Vision Bible Church
Grace Bible Fellowship
Grace Fellowship Ministries
Greater True Faith Community Church
Holy Temple Church
The Journey Church
Joy Church International
LifeChurch of Mt. Juliet
Living Hope Church
Mending Fences Cowboy Church
New Heart Christian Church
New Tribe Church
Our Father’s House Community Church
The Rock of Nashville Royal Life International

ABUNDANT LIFE CHURCH
1008 Wombridge Place
Mt Juliet, TN 37122
( across from MJ Middle School)
Sunday Morning Gathering
9:30 a.m.
Wednesday Youth Ministry
7:00 p.m.
615-754-7035
abclmtjuliet.com

VICTORY BAPTIST CHURCH
1777 Tate Lane, Mt. Juliet
615-773-5200
www.vbcmtj.org

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www.dignitymemorial.com

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13251 Lebanon Rd., Mt. Juliet
615-758-7228 • greenhillchurch.com

PROVIDENCE UNITED METHODIST CHURCH
2299 S. Rutland Rd. • Mt. Juliet, TN
(Next to Rutland Elementary)
615-773-2663
www.provchurch.com

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615-773-2663
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FAITH & MESSAGE
Page 6, The Chronicle of Mt. Juliet, FEBRUARY 8, 2017

Larry Grainger
Pastor
Abundant Life Church
I wanted to take a moment to talk about emergency service workers and the great job they do for our county. These are the dedicated men and women who patrol our streets, protect our homes and give us medical treatment and care when we need it. In other words, you can think of them as our guardian angels.

In our great county we have many wonderful men and women working to keep us safe. We have the Mt. Juliet Police and Fire Department, Watertown Police and Fire Departments and The Wilson County Emergency Management Agency. These are agencies filled with professionally trained and dedicated men and women sworn to protect and serve not only the citizens of Wilson County, but those that visit and patronize our great county and cities, as well.

You may say to yourself, it sure seems like he’s bragging about emergency service workers and you’d be right. I am so very proud and appreciative of each and every one on these fine agencies and the men and women that serve. Our county is truly blessed to have such fine agencies and personnel looking after our well being and safety. Having the peace of mind knowing that my family and I are not only well protected by these fine men and women, but also well represented makes me more than proud to call Wilson County, Tennessee home.

In closing, please take time to get to know an emergency services worker. Tell them how much you appreciate what they do. And as always, please pray for them and our wonderful soldiers serving our great country. They and their families need our constant support and prayers. God Bless You All for the many sacrifices you make on our behalf.

“The Plague”

By Angel Kane
Wilson Living Magazine

Neill and I sat transfixed intensely listening to the news correspondent speak. We knew this day would come.

Although my youngest is the spitting image of his father, he definitely carries a double dose of my family’s genes. That means when a crisis hits, be it a weather occurrence, an unprecedented dip in the Dow, or a health epidemic, he and I are the first to react.

My brother and I are the first to admit that we come from a long line of alarmists. Our ability to immediately become transfixed on any sign of possible danger goes centuries back in our DNA structure.

Our spouses scoff and our friends make fun, but to this day, our uncanny ability to sense danger miles ahead, has resulted in four decades without a broken bone, hospital stay or anything more than a cough.

When this new antibiotic resistant bacteria makes its way to Tennessee - few will survive, so as I see it, you are either going to be with me or against me.

As the correspondent explained the details of this dangerous, new bacteria having just reached the U.S., I started making a mental checklist:

- canned goods, hand sanitizer, face masks, batteries, chocolate, flashlight, bunker.
- All very double except for the bunker, which with every crisis, is always my Achilles heel.
- But although we do not have a bunker we do live far out in the country, which is basically a bunker.
- “We’ll be ok Neill. We have a creek so you and daddy can fish for food and we will live off the land. We’ll be fine.”
- “Live off the land? You don’t even cook!” remarked my eldest who carries only Kane genes. Calm, cool, collected...

And while she definitely has a point...my ancestral gene pool had not come this far to be thwarted by rational thinking and common sense.

As a race of people we were separated from God by our sin and this produced friction instead of harmony. We were alienated from His fellowship. Faced with this predicament, what is the answer? It is certainly not seeking to establish or create a righteousness of our own that can please God, because that is impossible. We needed somehow to have our account with God rendered as we were innocent of our sin. How could that happen unless our debt of sin was paid? It couldn’t and that is why Jesus went to the cross and bore the sin of mankind.

...referred to us as enemies of Christ. Whereas the Bible song says.

If your debt has been paid, it is in Christ alone that we can be justified. That is why Paul writes to the Romans – “Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ.” Whereas the Bible referred to us as enemies of God, now we are at peace with Him and He with us. While we were aliens and strangers before, because of the work of Christ, we are fellow citizens with the saints and members of the household of God. It is in Christ alone that we can be justified.

As we accept that work by faith, we are declared innocent by God the Father and welcomed into His family. Some have used the statement “Just-as-if-I’d never sinned” to describe our position with the Father. If your debt has been paid, their your “account was settled long ago”, as the old song says.

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Kenny Martin
City Manager
Mt. Juliet, TN

From FAITH, PAGE 6

Madison, go get my i-Pad, I need to google what they mean by body aches.”

Wilson County, Tennessee

Wilson Living Magazine

Call ahead of your visit to order pizza or chicken! 9am-9pm - 615-758-0330

"The Plague"

By Angel Kane

Wilson Living Magazine

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The Mt. Juliet Senior Center annual Spring Gala event is scheduled for late March.

Pictured is Don and Fannie Golden. The couple met at the Mt. Juliet Senior Center during a game of cards. Fannie was a widow at the time and went to the center looking for friends and companionship. Don and Fannie have been married for seven years as of October 4, 2016. Submitted.

**Staff Reports**

The Mt. Juliet Senior Center is scheduled to feature its annual Spring Gala event which will be held on March 31 this year. The event will take place from 6pm to 9pm at Victory Baptist Church in Mt. Juliet, located at 1777 Tate Lane.

The cost of the event is $25 for senior center members, $40 for non-members, and a sponsorship table for eight is available for $300.

The event will also feature entertainment by the Original Chessman and a silent auction.

The dinner will include a choice of prime rib or baked chicken dinner compliments of the Mt. Juliet Breakfast Rotary Club.

**MOUNT JULIET, Tennessee** - Local songwriters are preparing a special night of entertainment in Wilson County. The MJCA Fine Arts Booster Club is hosting local songwriters Darryl Worley and Friends for an Evening with the Arts, an annual fundraising event held at Mount Juliet Christian Academy.

This year’s event, ‘An Evening with the Arts: Writers in the Round’ is scheduled for Friday night, February 24th.

**Mt. Juliet Christian Academy’s Evening with the Arts, songwriter & poetry contest winner announced**

Sensing an opportunity to provide MJCA students with an amazing experience, event coordinators created a Songwriting and Poetry Competition to be held in conjunction with the Writers in the Round event. The competition was designed to showcase the bright, young artists at MJCA.

When asked about adding a student competition and performance into the Evening with the Arts event this year, Program Chairperson Dorinda Biggs responded, "The songwriters Darryl Worley has lined up for the Evening with the Arts: Writers in the Round event are a stellar crew of talent. Since these writers have such a heart for Fine Arts education in our community, I knew this would be a wonderful opportunity for one of our MJCA students to showcase their own writing abilities.

The Songwriting & Poetry Competition idea was formed out of a panel of judges in an audition that would lead one winner performing live with these professional writers. This type of audition helps to prepare and launch our Fine Arts students into the real world where their creative works will be scrutinized by the music industry and community.

It only makes each contestant stronger for having taken the risk. We are so proud of each student who took this exciting opportunity to try out. They were brave and they were excellent!"

This year’s winner is 12 year old Lauren Kleeberg, a 6th grader at MJCA. Lauren will be performing her original song “And If Only They Knew” on the evening of the event.

Referencing Kleeberg’s work, Beth Davis, MJCA Fine Arts Department Director commented, "The Fine Arts are being cut in schools all over the country. We believe it is vital to give our students the opportunity to learn, create, and develop their expressive talents for the purpose of being united.

Hearing Lauren’s amazing, well-written song that is relevant to the struggles teens face is an inspiration and a thrill to be a part of! I expect great things from our Fine Arts students here at MJCA because they are so very talented.”

An Evening with the Arts: Writers in the Round 2017 is an evening of music that will include songs and stories from Darryl Worley and other well-known Nashville songwriters. The evening will begin at 7PM with a silent auction sure to hold some surprises.

The show begins at 8PM. Tickets are $20 and can be purchased in advance at the school or online at www.mjca.org/fine-arts/

The MJCA Fine Arts Booster Club is raising funds to replace outdated theatrical curtains and lighting needed to support the Fine Arts students at MJCA.

MJCA has a thriving Fine Arts program, preparing students from Pre-K to 12th grade in the elementary music, band, choir, drama and visual arts.

**Lauren Kleeberg, a sixth grader at Mt. Juliet Christian Academy, was announced the winner of MJCA’s Evening with the Arts: Writers in the Round Songwriting & Poetry Competition. Submitted.**

**Mt. Juliet Christian Academy’s Evening with the Arts, songwriter & poetry contest winner announced**

"And If Only They Knew" on the evening of the event.
Tennova Healthcare celebrates heart month, encourages healthy heart

Lebanon, TN, 1/30/2017 – This year, Americans will spend approximately $2 billion on candy gifts for the special Valentine’s in their lives. That’s good news for the chocolate industry, but it’s a whole lot of sugar. If you’re looking for a non-traditional Valentine gift for someone you love, consider giving the gift of a healthier heart.

“Every year, heart disease claims the lives of a half million men and women in the United States alone — husbands and wives, moms and dads, with loved ones left behind wondering if the loss could have been prevented. Many times, it could have been,” said Fathi I. Ali, M.D, FRCPC, FACC, director, Cardiac Catheterization Laboratory & Cardiac Services.

While we’ve made much progress in diagnosing, preventing and treating heart disease over the past three decades, it is still the leading cause of death by far — responsible for more deaths than all forms of cancer combined. The greatest accomplishment in this area has almost certainly been the acknowledgment that women are at equal risk to men for heart disease, while their symptoms may be significantly different. With millions of adult men and women living with heart disease, and millions more living with the risk factors that precede heart disease, here are some things you can focus on this Valentine’s Day to help protect your heart — and the heart of your sweetheart.

Evaluate and address metabolic syndrome. This is a group of health risks — large waist size, elevated blood pressure, glucose intolerance, low HDL cholesterol, and high triglycerides — that dramatically increases your chance of developing heart disease. But metabolic syndrome is reversible, and your doctor can help you determine your ideal numbers. Ideal Valentine’s Day gifts: tandem bike; healthy cooking classes; beginners’ yoga DVD.

Address diabetes head-on. Diabetes increases the risk of heart disease in women even more than it does in men. Although women usually develop heart disease about 10 years later than men, diabetes erases that advantage. Type II diabetes is highly treatable, and in some cases even reversible. Work with your doctor to prevent or manage the condition and add years to your life. Ideal Valentine’s Day gifts: fresh strawberries; gift cards for smoothies; personal blood glucose monitor.

Stop smoking. Smoking remains one of the greatest independent risks for heart attack and stroke in both sexes, but women who smoke are twice as likely to have a heart attack as male smokers. Ideal Valentine’s Day gifts: quit smoking together; ask your doctor for an appropriate “stop smoking aid” if either of you struggle to quit.

Get moving. We’ve all heard it — “sitting is the new smoking.” Even if you work out for an hour or just a few days each week, sitting more than 6 hours a day increases your risk factors, symptoms or a family history of heart disease, invest in appropriate diagnostic testing to ensure your risk is managed. Work with your doctor to determine which testing is best for you. Ideal Valentine’s Day gifts: scheduled visit with a cardiologist, EKG, cardiac stress test, C-reactive protein, cardiac calcium scoring test.

The greatest gift you can give your loved one is the gift of health, strength and long life. So instead of candy or flowers, get creative this Valentine’s Day. If you need assistance finding a physician partner to help you diagnose or manage heart disease, please call us at 615-453-7434.
OBITUARIES

BIGGS, Wilda Faye Dillard

Faye Dillard Biggs, age 74, passed away on January 29, 2017 at her home in Ocean Springs, Mississippi. Mrs. Biggs, a hairdresser, was born in Chestnut Mound TN. She is survived by step-sons Freddie Biggs (Debbie) and Tracy Hopper (Amanda), two sisters-in-law, numerous nieces and nephews and great-nieces and great-nephews. She is preceded in death by husband Lawrence Biggs, parents Eugene and Delia Harris Dillard, three sisters, three brothers, and lifelong friend Cecil Hopper.

The family extends a special thank you to Garland and Wilda Davis for giving care to Faye. Arrangements by Sellars Funeral Home, Lebanon TN 615.444.9393.

CARVER, Bobbie Jean

Bobbie J. Carver, age 71, passed away on January 28, 2017. Mrs. Carver is survived by husband George Carver, children Cindy Carver, Patricia Caldwell (Joe), Margie LaRae Carver, grandchildren Cindy Carver,age 79, a native of Merced, TX peacefully passed away on February 2, 2017. She is survived by her three daughters, Kandy Rollins of Columbus, TN, Kelly Stone of Divide, CO and Kimberly Brooks of Old Hickory, TN along with their spouses and 15 grandchildren and 3 great-grandchildren.

Mrs. Carver is survived by husband, Geor-ge Carver, children Cindy Carver, Patricia Caldwell (Joe), Margie LaRae Carver, grandchildren Cindy Carver, Patricia Caldwell (Joe), Margie LaRae Carver, great-grandson Conner Maury, passed away on January 29, 2017 at her home in Chestnut Mound TN. She is survived by her three daughters, Kandy Rollins of Columbus, TN, Kelly Stone of Divide, CO and Kimberly Brooks of Old Hickory, TN along with their spouses and 15 grandchildren and 3 great-grandchildren.

Mrs. Carver will be buried in Llano, TX along with her husband, Lloyd, at a family memorial in the spring.

The family requests with gratitude that any memorial contributions be directed to the Alzheimer’s Association Mid South Chapter.


TAYES, James Anthony “Tony”

James Anthony “Tony” TAYES, age 67 of Mt. Juliet passed away January 31, 2017. Mr. TAYES was a member of Tulip Grove Baptist Church where he served as a deacon. He was a Gideon and was also a Sunday School teacher for many years. Mr. TAYES was a veteran of the U.S. Army and Air Force. He graduated from the University of Georgia with a Bachelor’s degree in Business. Mr. TAYES managed many retail building material stores and he was last employed at the CCO of Thriftway in Owensboro, KY. He lived a wonderful life fishing, traveling, hunting, building, loving his family and most of all serving the Lord. Mr. TAYES was the son of the late, Oscar and Glennis Pace TAYES. He was also preceded in death by both of his parents, James Clarence and Mabel Hight TAYES; and daughter, Becky

First Freedom Bank promotes Nicole Frank

Lebanon, TN – First Freedom Bank has promoted Nicole Frank to Mortgage Specialist, announced J.B. Owens, Senior Vice President and Director of Commercial Banking. In her new position, she is responsible for both new mortgage processing and originating. She will work with realtors and individuals on their home loan needs.

“Nicole has been a valuable addition to our bank and we are excited about her new opportunity with our mortgage team. She puts an emphasis on customer satisfaction and does so while working extremely well with her coworkers. We look forward to seeing her grow even more in her new position and are proud to have Nicole on our team,” said Owens.

Frank has been with First Freedom since September of 2015. She has more than 7 years of banking experience, including with Wells Fargo and Quad City Bank & Trust in her home town of Andalusia, Illinois. She was previously with The Bank of Nashville. She and her husband live in Hermitage.

First Freedom Bank, headquartered in Wilson County, was established in 2006. A full service, community bank, First Freedom Bank offers personal and commercial banking services from six locations in Wilson, Putnam and Jackson Counties, and has approximately 70 employees. First Freedom Bank has assets in excess of $420 million and is owned by more than 1,100 shareholders from Wilson and surrounding counties. First Freedom Bank is member of the Better Business Bureau, an Equal Housing Lender and Member FDIC. FFB has earned the prestigious 5 Star rating by Bauer Financial, the nation’s leading independent bank and credit union rating firm.
TriStar Summit welcomes Margaret MacGregor, M.D.

HERMITAGE, Tenn. (January 31, 2017) — TriStar Summit Medical Center is pleased to welcome Margaret MacGregor, M.D., a board certified Neurosurgeon, to its medical staff. Dr. MacGregor has joined Pinnacle Surgical Partners in Hermitage, TN. Dr. MacGregor received her medical degree from UMDNJ- New Jersey Medical School in Newark, NJ. She completed her surgical residency at UMDNJ-New Jersey Medical School, Newark, NJ and her neurological surgery residency at Loyola University Chicago, Maywood, IL. She is board certified by the American Board of Neurological Surgery. Dr. MacGregor is now seeing patients at her office located at 5653 Frist Blvd.
ACREAGE

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The City of Mt. Juliet is seeking candidates for the following position: Dispatcher for the Emergency Communications Division of the Police Department. EMD Certification preferred - TIES Certification is preferred, but not required. Selected candidates will be required to complete pre-employment testing as deemed necessary by each specific position. You will need to hold a valid TN drivers license. Salary $14.39 hour up to $26.99 in 3 years of $18.51. Plus Benefits. Detailed job description and requirements are available online. Applications must be filed electronically and are available online at the City’s website, www.mt-juliet.tn.gov. We will accept electronic applications until February 16, 2017. The City of Mt. Juliet reserves the right to stop accepting applications at any time. For questions, regarding the electronic application process, please call (615) 754-2552. The City of Mt. Juliet does not discriminate based on race, color or national origin in federal or state sponsored programs, pursuant to Title VI of the Civil Rights Act of 1964 (42 U.S.C. 2000d). EOE/Drug-free Workplace.

PREMIER AUCTION
PRESENTS
A HUGE UNBELIEVABLE AUCTION EVENT
FRIDAY, FEBRUARY 10TH
BEGIN’S AT 3:00PM
420 EAST MAIN STREET, LEBANON, TN 37087

AUCTioneer’s Note: We Will Be Offering At Auction 100’s Of Items From 6 Estates Selling Absolute Containing All The Popular Styles Of Furniture As Well As Lots Of Smalls Including Over 125 Pcs Of Griswold & Wagner Ironware, Primatives, Jewel Tea, Lots Of Gold & Silver Coins, Unique Decor & More!! ~ PLEASE NOTICE EARLY STARTING TIME ~ There Is A Lot Of Unique Merchandise! ~ Preview Auction Photos Of Actual Items At www.tgapnc.com!

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For more information call 615-456-8161

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Cumberland University Phoenix Ball presenting sponsors announced

Officials at Cumberland University announced this week that CedarStone Bank and Wilson County Motors are the presenting sponsors for the 34th annual Phoenix Ball. The premier black tie event will take place Saturday, June 3, at Cumberland University. Rick and Necole Bell, 2017 Chairs for the Phoenix Ball; W.P. Bone; Susan and Bob McDonald. Submitted.
Wilson Central 2017 coming home court

(Seated from left to right): Seniors – Alec Barger, Alexis Atherton, Queen Claire Smith, King Colton Dowell, Seniors – Kayla Ward, Nibraas Khan. (Standing from left to right): Freshmen – Kolbe Pickett, Bailey Moss; Sophomores – Barrett Streeter, Emily Staggs; Juniors – Kilo Aruh, Emily Buckner; Juniors – Lauren Ghee, Huey Beres; Sophomores – Aubree Starnes, Russell Riggan; Freshmen – Trinity Graves, Caleb Fanning. Submitted.

Chamber welcomes CrossPoint to Mt. Juliet

A ribbon-cutting was performed on Monday at the new CrossPoint location in Mt. Juliet. The brand new facility is located at 85 Athens Drive. Submitted.

United Way Opens Funding Process for Local Non-profits

WILSON COUNTY, TN - The application process is now open for non-profit organizations to request funding from United Way of Wilson County and the Upper Cumberland. The application is open to be completed by any organization that provides health and human services to individuals in the service area. The United Way of Wilson County and the Upper Cumberland serve the following Tennessee counties: Clay, Cumberland, Fentress, Jackson, Macon, Overton, Putnam, Smith, Trousdale, Van Buren, White, and Wilson.

Organizations wishing to apply for funding may visit the United Way of Wilson County and the Upper Cumberland’s website at www.givetouwwc.org, and click on “Request Funding” to begin the process. Applicants must first complete a series of pre-qualification questions before beginning the application process. Programs will have until March 15, 2017, to complete the final application. United Way staff members are available to provide one-on-one direction to applicants, if necessary.

Organizations wishing to apply should line up with our one or more of our focus areas:
- Health: Improving healthcare and overall well-being for all individuals.
- Education: Supporting access to educational systems for children and adults so that they may reach their full potential.
- Income: Helping families become financially stable and independent.
- Rebuilding Lives: Helping put lives back together for all individuals.

The funding process begins each Fall when United Way partners with local companies where employees are given the option to donate to United Way through payroll deduction. Employees may choose to direct all or a portion of their payroll deducted donation to their favorite program or charity or choose for their donations to be added to others to make up a community fund. In the Spring, the community funds are then distributed to organizations that provide health and human services to the community by a panel of volunteers who read applications and listen to presentations to determine disbursements of the community funds.

There is a need for volunteers to serve on our allocations panels. Volunteers on these panels visit the organizations that have applied, read and evaluate applications, and participate in one session of presentations. To learn more about volunteering for this group, please contact the United Way office at 615-443-1871.
Gladeville Elementary School
January Gators of the Month


Watson’s barber shop opens in Wilson County

Lee Watson of Wilson County has opened a cutting-edge, styli- sh new barber shop in Leba- non, located at 102 Hartmann Drive. Watson’s newly opened barber shop features cuts for all customers, specialty cuts for men, beard shaving & trims, plus more. All customers are welcome. Submitted.

Mt. Juliet Middle School PTO race scheduled for early March

The 6th Annual Mt. Juliet Middle School PTO 5K Fun Run/Walk is scheduled for March 4. The event will take place at Charlie Daniels Park.

This is the largest PTO Fund Raiser for Mount Juliet Middle School. With the funds raised, the PTO is able to purchase many class- room items for teachers and staff, so please sign up and invite all your friends and family to participate in supporting our wonderful school.

Proceeds from the event will go to support the needs of teach- ers and students at Mt. Juliet Middle School. This year, the Mt. Ju- liet Middle PTO was able to provide iPads, Apple TVs, projectors, books, repairs and supplies to students and faculty.

The event is scheduled to begin at 8am with the 5K Run/Walk beginning at 8:30am.

Registering for the event is available through active.com. Early bird specials run until Feb. 13, and rates are $15 for the fun run and walk and $25 for the 5K. After Feb. 13, rates will increase to $20 for the fun run and walk and $30 for the 5K. Register by Feb. 20 guarantees a race T-shirt. Students will receive a $5 dis- count for the 5K.

Three sponsorship packages are also avail- able for people interested in supporting the event. Gold sponsor- ships are $400, black sponsorships are $250 and white sponsorships are $150.

Participants may pick up their packets, which will include a T-shirt, bib and other information March 3 from 2:30- 7 p.m. in the Mt. Juliet Middle School cafeteria. If a person cannot pick up their packet at that time, the PTO will have them at the on-site regis- tration on race day, but those people are urged to arrive by 7:15 a.m.

Staff Reports

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Staff Reports

Gladeville Elementary School
January Gators of the Month

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