Former Mt. Juliet Police Officer Cody Allan Mang is facing charges of sexual exploitation of a minor, according to the Tennessee Bureau of Investigation.

An investigation by special agents with the Technical Services Unit of the TBI started in December of 2020 after agents received a cyber-tip from the National Center for Missing and Exploited Children. They indicated that an individual, later identified as Mang, had uploaded multiple files of child sexual abuse material to his personal email account.

When MJPD was notified of the investigation, they placed Mang on administrative leave, with no arrest powers and no firearm, until more facts could be gathered.

Former Mt. Juliet Commissioner has opened a space where the community can meet with him. District 3 City Commissioner Scott Hefner has leased office space in the new Vintage Station North development, which is a mixture of residential, office and commercial.

“That was the main driver,” said Hefner about having a place the community could come meet him.

Mayor James Maness and the rest of the Mt. Juliet City Commission don’t have offices at City Hall, so places for meeting with the public, whether it be citizens or people who want to do business in the community, are limited.

Hefner also said that many of the people he talked to in his district weren’t even sure who their commissioner was, and many others that did weren’t sure how to get in contact.

Laguardo Beach area closed for E.Coli

The U.S. Army Corps of Engineers Nashville District announced Thursday the immediate closure of Laguardo Day Use Beach at Old Hickory Lake in Lebanon, due to E.coli detected in the water. High water levels and geese are suspected to be the cause.

The recreation area is still open for picnicking and boat launching, and the playground remains open. No other beaches at Old Hickory Lake are affected.

Signs have been posted and caution tape installed warning the public not to swim at this location.

Follow-up testing of the beach will be performed as a matter of course.

Pfizer Vaccine now available for children 12-15

The Pfizer COVID-19 vaccine is now available in Wilson County to children 12-15.

Vanderbilt Wilson County Hospital started providing the Pfizer COVID-19 vaccine Friday May 14, just a few days after it was approved by the U.S. Food and Drug Administration.

VWCH isn’t the only place to get the COVID-19 vaccine if you have a child 12-15. As of press time, several Krogers, Walgreens, and other businesses in the area had them in stock. You can go to www.vaccines.gov to find a place that currently has them in stock.

The Wilson County Health Department also stated this week they will be moving their vaccination site away from College Hills Church of Christ on June 1. The Health Department will relocate their vaccination site from College Hills to the Wilson County Schools Administrative and Training Complex (ATC). The ATC is located at 415 Harding Drive Lebanon, TN 37090. The move is to be able to

See VACCINE, PAGE 11
Shootout leads to arrest of Sumner Co. man

Staff Reports

A Sumner County man was arrested recently after a shootout on Mays Chapel Road. According to the Wilson County Sheriff’s Office, Deputies were dispatched early Saturday, May 8, morning to a home on Mays Chapel Road after shots were fired. A male subject driving a yellow Chevrolet Camaro pulled into the driveway and opened fire on the residence next door. The homeowner of the residence where the subject pulled into, heard the shots being fired and then quickly obtained his firearm returning fire back at the armed man through his bedroom window. The male subject, later identified as Caleb Lee Hughes, 28, of Sumner County, fled the scene heading towards the area of Highway 109.

A BOLO was given out to surrounding counties with the description of the fleeing vehicle with a concentrated focus on Sumner County especially since Hughes resided there. The information was entered in on the ALPR cameras in Sumner County and the vehicle was immediately flagged as Hughes crossed the county line. As they made contact with the vehicle, a pursuit began as Hughes fled authorities and was eventually stopped while being taken into custody without incident.

“When possible criminal activity is discovered, it is the duty of law enforcement to investigate and pursue the appropriate action based on the evidence. The fact that it involves one of our own does not change that, and once made aware by TBI Special Agents, we assisted them in their efforts,” said Police Chief James Hambrick in a statement Thursday.

A Wilson County Grand Jury returned indictments charging Mang, 33, with four counts of sexual exploitation of a minor. Mang was booked Thursday at the Wilson County Jail on a $12,500 bond.

“Mang was terminated from his position who are in shock anding members of our departgo out to all affected, includpacts many, and my prayersour children. This arrest imtil work they do to protectis achieved, and I thank theery effort to ensure justiceis accused, we support evsupport. Regardless of whoemand the utmost level of

MJ Guardian Shield helps in several arrests

Staff Reports

Thursday, Mt. Juliet Police Department officers apprehended three suspects after a smash and grab burglary at Charlie Daniels Park. Officers used MJ Guardian Shield License Plate Recognition, and quickly located three of the suspects at a gas station on Mt. Juliet Road near I-40.

Saturday, MJ Guardian Shield alerted officers to a 2003 Ford Explorer stolen from Goodlettsville on April 13. Officers intercepted the car on Lebanon Road near Devonshire Drive. An adult male was arrested.

Sunday, MJ Guardian Shield alerted officers to a license plate, associated with a wanted person out of Dickson. Officers intercepted the vehicle on Mt Juliet Road near I-40. A 40-year-old male was arrested on Domestic Assault (Dickson County) and Felony Theft (Nashville) warrants.

Also Sunday, MJ Guardian Shield officers to a license plate associated with a wanted person out of Nashville. Officers intercepted the vehicle on Mt Juliet Road near Old Lebanon Dirt Road. A 33-year-old male was arrested on an Aggravated Assault with a Deadly Weapon warrant.

Opening Soon!
Luxury Senior Living Community in Mt. Juliet.

Harmony offers residents an unparalleled living experience: a senior living community that feels like home. Where the apartments are spacious and inviting, the days are filled with engaging activities, and the staff is supportive and compassionate. At Harmony, we care for your loved ones like they cared for you.

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“Restoration is for everyone.”
No matter where you come from, what you’ve been through, or how long you’ve waited to seek help.

We believe in Restoration because we’ve experienced it.
Schedule online today for a free consultation with Dr. Nick.
1984 Providence Pkwy Ste 200 | restoremjuliet.com

Hutto declares this EMS Week

Wilson County Mayor Randall Hutto declared May 16-22 Emergency Medical Services Week in Wilson County. The annual occasion was marked with the signing of the proclamation and Mayor Hutto was joined by several members of the Wilson County’s Emergency Management Agency for a photo and presentation. Mayor Hutto greeted the group and thanked them for their service and dedication.

HEFNER, from PAGE 1

Hefner met with someone at the City Hall Commission Chambers, 2425 N. Mt. Juliet Road. You can watch the meeting through the City’s YouTube page or at the website at mtjuliet-tn.gov.

May 24
MT. JULIET BOARD OF COMMISSIONERS
The Mt. Juliet Board of Commissioners will meet Monday, May 24 at 6:30 p.m. at the City Hall Commission Chambers, 2425 N. Mt. Juliet Road. You can watch the meeting through the City’s YouTube page or at the website at mtjuliet-tn.gov.

May 26
WILSON WEDNESDAY WITH MAYOR HUTTO
Wilson Wednesday with Mayor Hutto on May 26 at 9 a.m. Save your seat @mjchamber.org

May 27
WILSON COUNTY INDUSTRIAL DEVELOPMENT BOND BOARD MEETING
The Wilson County Industrial Development Bond Board will meet Thursday, May 27 at 4 p.m. at the Joint Economic & Community Development Board office located at 200 Aviation Way, Suite 207, Lebanon, TN.

May 31
NEEDHAM’S FIREWORKS SHOW TEST RUN
Tom Needham of Needham’s Nursery will be doing a test run of his annual July 4th fireworks show on Memorial Day, Monday, May 31 around 8:15 p.m. The fireworks will be shot from Circle P Ranch on East Main Street.

If you have a calendar event, send it to editor@tcomj.com

LAGUARDO, from PAGE 1
Laguardo beach swimming area will continue until conditions return to acceptable levels. For any questions pertaining to the beach closure, please call the Old Hickory Lake Resource Manager’s Office at (615)822-4846.

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I believe family is both biological and nonbiological. I’ve got some people in my life like I’m sure you do as well, that are my family, but we are not biologically related. Here in the south, we have some aunts and uncles, moms and dads, cousins that we aren’t related to, but we might as well be. They are just as much our family as a real biological family. I would describe our family as a real biological family. I believe God calls us to become primary for us.

So what does God call of us as children of God?

I have seen this in so many people and guess what, I’ve seen it in me as well. One of the greatest places I have seen this is in the church. We have claimed democrat, republican, mask, anti-mask, pro-vaccine, anti-vaccine...you pick it. Let me be clear, I’m not against having a position. But where we have lost our power as the church is we have claimed these ideological positions over our identity as beloved sons and daughters of the Risen King, Jesus. For those of us that call ourselves Christians our first position is that of a child of God. And under that identity, we can hold any of the positions mentioned above, but they simply don’t become primary for us.

If I’m honest with you today, I think for so many of us the last year and the changes it has brought have been so hard because of how it has affected our family. We have chosen cultural divisions over family identity.

I believe God calls us to be peacemakers in the world. Called to be peacemakers in the church. Those whose identity, we can hold any of the positions mentioned above, but they simply don’t become primary for us. It’s hard enough to be a peacemaker in our own little circles, but Jesus is saying to be a peacemaker. For those that call themselves Christians, those whose primary identity is that of a beloved child of God, we are called to be peacemakers in the world. I believe God calls us to be called the children of God. The children of God will be known as peaceMAKERS. That calls something out of us, as a parent is supposed to do, that we sometimes don’t see in ourselves. The Beatitudes, Jesus begins with a list of people who are blessed and it’s not who you would originally think. It’s the poor in spirit, the meek, those who mourn, the merciful and the list goes on. Jesus says in Matthew 5 verse 9, “Blessed are the peacemakers, for they will be called the children of God.”

In Jesus’ sermon on the mount, his ethos to life, he starts out with a section called the beatitudes. He starts this sermon in Matthew chapter 5. In the beatitudes, Jesus begins with a list of people who are blessed and it’s not who you would originally think. It’s the poor in spirit, the meek, those who mourn, the merciful and the list goes on. Jesus says in Matthew 5 verse 9, “Blessed are the peacemakers, for they will be called the children of God.”

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TELLING TALES - Going to the Grocery

Becky Andrews
Wilson Living Magazine

It seems like it happens at least once a year. In the midst of grocery shopping, I find myself in the greeting card aisle. On most of the “food store” trips, while passing this section I’ll do a quick mental checklist of all birthdays, anniversaries, christenings, and graduations, to make sure I don’t have an immediate need before moving on to the freezer section. I don’t know why. It’s like a strange magnetic force that pulls me in. Before long, I can’t get enough of cut down poster board with kitschy jokes at a cost of nearly $5 each.

So it’s no surprise that on this trip, I again found myself scanning the card section because one caught my eye. It was a quirky, chunky shaped little ditty with an odd punch line. In short, it was the greeting card version of me. And that lead to picking up another, and another, and another. It wasn’t long before, I had cards for each of my sisters, brothers, three college roommates, and a get well card for my dad’s neighbor, who I’d only met once, but knew well enough to realize she’d get a chuckle out of “Mildred’s” latest escapade.

I couldn’t stop there. The get well section was a scream. These cards were filled with line after line of bizarre dialogue. I pulled out my phone and started scanning my friends list on Facebook to see if anyone was sick or could use a pick me up. When I got to the Cs, my husband called. “Hey! What’s the name of your first college roommate’s mom? I heard she just had knee surgery. Do they still live in town?” Silence… Then finally, he replied, “I have no idea who you are talking about. Just wanted to remind you not to forget toilet paper.” Of course! Looking in the buggy, it was clear my priorities were off… A pair of trouser socks, an incredible shade of purple, it was clear my priorities were off… A pair of trouser socks, an incredible shade of purple.

“Don’t have an immediate need for a few adult things, people! This is the Oscar PMS can be. She’s not crazy, seriously.” Right before I finally, he replied, “I have no idea who you are talking about. Just wanted to remind you not to forget toilet paper.” Of course! Looking in the buggy, it was clear my priorities were off… A pair of trouser socks, an incredible shade of purple, it was clear my priorities were off… A pair of trouser socks, an incredible shade of purple.

I’m just running a few errands for my sister. She’s got PMS. Not that she’s mean. Just an emotional eater. I mean she doesn’t have a stability problem. You know how PMS can be. She’s not crazy, seriously.” Right before I finally, he replied, “I have no idea who you are talking about. Just wanted to remind you not to forget toilet paper.” Of course! Looking in the buggy, it was clear my priorities were off… A pair of trouser socks, an incredible shade of purple, it was clear my priorities were off… A pair of trouser socks, an incredible shade of purple.

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This contents in my cart is why I hate running into people I know at the grocery. Just last week an acquaintance stopped to chat while we were both in the dairy section. For some reason, I felt the need to explain away why I have five boxes of cosmic brownies, microwave popcorn, milk duds and a frozen pizza. Because I don’t have a single fresh vegetable or fruit or any re-usable grocery bags, I start to panic. I start making nervous conversation to distract her from noticing all the empty calories.

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“You can email Becky a comment or ecard at becky@wilsonlivingmagazine.com

F&M, from PAGE 4

things we can’t do on our own strength but we can do by surrendering to him and in the power of the Holy Spirit. May we return in humility and repentance to our Heavenly Father and begin to step out into what God is calling us to be in our community as peacemakers. We are called to be peacemakers because that is who Jesus is. I’ll leave us with this scripture from 2 Corinthians 3:17-18, “Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

Being An Adult

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REFLECTIONS FROM AN OLD FRIEND - Being An Adult

Kenny Martin
City Manager

According to Webster’s Dictionary, being an adult is defined as a man or woman who is fully grown, or a mature person having reached full size and strength. Being a juvenile/child is defined as young and youthful, but not yet an adult or for slang purposes, a kid.

The only problem I see with the definition is that lots of kids act more like adults than some adults act themselves. Most adults do a very good job of being adults, thank goodness. However, and unfortunately there are quite a few adults who behave more like kids, than adults.

We teach our children about sportsmanship, being a team player, manners, courtesy, character, integrity, respect, common sense, leadership, and doing the right thing always because they depend upon us as adults to teach them right from wrong. As adults we must do all we can to teach our children how to become good adults and human beings. They are our future and need our help and direction to learn and grow to become good adults.

As we all know our children do not need to witness adults behaving like children or behaving badly. When I say children, I am not talking about an adult being silly and having fun. Acting like a kid and being a kid is totally different than being an adult and acting vengeful, mean spirited, childish, unethical, and selfish.

Some adults refuse to do right because their so-called enemy or the person they dislike might be right or wrong. Our society cannot afford people knowing how to do right but refusing to do so because of winning, losing or vindictiveness. We all lose when we play those games. Character and Integrity are who we are when no one is watching and is needed even more when our children are watching. As a Nation, State, County and City we must strive each day to show children the right way to be an adult and way how we should treat and respect others. We have enough enemies outside our great Nation that would like nothing more than to see us become divided and we must do all we can to prevent that. We need each other and our kids need us to show them the right way to be an adult, great human being and how to properly respect and treat one another.

In closing, I am making a plea to all adults to please lead by example in a positive way for our children’s sake. The deserve and need our best always and we need each other.
SPORTS ROUNDUP

BASEBALL

WEDNESDAY, MAY 12
District 9-AAA Tournament
Mt. Juliet 7 Green Hill 2

THURSDAY, MAY 13
District 9-AAA Championship
Beech 6 Mt. Juliet 4

MONDAY, MAY 18
Region 5-AAA Tournament
Clarksville 3 Mt. Juliet 1

TENNIS

THURSDAY, MAY 13
Regional Tournament
Mt. Juliet 4 Rossview 2

If you have any school or sports news, send it to editor@tcomj.com

COURT AUCTION

OVERLOOK ESTATES
3 BEDROOM BRICK HOME
IN NEED OF REPAIR
114 WILEY ST., MADISON, TN 37115
THURSDAY MAY 27TH 10:30 AM

Directions: From Nashville, take I-65 North to Exit #92-Old Hickory Blvd. Turn right on Old Hickory Blvd. to left on Gallatin Rd., go ½ mile to right on Wiley St.

Real Estate: This single-family residential home is located in the heart of Madison. This home includes a living room, eat-in kitchen, 3 bedrooms, 1 bath, hardwood floors, HVAC, wood deck out back, aggregate concrete driveway. All on a 50 x 135 level lot with storage building. Madison is on the rapid transit Metro bus lines, has walkability with sidewalks, and has dedicated bike lanes. Madison is conveniently located close to Gallatin Pike, Vietnam Vet Pkwy, I-65, I-24, and has 3 public parks, Madison Branch Library, Rivergate Mall, grocery stores, and assorted restaurants. With some updating and repairs this will make a great home or investment.

Terms: CASH – PROPERTY IS BEING SOLD AS-IS, WHERE-IS WITH NO CONTINGENCIES. Make your own financial arrangements prior to sale. 15% Non-Refundable Earnest Money due day of sale with balance due at closing. Deed and Insured Title Furnished by Court. Sale # 02321

Marc Colson / Bobby Colson Auctioneers Lisc. # 20
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$ 25.00 Will Be Given Away

Blair signs to play soccer at Tennessee Wesleyan

Green Hill High School Soccer’s Zach Blair was joined by his family and teammates Friday to sign his scholarship papers to play soccer at Tennessee Wesleyan University in Athens. Blair was a standout in Green Hill High School’s first soccer season, earning District 9-AAA Defensive Player of the Year from the district’s coaches.

SIGNINGS

Blair signs to play soccer at Tennessee Wesleyan

Photo courtesy of Green Hill High School

The Mt. Juliet High School Girls Tennis Team reached sectionals after a 4-2 Regional Championship win over Rossview Thursday, May 13. The team will now move onto Sectionals and face off against Franklin Thursday for a spot in the State Tournament. The team is 15-0 on the season. This is the first time the girls team has advanced to sectionals. First row: Erin Elster, Cierra Smith, Brooke Nicholson, Lucy Pfeiff, Dana Leigh Walker, Kate Wiggins. The team is coached by Mackenzie Underwood.

Photo submitted
Green Hill has nine swimmers on All Wilson County teams

By Kenny Howell
Managing Editor

Green Hill High School had nine swimmers make the All Wilson County Swim Teams for the 2021 season.

Wilson Central had three swimmers make the first team, while Mt. Juliet had one, Jules Atkinson who was named County Swimmer of the Year.

For the boys, Green Hill's Carson Serbin, Meyer Tinley, Maddox Hardin, Jonah Parker, Lilly Howell, Emily Norton, Sophia Allen, Roxie Flesher and Owen Latta all made first team.

Green Hill High School Swim and nine swimmers be named to the All County Swim Team earlier this month. They were Carson Serbin, Meyer Tinley, Maddox Hardin, Jonah Parker, Lilly Howell, Emily Norton, Sophia Allen, Roxie Flesher and Owen Latta.

Wilson County Schools receives $20,000 in civics grant funding

By Kenny Howell
Managing Editor

Tennessee Governor Bill Lee’s office announced Tuesday that Wilson County Schools was one of 59 recipients of Governor’s Civics Seal Grant Funding, announced $20,000 and aims to provide high-quality civics education programs to prepare students for college, career and civic life.

“We are proud of so many Tennessee schools are prioritizing strong civics education for their students,” said Gov. Bill Lee. “By providing grant funding to support civics instruction for our students, we are preparing the next generation of Tennesseans for life beyond the classroom and to become active leaders in their communities and in our state.”

Grants were given out through the Governor’s Education Emergency Relief Fund (GEER).

The Chronicle of Mt. Juliet, MAY 19, 2021 Page 7
D’ONOFRIO, Joseph “Joey” William

Joseph William D’Onofrio, loving son, brother and uncle, 39, Old Hickory passed away Saturday, May 1.

Joey was born in Frankfurt, Germany to Donato and Sharon D’Onofrio. He was a graduate of Mt. Juliet High School, Volunteer State Community College and Middle Tennessee State University.

Joey was known for his kind and gentle spirit, hard work ethic and deep love for family, especially his nieces and nephews. God and family were most important to him. His family feels proud of him and blessed to have had him in their lives.

He is survived by his loving parents who greatly adored him, his sister and best friends, Alicia Trimble, wife of Corey and Joanne Trimble; his uncle, Jim of New York; his cousin, Kris of Tennessee; and his grandmother, Ardelle; his wife of Corey and Joanne Trimble; his best friends, Alicia Trimble, wife of Corey and Joanne Trimble; and his loving son, brother and uncle.


FRIZZELL, Mary L.

Mary L. Frizzell, 91, Mt. Juliet, died May 13.

Frizzell was born in Gainesboro, and was the daughter of the late, Henry Martin and Eva Mae Hensley Martin. She was also preceded in death by her husband, John William Frizzell, Sr.

She is survived by: Children, John William Frizzell, Jr., Patsy Harris, Jerry (April) Frizzell and Ricky Frizzell; Brothers, Hugh Martin and Charles Martin; Sister Barbara Craighhead; five Grandchildren and seven Great-grandchildren.

Funeral services were Tuesday, May 18, at Bond Memorial Chapel with Eddie Walker officiating. Interment followed at Spring Hill Cemetery.

Visitaton was Monday at Bond Memorial Chapel, N. Mt. Juliet Road and Westmore Drive, Mt. Juliet, TN. (615) 773-2663. www.bondmemorial.com.

HEATH, Thomas Carnell

Thomas Carnell Heath, 74, Gladeville, passed away on May 14. He was surrounded by his wife of 54 years, Kathy and three children; Amy (Ralph) Harvey of Gladewater, Kimberly Straub of Lebanon, and Jason (Amy) Heath of Hendersonville.

Tom was proud to be called Papa by his five grandchildren, Ashleigh (Johnny) Butler of Marion, Mich., Zachary and Mickey Eli Straub, both of Toledo, Ohio, and Callie and Katelyn Heath, of Hendersonville.

Tom was born to Orie and Virginia Heath of Birmingham, Mich., on June 30, 1947. He was baby brother to sisters Beverly (Ron) Reuter of Murray, Ky. and Sue (Stew) Monroe of Chico, Calif. He was a graduate of Ernest W. Scarlholm High School, followed by joining the US Air Force. He met and married Kathy in Burns, Ore. Burns was followed with moves to Anchorage, Alaska, Salt Lake City, Utah, and multiple cities in Calif., before finally settling in Mt. Juliet, for the betterment of his then young family.

Tom was a former member of Gladeville Baptist Church. He enjoyed vacationing at the beach surrounded by family, water and sunshine. He loved to eat, more than he loved to breath. Following many years of health struggles and multiple serious medical conditions, he made the choice that his body was to be donated to Vanderbilt Medical University for the training of future doctors! Much to be learned from ‘Mr. Tom’.

Tom was preceded in death by both parents, brother-in-law, Ron Reuter and great-grandbaby, Emma Noel Masters.

No formal funeral nor memorial service will be held. Instead, an informal drop-in visitation has been held with close friends and family.

KEETON, Linda Sue

Linda Sue Keeton, 65 Murfreesboro, passed away May 11.

She is preceded in death by parents, Douglas and Mary Lou Baird; and brother, Bruce Baird.

She is survived by husband of 45 years, Ken Keeton; son, Brandon (Natalie) Keeton; brother, Doug (Jeanette) Bair; sister, Wanda Faye Mcclanahan; grandchildren, Aceson Keeton and Cambrie Keeton; and several nieces, nephews and cousins.

Funeral service was Saturday, May 15 at Sellars Funeral Home at Mt. Juliet with Pastor John Carnes officiating. Interment followed the service at Hermitage Memorial Gardens with family and friends serving as pallbearers.

Visitation with the family was Friday, May 14 and prior to the service on Saturday, May 15.


LLOYD, Mickey

Mickey Lloyd, 64, passed away peacefully at home on May 9, 2021 following a long illness, with his loving wife of 26 years, Cathie Berbera Lloyd, by his side. His memory is cherished by extended family including brother Alton Lloyd (Debbie), sister Virginia Norris (Al), numerous nieces, nephews, and in-laws from the Lloyd, Berbera, Taylor, Armer and Eviici families. A celebration of Mickey’s life will be held in the near future with a private memorial service at a later date. In lieu of flowers, donations to the West Tennessee Border Collie Rescue and the Nashville Humane Association are much appreciated.

Mickey Lloyd, a proud Texan, was born in Austin and raised in Meadow, Texas. Over his interesting and varied life he served in the U.S. Marine Corps, worked the oil fields and for the majority of his life, drove trucks for the entertainment industry, working with such well known groups and entertainers such as Whitesnake, AC/DC, Metallica, Motley Crue, The Rolling Stones, Ozzy Osbourne, Janet Jackson, Mary Chapin Carpenter and many more. He settled in Nashville with his wife Cathie in 1993, eventually shifting careers to return to his first love of working with aircraft, as he had during his time in
I'm sure you've all heard it before, whether from a friend or a loved one: “I know the scale number increased, but it's because muscle weighs more than fat.” Well, let's examine this statement a little further. Weight is a unit of measurement, so in actuality, muscle and fat weigh exactly the same. I always say that a pound equals a pound, whatever way you look at it. The best way to explain the difference between muscle and fat is really through density. Think of a pound of muscle as “crushed up brick” and a pound of body fat as “a pile of feathers.” The pound of crushed up brick takes up little to no space, therefore very dense, and the pound of feathers takes up a significant amount of space, carrying no density. In the health/fitness industry, it’s important to train our minds to pay attention to non-scale victories like clothing fitting looser and extra notches being used in your belt as these are the greatest indicators of a loss in body fat that equates to the visible changes in the mirror that matter most.

**What is the most important secret to an enjoyable season with my pool?**

Water chemistry, water chemistry, water chemistry! Take advantage of free water testing and quality chemicals from your local pool store. There is a great difference between wholesale chemicals and retail chemicals. Some are cheap for a reason. Ask your water specialist to explain the difference. Take 10 or 15 minutes with your pool each day and you will be pleasantly surprised at the ease of care.

As always, feel free to email us your questions for a personal response! Send those to davidwcowan@poolkrafters.com

**From OBITs, PAGE 8**

love of working with aircraft, as he had during his time in the Marine Corps. Always a proud marine, he took great pride in seeing the military flights take off and land nearby, often voicing a proper marine “Oorah!” in the process. Mickey was devoted to his wife and his four legged furry girls Boots, Spurs and Shelby. A man of few words but great of heart, his grilled steaks and chocolate biscuits were legendary, his carpentry skills amaze-

**PHILLIPS, Patsy**

Patsy Phillips passed away May 11. The Funeral Service, conducted by Brother Danny Sellers, was Thursday, May 13, in the chapel of Sellars Funeral Home, Lebanon and was followed by interment in Wilson County Memorial. Grandsons served as Pallbearers. The family received friends until the service at the funeral home on Thursday.

Patsy Sellers Phillips was born in Lebanon to Nelda Roberts and Reverend Walter Sellers. She was a loving wife, mother, grandmother, and sister. She was a member of the Church of God. She is survived by husband of 49 years, Hayward Phillips, children Marilyn (Glenn) Porterfield, Carolyn (Mike) Rutledge, Tanya Dies, Duane Watson, and Scotty Eaton, 23 grandchildren, 37 great-grandchildren, three great-great grandchildren, siblings Evon Adkerson, Donna (Bobby) Thompson, Bily (Jan) Sellers, and Danny (Kathy) Sellers, sisters-in-law Barbara Sellers and Beverly Sellers, and numerous nieces and nephews. She is preceded in death by son Doyle Ray Watson, parents Reverend Walter and Nelda Sellers, brothers Eddie Sellers and Ronnie Sellers, and brother-in-law Sam Adkerson. Sellers Funeral Home, Lebanon TN, (615)444-5935.
The Board of Commissioners of the City of Mt. Juliet will have a Public Hearing on Monday, June 14, 2021 at 6:15 p.m. to hear comments on the following item to be considered: Rezone property known as the Pile-McCluskey Property, located on Lebanon Rd, Map 053, Parcels 130.02 & 130.03, from Single Family Residential RS-40 to Commercial Retail Center (CRC) & Single Family Residential, RS-15. The public is invited to attend and comment.

Kenny Martin, City Manager
City of Mt. Juliet

The Mt Juliet Board of Zoning Appeals will hold a public hearing on June 10, 2021 at 6:15 p.m. to hear comments on the following item to be considered: Rezone property known as the Pile-McCluskey Property, located on Lebanon Rd, Map 053, Parcels 130.02 & 130.03, from Single Family Residential RS-40 to Commercial Retail Center (CRC) & Single Family Residential, RS-15. The public is invited to attend and comment.

Kenny Martin, City Manager
City of Mt. Juliet
VACCINE, from PAGE 1

give vaccinations indoors, therefore making it easier to keep the vaccines at the proper temperature during the warmer weather.

The Wilson County Health Department will be hosting a COVID-19 Vac-
cine Event Friday, May 21, 8:30-10:30 a.m. at the Jimmy Floyd Family Cen-
ter. The WCHD is willing to offer vaccine events like that one to groups or orga-
nizations that would like to host. You can contact WCHD at (615)444-5325 or County Mayor Randall Hut-
to at (615)444-1383.

“If you have not yet re-
ceived the COVID-19 vac-
cine and would like to, there are numerous ways that you can get vaccinat-
ed here in our area. My office works with the Wilson Coun-
citizens informed on vac-
cination opportunities in our county. The number of COVID-19 cases in our county are declining, and we hope that they continue to go down. These vaccina-

VWCH reaches 14,000 vaccinations given

Vanderbilt Wilson Coun-
ty Hospital (VWCH) is work-

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mtjuliet@gmail.com

LOOK TO US FOR YOUR

PHONE SERVICE

TDS Telecom offers the following local exchange telecommunications services to all customers throughout its serving area:

- Voice grade access to the public switched network;
- Local exchange service;
- Dual tone multi-frequency signal;
- Single party service;
- Access to emergency service;
- Access to operator services;
- Access to interexchange service;
- Access to directory assistance; and
- Toll without charge to qualified low income customers.

Below are the monthly rates for local exchange service:

<table>
<thead>
<tr>
<th>Exchange</th>
<th>Residential Monthly Rate</th>
<th>Business Monthly Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clifton, Cowesville, Darden</td>
<td>$17.00</td>
<td>$30.50</td>
</tr>
<tr>
<td>Lobelville, Sarat, Collinwood</td>
<td>$17.00</td>
<td>$30.50</td>
</tr>
<tr>
<td>Decaturville, Linden, Scotts Hill</td>
<td>$17.00</td>
<td>$30.50</td>
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<tr>
<td>Bruceton, Parsons &amp; Waynesboro</td>
<td>$17.00</td>
<td>$30.50</td>
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<tr>
<td>Lavergne</td>
<td>$18.00</td>
<td>$35.50</td>
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<tr>
<td>Halls Crossroads</td>
<td>$17.00</td>
<td>$35.15</td>
</tr>
<tr>
<td>Mt. Juliet</td>
<td>$18.00</td>
<td>$35.50</td>
</tr>
</tbody>
</table>

Monthly discounts are available to residential customers meeting certain low income criteria.

For more information, contact TDS Telecom toll-free at 1-888-CALL-TDS.

*The above rates do not include charges for long distance, operator services, Directory Assistance, 911 emergency service, optional local calling plans, mandatory local surcharges, or other state and federal taxes/surcharges.

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MILITARY APPRECIATION MONTH

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