Principals named at two MJ schools

Staff Reports

Some key administrative changes have been made at two Mt. Juliet schools.

After 24 years with Wilson County Schools, Ginger Ash has resigned from her position as Mt. Juliet Elementary School principal. The announcement was made Monday by Wilson County Director of Schools Dr. Donna Wright.

Ash’s resignation puts a domino effect into play as Mt. Juliet Elementary and Mt. Juliet Middle Schools for the 2019-2020 academic year.

New principal roles at Mt. Juliet Elementary and Mt. Juliet Middle Schools for the 2019-2020 academic year.

Wright is strongly encouraged with these changes.

See SCHOOLS, PAGE 8

Police arrest man hiding in attic

Arrest comes after court appearance on similar charge

Police arrested 18-year-old Matthew Casto on Thursday after responding to a report about a suspicious person. Casto was discovered in the attic of a home he unlawfully entered. He was arrested earlier this month on similar charges. | Photo courtesy of MJPD

Staff Reports

Responding to a report from a neighbor about a suspicious person, officers discovered a man inside the attic of a home where he unlawfully entered.

Police arrested 18-year-old Matthew Casto on Thursday after responding to a report about a suspicious person. Casto was discovered in the attic of a home he unlawfully entered. He was arrested earlier this month on similar charges. | Photo courtesy of MJPD

Around 1:30 p.m. Thursday, June 13, officers responded to the 200 block of Karen Drive in Mt. Juliet after a neighbor spotted a man who was not allowed to be at a home in the area. When officers arrived, they heard movement inside the house and waited on a homeowner to let them inside.

Matthew Casto, 18, was found hiding from officers under Christmas decorations in an attic space, and while resisting officers, a Taser was deployed.

Casto was previously charged with Aggravated Criminal Trespass back on June 2, 2019, for unlawfully entering the same home. He appeared in court earlier Thursday on those charges.

Casto was arrested and booked into the Wilson County Jail, charged with Aggravated Criminal Trespass and Resisting Arrest.

Community Calendar

JUNE 20

Planning Commission
MJ City Hall

JUNE 21

Coffee with a Cop
McDonald’s-Lebanon Rd.

JUNE 24

City Commission
MJ City Hall

Additional information
Page 3

Mt. Juliet FFA presented award

Staff Reports

The Mt. Juliet Future Farmers of America (FFA) Chapter of Wilson County was presented with the Outstanding Chapter Award at Camp Clements on June 7, 2019.

Mt. Juliet brought with them 19 members and six advisors. More than 200 students, advisors and guests attended what was the second of seven weeks of Leadership Training Camp offered to the Tennessee FFA membership.

Chapters must be active in officer classes, specialty classes, have a representative elected to Camp Council, and have a large sum of their members qualify for the gold leadership award to be considered for the Outstanding Chapter Award.

The Mt. Juliet FFA chapter took home several honors including: Camp Council Vice President, Casey Bohr; second in Quiz Contest, Casey Bohr; and a strong Quiz Bowl team which included: Dawson

Karen Drive in Mt. Juliet after a neighbor spotted a man who was not allowed to be at a home in the area. When officers arrived, they heard movement inside the house and waited on a homeowner to let them inside.

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County Fair to present ‘A Grand Celebration’

Staff Reports

Officials are working hard to get ready for the 2019 Wilson County Fair, which runs Aug. 16-24. The gates will open Friday, Aug. 16 at 5 p.m.

The Wilson County Fair will be "A Grand Celebration" and many improvements are being made throughout the Fairgrounds. The Turner Evans building and the Pop Smartt Barn, as well as the former Poultry and Rabbit barn, will be barn red at Fair time.

The former Poultry and Rabbit barn will be the Ag Venture Barn and the Pop Smartt Barn will be the new home for the rabbit and poultry shows. The Ag Venture Barn is also being refreshed with new educational agricultural exhibits that include many interactive activities as well as an inflatable corn maze, dairy parlor, ag simulator and more.

Additions are also being made to the newest barn, the Heritage Barn. More antique tools and equipment are being displayed on the walls covered with barn wood and tin. The upstairs area truly depicts a homestead area from days gone by. Kitchen
Wilson Central alum joins First Freedom Bank

Staff Reports

Blair Kirkland has joined First Freedom Bank as a Financial Services Representative, announced Kenny Beavers, Senior Vice President and Director of Retail Banking.

“Blair comes to our bank with prior experience in retail sales and management. She possesses excellent customer service skills and we are thrilled to have her as the newest member of the Providence Office team,” said Beavers.

Kirkland previously worked as a manager in the retail industry for five years and is a 2014 graduate of Wilson Central High School. She earned her Associate’s Degree in accounting in 2018 from Volunteer State Community College. Blair is currently attending Middle Tennessee State University and will earn her accounting degree in 2020.

A native of Mt. Juliet, Tennessee, Kirkland now resides in Lebanon. 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 is member of the Better Business Bureau, an Equal Housing Lender and Member FDIC. Additionally, First Freedom has earned the prestigious Five Star rating by Bauer Financial, the nation’s leading independent bank and credit union rating firm.
Bullock vies for vacant commission seat

By Sarah Tate
Managing Editor

Gerard Bullock recently put his name in for consideration of the vacant District 4 seat on the Mt. Juliet Board of Commissioners. The seat was vacated last month after former Commissioner Brian Abston resigned due to moving out of the district.

The commission will decide who will replace Abston until the next election. District 4 includes much of the Providence and South Mt. Juliet area.

Bullock is on the Board of Directors at the Mt. Juliet Chamber of Commerce. As such, he has been a part of the community growth, helping new businesses get footing and acting as a support structure.

Bullock said the Chamber was helpful to him when he first moved to the area. Bullock and his family moved to Tennessee from Maryland in 2015 for his job as director of operations at Under Armour.

When his wife, Sara, opened MeTime Drop-In Child Care, he knew the Chamber would help the business flourish. He was soon offered a position on the Board of Directors and he readily accepted.

In his years of working in Mt. Juliet, Bullock has learned how the city department heads, city managers and city commissioners work together.

In the short time he’s been in Mt. Juliet, he has seen the growth and the inner workings of the city and wants to contribute. When the commission seat opened up, Bullock immediately jumped at the opportunity to help serve the community.

“arly, from what I’ve seen, has been progressing in the right direction, and I want to be a part of that story,” he said.

Though this would be his first time in local government, he has 21 years of experience in distribution management, he has 21 years of experience in distribution management, and leading over 1,500 employees. He understands how the commission works for the people of Mt. Juliet while still helping the city grow.

“You’re helping make decisions and listening to the people that you represent, whether it be in city government or in the workplace,” he said. “You’re basically making decisions for the greater amount of people based on their input. You aren’t going to make everybody happy all the time, but you try to do what’s right for everybody in the long run.”

If chosen as the District 4 commissioner, Bullock would strive to be as transparent as possible for the people of his district. He wants them to understand the reasons behind certain decisions and to be informed about what is happening in the city.

“I’m open to listen to everyone’s thoughts and ideas, and we can sit down and talk about them,” he said.

Bullock said he would bring a different point of view to the commission because, even though he hasn’t been here for decades, he is just as invested in the community as those who have lived here all their life.

“I feel like I can bring a good dynamic to the commission, especially being someone who is invested in the community,” he said. “My wife owns a business here, we live here, we’re here for the long haul.”

Bullock resides in District 4 with his wife, Sara, and their four children, Gerard, Gianna, Gabi and Gage.

JOIN US FOR A BLAST ON JUNE 29!
*FOOD
*FUN
*MUSIC
*FIREWORKS

Join us in Granville on Saturday, June 29!

Commission seat

Planning Commission
The Mt. Juliet Planning Commission will meet at City Hall on Thursday, June 20, at 6:30 p.m.

Coffee with a Cop
Mt. Juliet Police will be having Coffee with a Cop at the Lebanon Road McDonald’s on Friday, June 21, from 7-9 a.m. The public is invited to attend. Coffee with a Cop is an opportunity for the public to meet with officers in a relaxed environment and talk about anything, from crime issues to neighborhood programs. McDonald’s is located at 11279 Lebanon Road.

FCA Golf Tournament
The 4th Annual Wilson County FCA Golf Tournament will be held Friday, June 21, at Pine Creek Golf Course. A lunch provided by Chick-Fil-A will be at 11:30 a.m. and tee off is at 1 p.m. For more information, contact Tim Bryant at 615-948-1434.

Board of Commissioners
The Mt. Juliet Board of Commissioners will meet at City Hall on Monday, June 24, at 6:30 p.m. A public hearing will be held before the meeting at 6:15 p.m.

Free Dance Class
Free Dance Exercise Class called Refit every Tuesday evening at 6:30 p.m. in the youth center of Life Church, located at 3688 Highway 109, Lebanon. This class is for all ages and fitness levels. LifeChurchFamily.com.

Scholarship Banquet
The Wilson County Alumni Chapter of Tennessee State University National Alumni Association will host the 2019 Real Fathers, Real Men Scholarship Banquet on Saturday, June 29, at 6 p.m. at the Wilson County Expo Center, 945 E. Baddour Pkwy, Lebanon. Guest speaker is Dr. Reginald McDonald, director of the TSU Aristocrat of Bands. Tickets are $35.

Join us in Granville on Saturday, June 29!
Man arrested after fleeing scene of wreck

A team of officers, including K9 Majlo, tracked him through the woods, eventually capturing and arresting him. He was found to have an active warrant out of Wilson County for a probation violation.

The suspect was transported to a nearby emergency room for an evaluation of his injuries.

**OBITUARIES**

**EARLE, Mary**

Mary Earle, age 85 of Hermitage, passed away on June 13, 2019. A funeral service was held June 17 at Sellars Funeral Home, and interment followed at Leeville Cemetery.

She is survived by loving husband of 66 years, Robert Earle; children, Bobby Earle, Cheryl Earle, and Luella (Lynn) Hurt; grandchildren, Adrianna Secriskey, Michael Earle, Jery Hurt, Rachael Earle, Jessica Earle, and Jessy Parmian; great-grandchildren, Alex Earle, Lynn Hurt, Jery Hurt, Phoenix Earle, Louise Hurt, and Jayden Parmian; and brother, Wayne Carrozza. She was preceded in death by sons, Robin Earle and Christopher Earle; mother, Mary Carrozza; step-father, Silvestor Carrozza; and father, Howard Austin.


**PRICE, Donald**

Donald “Donny” Price, age 58 of Hermitage, passed away June 14, 2019, after battling cancer. He is survived by son, Cody Price; daughters, Chelsey Price and Cassidy Price; granddaughter, Camden Price; sister, Barbara (John) Thompson; nieces, Christiina (Trevor) Bond, Lillian (Samuel) Benninghoff, and Olivia Grace Thompson. He was preceded in death by father, Donald Ivan Price, Sr.; mother, Marilyn Yvonne deCastrique.

A funeral service was held June 18 at Sellers Funeral Home in Mt. Juliet, and interment followed at Mt. Juliet Memorial Gardens.

**TOMLINSON, Reba Lorene**

Reba Lorene Tomlinson, age 97 of Mt. Juliet, passed away June 12, 2019, at Quality Center in Lebanon. She was born Sept. 1, 1921, to the late Ernest and Effie Massey. She was preceded in death by husband of 63 years, Horace Tomlinson; grandson, Joseph Elbert Tomlinson; two brothers and two sisters.

Survived by children, Genice Siegrist, Elbert Earl Tomlinson and Peggy (Fred) Trusty; grandchildren, Robert Tuggle, Brad (Emily) Siegrist, David Trusty and Michael (Amanda) Trusty; 10 great-grandchildren and several nieces and nephews.

A funeral service was held June 16 at Sellars Funeral Home in Mt. Juliet, and interment followed at Mt. Juliet Memorial Gardens. Memorial contributions may be made to St. Jude Children’s Hospital at www.stjude.org.

**WAGONER, Joyce Gaynell**

Joyce Wagoner passed away June 9, 2019, at age 80. A memorial service was held June 14 at Sellers Funeral Home in Lebanon.

Joyce is survived by children: Stephanie Wagoner (Chris) Teichmiller, Julie Wagoner Terry, and William Sutton (Rae) Wagoner III; grandchildren: Ainsley Wagoner, Ann Sutton Teichmiller, Caroline Terry, Sarah Terry, Abigail Terry, and William Terry; brothers: Niky (Debbie) Faught and Randy Watson; step-brother: Roger Cleveland; sisters-in-law: Diane Hester and Jane Cleveland; and numerous nieces, nephews, great-nieces, and great-nephews. She is preceded in death by husband, William Sutton Wagoner Jr., and parents Sylvia Mae Jackson and Ambres Nichols Faught.

Sellars Funeral Home, Lebanon TN, 615.444.9393.

**PET OF THE WEEK**

Lil Bit came to the shelter as an owner surrender. This one-and-a-half-year-old sweet girl is full of energy and is looking for a forever home with a big yard to run around in. Lil Bit enjoys playing outside, going for walks, and smiling for the camera. Lil Bit would make for a great best friend.

Please call the shelter at 615-773-5533 to schedule an appointment to meet Lil Bit, or come during open hours: Tues–Thurs from 11:30-5:30

15 Industrial Drive, Mt. Juliet, TN 37122

**Southeastern Dental**

of Mt. Juliet

Cleanings | Crowns | Veneers
Invisalign | Root Canals | Oral Surgery
Bridges | Cosmetic Dentistry

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Providence Shopping Center near Publix
Mon, Tues 7-5 | Wed 7-2 | Thurs 7-3 | Fri 8-12
Most insurance plans accepted! Walk-Ins Welcome!
What’s the deal with hemp oil?

Hemp oil has really come into view for its amazing beneficial properties. No doubt it has been a topic of conversation in your social circle. But with so many questions surrounding it, it’s crucial to know that you’re getting a good quality and legal product. Your body has what is called an endocannabinoid system within it. The cannabinoids (contained in high concentrations in hemp) feed these receptor sites and therefore balance the body through this process. With the lack of side effects and risks, CBD oil seems to be a wonderfully safe alternative to many harmful options for worrisome symptoms. There are many studies done on CBD/Hemp Oil that are proving its effectiveness for many different conditions including seizures, depression, anxiety, and pain. Numerous hemp lovers all over the world are using it in their daily regimen for these conditions in addition to things like insomnia, digestive disorders, inflammation, and more. Since the FDA doesn’t fund adequate studies for natural products, medical claims cannot be made. So please do your own research and decide if Hemp Oil is right for you.

My son plays football and I was wondering if we should wait for braces until the season is over?

Great question! Here at Oxford Orthodontics we have lots of patients getting their beautiful smile while participating in various sports. We have mouthguards that we give our patients that can be used with the braces to protect their smile! Another option is Invisalign Teen treatment. So, bring your son in for his complimentary smile evaluation and we can discuss how we can get the smile you always wanted for him even while he plays football!

Where does Back and Neck pain originate from?

Experts tell us that 75% to 85% of back and neck pain originates from the intervertebral discs. These are the spinal discs that separate the cervical, thoracic and lumbar vertebrae. God made these structures to provide cushion and support for your spine. Grays anatomy tells us that there are two structures that can either deteriorate or get injured as we age. They are the annulus fibrosus and the nucleus pulposus. Simply put the disc is like a jelly donut where the jelly can rupture out causing a herniated or ruptured disc. Currently there are only two treatments that have proven to be successful in treating this condition 1) spinal decompression and 2) spinal surgery. Unfortunately spinal surgery has a dismal success rate and is very dangerous. Fortunately spinal decompression works very well with close to a 90% success rate and is reasonably priced and very safe. If you would like more information on decompression please call us for one of our upcoming seminars at 615.583.5883.

I have active employer coverage; do I need to enroll in Medicare?

Recently I have met with several individuals who have active employer coverage and enrolled in Part A and B when first eligible for Medicare. If you are still working and have active employer coverage you do not have to enroll in Part B of Medicare, the medical portion. You will just be paying extra for coverage you already have with your employer. You can go ahead and enroll in Part A when you are eligible, and benefits will be coordinated with your employer. Before you do anything, it is always a good idea to have a cost analysis of employer coverage versus Medicare as you may come out better with Medicare.

For additional information, please call us at IMS to guide you through this process at 615-831-3800.

Recently I have met with several individuals who have active employer coverage

What should I be doing to prepare myself for the Fall?

I would suggest you examine all your maintenance equipment. Make sure your skimmers, automatic cleaner bags, etc. are in shape to handle the coming fall leaf debris. Also, check your solar blankets. It won’t be too many more days before you need to put them on to reserve your pool heat through the cool nights.

If you keep your pool open all winter, consider a leaf net cover to make your leaf maintenance less of a nightmare! Adjust your alkalinity and your pH will stay where you adjust it. Bring your water by for a free test and feel free to email your questions to: davidwcowan@poolkrafters.com

If you keep your pool open all winter,

Are YOU an expert?

Do you have special knowledge within your occupational field and would like to share information with the readers of The Chronicle of Mt. Juliet? Contact us today and let your voice be heard!

sales@thechronicleofmtjuliet.com

phyllis@thechronicleofmtjuliet.com

or call 615-754-6111
The home improvement show "Fixer Upper" recently popularized the term "Demo Day." Chip Gaines’ favorite day is the day he and his team tear up sections of the house that need to be removed to make room for the rebuild. It’s hard, messy work, but there’s something healthy about throwing out stuff that holds back progress.

That’s not only true with a fixer upper but with our lives. Over time, we collect habits that are not helpful. Maybe you learned some attitudes from your parents that are holding you back. Maybe a well-meaning schoolteacher said something that is not true. Maybe you have some experiences that have encouraged wrong-headed thinking. Maybe something that worked early in your marriage doesn’t meet the need of the moment. Maybe you need a “Demo Day.”

In 2 Kings 22, we meet Judah’s King Josiah. He was only 8 years old when he took the throne, but apparently he had a faithful mother who taught him to love God. So 18 years into his reign, he compared God’s will with what was actually happening in his kingdom. Hurtful and sinful practices and attitudes had become a way of life for his people.

Immediately, Josiah humbled himself and called for a nationwide “Demo Day.” He removed the things that worked early in his reign, he compared God’s will with what was actually happening in his kingdom. Hurtful and sinful practices and attitudes had become a way of life for his people.

See F & M, PAGE 15
FREE CONCERT
THURSDAY, JUNE 27TH
DOORS: 4PM • SHOW: 5:45PM
AT Walmart MT JULIET

GET YOUR FREE TICKETS IN-STORE
JUNE 21ST – 23RD, 2019 • 11AM-5PM
OR GO ONLINE TO ITSTIME4STRAIGHTTALK.COM

First come, first serve. While supplies last. No purchase necessary.
It's that time of year!

Ginger Ash
Michael Hickman

I wanted to remind everyone to have for our senior citizens.

REFLECTIONS FROM AN OLD FRIEND
Page 8, The Chronicle of Mt. Juliet, JUNE 19, 2019

From SCHOOLS, PAGE 1

“I am going to move Michael Hickman from MJMS to MJES so we can continue the strong academic foundation that feeds the middle school,” she said. “With Michael’s move to the elementary school, I have asked Candis Angle to take the helm at MJMS and she has accepted the position. Candis is well known and established as an excellent educator in the Mt. Juliet community, both as a teacher and administrator, and I see her transitioning quite easily coming back to Mt. Juliet.”

“I am honored with the opportunity to be the next principal at Mt. Juliet Elementary School,” Michael Hickman said. “I plan to continue the ongoing excellence for which MJE is known. I look forward to working alongside the great teachers, staff, and parents of the school.”

Hickman worked with Rutherford County Schools for over two decades, which included being named principal of Buchanan Elementary in 2009. In 2017, he came to Wilson County Schools serving as principal of Stoner Creek Elementary and then moving on to MJMS.

Dr. Candis Angle comes to MJMS after serving as assistant principal at Lebanon High School.

“I am humbled and honored to have been selected to lead Mt. Juliet Middle School,” Angle said. “I feel like I am coming home. I have lived in Mt. Juliet most of my life, and I went through the school system myself, as did three of my children. I look forward to working with the stakeholders in my community to continue the great tradition of excellence already in place and to plan for an exciting and successful future.”

Dr. Wright said the district will be looking to fill the vacant assistant principal position at Lebanon High School as quickly as possible. As for Ash’s decision to resign, “She wants to pursue some interests that she has considered for some time, as well as spend time with a new grandchild,” Wright said. “We wish her all the best.”

With all the love I/we have for our senior citizens, I wanted to remind everyone to please remember to check in on our senior citizens to make sure they are doing well. A lot of our senior citizens live alone and don’t drive any longer, therefore they sometimes need errands run or items picked up.

If you know of a senior citizen, regardless of age, who is homebound, please stop by and check in on them periodically. You will sometimes find that they are in great need and simply don’t know who to turn to for help. You will more than likely find a sweet person full of life, smiles, laughter, kindness, wisdom, knowledge and even a little mischief.

Unfortunately our senior citizen population sometimes gets overlooked or forgotten about and we cannot let that happen. There has never been a time that I didn’t learn something from my elders or a senior citizen and they have earned and deserve our respect, attention, love and support.

If we’re lucky, we’ll be senior citizens one day ourselves and get the support we need as well. So I am asking anyone that may possibly read this article to please take time to visit and speak with a senior citizen. Please also spread the word to others. The experience will indeed be worthwhile and educational.

As we all know, time and the environment have a way of changing our physical appearance on the outside, but minus age and medical setbacks, our minds go relatively unaffected. Many a young person has been fooled into thinking they could outsmart, outrun and even outthink a senior citizen, only to be fooled by the much wiser senior citizen. Our senior citizens are like fine wine, they just get better with time and age. They are sort of like an old pair of jeans or shoes, the more and longer you wear them, the better they fit.

As for the senior citizens, please keep this in mind: Each day that you awake brings yet another day to pass on your many years of wisdom and life experiences. Your experience in life is invaluable. What makes us young at heart is our smiles, personalities, attitudes, families, friends and love. Being old in years doesn’t make you old at heart any more than being young in years makes you young at heart. Having a positive attitude and a smile on your face will make you feel young at heart. Get to know a senior citizen and please don’t forget about them for they are awesome.

Seniors are awesome

Candis Angle
Ginger Ash
Michael Hickman

Kenny Martin
City Manager
Mt. Juliet, TN

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SFMO warns of electrical hazards in water ahead of summer

Staff Reports

With the pending arrival of the first day of summer (June 21, 2019), the Tennessee State Fire Marshal’s Office (SFMO) reminds consumers to always be mindful of safety hazards while swimming in the proximity of an electrical power source.

According to the Electric Shock and Drowning Prevention Association, Electric Shock Drowning (ESD) can occur when a low level electrical current passes through a swimmer, causing muscular paralysis and eventual drowning.

While ESD can occur virtually in any location where electricity is near water, the majority of deaths nationally have occurred in public and private marinas and docks. Typically, ESD’s victims are children who are swimming in or around a marina or dock where electricity is present.

In 2014, Tennessee lawmakers passed Public Chapter 923 — more commonly known as the Noah Dean and Nate Act. Named after Morristown fifth-graders Noah Dean Winstead, 10, and Nate Lynam, 11, both boys died tragically on July 4, 2012, after being electrocuted while swimming at a Tennessee marina. The legislation required the installation of ground fault circuit interrupters in and around boat docks and marinas, required marinas to post safety signage notifying individuals of the potential for electric shock if swimming within 100 yards of the boat dock and authorized the SFMO to conduct safety inspections of boat docks and marinas to ensure compliance with applicable codes.

“Tennessee has some of the country’s most beautiful public waters, and Tennesseans deserve public marinas that have been inspected to help reduce the risk of Electric Shock Drowning,” said Tennessee Department of Commerce and Insurance Commissioner and State Fire Marshal Julie Mix McPeak. “I’m proud of the work our team has performed in order to help make Tennessee safer.”

As a safety reminder for families and boat owners, the SFMO urges Tennesseans to remember:

• Never swim within 100 yards of any freshwater marina or boatyard.
• Talk to marina owners or operators about the dangers of ESD. If required signs are not posted, ask your marina operator to post signs prohibiting swimming at their facility or contact the SFMO to file a complaint.
• If you have a boat:
  • Have your boat tested once a year to see if it is leaking electricity, or buy a clamp meter and test it yourself. If you find any problems, have your boat inspected by a qualified electrician trained to American Boat and Yacht Council (ABYC) standards.
  • Test ELCI at least once a month or per the manufacturer’s specifications.
  • Do not hire an electrician who is not familiar with ABYC standards to install electrical equipment on your boat.
  • Do not use common household extension cords for providing shore power to your boat. Use, and encourage other boaters to use, shore power cords built to UL standards.
• Never dive on your boat to work on underwater fittings when it is plugged in to shore power, even in saltwater.
• If you have a private dock:
  • Never swim within 100 yards of any dock using electrical power.
  • If you have not electrified your dock or put an air conditioning system on your boat, weigh the risks carefully before doing so.
  • If you need electricity on your dock, hire a licensed electrician and make sure the wiring meets the requirements. If your dock is already wired, hire an electrician to check that it was done properly. Because docks are exposed to the elements, their electrical systems should be inspected at least once a year.
• If you normally run a power cord from your house or garage to charge your batteries, make sure the outlet has a GFCI and include an ELCI somewhere in the shore power cord.
• Never swim off your dock without shutting down all shore power to the boat and the dock.
• Even if you adhere to all of these rules, nearby docks can still present a shock hazard. Educate your neighbors and work together with them to make the waterfront safe.
• If you’re in the water and feel tingling or shocks:
  • Do not follow your instinct to swim toward the dock.
  • Let everyone know what’s happening so they’ll understand the danger and react appropriately.
• Try to stay upright and back out of the area the way you came. Warn any other swimmers in the area of the danger, and then head for shore 100 yards or more from the dock.
• Alert the dock or marina owner and tell them to shut the power off to the dock until they locate the problem and correct it.
• Go to the hospital to make sure there are no lingering effects that could be dangerous.
• Marina inspections will continue across the state in the future, as the law requires an inspection every 5 years.
Not all signs of an emergency are obvious. Ongoing symptoms like dizziness, shortness of breath and chest pain could be an emergency in disguise. Thankfully, the ER at TriStar Summit and TriStar Mt. Juliet ER are here to help. With dedicated emergency experts and fast wait times, you can trust us for even better care. We're here 24/7 to help you through any emergency — even the tricky ones.

“Is a little chest pain normal?”

Text ER to 32222 for average wait times at a TriStar ER near you.

Staff Reports

Long Hunter State Park in Hermitage will unveil its latest edition of the Reading Ranger Story Trail on Saturday, June 22, with the book “In the Trees, Honey Bees.” The trail combines outdoor exercise with childhood literacy through storybook artwork along a quarter-mile trail.

Long Hunter is partnering with the Lavergne Public Library on the story trail and is advocating the Tennessee State Parks Honey Project, which promotes pollinator and environmental health in the parks.

This year's book “In the Trees, Honey Bees” is by Lori Mortensen, with illustrations by Cris Arbo.

Park officials welcome the public to join them for a ribbon cutting at 11 a.m., followed by guided hikes of the trail every half-hour led by park rangers and librarians from LaVergne Public Library. Presentations about honey bees will be at the picnic shelter at noon and 1:30 p.m.

Wilson County Books from Birth representatives will be on hand to register children for the Imagination Library. Several information booths from local organizations will be on site from 11 a.m. until 2 p.m., along with face painting and activities for children.

This is a free family-friendly event, held rain or shine.

Located beside the Couchville Lake parking lot, the trail will be accessible every day during regular park hours, from 7 a.m. until sunset, through Spring 2020. The Reading Ranger Story Trail is an easy quarter-mile wooded path.

From FFA, PAGE 1

Mt. Juliet FFA members gather at the amphitheater after an eventful week at Tennessee FFA Leadership Training Camp: Camp Clements. | Photo submitted

The chapter’s advisors are Shana Boteler, Jake Hammond, Lindsey Nicholas, and Mitzi Pigg.

FFA makes a positive difference in the lives of students by developing their potential for premier leadership, personal growth, and career success through agricultural education. Nationally, there are 669,989 FFA members, ages 12-21. The Tennessee FFA Association is comprised of 14,084 members from 214 high school chapters, seven middle school chapters, and eight collegiate chapters from across the state of Tennessee.

State park to debut new Story Trail

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Morgan, Hayden Spry, Molly McCampbell, and Ashby Austin.

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June is PTSD Awareness Month

Staff Reports

Post-traumatic stress disorder (PTSD), a mental health condition generally triggered by experiencing or seeing a terrifying event, is frequently associated with military service, although it’s a condition that can affect anyone at any age, including school children.

June is recognized nationwide as PTSD awareness month.

While PTSD is frequently identified with military veterans who have been engaged in combat, it is often found to have affected others including police officers, emergency workers, hospital and healthcare professionals, and any number of other employment positions, according to Nathan Miller at Cumberland Mental Health, an agency of Volunteer Behavioral Health, a nonprofit that provides mental health services to 31 counties in Middle and Southeast Tennessee and the Upper Cumberland Region.

“Even though we hear PTSD frequently applied to members of the military, past and present, veterans who have been engaged in combat, it is recognized, research-based guidelines based on the latest scientific evidence. Volunteer Behavioral Health offers a full array of acute care services, including a Level 3 Trauma center, general surgery, cardiology, obstetrics, Level 3 NICU, orthopaedics, intensive care, physical medicine, outpatient diagnostic services and cancer care.

Get With The Guidelines is the American Heart Association/American Stroke Association’s hospital-based quality improvement program that provides hospitals with tools and resources to increase adherence to the latest research-based guidelines.

Developed with the goal of saving lives and hastening recovery, Get With The Guidelines has touched the lives of more than 6 million patients since 2001.

TriStar Summit Medical Center received the American Heart Association/American Stroke Association’s Get With The Guidelines-Target: Stroke Honor Roll Elite Plus Gold Plus Quality Achievement Award. The award recognizes the hospital’s commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. TriStar Summit Medical Center earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions.

“TriStar Summit Medical Center is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association’s Get With The Guidelines-Stroke initiative,” said Brian Marzger, CEO, TriStar Summit Medical Center. “The tools and resources provided help us track and measure our success in meeting evidence-based clinical guidelines developed to improve patient outcomes.”

“We are pleased to recognize TriStar Summit Medical Center for their commitment to stroke care,” said Lee H. Schwamm, M.D., national co-chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. “Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer re-admissions and lower mortality rates.”

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year. Celebrating 25 years of serving the community, TriStar Summit Medical Center is a 218-bed facility located in Hermitage. The TriStar Health hospital offers a full array of acute care services, including a Level 3 Trauma center, general surgery, cardiology, obstetrics, Level 3 NICU, orthopaedics, intensive care, physical medicine, outpatient diagnostic services and cancer care.

For more information, visit the website at www.tcomj.com.

www.hearlife.org

808 N. Mt. Juliet Rd. 615-758-7999

Advanced Hearing Solutions
Sealed bids for “Public Safety CAD/RMS System Bid” will be received at the office of the City of Mt Juliet Finance Department at 2425 N Mt Juliet Rd., Mt Juliet, TN on or before 2:00 PM July 2, 2019. Details are available at http://www.mtjuliet-tn.gov/bids.aspx.

The Board of Commissioners of the City of Mt. Juliet will have a Public Hearing on Monday, July 8, 2019 at 6:15 PM on the following items to be considered:

- FY 2019/2020 Budget
- Approve the annexation and Plan of Services for the Roadway Right of Way known as E. Division, being near 441 E. Division and proceeding East to the intersection with Old Lebanon Dirt Road for approximately 5,900 Linear Feet
- Approve Out of City Sewer Request for 0 Singing Springs Road

The public is invited to attend/comment.

Kenny Martin, City Manager
City of Mt. Juliet

The Board of Commissioners of the City of Mt. Juliet will have a Budget Work session on Monday, June 24, 2019 beginning at 4:00 PM to discuss the Fiscal Year 2019/2020 Budget.

The public is invited to attend.

Kenny Martin, City Manager
City of Mt. Juliet

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Wilson County - Lebanon, Tennessee
1109 Meriweather Lane

PLANTATION SOUTH SUBDIVISION - BEAUTIFUL 3-BEDROOM 3-BATH BRICK & STONE HOUSE - 2-CAR ATTACHED GARAGE

ANTIQUES - FURNITURE - GLASSWARE - HOUSEHOLD ITEMS

Saturday, June 22nd - 10 a.m. - CST

LOCATION: Located at 1109 Meriweather Lane, Lebanon, TN. Directions from Lebanon Square, take Highway 70W, turn right on Horn Springs Road, right on Plantation Blvd., left on Meriweather, property on left. See auction sign posted.

OPEN HOUSE - THURSDAY, JUNE 20, FROM 4 P.M. TO 6 P.M.

REAL ESTATE: Consist of a 1-1/2 story brick and stone house that features approx. 2,750 sq. ft. of living space. Has lots of amenities including inviting front porch, entrance foyer, formal dining room, living room/kitchen combination with soaring ceilings and corner fireplace, kitchen has stainless appliances, granite countertops, and lots of pretty cabinetry, split floor plan, 3 bedrooms including a huge master suite that has master bath with double vanities, garden tub, and separate shower, 3 full baths, bonus room, utility room, and 2-car attached garage. All this situated on a choice 90x193 lot. Home has carpet, stainel steel appliances, and hardwood flooring, soaring ceilings, CH&A, city water, and aggregate driveway. Shaded backyard and fantastic curb appeal. It is in a great location surrounded by prestigious homes.

FOR FREE BROCHURE WITH DETAILED LIST OF PERSONAL PROPERTY ITEMS, CALL (615)452-5341 or VISIT OUR WEBSITE AT WWW.CARMANREALTY.COM

ANTIQUES & PERSONAL PROPERTY ITEMS: Crescent cherry bedroom suite with king size bed, dresser, chest-of-drawers, armoire, and night stands. Gone with the Wind Lamp, marble top 3-drawer chest, Jenny Lind bedroom suite, desk & chair, step stools, tables, lamps, love seat, arm chairs. Alice Bailey oil print, picture, tall entrance mirror with marbles base stand, mirrors, buffet, corner chest, glass-door curio cabinet, dining room table and 6 chairs, kitchen table and chairs, cedar chest, washstand, crock churn, trunks, Empire table, Singer sewing machine base, cane rocker, glider rocker, punch bowl, vases, lots of beautiful glassware, china, crystal, cut glass pieces, starware, pink glassware, pots-n-pans, flat screen TV, tv cabinet, fabric bed headboard, framed coin collection, chase lounge chair, blue pers, marble clock, full items, Caifa and Clark spool cabinet, refrigerator, washer, dryer, linens, bedding, rugs, vinyl records, cassettes, birds, bakers rack, leather couch and matching chair, record cabinet, books, Sabre riding lawn mower (needs repair), and much much more. Lots of very unique items.

NOTE FROM AGENT: This home is a beauty! If you are in the market for a home, be sure to take a look at this. We also have some absolutely unbelievable antique items to sell. Come prepared to spend the day and bring a friend.

TERMS: 10% down day of sale, the remaining balance cash with deed; or excellent terms available to qualified buyers through the Citizens Bank. Contact Tracy Betcher prior to auction to prequalify at (615) 374-2285 or (615) 688-3506.

AUCTION AGENTS: Gene Carman and Lloyd Andrew, (615)452-5341

www.carmanrealty.com

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BUY / SALE / TRADE

Downsizing : Washer and dryer for sale in good condition both for $100 OBO. Kenmore upright freezer for sale very good condition both for $100 OBO. Dryer for sale very good condition $50 OBO. Kenmore upright freezer for sale very good condition both for $100 OBO.

CLEANING

Summer is here and school is out. No time to clean your office space or house? Residential and commercial cleaning done right!!! Professional, Honest, dependable, and have references upon request... Call Brooke @615-573-2237

CONCRETE

Jenkins Concrete. Install driveways, patios, sidewalks. Pressure wash & sealing. Landscaping, remove and haul dirt. FREE ESTIMATES. Locally Owned. 615-218-7212

ELECTRICAL


GARAGE SALE

210 Sailboat Dr, Nashville TN, Friday, 6/21 & Saturday 6/22, from 8am-4pm. Upright vacuum cleaner, new, never used, Sears canister vacuum, runs good, air innovation due-tank humidifier w/ remote, used once, Gowise air fryer, pressure cooker, instant pot, desk chair, deluxe adjustable mode, swivel wheel, like new. Antique chifferobe. Samsung flat screen 42” TV. Metal table saw, used twice. Solid maple end-table w/drawers, 2 double-stacked solid-wood mahogany end tables. Three coach purses & billfold. Dr. Scholls toe-touch control foot spa w/ smart heat & bubble, Sansus full-motion tilt TV wall mount, new never-used, still in box. Furniture, dishes/cookware and numerous other misc items, small and large. Garden tool, electric & hand.

HOME IMPROVEMENT

ESTES ROOFING
Kenny Estes, owner
Quality work at affordable prices. Licensed & Insured Free Estimates. 615-443-3210

HOME REPAIRS

ROBERSON Remodeling
OFFERING HOME REPAIR services of all types. Including carpentry (trim & finish), Painting, Plumbing, Electrical, Replacement Doors, Windows, Gutters, Siding, Carports. Garage conversions. Richard 615-588-1079

HELP WANTED

The City of Mt. Juliet is seeking qualified candidates for the following full-time position: Sewer Billing Assistant for the Finance Department Selected candidates will be required to complete pre-employment testing as deemed necessary for position. You will need to hold a valid TN driver’s license. Detailed job description for requirements are available online. Applications must be filed electronically and are available at the City’s website. www.mtjuliet-tn.gov.

INSURANCE

CUMBERLAND INSURANCE AGENCY
“Protection You Can Trust”
DISCOUNTS: Multi-Policy, Good Driver, Homeowner, Advance Quote & much more.
Call today for a free quote 615-526-1966
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LAWN CARE


MidTN Lawn Care - Mowing, Trimming, Gutters Cleaned, Free Estimates. 615-719-5057

PAINTING

Bradshaw Painting: Interior & Exterior, Drywall Repair, Decks & Driveways, Pressure Washed & Sealed! 615-642-6191


COMMERCIAL

COMMERCIAL SPACES FOR LEASE. 500-3,000 SQUARE FEET. 754-2019. 1500 sq. ft. commercial building for lease located on Mt. Juliet Rd. Call 615-754-2019


Clear View Window Cleaning Co. Free Estimates. Pressure Washing, Gutters, and Janitorial. All Work Guaranteed! Call 615-993-2337

FINANCIAL

MICHAEL’S HOME IMPROVEMENT
615-754-4580
Please leave message
Pressure Washing
Decks Built
Seal Decks & Drive Ways
Painting & Drywall
Rotted Wood Repairs
Carpentry
Michael Larson
25 years experience

Classifieds
I have a confession to make. I’m both embarrassed and nervous about putting it on paper for anyone to see. Since it has been said that, “the truth shall set you free,” here goes. I have not read nor plan to read, any of the “Twilight” novels. I know, I know. I can hear the collective gasps from “Twilight” enthusiasts, a lot of which are my family members and close friends. Now that my secret is out I fear I will be defriended from more than half of my Facebook friends, party invites will cease, and I will be forced to hang my head in shame.

I have nothing against the teen vampire series. In fact, I’ve had many friends who are self-labeled “literary snobs,” tell me how fantastically written they are.

Now I guess it’s time for my second confession (oh yeah, it gets worse). I hate, and will avoid at all costs, any scary movies. At the movies, if one of the coming attractions is scary, I’ll close my eyes and put my hands over my ears. In the event my husband and I are with other couples, I forego that exterior self-soother in favor of singing, “You’re My First, My Last, My Everything” by Barry White, in my head.

Before anyone tries to interject and tell me how “Twilight” “isn’t scary” or “It’s about good vampires” or “It’s a love story,” don’t bother. Any vampire is scary to me. No matter if they feast on human or animal blood. They all totally freak me out!

It’s like when I was in college and a close friend told me she had been studying an alternative religion where she is one with nature. She went on to tell me how she will now be considered a goddess of nature or witch. She must have noticed the shock on my face when she said, “It’s a good witch, not a bad witch.”

My aversion to all things cinematically frightening began at a very young age when my big brother thought “The Wolfman” was an appropriate movie for a 5 year old to watch. I don’t think I slept for close to a year. Not long after I could sleep all night again, I walked into the den while my parents were watching “Psycho.” After that, I couldn’t sleep or take showers. Don’t even ask me what watching “Jaws” I, II and III did to me.

That’s where it all started, and I’m embarrassed to say, it’s stuck. While I say it’s the price you pay for having an active imagination, my husband calls it “another piece of the puzzle.”

For now, I’ll continue to deal with the frenzy of “New Moon” mania and accept that some of my family and friends will remain Vampire Devotees. Perhaps I’ll just have to break down and read what everyone is raving about.

Comments? Email becky@wilsonlivingmagazine.com

By Becky Andrews
Wilson Living Magazine

Scary Movies
Parks in Providence to hold grand opening


The office is now strategically located south of Interstate 40 in the booming Providence area.

The new office is located at 1982 Providence Parkway, Suite 250, in Mt. Juliet. Parks is open Monday through Friday, 8:30 a.m. to 5:30 p.m.

The new office is located south of Interstate 40 in the booming Providence area.

The office is now strategically located in the popular Providence Marketplace corridor, positioning Parks agents closer to the businesses, restaurants and walkable shopping.

to-floor glass walls, an open floor plan, and easy access to Parks’ tools and technology, the modern, second-story space was created with both agents and clients in mind.

The office is now strategically located in the popular Providence Marketplace corridor, positioning Parks agents closer to the businesses, restaurants and walkable shopping.

Boating registration fees to see first increase in 12 years

The current fee for a 16-foot boat and under is $13 for one year, $24 for two, and $35 for three. The new fees will be $15, $28, and $41, respectively. Vessels with a length over 16 feet to 26 feet will increase from $25 to $29 for a year. Those over 26 feet to 40 feet increases from $38 to $44 and vessels more than 40 feet moves from $51 to $59 for a year.

Boat owners have the option to have their vessels registered for one, two, or three years. The registration term may not exceed three years and 30 days. Boat owners will not see the increase until their current registration expires.

Those vessels that are powered only by paddle, such as canoes, kayaks, paddleboards, and rafts, are not required to be registered. The Tennessee Wildlife Resources Agency reports there are about 264,000 vessels registered.

Boat registration can be made online at GoOutdoorsTennessee.com, Monday through Friday 8 a.m. to 4:30 p.m. at any TWRA regional office located in Jackson (Region I), Nashville (Region II), Crossville (Region III), and Morristown (Region IV), or by mail.

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You are invited to attend

Needham’s Nursery’s

2019

4th of July

Fireworks Blast

Join us to celebrate America’s Birthday!

Thursday, July 4th at 9pm.

This year’s show will be shot from behind the Providence Publix. There will be great viewing from the Providence Mall.

This will be the BIGGEST firework show ever, in the great city of Mount Juliet!

In order to fund the 2019 Fireworks Blast, we need your help! Tom and Janet Needham have deposited the first 10,000 to start us off.

If you would like to help fund the firework show you can make a donation directly at CedarStone Bank, Mount Juliet, or use www.GoFundMe.com, Search Needham’s Nursery!