Kyle Larson won the inaugural Ally 400 at Nashville Superspeedway Sunday. Larson led for 264 of the laps. It was the first NASCAR Cup Series event in Middle Tennessee in 37 years. The race sold out and had 38,000 in attendance at the Wilson County track.

LARSON Wins ALlY 400

Photo courtesy of Dover Motorsports

In the past 30 years, children at Gladeville Elementary have come and gone. Some came back with their own children who had their time as Gators. In that time, there has been one constant, and that is Monica Fox. In a few weeks, that era will come to an end as Fox rides off into retirement and leaves her years of educating children behind.

“It is weird, really weird,” said Fox about her time at GES coming to an end. She said the last 30 years she has woke up every night to make a note to herself about something she will need to do for the day. Everything in her day was about the school and making sure everyone is getting the best education, and that won’t be her main driving force anymore.

Fox wraps up 30 years in ‘The Glade’
MARTIN, from PAGE 1

“Our legislative body is putting public safety first,” said Martin about this year’s budget. It was passed on Monday, June 14 by the Mt. Juliet Board of Commissioners.

Martin said they are hiring nine new firefighters and five new officers, including a K9 police dog. Martin said they have never hired that many firefighters in one year. The second K9 police dog will be the second for the Mt. Juliet Police Department. Currently Majlo is the MJPD’s lone K9. Martin said having the second will help when the dog gets injured or has to be out of commission for a time. Majlo had an injury last year that required extensive rehabilitation.

Martin also talked more about the new infrastructure in the budget, which includes an addition to MJPD headquarters, a new Fire Hall near Green Hill High School and a new City Hall.

The MJPD headquarters has been in the works for awhile. After the tornado, MJPD realized their dispatch wouldn’t have been safe if it took a direct hit from the tornado. The new addition will be structurally tornado proof up to a certain strength. It will also be a safe shelter for the community in such an event.

The new Fire Hall will be near Green Hill High School, and should lower the ISO rating for local residents while improving response times.

The new City Hall is in the early planning stages. The budget set aside roughly $10 million to either build a new building or add onto the existing structure. The City Hall is currently at 115 percent capacity and people are sharing offices. Martin said right now they are considering a location on the Everett Downs property next to Whitt’s Barbecue, in front of the MJPD Headquarters on Charlie Daniels Parkway, or the lot next to the current City Hall and expansion. The city just learned that they are eligible for $9.9 million in federal money for COVID-19 relief, and a new City Hall would fall under the uses outlined. However, Martin said they are still assessing how it could be used for their specific circumstance.

Martin said he has been wanting to get a new City Hall for years, but it has been pushed aside for other priorities over the years. He said Mayor James Maness really championed it this time around.

Martin also mentioned many of the new businesses coming to the community like Whataburger. He said he hasn’t got confirmation that Bargain Hunt in the Valley Center is coming back, but he has a line of people waiting to fill that spot if they do not. He said that even though there are vacant businesses throughout the city, they have more than enough to fill. He said many building owners are picky for what they want in their developments, so they will hold out for a specific type of business.

TBI, from PAGE 2

to a home on W. Division Street. A 911 call came from a woman at the residence claiming a man unknown to her was in her home destroying property and not speaking clearly.

MJPD officers responded and found the man had indications of a dangerous substance overdose and impairment. The man became combative toward the officers, and they used compliance techniques, including a brief drive stun of a taser to the leg. Officers were able to handcuff the man, but after one of the officer’s noticed he was not breathing, they removed the handcuffs and began CPR. He was later pronounced deceased at the hospital.

In order to fund the 2021 Fireworks Blast, we need your help! Needham’s Nursery and Circle P Ranch have deposited $10,000 each into an account at CedarStone Bank to get things started off. If you would like to help fund the fireworks show you can make a deposit directly at any CedarStone Bank locations. Just tell them it’s for Needham’s Nursery’s Fireworks account or use www.GoFundMe.com and search “Citizen’s of Mt. Juliet Fireworks Blast.”

YOU ARE INVITED TO ATTEND CITIZEN’S OF MT. JULIET 2021 4TH OF JULY FIREWORKS BLAST SUNDAY, JULY 4TH AT 9PM PRESENTED BY NEEDHAM’S NURSERY & CIRCLE P RANCH

This year’s show will be shot from Circle P Ranch property. There is no parking available at Circle P. Parking is available at several local churches, schools and businesses along Mt. Juliet Road from Mt. Juliet Middle School to Cheddars and everywhere in between.

This will be the biggest fireworks show in Wilson County’s history!
The Wilson County Fair-Tennessee State Fair is going to be chocked full of events and competitions this August.

Over 150 events and competitions, including new events for 2021, will be open to everyone. Schedules for these events will be included in the 2021 Fair Catalog that will be distributed and available on-line in mid-July.

“We are excited for all the competitions and events taking place at the 2021 Fair,” said Wilson County Promotions Board President Randall Clemmons. “Please visit the Fair’s website (www.wilsoncountyfair.net) to see how you can participate. We are already looking forward and planning for our 2022 Fair, when our new Made in Tennessee building will showcase the Best of the Best of the State. This building will include State wide competitions that have won 1st place or Best of Show at their 2021 county fairs. A statewide committee is working diligently to identify categories that will be included for 2022.”

The largest Fair in Tennessee will provide 10 days of family fun, food, thrilling rides, tractor pulls, demolition derby, pageants, daily livestock shows, Fiddlers Grove Historic Village, entertainment on stages, agriculture education opportunities all over the fairgrounds and more.

The Wilson County Fair-Tennessee State Fair presented by your Mid-South Ford Dealers will open on Thursday, Aug. 12, at 5 p.m. and run through Saturday, Aug. 21 at the James E. Ward Agriculture Center. The 2021 Fair theme will be “Honoring Hometown Heroes.” There will be mailbox and door decorating competitions to honor heroes. Please participate and show your support to thank all our Hometown Heroes by decorating your mailbox and/or door. See the website or turn to page 9 for more information.

For the latest information about the Fair’s events and competitions, visit www.wilsoncountyfair.net.
Soon after I became a believer in Jesus and followed Him, I received a Bible with my name in it. I started carrying around my Bible every time I went to church. Soon my parents started teaching me the need to read and learn from this Bible. It sounds simple to me and my Bible became something very important to me. So the important things I heard (people told me or I read somewhere) as a teenager, I wrote in the front of my Bible. I joke about, “MAN! I like that, I am going to put that in the front of my Bible!” To this day, I write things down in my the front of my Bible. Call it habit or discipline, or whatever... it still happens. Let me be clear, these things I wrote down do not take priority over the words of scripture in the Bible, but they hold weight in life. GOD’S WORD! He left it here for us to know. The users owners manual for your life. Maybe you underline, write in the margin, and/or write in the front of your Bible. I love to see the word of God so used in the life of a believer that the cover is completely falling apart, pages are held in with a rubber band, and duct tape is binding together. “VALUE” is what screams at me when I see that. Is Gods Word important enough to you to actually read it?

Scripture: John 1:14 “And the WORD became flesh and dwelt among us.” Jesus! The Jesus we know is the Jesus from the Bible. Yes, we experience Him regularly, I pray even daily. And He is the WORD! Read your Bible everyday! You will never be the same again.

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ABUNDANT LIFE CHURCH
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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
alcmjuliet.com

For information on advertising in the FAITH & MESSAGE section call 615-754-6111
Have you ever noticed how easy it is to fall into the habit of putting work before family and fun? As we all know, it is so very easy to get caught up in our day to day lives, causing us to forget about what is important in life. We all spend countless minutes and hours each day worrying about things that do not amount to a hill of beans caused by everyday activities.

If you have been a little too busy or stressed about life in general and need a quick reminder of what life and living is about, just look at your spouse, children, family, and friends. If you do not have those things, you have the sun, moon, birds, and the trees. This is what you live for. Life is supposed to be about living life to the very fullest and being happy, not being miserable and overworked. If we stay stressed out about things that happen in our day to day lives, we will never take or enjoy the time we do have with our family and friends.

Life is way too short to not be happy. Please take the time for not only yourself, but for your family and friends as well. Put down that cell phone, get off that computer and pencil in more time for family, friends and fun and less time working and stressing. What cannot be done today at work, can be done tomorrow.

In closing, please do not give the upper hand to stress and over working yourself. Your family and friends need you and you surely need them. Much of the stuff we worry and fret about does not amount to a hill of beans. Just remember to enjoy more Family, Friends and Fun.

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FOX, from PAGE 1

When Fox got offered her first job at GES, her mind instantly went back to sixth grade at Lakeview Elementary. She was about to move on to Mt. Juliet Junior High, and some friends gave her some advice. “I was told don’t mess with the Gladeville kids,” said Fox. They had a reputation for being tough and they all stuck together. She had heard stories about the nights in The Glade at the ball fields, and how you were an outsider if you stepped on their turf. She said when she got to MJJH, it turned out to be partially true as the Gladeville kids did stick together. When she started as job as PE Teacher at GES, she found the community the opposite of the reputation. “I found the community and the children to be the sweetest, most good-hearted, help your neighbor people you will ever find,” said Fox. “Gladeville is a special place. It’s still a close-knit community.”

Fox said she owes her career to Jane Atwood who was the principal at the time when she was hired. Atwood was the first female Principal in Wilson County, and she took a chance on Fox. That was not only as a new PE Teacher, but eventually as her Assistant Principal. Eighteen years ago, Fox took over as Principal for Atwood. “I thought how in the world am I going to fill her shoes,” said Fox.

In those 18 years she did fill those shoes with numerous achievements and connections she made with students. She was named Principal of the Year in Wilson County in 2018, and she was one of the nine state finalists for the award that year. They were twice named a Rewards School – 2014-15 and 2016-17.

But one of her fondest memories was one student who she had many conversations with in her time at GES. She had a tough time in school, and Fox would often have to intervene. That former student came back years later with her own daughter and had a special ask of Fox. The former student didn’t have family around, so she asked Fox if she would be there when her second child was born. “That one brought me to tears,” said Fox. “I was able to be there with her when he was born.”

Fox made her decision around Christmas time that she would retire. The last two years had been hard on her with the COVID-19 restrictions and trying to keep the kids safe while also giving them the education they needed. She said she didn’t want anyone to see how much it weighed on her. “It was time for some new energy,” said Fox. “That’s exactly what they will have with Rachel Cook.”

Cook will take over for Fox on July 1, and the two have been working together to make it a smooth transition. Cook is a former teacher at GES, and has spent her last few years as Assistant Principal at West Elementary. Fox has no doubt that she will do a great job.

“I’m very excited she will be here,” said Fox. Fox said that she tells fifth grade students when they move onto middle school “Once a Gator, Always a Gator”. She said that will also be true of her.

“The saying is definitely true. I love this school and the Gladeville Community.”

The MJ Wicked Softball team won the 2021 USGF Summer State Tournament this past week in Columbia. The girls went 6-0 over two days and outscored their opponents 55-8. Aubrey Creech struckout 20, while Littrell struck out 16. The team’s batting average was .467 over the tournament. Team members are Creech, Littrell, Lyla Polk, Londyn Loy, Addie Rayburn, Lizzy Tuck, Hanna Stewart, Emerson Littrell, Chloe Thornton, Dylan Rayburn, Vivian Brown and Kylie Wiggins. Coaches are Adam Brown, Matt Rayburn, Alan Polk, Reed Thornton and Dustin Wiggins.
Gordon joins EPE as AP

Staff Reports

Nathan Gordon has been named the new Assistant Principal at Elzie D. Patton Elementary. Gordon has been employed by Wilson County Schools since 2014, starting as a 6th grade math and science teacher at West Wilson Middle. In 2018, Gordon was selected to be a district instructional coach for Wilson County and since 2019 he has served as the pipeline assistant principal at Rutland Elementary. He previously worked at Metro-Nashville Public Schools. “I feel honored to be a part of the EPE (Elzie Patton Elementary) team,” said Gordon in a statement from Wilson County Schools. “Elzie Patton is known for having many opportunities for parental involvement and immensely caring educators that support the needs and education of all students. After meeting and working with Mrs. Angie Pulley (principal) and the staff, I am confident that the 2021-2022 school year will be successful and momentous.”

Stoner Creek nearly demolished

Demolition on Stoner Creek Elementary is nearing completion. The building as of Monday was almost completely down, except for the Phyllis Robinson Gymnasium which will be saved and utilized while the new school is being built. After the site is clear, demolition crews will move over West Wilson Middle School where it will all be torn down except the newer wing. It was not damaged and will be used to house Stoner Creek Elementary students until the new portable village, dubbed Bobcat Village, can be delivered and installed.

June 28

MJCA SOFTBALL SUMMER CAMP
MJCA Softball Summer Camp is June 28-30, 9 a.m.-noon, for grades first through fifth. Cost is $85. Register at mjcaevents.org.

July 12

WILSON COUNTY SCHOOL BOARD MEETING
The Wilson County School Board meeting is Monday, July 12, 6 p.m. at the Wilson County BOE Administrative & Training Complex, 415 Harding Drive, Lebanon, TN 37087.

Aug. 2

WEST WILSON MIDDLE SCHOOL CROSS COUNTRY TRYOUTS
West Wilson Middle School Cross Country Tryouts are Aug. 2, 4-5 p.m. at the MJHS Tennis Courts. Complete the Google form on WWMS website. A current physical is needed to try out. For more information, contact Coach Woods at Woodsken100@wcschools.com.

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

GREEN, Adam Michael

Adam Michael Green, 40, Mt. Juliet passed away June 14.

He was preceded in death by uncle, Waymen Green; and grandparents, Bill and Pauline Dibrell.

Adam is survived by wife, Jaclyn Green; children, Taylor Green; and Jaden White; father, Mike (Judy) Green; mother, Debbie (Joe) Fischer; special dog, Rouge; special aunts, Bobbie Underwood; and Paula Taylor; along with numerous uncles, cousins, and a host of friends.

Memorial Visitation was Saturday, June 19, in the chapel of Sellars Funeral Home at Mt. Juliet.

Memorial Service was Saturday, June 19 in the chapel of Sellars Funeral Home at Mt. Juliet.


MERCER, Robert Burnette

Bob Mercer passed away June 19, at age 82. The Funeral Service is 1 p.m. Thursday, June 24 in the chapel of Sellars Funeral Home, Lebanon TN.

The family will be receiving friends at Sellars Funeral Home, Lebanon, on Wednesday from 4-8 p.m. and on Thursday from 11 a.m. until the service at 1 p.m. Interment will be in Middle Tennessee State Veterans Cemetery. Family and friends will serve as Pallbearers.

Robert Burnette Mercer was born in Knoxville to Clarice Tufflemire and Robert V. Lovely. He served in the United States Army.

As a civilian, he was owner of Bob Mercer Auction. He enjoyed life to the fullest, antiquing, dancing, bingo, fishing, and travelling.

Mercer is survived by children Penny (Clinton) Gentry, Roberta (Glenn) Ferguson, and Chris (Sherry) Mercer, seven grandchildren, eight great-grandchildren, two sisters and one brother.

He is preceded in death by wife Barbara Jean Mercer, mother Clarice Blunkall, father Robert Lovely, and adopted father Sport Mercer.

Sellars Funeral Home, Lebanon TN, (615)444-9393.

SULLIVAN, Stephen Earl

Stephen Sullivan passed away June 17, at age 25. No public services are scheduled.

Stephan Earl Sullivan was born in Lebanon to Tammy Stansberry and Benny Sullivan. He loved being outdoors, enjoying nature, animals, and tinkering on cars. He was employed in a lumber yard.

Sullivan is survived by his mother Tammy (John) Taylor, father Benny Sullivan, sisters Jessica Taylor and Britney Taylor, nieces and nephew Kaylie, Krimysn, Destiny, and Michael, his Nana Dottie Kim, great-grandfather Haywood Norman, and numerous other nieces, nephews, and cousins.

He is preceded in death by his grandfather Jimmy Stansberry, great-aunt Elizabeth Montgomery, and great-grandmother Janie May Norman.

SULLIVAN, Stephen Earl

Jo Watson passed away on June 19, at age 62. The Funeral Service is 2 p.m. Wednesday, June 23, in the chapel of Sellars Funeral Home, Lebanon, followed by interment in Watson Cemetery.

The family received friends at Sellars Funeral Home on Tuesday and on Wednesday from 1 p.m. until the service at 2 p.m.

Angela Jo Watson was born in Lebanon to Charlie and Gertrude Lee Watson.

She is preceded in death by her day job.

Jo was survived by children Doug Dockins and Kim (Brandon) Bowers, grandchildren Macey Dockins, Carley Dockins, MacKenzie Reeder, Hope Wallace, and Adriana Bowers, siblings Jean Kellow, Charles Watson, Marie Clifton, Jenny McPeak, and Teresa Sellars, and numerous nieces and nephews.

She is survived by her son Joey Dockins, parents Lee and Charlie Watson, brother Jerry Watson, and sister Sue Withers.

Sellars Funeral Home, Lebanon TN, (615)444-9393.

PET OF THE WEEK

TUCKER

Tucker is a chocolate lab who came to our shelter as a stray. We believe that Tucker is approximately 1 year old. He is a sweet boy and loves playing with balls. He knows how to “sit” but is working on his basic commands.

Tucker is already neutered. His adoption fee is $75.

Please call the shelter at 615-773-5533 to schedule an appointment to meet Tucker, or come during OPEN HOURS Monday - Friday from 11:30-5.

Mt. Juliet Animal Care & Control
115 Industrial Drive, Mt. Juliet, TN 37122

WATSON, Angela Jo

Jo Watson passed away on June 19, at age 62. The Funeral Service is 2 p.m. Wednesday, June 23, in the chapel of Sellars Funeral Home, Lebanon, followed by interment in Watson Cemetery. The family received friends at Sellars Funeral Home on Tuesday and on Wednesday from 1 p.m. until the service at 2 p.m.

Angela Jo Watson was born in Lebanon to Charlie and Gertrude Lee Watson. Her grandkids were her life, but taking care of other people’s children was her day job.

Jo was survived by children Doug Dockins and Kim (Brandon) Bowers, grandchildren Macey Dockins, Carley Dockins, MacKenzie Reeder, Hope Wallace, and Adriana Bowers, siblings Jean Kellow, Charles Watson, Marie Clifton, Jenny McPeak, and Teresa Sellars, and numerous nieces and nephews.

She is preceded in death by her son Joey Dockins, parents Lee and Charlie Watson, brother Jerry Watson, and sister Sue Withers.

Sellars Funeral Home, Lebanon TN, (615)444-9393.

Mt. Juliet Republican Women donate book

Tales, from PAGE 5

I sat back and settled in for what I expected would be two days of ruminating, empty calorie snacking and anxiety. Before I could open a bag of Doritos, our youngest Jackson, suggested a new plan.

What’s this? A plan that I didn’t plan?

Why waste the day? We didn’t have work to contend with. Jacob was off on Saturday. Atlanta was five hours away, but Chattanooga, where Jacob lived, was only two hours away.

Less than three hours later the four of us were talking, laughing and enjoying the view of Stringers Ridge. Later we ate, talked more and laughed more. It was the perfect day. A day where I didn’t plan a single detail. A day where my anxiety and overwhelm at trying to plan the perfect day didn’t ruin everything.

We drove home the next day. Jay smiled the whole way home. Not a big, scary smile. More like a little grin. He was recharged after a few uninterrupted hours with our boys. He wasn’t worried about work or weather or retirement or having a dad bod. Instead, he was content-the perfect gift for Father’s Day that fits every time.

Comments? Email becky@wilsonlivingmagazine.com
Honor ‘Hometown Heroes’ for Fair

The 2021 Wilson County Fair-Tennessee State Fair is asking residents to honor heroes by decorating their mailboxes and doors in the coming weeks. The theme of this year’s fair is Hometown Heroes to show thanks to all that serve this community.

Mailboxes can be adorned to thank, honor and celebrate heroes in the community. Pictures of your mailboxes can be entered in the 2021 Mailbox and Door Decorating Competitions at the Fair. “We encourage everyone across the great state of Tennessee to decorate their mailboxes and/or doors by July 3rd,” stated Randall Clemmons, President of the Wilson County Fair-Tennessee State Fair. “We hope to see our state really go all out to honor heroes who have done so much for all of us especially in the past year.”

To enter the competitions, submit your pictures by July 16 as judging will begin the week of July 19. The judging categories for these contests include Most Attractive, Most Theme Related, and Most Creative. Premiums in each category will be $50 for First Place, $30 for Second Place and $20 for Third Place. Best of Show will be awarded from the First place winners of all the categories with a prize of $100. In addition, there will be a People’s Choice award (with a prize of $75) that will be voted on from August 1st to the 7th. People can watch the Fair Facebook page (@WilsonCountyFair) for their chance to pick their favorite mailbox and door. Entering these competitions can be done by emailing your name, address, and a picture of your mailbox or door to office@wilsoncountyfair.net or drop off this information at the Fair Office at 945 Badour Parkway Lebanon, TN 37087. This competition is for Tennessee residents only.

The 2021 Wilson County Fair-Tennessee State Fair will be open Aug. 12 and run through Aug. 21 at the James E. Ward Agricultural Center in Lebanon. For more information about the Fair, visit our website at www.wilsoncountyfair.net.

Eastland, RE/MAX award scholarships

Eastland Construction & RE/MAX Exceptional Properties awarded a total of $37,000 to 19 college students recently. Giving back to their employees, sub-contractors and banking partners is very important to both Bobby Eastland and Debbie Melvin. Scholarships are awarded to the spouses, children and or grandchildren of these associates. Since 2017 The Scholarship Program has awarded over $133,000 and continues to grow larger every year. This years’ recipients are: Evan Clemmons, Jacob Clemmons, Watson Cole, Cailyn Douglas, Hunter Eastland, Taylor Eastland, Jacob Gann, Taylor Hammontree, Natasha Hernandez, Jackson Kelley, Audrey Klesper, Corinna Klesper, Lauren Medlin, Kayla Payne, Bayley Pharr, Sophia Stanley, Ashtin Woodie, Ryan Wood, Benjamin Vance.

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The Board of Commissioners of the City of Mt. Juliet will conduct a public hearing on June 28th at 6:15 PM on the City’s intent to exceed the certified property tax rate. The public hearing will be held in the Commission Chambers of City Hall located at 2425 N. Mt. Juliet Rd., Mt. Juliet, TN. The certified tax rate as defined by T.C.A. 67-5-1701 is $0.1243 per $100 of assessed value. The City’s fiscal year 2022 budget, as passed, includes a tax levy of $0.15 per $100 of assessed value. The purpose of exceeding the certified tax rate is to provide additional funding for the City’s Emergency Services Department.

Kenny Martin, City Manager
City of Mt. Juliet

We are now accepting resumes for the CONCESSIONS MANAGER position at the Mt. Juliet League Ball Park.

The Concessions Manager will be under the general supervision of the Park Administrator, and shall be responsible for the routine manual work, paperwork, accounting of monies, training, and supervision of concession workers to maintain, clean, and operate the concession facilities.

For instructions on how to apply, please visit www.mjleague.org

### HELP WANTED

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**GARAGE SALE**


Yard sale for kids’ clothes & toys, furniture, tools. Friday, June 25th from 7am – until everything is gone. 3145 Cairo Bend, Lebanon, TN, 37087.

Huge 4 Family Garage Sale. 116 Faulkner Lane. Friday & Saturday, June 25th and 26th from 8 am to 6 pm. Yard sale including: appliances, lamps, clothes, all sizes and ages, holiday décor, shoes, knickknack, sports equipment, motorcycle helmets, collectibles, & signed Titans items, and much, much more.

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& signed Titans items, and much, much more.

We are now accepting resumes for the CONCESSIONS MANAGER position at the Mt. Juliet League Ball Park.

The Concessions Manager will be under the general supervision of the Park Administrator, and shall be responsible for the routine manual work, paperwork, accounting of monies, training, and supervision of concession workers to maintain, clean, and operate the concession facilities.

For instructions on how to apply, please visit www.mjleague.org

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Leonard Matthews
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BUSINESS SERVICE

**ELECTRICAL**

SHANE ELECTRIC. [Mt. Juliet] Free Estimates. Discounts include: Senior, Military, Veteran, Fire/ Police/ EMS. 615-229-6455 or email: info@shaneelectric.com

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**LAWN CARE**


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**P & T CONCRETE**


**PUBLIC NOTICE**

The Board of Commissioners of the City of Mt. Juliet will have a Work Session at 5:15 PM until 6:00 PM on June 28, 2021 at City Hall to discuss the City of Mt. Juliet Sewer Rate Study. The public is invited to attend. Kenny Martin, City Manager
City of Mt. Juliet
Achieve your goals at V.I.P. Martial Arts Academy

By Kenny Howell
Managing Editor

Back in the thick of the pandemic, Joe McBurney was waiting to get a haircut in The Paddocks Shopping Center. It was just as everything was opening up, so the wait was an hour and a half, and he had some time to kill. He decided to go on a walk and came across a vacant store front just down from where he was going to get haircut. He wasn’t planning on it, but the spark of an idea came to him.

“I thought this place would make a perfect studio,” said McBurney.

He had taught martial arts for years, and only occasionally thought about opening his own studio. But this place was a great spot. He called the landlord, looked around, and the rest was history. V.I.P. Martial Arts Studio was born.

Since January 2021, McBurney has brought all his knowledge obtained in nearly 30 years of training to the residents of Mt. Juliet. He started his journey in 1992 in Tae Kwon Do, searching for a realistic self defense training. That initial search led him to become a 1st degree Black Belt in Brazilian Jiu Jitsu with 18 years experience, a certified instructor in Muay Thai Kickboxing with 25 years experience, 1st Degree Black Belt in Shorin Ryu Karate with eight years experience and a 1st Degree Black Belt in USJA JuJitsu with four years experience. In addition to all of his training, McBurney fought 10 MMA fights, and finished with a 9-1 record. He did this so he could understand how his training would work in an actual fight, and he could pass that knowledge onto others that want to go on a similar path.

“I’ve been in there, I know what it’s like,” said McBurney about his professional fights.

McBurney loves teaching Brazilian Jiu Jitsu and Muay Thai Kickboxing. He said that a large number of the MMA fighters are trained in Brazilian Jiu Jitsu because it most translates to the skills you would actually need in actual self defense scenario. He offers both those classes right now for adults and children, as well as Wing Chun.

“I love teaching,” said McBurney. “I want to be the guy helping people achieve their goals, whether it be fitness or self-defense.”

McBurney said that at many studios you pay a fee, and you are only allowed a certain number of classes you can take. He said he doesn’t understand that at all, when he was starting, he wanted to be in a class five days a week.

“I want everyone to come in as much as possible,” said McBurney. V.I.P. Martial Arts Academy is now hosting summer camps, and have started registering for an after school program that will include school pick-up. Kids will be picked up from school, have time to do some homework, socialize and play with friends, then finish it off with a class. Also, McBurney said he will be offering free classes for the month of July for any kids interested in attending classes.

For more information, go to vipmartialarts.com. They are located at 300 Pleasant Grove Road, Suite 350. You can also contact them by phone at (615)587-8290. They are also on Facebook and Instagram.

LOCAL RESTAURANT & DINING GUIDE - Cori’s Doghouse

Through lots of research Cori’s Doghouse found some of the most popular ways hot dogs are eaten across the country. Coupling that with a butter-grilled New England style bun it makes for what they consider to be the BEST gourmet hot dog. The menu is not just limited to 38 different options, but with 35 different topping options there are millions of ways they can top your gourmet hot dog. Other featured items include amazingly flavorful sausages, delicious sandwiches, hand cut fresh fries, hand breaded onion rings and “the best fried pickles in Nashville”. Cori’s Doghouse believes that fresh ingredients and daily prepared items are important for a high quality product. Remember, you can design anything you want, we’ll be happy to make it for you.

20% OFF your total bill!

With coupon, not valid with any other offer.

Best French Fries, Hand Cut Fresh Fries, Hand Breaded Onion Rings!

Buy One Get One FREE (or Equal or Lesser Value. For Yogurt or ice cream only)

Most insurance plans accepted! Walk-Ins Welcome!

For Yogurt or ice cream only)
By Kenny Howell  
Managing Editor

Christopher Achzet started looking three years ago for the perfect music school to bring to Mt. Juliet.

He had years of working in the music industry in various capacities for artists like Tim McGraw, Faith Hill and Madonna. In that time he realized the joy he got working with people trying to learn. Mt. Juliet was his no. 1 choice of where he wanted his school to be.

"Mt. Juliet is definitely the best place," said Achzet. "I couldn't pick a better spot."

Through his research, he found Bach to Rock, a national music education program that focuses its attention on the individual student, their skill level and what kind of music they like. That is why they call it from Bach to Rock, because any type of music is welcome. They start at level 1 whether they are six years old or 99. They graduate to the next level when they have reached certain benchmarks in their curriculum. Bach to Rock goes all out with a big celebration when the students move on to their next level. "It's a ton of fun for people," said Achzet.

Fun is key to Achzet and Bach to Rock. He says in some music programs, kids can often feel stressed, or they are not enjoying themselves. He, luckily, had an elementary school teacher when he started learning that really sparked that love for music in him.

"She made that class so much fun," said Achzet.

Bach to Rock aims to make it that way, saying that it is called “playing” music for a reason. They want to get kids playing with each other in bands so they can build teamwork, develop social skills, foster self-esteem and promote peer recognition.

The Bach to Rock location in Mt. Juliet has numerous individual lesson rooms, band rooms, and recording studios with Pro Tools. They have 12 instructors ready for day one, and plenty of opportunities to help students achieve their music goals. One of those is Achzet, who is so excited to pass on his expertise to students. "I couldn't be more passionate about what I do," said Achzet.

For more information on Bach to Rock, visit https://mtjuliet.b2rmusic.com. The Mt. Juliet location will open its doors in July. It is located at 1475 N. Mt. Juliet Road.