Downed power line blocks Lebanon Road

By Sarah Tate
Managing Editor

A section of Lebanon Road was briefly blocked Monday night after a vehicle crashed into a nearby utility pole. A car crashed into a utility pole on Lebanon Road near Devonshire Drive around 8 p.m. July 8. The Alpaca Owners Association is offering a free hour-long yoga class with a group of friendly and beautiful alpacas at the Natural Fiber Extravaganza sponsored by The Artisan Fiber Mill Network. The classes will take place in the backyard area of the Wilson County Expo Center on the following days and times:

- Friday, July 19, from 9-10 a.m.
- Saturday, July 20, from 9-10 a.m.
- Saturday, July 20, from 10:30-11:30 a.m.

Yoga instructor Sheri Link will lead the class which is open to participants of all ages and yoga levels. Children ages 12 and under must be accompanied by an adult.

The Wilson County Mayor’s office recently became a drop-off location for “Catherine’s Orchestra.” Catherine’s Orchestra is a foundation created in memory of Lebanon High School band student Catherine Batcheler. Catherine was a member of the Class of 2019. She was passionate about band and the opportunities music programs provided all students. Though Catherine sadly passed away in 2017, she will be forever remembered.

The Wilson County Mayors office assists local foundation

Community Calendar

JULY 11
JECDB
Lebanon Office

JULY 11
Parkinson’s Support Group
Green Hill Church

JULY 18
Planning Meeting
MJ City Hall

Additional information
Page 3
Registration open for annual Sherry’s Run

Staff Reports

Registration is now open for the 16th annual Sherry’s Run 5K Run/Walk scheduled for Saturday, Sept. 14 at 8 a.m. Whether you are a runner or prefer walking, like getting up early or would rather sleep until noon, there is a way you can participate in the Sherry’s Run 5K.

If you are a runner and want an official time, register as a chip timed runner. Again this year, chip timed runners will receive a performance-style event shirt as part of their race registration fee.

Not a runner? Not a problem. Lots of people enjoy taking the course at their own pace. Simply register as a participant, no chip registration. Participants with no chip registrations will receive an event T-shirt as part of their race registration fee.

If you can’t or don’t want to get out early on a Saturday morning, the sleep-in registration option is a perfect option. Sign up as a sleep-in registration and the event T-shirt will be mailed to you after the event.

No matter how you plan to participate in the Sherry’s Run 5K event, it is easy to register. Visit www.sherrysrun.org and click on the “Register” button at the top of the page to sign up online. You may also print a registration form at sherrysrun.org, complete it and mail it to Sherry’s Run, P.O. Box 8, Lebanon, TN 37088. Registration forms are also available at the Sherry’s Run office, 110 Babbs Drive in Lebanon.

While you don’t have to be part of a team to participate in the event, teams are a fun part of the Sherry’s Run 5K. Some local businesses, organizations and churches form a team, other teams are formed in honor or in memory of someone, and some are just a group of friends. Whatever the reason, teams are a great way for a group to work together to support friends and neighbors who are battling cancer.

To form a team, the team captain can go online at www.sherrysrun.org and register themselves and their team name. Team members will be able to simply pick the team name from a drop down menu when they

See RUN, PAGE 8

Manheim is hiring in Mount Juliet, TN

Apply Online: jobs.manheim.com
Search Keywords: Juliet Detail

Detail Technician I (Full Time)

90 Day Retention Bonus of $1,000 for detailers
Benefits beginning day 1 for full time employees

Manheim is North America’s leading provider of vehicle remarketing services, connecting buyers and sellers to the largest wholesale used vehicle marketplace and most extensive auction network.

Join our team today!

Cox is an equal opportunity employer
COMMUNITY CALENDAR

JULY 11

JECDB
The Joint Economic and Community Development Board Executive Committee will meet at 7:45 a.m. Thursday, July 11, 2019, at 200 Aviation Way, Suite 207, Lebanon.

JULY 11

Parkinson’s Support Group
The Peterson Foundation for Parkinson’s will have a support group meeting at 11:30 a.m. July 11 at Green Hill Church, 13251 Lebanon Road.

JULY 13

Wilson County GOP
The Wilson County Republican Party will meet Saturday, July 13, at 9 a.m. at Music City Baptist Church, 7104 Lebanon Road, Mt. Juliet. The guest speaker is Dr. Ben Graham.

JULY 16

Lions Club
Mt. Juliet/West Wilson Lions Club Meeting at Courtney’s Restaurant at 4066 N. Mt. Juliet Rd., every first and third Tuesday of the month at 7 p.m. For more information, contact President Ken Thomas 615-470-5252.

JULY 18

Planning Commission
The Mt. Juliet Planning Commission will hold a meeting at City Hall on Thursday, July 18, at 6:30 p.m.

JULY 23

JECDB
The Board of Directors of the Joint Economic and Community Development Board of Wilson County will meet Tuesday, July 23, 2019, at 7:30 a.m. at 200 Aviation Way, Suite 207, Lebanon.

AUG 1

Work Session
The Wilson County Board of Education will hold a Work Session on Aug. 1, 2019, at 5 p.m. at the Wilson County BOE Administrative and Training Complex, 415 Harding Drive, in Lebanon. The Work Session is for informational purposes only. No actions are taken, or voted on, by the Board at the Work Session.

AUG 5

Board Meeting
The Wilson County Board of Education will meet in a Regular Scheduled Board Meeting on Aug. 5, 2019, at 6 p.m. at the Wilson County BOE Administrative and Training Complex, 415 Harding Drive, in Lebanon. The purpose of the meeting will be to discuss any matters legally brought before the Board.
OBITUARIES

CHANSLER, Gary Sr.

Gary “Pappy” Chanler, Sr., age 67 of Mt. Juliet, passed away July 7, 2019. Mr. Chanler was preceded in death by mother, Dorothy Chanler; sister, Teresa Connor. Survived by wife of 45 years, Betty Chanler; father, Jack Chanler; son Gary Chanler Jr.; daughter, Casei (Brian) Gwaltney; brothers, James (Sandy) Chanler, Carl (Janie) Chanler and Kenny Chanler; sisters, Priscilla Bamba and Jenny (Dillon) Childers; grandchildren, Alexander Chanler, Jacob Chanler and Lillian Gwaltney.

Funeral services will be Thursday, July 11, at 2 p.m. at Sellars Funeral Home at Mt. Juliet. Interment will follow the service at Mt. Juliet Memorial Gardens. Visitation with the family will be Wednesday, July 10, from 4-8 p.m. and Thursday, July 11 from 1 p.m. until time of service.

Sellars Funeral Home at Mt. Juliet, 2229 N. Mt. Juliet Road, Mt. Juliet, TN 37122, 615-758-5459, obituaries.com

DIES, Donnie Mark

Donnie Mark Dies, age 59, passed away June 28, 2019, at his home in Santa Rosa Beach, Florida.

His maternal grandparents were the late Steve and Nelly Hearne and his paternal grandparents were the late Hermon and Eumpheye Dies. Donnie married the love of his life, the late Elizabeth “Beth” Glenn Dies who is survived by her children Patricia, Natasha and Michael Williams.

Mr. Dies parents were the late Leila Hearne Died and the late pharmacist Ethel “Cotton” Died, and is survived by Mrs. Ethel (Jewel Thompson) Died. Donnie is survived by three sisters, Lisa Evans Steele, Lynn (Vernon) Underwood, and Kay (Mark) Johnson; and two nieces Angela, CPA (Chef Kevin) Korman, and Dr. Danielle (Dr. William) See; two nephews, Jeremy (Lauri) Johnson and Daniel (Jesse Owens) Johnson, great nieces, great nephews, uncles Tommy (Nelda) Hearne, Dr. Phillips (Donna) Hearne, Frankie Dies, Jerry (Barry) Dies, Clarence (Laura) Dies, and one aunt, Tommie Rae (Ray Allen) Tomlinson as well as numerous cousins.

A Memorial Service was held July 6 at Sellars Funeral Home in Lebanon, and interment and graveside services were private. Sellars Funeral Home, Lebanon TN, 615.444.9393.

FLUHART, Barbara Ann

Barbara Ann Fluhart, age 82 of Mt. Juliet, died July 5, 2019. Mrs. Fluhart was the daughter of the late Carl and Mildred Yockey Deboise. She was also preceded in death by her brother, Richard Deboise. She is survived by: Husband of 62 years – Jim Fluhart; Sons – Scott (Deborah) Fluhart and Doug Fluhart; Grandchildren – Dwayne (Crystal) Parrish, Morgan (Steph) Westbeld, Zach Fluhart and Megan Fluhart; Great-grandchildren – Madison Parrish, Ezra Parrish, Lakins Westbeld and Charlotte Westbeld.

Funeral services will be private. In lieu of flowers, memorials may be made to the Alzheimer’s Association, 478 Craighead Street, #200, Nashville, TN 37204 or the American Parkinson’s Association, 2300 Patterson Street, Nashville, TN 37203.

Bond Memorial Chapel, N. Mt. Juliet Road and Watson Drive, Mt. Juliet, TN. (615)773-2665.

KNIHTILA, Laverne

Laverne Knihitila, age 77 of Mt. Juliet, passed away July 4, 2019. Preceded in death by parents, Joe and Effie Stephens; and brother, Joe Stephens, Jr. Survived by husband of 57 years, James Knihitila; sister, Vicky Knihitila; sons, Scott (Deborah) Knihitila; daughters, Stella Cox and Barbara Hickam; grandchildren, Benjamin Knihitila and Courtney Knihitila; and numerous other relatives and extended family.

A funeral service was held July 8 at Sellars Funeral Home in Mt. Juliet, and interment followed at Mt. Juliet Memorial Gardens.

Sellars Funeral Home at Mt. Juliet, 2229 N. Mt. Juliet Road, Mt. Juliet, TN 37122, 615-758-5459, obituaries.com

PLUMLEE, Everett Jr.

Mr. Everett Plumelee Jr. passed away on July 4, 2019. A funeral service was held July 8 at Sellars Funeral Home in Lebanon, and interment followed at Wilson County Memorial.

He is survived by sons: Ronnie (Paulette) Plumelee and Ricky (Sandra) Plumelee; grandchildren: Stephanie (Jared) Perkins, Leslie Plumelee Sadler, Kevin (Amy) Plumelee, Donita Doak, Lynn (Chrisy) Swallow; brothers: John (Gladya) Plumelee and Dallas (Lillian) Plumelee; sister-in-law: Sannie Plumelee; 10 great-grandchildren; 8 great-great-grandchildren; and his faithful companion Lucky. He is preceded in death by wife of 63 years, Ernestine Hollis Plumelee, and brothers Edward Plumelee and Gene Plumelee. Sellars Funeral Home, Lebanon TN, 615.444.9393.

RAGSDALE, Edward

Edward Rease Ragsdale passed away July 1, 2019, at age 60. A memorial service will be scheduled at a later date.

He is survived by wife of 19 years Sherry Hill-Ragsdale, two brothers Randy (Suzanne) Ragsdale and Charlie Ragsdale, children Leland Wayne Ragsdale and Sheree Nicole (Billy) Conn, two step-children Joshua and Nathan Leu, and eight grandchildren. He is preceded in death by his parents Wayne and Mae Dee Ragsdale and first wife Buna Marie Ragsdale. Sellars Funeral Home, Lebanon 615.444.9393.

REYNOLDS, Jimmy Ray

Jimmy Reynolds passed away on July 5, 2019 at age 77. A funeral service will be held at 1 p.m. July 10 at Sellars Funeral Home in Lebanon, and interment will follow at Wilson County Memorial.

Mr. Reynolds is survived by his wife of 56 years, Elizabeth Bentley Reynolds; children: Angela (Dan) Cook, Karen (Robert) Haynes, and Jason Reynolds; grandchildren: Kayla, Christopher, and Joshua Cook, Sean Haynes, Kassie (Wesley) Strain, and Jettie and Taylor Reynolds; great-grandchildren: Rylee Strain, and Sophia and Hayden Caraway. He is preceded in death by parents James and Ruby Dedman Reynolds.

Sellars Funeral Home, Lebanon TN, 615.444.9393.

SMITH, Buford Russell

Buford Smith passed away July 9, 2019, at age 60. No services are scheduled at this time. Mr. Smith is survived by mother: Pauline Smith; siblings: Andy (Jeanie) Smith, Larry (Frances) Smith, Donna (Ralph) Gould, Randall Smith, Pam (Tony) Taylor, and Bonnie (Jerry) Adams; and numerous nieces and nephews. He is preceded in death by father Perry Smith.

Sellars Funeral Home, Lebanon TN, 615.444.9393.

STRONG, Guilford John Sr.

Guilford John Strong Sr., age 89, died June 30, 2019. A memorial service will be held at the Mt. Juliet Community Center. The family requests that contributions be made to the Alzheimer’s Association, 478 Craighead Street, #200, Nashville, TN 37204 or to Lebanon Animal Care and Control, 115 Industrial Drive, Mt. Juliet TN 37122.

See OBITs, PAGE 5
preceded in death by his siblings, Gilbert, Charles, Keith, Carlton, Teddy, Doug, Gary, dickey, LaVern and Phyllis.


In keeping with Mr. Strong’s wishes there will be no calling hours or services. Burial will be in New Lebanon, will go toward assisting families with bills, payments or other financial hardships they may face.

Cystic fibrosis (CF) is a disease caused by an inherited genetic defect that leads to chronic lung problems and digestive disorders. According to Cure for Our Friends, many people with CF require frequent hospitalizations and continuous use of antibiotics, enzyme supplements and other medications. Though drastically improved over the past few decades, the average life expectancy of a person with CF is still in the late 30s.

Along with the funds going toward CF families, the benefit concert is also set to raise awareness for a disease that doesn’t often get national funding. Guest speaker Marissa Benchea, a 41-year-old who also has CF, will assist with educating attendees about the disease.

Musicians sets to perform at the benefit include Chris Golden, Rockland Road, The Skahls, April Pearson, Dave Layne, and Greg McDougal.

McDougal’s son, Sean, who also had CF, was part of the inspiration behind the concert, as originally funds were going to be used for Sean’s transplant surgery. Sadly, Sean passed away in January at the age of 19.

All award-winning musical acts, guest speakers, and volunteers are donating their time to help raise money and awareness for CF and the families it affects. A percentage of the merchandise sold at the event will also go toward the foundation.

General admission tickets are $50 each, but 8-seat VIP Reserve tables are also available for $300. For reservations, go to eventbrite.com or contact Vera at 615-330-2850.

Capitol Theater is located at 110 W. Main St. in Lebanon. Dinner will start at 6 p.m. and the show will follow at 7 p.m.

Founded in Wilson County in 2014, Cure for Our Friends now assists families throughout Tennessee, but they have hopes of helping more families across the country in the future.

For more information on Cure for Our Friends, or to make a donation to their cause, visit their website at www.cureforourfriends.org.
Larry Grasinger
Abundant Life Church

In writing to the church at Rome, the apostle Paul recorded one of the most often quoted and preached from passages in the Bible. He told them (and you and me) that they should present themselves as a living sacrifice (I like that living part) that is made holy and acceptable to the Lord God.

In some versions, what he wrote next is translated as “This is your spiritual worship.” In others, it is translated “Your reasonable service.” While commentators debate which one, I submit to you that both apply. As a matter of fact, The Amplified Bible does this with the end of that verse. “…which is your reasonable (rational, intelligent) service and spiritual worship.” What constitutes our reasonable service to God is also our spiritual worship.

Now, I know that we usually think of worship as the singing of a song on Sunday morning with others gathered around us singing the same song. And that certainly is worship, but it is only part of our worship. Paul was communicating that we should live a life of worship to Him. We present our bodies to Him; that means all of our life and that which it contains. To present it to Him as a living sacrifice is to determine that He can manage and govern our lives better than we can.

The problem with a lot

See F & M, PAGE 7
REFLECTIONS FROM AN OLD FRIEND

We are all so blessed

Kenny Martin
City Manager
Mt. Juliet, TN

It has been said that the average American continues to spend more and more time working and driving in an attempt at pursuing the American Dream. It’s also true that we live in a land that believes there is no limit at what we can achieve if we work hard enough and try our very best. That is all great and good, but at what cost?

That probably begs the question, then why are we rarely satisfied? This way of thinking goes well beyond material possessions. We tend to think in the now. We spend much of our time working, planning and pursuing, rather than counting our blessings for what we have in an attempt at achieving what we don’t. In this frame of mind, we spend more time thinking of what we don’t have, as opposed to what we do have.

Human tendency is to think of what you haven’t accomplished and not what you have accomplished. This leads to a feeling of dissatisfaction, discontentment and underachieving. A definite blow to the ole self-esteem. Now you can begin to see why so many people are constantly either unhappy or grumpy during times they should be happy. In other words, we spend countless hours away from work thinking about work, planning for work and kicking ourselves for what we have yet to accomplish in life or work. This can cause problems at work and home.

We all know that life can be tough at times. We deal daily with life’s emotional roller coaster ride. It can be life and death issues, financial highs and lows or good and bad relationships. We can go from the birth of a beautiful baby one minute, to the death of an innocent child the next; from rich to poor; for better or worse and so on. That is why we must start counting our blessings now!

We not only owe it to ourselves, we owe to our family and friends to enjoy life to the fullest and count our blessings. Life is meant to be filled with fond memories, love and enjoyment, not regret, missed memories and stress.

Please start taking time to smell the roses and realize how truly blessed we all are. Please take and make time for yourself, family and friends to enjoy life.

From F & M, PAGE 6

of us is that we present our bodies to Him as a sacrifice, but then we jump back off the altar. We take the entirety of our lives and offer it to Him, then we don’t allow Him to be the Lord of our lives. I believe that is why Paul also said that we should make our bodies and our life holy unto Him, because this is what pleases Him and is acceptable in His sight.

The apostle begins this part of his writing by declaring we should do this in view of God’s mercy. When we think of the mercy that God extends to us, it becomes even more reasonable that we should present to Him our life to use however He desires and in such a manner that it will bring glory to His name.

The apostle continues by admonishing us not to allow the world system around us to cause us to adopt the lifestyle of the surrounding culture. J.B. Phillips offers my favorite rendering of Romans 12:2 — “Don’t let the world around you squeeze you into its own mould, but let God re-mould your minds from within.”

Once we have committed ourselves to Him and presented our bodies as a sacrifice, we make a conscious decision to not allow the values and mindsets of the current culture to become ours. In Mr. Phillips words, we resist the squeezing of our surroundings that attempt to shape us into something other than what our Maker desires. Then and only then can He reshape and re-mould us by causing our thinking to line up with His thinking.

God actually transforms our minds from our old self-centered way of thinking into a God-way of thinking. Paul writes in another letter that we should have the mind of Christ. When we commit to Him and allow God to reshape our thinking, then we will begin to think like He does. Now, doesn’t that sound like a great destination.

So, what is your reason-able and spiritual service of worship? To give Him the entirety of your life, who made it to begin with, and purpose to be His kingdom subject in the earth for the duration.

GOSPEL MEETING WITH RICHARD GAINES

GREEN HILL CHURCH OF CHRIST
11706 LEBANON RD
MT JULIET TN
greenhillcoc@gmail.com
615-758-7634

JULY 14 THRU 17

SUNDAY SCHOOL: 9:00 AM
WORSHIP SERVICE: 10:00AM
SUNDAY EVENING SERVICE 6:00 PM
MONDAY THRU WEDNESDAY SERVICES
7:00 PM

MACK THERAPY AT GENERATIONS DENTAL ARTS

Did You know....

• Mack can help with lowering patients Blood Pressure & Heart Rate
• Mack reduces dental anxiety
• Mack offers deep pressure therapy for calming
• Mack reduces stress (Cortisol) levels and increases endorphins
• Mack promotes touch which promotes smiles & ease
• Mack is intuitive to patients mood when he is needed or not
• Mack is overall a devoted companion through all procedures big and small

Everyone needs a little Mack Therapy in their dental experience!
Red Cross issues urgent call for blood, platelet donors

Staff Reports
Following a difficult Fourth of July week for blood and platelet donations and ongoing challenges finding new blood donors, the American Red Cross now faces a blood shortage and has issued an emergency call for eligible individuals of all blood types to give now and prevent delays in medical care.

About 450 fewer blood drives were organized by businesses and other community groups last week than during a typical week as people across the country celebrated the holiday with activities and travel. This led to about 17,000 fewer blood donations than needed for patients in a single week, causing the Red Cross to now have less than a three-day supply of most blood types available — and less than a two-day supply of type O blood — for patients. At least a five-day supply is desired.

“Medical emergencies and critical treatments don’t stop for holiday celebrations. Patients depend on lifesaving blood transfusions every day,” said Cliff Numark, senior vice president, Red Cross Blood Services. “Right now, the Red Cross only has less than a three-day supply when we need a five-day supply to be prepared for all situations that require blood products. To help meet this need, we’ve added about 8,000 additional appointments at blood donation centers and community blood drives over the next few weeks to accommodate more donors. But we need people to fill those appointments, please join us today!”

In June, the Red Cross launched the Missing Types campaign to encourage donors — especially new donors and those who have not donated in the past years — to give blood or platelets during the challenging summer months. Through the campaign, the letters A, B and O — letters that make up the main blood groups — disappeared from popular brands to symbolize what happens when blood goes missing from hospital shelves during blood shortages.

Despite an encouraging response to the campaign, blood donations still fell short of expectations in June, resulting in more than 24,000 fewer donations than needed, about 100 fewer in the Tennessee Valley Blood Services Region, and causing a significant draw down of the Red Cross blood supply. “Blood is only available when generous blood and platelet donors roll up a sleeve to give, and right now, all donors — especially those who have never given or haven’t given in a while — are urged to make an appointment to give today,” Numark added.

Donors of all blood types, especially type O, are urged to make an appointment to donate using the Blood Donor App, at RedCrossBlood.org or by calling 1-800-RED CROSS (1-800-733-2767). Donations and completion of a RapidPass online health history questionnaire are encouraged to help reduce the time it takes to donate.

Those interested in hosting a blood drive can learn more and sign up to sponsor a drive this summer by visiting RedCrossBlood.org/HostADrive.

Mt. Juliet will see two upcoming blood donation opportunities this month. Anytime Fitness, 645 S. Mt. Juliet Road, will host a drive July 24 from 1-6 p.m. Burn Bootcamp, 11237 Lebanon Road, will host a drive July 29 from 3-8 p.m.

Find more nearby blood donation opportunities online at RedCrossBlood.org. The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40% of the nation’s blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission.
Study drug delays Type 1 diabetes in high risk children, adults

Staff Reports

A drug that targets the immune system can delay the onset of type 1 diabetes an average of two years in children and adults at high risk, according to findings from TrialNet’s Teplizumab (anti-CD3) Prevention Study published in the New England Journal of Medicine.

With 28 study sites around the world, it is the largest clinical trial network ever assembled to discover ways to delay and prevent type 1 diabetes. Vanderbilt University Medical Center (VUMC) was the largest contributor with more than 20% of the study participants.

“The key point for the millions of people at risk to develop this disease is we now have the first immunotherapy that significantly delays the onset of type 1 diabetes,” said Bill Russell, MD, TrialNet principal investigator and director of the Division of Pediatric Endocrinology and Diabetes at VUMC.

“Eighty-five percent of the almost 3,000 patients in the Children’s Diabetes Program at Vanderbilt have type 1 diabetes. "And we know that relatives of people with type 1 diabetes are 15 times more likely to develop the disease than the general population, so this is particularly good news for them as well," he said.

Type 1 diabetes is an autoimmune disease that occurs when the body’s immune system attacks and destroys insulin-producing beta cells in the pancreas, causing abnormal blood glucose (sugar) levels. Teplizumab is an immunotherapy drug designed to interfere with the body’s immune destruction of its own beta cells.

Previous studies showed teplizumab prolonged insulin production in people recently diagnosed with type 1 diabetes, but this is the first study to test it in people at high risk for the disease.

“This is the first study to show any drug can delay type 1 diabetes diagnosis a median of two years in people at high risk," said Teplizumab Prevention Study Chair Kevin Herold, MD, professor of Immunobiology and Internal Medicine at Yale University.

“As anyone with type 1 diabetes will tell you, every day you can delay this disease is important.”

Participants chosen for the study each had a lifetime risk of clinical diagnosis nearing 100%. Fifty-five of the 76 study participants were under age 18 and all had a relative with type 1 diabetes, two or more type 1 diabetes autoantibodies and abnormal blood sugar levels.

“The subject population all had positive diabetes antibodies in their circulation, indicating that their immune systems were targeting their beta cells in the pancreas,” Russell said. “They also had impaired glucose tolerance, meaning their glucose response to an oral glucose tolerance test was not normal but it wasn’t yet in the diabetic range. We now call this stage 2 of type 1 diabetes.”

Russell said people who are in stage 2, (antibodies plus impaired glucose tolerance) have an 85% likelihood of developing diabetes (stage 3) within five years.

Participants were randomly assigned to either the treatment group, which received a 14-day course of teplizumab, or the control group, which received a placebo. All participants regularly received glucose tolerance tests until the study was completed, or until they developed clinical type 1 diabetes — whichever came first.

Seventy-two percent of people in the control group developed clinical diabetes, compared to only 43% of the teplizumab group. The median time for people in the control group to develop clinical diabetes was just over 24 months, while the median time for the treatment group was 48 months.

TrialNet researchers will conduct additional studies to look for ways to extend the benefits of teplizumab.

“We are now exploring a full-blown prevention trial in people even earlier in the disease process,” Russell said. “And also looking at delaying or preventing progression to stage 3.”

The Teplizumab Prevention Study was funded by the National Institutes of Health (NIH), with additional support from JDRF, the leading global organization funding type 1 diabetes research. MacroGenics/Provention Bio donated the study drug and provided funds for additional site monitoring.
Wattenbarger promoted at First Freedom Bank

Staff Reports

Kaitlin Wattenbarger has been promoted to Providence Office Manager at First Freedom Bank, announced Kenny Beavers, senior vice president and director of retail banking.

"Since joining our bank in 2013, Kaitlin has gained a tremendous amount of knowledge on all aspects related to financial services, customer service, and, more importantly, being a great community banker," said Beavers. "Kaitlin has worked at the Providence office for the past five years and is known for providing excellent service to her customers."

Wattenbarger has worked at First Freedom Bank since February 2013. She began as a financial service representative in Lebanon. Kaitlin moved to the Providence Office in September of 2013, where she continued to grow in her role with the bank. She was promoted to Financial Services Representative Manager in October 2015 and then once again to Personal Banker in December 2016.

Wattenbarger resides in her hometown of Hermitage and is a member of Crosspoint Church. She has been married to her husband, Josh, for five years and they have one son, Jason.

First Freedom Bank, headquartered in Wilson County, was established in 2006. A full service, community bank, First Freedom Bank offers personal and commercial banking services from six locations in Wilson, Putnam and Jackson Counties, and has approximately 70 employees.

First Freedom Bank has assets in excess of $460 million and is owned by more than 1,100 shareholders throughout Middle Tennessee. First Freedom Bank is member of the Better Business Bureau, an Equal Housing Lender and Member FDIC.

Additionally, First Freedom Bank has earned the prestigious Five Star rating by Bauer Financial, the nation's leading independent bank and credit union rating firm.

Encore Theatre to present murder-mystery production

Staff Reports

"Alibis" by Peter Kennedy, opens Friday, July 12, at Encore Theatre in Mt. Juliet. The show runs weekends through July 21. Friday and Saturday shows are at 7:30 p.m. and Sunday matinees are 2:30 p.m. The house will open 30 minutes before show time.

Though the play revolves around murder, director James Bealor hopes the audience will be laughing helplessly throughout the murder-mystery spoof. Characters in the play are meant to be stereotypes, he said, such as Mr. E.S. Solvedd, the detective, and Dr. Jacqueline Hyde, a chemist.

"Because everything is so stereotypical — it's not a thinking kind of show," said Bealor.

The plot has shades of Sherlock Holmes, Agatha Christie and "Ten Little Indians."

When famous actress Primavera Donna throws a party and winds up dead, it's up to the guests to figure out who and how, and why the hired help is so annoying.

As the storm outside rages and the body count mounts, the guests must contend with interruptions, shocking revelations, tacky special effects, and the arrival of a mysterious visitor. Both the action and dialogue are fast-paced and the surprising conclusion leaves only one question: WHO GETS THE MOVIE RIGHTS?

The cast includes a stuffy butler, a social butterfly, a playboy, a dotty chemist, an aristocrat of dubious origin, a nun who has taken a vow of silence, a part-time detective, a very French maid, and a mysterious stranger. The play provides a rapid-fire romp through the conventional drawing room mystery.

Tickets can be purchased online at TicketsNashville.com. Adult tickets are $16 and youth and senior tickets are $13. Encore Theatre Company is located at 6978 Lebanon Road in Mt. Juliet, just west of Highway 109.
Life Care Center earns Bronze National Quality Award

Staff Reports

Life Care Center of Old Hickory Village, a skilled nursing and rehabilitation facility in Old Hickory, recently received the 2019 Bronze National Quality Award from the American Health Care Association and National Center for Assisted Living.

The award honors facilities across the nation that have demonstrated their commitment to improving the quality of care for seniors and persons with disabilities. It is the first of three tiers of recognition (Bronze, Silver and Gold) by AHCA/NCAL and requires a detailed application process submitted to a board of examiners for review.

Applicants must develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customer's expectations. They must also demonstrate their ability to implement a performance improvement system.

Life Care Center of Old Hickory Village focused its efforts on long-term care residents whose need for assistance with activities of daily living was increasing. The goal was to help more residents improve or stay at the same level of assistance, thus reducing the percentage of residents whose needs were escalating. The facility saw a tremendous improvement, with the percentage of residents in need of increasing assistance dropping 13.7%.

" Achieving this award is a great accolade for our facility," said Dale Slivka, executive director at the facility. "It is the first step in a culture change and a journey to obtaining the AHCA gold quality award, which is the gold standard for post-acute and long-term centers. The team and I believe that starting on this journey will not only make our facility better, but it will also challenge us to make our patients' lives better."

The Bronze National Quality Award will be presented formally during AHCA/NCAL's 70th Annual Convention and Exposition, Oct. 13-16, in Orlando, Florida. Implemented by AHCA/NCAL in 1996, the National Quality Award program assists providers of long-term and post-acute care services in achieving their performance excellence goals.

Life Care Center of Hickory Village, located at 1250 Robinson Road in Old Hickory, is one of 27 skilled nursing and rehabilitation facilities in Tennessee managed by Life Care Centers of America. Founded in 1976, Life Care is a nationwide health care company. With headquarters in Cleveland, Tennessee, Life Care manages more than 200 nursing, post-acute and Alzheimer's centers in 28 states.

Questions? Call 615-754-HELP

The Chronicle of Mt. Juliet celebrates 37 years as Mt. Juliet’s longest-running news source. Distributed to 12,500 homes & business weekly...from local news to weddings to birth announcements to garage sales...The Chronicle covers it all!

Advertising Works!

FREE groceries (breakfast, lunch, & snacks) for elementary through high school kids and their younger siblings living in western Wilson County! No registration required.

May 28 through July 27, 2019

Visit us at one of three convenient locations:

St. Stephen Catholic Community
14544 Lebanon Road
Tuesdays 12:30-2:30pm

Forest View Apartments
119 Belinda Parkway
Wednesdays 1:30-3:30pm

Mt. Juliet Christian Childcare
1025 Charlie Daniels Pkwy
Saturdays 10:00 to 11:00am
**MICHAELS HOME IMPROVEMENT**

*Owner, MLS 1227475, 20 year veteran*
615-754-1937

dedicated to providing customers with the highest quality home repair services.

**Help Wanted**

Commercial Plumbing company seeking PLUMBING TECHNICIANS to join our team!
Previous experience in plumbing, maintenance, or other related field preferred. Applicants must be willing to travel as our company takes on projects across the country. Applicants must have a valid driver’s license. Send resumes to info@colsonauctions.com or stop in to fill out in person.

**Help Wanted**

Commercial Auctioneer/Broker
Bill Colson Auction and Realty
615-390-3679 • www.colsonauctions.com

**The Most Money In the Shortest Time!**

Bobby Colson Auctioneer/Broker
Bill Colson Auction and Realty
615-390-3679 • www.colsonauctions.com

**Concretework Help Wanted**

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

**P & T Concrete**


**Help Wanted**

Commercial Plumbing company seeking PLUMBING TECHNICIANS to join our team!
Previous experience in plumbing, maintenance, or other related field preferred. Applicants must be willing to travel as our company takes on projects across the country. Applicants must have a valid driver’s license. Send resumes to info@colsonauctions.com or stop in to fill out in person.

**Help Wanted**

Commercial Auctioneer/Broker
Bill Colson Auction and Realty
615-390-3679 • www.colsonauctions.com

**The Most Money In the Shortest Time!**

Bobby Colson Auctioneer/Broker
Bill Colson Auction and Realty
615-390-3679 • www.colsonauctions.com

**Concrete**

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

**P & T Concrete**


**Help Wanted**

Commercial Plumbing company seeking PLUMBING TECHNICIANS to join our team!
Previous experience in plumbing, maintenance, or other related field preferred. Applicants must be willing to travel as our company takes on projects across the country. Applicants must have a valid driver’s license. Send resumes to info@colsonauctions.com or stop in to fill out in person.

**Help Wanted**

Commercial Auctioneer/Broker
Bill Colson Auction and Realty
615-390-3679 • www.colsonauctions.com

**The Most Money In the Shortest Time!**

Bobby Colson Auctioneer/Broker
Bill Colson Auction and Realty
615-390-3679 • www.colsonauctions.com

**Concrete**

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

**P & T Concrete**

Hospital reminds drivers about cellphone ban

Injury prevention experts at Monroe Carell Jr. Children’s Hospital at Vanderbilt hope the state’s newest law banning cellphone use while driving will have an impact.

“A recent study revealed that from 2015 to 2017, Tennessee had the highest rate of distracted driving deaths in the nation — nearly five times the national average,” Unni stressed.

Each day in the United States nine people die and more than 1,000 are injured in crashes involving distracted driving, according to the National Highway Traffic and Safety Administration.

In 2018, Tennessee reported more than 24,600 crashes involving distracted driving. In 2019, from January to March, there have been 5,592 distracted driving accidents.

The “Be In The Zone - Turn Off Your Phone” program at Children’s Hospital has played a pivotal role in educating high school students about the dangers of distracted driving. Through the program, students are challenged to communicate within their own communities the importance of being distraction free while driving.

Unni said the program will emphasize the role students can play in spreading the Hands Free message.

Approved in April, the Hands Free Law prohibits drivers from using a phone while a vehicle is in motion. Hands-free devices will be allowed, including ear pieces, headphones and wrist accessories to conduct voice-based communication. Dashboard mounts for GPS navigation, hands-free communication and voice-to-text technology are permitted.

For drivers younger than 18 years, it will be unlawful to talk on the phone while the vehicle is in motion, regardless of whether it is a hands-free device.

Unni stressed that there are key elements of the new law that make it illegal to:

• Physically support with any part of the body a cellphone or mobile device
• Write, send or ready any text-based communication
• Reach for a cellphone or mobile device in a manner that requires the driver to no longer be in a seated driving position or properly restrained by a seat belt
• Watch a video or movie on a cellphone or mobile device
• Record or broadcast video on a cellphone or mobile device

Drivers in violation of the new law could face up to a $200 fine.

Texting while driving is already illegal in Tennessee as well as using a hand-held device in active school zones.

Tennessee will be the 19th state to ban cellphone use while driving.

Family Owned & Operated. Call Bill, Chris or Michael Robinson today!

www.robinsonproperties.com

3 Subdivisions in Mt. Juliet!

615-754-2019

1400 N. Mt. Juliet Rd, Suite 200,
Mt. Juliet, TN 37122
robinsonproperties.com

BROOKSTONE

TRIPLE CROWN

STONEFIELD
I’m a sucker for anything holistic. Some of my first memories are of my grandmother giving me a big, heaping spoon of cod liver oil right before bed, followed by a dose of wisdom. “This will make you smarter than all the other girls,” she would promise. And with that ... I was hooked.

Who needed to memorize multiplication tables each night, when instead I could endure two seconds of this gross, nasty, magical elixir and just like that, I would know math!

My grandmother was also a big believer in the benefits of fresh goat’s milk. And when I mean fresh, I mean still warm from the utter, fresh. To keep me from gagging she would add in two tablespoons of chocolate Ovaltine and then place the tall glass of frothy, smelly, awfulness in front of me. “This will make you prettier than all the other girls,” was the promise this time.

To this day, if I pass Ovaltine in the grocery aisle, I have to take a big gulp and look away. But I continue to be a believer and so every few months, if I stumble on an article or hear about an amazing superfood that will make me healthier (with no other effort on my part), usually within 48 hours I’m trying it.


And most always, I’ve done it alone.

This time, however, my husband was the one who heard about the benefits of apple cider vinegar and wanted to give it a shot. A quick Google search of all this vinegar could promise and I was in!

Before he could say Kroger, I was home with a big bottle of Bragg’s Organic Vinegar.

This would be easy. I liked apples. I liked cider. And I loved vinegar on my salad.

The bottle said add two tablespoons to a cup of water and then mix in honey to taste. Are you kidding me? I was weaned on the oil squeezed from the liver of a cod fish.

I drank it straight. The burn as the vinegar went down my throat was like tiny razors slicing my throat, one paper cut at a time. The taste was like eating a salad pureed in a blender.

This elixir was going to go the way of all the others, but for one small fact.

Throwing away a $6 bottle of vinegar is not anything Brody Kane can bring himself to do. So instead, every morning, he brings me my vinegar water.

“I promise, two more weeks and the bottle will be done,” he tries to remind me.

I close my eyes, hold my nose, and gulp it down. This worked a lot better when I was the only health nut in the family!

To read more of Angel and Becky’s columns, go to www.wilsonlivingmagazine.com.
**LHS Class of ‘56 celebrates 63 years**

**Staff Reports**

Lebanon High School classmates of 1956, along with their spouses or guests, attended Maple Hill Church of Christ, Saturday, July 6, to celebrate their annual high school reunion. A meal again was provided by classmate Lounita Sampson.

The Class of ‘56 graduated 154 students. Gaye Baird gave updates of students who had moved or expired. Classmates enjoyed catching up with the activities each had had during the past year. Photos were taken and shared. There were 29 classmates who attended the reunion.

Lebanon High School Class of 1956 is their Facebook page and students are urged to join and post changes. Changes have occurred during the past years but their love for each other, their God and their country have not changed.

Classmates left looking forward to their 2020 reunion.

---

**LOCAL RESTAURANT & DINING GUIDE - SWEET BISCUIT**

Sweet Biscuit Co. brings a unique experience to Mt. Juliet. Shannon Gray and her exceptional team are celebrating their third birthday this week. What began as a hobby for Gray, soon became reality of serving breakfast and brunch.

The gourmet biscuit shop offers flavors for every taste bud daily with a choice of a summer biscuit or biscuit pie. Summer flavors include, but are not limited to blueberry crisp, banana split, red velvet, lemon poppyseed and raspberry cheesecake. You can also choose a “biscuit pie” of cheesy ham, spinach quiche or 3 cheese bacon spinach.

The southern style eatery also offers homemade buttermilk biscuits with gravy. The hash-brown casserole is unforgettable as well. Coffee, hot tea and iced teas of varied flavors are available.

If you want lunch, light sides are available: chicken salad, soup, pimiento and cheese, spinach dip and homemade croutons.

Catering is available with a variety of savory options with a 48-hour notice.

Enjoy Frittatas, biscuit and gravy, hash browns, dips, chicken salad, fruit trays as well as mini biscuit desserts and bread pudding.

Sweet Biscuit Co. is located at 2654 N. Mt. Juliet Road. Their hours are Monday-Friday (6 a.m. - 1 p.m.) and Saturday (7 a.m. - 1 p.m.).

Happy Birthday Sweet Biscuit Co.
Tennessee celebrates June Dairy Month

Did you hear? Advertising Works!

The Chronicle of Mt. Juliet celebrates 37 years as Mt. Juliet's longest-running news source.

Distributed to 12,500 homes & business weekly, from local news to weddings to birth announcements to garage sales...The Chronicle covers it all!

Heart care close to home

When it comes to caring for your heart, care teams at Ascension Saint Thomas are close to home, delivering the care you need. We collaborate with our integrated network of cardiologists, sharing best practices for emergency heart care and advanced treatment options for ongoing heart conditions. By taking the time to understand you, we can provide the personalized care you need.