Wilson County schools achieve reward status

By Sarah Tate
Managing Editor

Wilson County Schools announced last week that more than half of its eligible schools were named Tennessee Reward Schools for the 2018-2019 school year. As an entire school district, Wilson County Schools also was designated as an Exemplary District, the highest honor given in meeting specific criteria.

Police investigating after Fair fight

By Sarah Tate
Managing Editor

Lebanon Police are investigating after a fight broke out at the Wilson County Fair Saturday night.

Shortly after 10 p.m. Saturday, two groups of juveniles got into a physical altercation in the midway area of the fairgrounds, according to LPD Chief Mike Justice. As officers and Wilson County Sheriffs deputies responded to the scene, panic set in with the surrounding crowd, who then began to run from the area.

“During this, several individuals, with malicious and negligent intent, [started] yelling words that to an innocent bystander, would lead them to believe that persons with weapons were shooting in that area,” Chief Justice said in a statement. “This caused an immediate panic to those nearby and people began to frantically flee the area.”

Justice said what followed was misinformation spreading quickly on social media with many people saying they either heard gunshots or saw weapons.

The immediate area was locked down to investigate further. Four juveniles were identified as the primary aggressors and were removed from the area and later charged with disorderly conduct. Justice said three others were identified, through facial recognition software utilized during the Fair, as instigators in inciting fear and that the investigation may lead to potential charges against them.

The area of the incident was reopened after 25-30 minutes, allowing Fair operations to continue.

Parties prepared to register voters

By Sarah Tate
Managing Editor

The Wilson County Election Commission provided voter registration training to the Republican and Democratic parties in anticipation of the Wilson County Fair, which started Friday. In addition to the Fair, the upcoming 2020 election cycle will offer many opportunities for the local political parties to register voters.

“The local political parties partner with us each year to register and inform voters at the Wilson County Fair,” said Phillip Warren, administrator of elections. “Their support provides an opportunity to reach thousands of Wilson County voters that may want to register to vote, change their address or learn more about elections and voting.”

With the introduction of Online Voter Registration, voters can now register to vote or make changes to their registration using a smartphone or computer. Submitting a registration online is fast and, more importantly, secure.

MJMS football field renamed for Wilmore

By Sarah Tate
Managing Editor

The Mt. Juliet Middle School football field was renamed in honor of Mt. Juliet High School alumnus and NASA astronaut Captain Barry Wilmore.

While attending Mt. Juliet High School, at the location of the current MJMS, Wilmore played football for the Bears on the field, adding to the significance of the dedication. Family, former coaches and teammates of Wilmore were in attendance for the ceremony as well.

MJMS Principal Candis Angle presented Wilmore with a plaque, which matches the one at the fielddesignating it as Barry Wilmore.
Mt. Juliet High School alumnus and astronaut Barry Wilmore receives a plaque from Mt. Juliet Middle School Principal Candis Angle at the Aug. 15 MJMS football game against Gladeville Middle. The field was renamed in honor of Wilmore who played football on the field when it was still Mt. Juliet High School. | Photo by Sarah Tate

From WILMORE, PAGE 1

Field. The dedication was held during halftime of the MJMS football game against Gladeville Middle. As a special entrance, Wilmore flew in on a Lifeflight helicopter and ran the game ball onto the field, which was then given to Coach Bohanon from Gladeville Middle School to commemorate Hanson from Gladeville Middle. Wilmore was also a naval officer and pilot, completing four deployments from the USS Forrestal, USS John F. Kennedy, USS Enterprise and USS Dwight D. Eisenhower. He flew support missions during Operations Desert Shield, Desert Storm and Southern Watch and flew 21 combat missions during Operation Desert Storm.

Last year, Wilmore received the National Collegiate Athletic Association’s Theodore Roosevelt Award, the group’s highest honor given to an individual. Former winners include: Dwight D. Eisenhower (1967), Gerald Ford (1975), Sally Ride (2005) and John Glenn (2008).

In order to be eligible to vote, a person must meet the following criteria: 1) be a U.S. citizen, 2) be 18 years old on or before the next Election Day, 3) a resident of Wilson County and Tennessee, and 4) have not been convicted of a felony or have had their rights restored.

A voter’s residence determines which county commissioner, state representative, school board member, possible city official or other district office they are eligible to vote for. When a registered voter moves within Wilson County, the Election Commission must be notified, in writing, to change the address on their registration.

Warren urges new Wilson County residents and those that have moved within the county to complete a voter registration form so they are ready to cast their vote in 2020.

“Registering to vote is a simple process,” said Warren. “Whether registering at the Wilson County Fair, online at your convenience, or with a form available at our office and many other locations, this is the first step to voting. The second step is to cast your vote during Early Voting or at any of the convenient voting centers on Election Day.”

The Wilson County Fair, one of the largest fairs in Tennessee, began Aug. 16 and ends Aug. 24 at the Ward Agricultural Center in Lebanon. This year the Fair is celebrating a 40-year tradition of providing fun, entertainment and agriculture experiences of all our Fairgoers.

The 2020 elections being prepared for now by the Wilson County Election Commission are the Republican and Democratic Presidential Preference Primary and Wilson County Republican Party Primary on March 3, the Federal and State Republican and Democratic Primary and Wilson County General Election on Aug. 6, and the Federal and State General Election and Lebanon, Mt. Juliet and Watertown Municipal Elections on Nov. 3.

To learn more about elections, voting and how you can be involved with Wilson County elections contact the Wilson County Election Commission at 615-444-0216 or online at www.Wilsonelections.com.
Vol State to hold science event for girls

Expanding Your Horizons (EYH) is a one-day conference that helps girls in grades 5-9 develop a passion for Science, Technology, Engineering, and Mathematics (STEM).

Hands-on workshops will be held in chemistry, biology, health sciences, computer information technology, and engineering. The workshops are not only educational, they are an opportunity for girls to meet and work with women in the sciences. Those role models can provide both inspiration and valuable insight into the world of science.

This is the fourth year for the event on the Volunteer State Community College campus in Gallatin. It will be held on Saturday, Oct. 5 from 8 a.m. to 3 p.m. There will also be workshops for adults who want to stay for the day.

The $20 registration fee includes a T-shirt, lunch, and workshop materials. Scholarships are available. To register, visit the EYH webpage at www.volstate.edu/eyh.

Volunteer State Community College has more than 100 areas of study and offers two-year degrees, certificates and paths to university transfer with campuses in Gallatin, Springfield, Cookeville, and Livingston, and through online education. Workforce Development extends the college mission to the entire community. For more information, visit volstate.edu.

The College System of Tennessee, governed by the Tennessee Board of Regents, is the state's largest public higher education system, with 13 community colleges, 27 colleges of applied technology and the online TN eCampus, serving more than 100,000 students.

Health Science is one of the areas that is included in the upcoming EYH event. | Photo submitted
MATTHEWS, Paul

Paul Matthews passed away Aug. 14, 2019 at age 84. A funeral service was held Aug. 16 at Sellars Funeral Home in Lebanon, and interment followed at Wilson County Memorial.

Mr. Matthews is survived by his wife of 48 years, June Null Matthews; children: Linda (Tom) Huettt, Diana (Darrell) Boaz, Kim (Jeff) Watkins, Brenda (Donald) Travis, Brian (Becky) Matthews, and Theresa (Jay) Fitts; grandchildren: Krisssa (Ryan) Stephens, Shana (Collie) King, Steve Mutzu, Jer-ry Eley, Tracy Eley, Kelly Eley, Elaina Daggett, Kar-en Long, Heather Amburg, Christina Gibson, Antho-ny Matthews, Olivia Mathews, Chance Watkins, and J.C. Fitts; numerous nieces, nephews, great and great-grandchildren; and godchildren: Melanie McFarland, Greg King, and Joey King. He is preceded in death by son Danny Matthews, daughter Rhonda Henry, grandson Jonathan Watkins, parents Henry and Gretchen Matthews, and sisters Ruby Smith and Beatrice Robinson.

Sellars Funeral Home, Lebanon TN, 615.444.9393.

MILLER, Catherine

Catherine Miller, age 54 of Murfreesboro, died Aug. 17, 2019. Catherine was preceded in death by her sister, Valerie Escobido. She is survived by: Fa-ther – Jose (Gayle Lee) Marquez; Mother – Lau-rerie (Gilbert) Munoz; Hus-band – Russ Miller; Chil-dren – Carlos Paredes and Danielle Paredes; Siblings – Vincent Marquez, Demetrio (Heather) Marquez, Andrea (Greg) Duff, Domini-cic (Rebecca) Marquez and Lyrica Marquez; Nieces and nephews – Eddie, Ni-cole, Lainey, Sophia, Mon-ica, Marty, Eric, Andre, Maggie, Anisa, Adrian, Kobe and Micah.

Funeral services will be conducted 6 p.m. Thurs-day, Aug. 22, at Bond Memorial Chapel. Flow-ers accepted or memorials may be made to the Ameri-can Cancer Society, 2000 Charlotte Pike, Nashville, TN 37203 or the Mt. Ju-liet Animal Care and Con-trol Center, 115 Indus-trial Drive, Mt. Juliet, TN 37122.

Visitation will be 4-6 p.m. Thursday at Bond Memorial Chapel, N. Mt. Ju-liet Road and Weston Drive, Mt. Juliet, TN. (615)773-2663. www. bondmemorial.com

STOUT, Evelyn Pippin

Evelyn Pippin Stout passed away Aug. 15, 2019. A funeral service was held Aug. 17 at Sellars Funeral Home in Lebanon, and interment followed at Hermitage Memorial Gar-dens.

Mrs. Stout is survived by her husband of 56-plus years, Bobby Stout; children: Wayne (Donna) Flatt, Steve (Denise) Flatt, Lori (Greg) Coles, and Kris-ti (John) Chaffin; grand-children: Angela (Jamie) Fitzpatrick, Jessica (Reed) Clark, Paul (Renee) Flatt, Phillip (Amanda) Flatt, Kappie (Brian) Richardson, Ben (Cecily) Coles, Mor-gan Coles, Hayley Chaf-fin, and Callie Chaffin; 10 nieces and nephews; 13 great-grandchildren; two great-great grandchildren, brother-in-law Dannie Stout, sister-in-law Peggie Anderson, and mother-in-law Martha Stout. She is preceded in death by parents Otha and Minnie Pippin, siblings Clyde Pippin, Thelma Fox, and Betty Petty. Her church home was Maple Hill Church of Christ.


WRIGHT, Mitchell Lee

Mitchell Lee Wright, 63, born Aug. 26, 1955, to Clarence and Wilma Wright in Nashville, died of...
Everyone is talking about elderberry!
What’s with all the hype?

Elderberry (Sambucus Nigra) is a natural remedy that has recently gained popularity for its effectiveness in fighting the flu, colds, and as a general immune booster. However, it isn’t anything new at all! Elderberry remedies & tonics date back to ancient Egypt. And it isn’t just a kitchen remedy anymore; clinical trials have been done to show the effectiveness of elderberry against the flu – bringing the duration from 6 days down to 2 or 3. In Europe, it is approved for fevers, coughs, colds, & bronchitis. One study done in 1995 called Elderberry a “complete cure,” against the flu. It is also commonly used against sinus infections, to lower blood sugar, & against allergies. As with any other immune-booster, elderberry shouldn’t be used carelessly. Individuals who have an autoimmune disorder should ask their Naturopaths or doctors before beginning this or any other immune boosting herb. Research elderberry and see if it is right for you!

1645 W Main St # 2, Lebanon, TN
(615) 444-1143 | 9:00 am - 6:00 pm

I received a letter from my current plan called an ANOC, what does this mean?

In late September, if you are on Medicare Advantage or a Part D plan, you will receive what is called an Annual Notice of Change or ANOC. This change lists line by line the new changes if any to your current plan for the new year. After receiving this notice, one can then begin to think about whether they want to change plans during Open Enrollment or stay with their current plan. If you would like a review of new plans and how they compare to your current plan, please call us at IMS, we would love to help.

Alicia Burns | 615-758-8100 | aburns@imsbenefits.com
2365 N. Mt. Juliet Road, Mt. Juliet, TN 37122

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

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

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

David W. Cowan
Owner

615-478-4679 | www.poolkrafters.com
No longer a storefront

I have been working out for about two years. I don’t look any different and I’m discouraged. I thought exercise was supposed to help me lose weight & look better?

Congratulations on taking that first step. However, exercise without a solid nutrition plan won’t change your appearance. The right nutrition is even more important when you are exercising regularly.

Confused about how to start? It is easy to get caught up in whatever diet is all the rage. Now, it seems that the Ketogenic diet, a rebranded version of the old Atkins diet, is having a moment. The Ketogenic diet isn’t right for everyone and is difficult to sustain over time.

Get help with a nutrition consultation or coaching plan. Let our experts steer you in the right direction with nutrition education, meal ideas, substitutions and how to time your meals for best results. Book a one-time consultation or a package that also combines personal training.

Questions? Send an email at fitphysiques@outlook.com or aowens94@gmail.com

Fit Physiques, LLC., Locally owned/operated since 2011 Training, Nutrition and Health Coaching
3384 North Mt Juliet Road, Suite 100, Mt Juliet, TN 37122
615-519-1561

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

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

David W. Cowan
Owner

615-478-4679 | www.poolkrafters.com
No longer a storefront

My son has a cleft lip and palate. His surgeon mentioned that he will need to see an orthodontist.

When should he see you, Dr. Oxford?

Great question! Serving on the Vanderbilt Craniofacial and Cleft Lip and Palate Team has afforded me with a great opportunity to serve lots of kids like your son. There are several time points that are important for cleft lip and palate patients. Sometimes, a surgeon will need me to help as soon as 10 weeks old to help bring the lips together before surgery. The next phase that is needed is around 6-8 years old for expansion prior to bone graft surgery. Usually, the next time for orthodontics would be in the teenage years when the child is ready for full orthodontic treatment. I am happy to see your child anytime for a complimentary smile assessment and we can discuss his/her timing in more detail.

5002 Crossings Circle, Ste 200, Mt. Juliet, TN
615-553-4054 • oxfordortho.com

With so many opinions and the abundant confusion related to the treatment of back and neck problems what does one do?

What I have found is that a conservative treatment consisting of spinal adjustments, class 4 laser treatments and specific in-office and home rehab is by far not only the most effective but the safest and least expensive way to go. This approach has close to a 90% success rate. Numerous studies conducted by Insurance companies and government authorities such as the renown New Zealand Report and the one completed by Blue Cross and Blue Shield of Tennessee confirm this. Considering spinal surgery has only a 50% success rate it behooves one to go the conservative approach first. With all the downsides of drugs and surgery effective Chiropractic care is a great way to go!
Small Seeds Big Trees

Have you ever found yourself stuck in rut? Do you keep cycling through the same thought pattern, seemingly living the same mundane day over and over again (à la Groundhog Day)? If we’re not careful, we can separate the lives we’re leading from the lives we end up living. Chances are, you led yourself to the life you are currently living, somehow, we shirk the responsibility of leading our lives to the mindset that life just happens to us. When in reality, our lives are the sum total of the decisions we make every day. And those decisions are determined by our priorities. Galatians 6:7 says, “Do not be deceived: God cannot be mocked. A man reaps what he sows.” In other words, don’t fool yourself: You will always harvest what you plant. This applies to every aspect of our lives, with no exceptions – it is a spiritual law. Actually, it’s a law of nature. I have yet to see ears of corn growing on an apple tree. The fruit produced is directly correlated to the seeds that were planted. So what is being produced in your life is directly correlated to what you are taking the time to plant, water and tend to.

Granted, there are those moments when life just happens to us. That shouldn’t be a surprise. Jesus told us that we would face trouble in this world. So even in our response to See F & M, PAGE 19
This message goes out to all the good-hearted people who daily make the world a better place in which to live. These are the people who give of their time, sweat, energy, money, love and so on just for the betterment of our society and all from the goodness of their hearts. They ask for and expect nothing in return. Their reward and payment for doing good is the satisfaction of knowing they have done what is right and helped another human being.

These wonderful people would never request a thank you or expect anything in return for their help or good deeds; they just desire to spread good will by doing what is right and kind. You know who you are, and on behalf of the rest of us, thank you! Thank you for all you do to help others in need or those less fortunate. Thank you for leading the way and for influencing others in so many wonderful ways and ways you might not be aware. Thanks for your sincere and never-ending desire to help others. Thanks for making our society a much better one. Thanks for leading by example and for standing up for what is right.

In closing, good-hearted human beings are just what our society needs more of these days. We need more people willing to love, support and help one another.

Keep up the good work for you are making a tremendous difference in the lives of others and we need more just like you.

Kenny Martin
City Manager
Mt. Juliet, TN

Gladeville Elementary School recently received a donation of school supplies from the Cross Functional Committee at the Nissan Parts Distribution Center on Couchville Pike. The Cross Functional Team members include: Stephen Fields (Senior Manager), Julie Joyce, Jessie Hocy, Carla Jones, Christy Stites, Danielle Puckett, Jamie Graves, Christy O’Connor, Jayne Price, Jonathan Tomlinson, JP Colloran, Jimmy Webber. Pictured left to right are members of the Cross Functional Committee who delivered supplies for students and teachers at Gladeville Elementary on Aug. 7, 2019: Monica Fox (Principal of Gladeville Elementary), Christie Anderson (1st grade teacher), Mallory Meadows (Guidance Counselor), Amber Farley (Kindergarten teacher) and Erika Snider (School Secretary). | Photo submitted

Kenny Martin
City Manager
Mt. Juliet, TN

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7:00 p.m.

Truth & Grace Church
14823 Lebanon Rd
Old Hickory, TN

$10 donation* at the door
All proceeds will go to support Community Pantry

*Free album download card with donation

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### Wilson Central Wildcats

<table>
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**Head Coach:** BRAD DEDMAN

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MJCA SAINTS

1 TYLER BARNES
2 JACK CROUCH
3 ELI BURGESS
4 MONTRELL WALKER
5 ROWAN CORDELL
6 KHRISTION “BJ” CAMPBELL
7 CHRISTIAN LINK
8 CARTER BRANIM
9 SULLIVAN SWORDS
10 DRAKE STAGGS
11 RAVEN MCLEAN
12 HOLDEN LOCUM
13 JACOB ROBERTSON
14 COLE CARLISLE
15 JAMARION THOMAS
17 TRISTAN CARTER
20 BRAXTON LAMBERTH
21 MATTHEW LUCANI
22 KAMERON CURTIS
23 JUSTIN CARNEY
25 LANDRY GIVEN
27 RYAN KING
34 JORDAN WILLIS
44 NOLAN LANGLEY
50 ALEX KEASLER
52 J.D. MOORE
53 ISAIAH SMITH
58 BRICE SIMPSON
62 ANDREW FRIZZELL
67 MICHAEL WADE
68 MARSHALL COLE
72 TYLER CARTER
74 JERELL BERTOLET
75 KOLTON RHOADES
88 BRANDON STONEBRAKER
99 JAYDEN SCHLITZ
42 ALEX SULLIVAN
HEAD COACH: DAN DAVIS

FOOTBALL ARENA

HEAD COACH: DAN DAVIS

FOOTBALL ARENA

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FCS COMMANDERS

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1 DREW PORTER
2 DELANIE MAJORS
3 MORGAN MCGREGOR
4 CARSON KENNEDY
5 JACKSON ESKEW
6 MASON MADDOX
7 JJ PRUNEAU
8 JUSTIN SEAGRAVES
9 KOLBY GAINES
10 NEILL KANE
11 CAMDEN HAYSLIP

12 REAGAN NELSON
13 DANIEL GRAVES
14 JOHN KANE
15 EVAN GORDON
16 CADE HOLCOMBE
17 DILLON JOHNSON
18 DORIAN CHAMPION
19 CHASE EAKES
20 RIGGS ROWE
21 JAHEIM ROBINSON
22 JACK MARTIN

23 RYAN PUTMAN
24 MITCHELL BARE
25 JAKOB GUESS
26 REID POWERS
27 CASON CARMAN
28 ZACHARY ELLIOTT
29 LEE PALMER BRIDGES

30 ANDREW MATHIS
31 LAVINCEO JACKSON
32 LUCAS FREEMAN
33 HAYDEN ALEXANDER
34 CAES BRIDGES
35 CORBIN ALEXANDER
36 BOBBY OWEN
37 RED POWERS
38 CASON CARMAN
39 ZACHARY ELLIOTT
40 LEE PALMER BRIDGES

HEAD COACH: JOHN MCNEAL

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PUBLIC NOTICE
The City of Mt. Juliet will have a Work Session concerning the Comprehensive Transportation Plan on Monday, August 26, 2019 beginning at 5 PM in the large conference room at City Hall.

At 6 PM a Swearing In Ceremony for the newly appointed District 4 Commissioner, Jennifer Milele will be held in the Commission Chambers at City Hall.

A Public Hearing will be held at 6:15 PM on the following items to be considered on 2nd and Final Reading:
- Approve Hibernet Station Preliminary Master Development Plan located at 940 Curd Road

The public is invited to attend/comment.
Kenny Martin, City Manager
City of Mt. Juliet

Sealed bids for “2019 F-350 Utility Bed XL SRW (2 Trucks)” 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 11:00 AM on August 27, 2019. Details are available at http://www.mtjuliet-tn.gov/bids.aspx.

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Kenny Martin, City Manager
City of Mt. Juliet

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EVENTS
MJ Craft & Vendor Fair - Fall Fest! Saturday, September 28th, 10am-5pm. Mt. Juliet Community Center, 1075 Charlie Daniels Pkwy, Mt. Juliet. Come for a fun day with your family! Arts, crafts, local vendors & businesses, food trucks. Various live entertainment throughout the day!

FOR RENT
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CLASSIFIEDS DEADLINE: MONDAY, 5PM | 615-754-6111
Estate /Moving Sale- 1413 Trailridge Circle Saturday, August 24th, 8am-3pm One Day Only ! 1940’s Dining Room Set (Table & Chairs, China Cabi- net, Server) Vintage Wed- ding Dress, Set Mikasha China, Ceramic Christ- mas trees, miscellaneous chairs, lighting curio, lots of framed prints, couches, recliners, lot of decorator items, clocks, coffee and end tables, patio table and chairs, Halloween, Fall, and Christmas deco- rations, Holiday Wreaths, Lamps, Antique hanging scale, antique two seat- er school desk, kitchen ware, couch and chair seat- desk, vacuum cleaners, wheelbarrow, hand tools, shop vac, ladders, oak wash stand, Bent- rix potato peeler. $2.00 each. $80.00 you doll collectibles, patio glider and lounger, tilt top table, pine cupboard, an- tique books, and more. No Reasonable offers refused, no early bird sales.

The City of Mt. Juliet is seek- ing candidates for the follow- ing positions: Full-time Dis- patcher for the Emergency Communication Division for the Police Department. EMD certification preferred – TIES certification preferred, but not required. Salary $14.98/ tops out $19.27. Part-time Parks Clerk. semi-skilled duties involved in the care, maintenance, and operations of park facilities grounds; this position is subject to sched- uling within a 7 day work week with evenings and/or weekends, - Salary/$12.50. Detailed Job Description is available online. Selected candidates will be required to complete a pre-employment physical, drug screen, back- ground check, and any other testing as deemed necessary. You will need to hold a valid TN Div. of Safety/Civilian applica- tions must be filed elec- tronically through the City’s website at www.mtjuliet-tn.gov. We will accept electronic applications until Tuesday, August 27, 2019. The City of Mt. Juliet reserves the right to stop accepting applications at any time. For questions, regarding the electronic applica- tion process, please call (615) 754-2552. The City of Mt. Juliet does not discrimi- nate based on race, color or national origin in federal or state sponsored programs, pursuant to Title VI of the Civil Rights Act of 1964 (42 U.S.C. 2000d). EOE/Drug- free Workplace.

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The entire district also earned Level 5 status, the highest level, in the Tennessee Value-Add- ed Assessment System (TVAs). Only 14 other districts across the state were able to achieve this status. The TVAsa measures the impact schools and teachers have on their students’ academic progress.

In a report released last week by the Tennes- see Department of Ed- ucation, Wilson County Schools was commended for areas in growth, aca- demic achievement, ma- jor reductions in chronic absenteeism and gradua- tion rate.

Some notable highlights in the report showed that Wilson County Schools increased the percentage of students scoring “On Track” and “Mastered” in all grade bands. Chronic absenteeism was reduced by 2.8%, which equates to 500 fewer students classified as chronically absent. Graduation rate continues to be over 95% and a steady increase of students meeting English language proficiency by 10%.

“Our vision for WCS is excellence in all we do, and this is exemplified every day in our district, from the bus driver, to the food service provid- er, the front office staff, and most importantly, the classroom,” said Dr. Donna Wright, director of Wilson County Schools. “Well over half of our schools have been identified and recognized by the TDOE as Reward Schools, which is exceptional by any standard; but we are also and Exempla- ry District, an extraordi- nary feat for any district, specifically for a district our size that includes high schools. This is very much a collection effort — all schools contributed to this coveted designa- tion. I am so proud of all of our district employees and their collective con- tribution in Wilson Coun- ty Schools being recog- nized as an Exemplary District.”
I’m traveling this week. Taking lots of planes and trains to finally get to a sandy beach across the world.

Along the way I’ve done a lot of waiting and watching. It’s one of my favorite things to do. Isn’t it interesting how humankind has evolved? All the different languages, accents and mannerisms. All the different faces and families.

And I always wonder as I sit across from people I don’t know, how’d they get here? What’s their story? Because everyone has a story.

The Italian man, across the aisle, wearing his soccer jersey with the sweatshirt tied around his neck. His wife, with her crisp white shirt and raised collar, carrying a stylish handbag. They are talking mostly with their hands. Although I don’t speak their language, I get it. He isn’t quite sure which train to catch next but won’t ask for directions. She tries to tell him but he won’t hear of it. She sits back and lets him figure it out. No point arguing.

Then there is the sweet Swedish family. Or are they from Norway? Finland maybe? Definitely one of those three. Their children have red round cheeks and white silk hair. Mom and Dad are both wearing well worn jeans, North Face jackets and a weathered back pack. They appear very low maintenance. So very patient and calm with each other as well as with their children. I wish I were more like them.

Then there are the ladies in the full burqas with only their eyes showing. I immediately worry for them. But then I look down, they are wearing jeweled Converse and are giggling amongst themselves. How does that work? What is that story? Is it a happy story? Maybe their story is happier than most. Who are we to say?

As I look around, I notice so many stories. Stories that seem so different than mine. My American girls trip, two mothers and two daughters sharing some together time, seems a little boring compared to theirs.

And yet, here we are, all on the same train, heading in the same direction. Funny how life is. You are born to your world and you grow accustomed to it. We all talk a little different, look a little different, act a little different but at the end of the day, we are all on the same train of just living life the best we know how.

And that’s a good story to have.

Hercules is a 7-year-old German Pointer mix who came to the shelter as an owner surrender. Hercules is very sweet and super smart. He knows commands such as “sit, lay down, stay, and roll over”. Hercules enjoys going on walks and loves getting belly rubs. Please call the shelter at 615-773-5533 to schedule an appointment to meet Hercules, or come during open hours.

OPEN HOURS: Tues–Thurs from 11:30-5:30
Mon, Tues 7-5 | Wed 7-2 | Thurs 7-3 | Fri 8-12

www.tellingtalesblog.com
Suicide prevention grants, programs announced

New funding in Governor Lee’s FY20 budget to fund statewide efforts

Staff Reports

Grantees receiving new state funding to prevent suicide and promote better mental health among young Tennesseans are planning innovative ways to rise to the challenge of reducing the state’s number of unnecessary deaths. Ideas to make an impact include a statewide expansion of a successful program, new outreach and interface with pediatricians, and a social media campaign to reach young people.

For the Fiscal Year 2019-2020 budget, Governor Bill Lee proposed and the Tennessee General Assembly approved $500,000 in new, recurring state funding for youth and young adult suicide prevention and mental health awareness programs. The three grantees were selected after a statewide competitive process.

“I am grateful to Gov. Lee and the General Assembly for appropriating this funding, and I’m thankful to our partner providers in the community for stepping up with great ideas to meet this need,” said Marie Williams, LCSW, Tennessee Department of Mental Health and Substance Abuse Services commissioner. “We’re losing too many Tennesseans to suicide, and it’s especially troubling when young lives are cut short. With the new ability to reach more of our youth and young adults, we will definitely make a difference.”

Grantees and proposed programs include:

• Tennessee Voices for Children: (1) Expand coverage of the Youth Screen program to all 95 counties in partnership with school-based behavioral health liaisons, and (2) integrate Teen Mental Health First Aid Training for youth ages 14-18 and Coping and Support Training (CAST) for youth ages 10-13.

• Centerstone: (1) Engage pediatric practices in suicide prevention trainings and protocols, and (2) Train people at institutions of higher education on the Zero Suicide model

• Mental Health Association of East Tennessee: (1) Expand Mental Health 101 to serve 20,000 students at 50-60 previously un served schools, (2) Mental health awareness social media campaign “The need for suicide prevention services knows no difference between urban and rural, wealthy or distressed counties,” said Morenike Murphy, LPC-MHSP, TDMHSAS Director of Crisis Services and Suicide Prevention. “With this funding, we have the opportunity to truly have a statewide impact.”

Tennessee’s statewide crisis line (855-Crisis-1) is available 24/7/365 to talk to people contemplating suicide or having other mental health emergencies. Learn more about the Statewide Crisis Line at https://tn.gov/crisisline/.

metastatic cancer on Aug. 6, 2019, at Alive Hospice in Nashville.

He was preceded in death by his parents and youngest brother, James Kirkland Wright. He is survived by siblings Rick Wright, Don Wright and Patsy Nichols, along with his beloved daughters Julia Rae Vonallmen and Heather Lee Wright and their much loved children, his grandchildren, Thomas Simpson, Megan Hall, Shaw Jenkins, Jaiden Jenkins and Jalee Jenkins.

Mitchell was a gifted carpenter and musician who had lived in Nashville, Mt. Juliet and Lebanon. A celebration of Mitchell’s life will be observed and open to all on Saturday, Aug. 24, 2019, at 2 p.m., preceded by visitation at 1 p.m. at Lebanon Cumberland Presbyterian Church in Lebanon, TN.
Police have interviewed dozens of witnesses since the incident, and though some reported what they believed to be gunshots, LPD and the Sheriff’s Office have not received a viable report of someone seeing a weapon first-hand. No weapons were present on the suspects at the Fair.

“We have reviewed hours of video footage from our surveillance system, which encompasses all areas of the grounds, and we have not found any evidence of weapons present,” said Justice. Though the altercation was described by police as a “youth fight,” the panic among fairgoers was very real. “Our thoughts go out to those who were in genuine fear and traumatized during the incident,” said Justice. “Our thanks go to not only the officers who responded quickly to mitigate the situation, but the countless other responders and volunteers who joined in to protect fairgoers and officers alike.”

Justice encourages fairgoers to report anything they feel is suspicious or abnormal.

“If you see something, say something.”

Low-level alcohol use increases miscarriage risk

Staff Reports

Women who consume alcohol during pregnancy—even in small amounts—have a 19% greater risk of miscarriage than women who don’t use alcohol, according to a new study by Vanderbilt researchers.

Published in Alcoholism: Clinical and Experimental Research, the study also found that for alcohol exposure of less than five drinks per week, each additional drink per week during pregnancy was associated with a 6% increase in miscarriage risk.

“Since alcohol is one of the most common exposures in early pregnancy, it’s critical to understand how consumption relates to miscarriage,” said Alex Sundermann, an MD/PhD student at Vanderbilt University School of Medicine and the study’s lead investigator. “Adverse pregnancy outcomes, like fetal alcohol syndrome, are often associated in popular culture with heavy consumption. However, our meta-analysis indicates even a modest amount of alcohol use has a meaningful impact on miscarriage risk.”

It is thought that alcohol use increases miscarriage risk by increasing oxidative stress for the fetus, causing cellular damage. Sundermann became interested in the link between alcohol exposure and miscarriage after a prior study from her lab, led by Katherine Hartmann, MD, PhD, found that more than half of women use alcohol in the early stages of pregnancy prior to having a positive pregnancy test, regardless of whether the pregnancy was planned.

Sundermann’s most recent work involved a systematic review and meta-analysis of studies published between 1970 and 2019 about alcohol exposure and miscarriage. Twenty-four studies met the criteria for inclusion in the review, representing data from more than 231,000 pregnant women.

The meta-analysis, which is the first pooled measure of alcohol use and miscarriage, demonstrates exposure in pregnancy is associated with a dose-dependent increase in miscarriage risk.

The systematic review also revealed important gaps in the existing literature, including a lack of knowledge about how the timing of alcohol exposure is linked to risk.

The prior study out of Hartmann’s lab found that most women quit using alcohol altogether following a positive pregnancy test, but no studies account for the effect of this change in behavior.

“Timing of alcohol exposure in pregnancy is undoubtedly meaningful but isn’t well studied. The groundwork for fetal development is laid in those first weeks of gestation before pregnancy can be detected with a home test, and that is also the time when alcohol exposure is most prevalent. It’s key that we understand the impact of consumption in those first weeks,” Sundermann said.

Sundermann hopes further investigation will help shed light on risk factors for miscarriage, which is experienced by one in three women. Despite being common, many women never receive answers about why their miscarriage occurred.

“Most women are motivated to do anything they can for the health of their pregnancy. We want to provide this information to empower women to make the best decisions,” said Sundermann.

This research was supported by an independent fellowship grant from the National Institute of Child and Health Development.
State unemployment rate holds steady

A year-to-year comparison of recently released unemployment data from the Tennessee Department of Labor and Workforce Development (TDLWD) shows the July 2019 statewide seasonally adjusted rate of 3.5 percent matches the figure from the same month a year ago.

The July 2019 statistic represents a small increase of 0.1 of a percentage point when compared to June’s revised unemployment rate of 3.4 percent.

“Summer is a time of year when Tennesseans are in transition,” said TDLWD Commissioner Jeff McDowell. “People are moving, coming home and going back to school, changing jobs, and taking time for themselves which impacts unemployment at various levels across the state.”

While the unemployment rate did inch upward, Tennessee employers still created thousands of new jobs in July. Nonfarm employment increased across the state by 4,000 jobs between June and July. The leisure/hospitality sector saw the most growth, followed by the manufacturing and education/health services sectors.

Over the last 12 months, nonfarm employment in Tennessee grew by 55,100 new positions, with the majority of those jobs in the leisure/hospitality, manufacturing, and trade/transportation/utilities sectors.

Nationally, the unemployment situation remained steady in July. The seasonally adjusted rate of 3.7 percent mirrored the United States rate from June. In a year-to-year comparison, unemployment across the country dropped by 0.2 of a percentage point last month compared to the same time period in 2018.

The state of Tennessee makes a wide range of job search assistance available through its workforce development website, www.Jobs4TN.gov. Job seekers can navigate nearly 200,000 current job openings; as well as take advantage of free online resume assistance, job interview advice and other services when they visit the site.

From F & M, PAGE 6

the unexpected what is revealed are the seeds that we have been planting into our lives. What you fill your mind and spirit with will eventually come out – especially in times of testing.

Never forget: Small seeds make really big trees. What kind of trees do you have in your life? They are a result of what you’ve sown. So we can’t complain about the forest we live in – we planted it!

Whether you realize it or not, you did plant seed this past week. You contributed to today what you planted last week. You are planting seeds today. And you will plant seeds tomorrow. What are you actually planting? Seeds of laziness? Seeds of indifference?

The level at which you sow determines the level you will reap. Sow a little, and you will reap a little. Sow a lot, and you will reap a lot. Sow inconsistently, and you will reap inconsistently. Sow regularly, and you will reap regularly. Sow love, reap love. Sow kindness, reap kindness. Sow bitterness, reap bitterness. Sow strife, reap strife.

Think about that in the context of the words that you have spoken this week. What have you sown? Words of encouragement and life? Or words that have torn down and belittled? Not just to others, but what words have you spoken over your own life? How do you see yourself is, quite often, a result of the thoughts you have towards yourself and the words you have spoken in your head about yourself.

So if you’re going to reap what you sow – and you are – maybe you ought to figure out what you want to reap. Sit down and determine what type of harvest you want in every area of your life – your relationships, your health, your finances, etc. Make the choice today: Start sowing seeds that lead you to a life worth living – a life that makes a difference and represents the Christ of Christianity. Happy planting, my friends…

Hospitals are for healing, new life, and recovery. They’re places of innovation, learning, and exploration. But more than anything, hospitals are really about one thing: community.

We’re honored to serve our new community, Wilson County, and can’t wait to be a part of all the great things happening here. Thanks for inviting us into your families, homes, and lives.

Vanderbilt Wilson County Hospital

1411 W Baddour Pkwy, Lebanon, TN 37087
VanderbiltWilsonCountyHospital.com
TDOE awards $3.7 million in readiness funds

Staff Reports

The Tennessee Department of Education is pleased to announce that 96 school districts across the state have been awarded a total of $3.7 million to support the implementation of high-quality career-focused programs and instruction for Tennessee students.

Funds from the Perkins Reserve Consolidated Grant are awarded annually to districts to start and improve career and technical education (CTE) programs, with priority given to rural areas of the state and areas with a large number of CTE students. More than $3 million from the grant will be awarded to districts to support programs focusing on the following needs:

- Creating new middle school CTE and career exploration programs
- Purchasing industry-grade equipment for fields including advanced manufacturing, health science, and STEM
- Supporting instructor licensure and testing site accreditation to assist with the attainment of industry-recognized certifications
- Providing financial assistance to students to defray the cost of certification exams
- Developing occupational teacher mentorship programs

An additional $528,000 will be used to support the initiatives outlined in the graph shown above.

“It’s important that Tennessee students not only get a quality education, but that education culminates in a meaningful and rewarding career for each and every student,” said TDOE Commissioner Penny Schwinn. “By allocating money to CTE programs, we’re providing local districts with the resources they need to ensure all students are able to successfully continue in college, career and technical programs that feed directly into their chosen careers.”

“Ensuring students have the skills and resources needed to succeed is one of my administration’s top priorities,” said Governor Bill Lee. “I believe that high schools need to look different and offer students multiple pathways to success and these grants will allow local districts to do just that.”

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Don’t wait! Come see Clairrene and all her treasures while they last!