Every year, The Chronicle of Mt. Juliet publishes a Business Review to highlight local businesses that provide entertainment, dining, shopping and otherwise support the community. Each business in Mt. Juliet makes an impact in our everyday lives. From a space to explore creativity to a variety of diverse food options, there is something for everybody.

The Business Review is also an opportunity for businesses to directly reach out to the community and thank them for the love and support shown throughout the years. It also gives them a chance to share how and why they started as well as what they can do to help their customers.

Copies of the Business Review are shared at the Mt. Juliet Library, Chamber of Commerce, and City Hall. It is also available to view online at www.tcomj.com.

Edward Jones ranks highest in investor satisfaction with full service brokerage firms, according to the J.D. Power 2019 U.S. Full Service Investor Satisfaction StudySM

Why? Because we’re built for listening. So what’s important to you?
Contact me at 615-754-5081 to get started.

Jeremy R Howard
Financial Advisor
Mt. Juliet, TN 37122
615-754-5081

Edward Jones - It’s Time for Investing to Feel Individual.

Study based on responses from more than 4,629 investors who primarily invest with one of the 18 firms included in the study. The majority of the study was fielded in December 2018. Your experiences may vary. Rating may not be indicative of future performance and may not be representative of any one client’s experience because it reflects an average of experiences of responding clients. Visit jdpower.com/awards.

Wilson Bank celebrates 25 years in Mt. Juliet

Since 1987, Wilson Bank & Trust has worked to provide Wilson County with an ideal combination of electronic options and outstanding service, along with a comprehensive menu of financial services. That approach has been a successful one, and in 2019 Wilson Bank celebrates a quarter century in Mt. Juliet with the 25th anniversary of the North Mt. Juliet Road office.

Taking good care of customers is simply part of Wilson Bank’s culture, and that starts with a great team of employees. By cultivating an environment based on faith and family, WB&T has established a positive and effective workplace.

Convenience is another staple at WB&T. Branch and ATM locations are plentiful not only throughout Wilson County, but also in all adjoining counties, including an office on West End Avenue in Nashville and our newest office in the Cool Springs area of Franklin. Any location can assist with mortgage and construction lending, commercial products, investment services and more in addition to everyday banking functions. In mobile banking, WB&T’s newly updated app now includes features like an integrated money management tool, the ability to tag and search transactions, and more. The bank’s many mobile and online options can also equip customers with conveniences like mobile check deposits and debit and credit card management apps.

Outstanding service and the latest electronic capabilities are vital, but being a hometown institution also means giving back and staying involved. On an annual basis, the bank gives back to communities through an extensive schedule of local events like car shows, Family Fun Days, movie nights, shred days and Oktoberfest. But giving back doesn’t stop there. WB&T branches and departments help support and provide volunteer hours for local nonprofit organizations they select themselves, on top of the bank’s regular contributions to help charities, schools and other causes.

If you like using the newest banking technology to manage your finances, but also want personal service from a local bank that knows and appreciates you and your community, having it all is not out of the question. Wilson Bank & Trust can meet all your needs in ways that make you feel good about where you do your banking, and today they’re conveniently located throughout Mt. Juliet, Gladeville, Leeville and all over Middle Tennessee. Call or stop by any office, or visit wilsonbank.com, and find out why Wilson Bank & Trust is Middle Tennessee’s Community Bank.
SMITH PROVIDES CHIROPRACTIC CARE FOR THE COMMUNITY

Smith Chiropractic & Rehabilitation is an established and growing clinic in the heart of Mt. Juliet. Dr. Smith became a chiropractor because he personally experienced the power of chiropractic care and wanted to provide the great people of his hometown the same possibility of natural healing.

His dedication is showing well as he received the 1st Runner Up for “Best Chiropractor” in the 2016 and 2019 Best of Mt. Juliet and was a finalist for 2017 and 2018 as well, every year he’s been nominated.

Smith Chiropractic offers a variety of services including, but not limited to, manual adjustments, mechanical traction, electric muscle stimulation, spinal decompression and kinesio taping. The clinic accepts most major insurance providers and offers a time of service discount to those who do not have health insurance coverage.

Check out their website, www.SmithChiropracticTN.com, for more information, and give them a call at (615) 758-8560 to set up your appointment today!

ABUNDANT LIFE WELCOMES MEMBERS LIKE FAMILY

Abundant Life Church has been a staple in Mt. Juliet for 35 years, most of that time at its current location near Mt. Juliet Middle and Elzie D. Patton Elementary Schools. It is a nondenominational church that opens its doors to all.

Pastor Larry Grainger has been the pastor for 18 years to a relatively small congregation of fewer than 200. Though the congregation may not be as large as other churches in the area, he said the focus is on family and community-oriented small groups.

Grainger said he wants new members to feel as though they are joining a family and not just a church. To him, small group settings are where people can bond and grow their relationship with God.

Though he believes meetings at church or in small groups are important, they are not the end all be all. Instead the focus should be outward. That is where the church can fulfill the Great Commission of making disciples for Jesus, he said.

To Grainger, a church is not simply a building. It is organic; it is the people following the word of God and serving Him.

Abundant Life holds one Sunday morning service at 9:30 a.m. and Youth meet each Wednesday at 7 p.m. Small groups are held throughout the week at different places around the community, such as at church members’ homes or at Billy Goat Cafe. There are varying small groups that meet every day of the week except Friday.

Grainger said the advantages of having one service on Sunday is twofold: The church is not having multiple services just for the sake of it; and it frees up members of the congregation to spend quality time with their family at home.

Abundant Life Church has a great children’s department with an in-house curriculum. The youth group also does a lot of service with Teen Serve, where they go to a different town for a few weeks to help serve those communities.

Abundant Life Church fellowships with other churches around the community with some even using the campus for their own church meetings. They have a working relationship with Green Hill Church and have worked with Victory Baptist Church on a regular basis.

Abundant Life Church is located at 1000 Woodridge Place in Mt. Juliet. To learn more, visit www.alcmjuliet.com.

FORGET THE WORLD MESSAGE FOCUSES ON QUALITY SERVICE

Forget the World Massage Therapy is a locally owned and operated business here in Mt. Juliet. This private practice massage clinic was established in 2014 and has won the “Best of Mt. Juliet - Massage” for the last 4 Years (2016, 2017, 2018 & 2019).

Fabron White is the Owner/Therapist of the business and has been a Licensed Massage Therapist for 10 years. His focus is quality service at a fair price. He believes people don’t have to live in pain in most situations.

A lot of your daily aches and pains can be removed by regular massage. Most people don’t realize how they “used to feel.” We get used to dealing with pains that aren’t necessarily permanent. He offers Swedish, deep tissue, sports, hot stone, Thai stick reflexology, pre-natal, etc. Most importantly he offers a knowledge and experience level that is hard to match in this industry. He provides a comfortable environment, professional service, genuine charac-

ter, true knowledge and ability. This is definitely one of Mt. Juliet’s hidden gems. Located in the Ashwood Station business center. It is in the heart of town, right across from the post office. It is by appointment only, so call or text (615)418-1588 to schedule.

I AM COME THAT THEY MIGHT HAVE LIFE, AND THAT THEY MIGHT HAVE IT MORE ABUNDANTLY.

JOHN 10:10

Sunday Morning Gathering - 9:30am
Wednesday Youth Ministry - 7:00pm
Small Groups throughout the week

1000 Woodridge Place, Mt Juliet
615-754-7035 | alcmjuliet.com
BURDINE: SERVING MJ FOR 50 YEARS

Burdine Supply has been a Mt. Juliet staple for 50 years. If you needed electrical conduit or plumbing supplies for your home, Burdine Supply was and is the place to go. Vincent and Liz Lenning are the hard-working owners of the business.

Vincent Lenning started working for Bob Burdine when he was 14 years old. “Mr. Burdine was a big inspiration to me,” said Lenning. “He was good to me and helped us when we bought the business from him. He helped me to learn the plumbing and electrical business and taught me to get the job done.”

The store was first located in the basement of Staggs Pharmacy, close to the intersection of Mt. Juliet Road and Lebanon Road. In February of 2008 Lenning built the current 12,000-square-foot building at 6966 Lebanon Rd.

The majority of Burdine’s business is with plumbers and contractors, who give them a building product list to fill. When asked if Lowes had affected their business, Lenning laughingly stated, “Yes, Lowes will call us twice a day usually to help a customer find a plumbing or electrical part that they don’t have in stock.”

Unique to Burdine is Trophy Rock (deer minerals), which many people in our community purchase. Orca Coolers are also available.

Burdine Supply is open Monday through Friday from 7 a.m. to 5 p.m.
Oxford Orthodontics is dedicated to helping patients love their smiles while providing a friendly, professional atmosphere. Oxford Orthodontics has been voted “Best Orthodontist” in Mt. Juliet for four “Straight” years!

Oxford Orthodontics has two convenient locations here in Wilson County, 5002 Crossings Circle, Ste. 200 in Mt. Juliet and 1314 W. Main St. in Lebanon.

Oxford Orthodontics offers many services including adult and child orthodontic care, Braces, Clear Braces, Invisalign and Invisalign Teen.

Patients and their families are the most important part of the Oxford Orthodontic practice. This is evident in their mission statement: “We are an orthodontic specialty practice that provides the highest quality orthodontic care in a fun, friendly, caring environment while exceeding the expectations of our patients, parents, and dental partners.”

Dr. Oxford feels a great sense of pride and accomplishment with creating beautiful smiles for each and every one of his patients.

After completing his orthodontic residency at Vanderbilt University Medical Center, Dr. Oxford continued his extensive training in adult and pediatric orthodontic treatment, contemporary techniques, and treatment of complex craniofacial anomalies.

Dr. Oxford has also been a member of Vanderbilt University’s Craniofacial and Cleft Lip and Palate team for several years. In conjunction with Vanderbilt surgeons, Dr. Oxford is able to treat these patients when it comes time for their orthodontic care. This is a service that not many orthodontists provide, and one that he finds very rewarding.

Because of the specialized care Dr. Oxford provides for craniofacial and cleft lip and palate patients, some travel as far as three hours one way for treatment, passing countless orthodontic offices along the way.

Dr. Oxford takes time with each patient and has the philosophy of treating each patient as if they were part of his family. Dr. Oxford is an active member of the American Association of Orthodontists, Southern Association of Orthodontists, Tennessee Association of Orthodontists, American Dental Association, Tennessee Dental Association and the Nashville Dental Society.

To set up an appointment, visit their website at www.oxfordortho.com or call (615) 553-4054. Bring this article into the office or mention this article to receive $250 off comprehensive braces or Invisalign treatment.
CHILDREN’S MEDICAL HAS YOU COVERED

Children’s Medical Group is here to serve your family through excellent medical care. They will supervise your child’s health through well child checkups and school physicals, and care for his/her medical problems, both acute and chronic.

They provide consultation for health-related issues such as school and behavior problems, bed-wetting and weight problems. They believe a personal relationship with a pediatrician as a partner in health care is important for the continued health and well-being of your child.

Children’s Medical Group welcomes Dr. Peggy Toole-Rollins to the practice. She is looking forward to serving the families of Mt. Juliet.

Children’s Medical Group is locally owned and has served the Mt. Juliet community for more than 25 years. All physicians are board-certified pediatricians. Same-day sick appointments are available with extended hours during cold and flu season. Most insurance companies are accepted and they are accepting new patients, newborn through 18 years of age.

To schedule an appointment or learn more about their practice, please call (615) 883-2200. Children’s Medical Group is located at 3786 Central Pike, Suite 130, Hermitage, Tenn.

PERSONAL PET CARE FOR MJ

The Avenue Animal Hospital team is committed to their clients and to each of their pet patients. The staff of highly-qualified professionals are genuine animal lovers. They treat each pet as if it were their own, providing every patient with the best care. They believe that best health is achieved through client education and partnership. This is realized through regular preventative care including physical examination, wellness lab work, and regular dental care.

Should your pet experience the need for medical, diagnostic or surgical care, they are here to support you every step of the way. They are a full-service veterinary hospital that offers in-house lab services, ultrasound, echocardiogram, digital X-ray, dental X-ray, advanced dental care, laser therapy, acupuncture, online pharmacy and chiropractic services.

Additionally, their grooming department is led by Jennifer Sorey (voted Best Groomer in 2017 and 2018). They also offer boarding accommodations for both dogs and cats.

Avenue Animal Hospital is proud to introduce their newest veterinarian, Dr. Bethany Tyler. She joins Dr. Nicole Harris and Dr. Joni Johnson. For new clients, Avenue Animal Hospital offers a complimentary wellness exam for one pet. They look forward to caring for your furry family members and are proud to be part of the Mt. Juliet Community.

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or uncomfortable task,” explains hearing loss shouldn’t be a scary experiencing hearing loss, Advanced personalized to celebrate the individual’s. All aspects of the service are personalizing with the individual’s favorite pastimes, favorite music and even favorite color. They can light up the funeral home outside and inside with the favorite color of the individual or they can light it up in colors to represent the dedication and service of the individual to our community, for example, blue for police officers or red, white and blue for military.

The facility at Sellars is designed to ensure that family and friends are comfortable while going through this most stressful time. The funeral home is unlike the traditional funeral home. When you walk in, there is a grand stone fireplace surrounded by seating in the lobby. The large windows allow natural light to flood the facility which offers a sense of serenity. There is a feeling of tranquility and calmness when you look out the large windows in the chapel to the waterfall and koi fish pond.

Life is precious, so let Sellars Funeral Home at Mt. Juliet honor your loved one’s life in a way that is as unique as the life they lived. At Sellars, the staff can help you honor your loved one through special tributes that are personalized to celebrate the individual’s life. All aspects of the service are personalized with the individual’s favorite pastimes, favorite music and even their favorite color. They can light up the funeral home outside and inside with the favorite color of the individual or they can light it up in colors to represent the dedication and service of the individual to their community, for example, blue for police officers or red, white and blue for military.

No matter what type of service you choose, traditional burial, cremation or memorial service, Sellars Funeral Home at Mt. Juliet can accommodate. If you choose traditional burial, Sellars can arrange the interment at any cemetery or at the Mt. Juliet Memorial Gardens which is owned by Sellars. If cremation is your choice, then Sellars owns and operates their crematory at their Lebanon location so you never leave their care. Preplanning your service is also available which can prevent the stress for your family in the future.

The staff at Sellars Funeral Home at Mt. Juliet will be with you and your family every step of the way. Whether it is making funeral arrangements, choosing ways to honor your loved one, taking care of final details or selecting a monument that best memorializes your loved one, the staff is patient, knowledgeable and compassionate. When you use Sellars Funeral Home at Mt. Juliet for your funeral needs, you will walk away knowing you are part of their family. Like their slogan says, “Our family serving your family like our own.”

**ADVANCED HEARING MAKES BETTER HEARING EASY**

Advanced Hearing Solutions has been proudly serving the Mt. Juliet and Wilson County community since 2007. Dr. David Gnewikow, Dr. Samantha O’Leary and the Advanced Hearing Solutions staff help patients reconnect with the people and activities they love, through better hearing.

Better hearing is about more than just television volume and “selective hearing.” Dr. Gnewikow explains, “Hearing loss usually progresses gradually and can rob us of our ability to understand words and communicate effectively. More importantly, hearing loss can take away our connection to family and friends and have significant long-term effects on our health. Recent studies have shown strong links between untreated hearing loss and cognitive decline, dementia, Alzheimer’s disease, risk of falls, depression, social isolation and more. There is a lot more at stake than just missing the punch line to a joke.”

Fortunately for those experiencing hearing loss, Advanced Hearing Solutions makes better hearing easy. “Getting help for hearing loss shouldn’t be a scary or uncomfortable task,” explains Dr. Gnewikow. “We offer first-time patients a free consultation and a free trial with hearing aids if he or she is a candidate. Fit correctly, many of today’s hearing aids are automatic and require no adjustment on the part of the user. We usually recommend rechargeable hearing aids, so no more battery changes, and most hearing aids can be connected to phones and television for clear, effortless hearing. Hearing aids that are easy to use and comfortable to wear make for successful, happy patients, and we are proud to have thousands of happy patients.”

Advanced Hearing Solutions accepts many insurance plans and will be glad to check and explain hearing benefits to you. They also offer no-interest, in-house financing to help make hearing aids easier on the budget. Advanced Hearing Solutions has been recognized as the Best of Mt. Juliet and Best of Wilson County for the last three years.

Hearing loss doesn’t have to rob you of the best sounds and times of your life. Call 615-758-7999 to set up a free consultation and learn how easy, comfortable and affordable better hearing can be.
BENCHMARK HELPS PATIENTS MOVE BETTER, FEEL BETTER

BenchMark Physical Therapy offers outpatient physical therapy to Mt. Juliet, treating aches and pains from head to toe, specializing in post-operative rehab, sports injuries, acute and chronic pain.

Ryan Humphreys, PT, DPT, serves as the clinic director. He graduated with his Doctorate of Physical Therapy from Tennessee State University.

Humphreys and his team of licensed physical therapists treat a variety of conditions, including: ankle pain, back pain, chronic pain, elbow pain, foot pain, general deconditioning, headaches and migraines, knee pain, neck pain, post auto collision conditions, post-surgical conditions, shoulder pain, TMD pain, vertigo, wrist and hand pain.

They can also aid in elite sports performance, concussion recovery and strength and performance training. Humphreys is certified in Trigger Point Dry Needling, Functional Capacity Evaluations, and as a Clinical Instructor.

Ten minute complimentary screenings are available by appointment to allow a licensed physical therapist to identify any problems and recommend further medical treatment. BenchMark creates a custom plan of care for each patient, based on your goals, strength and limitations. Physical Therapy allows patients to relieve pain through guided exercises and manual, hands-on physical therapy. For some patients, it may eliminate the need for pain killers, as it treats pain at its source.

BenchMark Physical Therapy is an evidence-based physical therapy practice with an emphasis in orthopedic rehabilitation, injured worker programs, sports medicine and various other specialty programs within Middle Tennessee. The company is committed to improving the health and quality of life of individuals through advanced training and physical therapy practices. BenchMark is a proud part of the Upstream Rehabilitation family of clinical care, a network of brands providing world-class rehabilitation services across the US.

The clinic has been proudly serving the community since August 2012 at 545 N Mt. Juliet Road, Suite 1101. The clinic has appointments available Monday through Thursday between 7 a.m. to 6 p.m. and Friday 7 a.m. to 4 p.m. and offers extended hours by request. To schedule a 10-minute complimentary screening, call the clinic at (615) 553-4645. Visit online at www.benchmarkpt.com.

Don’t let pain keep you from enjoying life.

BenchMark Physical Therapy can help. Let us focus on your full recovery so you can focus on what matters to you.

BenchMark
PHYSICAL THERAPY

Proudly serving your family in Mount Juliet
545 N Mt Juliet Rd, Ste 1101
(615) 553-4645

Thank you for voting us

CAPELLA’S SALON IS AN INVITING PLACE FOR ALL

For seven years, Capella’s Salon and Spa Inc. has been a family oriented, family friendly salon. The salon prides itself on being customer oriented and an inviting place for all to come. They offer a wide variety of services, such as a massage therapy and nail services.

Capella’s is happy to announce their latest addition to the Capella’s family, Ms. Anh “Annie” Trang as nail technician. “Annie” has been specializing in the art of nails for the last decade here in Mt. Juliet. She enjoys manicures, pedicures, dipped, gel, acrylic, and shellac nails, along with nail art.

Owners Cheryl and Erick Jones, have put their heart and soul into making the salon their dream come true. They attribute the fun and relaxing atmosphere to their salon coordinator, receptionist, independent stylists, massage therapists and nail technician.

The salon feels like home for stylists and clients alike. Cheryl has said she couldn’t be more proud of her team. They are all so very talented. They all support each other and are happy to assist each other and their clients anyway they can.

Some comments from their clientele include:

“Get more compliments on my color and cut than ever before.”

“The whole staff at Capella’s is awesome. I always get a reminder and confirmation text, they do their absolute best to accommodate my schedule and are always friendly.”

“Each time I visit Capella’s I have the best experience. The front desk is pleasant, courteous, friendly and the staff goes out of their way to be sure each customer is taken care of.”

Capella’s offers a variety of salon and spa services that have grown to include Brazilian blowout, Keratin treatment, therapeutic massages, facial waxing, and nail spa services. They carry a wide variety of products for hair including Unite, Enjoy, Aquage, and Milkshake. Capella’s also believes and giving back to the community that is so good to them by supporting local schools and sports teams and donating their time to worthy causes such as Panente Beautiful Lengths Program.

To schedule an appointment, contact them at 615-754-0570. You can also check them out on Facebook at https://fb.me/loveisinthhair2012/.
Southern Bank of Tennessee has the unique distinction of being the only bank headquartered and chartered in Mt. Juliet, Tennessee. When Southern Bank started seven years ago, they built themselves on the backbone of local and timely decision making, an accessible management team, and strong banking fundamentals. In that span, the bank has grown to more than $290 million in assets and has been consistently rated among the best in the state in terms of asset quality; which isn’t just a testament to the bank, but also to the strong local economies in which the bank operates. In fact, Southern Bank of Tennessee is a previous “Business of the Year” award recipient as chosen by the Mt. Juliet Chamber of Commerce. In Mt. Juliet, there’s Jeanet Pillow, and Phil Smartt, who is a previous “Rotarian of the Year” award recipient elected by the Lebanon Noon Rotary Club.

Southern Bank of Tennessee has four offices and employs nearly 60 people across the state. Along with their headquarters here in Mt. Juliet, they are in Lebanon, Smyrna, and Clinton, Tennessee. Feel free to give them a call at 615-758-6600 or visit their website, southernbankoftn.com for more information.

"Products offered by EPM Financial LLC are not insured by the FDIC or any federal government agency; are not bank guaranteed; may lose value; and are not considered a bank deposit.
Dr. Mike Glasmeier is a licensed dentist in Mt. Juliet bringing over 12 years of private practice experience and an additional three years served in the United States Air force as a General Dentist. Within his three year military career, Dr. Glasmeier spent one of those years in the AEGD (Advanced Education in General Dentistry) residency program at Wright Patterson Air Force Base. Dr. Glasmeier brings a wealth of knowledge and experience to the Mt. Juliet area. His brand new office is located in the Town Center Station buildings behind Children’s Clinic East and next to the Chamber of Commerce.

Dr. Glasmeier earned his B.S. in Biology at the University of Kentucky where he also attended dental school and obtained his Doctorate of Dental Medicine. “Dr. G” as most patients know him is a member of the American Dental Association, Tennessee Dental Association, American Academy of Facial Esthetics and Dental Organization of Oral Conscious Sedation.

Dr. G and his staff bring a great deal of experience to the Mt. Juliet community as well as their practice from Old Hickory that served over three generations of patients. Dr. Glasmeier practices all aspects of general dentistry but specifically focuses more on cosmetic and sedation dentistry. Dr. G greatly enjoys smile makeovers, placing implants, full mouth reconstructions as well as treating orofacial pain. He also has a particular interest in Botox which he uses to help patients with wrinkle reductions as well treating TMJ and trigger points in the face and neck. Dr. G and the GDA staff are particularly proud of their new contemporary office which offers all the amenities of comfort, beauty and privacy which are cornerstones of how they build relationships with their patients.

GDA is also unique in that they have “Mack,” the Glasmeier’s therapy dog. Mack is often seen patrolling the office seeking to comfort patients and help with anxiety control. He loves their patients and enjoys interacting with them during their dental encounters. Mack is also instrumental in helping GDA serve the dental needs of the special needs community. Dr. Glasmeier is one of the premiere providers for patients with medical complexities or intellectual disabilities and because of Dr. Glasmeier’s experience and patience, he has patients that drive from hours away to be seen for treatment.

GDA is the home for patients ranging from age 3 to 99 as they treat patients of all ages and can manage most medical concerns. Dr. G works closely with the patient’s physician to foster a safe environment for all the patient’s dental needs. They accept most dental insurances and are currently working on an in-office benefits plan to their patients who do not have dental insurance.

Dr. Glasmeier brings a great deal of technology and cutting edge equipment to deliver the best care possible. They take digital X-rays, provide metal free dentistry and offer various types of sedation such as oral, IV and intranasal. Dr. G also uses “digital impressions” to help with precision and accuracy in his dental treatment. Dr. G also offers several different programs depending on the patient’s desires for tooth whitening. GDA uses intraoral cameras to help patients better understand their dental concerns and solutions that they offer.

Generations Dental Arts is welcoming new patients to become a part of their dental family. Office hours are Monday through Friday from 7:30 a.m. to 5 p.m. Go to their website www.SmileMtJuliet.com for more information or “Like” them at Generations Dental Arts on Facebook, Instagram and Pintrest. The office is located at 2031 N. Mt. Juliet Road, Mt. Juliet, TN 37122 (Trelleborg building).
LET STEWART TITLE CLOSE YOUR HOME

The focus of Stewart Title-Mt. Juliet is to provide a professional, friendly atmosphere and an enhanced level of service to all clients. Their focus on timeliness, accuracy, communication and technology has made them one of Middle Tennessee's leading escrow companies. With their staff of experienced title professionals and an international infrastructure, Stewart Title has the ability to complete title searches in a timely manner.

Many times, rush searches can be completed within hours. Timeliness on their part means you can focus on growing your business of satisfied clients. Stewart Title also has the capability of mobile closings, as well as the advantage of multiple locations across Tennessee. The staff works hard to accommodate all of your closing needs.

Stewart Title's focus on accuracy helps you reduce liability. The staff reviews every title search and document for execution and legal descriptions before you receive the final product. Also their experience means that you will be notified ahead of time if there are any issues. The staff will never surprise you. They always want your transaction to be smooth. They will even let you know if a search needs to be further reviewed by their on-staff attorney Donald R. “Buddy” Barrett. Stewart Title-Mt. Juliet has more than 98 years of combined real estate closing experience.

Technology is another reason to use Stewart Title-Mt. Juliet. The software system, SureClose, gives you access to real time order information. SureClose is a web based pre-closing system that you and your clients can use securely. You can keep track of your order as it moves through the system. It is a great tool for everyone involved to stay in touch throughout the closing process.

Stewart Title may be one of the largest title and escrow companies in Middle Tennessee, but their staff is made up of local people with values you can trust. Closings can be a stressful time, and they strive to treat every transaction as if it were their own. The staff prides themselves on treating you and your clients like family. Come visit them at Stewart Title-Mt. Juliet today ad see the difference.

Stewart Title’s Vision: Teamwork-Passion-Integrity-Innovation

Elizabeth Scruggs, owner of Superior Construction and Design, is an award-winning general contractor, design professional and real estate stager who specializes in remodeling, interiors and color specification.

Superior has been voted Wilson County’s Best of the Best Interior Decorator in Wilson County for six consecutive years and named a finalist each of those years for Best Builder/Construction Company, winning the Main Street Award in 2018-19 for Best Builder. Scruggs was named by the Real Estate Staging Association as one of the top 10 redesign professionals in the U.S. in 2019, and awarded Best of Houzz for six consecutive years.

From staging real estate, to a complete remodel or new construction, to expert color specification for your interior or exterior space, Superior Construction and Design is a full-service design build firm. Filling the gap in the construction industry, Elizabeth adds the perspective that only a woman can offer to a building or remodeling project.

Elizabeth is on the National Board of Directors for the Real Estate Staging Association (RESA), and VP of the Interior Design Society (IDS) virtual chapter and a member of the National Kitchen and Bath Association (NKBA). Releasing her first book last fall co-authored with 14 real estate staging leaders from across North America, “Home Staging: The Power that Sells Real Estate” became an Amazon best seller the day of release.

As a member of the Nashville Influencers Group — a group of Nashville bloggers, designers and media personalities — Scruggs attends behind the scenes events and media and trade shows to keep on top of trends. She considers attendance at Market and the International Builders Show (IBS) and the Kitchen and Bath Industry Show (KBIS) an integral part of staying educated in her field.

Elizabeth and staff interior designer and Mt. Juliet native Lenneke Driskill are excited to announce the expansion of Superior with the addition of Amy Buttrey. Amy joins Superior Construction in the role of Brand Manager and Professional Organizer. Superior is truly a one-stop-shop for all things home. Call them today and let them show you how they can help make your house “Feel Like Home.”

SUPERIOR MAKES A HOUSE FEEL LIKE A HOME

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EXPLORE MODERN, VINTAGE ITEMS AT THE BASEMENT

The Basement Marketplace is one of Wilson County’s favorite shopping experiences. Co-owners Don and Julie Ruesewald and Daryl and Jennifer Price partnered to make their one-of-a-kind marketplace full of both modern and vintage items a reality in Mt. Juliet.

The Basement features over 50 booths that are rented by local middle Tennessee artisans and vendors. The store features women’s boutique clothing, children’s boutique clothing, gift items, seasonal decor, furniture, wood art, metal art, hand-poured candles, hand-crafted soaps, handmade jewelry, paintings, rustic and farmhouse decor, antiques, vintage, local honey, jams, jellies and more. They also offer embroidery and monogramming. Vendors bring in new items every single day. The Basement is a great place to shop for gifts for others, or for yourself.

The large 6,000-square-foot space features wide aisles between booths (capable of wheelchairs and strollers), bright lighting, and is a very comfortable place to shop. A flat level parking lot is constructed in the back lot of the property with plenty of available parking spaces. The Basement Marketplace is open Tuesday through Saturday from 10 a.m. to 5 p.m. Follow them on Facebook and Instagram to see new products, learn about special events, and see current business hours. They participate in the Shop Late Mt. Juliet event on the first Thursday of each month, which means shopping is available until 8 p.m. on those nights. They often entertain with drinks and appetizers while you shop.

With Christmas Season coming up, The Basement Marketplace will be stocked with gift ideas. They offer free Christmas Gift Wrap, and will be open seven days a week from Thanksgiving through Christmas.

The Basement has hosted several food trucks at their events including Cousins Maine Lobster, Mrs. Grissoms, Fried Green Tomatoes, Rolled Ice Cream and more. Watch for social media postings about special events.

The Basement Marketplace, located at 14625 Lebanon Road in Suite F, has an Old Hickory address and is in the city limits of Mt. Juliet in west Wilson County. If you have a passion for shopping and treasure hunting for unique products, then be sure to make a stop downstairs in The Basement Marketplace.

LOCAL AGENTS REPRESENT AT MERIT INSURANCE

Merit Insurance Agency is locally owned and operated by Don and Julie Ruesewald. It has been voted the Best Insurance Agency in Mt. Juliet by The Chronicle readers for 5 years in a row. They are located right in the community and are highly experienced in making sure you have the proper insurance coverage.

Why is Merit Insurance agency the best choice for you? 1) They have access to multiple companies and a wide range of products. 2) It is easy to switch to a new company if needed. Your Merit agent will handle it for you. 3) Experienced agents and objective advice. Merit agents will help you to understand your insurance coverage. 4) Claims assistance. 5) Policy service from the same person you bought your policy from. No call centers in another country. Merit’s agents are local and ready to help you every day.

Did you know you can change your Homeowner’s insurance or Auto insurance at any time throughout the year? It is not necessary to wait until your renewal. Merit’s agents can prepare a quote for you at any time. Why wait to find out if you can find a better value for your money? Merit has very competitive rates. If you haven’t reviewed your policies in a while, give them a call at 615-754-6374. They will offer comparison quotes, and they can identify potential gaps in your coverage. Merit also offers coverage for products such as: boat, renters, condo, RV, motorcycle, life and business insurance.

About their team: Don and Julie are very active in the Mt. Juliet community. They sponsor school events, volunteer, and are active in the Mt. Juliet Chamber. They have over 18 years experience in the industry and are located at 14625 Lebanon Road in a building they beautifully renovated in 2014. In addition, Merit has three full-time licensed agents on staff that each have many years experience.

Having a local agency represent you is important. They know what is going on in your community, and they are close by if you need to sit down face to face. They are not a dot-com or 800# agency. They are real people who live and work in the community and understand the needs of their neighbors.

For more information about Merit, go to www.meritinstn.com or give them a call at (615)754-6374.
LEGENDS TITLE PROVIDES QUALITY SERVICE

Legends Title Services is a full-service title insurance agency dedicated to providing their clients with quality, dependable and professional service. The firm offers guidance and expertise in all phases of real estate transactions.

From the beginning, Legends Title Services has used their expertise to provide exceptional service for real estate agents and lenders. Legends has become one of the top title companies in the Middle Tennessee area. They won the Best Title Company in the 2015 Best of Mt. Juliet and finalist in years since. The firm recently won the Top Producer Award for volume with Fidelity National Title since its beginning in 2008.

Legends Title Services is honored to serve Mt. Juliet and the surrounding Middle Tennessee area. Their office is located at 2494 N. Mt. Juliet Rd., Suite 300, and they are available to assist with mobile closings at no additional charge. You can reach them at (615) 449-8400 or email them at docs@legendstitleservices.com.

Legends Title Services is a full-service title insurance agency dedicated to providing our clients with quality, dependable and professional service. Our firm offers guidance and expertise in all phases of real estate transactions. We pride ourselves on the personal communication we have with our clients.
The Mail Box Store®

Since December 2010, The Mail Box Store at the Publix plaza on Lebanon Road has been the go-to resource for packing, shipping, printing and business service needs for the residents and businesses of Mt. Juliet, Tenn.

Their team of dedicated, professionally trained experts understand the meaning of Super-Star Customer Care — they focus on saving you time and money by ensuring you get the right products and services at the right price — in a single, quick visit.

Owner Charles Niemi, has an advantage over some of the area shipping stores in that he is not owned by a corporation. That means he can beat others’ pricing in the area. Owning the place also allows him to sell things other than office supplies. He has started allowing local artists to sell their artwork on his walls, as well as photos. The extra art gives the store a decorating flair, yet another reason to stop by Niemi’s store.

They can pack and ship (almost) anything to (almost) anywhere in the world, but shipping is only one way they can help make your life easier. In addition to their pack and ship services, they are also Mt. Juliet’s premier copy, print and document service center. Large or small, black and white or color; if it can be printed, The Mail Box Store can handle it!

**THE MAIL BOX STORE: MORE THAN SHIPPING**

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PERSONALIZED BOOKKEEPING ASSISTS WITH THE COMMUNITY’S TAX NEEDS

Personalized Bookkeeping and Tax Services, Inc., was named best accountant in Mt. Juliet two years in a row.

Donna Blackwell originally opened Personalized Bookkeeping in 1990 at a location in Antioch. In 2007, she opened her current location at 2334 N. Mt. Juliet Road.

Though she built up her business in Mt. Juliet, many of her Antioch clients make the drive to use her services, highlighting her work ethic and how much they trust her with their information.

Donna Blackwell is an IRS Enrolled Agent, meaning she represents a variety of clients before the Internal Revenue Service. As an Enrolled Agent, she is granted unrestricted rights to represent clients before the IRS.

She is also the only Certified Acceptance Agent (CAA) in Wilson County. In this capacity, Donna Blackwell can certify passports, birth certificates and other foreign identifications for people who cannot qualify for a Social Security Number when applying with a W-7 form in order to get an ITIN (Individual Taxpayer Identification Number) which means they can leave her office with their original IDs.

This year Personalized Bookkeeping has an additional employee working in the office preparing taxes and Bookkeeping, Renee Bond, who has over 10 years of experience in preparing taxes and bookkeeping.

Because Personalized Bookkeeping has a Latino market, they also have employees fluent in Spanish, Julieta Flores and Elaine Clemmons, who can assist with clients to make their process easier.

Personalized Bookkeeping specializes in small businesses, personal income taxes and rental properties. They also provide year-round bookkeeping and payroll services.

Their mission is “to help individuals and business owners stay organized and on track so they achieve their goals and succeed in their business and personal endeavors.”

Four hundred to 500 tax returns were processed last year and more than 60 clients used her bookkeeping and payroll services. Personalized Bookkeeping and Tax Services is also accepting new clients.

Normal business hours are 9 a.m. to 5 p.m. off tax season but appointments can be made for nights and weekends, they are open all year round.

Donna Blackwell would like to thank her loyal clients who voted her best accountant.

Donna Blackwell also has another company, called Tax Debt Relief, Inc. More information can be found at www.taxdebtrelieftn.com.

To learn more about Personalized Bookkeeping’s services, or to set up an appointment, visit www.mountjuliettaxes.com or call 615-773-2736.

TAX SERVICES

INDIVIDUALS / CORPORATIONS / PARTNERSHIPS
PRIOR TAX RETURNS / TAX DEBT RELIEF
ITIN & W-7 CERTIFIED ACCEPTANCE AGENT
IRS TAX REPRESENTATION / TAX DEBT RELIEF

MONTHLY BOOKKEEPING SERVICES
RECONCILING OF BANK STATEMENTS / SALES TAX & PAYROLL / QUICKBOOKS SETUP

CONTACT US TODAY TO SET UP AN APPOINTMENT

2334 N. Mt. Juliet Rd., Mt. Juliet, TN
(615) 773-2736
www.mountjuliettaxes.com
ACHIEVE YOUR GOALS WITH RE:MOVE

Husband and wife team, Israel and Crystal Horne, opened re:MOVE//Training almost eight years ago with the goal of combining cutting-edge programming, smart weight-training, and a friendly and positive atmosphere for the average person. Their number one goal was to make their hour-long workout the very best part of a person’s day!

Re:MOVE started with only Israel and Crystal at the helm, but they now have a team of 14 nationally accredited personal trainers with a passion for helping people reach their personal fitness, weight-loss and health goals. Their team is what makes re:MOVE so special, and they know it! Every one of their coaches has a different background and focus, ranging from fat loss and nutrition to athletic training, sports conditioning, Olympic lifting, and endurance training. They also have fitness classes designed especially for kids. This broad range of expertise makes re:MOVE//Training a diverse and unique platform for achieving your personal goals.

They offer three tiers of training, starting with their strength and conditioning classes, which are designed to be personal training in a group setting. They intentionally cap their classes at 20 people per class so they can maintain a personal feel and correct form, help clients choose weights, and coach individually. They offer a beginner and intermediate class option, but a client can start at any level in any class and their trainers will coach them from right where they are on their personal fitness journey.

The second tier is their semi-private training groups. These groups have one coach and three to five clients with a similar goal. The coach personalizes a specific strength and conditioning program along with personalized nutrition coaching. The clients obtain great results due to the personalized coaching and the accountability of the coach and fellow group members.

Their top tier is personal training, which is tailored to one individual looking to achieve a specific goal. It is all about the client! They work around their schedule and design their program with their goal as the end result. They coach nutrition, teaching the client about healthy habits, caloric intake, macronutrient breakdown, and what all of this looks like in daily life.

Their programming begins with a 20-minute warm-up, including mobility, movement training, active stretching and reactive training, all of which is designed to prepare the body for a 20-minute strength session and a 20-minute conditioning or fat-loss session. They believe they have combined the most important aspects of overall fitness for group training whether the goal is fat loss, strength gain or improved mobility.

“We are super excited to open our second location on the Lebanon Square this November! Come see us,” shared Israel and Crystal. “We love our community and especially love how active and healthy it has become. Our mission as a gym family is to provide a loving, safe, positive environment where people can achieve their goals, make friends, and make a difference in the community and in the lives of others.”

For those interested in visiting re:MOVE//Training, they say, “We’d love to meet you! Come try us out! We offer the first three classes free! All you have to do is show up to a class of your choice a few minutes early! See you soon!”
SUPERIOR SERVICE BY CARING PROFESSIONALS AT HORIZON LAND TITLE

Horizon Land Title, Inc. began doing business in Mt. Juliet in April of 2005, and is currently located at 1000 Pleasant Grove Place, Suite 100, Mt. Juliet TN. The company is managed by Tina Brown and Dean Robinson who is also their in-house attorney.

These two individuals and Horizon’s capable staff have more than 90 years of combined experience in the real estate title and closing business.

The company offers complete services related to real estate closings, mortgage closings, bank transactions involving real and commercial property, business organization, the sale and closing of commercial transactions, and real estate services involving intricate issues associated with family law, estates and probate.

Their other wonderful employees in the office are Beth Cooper and Jodie Pelley.

Horizon Land Title strives to guarantee the real estate brokers and their clients, banks and mortgage companies and their customers, and all individuals involved in the real estate business or commercial enterprises that the closing of their real estate, loan or commercial transaction will be supervised by the attorney.

The company endeavors to take an active role in the Chamber of Commerce programs, EMTAR, and other important community and educational programs that are beneficial to the business and individuals who make Mt. Juliet home.

In fact, after only one year in business, the company was awarded “Business of the Year 2006” by the Mt. Juliet/West Wilson Chamber of Commerce.

The company continues to strive to live up to its motto of commitment, “Caring Professionals Providing Superior Service.”

The company invites everyone who may have a need for the expertise provided to visit the company website at www.horizonlandtitle.com for a quick overview of the company information and list of the excellent services provided, or email Tina@HorizonLandTitle.com.

SALON GALLERIA: A ONE-STOP MAKEOVER DESTINATION

Owners Teresa Reed and Vera Smith would like to thank Mt. Juliet for supporting Salon Galleria and Salon G2 and their highly trained professionals. Salon Galleria is located at 2768 N Mt. Juliet Rd. and Salon G2 is located at 12020 Suite F on Lebanon Road.

Both salons offer many options from their beauty professionals. Private, spacious luxury suites give clients a one-on-one beauty experience. Double suites accommodate two salon professionals.

Many of the stylists have been in the beauty industry more than 25 years and love to share their experience and knowledge to help you with all your beauty needs. A large group of stylists who have been in the beauty industry 10 years or less are very knowledgeable and enthusiastic about building their clientele.

Education is the key to being on top of the latest fashion trends. All the stylists attend classes and travel across the United States to attend hair shows each year.

Whether you are looking for a completely new look or just want to breathe fresh life into your current color, this highly trained staff is here to accommodate all of the latest fashion trends. This includes balayage, multiple toned or monochromatic coloring, body waves, straighteners, deep conditioning treatments, formal styling or blowouts, braids, eyelash tinting, hair halos, extensions, makeup and much more.

Salon Galleria has the best nail technician in Mt. Juliet. Kham offers manicures, pedicures, beautiful acrylic nails, pink and white, and polished or shellac nails.

RG Plastic Surgery and Rejuvenation Spa is now part of their team. Dr. Ramirez Gavidia’s main office is located in the Gulch but they will be taking appointments at the Mt. Juliet office several days a month. Call them at 615-988-9686 to schedule Botox, fillers, etc.

Glo Body by Shanna offers high end air brush spray tanning at the Salon Galleria location.

Teresa and Vera encourage you to explore www.salongalleriaG2.com to read about the wonderful professionals working at the salons. To avoid disappointment, they strongly recommend calling in advance for all their services, although walk-ins are certainly welcome.
CORN CRIB HELPS YOU LIVE WELL AND STAY HEALTHY

With almost 40 years of service to Wilson County and the surrounding areas, Corn Crib continues to grow in products and knowledge as they serve the community. Corn Crib Health Store recognizes the benefits and life-changing effects herbs, vitamin and minerals – along with a healthy diet – can have on your overall well-being. With a 20 percent off sale day on the first Monday of each month, discounts, coupons and giveaways, staying connected offers many benefits to the consumer. You can like Corn Crib on Facebook at facebook.com/corncribhealthstore and follow them on Instagram at @corncribhealthstore.

Corn Crib also offers natural health and beauty products, homeopathic remedies, workout supplements, makeup, health books, as well as an in store reference area, nutritional consultations, reflexology, and iridology readings available four times a year. Whether you’ve been practicing natural health for years or you need a little guidance, Corn Crib will do their best to make you feel welcome and to help answer any questions that you may have to gain a better understanding of what it means to have a fulfilled life – naturally. As you learn from them, they also hope to learn from you. Join them as they make those steps to regaining control of our lives, one baby carrot at a time.

Come see what Corn Crib Health Store has to offer at 1645 West Main Street, Suite 2, Lebanon, TN 37087, (615) 444-1143. To reward customers for voting them as Best Spa offers an assortment of incredible treatments and specials. The winner of Best Spa offers Salt Therapy, IV Therapy, Sweat Therapy, Skincare/Waxing and Couples Massage in Salt Room as well as Single Massage in treatment rooms, CryoSkin and Microblading.

WINNER OF 2017, 2018 AND 2019 BEST SPA. Winner of 2017, 2018 and 2019 Best Spa is Mt. Juliet’s very own Third Coast Salt, at 1283 N. Mt. Juliet Road. They share a roof and parking lot with Smoothie King. Right in the middle of town, discover Mt. Juliet’s very own “beach in a box.” Third Coast Salt offers Salt Therapy, IV Therapy, Sweat Therapy, Skincare/Waxing and Couples Massage in Salt Room as well as Single Massage in treatment rooms, CryoSkin and Microblading.

The winner of Best Spa offers an array of incredible treatments and specials. You can learn about them by liking them on Facebook and by changing your notifications so you can learn about “pop up” specials and upcoming Wellness Workshops.

“We strive to be our best as well as offer the best at the Third Coast Salt,” said grateful owner Shari Arnold. “We take pride in every moment with our customer. We educate/excite them on the benefits of Salt, our Skincare line, etc. We love them like family and truly enjoy celebrating the wins in health and beauty with each beautiful soul. We are truly blessed to be engaged in this amazing community and thank you for believing in us! It’s been a fun three years...”

To reward customers for voting Third Coast Salt as Best Spa for the last three years, Shari and her staff offers 1/2 price salt therapy when you schedule online at www.thirdcoastsalt.com/scheduling (pick BEST SPA).

The focus in this Business Review is to thank The Chronicle and all their readers for supporting them and neighboring small businesses. They couldn’t do it without you. They want to also remind you that gift cards are a great purchase for holiday gifts for your business relationships as well as your family members. You can call and put “virtual money” on someone’s account or you can get a physical gift card.

Lastly, Third Coast Salt is great for all ages. They host Little One Spa Parties too. Did you know that they host Private Salt Sessions too? Yes... fun and healing for all ages. Call them at (615) 200-6365 or email them at thirdcoastsalt@gmail.com to learn more.

SALT therapy, skincare/waxing, couples massage in salt, IV therapy, sweat pods, private events, microblading, CryoSkin, wellness partners (acupuncture, sound therapy, chair yoga, meditation and more) can all be found at Third Coast Salt.

“Grateful for my family, the Salty Sweethearts, our loyal customers, our Medical Director, Dr. Ethan Kelhum and fellow small business owners,” said Arnold.
SHILOH MUSIC: THE MOM AND POP MUSIC STORE STILL ROCKING MJ AFTER 45 YEARS

When Fred Hedges, his sons George and Richard, and their friend Rusty Henson, first opened a music store on April 1, 1974, they had no idea what a gem they had created. Karen Robertson walked in that month looking for a job as a piano instructor and later for a specific James Taylor songbook. George and Karen were married six months later. It didn’t take long for the young family to outgrow the first location in Shiloh Plaza.

George and Karen brought two sons into Shiloh Music. At first the boys ran around the basement playing hide and seek in and out of the lesson rooms, but they soon grew into their roles as young music store owners. Paul, their eldest son, retired from the Army to become the store’s full-time manager while his younger brother, James, runs the repair side of the business when he’s not on the road with Chris Stapleton or Paramore.

These days Mom is still teaching piano and Pop still likes to greet his regulars, shaking hands, kissing babies and strapping saxophones onto the back of his Harley to take them home for repairs.

The store has grown with the town and its family. They offer a full line of musical instruments and are authorized dealers for Martin, PRS, Blueridge, Marshall, Supro, Jupiter, Ibanez, Peavy, PreSonus, Takamine, Kala, Amahi and too many more to list here. All of the store’s associates are happy to help you find the perfect fit for your musical needs. Jesse and Davie, two of the sales associates, are also musicians with firsthand knowledge of all of the gear.

Shiloh isn’t just a store that sells instruments. Their repair center has been a fundamental part of the business since the very beginning. Fred Hedges, having been instrumental in building Grammar Guitars, taught George to build and repair when he was just a kid in the ‘60s. He’s been a go-to luthier in the Nashville area ever since. Jay Miller, who works in the Repair Center, has also been a luthier for 27 years. He joined the store’s family 12 years ago, where he mans his bench, magically fixing every kind of instrument and gear problem alongside James, who started building and mending guitars in his toddler years.

If you’ve been in Wilson County long, chances are you know people who take lessons at Shiloh. At its current location, the store houses nine sound-proofed lesson rooms where over 500 students a week come to learn every kind of instrument, each person greeted and treated as family.

Two of Karen’s former students returned to the store as teachers after receiving their degrees. Many of their teachers play and tour with major artists. They all call Shiloh their home.

This year, Shiloh Music Center is very excited about their newest addition: Band World. Marlin Lindsay manages the new division of the store which serves the school band community. With his education and experience in band direction, he is a liaison between the school band teachers, students, instrument suppliers and repairs.

“The opportunity arose to hire a band expert and enhance our band department so we could better serve the community,” said Paul Hedges, ever eager to serve. “It was a no-brainer to hire Marlin. We’re happy to have him and Seth join our Shiloh family.”

The community has long been appreciative of the family’s service. Earlier this year, Shiloh Music Center was honored with the Lifetime Achievement Award by the Mt. Juliet Chamber of Commerce. Forty-five years is indeed a lifetime of achievements, but the Hedges family and Shiloh Music are not slowing down.
Children’s Clinic East cares for children

Children’s Clinic East treats your child’s health as their priority.

Seeing your primary care physician each time you have a healthcare need provides the best continuity of care for your child.

Your child’s primary care provider will:

• Watch over the healthcare needs of your child
• Keep health records over their life, providing continuous care, which offers peace of mind and saves time
• Provide preventive care and directions throughout childhood
• Monitor your child’s development and growth
• Offer comprehensive sick care in a setting where they have the full picture of your child’s health

Call them for all your pediatric needs.

Short on time? Child got sick after the office closed? Simply log on to their website www.childrenscliniceast.com and click Schedule an Appointment to schedule your child’s appointment.

Children’s Clinic East is excited to announce the addition of two new physicians: Dr. Beatriz Collada at the Hermitage office and Dr. Sarah Willard at the Mt. Juliet office.

Dr. Collada grew up in Miami, where she also completed medical school at Herbert Wertheim College of Medicine at Florida International University. She and her husband moved to Boston, where she completed her Pediatrics residency in the Boston Combined Residency Program (Boston Children’s Hospital/Boston Medical Center). She was part of the Urban Health and Advocacy Track in residency given her interest in underserved and immigrant health and advocacy. Dr. Collada is very excited to grow her practice at Children’s Clinic East and continue her community involvement in Middle Tennessee.

Dr. Willard is originally from St. Louis, Missouri. She completed her undergraduate education and medical school at Saint Louis University, and then pediatric residency training at Children’s Mercy Hospital and Clinics in Kansas City, Missouri. She is board certified in Pediatrics. In her free time, she and her husband, Jared, along with their black lab, Millie, enjoy running, hiking, and outdoor adventures. She also enjoys photography, reading, and finding new restaurants.

On Oct. 19 from 8-11 a.m., Children’s Clinic East will be hosting its annual Halloween Dash and Fall Festival at 2025 N. Mt. Juliet Road. The event is free to the community, however they ask that you register each participant online at eventbrite.com (search for CCE Halloween Dash). They also ask that participants bring non-perishable food items or donations for the Mt. Juliet Help Center. They will have a fun run/walk, games, inflatables, and many activities for the whole family to enjoy.

Mt. Juliet
Town Center Medical Plaza
2025 N. Mt. Juliet Rd., Ste 200
(615) 773-7277
Mon-Fri 8:00-5:00
Saturday 8:00-2:00

Lebanon
920 S. Hartmann Drive, Ste 200
Lebanon, TN 37088
(615) 466-9770
Mon-Fri 8:00-5:00
Saturday 8:00-2:00

Hermitage
Tristar Summit Outpatient
3901 Central Pike, Ste 251
(615) 232-8033
Mon-Fri 8:00-2:00

Beatriz Collada, MD
Sarah Willard, MD

Our mission is to serve the public in providing exemplary and compassionate care while embracing the needs of our patients, employess and the community.

Comprehensive Pediatric Care
Well child check-ups
Sick visits
Minor injuries
Vaccinations
Lab services
Care Coordination
Same-day appointments

www.ChildrensClinicEast.com

Children’s Clinic East, PC
Proudly providing pediatric care to the community for over 60 years.
Envy and AT&T, just around the corner.

The UPS Store at Providence Marketplace is celebrating its 10th anniversary this November.

Currently owned and operated by local veteran Myro Kuzmyn, the store has helped thousands of people print birthday and wedding invitations, celebrate various events with outdoor banners, expand their businesses with marketing solutions, notarize various degrees of legal documents, travel abroad with new passport photos, safeguard their letters and packages with the assistance of mailbox services, and ship hundreds of care packages to loved ones pursuing college degrees or serving our nation abroad.

They said it is truly a blessing to be loved and supported by so many residents of Mt. Juliet as they help over 2,000 customers a month with a customized array of services. Many times, their customers discover that the friendly staff will go out of their way to exceed expectations. The owners and staff of The UPS Store-Mt. Juliet realize that there are many options available to those in need of such services; their goal is to build long term relationships within the community by providing honest, fair, and exceptional service.

The store is located within the Providence Marketplace between Massage Emy and AT&T, just around the corner from Kroger. Throughout the year, the store operates under extended hours and offers extra “holiday hours” from Thanksgiving to Christmas, including Sunday hours.

The UPS Store-Mt. Juliet, as a franchise, operates completely independent from UPS, a logistics carrier which employs thousands of people and drivers to deliver packages. In addition to a full suite of UPS services, the store offers various mailing services including the United States Postal Service and DHL for international shipments. Plus, when comparing rates, customers find that The UPS Store offers the best prices out there.

Myro belongs to the Mt. Juliet Chamber and Mt. Juliet Noon Rotary and is a recent Leadership Wilson graduate. He and his wife Karen have two small children, Michael (11 months) and Kayla (2.5 years). They proudly support Toys for Tots Literacy Program, Wilson County Books from Birth, Habitat for Humanity-Wilson County, S.C.A.N (Senior Citizen Awareness Network), and United Way.

They offer a simple but sincere thank you to all of those who have supported their small business and the family, to those who have become close friends, and to those whom they look forward to encountering in the near future.

BUY, SERVICE YOUR CAR AT MOUNT JULIET MOTORS

Mount Juliet Motors can be a one-stop place to buy your car and have it serviced.

Mount Juliet Motors has been a staple in Mt. Juliet for 12 years, and owner Jody Ussery has lived in the area for nearly 40. Living in the area for so long allows him to build relationships with the customers which, along with the excellent service Mount Juliet Motors provides, keeps them coming back.

As you arrive at Mount Juliet Motors, you will notice how customer satisfaction is top priority as you are greeted and welcomed by an employee. The workers are happy to help customers find a particular vehicle or assist with a trade-in.

The variety of vehicles range from economy to luxury to performance. Jody travels around looking for new vehicles for Mount Juliet Motors, hand picking each car that comes to the lot.

Mount Juliet Motors will work on your car whether you buy from them or not. Check out their service prices and you will find that they have the lowest labor prices in town. Mount Juliet Motors does not have in-house financing, but they do help customers find the best option to help purchase their new car.

Jody said they stand behind what the sell and are proud of the service they provide. They always try to do the right thing for customers and make it a point to take care of the people who come to their business, because they would want that same customer service if they were buying or servicing a car.

Mount Juliet Motors has been voted the Best of Mt. Juliet for years, and many customers have continued to come back for servicing.

Servicing your car is an extra service provided at Mount Juliet Motors by James Richardson who can do anything mechanical for your car. The service center is NAPA certified and they are members of Technet. Though they do not service tires at the shop, they have a mobile tire service available on request.

Mount Juliet Motors is open Monday through Friday from 8:30 a.m. to 6 p.m. and Saturday from 8:30 a.m. to 4 p.m. to service your car needs. Visit the showroom and service department at 12603 Lebanon Road in Mt. Juliet.
**COURTNEY’S RESTAURANT**

A MAINSTAY OF MJ DINING

Courtney’s Restaurant and Catering has been a mainstay in Mt. Juliet dining since it opened in 2010.

Tom Courtney and his ex-wife Lisa opened the meat-and-three restaurant, offering Southern fare with family recipes at fair prices. Though the menu changes daily, there are still signature dishes that are available every day.

Courtney’s offers a senior special every weekday from 2-5 p.m. where the purchase of any meat and two sides gets a second meal of equal or lesser value for free. A breakfast buffet is available on the weekends until 11:30 a.m.

Customers are often treated to live entertainment on Friday and Saturday, and a talent show is held once a year for local artists to participate in.

Courtney’s also caters all around the area for many different events. From TV shows to office gatherings to school award ceremonies, Courtney’s is there to provide home cooking for large groups. A separate room in the restaurant is available to serve as a banquet facility that can hold events for local schools and organizations.

The restaurant is available to serve as a banquet facility that can hold events for local schools and organizations. Courtney’s also has two Bible studies that meet at the restaurant, led by Bill Wolfenbarger and Police Chief James Hambright.

Tom said the entire community has been supportive of the family restaurant, and he is thankful to every single person who has helped Courtney’s become what it is today. The list of supporters could be never-ending, but he especially wanted to thank Lisa and her parents, Walter and Sally Syes, Jamie and Glen Hanks, Jim Hunter, Bart Scott, Chuck Groover, the Lineberrys, his children, city leaders, first responders, and the employees who have come through the restaurant over the years. He also is grateful and gives all glory to God and Jesus Christ.

The customers who have patronized the restaurant through the years have come through the restaurant over the years. He also is grateful and gives all glory to God and Jesus Christ.

As the restaurant has grown, they have reorganized a new corporation that is led by Tom’s aunt Mary Ann, his children, city leaders, first responders, and the employees who have come through the restaurant over the years. He also is grateful and gives all glory to God and Jesus Christ.

Tom is grateful for the community that is led by Tom’s aunt Mary Ann, who he is gratefully indebted to. Courtney’s Restaurant is located at 3548 N. Mt. Juliet Road. Visit their website at www.tjcourtneysmtjuliet.com to see the daily menus or learn more about their specials.

**DRAGONFLY OFFERS UNIQUE, AFFORDABLE HOME DECOR**

Dragonfly Consignment offers customers great service and gently used, “new to me” furniture and home decor.

New owner Dana Anderson took over Dragonfly Consignment in August after retiring from the military. She loves interacting with and meeting all of the new and returning customers. Everyone’s differing personality and style is unique, so she enjoys hearing them explain their vision and loves to see the joy on a customer’s face when they find the perfect item at an amazing price. Dragonfly Consignment sets itself apart from other consignment shops by offering consigners a 50-50 split. They strive to offer consigners the best price possible for their items without overpricing for their customers.

The items in Dragonfly Consignment are very unique. Items range from sofas and dining tables to artwork and seasonal decor, so there is something for everybody.

They also have local artisans who sell their creations, and the handmade items add a personal touch to decor that is not found in mass-produced items. Dragonfly Consignment also has chalk paint available for purchase to allow customers to explore their own creativity at home.

Dragonfly Consignment is open Tuesday through Thursday from 10 a.m. to 5 p.m. and Friday and Saturday from 10 a.m. to 4 p.m. They are closed on Sunday and Monday. If interested in consigning, call to set an appointment 615-758-4700. You can also visit Dragonfly Consignment on Facebook and Instagram or email them at dragonflyinmj@yahoo.com.

Dragonfly Consignment is located at 3548 N. Mt. Juliet Road.
AGEE & JOHNSON: TRUSTED REALTY, AUCTION COMPANY

Serving the Middle Tennessee area, their team is committed to the successful outcome of your real estate transaction. The Agee & Johnson Team, located at 728 West Main St., Lebanon, Tennessee, has a legacy of more than 30 years in the real estate industry. They focus on the needs of their client, a smooth transaction and a successful outcome.


Agee & Johnson Realty and Auction is experienced in all facets of the real estate transaction. From the first time home buyer to the commercial development, they have an agent that can help with: Residential Home Sales, First Time Home Buyer, New Home Construction, New Homes, Residential Lots, Buyers or Sellers Agent, Multi-family Units, Farms, Acreage Tracts, and Commercial.

Highly desirable lakefront or lakeview property is eagerly sought after in Middle Tennessee. The Agee & Johnson team can work with you on finding the perfect acreage or lot size at one of the watershed areas such as Old Hickory Lake, Percy Priest Lake, Center Hill, Dale Hollow, and Cordell Hull.

Although their team of Realtors can assist with your buying and selling needs in all areas of Tennessee, they focus on the Middle Tennessee area. They know these communities and want to show you the area: Lebanon, Mt. Juliet, Watertown, Carthage, Smithville, Alexandria, Hartsville, Gallatin, Murfreesboro, Nashville, Franklin and many more.

Nashville anchors the Middle Tennessee market with ease of access with all modes of transportation. Planes. Trains. Automobiles.

Nashville International Airport is located on the east side on Davidson County off of Interstate 40. Lebanon Municipal Airport is a short 20 minute drive from Nashville International Airport. Both airports have convenient access to all areas of Middle Tennessee via I-40, I-24, I-65 and I-840.

The Music City Star is the commuter rail service from Lebanon to Nashville, serving as the major mode of transportation via light rail.

Having three major highways intersecting in Middle Tennessee, they are centrally located. Fifty percent of the U.S. population lives within 650 miles and 12 million people live within a 2.5 hour drive. There are only six U.S. cities where three major interstate highways converge.

Quality of Life is a major draw to the area. Wilson County has the largest quantity of Century Farms and is a picturesque community with ease of access to the capital city of Nashville — Music City USA. Watertown is one of the most famous small towns, not only well known for its beauty, farms and step back in time Town Square, but on any day you may see a movie crew shooting the hottest music video or a local celebrity walking down Main Street.

Still want to be close to Nashville but not live on a working farm? Look to Lebanon or Mt. Juliet. Modern amenities. Lebanon is the home of Cracker Barrel and many others have found their way to Middle Tennessee. Cumberland University, founded in 1842, is a private independent university. Vanderbilt Wilson County Hospital, located in Lebanon, and TriStar Mt. Juliet ER service the community’s medical needs.

Agee & Johnson are an experienced Tennessee Real Estate and Auction service company. Specializing in residential and commercial auctions, they can address all of your auction needs. Their team understands auction marketing and will assist in valuing and liquidating your personal property and real estate. They will visit with you and meet you for an in-home consultation for a residence, estate, land or farm auction. Auctions are fast and efficient ways to reduce time on the market and create a scheduled date for the property to sell.

Agee & Johnson Realty and Auction can assist you with your residential or commercial real estate needs.
AR WORKSHOP OFFERS CREATIVE ENTERTAINMENT

AR Workshop Mt. Juliet provides an opportunity for everyone to explore their creative side with do-it-yourself crafts and decor. Mother-daughter duo Tina Pressley and Haley Jones opened up AR Workshop Mt. Juliet in March 2019, and are excited to bring new entertainment and artistic activities to the area. Experienced DIYers can enjoy the workshops just as much as beginner crafters.

The boutique DIY studio offers hands-on classes for participants of all ages and skill levels to create custom, on-trend home decor using various mediums. Many popular items include wooden signs, porch signs, framed signs, pillows and more. Right now, participants can also create their own fall decorations with a Halloween “Boo” door hanger and chunky knit pumpkins and blankets.

Project designs can be personalized to suit a crafter’s needs, such as names, dates, quotes, graphics, and color schemes. This allows each crafter the chance to create a one-of-a-kind piece while making special memories that will last a lifetime. The projects are also a great opportunity to create personal gifts for loved ones.

The tools and materials needed are included in the cost of each workshop, along with step-by-step instructions for creating the homemade piece. Each piece is ready to take home after the workshop, so participants are able to leave with their new creation.

AR Workshop is great for date nights, girl’s night out, birthday parties, or just to have a fun time creating art alone or with a group. Customers can also book private, corporate, youth or holiday events. The workshops are also bring your own food and beverage, including alcohol, so they can be a one-stop shop for entertainment and a place to eat.

They are going to begin a Kids Happy Hour on the first Tuesday of every month from 4-6 p.m. Parents can bring their children ages 7 and up to the studio where they can work on homework and fun activities.

Regular workshops are held throughout the week as well as private events. A calendar listing of events and workshops is available online. If a specific workshop is not available, customers are able to make requests.

Aside from the projects customers can make themselves in the workshop, AR Workshop also offers pre-made signs, gifts, candles, jewelry and more in the front boutique as well as items made by local vendors.

AR Workshop Mt. Juliet is located at 1777 Tate Lane in Mt. Juliet, TN 37122.

AR Workshop offers DIY Classes, Parties, Retail, and Gifts.

VICTORY BAPTIST PLACES FOCUS ON GOD

Victory Baptist Church was founded in 2000 and moved to their current location on Tate Lane in November 2004. The church’s mission focuses on building relationships within the church and community and connecting people to Jesus.

Victory is a gospel-centered church with a desire to share God’s Word with their community. Their vision is to be embraced by God, empowered with the Holy Spirit, and to engage with people through the power of Jesus.

Victory Baptist has two services on Sunday mornings, a traditional service at 8:30 and a modern service at 11:00. Sunday school and small groups meet at 9:45 a.m. Victory also offers a 5 p.m. service on Sundays. Morning services are livestreamed on their website and Facebook Live. Services are also available on the Victory Roku channel and WHTN Channel 39.

Victory is family-oriented and places a high value on connecting kids with one another. The goal is to assist students as they discover their identity in Christ.

Midweek services at Victory begin at 5 p.m. with a family supper followed at 6:15 p.m. by prayer service, adult choir rehearsal, children and student activities, and adult Bible/Discipleship classes.

Mother’s Day Out, offered on weekdays, provides a safe, nurturing and stimulating environment where children can grow spiritually, physically and socially.

Victory Baptist invites everyone to join them in their mission to connect all people to the promise of Jesus, life that is new, abundant and eternal.

Victory Baptist Church is located at 1777 Tate Lane in Mt. Juliet. To learn more about the church, visit their website at www.vbcmtj.org or call them at (615) 773-5200.
Zoo Crew Pediatric Dentistry continues to offer quality pediatric dental care to the children of Mt. Juliet. They have five board-certified pediatric dentists at their various locations as well as many dental hygienists.

Zoo Crew is a full-service pediatric dental office that offers a variety of services including dental cleanings, fillings, nightguards, oral hygiene care, and sealants. Patients will receive warm, personalized care using the most modern equipment and methods available.

Dr. Frank Tuzzio has been a pediatric dentist at Zoo Crew Mt. Juliet for six years. He recommends parents start taking their child to the dentist by their first birthday. Zoo Crew has patients anywhere from infants to teenagers.

What separates Zoo Crew from other pediatric dentists is that they encourage parents to stay with their children during the appointment. This makes the communication between parent and dentist easier as well as keeps the entire process more transparent. Dr. Tuzzio said he likes to have the parents more involved in the decisions during the appointment and to have all options made available to them. During his appointments, he also likes to focus on protecting the psyche of the child by treating them humanely and efficiently.

One way he helps calm them is through the “tell, show, do” method. If he picks up a dental mirror, he will explain to the child what it is and what it does and then do it. He also uses positive reinforcement as a means to help the child be less afraid of the dentist.

For patients who are anxious about treatments or are too young to say calm during delicate procedures, Zoo Crew offers behavior management options including nitrous oxide, conscious sedation, and outpatient general anesthesia.

The waiting room is specifically designed to keep children relaxed and happy. Toys, books, video games, and movies are available to help keep them occupied before the appointment.

The dentistry area is located in the back of the office and is a welcoming and accommodating environment for all children. Each area has a small television on the ceiling above the chair, acting as a distraction for those who may have a difficult time at the dentist.

Zoo Crew has offices in Mt. Juliet, Hermitage, Cookeville, and will soon have a new location in Lebanon. They are open Monday through Thursday from 9 a.m. to 5 p.m. and Friday from 8 a.m. to 2 p.m. They are closed on weekends.

Zoo Crew Mt. Juliet is located at 2025 N. Mt. Juliet Road, Suite 110. They are currently accepting new patients. To learn more about Zoo Crew or to make an appointment, visit their website at zoo-crewdentist.com or call (615) 553-2921.

Drs. Larson, Tuzzio, Sandidge, Corning and Castillo

**Zoo Crew Pediatric Dentistry**

**Where parents are invited to stay with their kids.**

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2025 N Mt. Juliet Rd, Suite 110
Mt. Juliet, TN 37122
(615) 553-2921

107 Bonnabrook Drive
Hermitage, TN 37076
(615) 889-1654

1100 Neal Street, Suite B
Cookeville, TN 38501
(931) 349-7807
AFFORDABLE CARE FOR YOUR ANIMAL FRIENDS

Affordable Veterinary Care provides low cost, high quality veterinary medicine in a clean, modern environment. The veterinarians, technicians, and assistants at AVC are experienced and friendly. AVC makes it easy to provide healthcare for your animal friends.

Affordable Veterinary Care offers all routine veterinary care, such as vaccinations, general surgery, and dental cleanings, as well as emergency care. AVC has electronic medical records, on-site blood chemistry and CBC machines, digital X-ray, as well as a wide array of heartworm prevention and flea and tick control for your pet. The only services they do not provide are grooming and boarding animals.

Affordable Veterinary Care is open Monday through Friday from 7 a.m. to 7 p.m. and Saturdays and Sundays from 9 a.m. to 5 p.m. AVC recommends appointments every day except Sundays which are reserved for walk-ins all day. The prices are still the same on Sunday as they are on any other day of the week.

Affordable Veterinary Care is located at 11314 Lebanon Rd. near Kroger. To learn more, visit their website at www.avcmjtn.com or contact them by phone at (615) 788-8008.

AFFORDABLE VETERINARY CARE

615-788-8008
WWW.AVCMJTN.COM
11314 LEBANON ROAD, MT. JULIET

NUTRISHOP PULLS GUESS WORK OUT OF SUPPLEMENTATION

Nutrishop Mt. Juliet has proudly served the community for over four years. They have always focused on bridging the gap between proper nutrition and intelligent supplementation, while exploiting the many shortcomings and fallacies of the nutrition and supplement industries. Their trained professionals offer a free InBody Analysis, free nutrition plans, and even free samples to ensure that their loyal patrons enjoy the taste of any flavored product at their wellness center. Their goal has always been to enhance their customers’ overall experience and pull the “guess work” out of supplementation.

With their individualized nutrition plans, they always recommend gauging progress on a state of the art “Inbody Composition Analysis.” This analysis shows loyal patrons their progress over time on a line graph while helping them maintain accountability along their fitness journeys. If an individual eventually plateaus in their nutrition/training program, they can use this tool to help them get back on the road to success. They offer this service free of charge to customers, while other wellness centers in the Middle Tennessee area charge in excess of $100 for the usage of this technology. In their opinion, they would be doing their loyal patrons a disservice by not proving the nutrition plans and detailed supplement guides they provide make a difference in their health.

They’ve had the pleasure of giving back to a community that has welcomed them with open arms over the past four years. They’ve been fortunate enough to fund co-op charity events with the Mt. Juliet Police Department, Fire Department, Local Veteran’s Organizations, and local school systems, to name a few. Both community involvement and charitable contributions have remained at the forefront of their mission statement for many years. In their humble opinion, any small, locally owned business should give back frequently to their community to enhance the population’s safety, road systems, and school systems as well.

To this day they pride themselves on carrying products with no FDA banned substances, no WADA unapproved ingredients, or any supplementation that could negatively impact their loyal patrons’ health. This is unfortunately very uncommon in the industry and is not a philosophy shared at other wellness centers. At Nutrishop they promise to always remain the honest integrity-driven business the community needs, and has grown to love, for all of their vitamin/supplement needs. They thank you for four amazing years of business Mt. Juliet.
Backyard Living in Mt. Juliet is an award-winning pool service company that is celebrating its 11th anniversary. The company was created in 2008 as a leap of faith during a tough economy. At the beginning, the company had three weekly services, but it has grown to service more than 85 customers weekly. The company was named as a Finalist in the Best of Mt. Juliet for Best Pool Service in 2014, 2016 and 2018, and they won the category in 2015, 2017 and 2019. They have also earned their A+ rating from the Better Business Bureau.

Backyard Living offers full construction of vinyl, fiberglass, and gunite/concrete in-ground pools. Backyard Living has had the same service staff for the past eight years with Adam Abernathy. The full repair department is headed by Eric Pryor, who is in his tenth year as service/repair manager.

Backyard Living welcomes Bill Weese to their team in 2019. Bill brings 37 plus years of gunite/concrete pool building experience in the Florida market. This will allow Backyard Living to offer high-end gunite/concrete pools at an affordable price.

They want to thank their customers for supporting them over the past 11 years and look forward to the what the future holds. Backyard Living is located at 2320 N. Mt. Juliet Rd. They can be reached by phone at 615-474-1546. There has never been a more perfect time to stop in or call Backyard Living, where all of your pool needs will be answered.
Moss’ Flower Shop is proud to be your hometown, third-generation, family-owned and operated florist. Originally opened in 1952 as Moss Feed and Seed, their family has serviced the community for more than 60 years. Initially providing feed supplies for local farmers, they eventually expanded to include a lawn and garden center and florist. Evolving with changing times, they continue today as Mt. Juliet’s award-winning Florist and Gift Shop. They feel blessed and honored to have been a part of the community for so long; in fact, they were a part of the city before it officially incorporated in 1972. They have grown with the city through the years and even created the Mt. Juliet Candle, Mosswood Garden, to celebrate this history.

Moss’ Flower Shop is truly unique in that they provide a product and service that is universal to all: flowers. Flowers play an important role in our lives. They bring comfort during the darkest days and smiles in the most exciting times. They are even scientifically proven to reduce stress. Flowers are truly universal gifts.

In the words of Hale Moss, “Never underestimate the power of a flower.” The Moss' team understands that sending flowers is more than just a gift — it’s a statement. Flowers express our heartfelt thoughts and emotions at all stages of life. Flowers welcome us into this world, dance with us at prom, surround us on our wedding day, remind us of our love on anniversaries, send well wishes for birthdays and graduations, comfort the sick and express our deepest sympathy at celebrations of life. Moss’ Flower Shop is a full-service florist providing floral services for all these events and more.

Stop by the shop to hand select premium stems for a customized floral bouquet or give them a call to let their Master Designers create one for you. Have a special event or upcoming wedding? Moss’ is there to bring your vision to life by consulting with you one on one, matching your floral vision and budget. They pride themselves on offering quality, premium flowers arranged by Master Designers and superior customer service.

In addition to their fresh floral designs, Moss’ Gift Shop offers unique home and seasonal decor items to accent your home and office. They also offer silk stems and custom silk arrangements. Work with their designers to select and customize silk wreaths, garland, table centerpieces and more to complement your personal style.

Shop their selection of home fragrances including Trapp Fragrances’ candles, wax melts and room sprays and Tennessee-made Southern Firefly Candles. Next, spoil your skin with their new organic and vegan line of Ambre Blends essence oils and skin care products. Lastly, accessorize with their exclusive line of locally made, hand-crafted jewelry by Blue Heron Studio.

Moss’ is happy to welcome and embrace those new to the city and invites everyone to stop by. They are proud to share and celebrate the city’s past while embracing its growth and diversity. They are privileged to continue their family tradition in the community and are honored to have been voted Mt. Juliet and Wilson County’s Best Florist.

Visit the shop at 3690 N. Mt. Juliet Road, Ste. 400, Mt. Juliet, TN 37122 or online at www.mossflorershopllc.com. Call them at 615-758-5972 or email them at sales@mossflowsershopllc.com. They are open Monday through Friday from 8:30 a.m. to 4:30 p.m. and Saturday from 8:30 a.m. to 4 p.m. They are closed Sunday.

Be sure to save the date for their Holiday Open House, Thursday, Nov. 7 through Saturday, Nov. 9. It’s a great way to kick off the holiday season. Plus, during Open House, Moss’ will offer shop discounts, giveaways and more. You don’t want to miss it.
Way back in 1963, a small group of business men and women in Mt. Juliet met over a cup of coffee and decided to start a Chamber of Commerce in hopes of building a stronger business community. In the beginning, the Chamber was more of a social networking club; however, these like-minded business people had a vision for the future. They rolled up their sleeves and with a lot of hard work and determination, began formulating programs and services which still exist today. That same spirit of innovation and the dream of a more successful business climate still drives everything we do.

Mt. Juliet Chamber exists to connect, advocate for, promote, and support the investors who partner with us. We live this purpose every day in order to achieve the vision which first began 37 years ago. Through a wide variety of programs and initiatives, the chamber works diligently to stay relevant and support the growth and prosperity of local businesses. We thank those Chamber leaders who came before us for planting the seed and for helping us keep our eyes on the future.

For more information visit www.mjchamber.org today!
Robinson Properties has been a trusted name in residential and commercial real estate and construction for more than 30 years. The family-owned and operated business is based in Mt. Juliet. Bill Robinson, Chris Robinson, and Michael Robinson are co-owners and operators of Robinson Properties. You can call their office today and speak to Bill, Chris, or Michael who own the company and deal daily with every aspect of construction. When building your home, you want to use a company with experience, but also one that you can speak to directly and quickly if you have a question.

The Robinsons understand that buying a new home is a major investment that can be a very stressful experience. Their aim is to remove the stress from the building process and help their clients reach the opportunity to sit down and talk with you about your ideas for your own home. Offices are located at 1400 N. Mt. Juliet Road. View their website at www.robinsonpropertieshomes.com or call them at (615) 754-2019.

BUILD YOUR DREAM HOME WITH ROBINSON PROPERTIES

Robinson Properties will build a quality home on your lot or offer several community developments with prices ranging from the $430,000s to the $600,000s. They offer spacious floor plans ranging from 2,600 to 5,000 square feet. They offer more than 100 plans that are available for you to view, or Robinson Properties can build the custom home that you design. They offer drafting and design services that will assist you in planning and designing your new home.

They have three subdivisions in Mt. Juliet to choose from: Brookstone, Stonefield, and Triple Crown.

Robinson Properties’ mission is to provide quality-built homes in a timely manner using the best materials available. They want to develop subdivisions where raising a family is an ideal experience.

Robinson Properties is one of the few home builders in our area to be designated as a “Registered Builder” by The Middle Tennessee Home Builders Association. Since 1982, Robinson Properties has worked to establish itself in the home building industry as a premiere builder in Middle Tennessee.

Robinson Properties is a family business that takes pride in the work they do and the opinions of their homeowners. They would love the opportunity to sit down and talk with you about your ideas for your own home.

They offer several community developments and plans at www.robinsonpropertieshomes.com or call them at (615) 754-2019.

START YOUR EVENING RIGHT WITH MT. JULIET WINE & SPIRITS

Mt. Juliet was formed in 1835 and incorporated as a city in 1972. The city was without a fine wine and spirits store since its birth. The demand for wine and spirits grew exponentially with the growth of the city. Mt. Juliet Wine & Spirits is very fortunate to have been the first to fill the void that a vast majority of citizens petitioned and fought for.

In July 2013, Mt. Juliet Wine & Spirits opened their door. Offices are located at 1400 N. Mt. Juliet Road. View their website and review subdivisions and plans at www.robinsonpropertieshomes.com or call them at (615) 754-2019.

Every Friday night from 4 to 8 p.m. stop by and enjoy a tasting of various wines and spirits. A different wine or spirit is featured every week. Check their website or get on their mailing list for surprise Saturday tastings.

The holiday season is a big time for wine and spirits, as people celebrate the holidays with family and friends. The holidays will soon be here, and the shelves are beginning to be stocked with wonderful seasonal tastes such as pumpkin-flavored liquors. Mt. Juliet Wine & Spirits plans to keep the store stocked with special holiday drinks and many of these will be featured at the weekly tastings. Holiday gift packs are available during the holiday season.

“We have several people on staff that have been in the business for a number of years,” said manager Heather McSweeney. “It is important to know what your customers want,” said McSweeney. “Mt. Juliet Wine & Spirits tries hard to get all of the new products and trends on the floor to keep the customers up to date, but the store also stocks the staples that keep customers coming back.”

The holidays are a busy time for Mt. Juliet Wine & Spirits. Mt. Juliet Wine & Spirits plans to keep the store stocked with special holiday drinks and many of these will be featured at the weekly tastings. Holiday gift packs are available during the holiday season.

“We are happy to know that our customers are happy,” said McSweeney. “We always aim to keep standards high.”

Mt. Juliet Wine & Spirits is located at 11344 Lebanon Road. You can reach them at (615) 288-3496 or check them out at www.mtjwines.net. You can also like their Facebook page for the latest news about the store.
Calabria Brick Oven Pizzeria recently underwent a complete remodel, introducing a more modern, intimate environment for patrons to enjoy fresh, authentic Italian cuisine.

With a remodel designed by Nashville restaurateur Dave Wachtel and owner Valon Ari-f, Calabria aims to be a family-friendly environment where everyone from children to millennials and more can come together and enjoy a nice meal.

When customers first walk in the restaurant, they will see a pizza chef tossing dough in the air as part of the open air kitchen. The action in kitchen restaurants is often entertaining, providing customers a chance to experience dinner and a show.

One major upgrade in the remodel is the addition of a second wood fire brick oven. The high volume of customers on the weekend often made the wait too long, so a second oven enables Calabria to better serve and meet the demands of all who want to visit the restaurant.

The bar area was moved to the front of the restaurant and has direct access to the new outdoor patio area, allowing customers to enjoy the warm nights and cold drinks among friends. The bar itself has grown to include 10 craft draft beers and an expanded wine list, as well as bartenders learning to master classic cocktails.

Wachtel was introduced to Valon through a contractor friend and was intrigued by his unique concept, which he said could help expand Calabria into other locations like Nashville. Valon’s dedication to building his restaurant on quality has led to success, Wachtel said, so it is important to give him the right space to grow even more.

The interior of the restaurant has been altered to accommodate even more customers while still maintaining a space where patrons can have a private conversation. Private booths and tables will still be available, but community tables will also provide an opportunity to share a meal and conversation with other customers. Because pizza is usually served family-style, the community tables add authenticity; tabletops are even custom made from 200 year old hickory slabs. A wall mural at the front of the restaurant was painted to give customers a chance to take a photo and share on social media.

Valon originally opened Calabria Brick Oven Pizzeria in 2016 after years of working as a general manager for Tyson Foods. His passion for food pushed him to venture out of his comfort zone and enter a new industry.

After studying “pizza art” from the very best mentors from New York, Valon chose to bring his philosophy to Mt. Juliet and offer customers a different option for dining. Pizza art, according to Valon, is mastering the perfect way to create a pizza and give it the best well-rounded flavor.

The dough is made from scratch daily and ferments for 48 hours, giving it time to develop a nice flavor for the foundation of the pizza. Premium toppings, including tomatoes imported from Italy, are then added to make it taste as fresh and authentic as possible. The pizzas are then wood fired in the restaurant’s signature brick oven.

What also sets Calabria apart from other local pizzerias is that customers can place orders to pick up online, which is a big deal for an independent restaurant. Usually only seen in chain pizzerias, Valon is proud that Calabria’s online ordering system provides more opportunity for customers to enjoy the different options at his restaurant.

Among the various types of pizza, Calabria also offers appetizers, calzones, paninis, lunch specials and more. View the menu at www.calabriapizzeriamtjuliet.com.

Calabria has repeatedly been voted the best pizza in Mt. Juliet, which Valon is thankful for. He enjoys meeting so many people and creating friendships with regular customers and finds it an honor to be a part of Mt. Juliet and serve the community.

Calabria Brick Oven Pizzeria is located at 1209 N. Mt. Juliet Road. Orders can be placed online or by calling 615-288-8078. Hours are 11 a.m. to 9 p.m. Monday through Thursday, and 11 a.m. to 10 p.m. Friday and Saturday. The restaurant is closed on Sunday.
COMPETITION DRIVES INCREASED BENEFITS FOR MEDICARE ADVANTAGE MEMBERS

“After 20+ years in this crazy insurance market, this coming year will be one of the most exciting ones for most Medicare Advantage members, and for a Medicare nerd like myself,” said Jennifer Pollock, Medicare Specialist at Insurance Management Services.

“This time of year is like Christmas for me. All of the coming year’s benefits books are being delivered to my office. They smell like a yearbook from high school. They are bright and shiny. Most importantly, they are full of benefits that are unprecedented in some plans.”

Medicare Advantage, or Medicare Part C, is an all inclusive Medicare option. It combines all of your Medicare A & B benefits, Medicare Part D coverage, and extra benefits not available under Original Medicare. Some of those benefits include routine dental, vision and hearing aid coverage, gym membership, over the counter products, transportation and more. Even the Medicare Part D coverage that exists inside of these plans are often better than those of a standalone Part D plan.

Tennessee currently has nine Medicare Advantage plans. Not all of these are available in every county, but most are available in middle Tennessee counties.

Do you know what your Medicare plan is? Do you know how much you’re spending on it each month? Do you know what your benefits are or what they could be? What’s the difference? What are those $0 monthly premium plans?

This is definitely a time you will want to get these facts straight and compare what you have now to what will be available in 2020.

The role of an independent agent is to help you with your Medicare selection process and to determine the best plan for your particular situation. Your agent should spend one-on-one time with you to evaluate your needs, including your specific doctors and medications. They should explain any changes in your current plan and advise you on other plans and benefits available that might better meet your needs. They assure that you understand all the options available to you.

Independent agents should never charge you for their services. They represent many carriers for Medicare supplements, Medicare Advantage, and Part D plans. They are paid the same amount by all of the insurance companies, preventing bias towards any one plan.

An experienced independent agent should be able to clearly explain the differences between Medicare supplements versus Medicare Advantage and where Part D drug plans come into play. Not only can they explain all of the new Medicare Advantage plans available, but they can assist you in applying for extra help with your medications and/or the Medicare Savings Program — which may reduce your Part B premium or even eliminate your plan copays. These programs are dependent on income and resources, though many are unaware that they may qualify for them.

Some pay for expensive Medicare supplements, and while they may be curious about how Medicare Advantage plans work, they are hesitant to leave their current plan. The good news is that there is a federal law that allows a 12-month trial period for Medicare Advantage. If at any time during that 12 month period they want to go back to their previous plan, they can do so, even without medical questions. That makes it easy to try something new and less expensive, with nothing to lose.

Your agent may suggest that you stay on your current plan, in which case no action is necessary. In other cases, they may determine that you could benefit from changing to another plan. Some examples of extra benefits include dental and vision coverage, hearing aid benefits, gym memberships, over-the-counter products, meal delivery after hospitalization, no referral requirement, transportation, and more.

There is no disadvantage to seeking the services of a qualified independent agent to review your needs and compare your current plan with other policies available. At the very least, you may leave with a better understanding of how Medicare and your own plan works. At best, you could find a better plan that saves you money and/or gives you needed benefits — and an agent who is a valuable resource you can call with questions throughout the year.

IMS is a qualified independent agency with over 35 years of experience in Medicare products. They represent over 20 carriers of Medicare supplements and every Medicare Advantage plan available in Tennessee. They are conveniently located at 2365 N. Mt. Juliet Road. Their friendly, helpful, and knowledgeable agents will be happy to spend time with you to discuss your specific needs. Give them a call at 615-758-8100 to set an appointment. Plan information is available beginning Oct. 1. You have nothing to lose, but so much you could gain.

We speak Medicare.
615-758-8100

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Nov. 1 - Dec. 15

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Vision: To introduce what the brand has to offer in a way that is clear enough to readers.

2020 Business Review