The Chronicle of Mt. Juliet

Business Review 2021

Come in we’re OPEN

A SUPPLEMENT TO THE CHRONICLE OF MT JULIET
SALTS & SWIMMING POOLS

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13026 Lebanon Rd. Ste. 100,
Mt. Juliet, TN 37122

TEAMWORK, PASSION, INTEGRITY, INNOVATION AT STEWART TITLE

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 along with 560 offices across the United States. The staff works hard to accommodate all 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.

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.

During these uncertain times with COVID19, Stewart Title is committed to making sure that their clients are protected. Masks are mandatory and social distancing is always recommended. If clients prefer a drive up closing, that is not a problem. Stewart’s staff is willing to do whatever the clients prefer. Your safety is their top priority.

MJ’s OWN BEACH IN A BOX

The winner of Best Spa in 2017, 2018, 2019, 2020 and 2021 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, Sweat Therapy, Skincare/Waxing/Brazilians, Solo & Couples Salt Massages, Microblading and Lashes. AND did ya hear? They recently broke ground on second location in Mount Juliet! That’s right...a gorgeous new building by Catch 22 will hold 5,000 sq. ft. of beauty & wellness!

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.

Salt therapy, skincare/waxing, couples massage in salt, sweat pods, private events, microblading and wellness partners (acupuncture, yoga, meditation and more) can all be found at Third Coast Salt. Call them at (615) 200-6365 or email them at thirdcoastsalt@gmail.com to learn more.

Third Coast Salt is great for all ages. They also host Little One Spa Parties as well as Private Salt Sessions. Fun and healing for all ages!

“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 lines, 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 four years...”

To reward customers for voting Third Coast Salt as Best Spa for the last five 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 small businesses. They couldn’t do it without you.

Third Coast Salt wants 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.

“Grateful for my family, the Salty Sweethearts, our loyal customers, our Medical Director, Dr. Ethan Kelhum and fellow small business owners,” said Arnold.
The Superior style

Superior Construction and Design provides complete home project management for busy working professionals with their 15-step process in construction, remodeling, and design. They strive to serve their valued and respected clientele through a system of Satisfaction by Design. They rely on experience, expertise, and impeccable integrity to complete projects on time, on budget, with consistently pleasing results. Superior’s goal is to make the design-build process an enjoyable one for their clients. Experience has shown them that knowledge of standard procedures helps clients feel comfortable for the duration of the project.

Elizabeth Scruggs, owner of Superior Construction and Design, is the principal interior designer, general contractor, and certified real estate stager. Mt. Juliet native, Lenneke Driskill, is lead interior designer and project manager, and Nicole Flatt is an interior designer. As a female general contractor, Elizabeth provides a unique perspective on projects- designing the layout and then bringing it to life. She can foresee any problems between the existing floor plan and the planned design, and initiate changes on the front end- saving time and money.

Superior has been voted in Wilson County’s Best of the Best contest as the Best Interior Designer in Wilson County for eight consecutive years and named finalist each of those years for Best Builder/Construction Company. Elizabeth was named by the Real Estate Staging Association as one of the top ten redesign professionals in the U.S. in 2019 and 2020, and was chosen by Kitchen and Bath News as one of the Top Innovators in the kitchen and bath industry in 2020. As a member of the National Kitchen and Bath Association, Elizabeth has been certified as a remodeling specialist and color expert with NKBA.

Lenneke is an award-winning interior designer, honing her craft as she designs and manages many projects at once. Nicole renders all of the designs, and is especially skilled at kitchen and bath layout and design.

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. Superior is a member of the National Kitchen and Bath Association and the Interior Design Society.

Please visit their web site at www.scdtn.com to download their free lighting guide to help with your interior lighting and design questions, and their new client guide if you are interested in having help with your home project.
Living the Abundant Life

Abundant Life Church has been a staple in Mt. Juliet for 37 years, most of that time at its current location near Mt. Juliet Middle and Elzie D. Patton Elementary Schools. It is a non-denominational church that opens its doors to all.

Pastor Larry Grainger has been the pastor for 20 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 are a part of the “Everyone’s Wilson Network” of churches. https://www.everyoneswilson.org/

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

Banking you can trust

Since 1987, Wilson Bank & Trust has worked to provide Wilson County with an ideal combination of electronic options, personal service and a comprehensive menu of financial services. Even when banking in person hasn’t always been possible, this approach has helped WBT remain effective and successful in a post-COVID world.

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, WBT has established a positive and effective workplace.

Convenience is another staple at WBT. 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, WBT’s newly updated app now includes features like integrated account views, the ability to tag and search transactions, and more. The bank's 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, WBT offices 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. In a normal year, giving back to communities also involves an extensive schedule of local events like car shows, Family Fun Days, movie nights, shred days and Oktoberfest – and those opportunities for fun and fellowship will return on an even larger scale when conditions allow.

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 other locations across 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™.
Love your smile at Oxford Orthodontics

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 six “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 in 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.
AVENUE ANIMAL HOSPITAL

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 examinations, 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. Avenue Animal Hospital was voted Best Veterinarian for 2020 and 2021. Additionally, their grooming department is led by Jennifer Sorey (vote Best Groomer in 2017 and 2018). They also offer boarding accommodations for both dogs and cats. Avenue Animal Hospital has three exceptional Veterinarians on staff, Dr. Nicole Harrison, Dr. Joni Johnson and Dr. Bethany Tyler. They look forward to caring for your furry family members and are proud to be part of the Mt. Juliet Community.

BURDINE SUPPLY

Burdine Supply has been a Mt. Juliet staple for over 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.

SIGN CENTRAL

Sign Central has been around for almost 19 years. Teresa originally started the business out of her garage. As word of the excellent service and products spread, Sign Central began to grow. Locally, Sign Central has done a lot of work at schools in Wilson County as well as surrounding counties. They have also done a lot of work for businesses in and around Nashville. They have ventured past just creating and shipping signs, now creating specialty items like engraved wood, wedding signs, sports signs and collages, banners and much more.

Teresa isn’t just the owner of Sign Central — she also creates the different designs on many products and signs. Teresa is proud to be a part of Mt. Juliet and enjoys giving back to the community she calls home. She said she is grateful that God put her in this spot and can’t imagine ever leaving. She hopes that she has given the community as much as they have given her over the years.

Sign Central is located at 12020 Lebanon Road. More information on products, services and placing an order can be found on their website at www.signcentraltn.com.
Small businesses have someone they can trust for tax help in Mt. Juliet

If you own a small business, you need to know about Personalized Bookkeeping and Tax Services, Inc. in Mt Juliet.

Donna Blackwell — the smile and brains behind Personalized Bookkeeping — has been helping businesses with their bookkeeping, payroll, tax preparation, and auditing needs for over 30 years. And she’s really good at it. In fact, Personalized Bookkeeping currently has 39 5.0 star reviews on Google and has been voted “The Best Accountant” in Mt Juliet four years in a row by her wonderful clients.

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”. Personalized Bookkeeping processed over 700 tax returns last year and more than 80 clients used her bookkeeping and payroll services. With that much experience, Donna has a lot of great advice for small businesses.

What’s some advice you can give new businesses?

“Starting a new business is an exciting endeavor. And in the current economic environment, people are starting “side hustles” to help bring in more income. The most important advice I can give is to make sure to start correctly. I created a PDF “5 Things to do to get your business started right!” you can download from our website. And if you’ve already started a business, it’s a great checklist to double check all your bases are covered.”

How has the current economic environment effected small businesses?

“One of the biggest things I’ve seen is that the IRS has been really paying attention to small business and the number of audits has significantly increased. Things like math errors, claiming too many charitable donations, not having the correct code on a schedule C, or even reporting a high mileage deduction can trigger an audit. There are a lot more and they are also available on our website. Of course, making sure your taxes are prepared correctly to begin with can greatly reduce the chance of being audited.”

What should a business owner do if they’re notified by the IRS about an audit?

“Although getting audited can be a scary situation, the first thing to do is not panic. As Certified IRS Enrolled Agent, I’m granted unrestricted rights to represent clients before the IRS. That means the IRS stops contacting them and deals directly with me. It makes it easier for me to help resolve the situation and removes the majority of stress from the client.”

Is it true there’s a way to detect an audit before it happens?

“Absolutely! We have specialized software that can detect an audit way before you’ve even notified and we’ve saved our client’s tens of thousands of dollars. In fact, it became such a popular service that I started a separate business, Tax Debt Relief, Inc. just for that offering.”

What other services do you offer?

“Year-round bookkeeping and payroll, tax preparation, corporate setups, and many more. And as the only Certified Acceptance Agent (CAA) in Wilson County, I can certify passports, birth certificates, and other foreign identification 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).”

What areas do you serve?

“Although our original location was in Antioch, we serve clients all over Wilson and Davidson counties. Of course, being centrally located at 2334 N. Mt. Juliet Road makes us pretty accessible to the majority of Mt. Juliet businesses. Plus, we have employees who are fluent in Spanish who can assist with clients to make their process easy.”

Can you tell us about all the construction work going on in the building?

“I understand that dealing with bookkeeping, taxes, and the IRS can be a daunting challenge for small businesses so we decided to renovate the entire first floor. It now feels more like walking into a cozy living space instead of the typical “offices” most accountants are known for. We wanted to make sure we had a comfortable space for our clients.”

To learn more about Personalized Bookkeeping or to set up an appointment, visit MountJulietTaxes.com or call 615-773-2736. You can get also useful tax tips by following their Facebook page ( /mountjuliettaxes) and TiKTok account (@mountjuliettaxes).

CONTACT US TODAY TO SET UP AN APPOINTMENT

GET NUTRISHOP HEALTHY

Nutrishop Mt. Juliet has proudly served the community for over six 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 have had the pleasure of giving back to a community that has welcomed them with open arms over the past six years. They have 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 their vitamin/supplement needs. They thank you for six amazing years of business Mt. Juliet.

Top quality, trusted service

Tim Leeper Roofing got its start in 2004 when a property manager took a chance on a young contractor just wanting to do a good job. Tim and his wife Alanna own Tim Leeper Roofing, have two children ages 20 and 23, and have lived in Wilson County since 2006. As the president of the Wilson County Community Help Center and president-elect of the Lebanon Noon Rotary Club, Tim plays an active role in his local community.

Tim has always believed in “seeding back”; that if local communities support local businesses, those businesses have an obligation to reinvest that support in the form of sponsorships of local youth sports teams, events, ministries, and community projects, just as Tim Leeper Roofing does year after year.

Tim Leeper Roofing is a company of quality work and accountability, and Tim’s ladder is put to use daily. Their crews have been with them for years and always ensure quality standards are met and exceeded. Too often over the years companies get comfortable and allow quality to take a back seat to doing more volume, but there is no substitute for great work at a fair price, and that is what has built Tim Leeper Roofing’s reputation and what will keep them going for years to come.

From all of the family at Tim Leeper Roofing … THANK YOU MT. JULIET FOR YOUR SUPPORT!
After many years father and son, Joe and Joseph Perricone, returned to Mt. Juliet where they had earlier established deep roots. This homecoming brought forth a new restaurant named Local Joe’s Café.

Local Joe’s has emerged on the scene in the heart of Mt. Juliet with their exciting new concept. It is a modern approach to an old favorite. This meat and three café offers a rotating menu of southern favorites. You may discover homemade meat loaf, chicken and dumplings, fried catfish and hush puppies, or turkey and dressing.

In their first year of business, Local Joe’s was recognized as “Best of the Best” in all 3 categories in which they were nominated: Best Non-Fast-food Restaurant, Best Catering Service, and Best Meat & Three.

They also feature a large selection of southern sides, which include real mashed potatoes, southern green beans, macaroni and cheese, fried okra, and beans and greens. There is always a choice of yeast rolls, cornbread, or jalapeno cornbread.

Local Joe’s boasts the largest selection of desserts in the county. Choose from pies, cakes or banana pudding and quench your thirst with Tennessee Sweet Tea.

Wilson County flocks to local eatery

Full-service catering for private events, weddings, and church gatherings is available at Local Joe’s. From initial consultation to execution, Local Joe’s will go above and beyond to ensure your special event is everything you dreamed it up to be.

Local Joe’s Café is located at 2037 N. Mt. Juliet Road, Suite 110. They are open Monday through Friday 10:30 a.m. to 8 p.m. and Sunday from 10:30 a.m. until 2 p.m. You can check them out online at www.localjoescafe.com or follow them on Instagram @localjoescafe.
The Mail Box Store: More than shipping

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 buy a wider variety of shipping products for people to purchase, and it makes for a more satisfied customer when they walk out the door.

The Mail Box Store offers shipping, packaging, full color copies, large format printing key duplication, passport and ID photos, computer time rentals, Internet access, business cards and letterheads, graphic design, fingerprinting service, mailbox rentals and so much more.

In addition to the services, The Mail Box Store offers VHS to DVD transfer. Mr. Niemi said that since he will be doing it in house, he will be able to 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 is located at 11205 Lebanon Rd. next to Publix. They can be reached at (615) 758-4898, or you can go online at www.themailboxstore.org to learn about some of their services. Experience the Difference!

Your start to a healthy lifestyle at Corn Crib

With over 41 years of service to Wilson County and the surrounding areas, Corn Crib continues to grow products and knowledge as they serve the community.

Corn Crib Health Store recognizes the benefits and life-changing effects herbs, vitamins 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 and free take-home educational articles and magazines. The health industry is becoming more popular every day as people learn about the incredible benefits from making a few lifestyle changes. 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 they also hope to learn from you. Join them as they make those steps to regaining control of our lives!

Come see what Corn Crib Health Store has to offer at 1645 West Main Street, Suite 2, Lebanon, TN 37087, (615)444-1143.

Corn Crib Health Store recognizes the incredible benefits to the consumer. We feature an outstanding selection of health foods, natural and organic foods, and more. We do not stock products with artificial flavors, sweeteners or colors so that you can trust the products you get from us!

Vitamins | Minerals | Herbs | Health Foods

At Corn Crib Health Store you can get everything you need to live well and stay healthy. We feature an outstanding selection of natural and organic foods, high-quality nutritional supplements, natural body care & up-to-date information that you can view at our Resource Center in Lebanon, TN

615-444-1143 • 1645 W. MAIN ST., LEBANON, TN
MONDAY - FRIDAY: 9AM - 5PM • SATURDAY: 9AM - 3PM

Instagram: @corncribhealthstore | facebook: facebook.com/corncribhealthstore

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Dr. Mike Glasmeier is a dentist in Mt. Juliet bringing over 17 years of experience in general dentistry. His practice, known as Generations Dental Arts is located in Town Center behind Children’s Clinic East and next to the Chamber of Commerce. “Dr. G” as his patients know him, served as a dentist in the United States Air Force where he served in Ohio and Mississippi for active duty patients. In addition, he underwent additional and extensive residency training that focused on cosmetic and sedation dentistry along with various surgical procedures. He brings a wealth of knowledge and experience to the Mt. Juliet area serving patients of all ages.

Dr. G earned his BS in Biology at the University of Kentucky where he also attended dental school and earned his Doctorate of Dental Medicine (DMD). He 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. The majority of his staff is cross trained and come from different disciplines of dentistry, in order to provide the most comprehensive dental experience possible. Dr. G also has great relationships with his referring doctors to whom he utilizes for services outside his scope of practice. Dr. Glasmeier practices all aspects of general dentistry but primarily focuses on cosmetic and implant dentistry. He thoroughly enjoys “smile makeovers” and placing implants to replace missing teeth or a special procedure that’s called an “All on Four” where he can rebuild an entire arch with only 4-5 implants. Dr. G also has been using Botox in his practice for almost 9 years to treat TMJ and unesthetic wrinkles and will be training next year to incorporate the use of dermal fillers.

GDA is unique in that they have the most famous 4-legged creature in Mt. Juliet known as “Mack”. Mack is a celebrity in Mt. Juliet and the first dental facility dog. He provides support to our patients who have fear or anxiety. Mack was a former service dog with Retrieving Independence in Brentwood and was brought on by Dr. G’s wife Rebekah. Mack has had such a profound influence on the practice and in the community. Rebekah also helps the organization with training service dogs. It is not unusual to encounter other loving dogs learning to become a future Mack! Mack works full time roaming the hallways engaging with patients and showing off some of his special skill sets.

Dr. Glasmeier’s office offers a great deal of technology and cutting edge equipment to deliver precise, gentle and predictable dental care. His practice also uses special equipment to take “digital impressions” for those who struggle with impressions or have a gag reflex. This equipment has great accuracy and decreases treatment time for the patient while also allowing the patient to see what is being done. All x-rays are taken digitally to decrease radiation to the patient but also to better educate his patients. He utilizes a special x-ray unit called a “Cone Beam” that allows an analysis of the patient’s teeth and other oral structures to better diagnose and to do more precise surgery. Dr. G takes pride in offering metal free dentistry to keep patients safe and maximize their esthetics. He also brings 17 years of experience in sedation dentistry by offering oral, IV, and nitrous to patients who are anxious or have more complicated medical histories.

With over 700 reviews within three years of opening, GDA is one of the fastest growing and influential practices in the community. They take pride in their comprehensive take on dentistry as well as excell in outstanding customer service. They are currently accepting new patients to the practice and accept most dental insurances.

For more information, go to www.SmileMtJuliet.com or “Like” them on Facebook and Instagram. Their office is located at 2031 N. Mt. Juliet Rd. Ste 100, Mt Juliet, TN 37122.
JadyK business is booming

Just like many other individuals and businesses in Mt. Juliet and around the country, 2020 proved to be a roller coaster ride like no other for JadyK Beautique. Navigating everything from the fallout of a devastating tornado for their community, uncertainties of a global pandemic, and even a break-in and robbery of their store in the wee hours of a November morning, there were certainly more obstacles than normal to overcome in 2020.

But even in the face of adversity, JadyK Beautique showed no signs of slowing down in 2020. In fact, JadyK was able to grow their business to bigger than ever before, and even collected some awards along the way. JadyK Beautique won a “Best of the Best” award in Mt. Juliet, as well as getting the nod for “Boutique of the Year” in Tennessee. And in addition to the two awards for their local store, JadyK Wholesale, their brand which specializes in bralette designs they provide to local boutiques across the US and Canada, also was a national award finalist, coming in fourth in the contest which included over 6000 retailers and wholesalers nationwide.

In 2021 the rollercoaster ride hasn’t stopped for JadyK Beautique either, albeit for much more positive reasons than in 2020. In June, JadyK moved their location back to the heart of Mt. Juliet to be more accessible to their customer base as well as increase their total square footage for the wholesale side of the business. JadyK also increased the size of their team by adding 3 additional employees and has added several new brands and styles to their store. With these new changes in 2021, JadyK Beautique is hoping to position itself to be a staple in Mt. Juliet for many years to come.

You have a choice for physical therapy, better outcomes, choose BenchMark

We realize you have a choice when it comes to selecting a physical therapy provider, and we look forward to providing you with exceptional care and a remarkable experience – close to home! Our mission is to serve our patients, and we are committed to treating you promptly with integrity, honesty and compassion. Our reputation for best-in-class patient care and unparalleled customer service, combined with our local and regional density, makes us the provider of choice for patients and referral sources in the markets we serve. In addition to in-clinic treatment, we offer telehealth physical therapy services as an option should you choose to receive your care through video interaction/conferencing with a licensed therapist, all from the comfort of your home.

Our services include orthopedics, manual therapy, dry needling, vestibular rehab, concussion management, pre- and post-operative rehab, sports rehab/performance, and complimentary screens with a licensed physical therapist. We are taking measures to ensure the comfort and safety of our patients, associates, and their families while providing the hands-on care our communities need. Our highly trained staff has always practiced industry-exceeding techniques to ensure our facilities, lines, and equipment are disinfected and handled properly each and every day.

The Mt. Juliet clinic has been proudly serving the local community since August 2012 at 545 North Mount Juliet Road, Suite 1101. Appointments are available Monday – Thursday 7 a.m. to 6 p.m. and Friday 7 a.m. to 4 p.m. with extended hours available upon request. To find out more information or request an appointment, visit benchmarkpt.com or call 615-553-4645.

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.

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

“Shiloh Music is an incredibly important and influential place for fostering music in Mt. Juliet. It really is the best around. Everyone makes you feel at home and taken care of. We have been part of the music lessons program since 1990, and happy to say that the next generation is there with a “grand-student” status. Karen and George and their family feel like our family, too.” - Sherida Foster

“I’ve been taking piano lessons from Karen for over 13 years. Not only has she taught me to skillfully play the piano, she has nurtured my genuine love for music. I cannot imagine going anywhere other than Shiloh music.” - Samantha Zappala

“Shiloh Music Center has provided exceptional music education for our entire family for over 5 years. - The Jennings Family

When Shiloh Music opened in 1974, Mt. Juliet was a small, tight-knit community. The Hedges family (Fred, Harriette, George and Richard along with their friend Rusty Henson) opened the first location in Shiloh Plaza on April 1. 47 years later, Shiloh Music is in its third generation. George and his wife Karen run it now with their sons Paul and James. When you enter the doors, you are invited into their family as well.

Shiloh is not only the perfect place to get the guitar and strings you need, it’s also where you can reach your full potential playing. They have 17 teachers and over 500 students that come through each week for lessons. The instructors have accommodated the ebbs and flows of this pandemic by offering lessons online when they couldn’t meet in person. The Education Center is the heartbeat of Shiloh Music because it rings with the sounds of learning and inspiration coming from students of all ages and instruments.

Shiloh Music has 9 individual studios where it be guitar, piano, violin, fiddle, mandolin, banjo, ukulele, drums or horns. All lessons are taught by professional musicians. Some teachers are touring musicians who are on the road playing music, regular features on the Grand Ole Opry, or in the studio recording tracks.

“All of our teachers and their students are a part of our extended family,” said Karen Hedges. The Hedges and their incredible staff care about every customer who walks through the door. “We want to sell the customer what they actually need,” said Paul Hedges. They don’t talk you into items that are out of your budget or pedals you won’t use. Shiloh is a full line music store, carrying guitar lines like Martin, PRS, Breedlove, Blueridge and more. They also have lots of pedals, amps and gear. They carry Marshall, Supro, Strymon, Boss, and many more.

All new/used guitars and other string instruments come with a free set up so they can tailor the guitar to the player. James Hedges is a third-generation luthier, and in high demand in the Nashville area. He has toured with the likes of Little Big Town, Lady Antebellum, Paramore, Audio Adrenaline, Dashboard Confessional, Reliant K and Chris Stapleton as their guitar technician. Jay Miller has 30+ years as a luthier and does the amp repairs. He has been with Shiloh for 14 years. They offer instrument repairs such as restringing, fret jobs, amp repairs, hand made bridges, nuts, saddles, and full instrument setups. Service is important to Shiloh Music. It is a great place to go for technical advice and support for your musical instruments and sound systems. They also will give you a free sound system consultation and can repair or install it.

Their knowledgeable staff is ready to help you with all your musical needs. Shiloh Music is located at 4056 N. Mt. Juliet Road. They are open Monday through Friday, 10 a.m. to 8 p.m. and Saturday 10 a.m. to 6 p.m. You can reach them at (615) 758-9437, or check them out online at shilohmusiccenter.com and Facebook.
FORGET THE WORLD MASSAGE THERAPY

Forget the World Massage Therapy is a locally owned and operated business in Mt. Juliet. This private practice massage clinic was established in 2014 and has won the “Best of Mt. Juliet - Massage” for the last 6 years in a row (2016, 2017, 2018, 2019 & 2020).

Faehren White is the Owner / Therapist of the business and has been a Licensed Massage Therapist for 12 years. His focus is quality service at a fair price. He believes people do not have to live in pain in most situations. A lot of your daily aches and pains can be removed by regular massage. Most people do not realize how they “used to feel.” We get used to dealing with pains that are not necessarily permanent.

Forget the World offers Swedish, deep tissue, sports, hot stone, Thai stick reflexology, prenatal, etc. Most importantly White offers a knowledge and experience level that is hard to match in this industry. He provides a comfortable environment, professional service, genuine character, true knowledge, and ability.

Forget the World Massage Therapy is definitely one of Mt. Juliet’s hidden gems. It is in the Ashwood Station business center across from the post office. Call or text (615) 418-1588 to schedule as appointments are required.

Horizon Land Title, Inc.

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.

Another BIG asset for Horizon is Jodie Pelley who is always ready to assist you with all of your real estate closing needs.

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 businesses 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.
Southern Bank of Tennessee, leaders you can trust

Southern Bank of Tennessee has the unique distinction of being the only Bank headquartered in Mt. Juliet, Tennessee. Their headquarters is located in the heart of the city at 675 N. Mt. Juliet Road with additional offices in Lebanon, Smyrna, and Clinton. When the bank opened over 9 years ago, they built themselves on the backbone of local decision-making, an accessible management team, and a passion to serve the financial needs of the community.

The bank has grown to more than $370 million in assets and has been consistently rated one of the safest banks in the state in terms of asset quality and capital levels. Additionally, Southern Bank of Tennessee is a previous Business of the Year award recipient as chosen by the Mt. Juliet Chamber of Commerce.

Recently, former CEO David Major and former President Sam Short have passed the day-to-day torch to two lieutenants who have been at their side for the better part of a decade. Samuel Short is now CEO of Southern Bank, and joining him in leadership is Justin Cary, who has been named President. Both had previously been senior vice presidents and charter employees since the bank began. Major and Short have been named Chairman and Vice Chairman, respectively, and continue to help guide the strategic vision for the bank.

Southern Bank of Tennessee specializes in commercial business, consumer banking, and having a dedicated, award-winning mortgage team. Their commercial business loan products can be tailored for your specific needs, and personal loans such as Home Equity Lines of Credit give you the ability to access your home equity quickly at a low cost. Their mortgage team can help you get pre-approved for a purchase or talk you through a refinance that helps you capitalize on the current rate environment. The bank also offers checking accounts that allow you to truly bank from anywhere, including free mobile deposit and foreign ATM fee reimbursement.
Effective and reliable care at Smith Chiropractic

Smith Chiropractic is a patient-centered chiropractic clinic in the heart of Mt. Juliet. Smith Chiropractic is best known for providing patients with effective and reliable methods of treating musculoskeletal conditions in a comfortable and welcoming environment.

Dr. Smith is a Mt. Juliet native who enjoys helping the people of his hometown achieve their health and wellness goals. Having been treated by a chiropractor as a teenager due to a sports injury, Dr. Smith was inspired to provide the highest level of care to those in pain without the use of medications or surgery. After high school, Dr. Smith attended Tennessee Tech and went on to graduate from Palmer College of Chiropractic, then began practicing in 2014.

Smith Chiropractic offers a variety of services, including manual adjustments, mechanical spinal traction, electric muscle stimulation, spinal decompression, kinesio taping, and more. Dr. Smith also specializes in dry needling, a popular technique that relieves muscle pain using acupuncture needles. “My goal is to provide patients with natural treatments that don’t mask pain, but instead treat the cause of it. I enjoy working with patients one-on-one, listening to their health goals and helping them achieve them over time,” Dr. Smith said.

Dr. Smith has a history of standing out from the crowd and his work speaks for itself with multiple nominations over the last five years for the Best of Mt. Juliet Best Chiropractor award. From a Google review, one of Smith’s patients wrote: “I cannot say enough about Dr. Smith and the staff at Smith Chiropractic. From the moment you walk in until you leave, you are met with smiling faces and service that really cares.”

Smith Chiropractic is located at 730 North Mt. Juliet Road, adjacent to Mt. Juliet Christian Academy. Their beautiful facility features an in-house x-ray suite, premium chiropractic adjusting tables, and a tranquil therapy room for patients to enjoy. If you’re searching for a place to purchase all-natural supplements, they’ve got that covered too. “We’re incredibly proud to be a part of the Mt. Juliet community. We look forward to many more years of helping patients feel their best,” said Smith.

You can learn more about Dr. Smith and the clinic at SmithChiropracticTN.com. To schedule your free consultation with Dr. Smith, call 615-758-8560 to set up your appointment.

Nearly 70 years of Moss’

2021 has been another busy year for Moss’ Flower Shop, Mt. Juliet’s local hometown florist & gift shop. Voted Best Florist year after year, Moss’ provides superior customer service and master designed floral arrangements. This fourth-generation business is family-owned and operated for over 69 years.

In the words of Hale Moss, “Never underestimate the POWER of a FLOWER”. Flowers play an important role in all of our lives, bringing comfort and joy. They send a universal message of love, comfort and support. Moss’ understands this important role and the sentiment behind sending flowers. As a full-service florist and gift shop, Moss’ Flower Shop offers a variety of ways to express your personal message to those important in your life. In these unique times, many of us search for a way to express just how much we value and appreciate others. What better way to express ourselves than through a flower delivery? Moss’ offers same day delivery services. Shop online 24-7 at www.MossFlowerShop.com.

Do you have an upcoming wedding or event? Let their award-winning master designers assist with your special event. Moss’ designers meet one-on-one with their clients to create their individual vision. Their team of experts bring your floral vision to life. Give them a call at (615)758-5972 to schedule a personal consultation. Whether you need one bouquet or many, Moss’ can help. Their team can even setup your event space with selected floral arrangements. Let their staff take the pressure off your big day.

The team at Moss’ Flower Shop is busy planning for the upcoming holiday season. From beautiful fresh flower designs, unique holiday ornaments and décor to handmade jewelry and gift items Moss’ has it all. Not sure what look you want? Every year, Moss’ selects a few holiday themes to celebrate the season. Each theme offers complete design looks that offer both inspiration and admiration. Shop their selection of seasonal designs to bring your space to life. Be sure to follow Moss’ on Facebook & Instagram to be one of the first to see this year’s themes.

Moss’ gift shop’s unique home and seasonal décor items offer a variety of options to fit any budget. They carry luxury home products including Trapp Fragrances and Lifetime Oil Candles alongside Ambre Blends essence oils and skin care products. Plus, don’t forget their exclusive line of locally made, hand-crafted jewelry by Blue Heron Studio. Visit their showroom at 3690 N. Mt. Juliet Rd. Ste. 400 Mt. Juliet.

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The leadership team at Volunteer State Bank

Jessica Rogers is a Gallatin native, and has lived and worked in the Wilson County community for the last 15 years. She is a graduate of Gallatin High School and graduated with honors with a Bachelor’s degree in 2009 from Cumberland University in Lebanon. Jessica is a 2013 graduate of The Southeastern School of Commercial Lending. Jessica comes to Volunteer State Bank with 15 years of banking experience serving in various roles in the banking industry throughout that time frame. Jessica and her husband, Eric, and two children, Wyatt and Adelyn reside in Mt. Juliet. Jessica believes strongly in serving her community and has served as a board member for The United Way of Wilson County, Cumberland Alumni Association, and as a board member for Tennessee Breast Cancer Coalition and Wilson County Fellowship of Christian Athletes among others.

Tony Gregory is a veteran in the banking industry with over three decades of banking experience in various roles. He was chosen by Volunteer State Bank for his great wealth of experience, his relationship philosophy, and his proven track record of banking excellence. He was formerly the Tennessee Division President of Simmons Bank, a role he served in since 2015 leading more than 35 offices across Tennessee. Gregory is a 1981 graduate of Gallatin High School and a 1985 graduate of the University of Tennessee. He later graduated from the Tennessee’s Bankers Association’s Commercial Lending School and Louisiana State University’s Graduate School of Banking of the South. Tony began his banking career in 1985 as one of three students selected to participate in the very first intern program at Valley Fidelity Bank and Trust Company while in school in Knoxville. Following graduation, Gregory went on to many jobs in the banking industry and now Volunteer State Bank President and CEO. Gregory has long been active in community affairs. He is a past member of both the Goodlettsville and the Obion County Chambers of Commerce, and Chairman of the Board of Directors to the West Tennessee Fellowship of Christian Athletes (FCA). He currently serves as a Director on the Tennessee FCA Board of Directors.
Get that year round tan at South Beach Tanning Company

Those who live in the Bahamas, the Caribbean, or even Florida, have the opportunity to keep the sun-kissed glow of a summer tan year round. But here in Tennessee, we only have four months each year, at the most, of bathing suit weather. Since most of us work indoors, that doesn’t leave a lot of time to work on or keep our tans. South Beach Tanning Company is Mt. Juliet's alter-native to claiming those other eight months back.

In 2006, Alex and Michele Friedrichsen first opened as TropiTA-Na Tanning, then joined the South Beach Tanning Company family in January 2015. They are proud to be Mt. Juliet's ONLY locally-owned and operated tanning salon. As technology advanced South Beach Tanning Company has added numerous new pieces of tanning, sunless tanning and beauty equipment since 2006... always the first in Mt Juliet to give you the newest innovations in equip-ment.

Alex and Michele are both tanning specialists, Alex being Smart-Tan Master certified, while Michele also holds the title of Master Certi-fied Airbrush Artist. They, as well as their SmartTan-certified staff, are always on hand to share their expe-rience with their customers. It is im-por-tant to them that everyone who walks through their door is assisted with meeting their custom goals and is achieving exceptional results.

South Beach Tanning Compa-ny offers the finest, state of the art equipment. They have four levels of tanning, Norvell Auto-Revolution Sunless Spray Booths which are UV-Free, and a KBL Pure Beauty and Poly Pro Red Light Anti-Aging units. Their high end sunbeds have built-in surround sound systems, air conditioning, misting, voice com-mands, aromatherapy and the larg-est tanning surfaces in their class.

Giving back to the community is very important to the Friedrich-sens. They support the Tennessee School for the Blind, Mt Juliet Ani-mal Shelter, Wilson County schools and sports teams, and Michele is an Ambassador for the Tennessee Make a Wish Foundation. They are also proud members of the Mt. Ju-liet Chamber of Commerce.

Conveniently located on Adams Lane, behind Cracker Barrel, they offer memberships as low as $18.68 monthly and special offers for new clients on their website at south-beachtanningcompany.com.

At South Beach Tanning Com-pany, you will always feel welcomed and will leave feeling refreshed, energized, and one step closer to hav-ing that fresh off the beach color.

All your beauty needs at Salon Galleria

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 lo-cated at 2768 N. Mt. Juliet Rd. and Salon G2 is located at 12020 Suite F on Lebanon Road.

Salon Galleria has been the win-ner of the Best of Mt. Juliet five years out of the eight years it has been in existence. They were the winner in 2015, 2017, 2018, 2019, and 2020 and finalist in 2014 and 2016.

Both salons offer many options from their beauty professionals. Private, spacious luxury suites give clients a one-on-one beauty experi-ence. 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 expe-rience 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 truly knowledgeable and enthu-siastic about building their clien-tele.

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 the latest fash-ion trends. This includes balayage, multiple toned or monochromatic coloring, body waves, straighteners, deep conditioning treatments, for-mal styling or blowouts, braids, eye-lash tinting, hair halos, extensions, makeup and much more.

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

Salon Galleria is now offering aesthetics by Michelle Leon. Call (615)669-2143 for an appointment or book on line 24/7 at aesthet-ics-by-Michelle.square.site.

Glo Body by Shanna offers high end air brush spray tanning at the Salon Galleria location. Please call (615)732-9336 for an appointment or visit spraytansbyshanna.com.

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 ad- vance for all their services, although walk-ins are certainly welcome.
A vision with a new name - Farm Bureau Exposition Center

The road to any great accomplishment is long and embraces a journey of challenges fueled with persistency to realize the vision. The legacy of the Wilson County Exposition Center, now known as the Farm Bureau Exposition Center, is a tale of extraordinary vision, dedication, and hard work to bring to life the facility that serves as a cornerstone for the James E. Ward Agricultural grounds. The agricultural grounds legacy also includes the history of being home to the Wilson County Fair since 1979. The Expo Center opened its doors in November 2016 and has been the backdrop of countless events for agricultural, entertainment, festivals, meetings, sports, weddings, and more.

In August 2020, Tennessee Farm Bureau Federation and Wilson County agreed upon a $225,000 naming rights sponsorship of the Exposition Center. The municipally owned facility was renamed Farm Bureau Exposition Center after a nearly five-year search for sponsorship. The focus of the Tennessee Farm Bureau Federation, “Working together to build strong agricultural communities,” is infused in the Exposition Center’s message and resonates with the values rooted in the community. The Farm Bureau Exposition Center is a public resource and economic player strongly rooted in Tennessee’s agriculture, education, and community involvement.

Situated in the heart of Wilson County, the Farm Bureau Exposition Center extends the invitation to meeting planners to “meet in the middle” and discover the hidden gem just outside of Nashville, TN. This landmark facility offers over 79,000 sq ft of versatile meeting space, state-of-the-art technology and convenient amenities to complement the Agricultural meeting resources by working together to meet event planners needs. The Main Exhibit Hall (MEH) is a 45,000 sq ft mixed use hall for both medium and larger events. South Hall (SH) is a carpeted conference area providing over 7,000 sq ft of room that can be used as one large space or subdivided into smaller areas. The concourse adds an additional 7,000 sq ft of exquisite painted cement floors, earthy tone charm and a natural extension to both the MEH and SH spaces for events.

We look forward to welcoming our event planners and their guests into our beautiful space at the Farm Bureau Exposition Center where meeting in the middle offers an incredible resource for your event. One of the many advantages of the space is the fact it is a blank canvas to not only make your event unique but also an experience to be remembered. The Expo is proud to serve Wilson County, as well as the multitude of event planners that bring a vast variety of events and their guests for the enjoyment of all.

Check out our events on Facebook @farmbureauexpo or on our website at www.farmbureauexpo.com. If you are looking to host an event: meetings, trainings, receptions, weddings, dinners, fundraisers, trade shows or special themed events, we have space for you! Call today to check available dates and additional details, (615)450-3049.

MEET in the MIDDLE
All roads lead to Wilson County.

Book Your Event HERE!

Farm Bureau Exposition Center

The Voice of Agriculture

farmbureauexpo.com • (615) 450-3049
945 East Baddour Pkwy., Lebanon, TN
The UPS Store thanks you

Reflecting over the past year, it’s really humbling to witness the tremendous support received from our customers, city leaders and the Chamber of Commerce during times of such instability. Our small business continues to evolve to support the needs of our city and our staff’s resilience to adapt is the engine that keeps things dependable. There’s absolutely no way any of this could be possible without the hard work of our staff and I am ever so thankful to them.

As we plan ahead and prepare to help even more customers in the days to come, I personally wanted to encourage everyone in the community to do their part in being ready when it’s your turn at checkout. Many of you have witnessed the “red light syndrome”, as I call it, when you get stuck at the intersection leading into Providence and a calm, quiet experience turns into a busy rush. Several others have had trouble with your phone carrier’s reception in the store to load meaningful information. Please be considerate to others and be prepared. If you’ve had trouble with your phone in the past, take a screenshot (picture) of the information you may need so you can simply recall it as needed. Also, as convenient as it is to have our staff tape and seal each of your packages it’s very time consuming and a burden on our limited staff. Your participation in being prepared will only help us all have a more enjoyable experience.

To those that have asked us to print a simple document or a shipping label and contributed a dime to cover the cost of the service, THANK YOU. The small charge we collect is always donated to Wilson County Books From Birth (Dolly Parton’s Imagination Library), one hundred percent of the money stays in our community and we are on pace to donate nearly $1,200 this year alone.

Thank you for your support of our locally owned and operated small business. We are conveniently located three doors down from Crumble Cookie, just around the corner from Kroger.

Sincerely,

Myro Kuzmyn
Owner – Veteran of US Army National Guard

Your trusted HVAC choice

Premo Air is not your typical HVAC business and their goal is to be your local, trusted HVAC choice while providing excellent service you can count on.

Premo Air is locally owned by Dino and Jennifer Premo.

Premo Air takes pride in the quality of their work and treatment of customers, and that has led them to be voted the Best Heating and Air Company two years in a row.

Their company is here to help you with your residential or commercial HVAC needs.

Trane equipment is used, which is one of the top recognized brands in the HVAC industry.

Qualified professionals are waiting to help you with your preventative maintenance, service, repair or replacement issues.

Premo Air is a licensed, bonded and insured company.

Their Air Conditioning Repair and Furnace Repair Experts have the training and experience necessary to handle all sorts of heating and air conditioning issues for all brands of heating and air equipment.

They can help make your home more energy efficient with programmable thermostats and service.

Efficient repair and service can make your home more comfortable and your indoor air cleaner reduces allergies and asthma symptoms.

Premo Air loves to give back to the community. They do tons of giveaways and sponsor local schools and sports teams. If you have an opportunity, please reach out to them.

Premo Air is located in Mt. Juliet and you can reach Dino anytime at (615) 708-2711, find them on Facebook or at www.premoairinc.com.

Contact them today and see how you can upgrade or replace your unit with 0 percent financing for up to 60 months.
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 Insurance for the third year.

The staff consists of Carolyn Christoffersen, Attorney; Jackie Heatherly, Executive Director; Tammy Sexton, Senior Escrow Officer; Rhonda Paul, Executive Assistant; Sandy Mitsos, Escrow Officer; Cathey Wright, Escrow Officer; Jennifer Jones, Escrow Officer; and Tonya Bohannan. Tonya issues the owners and lenders title policies and assists Carolyn Christoffersen’s office.

The staff brings experience from Mississippi, Kentucky, Georgia, Florida and Tennessee. While they may have some demographic differences, they are all very much alike with their professional knowledge and integrity. With more than 100 years of combined experience in the title industry, the staff gives their clients confidence in their abilities to provide the best possible service in real estate closings.

Carolyn Christoffersen joined the team as legal counsel in 2012. Christoffersen graduated from The University of Mississippi School of Law in 2005 and has been in practice for 13 years. Christoffersen is involved in various organizations in the community and serves as the Mt. Juliet City Judge.

In 2012, Legends Title moved its office location from Lebanon to the heart of Mt. Juliet. “It just seemed to be a natural progression with all the growth Mt. Juliet and Wilson County in general has seen,” said Christoffersen. “It is very important to have in-house legal counsel. We are more than a title company. We are affiliated with a law practice that conducts real estate transactions. There is a definite difference in a ‘title company’ and Legends Title Services. Legends Title is very honored to be able to assist our clients with an in-house attorney.”

Tammy Sexton has been a charter employee of Legends Title since its beginning in 2008. She comes from a financial background and has 15+ years in the title industry. She does an outstanding job and is senior processor and assistant manager of Legends Title.

Rhonda Paul joined Legends Title as an Executive Assistant. Rhonda has a legal background in real estate working for one of the top real estate law firms in Georgia and has many years in the industry.

Jackie Heatherly joined the Legends Title team in June 2015 when she merged her title company with Legends Title. Heatherly has 28 years of experience in the title industry. “I am very honored to be working with the great staff at Legends Title. They are very experienced and a very strong office that I am proud to be part of.” Heatherly has served the Mt. Juliet community in various leadership roles with the Mt. Juliet Chamber of Commerce, Mt. Juliet Noon Rotary Club, several community and city boards, and is a 2009 graduate of Leadership Wilson.

Sandy Mitsos joined the team in July 2018. She is a Florida native with many years of experience in the industry. Sandy does a great job of post-closing and handling follow-up after the closing. She has a great sense of humor and adds lots of laughter and fun to the office.

Cathey Wright joined the Legends Title team in November 2020. Cathey is a Lebanon native and we are very honored to have her on staff. Cathey came with several years of experience in the title industry and is a very detail-oriented processor with excellent communication skills.

Jennifer Jones joined Legends Title in February 2021. She had been in the hospitality industry for many years and has transitioned beautifully into the title industry. She has become an awesome utility player and knocks it out of the park. Jennifer has also served as a Mt. Juliet Chamber of Commerce ambassador for many years.

Tonya Bohannan is a TN native and has been on board with Legends Title since 2015. Tonya issues title policies for Legends and assists Carolyn Christoffersen’s office. She does an amazing job.

Clients with complicated real estate problems created by probate or divorce also turn to Legends Title Services for solutions. They also offer classes to new agents and loan officers as this is not a textbook industry and their years of experience offer a lot of knowledge to be shared.

Legends Title Services is honored to serve Mt. Juliet and the surrounding Middle Tennessee area. Their office is located at 2492 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 their clients with quality, dependable and professional service. The firm offers guidance and expertise in all phases of real estate transactions. We pride ourselves on the personal communication we have with our clients.
Building relationships, connecting people to Jesus at Victory Baptist

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. They are a gospel-centered church with a desire to share God’s Word with the community and around the world. 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 a.m. and a contemporary service at 11 a.m. Sunday School Bible study groups meet at 9:45 a.m. Morning services are livestreamed on their website and Facebook Live. Services are also available on the Victory Roku channel and WHTN Channel 39. Sunday nights they have Connect Bible study groups that begin at 5 p.m. for all ages.

Victory is family-oriented and focuses on impacting every generation. Victory encourages families to worship together and children and students are welcome in every service. Children through first grade can attend the worship service or children’s worship.

Victory features Bible-centered ministries for all ages. These ministries provide activities on Sunday mornings and evenings, Wednesday evenings and for special events.

Wednesday ministries at Victory begin at 6 p.m. for a prayer service, adult choir rehearsal, children and student ministries, and adult discipleship opportunities.

Mother’s Day Out, offered on Tuesday-Friday, provides a safe, nurturing, and stimulating environment where children grow spiritually, physically, mentally, emotionally, and socially.

Victory Baptist invites everyone to join them in their mission to connect all people to Jesus.

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 us at (615) 773-5200.

T.J. Courtney’s Restaurant and Catering

T.J. Courtney’s Restaurant and Catering has been a mainstay in Mt. Juliet dining since it opened in 2009. For 13 years this meat-and-three restaurant has been offering Southern fare from family recipes at fair prices. Today you can have the safe convenience of delivery or pick-up.

T.J. Courtney’s offers a senior special every weekday from 2-5 p.m. With the purchase of any meat and two sides, the second meal of equal or lesser value is free. A breakfast buffet is available everyday, all day long.

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

T.J. Courtney’s caters many different events in our area. From TV shows to office gatherings to school award ceremonies, the staff is ready 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 like receptions, rehearsals, and more.

Tom is grateful for the community and surrounding businesses that rally around the restaurant. He could not find a better community in which to live and work. Along with supporting fundraisers for local schools and organizations, nine Bible studies are held at the restaurant, led by Bill Wolfenbarger and Police Chief James Hambrick, among others.

Tom said the entire community has been supportive of the family restaurant, and he is thankful to every single person who has helped T.J. Courtney’s become what it is today. The list of supporters could be never-ending, but Tom especially wanted to thank Lisa and her parents, his children, Walter and Sally Syes, Jamie and Glen Hanks, Jim Hunter, Bart Scott, Chuck Groover, the Lineberrys, Britt Linville, 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 mean the world to Tom. He is grateful for them choosing T.J. Courtney’s.

With T.J. Courtneys’ in place as the new corporation, Tom is very proud to be working with family and to oversee the day-to-day operations of the restaurant.

T.J. Courtney’s Restaurant is located at 4066 N. Mt. Juliet Road. Visit their website at www.tjcourtneysmtjuliet.com to see the daily menus or learn more about their specials.

Let our family at T.J. Courtney’s Restaurant and Catering take care of your next event. All meals available for pickup, delivery or reserve our banquet hall.

Call us today at (615) 754-7548 to book your catering and leave the cooking to us!
The doctors of Zoo Crew Pediatric Dentistry

DR. AKBARI

Dr. Akbari graduated from Middle Tennessee State University in 2011 after spending 13 months in his sophomore year at Stanford University as a domestic exchange scholar. He graduated from the Meharry School of Dentistry in 2016 as a twice-elected Vice President of his class. As a New York University pediatric dental resident, Dr. Alex is a Titans, Predators, Lakers, and Grizzlies fan. He enjoys chess, fantasy football, and traveling when he's not picking up a new book or exercising.

DR. CASTILLO

Dr. Castillo was raised in Nashville, and earned his Bachelor of Arts in Dental Hygiene from Tennessee State University. He continued his passion for dentistry at Meharry Medical College, where he received his Doctor of Dental Medicine. He then headed to Boston to continue his training and enhance his job experience. Soon thereafter, he decided to return to his southern roots was in order; he received his Doctor of Medicine and completed his surgical residency in oral and maxillofacial surgery at the University of Alabama at Birmingham. During his free time, you’ll find Dr. McKenzie exploring Nashville with his wife Caroline and their four young children Mac, Tripp, and Bo.

DR. ESTHER

Dr Esther first fell in love with dentistry while in high school and had the opportunity to accompany a group of dentists to Guatemala for a humanitarian trip. She grew up in Washington State, completed her undergraduate degree at Lipscomb University, then moved to sunny Los Angeles to attend dental school at USC. While there she realized her passion for pediatrics and went back to the Pacific Northwest to complete her pediatric residency at the Oregon Health Science University. She worked for a few years in the Portland, Ore. area until she met her husband and moved back to Nashville. Dr. Esther now has a daughter and son, and when she’s not improving smiles she enjoys family time spent hiking, kayaking, camping, biking, and basically anything else outside.

DR. LARSON

Dr. Larson completed his dental training in southern California, moved east, spending a few years practicing dentistry on kids and adults. Soon thereafter, he decided to continue his training and enhance his knowledge of pediatric dentistry. Dr. Larson completed a two-year pediatric dental residency specializing in the care of children and those with special needs. During his senior year, he served as chief dental resident at the University of Louisville and Kosair Children’s Hospital. When Dr. Larson is not working, he enjoys spending time with his wife and four children. The Larsons enjoy playing sports and other family activities, both social and church-related.

DR. MCKENZIE

Dr. McKenzie was born and raised in Chattanooga. He holds a bachelor’s degree in music from Belmont University in Nashville where he studied percussion and music technology. He then headed to Boston to earn his Doctor of Dental Medicine from Tufts University. After four years of New England weather, a return to his southern roots was in order; he received his Doctor of Medicine and completed his surgical residency in oral and maxillofacial surgery at The University of Alabama at Birmingham. During his free time, you’ll find Dr. McKenzie exploring Nashville with his wife Caroline and their four young children Mac, Virginia, Tripp, and Bo.

DR. TUZZIO

Dr. Tuzzio was raised in Canton, Ohio. He received a Bachelor of Arts degree in psychology and his Doctor of Dental Surgery degree from The Ohio State University. Following graduation from dental school, Dr. Tuzzio completed a one year general practice residency and a two year pediatric dental residency at The University of Toledo Medical Center. During his training in pediatrics, Dr. Tuzzio earned a Master of Science degree in Biomedical Sciences. In his free time, Dr. Tuzzio enjoys spending time with his family and friends and cheering on his Ohio State Buckeyes. Dr. Tuzzio has four young children.

DR. WALKER

Dr. Walker earned her Bachelor of Science from the University of Tennessee, Knoxville, where she majored in Biological Sciences with a concentration in Microbiology. Dr. Walker received her Doctor of Dental Surgery degree from Meharry Medical College School of Dentistry. Her passion and dedication to helping children led her to specialize in pediatric dentistry at Boston University’s Goldman School of Dental Medicine. While not in the office, Dr. Walker enjoys traveling, practicing yoga, volunteering in her community, and spending time with her family and friends.
Twin Lakes Dental Care continues to grow

There is no secret to why Twin Lakes Dental Care has seen outstanding growth since 2019. They strive to create a warm and friendly environment, build relationships with their patients, provide outstanding customer service, the highest standard of care with integrity, honesty and good communication.

Twin Lakes Dental Care has great amenities for their patients – a beautiful and inviting waiting room with a fireplace, bottled water, hot beverages, and comfortable chairs. During treatment, they offer blankets, pillows, and there is a TV on the ceiling to watch your favorite shows on HGTV or the Food Network. There are even cartoons for the kids!
They accept most major insurances, and offer a Membership Savings Plan for those who don’t have existing coverage.

Twin Lakes Dental Care offers general dentistry services such as checkups, cleanings, fillings, crowns, root canals, extractions, dentures, dental implants, periodontal gum therapy, as well as cosmetic dental care like whitening. Invisalign teeth straightening, and veneers. They also work closely with specialists in the

Elite meets all your hearing needs

Since 2011 Elite Audiology has been serving the hearing needs of the Mt. Juliet community.

Dr. Jennifer McGlothlin was inspired to start her own practice so she could better serve her patients by providing highly personalized hearing healthcare.

“Improving the lives of our patients through better hearing is our mission,” said Dr. McGlothlin.
The hearing experts at Elite Audiology & Hearing Care, PLLC take the time to evaluate your hearing, explain the results, answer all your questions and find a hearing solution that fits your hearing needs, lifestyle and budget.

In addition to treating her patients’ hearing needs, she strives to educate people on what to look for when having hearing problems. Dr. McGlothlin states, “There are signs that tend to go unnoticed that can be detrimental to our patients’ health. Studies have indicated that people with hearing loss often isolate themselves and then a part of the brain is not stimulated. Adults with an untreated, mild hearing loss are three to five times more prone to Alzheimer’s and Dementia and they also have a higher frequency of falling.”

Dr. McGlothlin says there are five common warning signs of hearing loss: 1) bumping up the volume on the television or radio; 2) family or friends having to repeat themselves; 3) background noise interfering with conversation; 4) trouble understanding people if you cannot see their face; and 5) music not sounding the same as you remember it. She reminds us to always listen to our loved ones.

Dr. McGlothlin, a Nashville native, earned her Bachelor of Arts in Communication Disorders from Harding University in 2001 and her Doctorate of Audiology from the University of Tennessee in 2005. She is a Fellow of the American Academy of Audiology and a Member of the American Speech-Language Hearing Association. She is also a Member of the Mt. Juliet Chamber of Commerce and the Donelson-Hermitage Chamber of Commerce. She has gone through Leadership Wilson (class of 2013) and Leadership Donelson-Hermitage (class of 2017).

Outside of the office, Dr. McGlothlin enjoys spending time with her husband, Neil, and their three children. She is active in her church and loves reading, exercise (including kickboxing and hiking), and watching UT football games.

Call (615)758-7118 to schedule your baseline or annual hearing test today (at no charge through October 2023) when you mention this article. Or take a free online screening and check out our reviews at www.EliteAud.com.
Calabria is back and better than ever

It has been a tough few years for Calabria Brick Oven Pizzeria, but they have overcome every challenge that has come their way. First is their location. Many businesses have come and gone from that spot, but Calabria has now made it five years, a milestone that Owner Valon Arifi is thrilled about.

“It’s great we can have the attention of the city even though we have had our struggles,” said Arifi. 2020 and 2021 were rough years for Calabria. In addition to the pandemic, which every other business was dealing with, they had a tornado come very close to the building, as well as a flood that kept them out of business for three months.

“We are glad to be back,” said Arifi. “To be welcomed and wanted by the community means so much.”

Arifi said those three months were hard for multiple reasons. His staff had to do what they had to do to feed their families, so many had to move on to other jobs. When it was time to come back, it was like going back to the beginning.

“It was like starting a new restaurant again,” said Arifi.

However, when they came back, the community did too. Arifi said they had an overwhelming response, and they were having 30-45 minute wait times for the first week or so. He said they now have a full staff and are back in the swing of things.

Pizzas at Calabria are 100 percent handmade to order and baked in their brick wood fire oven at a temperature of 750°F to 850°F degrees. This intense blast of heat locks in all the natural flavors, creating a soft and chewy middle with a charred crust on the outside.

Calabria Brick-Oven Pizzeria is the perfect atmosphere – whether it is a business lunch, date night, a large family celebration, or corporate event. No matter the occasion, they have the perfect space for you. Their full bar provides a vibrant venue for an evening out with friends.

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.
Hello all and welcome to Mt. Juliet, my name is Mike Foust and I am a Master Barber/Owner of NEXT quality haircuts. Not only do I want to thank our long time clientele, but as a lifelong resident of Mt. Juliet, I welcome and invite new friends as well. We are an old fashioned type barbershop with over 97 years of experience (myself, Eddie Beene, Derrel Jordan). We specialize in professional men’s cuts, fades and shaves….. And yes we have a flat top specialist in Eddie Beene. We are open Monday-Friday with various hours which include later evenings. We encourage you to visit our website at nextqualityhaircuts.com for additional information and take advantage of our appointment option….. or just come on in. We promise a well blended haircut in a timely fashion at a fair price with a smile and a laugh…. kinda like the country club of barbershops. See you soon and thank you in advance for the opportunity to earn your business.

~ Mike

P.S.: We’re all vaccinated!
At Mt. Juliet Family and Cosmetic Dentistry, we value our patient relationships, making it our priority to deliver gentle compassionate care that you deserve from a dentist in Mt. Juliet. We work hard to make you feel at ease by providing exceptional patient care in a relaxed, convenient atmosphere. We strive to develop lifelong relationships with our patients by combining the latest dental technology with a professional compassionate staff. The result is a beautiful, healthy smile that lasts a lifetime.

We also believe that patients should have sufficient information to make educated decisions about their oral health, treatment options and choice of dentist in Mt. Juliet. You’ll find all of this important information on our website, including directions to our Mt. Juliet office, service descriptions, patient forms, patient education resources and more.

We are especially interested in making all our patients feel right at home! We put your needs first to achieve efficient and comprehensive treatment. Our staff is trained and skilled, and we strive to provide energetic and fun-loving service to each patient. Our office staff has years of experience in treating patients with the highest level of care. We strive to stay abreast of the very latest technology and advances by regularly attending continuing education courses and seminars. Not only are we a leading dentist in Mt. Juliet, we are a full-service practice providing for all of your dental needs.

Mt. Juliet Family and Cosmetic Dentistry’s mission as individual dental professionals is to make a difference in a patient’s life. We care deeply about our patients and what we do to help them maintain dental health for a lifetime. We will continue to grow in our professional skills through continuing education and dedication to be the best.

DR. COREY JACKSON

Dr. Corey Jackson has considered Mt. Juliet home since 2005. Dr. Jackson has owned Mt. Juliet Family and Cosmetic Dentistry since 2006. He has been fortunate enough to help many patients in our community restore their smile and quality of life. During his down time he enjoys hunting, working out and quality time with his family. Dr. Jackson states I feel blessed to be a part of such a close knit community where we all come together in times of need.

DR. DAVID LONG

Dr. David Long is from the Washington D.C. area and is enjoying his time in Tennessee. Dr. Long practiced at UAB in Birmingham. He comes from a large family in the D.C. area as he is a twin and 1 of 6 children. He enjoys all outdoor sports as he played basketball during college.

DR. RODNEY GEAN

Dr. Gean has been practicing dentistry since 1999 and brings a lot of experience to our growing practice. Dr. Gean was born and raised in Tennessee and currently resides in Hendersonville. He enjoys traveling, reading, working out and spending time with his dogs.

Mt. Juliet Family and Cosmetic Dentistry

Beautiful Smiles with a Personal Touch That Last a Lifetime!
"OK, I have been writing these articles for years. This year I am more passionate about it than ever. Over the last couple of years we have heard about is the commercials with Joe Namath in them or now, JJ Walker. Listen, these commercials are nothing but insurance agencies that own a call center and they JUST WANT YOU TO CALL IN! So, they hire actors that you identify with on some level to tell you to call! Most of the time they are talking about benefits that are only available to Medicare beneficiaries who also qualify for the Medicare Savings Program/QMB/Medicaid which is based on income. Sometimes they are referring to a product that isn’t available in your area but is in another state somewhere and if they mention that plan’s benefits without telling you where that plan is available or what the qualifications are to enroll into that plan. Please, do not call those numbers. Even for a “special offer” like a pen set or a t-shirt. Don’t let an agent on the phone use scare tactics to get you to enroll. Will that agent be there when that plan is no longer the best one on the market for you? Especially if they only work for one company, such as a commercial that’s company specific. Those commercials won’t have Joe or JJ but will have a major insurance company name that gives a general idea of their benefits. For example, if you call Geico for your auto insurance, do you think Geico is going to call you back next year if they are no longer the best option for your auto insurance? No. That is why keeping things local with an agent that can show you all options and costs is always in your best benefit when deciding on your Medicare options. From year to year the plans may change and if your current plan is not going to be the best fit for you, it is our job to let you know and meet with you again to look at all the other options! I suppose the reason I am more passionate this year than before is with all the madness over the last couple of years with Covid and the election and other things going on in our world, it seems that the code of ethics that we are to abide by pertaining to Medicare plans has gone out the window for some companies. We have had multiple people who received a phone call from who they thought was Medicare when it was really some insurance agency using twisty verbiage to make you think they are “official” when they aren’t. All they need is bait to get you to call, which is where Joe Namath or JJ Walker come into play. If they can get you on the phone and get your demographic information including your Medicare # or social security number, they can change your plan! This is wrong! Do not fall for it! Medicare does not call you! These few people that fell for it this year were so upset when they learned their insurance had been changed to a company that they did NOT intend to enroll in. I even know that those phone calls are recorded and asked my broker representative to pull that call and listen to it and it was made CLEAR on the phone call that this lady did NOT want to change her plan. That call center agent did not care about this lady, he cared about getting paid. That is an example of FRAUD, ladies and gentlemen. Anyone in our industry who wants more for themselves than they do for you should NOT be in this business. Keep in mind that you must GIVE PERMISSION to be called! This can be in the form of filling out a little postcard for a “special offer” and mailing it back to a company. If you get a call that you did not ask for it is called UNSOLICITED CONTACT and it NOT allowed! Keep a track of these if it’s constant! Stand up for yourself and file a complaint with Medicare! These agents do have consequences if they are caught doing this, but someone must let them know before that can happen. Bottom line – KNOW YOUR AGENT! Make sure that agent can show you all Medicare options and plans and not just a couple. We pride ourselves by making sure we can show you every single option for you based on your own set of circumstances and give advice on which plan may fit the best for you. YOU are our priority! We are honest, we do not charge you anything and get creative with ideas to help you save money! Medicare is our primary language spoken in this office, but you are our primary concern. So, just remember, do not fall for a commercial, a special offer or someone you do not know calling you on the phone! Keep it local and face to face. Know your agent and be educated on your Medicare plan and your rights!"

"We Speak Medicare."

Medicare Supplements | Medicare Part D Prescription Drug Plans | Medicare Advantage

www.imsbenefits.com