Third Coast Salt offers unique therapy, skincare

In less than three years, one of Mt. Juliet’s newest and brightest small businesses has taken the “Oscar” for Best Spa and Wellness Center. Why not have 37122 be the new 90210? Third Coast Salt couldn’t be more proud for taking the stage!

Owner Shari Arnold credits her success to the open-mindedness of Mt. Juliet residents. “It’s actually a quite simple concept really,” she said. “It’s my job to educate and excite neighbors about salt therapy and superb skincare. This combined with the most incredible staff, best product lines and marketing makes for a strong brand with healing power! Unfortunately, we live in the center of pollen paradise of Tennessee, so people are desperate for relief.”

Third Coast Salt is located at 1283 North Mount Juliet Road inside the same building as Smoothie King. Visit soon. “We are here to stay,” Shari said. “Let us heal you.”

They specialize in halotherapy (salt therapy), skincare, massage including Couples Massage on the second and fourth Saturday, sweat pods and microblading. Salt Therapy is what put them on the map — plus it’s in their name! Breathing issues and skin disorders as well as anxiety are just a few of the reasons people do salt therapy. Their esthetics room carries two organic lines, Indie Lee and Sunregrity. They offer an array of treatments both results-driven as well as aggressive treatments like chemical peels and microneedling take place in the skincare room. Don’t forget waxing and microblading.

To celebrate winning Best Spa and Wellness Center, they are offering half-price salt for all of 2019 when you pre-book and prepay through their website. Visit www.thirdcoastsalt.com or call 615-200-6365 to learn more.

“A huge thank you to all of our friends for believing in us,” said Shari. “Many thanks to our Chronicle family, our Third Coast Salt staff and Medical Director, Dr. Ethan Kellum, and Wellness Partners, TLC Wellness, Kara Adams Yoga, Judy Bernard, Legacy Hydration and Smoothie King for loving us on slow and busy days. You all make us shine bright like the star we are.”

Shari also urges Mt. Juliet to stay tuned for new aspects of the business. A few announcements are on the Hollywood Horizon.
The Best of Mt. Juliet

Every January, THE CHRONICLE OF MT. JULIET asks the community to vote on their favorite businesses & services, including everything from Best Accountant to Best Wine & Spirits store.

This section announces those winners and the runners-up from the various categories, shining a light on a few of the winners.

Congratulations to all of this year’s WINNERS and FINALISTS!

We are truly blessed that our community has chosen us as “Best Real Estate Company”!!

Cottage Realty

2500 N. Mt. Juliet Rd
Mt. Juliet, TN

615-773-6099
thecottagerealty.com

COTTAGE REALTY STRIVES TO KEEP CURRENT WITH THE LATEST MARKET TRENDS WHILE CONTINUING TO BUILD ON OUR “FAITH, FAMILY AND FRIENDS” MOTTO. EACH AND EVERY AGENT AT COTTAGE CONDUCTS BUSINESS WITH AN EXCITEMENT TO LEARN AND A PASSION TO BRING EACH CLIENT THROUGH THEIR TRANSACTION WITH EASE AND PEACE OF MIND. WE HOLD HIGH THE VALUES OF HONESTY AND INTEGRITY. MT. JULIET AS A WHOLE IS CHANGING QUICKLY, GROWING AT A RAPID PACE AND WE FEEL CONFIDENT TO SAY THAT OUR COMPANY HAS GROWN WITH IT.
BEST MASSAGE
FORGET THE WORLD MASSAGE THERAPY
AQUA BELLA DAY SPA & HAIR STUDIO
RJ REFLEXOLOGY

BEST HAIR SALON
SALON GALLERIA
SHEAR CITY BARBER & BEAUTY LOUNGE
LOCKS & LASHES

BEST EVENT VENUE
IRISWOODS
CIRCLE P RANCH & GENERAL STORE
MT. JULIET COMMUNITY CENTER/CHARLIE DANIELS PARK

BEST NUTRITION SHOP
NUTRISHOP
ORBIT HEALTH FOOD STORE
CORN CRIB

BEST ELECTRICIAN
SHANE ELECTRIC
WILE ELECTRICAL, INC.
DAS ELECTRIC

BEST FORMAL WEAR
MEMORIES CONSIGNMENT
MEN’S WEARHOUSE
BELK

BEST WINE & SPIRITS STORE
MT. JULIET WINE & SPIRITS
PROVIDENCE WINE & SPIRITS
VINTAGE WINE & SPIRITS

BEST SHOE STORE
BELK
RACK ROOM SHOES
FLEET FEET

BEST NAIL SALON
NATURAL NAILS
AQUA BELLA
BENIKI NAIL SPA

BEST SENIOR LIVING
DEL WEBB
RUTLAND PLACE
PROVIDENCE PLACE

Forget the World Massage Therapy
2504 N. Mt. Juliet Rd.
Mt. Juliet, TN 37122
(Located in Ashwood Station, across from the post office)
Call or text to book your appointment:
615-418-1588

Deep Tissue | Swedish Relaxation | Sports Massage | Prenatal Massage | Hot Stone Massage

Thank you for voting Salon Galleria BEST HAIR SALON & BEST NAIL SALON in Mt. Juliet for 2019!

Del Webb at Lake Providence
Appreciation to the Mount Juliet Chronicle and Mount Juliet Residents for voting
Del Webb at Lake Providence Best Senior Living!
We Thank You!

(615) 758-4614 | 1100 Del Webb Blvd, Mt Juliet, TN 37122 | www.dwlphoa.com
Nutmeg provides help for client health

“Thank you for voting Nutrishop as the ‘Best Nutrition Shop’ in Mt. Juliet for the fourth year in a row! We couldn’t be more grateful for the opportunity to make a difference in our community’s health.

Over the years we’ve happily epitomized a locally owned and operated business with the primary focus of giving back to a community that has welcomed us with open arms. We’ve had the pleasure of working closely with the Mt. Juliet Police Department, Fire Department, Mt. Juliet Help Center, and many local veteran-based organizations such as Veteran’s Path and Battle Flag Ranch since 2015. In our humble opinion, businesses that experience growth locally have an obligation to help their community thrive in underserved areas.

So why choose Nutrishop for the longevity of your health? The answer is simple. At Nutrishop, we focus on researched support products, unrivaled industry knowledge, and the genuine interest to help our clientele succeed.

As industry professionals, we’re the first to exploit the nutrition/supplement industries’ shortcomings and help our loyal patrons decipher through the ‘B.S.’ of the industry as well. On top of that, we have proudly offered free Nutrition Plans, free Body Composition Testing, and free Nutritional Supplement Guides to thousands in Wilson County over the past almost four years of business. This is something none of our competitors locally or online have ever provided.

In all transparency, without a solid foundation of nutrition, nothing works. No supplementation, exercise, or starvation attempts will outdo a well-rounded, body type specific Nutrition Plan.

We have always recognized that most people may be intimidated or scared to visit a wellness center, so we make sure to roll out the red carpet for anyone walking into our business. At Nutrishop we enjoy getting to know our clientele and their families and have frequently been coined the “Cheers of Nutrition Shops,” where everyone knows your name.

If you’re ever near the Paddock’s Shopping Center, between Walmart and Lowe’s, make sure to pencil in a visit to the professionals at Nutrishop, the company that proudly fuels Mt. Juliet’s health!”

-Jay Vicino, proud owner of Nutrishop

Shane Electric wins Best of MJ for 7th consecutive year

Shane Electric has won “Best of Mt. Juliet” for the seventh consecutive year (2012-2019). Shane Electric focuses mainly on residential electrical (lighting, panel upgrades, new construction etc...). The company is based out of Mt. Juliet.

Aaron Shane founded Shane Electric in 2011 and quickly became well known for excellent service and fair prices.

Shane has said in the past, “It’s crazy, but if you show up on time, do what you say you’ll do, and treat people fair, you’re automatically beating out 80 percent of the competition. People see right through the sales pitches and up-selling. We don’t do that. They want the work done right, efficiently, and at a fair price. That’s all we’ve done.”

Since 2011, Shane Electric has been in thousands of homes in the Wilson County area providing homeowners with honest service.

“I would like to thank our amazing customers and teammates for making this possible,” he said. “We keep a small staff because of how picky I am. I only hire people with integrity and honesty. Years back, Brandon Nohr applied to work with me. He and his family also live in Mt. Juliet. I quickly realized that he took as much pride in his work as I did. It’s refreshing to have someone with that level of integrity. He’s taken a leadership/management role, and he’s been an integral part of our success. I want to thank Brandon for all he does.”

“My wife and I moved to Mt. Juliet in 2009, and there is no other place we would rather be,” Shane said. “Our son plays travel baseball, and our daughter is involved in dance and gymnastics. This is an incredible community. Our family looks forward to many more years of service to the amazing people of Wilson County. We are honored once again that our customers took the time to vote for us.”

For more information please visit ShaneElectricLLC.com or visit them on Facebook.
BEST AUTO SERVICE
HOBBES & SONS
EUROPEAN MOTOR WORKS
MIKE’S AUTOMOTIVE

BEST AUTO SALES
MT. JULIET MOTORS
TWO RIVERS FORD
CAR HUNTERS, LLC

BEST VETERINARIAN
COUNTRYSIDE ANIMAL HOSPITAL
AVENUE ANIMAL HOSPITAL
PROVIDENCE ANIMAL HOSPITAL

BEST DOG DAYCARE
FOR SOCIAL GRACES
THE DOG SPOT
LITTLE PAWS

BEST PET SUPPLIES
THREE DOG BAKERY
PET SMART
PROVIDENCE ANIMAL HOSPITAL & PET RESORT

BEST PET GROOMER
PET-I-CUT JUNCTION
AVENUE ANIMAL HOSPITAL
THE BARKING LOT

BEST FURNITURE
DRAGONFLY CONSIGNMENT BOUTIQUE
THE BASEMENT MARKETPLACE
HOME GOODS

BEST AUTO REPAIR
USRYS’S AUTO
BEGLEY’S AUTOMOTIVE
PRICE’S COLLISION

BEST AUTO PARTS STORE
O’REILLY AUTO PARTS
AUTOZONE
ADVANCE AUTO PARTS

BEST COUNSELING SERVICES
TERRI ALLEN ATWOOD COUNSELING
LANTERN LANE FARMS
 TIFFANY A. DAVIS

BEST SMOKE SHOP
MT. JULIET BEER COMPANY
MJ DISCOUNT TOBACCO
BIG STAR CIGAR LOUNGE
Countryside voted best vet for seventh year

Countryside would like to once again take this opportunity to recognize all of their clients who have allowed them to care for their beloved pets. As Countryside celebrates their 12th anniversary in September, there are many things for which they are grateful.

Dr. Parsley and Cathy thank God for the many blessings He has provided and for the honor of serving the Mt. Juliet community. Once again, they would like to extend their gratitude to everyone who took the time to vote for Countryside as the Best Vet of Mt. Juliet for the seventh year in a row.

Dr. Robert Parsley and his wife Cathy established Countryside in September 2007. Originally from Eastern Kentucky, the Parsleys moved to Mt. Juliet in 2003 shortly after Dr. Parsley graduated from Auburn University. They have been blessed to not only build an addition to the hospital since their opening but have also added seven associate doctors: Dr. Rachel Day, Dr. Jessica Gilliam, Dr. David Lewis, Dr. Erin Hooper, Dr. Amanda McElyea, Dr. Octavia Darwin and Dr. Casey Smallwood. Dr. Smallwood will be leaving at the end of February, returning to his home state of Pennsylvania to be with family. At the end of April, Dr. Amanda McElyea is also leaving to join her husband in Utah. At Countryside, they are a family and will miss these doctors immensely.

Countryside is a full service hospital that includes an in-house laboratory, in-house pharmacy, surgery (including surgical laser), digital X-ray, ultrasound, companion laser therapy and dental services. Their mission continues to be providing excellent customer service along with a shared concern for the welfare of every animal and member that enters their clinic.

Please contact one of Countryside’s friendly receptionists with any questions or visit their website www.mtjulietvet.com for a full list of services, office hours, staff info, photos of their facility and contact information.

“Once again, we are honored to have been voted Best Vet of Mt. Juliet for the seventh year in a row,” said Dr. Parsley. “We are truly grateful for the faith and trust our clients have in our incredible staff.”

Countryside would like to say thank you again — to God, the Mt. Juliet community and all of their clients who have built Countryside into what it is today.
For Social Graces was voted Best Dog Day Care in Mt. Juliet by readers of The Chronicle of Mt. Juliet.

Owned by Chelle Ziegler, For Social Graces Dog Training was established in 2012 and upgraded to a larger facility in Mt. Juliet in 2016, adding Daycare and Boarding.

Recently, Ziegler decided to sell the Daycare and Boarding portion of the business and focus on her passion — Dog Training. She and her trainers will be holding a line of Good Manners classes for basic obedience and behavior modification along with focus workshops and specialty classes. Private sessions, Day training, Board and Train will also be options for those who cannot attend class or need special attention.

They have a reputation in Wilson County and surrounding areas for their positive training to prevent and change unwanted behaviors in dogs.

“It really is training for dogs and their people,” said Ziegler. “Usually by the second lesson people mention how much they themselves are being trained.”

According to Ziegler, the trainers who work for her presently hold or are working toward a certificate in dog training.

“We can say that we have and continue to study dog training and behavior modification.”

Part of their training includes using positive reinforcement and positive tactics, which means they don’t use shocks or scare tactics when working with the dogs.

They are currently offering puppy preschool on Saturday mornings at $10 per session. The class will help your new family member learn basic skills and help get through most of the puppy issues that arise. More so, Puppy Preschool starts the process of socializing the puppy which is crucial in preventing anxiety, fear and aggression in dogs by teaching them how to “handle” new people, dogs and situations.

The business offers classes seven days a week, morning and evening. For Social Graces is located at 5011 Market Place. For more information, visit forsocialgraces.com or call 615-838-3808 for a consultation.

Celebrate every occasion with Three Dog Bakery

“We love dogs and dogs love us!” That’s the motto at Three Dog Bakery where your special pup will be welcomed like family. The bakery serves up delicious treats that are hand crafted with love by their skilled pastry chefs. They use simple, human-grade ingredients to create beautiful cakes, cookies and pastries that your dog will love. Their treats look like they made them for you.

Celebrating a birthday or gotcha day? Order a yummy custom cake made just for your dog. They have treats for every season, holiday and special occasion. They always have cakes and cookies available that they can personalize just for your pet, so feel free to just come in and pick out the perfect treat in person.

They aren’t just about bakery treats either. They are passionate about happy, healthy dogs so you will find a carefully selected array of chews, toys, collars, supplements, grooming supplies and food at the shop. Their trained staff can help you with your selections for your pet’s safe enjoyment.

So, come on. Get your dog and come see what it’s all about. Your dog will love them and they think you will too. They can’t wait to meet you and your pup!
Pet-i-cut voted best pet groomer

Pet-i-cut Junction was voted best dog groomer in Mt. Juliet.

Jennifer Toothman started the business in 2011 as a solo groomer so she could stay at home with her young daughter, but it wasn’t long before the business grew enough that she hired her first employee.

Pet-i-cut Junction is a small, local operation with three full-time groomers, a bather, and a receptionist.

Something that sets her apart from other groomers in the area is that she is also a master cat groomer certified by the Professional Cat Groomers Association of America (PCGAA). This is an important distinction because cats are usually more difficult to groom than dogs.

Pet-i-cut Junction offers cat-only appointments twice a month. Jennifer grooms herself and keeps a calm environment, allowing the cats to feel relaxed and ensuring an easier groom.

Pet-i-cut Junction grooms all types of dogs, from small puppies to 200 pound dogs and everything in between.

They use the latest top of the line equipment while also continuing their education, including staying up-to-date on the latest breed standards.

Pet-i-cut Junction offers safe, compassionate grooming. They treat the animals as if they are their own. Each of the employees has a servant’s heart for customers and their pets.

Bringing your pet regularly to a groomer can have other benefits besides typical services. The groomer may notice changes or issues with the animal that owners may not notice.

Because the groomers are trained to see what is normal, they can let customers know if there is an issue with the pet that requires them to see a veterinarian. Jennifer said they have even saved some animals’ lives because they have found cancer and blood disorders.

Jennifer is humbled by those who voted for Pet-i-Cut Junction and looks forward to continuing to serve Mt. Juliet as best pet groomer.

Pet-i-cut Junction is located at 450 Logue Road in Mt. Juliet. For more information, visit their Facebook page.

Unique gifts, decor at The Dragonfly

The Dragonfly Consignment Boutique was voted by the readers of The Chronicle “Best Furniture” for 2019, and they thank everyone who voted for them.

The Dragonfly sells gently used furniture and home decor items on consignment with an inventory that literally changes every day. They also carry some new items if you are looking for a quick gift idea. “Country” chalk paint is available in the store if you are looking to repurpose something and they will even custom paint for you.

The Dragonfly Consignment Boutique has been a part of Mt. Juliet and a member of The Chamber of Commerce since December of 2011. After relocating to 3548 North Mt. Juliet Road in 2013, their business began to grow rapidly. In 2015 they leased the adjoining space and doubled their size to 4,800 square feet.

The goal of owners Carla and Todd Takacs is to offer great service in an atmosphere not found in typical consignment stores. The store is frequented by folks looking for furniture and home decor, or simply wanting to discuss decorating ideas. They have become the hot spot for both professional and novice designers. If you haven’t shopped consignment before, you are missing a lot of great finds at discounted prices.

The Dragonfly makes it easy to make money on items you have decided you don’t need anymore. When you consign, their split is 50/50. Your items will be on the sales floor for 90 days and any unsold items will either be returned or donated to local charities and fundraising events.

The Dragonfly Consignment Boutique is located across the street from Mt. Juliet Middle School, in a shopping center with Pizza Hut and Sassy Daisy. Store hours are Tuesday through Friday and Saturday 10 a.m. to 4 p.m. Call the store for more info or to make an appointment for consigning at (615) 758-4700.

The Dragonfly Consignment Boutique, LLC
Gently Used Furniture & Accessories
New Consignees Welcome!!

#1 Furniture in Mt. Juliet!

Thank you for voting us

Certified Master Cat Groomer

3548 N. Mt. Juliet Rd. | Mt. Juliet, TN 37122
615-758-4700 | dragonflyinmj@yahoo.com
Open Tues-Fri: 10am - 5pm | Sat: 10am-4pm

Unique gifts, decor at The Dragonfly

Thank you for voting us

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615-758-4700 | dragonflyinmj@yahoo.com
Open Tues-Fri: 10am - 5pm | Sat: 10am-4pm
BEST HANDCRAFTED JEWELRY
SISTER’S WHIMZY
THE BASEMENT MARKETPLACE - TORTUGA DESIGNS
TIA’S SHABBY CHIC BOUTIQUE

BEST CLOTHING BOUTIQUE
SASSY DAISY BOUTIQUE
SISTER’S WHIMZY
JADYK BEAUTIQUE

BEST CLOTHING STORE
SASSY DAISY BOUTIQUE
THE SUGAR PEA
TJ MAXX

BEST CHILDREN’S CLOTHING
PAISLEY PETALS CHILDREN’S BOUTIQUE
NOELLE BELLE AT THE BASEMENT MARKETPLACE
JUSTICE

BEST BANK
WILSON BANK & TRUST
CEDAR STONE BANK
U.S. COMMUNITY CREDIT UNION

BEST PHARMACY
ATHENA PHARMACY
KROGER
WALGREENS

BEST PHYSICAL THERAPY
BENCHMARK PHYSICAL THERAPY
STAR PHYSICAL THERAPY
DUBE PHYSICAL THERAPY

BEST DENTIST
MT. JULIET FAMILY AND COSMETIC DENTISTRY - DR. COREY JACKSON
SOUTHEASTERN DENTAL
ELIJAH BROWN FAMILY AND IMPLANT DENTISTRY

BEST HEALTH CARE PROVIDER
MT. JULIET HEALTH & WELLNESS
CHILDREN’S CLINIC EAST
MIDTOWN HEALTH CARE

BEST MORTGAGE LENDER
PEOPLE’S HOME EQUITY - HAYNES TEAM
WILSON BANK & TRUST
PRIMARY RESIDENTIAL MORTGAGE, INC.
Two beautiful boutiques, one blessed family

The family that owns and operates Sassy Daisy Boutique and Paisley Petals Children’s Boutique are so thankful to the Mt. Juliet community. Both Boutiques have been voted No. 1 for both Best Boutique, Clothing Store, and children’s clothing.

Just in case you don’t know the Reed Family, here is their story... Sassy Daisy was a dream come true to John and Betty Reed’s daughter, Shelby. In the early months of 2015, Shelby was given a choice by her parents whether to attend cosmetology school or to open a small boutique. Shelby chose the ladies clothing boutique. She has always loved fashion and making a difference. They have since watched their daughter bloom before their very eyes. Sassy Daisy Boutique will soon celebrate four years of business in May 2019.

The family had been asked many times by customers for a children’s section and matching mommy/daughter clothing, so the family listened. In mid-2018, the space two doors down from Sassy Daisy became available and they immediately knew a children’s clothing boutique was their next move. Paisley Petals Children’s Boutique opened in July 2018.

They are so grateful and love their supporters. Both Boutiques aren’t just about clothing. It’s about the friendships, love and laughter with their customers. They love seeing the families grow and being a small part of the details of each family’s life events. They provide service with a smile and help their customers never leave without that something special to wear. So, if you haven’t been to Sassy Daisy or Paisley Petals, stop by and see them soon.

Wilson Bank & Trust: Blending Tradition and Technology

Does a small local bank possess the resources to keep making banking more convenient? Will a huge national or regional bank offer the personal attention that makes you feel you’re really wanted?

At Wilson Bank & Trust, thriving and growing for 32 years – and being named Mt. Juliet’s best bank for seven years running – are a few outcomes that they might not have achieved by being one type of institution or the other. They continue to build on their reputation as Middle Tennessee’s Community Bank, and that means offering both digital convenience and outstanding service.

Taking good care of customers and serving the community have been ingrained at Wilson Bank & Trust since 1987. They believe banking is still a people business, and getting to know their customers is truly rewarding.

These days, people interact and interface with their finances in a lot of different ways. At WBT, meeting you where you are is part of providing great service. Mobile check deposits, after-hours phone support and checking accounts with cash rewards for electronic banking are just a few ways they give their customers more than they might expect from a community bank. One-stop shopping for loans and other financial services is another convenience you won’t find just anywhere.

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, having both is not out of the question. Wilson Bank & Trust can meet your needs in both areas, and on top of that, give you plenty of reasons to feel good about where you bank. Call or stop by your nearest WBT location or visit wilsonbank.com, and find out why limitations don’t have to play a part in the way you do your banking. Wilson Bank & Trust is a member of the FDIC and an Equal Housing Lender.
Athena Pharmacy can meet your pharmaceutical needs

Ashley Dick started her own Pharmacy in 2007. After going through a name change in 2014, it is now known as Athena Pharmacy. Athena is not your average pharmacy.

“One of the things that makes us unique, not only to Mt. Juliet, but in Tennessee, is that we are a regular commercial pharmacy that also does compounding; which is a very rare combination. We take almost every commercial insurance,” said Director of Sales and Operations, Lenny Franklin.

“Ashley Dick is the best compounding pharmacist that I know,” said Lenny.

“I love when a patient comes to us for help after they have tried everything they thought possible. We are able to use creative ideas and come up with possibilities they never imagined,” said Ashley. With compounding, she has put medication into toothpaste, Reese’s cups, gummies, suckers, lip balms, chocolate, and more.

Ashley has received several different awards. She was named Tennessee Young Pharmacist of the Year in 2010, and received the George Roentsch scholarship for her work with families affected by Autism. Athena is set apart from the competition by their work ethic and dedication to their clients. “We don’t stop, we have written over 1,500 new formulas in the last year to meet the needs of our patients. We do our best to get our patients exactly what they need, and get it covered on their insurance. From bioidentical hormones to pharmaceutical grade supplements, we try to treat the whole person. Every person is unique, so we pride ourselves in very specific, individualized care,” said Ashley. She is also the only certified Hormone Replacement Therapy Specialist in this area.

“Most of our patients don’t realize that we often spend hours working with their insurance companies so that our patients can get the coverage they need. We will do that for each patient to get them the best treatment possible.” said Lenny.

Athena Pharmacy is located at 2025 N Mt. Juliet Road, Suite 100 in the Town Center Medical Plaza (across the street from Mount Juliet Church of Christ). They can be reached by phone at (615) 288-4037 or online at www.athenapharmacy.com.

Patients move, feel better with BenchMark Therapy

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

Ryan Humphreys, PT, DPT, serves as the clinic director. He graduated with his Doctorate of Physical Therapy from Tennessee State University. Humphreys and his team of licensed physical therapists treat a variety of conditions, including:

- Ankle Pain
- Back Pain
- Chronic Pain
- Elbow Pain
- Foot Pain
- General Deconditioning
- Headaches and Migraines
- Knee Pain
- Neck Pain
- Post Auto Collisions Conditions
- Post-Surgical Conditions
- Shoulder Pain
- TMD Pain
- Vertigo
- Wrist and Hand Pain

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

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

BenchMark Physical Therapy is an evidence-based physical therapy practice with an emphasis in orthopedic rehabilitation, injured worker programs, sports medicine and various other specialty programs within Middle Tennessee. The company is committed to improving the health and quality of life of individuals through advanced training and physical therapy practices.

The clinic has been proudly serving the community since August 2012 at 545 North Mt. Juliet Road, Suite 1101. The clinic is open Monday-Friday between 7 a.m. to 6 p.m. and offers extended hours by appointment. To schedule a 10-minute complimentary screening, call the clinic at (615) 553-7835. Visit online at www.benchmarkpt.com.

Don’t let pain hold you back.

At BenchMark, our licensed physical therapists are trained to identify the source of your pain and recommend treatment to get you moving and feeling better.

Thank you for voting us as Mount Juliet’s Best Physical Therapist!

SCHEDULE YOUR APPOINTMENT TODAY!
545 N Mount Juliet Road, Suite 1101 • Mount Juliet, TN 37122
(615) 553-4645 • benchmarkpt.com

Athena Pharmacy is your local retail and compounding pharmacy specializing in:
- Pediatric Care
- Hormone Replacement Therapy
- Pain Management
- Veterinary Compounding
- Autism Care

2025 N. Mount Juliet Road, Suite 100 Mount Juliet, TN 37122
pharmacy: 615-288-4037
fax: 615-288-4061

AthenaPharmacy.com
Dr. Corey Jackson, Dr. Carol Montee and staff at Mt. Juliet Family and Cosmetic Dentistry have been voted “Best of Mt. Juliet” and would like to thank the community and especially their patients for voting.

Dr. Corey Jackson graduated in 1991 from UT Martin with a BS degree in Economics. He received his DDS from the University of Tennessee Health Science Center in 2004. Dr. Jackson began his practice in 2006 and has helped thousands of patients with their dental needs in Mt. Juliet and surrounding areas.

He continues to study new ever-expanding realms of dentistry by attending classes from the world renowned Dawson Academy. At the Dawson Academy he is focusing on TMJ Dysfunction and Facial Esthetics. Dr. Jackson is also a member of the AAP-MD American Academy of Physiological Medicine and Dentistry. With this affiliation, he is able to concentrate in a new area of dentistry focusing on sleep disordered breathing allowing him to diagnose and treat problems connecting oral conditions to inflammation that affects the entire body. Some of the conditions that fall under SDB are snoring, upper airway resistance, frequent arousal, restless leg syndrome, periodic limb movement, parasomnias (night terrors, sleep walking, sleep paralysis, etc.). A few symptoms are Cardiovascular disease, diabetes, Alzheimer’s, High Blood Pressure, Craniofacial Pain, Stroke to name a few.

As Mt. Juliet grew, the dental practice expanded its services, staff and expertise to provide outstanding care to the community. Mt. Juliet Family and Cosmetic Dentistry is excited to announce Dr. Carol Montee to the practice. Dr. Carol brings years of experience to their growing practice.

Dr. Carol Montee is originally from Detroit, Michigan. She completed her undergraduate degree at Villanova University, located just outside of Philadelphia, Pennsylvania. She graduated from the University of Pennsylvania School of Dental Medicine in 2004 and moved to middle Tennessee that same year. She enjoys all aspects of dentistry and is passionate about patient care. She has been an Invisalign provider since 2005 and she has a special interest in oral appliances for Obstructive Sleep Apnea. She is a Fellow in the Academy of General Dentistry, an award that requires more than 500 hours of continuing education and an extensive written exam.

She enjoys spending her spare time with her three children, exercising, golfing and watching Villanova College Basketball. “One of our goals has always been to make a difference in the community by providing the highest quality dental care in a professional and comfortable atmosphere. By using the most recent technology and education we are able to change a patient’s perception of dentistry so not only will they be appreciative of the care they receive but will entrust us with the care of their family and friends as well,” said business manager, Kim Yates.

Mt. Juliet Family & Cosmetic Dentistry has the latest technology in Laser treatment for smile designs, fever blisters and frenectomy procedures. Other services include single tooth implants, implant retained dentures, extractions, partials, dentures, porcelain crowns, veneers, root canals, Invisalign, etc.

If being voted the Best of Mt. Juliet was not enough to convince you, here are some reviews:

“Everyone from beginning to end was very kind during my visit. They did an amazing job at explaining any issues with my oral health and I left feeling very informed about how to better take care of my mouth. The staff was extremely kind, the office was very clean and comfortable, and I look forward to coming back! Thanks for being so great!” – Aidan T.

“Absolutely love the dentist and staff! I feel like part of the family every time I come in. I could never thank them enough!” – Heidi H.

Many other reviews can be found at http://www.mtjulietfamilydentistry.com.

40 West Caldwell Street, Ste 101, Mt. Juliet, TN 37122
615-754-5840
mtjulietfamilydentistry.com | M-F: 8am - 5pm
Advanced Hearing Solutions thanks the readers of The Chronicle for voting them as the best hearing clinic again in 2019. Advanced Hearing Solutions has been proudly serving the Mt. Juliet and Wilson County community since 2007. Dr. David Gnewikow and his staff help patients reconnect with the people and activities they love, through better hearing.

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

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

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

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

Advanced Hearing uses gold standard in hearing care
Oxford Orthodontics is so happy and thankful to be voted Best Orthodontist of Mt. Juliet, Tennessee, for the fourth year in a row! They are so honored knowing that Oxford patients and their families think so highly of their office that they want to share the experience with their friends and families.

“It is a true blessing and a testament to how much we love our Oxford patients and families that we have won this prestigious honor for the fourth year in a row,” said Dr. Oxford.

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.”

In addition, the staff desires to create raving fans. Dr. Oxford feels a great sense of pride and accomplishment with creating beautiful smiles for each and every one of his patients. Whether it is with braces, clear braces or Invisalign for teens and adults, Dr. Oxford can give you the smile you have always wanted.

Oxford Orthodontics also helps teens and adults feel confident while creating their beautiful smile with Invisalign Teen and Invisalign for adults. There are numerous options that can be discussed in detail once you come into the office for your complimentary smile evaluation.

At Oxford Orthodontics you will get treatment options that are tailored to give you the smile you have always wanted. Dr. Oxford takes time with each patient and has the practice philosophy of treating each and every patient as if they were part of his family. Dr. Oxford says, “What would I do if you were one of my family members? I would do for you what I would do for one of my own children.” Having four children of his own helps Dr. Oxford when evaluating the best treatment options for his patients. “Here at Oxford Orthodontics when you walk in our door, you are part of the Oxford Orthodontic Family and we love our Family!”

Oxford Orthodontics has two convenient locations in Wilson County, Mt. Juliet and Lebanon.

Get your new Oxford Orthodontics smile any way you want it for the same price. You can have Invisalign, Invisalign Teen, Clear or Metal Braces all for the same price. This special is good in the Mt. Juliet and Lebanon locations through May 2019, so call today to schedule your complimentary smile evaluation to take advantage of this special.
Maintain healthy teeth with Cumberland Endodontics

Cumberland Endodontics has locations in Mt. Juliet, Cookeville and Gallatin to serve Nashville and its surrounding areas. The mission of Cumberland Endodontics is to provide every patient with the finest endodontic treatment available anywhere. The doctors provide individualized treatment and strive to provide care that will help you to maintain your natural teeth in a healthy, functional state.

Endodontists are dentists who specialize in saving teeth through procedures involving the soft tissue within teeth called the pulp. All dentists are trained in diagnosis and endodontic therapy; however, some teeth can be especially difficult to diagnose and treat.

Cumberland Endodontics embraces the latest in dental technology by offering the Gentlewave Procedure — an alternative to standard root canal treatment. This technology allows for a more thorough cleaning of the root canal spaces in less time and preserves more of the natural tooth structure than standard root canal procedures.

Cumberland Endodontics has three practicing endodontists – Dr. Adam Davis, Dr. Jonathan Uhles and Dr. Eshwar Arasu.

- Dr. Adam Davis is a native of Wilson County. He attended the University of Tennessee College of Dentistry, graduating in 2001. He then spent five years serving as a general dentist in the U.S. Navy. After fulfilling his active duty commitment, Dr. Davis entered the Endodontic Residency Program at VCU in Richmond, Virginia. He received his Endodontic Specialty Certificate in June of 2008.
- Dr. Jonathan Uhles grew up in Putnam County. He graduated in 2011 from the University of Tennessee College of Dentistry and received his Masters of Dental Science after completing his Endodontic residency. His research on root canal debridement with a laser system has been published in the Journal of Endodontics. Dr. Uhles works one day a month at the College of Dentistry in Memphis.
- Dr. Eshwar Arasu hails from Dublin, Ohio and joined the practice in 2017. As a graduate of the Harvard School of Dental Medicine, Dr. Arasu continued his studies and received his Endodontic Specialty Certificate and MSD from Virginia Commonwealth University.

Active Life celebrates 10 years of business

Celebrating 10 years in business, Active Life Chiropractic began in 2009 with one doctor and one staff. Since then, ALC has grown to four doctors and more than 15 staff with triple the work space. Growing larger means deeper roots in the community. Active Life has donated over $12,000 to the Keith Edmonds Foundation, which is a non-profit organization created to empower and assist children who have become victims of child abuse and neglect. Previous donations include Food Drives with more than 2,000 pounds of food, $4,200 Ava’s Splash Pad at Charlie Daniels Park, and Cuddly Critters for Kids In Crisis raised nearly 800 stuffed animals for the Mt. Juliet Fire Department to be used for kids in crisis when firefighters are responding to calls.

Active Life Chiropractic has been voted the Best Chiropractic Clinic in Mt. Juliet and Nashville since 2013 (Chronicle of Mt. Juliet and The Tennessean). Providing optimal patient care with four doctors working in collaboration guarantees you the best care possible.

Treating a wide variety of complaints including the typical muscle, joint, nerve and bone problems, Dr. Rhett Bruner, Dr. Kirby Sanders, Dr. Nicole Richards and Dr. Taylor Marsh also see patients with less common problems in both children and adults. The holistic approach to wellness care uses a variety of chiropractic techniques, therapies, and/or rehabilitation. The staff consults and works with all local professionals to best serve their patients.

Testimonials on their website validate the difference made in patients’ lives due to their holistic chiropractic treatment.

Active Life Chiropractic is committed to bringing you better health and a better lifestyle by treating you with chiropractic care. Many common every day conditions, such as low back pain, headaches and migraines, whiplash, neck pain, joint pain, carpal tunnel, sciatica and even pregnancy can be improved with chiropractic care.
Aprima provides expert eye care

Dr. Brad Altman launched Aprima in 2014 to provide consulting in eye health. Bringing more than two decades of experience with the visual system and diseases of the eye, he offers treatment for glaucoma, dry eyes, and fitting specialty contact lenses for keratoconus or irregular corneas.

Dr. Altman, after graduating from Southern College of Optometry, completed Fellowship training at the VitreoRetinal Foundation, specializing in ocular disease. His undergraduate work was at Harding University, obtaining a B.S. degree in General Science.

He was the Clinical Director for the Tennessee Special Olympics Opening Eyes Program for over 15 years, has authored for Optometry Clinics, has presented clinical posters at International meetings, and is a speaker and consultant for an international contact lens company. He is a fellow of the Scleral Lens Education Society and is an adjunct facility member for the University of Missouri College of Optometry’s clinical rotations program.

Dr. Altman’s peers recognized him as the Tennessee Association of Optometric Physicians “Young Optometrist of the Year” in 2001 and “O.D. of the Year” in 2009.

Comprehensive Eye Care: Medical, Optical, Refractive
Cornea Services: Treatment for Keratoconus, Corneal Degenerations, Dry Eye, Specialty Contact Lenses & Scleral Prosthetics
Cosmetic: Blepharoplasty Visual Field Analysis, Cosmetic Lenses, Prosthetic Cosmetic Lenses for deformed eyes, Eyelash Treatment.
Glaucoma Services: Medical treatment, Computerized Visual Field Evaluation, Scanning Laser Ophthalmoscopy, Optic Nerve Imaging
Retina: Macular Degeneration care, Diabetic Eye Care, Flashing/Floating Spots
Trauma & Emergencies: Injuries, Sudden Vision Loss

Aprima provides expert eye care
After more than 40 years of serving the community, Zoo Crew Pediatric Dentistry was recently voted as the best pediatric dental office in Mt. Juliet for the seventh year in a row! So, why have parents voted for Zoo Crew over other pediatric dentists?

Zoo Crew is consistently the top choice because their three practices in Mt. Juliet, Cookeville and Hermitage serve their communities in unique ways. First, with kid-focused and parent-friendly service, parents are encouraged to stay with their children throughout their treatment. Second, Zoo Crew’s doctors have extensive dental training, including specialized pediatric degrees. And finally, Zoo Crew created the Tooth Fairy Community program, where Zoo Crew Fairies visit schools and libraries to teach kids the importance of dental health in a fun way.

As Zoo Crew’s Dr. Larson has said, “We keep it simple. For every visit, we want to make it fun, keep it easy for child and parent, and provide great care.”

Known for making a dental visit an experience your child will look forward to, the practice has five of the best pediatric dentists in Greater Nashville: Drs. Larson, Tuzzio, Corning, Sandidge and Castillo.

If you’re interested in Zoo Crew Pediatric Dentistry, call for an appointment. They would love to provide the very best dental experience for your child.
Premier Radiology, Tennessee’s Recognized Outpatient Diagnostic Imaging Leader

Premier Radiology, a full-service diagnostic imaging center located in the Providence Medical Building of Mt. Juliet, offers most every facet of diagnostic imaging close to home—including X-ray, ultrasound, CT, MRI, mammography, and bone density. Additionally, they perform interventional procedures for treating back and joint pain.

In 2008, Premier Radiology opened in Mt. Juliet; yet, as a group, has been around for more than 50 years. As the largest outpatient, diagnostic imaging center network in Tennessee, Premier Radiology is unique—providing patients access to over fifty, board-certified, subspecialized radiologists within their twenty convenient locations. This means, no matter which location your study is performed, you can be assured your study is interpreted by a subspecialized radiologist specific to your individual need.

Premier Radiology recognizes patient convenience is vital to its success, especially in today’s busy world. By offering same-day appointments and walk-in access, Premier patients are able to have their imaging study performed on their time. Did you know you can walk-in for a cardiac calcium score screening for your heart, a lung screening or a mammogram? And no appointment or physician’s order is necessary.

In addition to convenience, pricing is also important for patients. Premier Radiology continues to be recognized as the affordable, convenient choice; and, this year, is proud to be named Healthcare Bluebook’s value-certified provider for diagnostic imaging.

In 2016, Premier Radiology launched mammoNOW, a program where anyone can drop by any of their twenty centers at any time and have a screening mammogram. Conveniences is key and NOW is the Time! “We know early detection saves lives, and believe if we make it easy for patients to have their mammogram, more will choose to do so,” said Dr. Huggett.

Dr. Jeff Huggett, a musculoskeletal radiologist and site chief at Mt. Juliet, is from Michigan, where he attended college and medical school. Following medical school, he completed his residency followed by a fellowship in Musculoskeletal Radiology at the University of Virginia. Dr. Huggett has been the radiologist at the Mt. Juliet location since it opened in 2008 and also works closely with the Tennessee Titans team doctors in interpreting their players imaging studies.

“Dr. Huggett is always willing to call the referring doctor’s office to discuss a patient’s care. He believes in building relationships with both, the patients, and area physicians,” said Amie Gregory, the Mt. Juliet office manager. “Because of those relationships, some patients drive from out of state for Dr. Huggett to perform their injections. Patients trust him and they know that they will be taken care of.”

“The award we received is not because of me. It is truly due to our dedicated staff and their interaction with the patients. We believe service and efficiency are key to every patient experience,” said Dr. Jeff Huggett. “We would like to personally thank the Mt. Juliet community for voting for Premier Radiology—we are grateful to receive this notable recognition.”

Premier Radiology is located at 5002 Crossings Circle, Suite 140. The Center is open Monday - Friday from 8:00am-5:00pm. Premier Radiology is the largest outpatient, diagnostic imaging network in Tennessee. The esteemed network is a joint venture organization of Saint Thomas Health, Advanced Diagnostic Imaging and MidState Radiology, providing over twenty diagnostic imaging locations throughout the region. Premier Radiology provides access to over 50 board-certified, subspecialized radiologists, at convenient locations, within the Davidson, Montgomery, Rutherford, Sumner, Williamson and Wilson counties of Middle Tennessee. From our subspecialized radiologists to our registered technologists, our commitment to accuracy and the patient experience is not just an expectation, it’s the mission of Premier Radiology.

www.PremierRadiology.com
Thank you Mt. Juliet for your support and recognition as BEST MEDICAL SPECIALIST

Premier Radiology remains dedicated to providing the BEST Diagnostic Imaging for our community

- Most affordable option for diagnostic imaging
- Largest Diagnostic Imaging Network in Tennessee
- Over 50 Subspecialized Radiologists

PREMIER RADIOLOGY | MT. JULIET
5002 Crossings Circle
Suite 140
Mt. Juliet, TN 37122
615.773.7237

Premier Radiology | Saint Thomas Health
www.PremierRadiology.com

PREMIER RADIOLOGY is the largest outpatient, diagnostic imaging network in Tennessee. The esteemed network is a joint venture organization of Saint Thomas Health, Advanced Diagnostic Imaging and MidState Radiology, providing 20 diagnostic imaging locations throughout the region. PREMIER RADIOLOGY provides access to over 50 board-certified, subspecialized radiologists, at convenient locations, within the Davidson, Montgomery, Rutherford, Sumner, Williamson and Wilson counties of Middle Tennessee. From our subspecialized radiologists to our registered technologists—our commitment to accuracy and the patient experience is not just an expectation, it’s the mission of PREMIER RADIOLOGY.
BEST COFFEE
BILLY GOAT COFFEE & TEA
STARBUCKS
LASATER’S COFFEE & TEA

BEST MEAT AND THREE
COURTNEY’S
CRACKER BARREL
BIG BAD WOLF

BEST ICE CREAM/FROZEN YOGURT
CULVER’S
BASKIN ROBBINS
CHICK-FIL-A

BEST PIZZA
CALABRIA BRICK OVEN PIZZERIA
MARCO’S PIZZA
PAINTURO’S

BEST SUSHI
MORIMORI
OISHII
FULIN’S

BEST RESTAURANT (NON FAST FOOD)
BIG BAD WOLF
THE GOAT
CHEDDAR’S

BEST STEAKS
LONGHORN STEAKHOUSE
LOGAN’S STEAKHOUSE
O’CHARLEY’S

BEST BBQ
MARTIN’S BBQ
BIG BAD WOLF
WHITT’S BBQ

BEST BAKERY
GOURMET DONUTS
PUBLIX
SWEET BISCUITS

THANK YOU FOR MAKING US YOUR FAVORITE COFFEE PLACE!

Billy Goat
Coffee Café

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(615) 553-4371

Thanks for voting us the
BEST MEAT & THREE
7 YEARS in a row!

Serving Breakfast 7 Days a Week
7:00 am to 10:30 am
Join us for Easter Sunday-Special Menu (7am - 2pm)

COURTNEY’S

4066-B N Mt. Juliet Rd,
Mt. Juliet, TN
615-754-7548
www.courteynsmtjuliet.com

We are humbled & honored to be voted
Best Ice Cream/Yogurt/Frozen Custard
in Mt. Juliet. Thank you!

35 Old Pleasant Grove Rd, Mt Juliet, TN • 615-553-2735
Monday-Sunday 10:30AM–10PM
Calabria brings slice of Italy to Mt. Juliet

Calabria Brick Oven Pizzeria brings authentic, Italian-style pizza to Mt. Juliet.

The local pizzeria opened in August 2016 by Valon Arifi. After 14 years working as a general manager for Tyson Foods, Valon decided to venture out of his comfort zone and enter a new industry.

Valon said he always had a passion for food. He decided to open a pizzeria because it was always a favorite of his along his travels. After studying “pizza art” from the very best mentors from New York, he chose to bring his philosophy to Mt. Juliet and offer customers a different option for dining.

Pizza art, according to Valon, is mastering the perfect way to create a pizza and give it the best, well-rounded flavor.

The dough is made from scratch daily and ferments for 48 hours, allowing it to develop flavor. Calabria offers all premium toppings including tomatoes imported from Italy, making it taste as fresh as possible. The pizzas are then wood fired in its signature brick oven.

Valon said baking the pizzas in the brick oven sets them apart from other pizzerias in Mt. Juliet, both local and chain restaurants. The scratch-made, gourmet ingredients and the ambiance of the setting work together to create an Italian dining experience in the heart of Tennessee.

What also sets Calabria apart from other local pizzerias is that customers can place orders to pick up online, which is a big deal for an independent restaurant. Usually only seen in chain pizzerias, the online ordering system was recently implemented by Calabria, a fact that Valon is proud of.

They recently launched a campaign where customers can receive 35 percent off their first online order. Calabria also mails out coupons and special deals for customers, and Wednesdays offer $4 glasses of wine.

According to Valon, the Sicilian pizza, with fresh mozzarella, sausage, artichokes and prosciutto have been popular among customers. They also offer appetizers, calzones, salads, and desserts if you are looking for another option.

“It’s something different that you can’t get in a lot of places,” said Valon.

To view the menu, visit calabriapizzeriamtjuliet.com.

It is a huge moment to Valon to have his business voted best pizzeria in Mt. Juliet. He said he has met so many people and created many friendships with regular customers.

“It’s a real honor,” he said to be part of Mt Juliet and serve this great community.

Calabria 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, 11 a.m. to 10 p.m. Friday and Saturday, and are closed on Sunday.

Thank you for voting us Best Pizza in Mt. Juliet!
Superior Construction voted best remodeling

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

Superior has been voted Wilson County’s Best of the Best Interior Decorator in Wilson County for five consecutive years and named a finalist each of those years for Best Builder/Construction Company, winning the Main Street Award in 2018 for Best Builder. Scruggs was named by the Real Estate Staging Association as one of the top 10 redesign professionals in the U.S. in 2017, and awarded Best of Houzz for five consecutive years.

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

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

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

Additionally, Elizabeth is excited to announce the expansion of Superior by welcoming Lenneke Driskill to the firm. Lenneke is an incredibly creative and talented interior designer and Mt. Juliet local. Together with Elizabeth and the skilled tradespeople they work with each day, Superior will be able to broaden the scope of projects and help more homeowners.

For appointment consideration, please schedule a discovery call with Elizabeth on Superior’s web site or contact Lenneke at LennekeDriskill@gmail.com.
Husband and wife team, Israel and Crystal Horne, opened re:MOVE//Training almost eight years ago with the goal of combining cutting-edge programming, smart weight-training, and a friendly and positive atmosphere for the average person. Their number one goal was to make their hour-long workout the very best part of a person’s day.

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

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

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

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

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

“We are grateful to win the Best of Mt. Juliet award,” shared Israel and Crystal. “We love our community and especially love how active and healthy it has become. Our mission as a gym family is to provide a loving, safe, positive environment where people can achieve their goals, make friends, and make a difference in the community and in the lives of others.”

For those interested in visiting re:MOVE//Training, they say, “We’d love to meet you! Come try us out! We offer the first three classes free! All you have to do is show up to a class of your choice a few minutes early! See you soon!”
Proctor and Graves covers heating and air needs

Proctor and Graves is proud to have been voted the best heating/air and plumbing service in Mt. Juliet. They are qualified and licensed to cover the heating, cooling and plumbing needs for Mt. Juliet and the surrounding areas.

From installing a new toilet to replacing a broken water heater, Proctor and Graves is fully equipped to handle the plumbing needs of its clients. If a leak begins flooding your house in the middle of the night, go ahead and give them a call and utilize their 24/7 emergency services.

Friendly customer service staff will make every effort to get a problem taken care of quickly. They take pride in offering the best customer experience for their clients. P & G’s skilled and licensed technicians will provide customers with efficient, professional service. Technicians are not paid on commission and they will educate clients about the most economical solution to resolve the issue.

Plumbing services include drain cleaning, gas lines, leak repair, sewer cleaning and water heaters. They have a large selection of quality gas, electric and tankless water heaters and boilers to fit any requirements clients may have.

HVAC services include service, repair, preventative maintenance, replacements and new installations. Proctor and Graves is trained to service all HVAC brands to help keep any client’s unit in top shape.

Proctor and Graves has two locations. The residential office is at 1316 Clearview Dr., Mt. Juliet 37122, and they can be reached at 615-754-9400. The commercial office is at 2131 Utopia Ave., Nashville 37211. That office can be reached at 615-255-3337.
Christoffersen voted best attorney

Carolyn Christoffersen is humbled to have been voted best attorney in Mt. Juliet by readers of The Chronicle. She holds her Doctor of Jurisprudence from the University of Mississippi, where she also earned her Masters and Bachelor’s of Accounting. She brings 14 years of experience practicing law to the community, and her office has been located in Mt. Juliet for the last eight years.

Christoffersen, who is also the Mt. Juliet City Judge, is a business owner and transactional attorney who is committed to her clients and truly cares about each of them. She focuses on providing affordable legal services to the communities of Middle Tennessee in need of a lawyer to handle wills and estate planning, probate administration, business formations, contracts, and real estate transactions.

“What I try to do is explain things and make it understandable for my clients and give them peace of mind,” she said. “That’s my goal at the end of the day.”

She is also part owner of Legends Title Services in Mt. Juliet, which specializes in real estate closings. As a transactional attorney, she assists with the legal aspects of the closings.

“The team at Legends is one of the best groups of people I have ever worked with,” said Christoffersen.

Christoffersen is community oriented and uses her practice to serve the people of her community. Many times, new clients may be uneasy meeting with an attorney, but she strives to make it as easy as possible for them.

She hopes to continue building relationships and trust within the community throughout her roles in various events, serves on several community boards, and truly enjoys being a part of Mt. Juliet from all aspects of life.

“I’m blessed beyond measure to be a part of this community and to be able to serve in multiple capacities,” she said.

Christoffersen’s office is located within Legends Title at 2494 North Mt. Juliet Road, Suite 300. To learn more about her services, visit www.cmclawyer.com. Her office can also be reached at 615-547-2231.

615 Powerhouse can tackle any surface

615 Powerhouse Cleaning was voted best home and business cleaning in Mt. Juliet. This is the business’ first time winning after the owners moved to the community from Texas.

Owners Melanie Tyler and Austin Richey thank the community for voting for them as well as their continued support of their business.

Melania has majority ownership over the business and is proud of the female-owned and operated company. She ensures that each job is done to her detailed specifications and not just surface cleaned.

Along with the owners, 615 Powerhouse has six other workers on staff cut from the same cloth as Melanie and Austin who offer quality cleaning at affordable rates.

Part of that support is how word travels fast between clients about 615 Powerhouse’s focus on providing excellent service. They believe in maintaining ethics, transparency and professionalism with every client, no matter the job.

Some of the services 615 Powerhouse provides include new construction cleans, residential cleaning, Airbnb turns, carpet cleaning, tile and grout cleaning, emergency water extraction, event cleanup, house and pet sitting, and more.

The staff works with many different surfaces and are comfortable with it all. However, if they don’t know the best way to clean a unique surface, they contact and learn from those who know the proper care.

615 Powerhouse also does not use many chemicals and tries to be as natural as possible. They also use essential oils to make the scent stay fresh and last longer.

615 Powerhouse Cleaning services all of Wilson County and parts of Davidson. To learn more about their business, or to contact them for service, visit www.615powerhouse.com.
Stewart Title provides accuracy, excellent customer service

Stewart Title’s focus is to provide a professional, trustworthy and friendly environment as you close one of the biggest investments of your life.

Not only does Stewart Title have a Mt. Juliet office, but there are six other locations: Smyrna, Hendersonville, Murfreesboro, Clarksville, Knoxville, Franklin. Mt. Juliet’s staff of dedicated employees have more than 90 years of combined experience in the title industry. Together, they want to achieve the vision of becoming the most admired real estate closing company.

The goal at Stewart Title is to be more than just a Title Company. The friendly and experienced staff provide prompt and efficient service. They are local people with values you can trust. Services include: Residential, Commercial and Construction Loan Closings, Escrow and Title Searches (24-48 Hour turnaround).

Stewart Title strives to be leaders in technology and continue to be on the cutting edge. Real Estate agents and customers have access to an internet transaction management system called Stewart Online. This free service allows all parties involved in real estate transactions to communicate online with each other 24/7. Stewart’s customers will be able to view documents on the web as soon as they are prepared.

The Mt. Juliet office focuses on accuracy, communication and excellent customer service. It is important for their clients to enjoy their experience while they receive quality service. They want their transaction to be as smooth as possible. They strive to simplify your real estate transaction to give you a good closing experience. There is a staff attorney who is available at all times to aid in any legal matters.

Stewart Title cares about the community and works to make sure all locations are green. They reduce the use of paper by using an electronic scanning system that enables information to be retrieved quickly.

Most of the staff at the Mt. Juliet branch lives, works and plays in Wilson County. They take pride in their work and the community. They would be honored if you allowed them to handle your next real estate transaction.

Please remember Stewart Title for all your real estate needs, where customer service is expected and customer satisfaction is guaranteed. The office is located at 13026 Lebanon Road, Suite 100, Mt. Juliet, TN 37122 and their phone number is 615-773-5400.
Rockstar Academy of Dance was voted best dance studio in Mt. Juliet by readers of The Chronicle. Owners Lacy and Jimmy Chandler thank the community for their support throughout the years.

Rockstar opened its Mt. Juliet location in 2006. Lacy Chandler initially worked as a dance instructor when her friend owned the studio, but she eventually bought it when her friend decided to leave.

When Lacy took over, the studio underwent a small renovation and has been opened for business ever since. Lacy and Jimmy were planning on building a new location to accommodate more children, but the timing was never right. However they said that bigger is not always better.

Everyone at Rockstar is treated like family, which Lacy and Jimmy said is what makes the business work. By treating people right, they are able to build relationships with existing clients while cultivating new ones with others.

The staff at Rockstar are also part of the draw. Lacy and Jimmy only hire caring, trustworthy instructors because safety is of utmost importance, especially when it comes to children. It takes a village to do what they do, and Rockstar has a phenomenal one.

Many of the staff have even gone through the program at Rockstar themselves. The Chandlers’ son also teaches at the studio. They have been blessed with finding the best staff to care for and instruct Mt. Juliet children. Many of the staff have been there for a long time, which helps put parents at ease because it’s someone they have come to know and trust.

Rockstar also has a competitive dance team with 60 members. Throughout the season, they travel to multiple competitions around the country. Lacy, whose passion is the competitive dance, said it is fun seeing all of the children grow in their confidence and that it’s an exercise in character building.

Along with the dance studio, Rockstar also has an after-school program for children around Mt. Juliet. Started more than four years ago with only six children, the program quickly grew. Right now, they work with around 400 students.

Rockstar is open Monday through Friday after school, shuttling children from most schools in Mt. Juliet. After the children work on schoolwork for a while, the schedules can vary each day. Some days they take the children to Pump It Up, a few storefronts down, and other days they go to dance class in the studio.

During the summer, the program takes children on many field trips around Middle Tennessee, sometimes two in one day. The after-school program has helped the entire business grow, and the Chandlers said it’s the best decision they ever did.

Rockstar Academy of Dance is located at 1251 North Mt. Juliet Road. To learn more about the dance studio or the after-school program, visit their website at rockstardance.com.
BEST CREATIVE STUDIO (NON-DANCE)
ART LESSONS
KATHY CHESTER STUDIOS
FIRED UP
SHILOH MUSIC CENTER

BEST FAMILY ENTERTAINMENT
CEDAR CREEK SPORTS CENTER
CHARLIE DANIELS PARK
REGAL CINEMAS 14

BEST ROOFER
TIM LEEPER ROOFING
AUSTERMILLER ROOFING
ARMOR ROOFING

BEST GARDEN CENTER
NEEDHAM’S NURSERY
LOWES HOME IMPROVEMENT
JENKINS NURSERY & LANDSCAPING

BEST FLORIST
MOSS’ FLORIST
CLAIBORNE’S FLORIST
FRESH BY CARRYANN

BEST INSURANCE
MERIT INSURANCE AGENCY
CARLSON INSURANCE GROUP
HUTSENPILLER INSURANCE

BEST ANTIQUES
THE BASEMENT MARKETPLACE
CLAIRENNE’S TREASURES
HOWARD RAWLINGS ANTIQUES

BEST ACCOUNTANT
PERSONALIZED BOOKKEEPING & TAX SERVICES
GAMMON & DRUECK CPA
J. ALAN HAYES

BEST SHIPPER
POSTALANNEX
THE UPS STORE MT. JULIET
MAIL AND PACKAGE CENTER

BEST HOME DECOR
TIA’S SHABBY CHIC BOUTIQUE
SISTER’S WHIMZY
THE BASEMENT MARKETPLACE

BEST STORAGE FACILITY
LOCK BOX STORAGE
U-STOR-IT
A+ STORAGE
Needham’s can meet your planting needs

“Thanks to everyone for voting us the Best Nursery in town,” said Tom and Janet Needham. “For over 30 years we’ve been family owned and operated and have served the community here at Needham’s Nursery, providing quality plants and flowers for your gardens. In all that time, we’ve watched our town grow and change. In 1988, we were the smallest nursery in town, today we’re one of the largest garden centers in Middle Tennessee, and the best in Mt. Juliet! We are open seven days a week, weather permitting.”

Be prepared for the Needham experience when you visit them. There are always friendly, knowledgeable people on staff to help you. Whether you are replacing a few plants to spruce up a small area or replacing all your current landscaping, Needham’s will help you find the perfect combination of plants. While you are there, make sure to say hello to their dogs. They love the customers as much as the staff does.

“All our plants are free; a gift from God just like our lives and the air we breathe,” said Tom. “The only thing we charge you for is the container and the tags!”

Needham’s Nursery is open year-round offering a large selection of quality trees, shrubs, annuals, perennials, and a fine selection of mulches, soils, gravel, and sand. Through the spring and summer there is a wonderful selection of annuals and vegetable plants in stock. In the fall, they have a large variety of pumpkins, fall annuals and vegetable plants. Through the Christmas season, they have Christmas trees and handmade wreaths.

You can also shop 24/7 on their virtual nursery at NeedhamsNursery.com. You can check out the bulk goods and order a delivery online. You can also browse their seasonal annuals, vegetables, herbs, and a selection of shrubs.

God Bless Mt. Juliet!

Never underestimate the power of a flower

Moss’ Flower Shop is a third generation family-owned and operated florist. Originally opening in 1952 as Moss Feed and Seed, their family has serviced the community for more than 60 years. Moss’ provides floral services for all of life’s events, including Life’s New Arrivals, Prom, Birthdays, Well Wishes, Weddings, Anniversaries, Holidays and Celebrations of Life. The gift shop offers unique home and seasonal decor items, custom silk arrangements, home fragrances and hand-crafted jewelry.

Visit the store at 3690 N. Mt. Juliet Road, Ste. 400, Mt. Juliet, TN 37122 or online at www.mossflowershopllc.com. Call them at 615-758-5972 or email them at sales@mossflower-shop.com.

In the words of Hale Moss, “Never Underestimate the Power of a Flower.” They are privileged to continue their family tradition in the community and are honored to have been voted the Best Florist again this year. They want to thank everyone who voted for them.

Additionally, they want to thank their team whose hard work each and every day made this award possible. Thank you to all.
Merit voted best insurance provider

Merit Insurance Agency is thrilled to be voted the Best Insurance provider for Mt. Juliet for the fifth year in a row.

Merit is an Independent Insurance agency, which means they have direct contracts with several preferred carriers. This allows them to compare quotes with different companies to find the best option to meet your insurance needs for your home or business.

There is no need for you to call multiple agencies, because Merit can shop for you.

Merit is locally owned by Don and Julie Ruesewald. They have been in the insurance industry for more than 15 years. They are a community agency and very involved in events in the Mt. Juliet and Wilson County area. They are members of the Mt. Juliet Chamber of Commerce and have children in Wilson County Schools. It is important to have a local insurance agent because they are familiar with your community, and they are close by if you need to meet with them face-to-face.

Merit is located at 14625 Lebanon Road, Suite D, right across from St. Stephens Catholic Church.

Whether you are looking for insurance for your family or business, Merit Insurance has the experience to help you make the best decision. They have more than 75 years combined experience amongst the staff. They offer many competitive options for personal property insurance, such as homeowners, automobile, boat, motorcycle and renters, as well as life insurance. In addition, they offer several types of policies for your business insurance.

Merit Insurance strives to build long term relationships with their clients by providing advice based on many years of experience in the industry. Merit’s top priority is to protect you, your family, and your business from those unexpected events by finding the right coverage for your individual needs at a competitive rate.

For more information about what Merit Insurance Agency can do for you, head over to www.meritinstn.com or give them a call at (615)754-6374.

The Basement Marketplace

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

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

The large 6000-square-foot space is completely renovated and features wide aisles between booths (capable of wheelchairs and strollers), bright lighting, and is a very comfortable place to shop. A flat level parking lot is constructed in the back lot of the property with plenty of available parking spaces.

The Basement Marketplace is open Tuesday-Saturday from 10 a.m.-5 p.m. Follow them on Facebook and Instagram to see new products, learn about special events, and see current business hours. They participate in the Shop Late Mt. Juliet event on the first Thursday of each month, which means shopping is available until 8 p.m. on those nights. They often entertain with drinks and appetizers while you shop.

The Basement has hosted several food trucks at their events including Cousins Maine Lobster, Mrs. Grissoms, Fried Green Tomatoes and more. They host seasonal Pop-Up Markets and the next one is coming up on May 11 and will benefit the Mt. Juliet Help Center.

Watch for social media postings about these events.

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

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

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

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

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

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

Because Personalized Bookkeeping has a large Latino market, they also have an employee fluent in Spanish, Julieta Flores Leyva, who can assist with clients to make their process easier.

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

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

Even though the tax deadline is quickly approaching, Personalized Bookkeeping is still accepting clients. She completes 400 to 500 tax returns each year and has more than 50 clients using her bookkeeping and payroll services.

Personalized Bookkeeping also offers a free 30-minute consultation for bookkeeping services. They even help LLCs and Corporations with their books as well.

Normal business hours are 9 a.m. to 5 p.m. but appointments can be made for nights and weekends.

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

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

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

Pictured left to right are Personalized Bookkeeping’s Karen Burgess, Donna Blackwell and Julieta Flores Leyva.
The Sugar Pea is very honored to have been voted No. 1 Consignment Shop. Stacey Griffin and Montre Baird would like to thank all their friends, family, loyal customers and their fabulous consignors. Their shop has grown far past their expectations and it is due to the continued support from the Mt. Juliet community and surrounding areas.

Two Friends had a vision nearly 10 years ago, during the economic downturn, to create a consignment like nothing else they had ever seen. They knew their shop needed to be a place where women could buy quality items on a budget. After months of research, they opened their first shop in June of 2010 with approximately 1,000 square feet. They have moved twice, due to growth, and have settled in a 2,500-square-foot building located on the corner of Mt. Juliet Road and Faulkner Lane.

The Sugar Pea provides several services for the community:

First and foremost, The Sugar Pea provides an experience for women to shop without breaking the bank. The atmosphere is clean and uncluttered. Customers leave feeling like they have just shopped in an expensive boutique with a warm, friendly and helpful staff. The Sugar Pea owners believe that if someone chooses to purchase secondhand, that doesn’t mean they should feel like they have shopped secondhand.

Secondly, The Sugar Pea provides a place for women to make money by selling their unused clothing, purses, shoes and accessories. This in turn allows women to use money made from their sales on things their family needs, pay bills or save for a trip.

Lastly, The Sugar Pea provides a place for women to come and feel like they are a part of something. Stacey and Montre feel they have benefited from this more than they could imagine. The friends and acquaintances they have made over the past nine years have provided more fulfillment than the success of their business.

If you love to shop and find a bargain, then Stacey and Montre would love to invite you to visit The Sugar Pea. They maintain a wide selection of apparel for women of all ages. On an average, they add 500 hand-selected items each week with new things going out on the sales floor daily.
Co Mop Sim Nee Dha is Korean for thank you and Mt. Juliet Tae Kwon Do sincerely thanks Mt. Juliet for voting them Best Martial Arts School for three years in a row! Mt. Juliet Tae Kwon Do (MJTKD) has been training martial artists in the Mt. Juliet area since 2009 under the direction of Kenneth Page, 5th Dan and Chief Instructor. The taekwondo school is currently being referred to as Mt Juliet TKD, Sports & More, offering martial arts classes, cardio classes, a sports facility with indoor batting cages (The Bat Cave), and an event venue. Most recently they have begun providing Rock Steady Boxing and a cycling program designed specifically for those with Parkinson’s.

“Constant and Never Ending Improvement” is the guiding rule for the facility, and can accommodate anyone from 18 months to 80+ years with a variety of classes offered. With this focus, goals can be achieved through creating an environment where its members are family; filled with spiritual growth, great attitudes, and a willingness to put forth their best efforts, pushing the average person to be extraordinary.

This family-owned martial arts school offers unique programs that fit the needs of its members. Several instructors, ranging from 1st Degree to a 7th Degree Master, assist in daily training at two locations. The 360 Building and South Mt. Juliet locations offer an After-School Program, which includes pickup from Mt. Juliet schools, transporting to the taekwondo school, a 15-20 minute snack time, assistance with homework, and taekwondo lessons throughout the week. They’ve most recently added dance classes and a sports program to coincide with the children’s taekwondo training. This program provides a structured and disciplined atmosphere, and is the perfect alternative to ordinary day care.

In addition to the After-School Program, MJTKD offers camp days and summer programs when county schools are on break. Hours are extended for these days/weeks, allowing for fun-filled activities, field trips and daily taekwondo lessons to include “Stranger Danger” and “Anti-Bullying” type discussions, all of which are included at an affordable rate. The 360 taekwondo school offers evening classes which are available for children and all-age adults, at any fitness level. Additionally, Brazilian Jiu-Jitsu is taught two days per week, and Mr. Page will introduce a 12-week Sword Certification Course, beginning after spring break.

Confidence, as well as physical and mental strength are often results of martial arts training. Regular belt testings are held throughout the year, offering the student an opportunity to move up in belt rank and eventually achieve the rank of black belt and beyond. A student may also choose to take their skills to the next level by participating in tournaments held in the southeast region.

Rock Steady Boxing and a cycling program (PD Cruisers) are MJTKD’s newest additions. Led by husband and wife team, Ken and Laura Bodin, this couple will be training those battling Parkinson’s. Group classes will allow members to make friends in a supportive and uplifting environment, while achieving personal goals to maintain wellness. One of the most scientifically proven ways to slow the progression of this neurologically movement disorder is exercise. Parkinson’s Friends and families are encouraged to contact the Bodin’s. Call Laura at 615-310-9077 or Ken at 615-525-1338. They can also be reached through email at parkinsonspdcruisers@gmail.com or rocksteadykenlaura@gmail.com.

Mt. Juliet Tae Kwon Do is located at 360 Industrial Dr. and 8220 Central Pike in Mt. Juliet. Page can be reached directly at 615-415-4882. The landline number for the 360 Building is 615-288-3173, and the staff at the south taekwondo school, can be reached at 615-533-2184. Their address is 8220 Central Pike and sits at the corner of South Mt Juliet Road and Central Pike.

The camaraderie at Mt. Juliet Tae Kwon Do is something very special! We encourage anyone interested in classes, or who may have a need or want for After School Care to contact MJTKD for more details!
“The staff at Mt. Juliet Wine and Spirits would like to thank you, the residents of Mt. Juliet, for voting us Mt. Juliet’s Best Wine and Spirits Store. Our customers are the heartbeat of our business, and it is our great pleasure to serve you,” said manager Heather McSweeney.

Since July 2013 when Mt. Juliet Wine & Spirits first opened their doors, their goal has been to offer the best selection of wines and spirits and offer the best customer service. The staff is trained on greeting every customer that walks through their door. The staff is always expanding their knowledge on product by attending tastings all over the region to ensure the store offers the highest quality wines and spirits available today.

Whether you are planning your next big event, stocking the bar, or preparing for a fun night with friends MJWS can help you pick the perfect bottle for any occasion. If you do not see a product you want on the shelf, please contact one of the employees. They will take your request and order that product for you. Had a great wine or spirit recently? The staff would love to hear about it. They love feedback and are always in search for wines and new products. A customer’s input is a key component with the store.

The city of Mt. Juliet’s very firstinely wine and spirits store, Mt. Ju-
liet Wine and Spirits is a warm and
unique place of never-ending con-
versation. The weekly tastings ev-
ery Friday night from 4 to 8 p.m.
offered a social atmosphere where
you can learn the history, origin,
and notes of the world’s finest
wines, and spirits.

All of the staff is available to make your shopping experience the best. Even the spacious aisles and ornate brick trim make you feel you are in the wine cellars of old. MJWS would not be the best without understanding all of their cus-
tomers. They will continue to serve
you with the finest wines, spirits,
and customer service around. The
staff thanks all of their customers for allowing them to serve you. They invite you to keep your glass half full and come to see them soon so they can thank you in person in 2019.

The store now carries a new line of cocktail mixers, soft drinks and juices that can make your happy hour more fun. The store also has several new items, which may be interesting to your drinking pleasure. Crown Royal now has added the Peach flavor. Wild Roots, which is an organic Vodka, has no sugars or colors added. Broken Shed Vod-
ka, from New Zealand, is made with Whey instead of corn or wheat.
True Friends Moving Company

True Friends Moving Company was recently voted best movers by readers of The Chronicle. Based out of Old Hickory, True Friends helps move families around the area to their new homes.

True Friends is a family-owned and operated full-service residential and commercial moving company. They assist with every kind of move such as senior moving, complex specialty moving, and in-house moving. True Friends is also fully-licensed for interstate moving and provides long distance moving services anywhere throughout the country.

They also provide packing services, including organizing, shrink wrapping and padding furniture, and sell packing supplies for people who want to move themselves. True Friends proudly offer personalized moving services tailored to each customer's exact needs. The company's culture also sets them apart from others in the industry.

Founder Chris Knowles followed his passion when he started True Friends Moving Company six years ago. What started as himself and a couple of friends has grown into a company with dozens of employees and trucks ready to make the typically stressful moving process as easy as possible. They have built the foundation for unmatched customer service and remain committed to upholding the standards that continue to make True Friends a standout in the industry.

The growth of the community and the good word spread by happy customers has led to True Friends to begin construction on a larger space, which will accommodate more moving trucks as well as storage facilities. Knowles said they hope to open that building by the end of the year.

Knowles lives in Mt. Juliet and operates his business in Old Hickory. Because they have a huge presence in the community, they like to give back when possible. They have built the company on providing top-quality services and exceptional customer care. The entire operation in Mt. Juliet revolves around people in the midst of moving from one place to another. Since we know moves can be stressful on our clients we want to recommend the best movers in the business — and that is True Friends. We have recommended True Friends Moving Company for years and they have never let us down.” Morris

True Friends is located at 3606 Old Hickory Blvd., Old Hickory, TN 37138. They also have a location in Tampa, Florida. To learn more about the company, visit their website at www.truefriendsmovingcompany.com.

True Friends Moving Company

voted best of Mt. Juliet

True Friends has no shortage of satisfied customers, and they have a dedicated page on their website filled with testimonials, including:

“None of the [other] companies were even close to my experience with True Friends. The entire package was just perfect — attitude, efficiency, speed, price (worth every penny). I have dealt with other moving companies and TF is simply the best. [They] saved us a lot of stress.” Leonardo

“As a real estate agent, our world revolves around people in the midst of moving from one place to another. Since we know moves can be stressful on our clients we want to recommend the best movers in the business — and that is True Friends. We have recommended True Friends Moving Company for years and they have never let us down.” Morris

True Friends strives to stand out among every other moving company in the area. They believe what sets them apart is their highly-trained movers, proprietary moving processes, dedication to the community and environment, and 100 percent guaranteed satisfaction.

“There's a reason we've earned more 5-star reviews than any other moving company in the area: our commitment to top-quality services and exceptional customer care speaks for itself,” reads a statement on their website.

They also offer a free quote for those interested in using the service. Whether the move is residential or commercial, True Friends is ready to help. They provide future customers a flat-rate with hourly pricing before the move to ensure transparency and streamlined service.

True Friends has no shortage of satisfied customers, and they
WELCOME TO MT. JULIET!
Vanderbilt Orthopaedics-Mt. Juliet is a full service, multi-specialty orthopedic clinic providing the same expert care by board-certified, fellowship-trained physicians from their world-class medical center with hassle-free convenience right here in Wilson County.

With specialists in pediatric, adolescent and adult sports medicine, pediatric orthopedics, general adult orthopedics, hand and upper extremity, as well as foot and ankle, they are in your backyard and ready to handle all your needs. They are the official healthcare provider for the Nashville Predators, the Nashville Sounds, the Nashville Soccer Club, Vanderbilt University athletics and the Tennessee Secondary School Athletic Association. This means you receive the same level of advanced care they provide to their professional and collegiate athletes.

US News ranks Vanderbilt University Medical Center as one the best 20 hospitals in the country as well as No. 1 in both Nashville and Tennessee. Specifically, their adult and pediatric orthopedic programs are again ranked among the best in the nation. Their researchers make the discoveries that improve orthopedic care for here and at other hospitals nationwide. However, they are not only national leaders and experts, but they are your friends and neighbors as many of the staff were born and raised in Wilson County.

They are humbled to be awarded the title “Best Orthopaedics” for the third consecutive year as voted by the community in the Best of Mt. Juliet Poll. They live and work in such a great community and would like to thank the patients and their families for entrusting them to care for their orthopedic and sports medicine needs.

To make an appointment, please call (615) 773-2710.

Vanderbilt Orthopaedics – Mt. Juliet: Respected, compassionate, convenient care.
Backyard Living Pool Service celebrates 11th year in business

Backyard Living in Mt. Juliet is an award-winning pool service company that is in its 11th year in business. John Paul Williams took over 100 percent of the ownership in the business.

The company was created in 2008 as a leap of faith during a tough economy. At the beginning, the company had three weekly services, but it has grown to service more than 75 customers weekly.

The company was named as a finalist in the Best of Mt. Juliet for Best Pool Service in 2014, 2016 and 2018, and they won the category in 2015, 2017 and 2019. They have also earned their A+ rating from the Better Business Bureau.

Backyard Living offers everything that the company offered before. Backyard Living still offers full construction of vinyl, fiberglass, and gunite/concrete in-ground pools.

Backyard Living has had the same service staff for the past seven years with Adam Abernathy. The full repair department is headed by Eric Pryor, who is in his ninth year as service/repair manager.

They want to thank their customers for supporting them over the past 11 years and look forward to the what the future holds.

Backyard Living is located at 2320 N. Mt. Juliet Rd. They can be reached by phone at (615) 444-9000. Owner John Paul Williams can also be reached at anytime at 615-474-1546.

There has never been a more perfect time to stop in or call Backyard Living, where all of your pool needs will be answered.

2320 N. Mt. Juliet Rd, Mt. Juliet
615-444-9000 | backyardlivingllc.com