PRESENTING: THE WINNERS & RUNNER-UPS

THE CHRONICLE
OF MT. JULIET’s
ANNUAL BEST OF POLL

A SUPPLEMENT TO THE CHRONICLE OF MT. JULIET
**BEST ACCOUNTANT**
PERSONALIZED BOOKKEEPING & TAX SERVICES
HOMES & SWAFFORD • GAMMON & DRUECK

**BEST ALTERATIONS**
ALTERATIONS BY BECKY
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The Basement Marketplace
ATTIC TRINKETS & TREASURES
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**BEST ARCHITECT**
ANDERSON ARCHITECTS
THE HALL GROUP ARCHITECTURE
KAATZ, BINKLEY, JONES & MORRIS

**BEST ASIAN FOOD**
AM ASIAN CUISINE
SMILEY THAI SUSHI
OISHII ASIAN RESTAURANT

**BEST ATTORNEY**
CAROLYN CHRISTOFFERSEN
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CEDARSTONE BANK
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**BEST BAR**
JONATHAN’S GRILL
CATCH 22
CORNER PUB

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**Thank You Mt. Juliet!**

**MEATBALLS Italian Grill**
Now THAT’S Italian!

Open Lunch & Dinner, 7 Days
Full, Authentic Italian Menu
Cocktails, Full Wine & Beer Selection
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Private Function Room

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**Thank you Mt. Juliet for voting us Best Auto Service!**
We appreciate your continued support!

1378 S Mt Juliet Rd, Mt Juliet • (615) 754-2315
Avenue Animal Hospital is excited to be recognized by the Best of Mt. Juliet in the Best Veterinarian category for the second consecutive year. The past year has brought many challenges to our community. Avenue continues to show their dedication and support by providing consistent top-notch care for pet patients and their families.

Dr. Nicole Harris leads her fellow veterinarians, Dr. Joni Johnson and Dr. Bethany Tyler, in expressing appreciation to their clients for trusting our doctors and staff with the care of your furry family members. It is truly a privilege. We appreciate our clients’ loyalty and vote of confidence. Allowing us to be part of your family is the highest honor. Avenue Animal Hospital is proud of our team of licensed veterinary technicians, assistants, receptionists and grooming staff, who strive every day to provide the best care for the pets within our community. Our team is deeply honored to be acknowledged for their passion and commitment.

Established in 2012, Avenue Animal Hospital’s professional and courteous staff has many years of experience in the veterinary field. Their dedication is reflected in the compassionate care they give to every patient. As an American Animal Hospital Association accredited veterinary hospital, they continuously hold themselves to the highest standards. AAHA sets the benchmarks for quality veterinary care for companion animals, requiring hospitals to measure up to more than 900 standards of care. Membership is strictly regulated and only 12 percent of veterinary hospitals are accredited in North America.

Avenue Animal Hospital is a full-service veterinary hospital where people and their pets visit to achieve a healthy, fulfilling life together. They provide a caring and educational environment for people to learn about improving the health and well-being of their pet, as well as protecting the health of their entire family and the lives they share together. Avenue believes that best health is achieved through education and partnership. They support their clients by listening to their concerns, adapting health care to the needs of their situation, and providing education that is specific to each pet and their family.

Healing pets that are injured or sick is their passion. Avenue Animal Hospital believes in giving back to the community by assisting animal rescues and providing care for our local shelter. Avenue Animal Hospital conveniently offers many services, including dietary plans, vaccinations, diagnostics and surgery, as well as special services including in-house ultrasound and echo-cardiograms, therapeutic laser treatments, and advanced dental care. They utilize digital X-ray and digital dental X-ray. Their in-house lab services include advanced health screenings and diagnostic testing for immediate answers. For your convenience, they also offer an on-site and online pharmacy, as well as boarding and grooming services. Their talented groomer, Jennifer Sorey, has also been recognized in the “Best Of” category for grooming for several years. In addition to their many services, they strive to make the clinic comfortable, friendly, and calm, so you and your pet can relax and trust the staff and doctors to advise you on their care.

Clients and patients are the heart of Avenue Animal Hospital. It is their goal to treat each patient like they were their own. At Avenue Animal Hospital, they treat your pets like the valued family members they are. Their staff is dedicated to every pet, being their advocate and giving them a voice to ensure their overall health and well-being. They strive to deliver exemplary service with regard, respect and compassion for each client and patient’s individual needs. They welcome everyone in need of veterinary care, boarding or grooming to be a part of their family. Please contact Avenue Animal Hospital for a positive experience and for your pet’s health. www.avenueanimalhospital.com or (615)553-4855

Best of Mt Juliet 2021, Section 1 - Page 3
**BEST BARBERSHOP**

ICONIC CULTURE  
BRIAN’S MANCAVE  
REVOLUTION BARBER STYLE  

**BEST BARBECUE**

MARTIN’S BBQ  
BIG BAD WOLF  
MARTIN’S BBQ  

**BEST BREAKFAST**

CRACKER BARREL  
SWEET BISCUITS  
THE HUMBLE HOAGIE  

**BEST CAR WASH**

MISTER CARWASH  
INSIDE OUT DETAILING CREW  
WASH-N-ROLL CAR WASH  

**BEST CATERING**

LOCAL JOE’S CAFE  
BIG BAD WOLF/STAGE LEFT CATERING  
ENTRENOUS  

**BEST CELLULAR SERVICE**

VERIZON WIRELESS  
AT&T  
T-MOBILE  

**BEST CHILD CARE/AFTER SCHOOL PROGRAM**

ME TIME  
MT. JULIET TAE KWON DO  
TIDWELL’S TOTS  

**BEST CHILDREN’S CLOTHING**

NOELLE BELLE AT THE BASEMENT  
MARKETPLACE  
Paisley Petals • TARGET  

**BEST CHIROPRACTOR**

ACTIVE LIFE CHIROPRACTIC  
INTUNE CHIROPRACTIC  
TINKER FAMILY CHIROPRACTIC  

**BEST CLOTHING BOUTIQUE**

JADYK BEAUTIQUE  
SASSY DAISY BOUTIQUE  
SISTER’S WHIMZ  

**BEST CLOTHING STORE - BIG BOX**

TJ MAXX  
BELK  
LIZARD THICKET  

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**Making clients smile at the closing table**

Preferred Rate, formerly Peoples Home Equity, is so grateful to be named Best Mortgage Lender for the fourth year in a row. For us, being the best means putting our clients first. That is why this year we made the decision to partner with a new company. By doing so, we will be able to deliver faster service and closings for all our clients.

Our team has not changed, our address has not changed, our number has not changed, just our name. We are a mortgage lending company that is 100% referral based, meaning we will always go above and beyond for our clients. When working with Preferred Rate, you will receive superior service, exceptional communication in a timely manner, outstanding assistance from each amazing team member and you will get all this even faster than before.

Our Preferred Rate branch is Christian-based and believes giving back to the community that trusts and supports us is very important.

The past few years we have formed a partnership with AGAPE where we donate a portion of every closing. We went further, in 2020, and developed a program where each month one employee is named Employee of the Month. To celebrate that recognition, Preferred Rate donates $250 in their honor to the charity of their choice. This year alone, through all our efforts, we have been blessed to donate over $25,000.

One thing that makes Preferred Rate different is our continued relationships with our clients, even after your closing. We celebrate you by offering multiple client appreciation events and points of contact throughout the year.

We are so grateful for our clients and business partners. We are your “Lender for Life”. How can we help you or someone you know with a home purchase or refinance?

[Image of Preferred Rate team members with a "Winner" sign]

Thank You for voting us Mt. Juliet’s best!

The Chris Haynes Team  
www.ourloanteam.com | 615-288-4452
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 has owned a dance studio for the past 20 years. She operates the dance side of the business and her husband Jimmy operates the After School Side. 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 85 members. Throughout the season, they travel to multiple competitions around the country. RockStar’s competitive team has attended thirteen National Championships and has brought home a National Championship all thirteen years. The last Nationals attended in 2019 they brought home fifteen National Championships and a Grand National Championship. 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 five years ago with only six children, the program quickly grew. Right now, RockStar has roughly 300 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 Hammer & Stain, a few storefronts down, and other days they go to dance class in the studio.

During the summer, the program takes children on a field trip everyday 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.

Rockstar Academy dances its way the top spot
BEST COFFEE

BILLY GOAT COFFEE & TEA
STARBUCKS
REDDY TEDDY’S

BEST CONSIGNMENT

DRAGONFLY CONSIGNMENT
BOUTIQUE
THE SUGAR PEA • MEMORIES CONSIGNMENT

BEST COUNSELING SERVICES

TERRI ALLEN ATWOOD
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LANTERN LANE FARMS • BRANCHES COUNSELING CENTER

BEST CREATIVE STUDIO (NON-DANCE)

AR WORKSHOP
SHILOH MUSIC CENTER
HAMMER & STAIN

BEST CUSTOM CLOTHING

NIPPERS EMBROIDERY
PUNCH PROMOTIONAL PRODUCTS
MJ SHIRTWORKS

BEST DANCE STUDIO

ROCKSTAR ACADEMY OF DANCE
DIAMOND ACADEMY OF DANCE
PLATINUM DANCE

BEST DENTIST

PROVIDENCE DENTAL CARE
MT. JULIET FAMILY AND COSMETIC DENTISTRY
TWIN LAKES DENTAL CARE

BEST DOG DAYCARE

NASHVILLE PET SPAS
CAMP BOW WOW
BECKWITH FARMS PET RETREAT

BEST DRY CLEANERS

CITY CLEANERS
CLASSIQUE CLEANERS
PRIDE CLEANERS

BEST ELECTRICIAN

SHANE ELECTRIC
LEE CO.
BEACON HILL ELECTRIC

BEST ELEMENTARY SCHOOL

WEST ELEMENTARY
SPRINGDALE ELEMENTARY
RUTLAND ELEMENTARY

BEST ENDODONTIST

CUMBERLAND ENDODONTICS
BLUEGRASS ENDODONTICS
MT. JULIET FAMILY & COSMETIC DENTISTRY

Thank you to our friends and clients for voting us BEST ENGINEER. We are grateful for the continued encouragement and wonderful projects you are allowing us to be a part of.

~ Jessica D. Gore, P.E.

3384 N. Mt. Juliet Rd. Ste.1100, Mt. Juliet 615.288.4084 • BigStarCigar.com

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2031 N. MT. JULIET RD., SUITE 200, MT. JULIET, TN | 615.701.2941
Providence Dental Care wins for the second year in a row

Providence Dental Care was named the best dentist in Mt. Juliet. The office has three doctors, Larry Lafever, Joshua Gunnels and Spencer Bierlein, and a team of dental hygienists and staff members who work together to provide the best possible care for their patients.

Dr. Larry Lafever began his private practice in Hermitage in 1985 after serving in the Navy. Dr. Joshua Gunnels previously worked as a civil engineer before switching career paths, eventually opening up a practice with Dr. Lafever. Dr. Spencer Bierlein, originally from Michigan, has provided dental care in Chattanooga and the Dominican Republic.

Dr. Gunnels and Dr. Lafever started Providence Dental in 2009 as a small practice. Dr. Gunnels became full owner of Providence Dental Care in November of 2020. Over the years, that practice has grown along with Mt. Juliet. Gunnels said working in the community has been a good fit as he grew up in Mt. Juliet. His background in the community, along with knowing many people in the area, has proven to be successful for the practice.

Providence Dental is a family practice that treats patients over age 3. They offer a variety of general dentistry services that include cleanings, screenings, extractions and more. They also provide a variety of cosmetic and restorative dentistry services like veneers, whitening, crowns and implants.

Dr. Gunnels feels very blessed to have a great team to work with at the office. Everyone in the office strives to place patients in the best care possible. They are a full-service practice, doing everything they can in-house and giving patients referrals for any other issue.

The goal of the Providence Dental team is to exceed expectations. They want to take care of their patients, treating them like family and allowing them to feel comfortable in a setting that can sometimes make people nervous.

One way to help ease patient concerns is by talking through the process of their appointment. By explaining what is happening and making it simple to understand, the dental team is focusing on the comfort of its patient, thereby building a relationship of trust and understanding.

Gunnels values integrity and said building these connections with patients is important because it shows that they are not trying to take advantage of the patient but truly have their best interest at heart.

After learning that Providence Dental was chosen as the best dentist in Mt. Juliet for the second year in a row, Gunnels was blown away. He was humbled and very grateful that their patients thought that highly of the Providence Dental team. They strive to take good care of their patients, so he sees the honor as a validation that they are doing something right.

Providence Dental is currently accepting new patients, so give them a call to set up a time to start your care. Providence Dental Care is located at 684 N. Mt. Juliet Road. Learn more at providencedentalcare.net or call 615-758-6800 to schedule an appointment.
Sign Central takes Best Sign Shop

Sign Central was named the best sign shop in Mt. Juliet, an honor that owner Teresa Brown is excited to receive.

Sign Central has been around for almost 19 years. Teresa originally started the business out of her garage. Sign Central is a homegrown, family-owned business. As word of the excellent service and products spread, Sign Central began to grow. Locally, Sign Central has done a lot of work at schools in Wilson County as well as surrounding counties. They have also done a lot of work for businesses in and around Nashville.

They have ventured past just creating and shipping signs, now creating specialty items like engraved wood, wedding signs, sports signs and collages, banners and much more.

Teresa isn’t just the owner of Sign Central — she also creates the different designs on many products and signs. As someone who takes pride in being a hard worker, she wants her products to be perfect for her customers because that is what keeps them coming back.

She doesn’t take the honor for granted and hopes to be even better next year.

Teresa is proud to be a part of Mt. Juliet and enjoys giving back to the community she calls home. She said she is grateful that God put her in this spot and can’t imagine ever leaving. She hopes that she has given the community as much as they have given her over the years.

“I feel like I’ve been blessed a lot, and the community has embraced us so I try to give back to others,” she said. “I feel like that’s what we need to do … it always comes back.”

Sign Central is located at 12020 Lebanon Road. More information on products, services and placing an order can be found on their website at www.signcentraltn.com.

Third Coast Salt makes it five for five

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

Grateful 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 enlighten and excite neighbors about salt therapy and superb skincare. This combined with the most incredibly-talented team, 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 Mt. 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, Sweat Therapy, IV Therapy 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 we all love, IS Clinical and Indie Lee. They offer an array of treatments both relaxing & results-driven like PCA Peels as well as Collagen Pen Microneedling & Dermalinfusion. Don’t forget Brazilian Waxing Goddesses and our Microblading Artists.

To celebrate winning Best Spa and Wellness Center, they are offering half-price salt for all of 2021 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 Team and Medical Director, Dr. Ethan Kellum, and Wellness Partners, TLC Wellness, Kara Adams Yoga, Judy Bernard, Cole Family Practice, Smoothie King & Southern Social 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 incredible announcements are on the Hollywood Horizon.

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Re:MOVE//Training started as a passion point between two friends who would later become husband and wife. Their story is one of humble beginnings, simple shared interests and genuine hearts to serve people. Israel and Crystal met over 10 years ago at a Gold’s Gym in Donelson, Tennessee. She was training as a personal trainer in the early morning hours and he would come in with friends to workout. She would occasionally join their workouts as they did fun, creative things that were outside of the traditional fitness box.

They lost touch as their lives took them in different directions. Several years later, Crystal started a bootcamp in the park. At that time, it was called Crystal Clear Fitness (a cute play on words). The bootcamp started to increase the family income as she was a single parent raising two children and working multiple jobs. It amazingly took off and she was able to quit all the other jobs, pursuing personal training as her sole income. She reached out to Israel in July of 2011 and told him she was considering opening a small gym and would he be interested in teaching a martial arts class. (Israel has 3 3rd degree black belts and trained in China for a year.) He responded with, “Maybe, but who is this??” That is how out of touch they were. They still joke about that text to this day.

They got together and started talking about the business and about the possibility of opening a gym and what it would take. At that point, they decided something Crystal thought she would never do and that was become business partners. By October of 2011, they opened their first gym. Their first space was a 3,500-square-foot garage space with minimal equipment. They stayed there two years before it was time to expand. When they moved into the current Mt. Juliet space, the old Garrs building, it was such a big financial stretch for them that they didn’t know if they’d make it. It was a ”go big or go home” move. Almost seven years later, it was easily one of the best business decisions they have ever made. They made another one of those jumps in December of 2019 when they opened their second re:MOVE location on the Historic Lebanon Square. They have yet to see how that decision works out but are working hard to make it a good one!

Looking back on the journey of the last 8.5 years, it is amazing to see how far they have come professionally as well as personally as they are also celebrating their fourth wedding anniversary in the coming weeks. It has been a fun journey.

One thing that hasn’t changed in the past 9.5 years is their passion to help and serve people. When they started re:MOVE//Training, their vision was to make the hour-long workout the very best part of a person’s day. While they still have that same goal, they have broadened their vision to include how to help people live their very best life: physically, emotionally and spiritually. They meet people where they are and help them get where they want to go, in life and in fitness.

They would love to have you in any of their classes, in personal training or in nutritional counseling. In any capacity, they’d love to help you. Give them a call or schedule an appointment to meet with one of their certified coaches. They love you and are here to help.

“Thank you so much for voting us the best of Mount Juliet,” they said. “We do not take it for granted and we promise to do our best to continue serving people to the best of our ability.”
Nutrishop makes it six years in a row

“Thank you for voting Nutrishop as the ‘Best Nutrition Shop’ in Mt. Juliet for the sixth 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 local, family-owned 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 underfunded 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 loyal patrons attain ‘against textbook’ results. 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 Supplement Guides to thousands in Wilson County over the past almost six years of business. This is something none of our competitors locally or online have ever provided.

To be completely transparent, without a solid foundation of nutrition, nothing works. No supplementation, exercise, or starvation attempts will undo a well-rounded, science-based 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 loyal patrons & their families to the point that we have frequently been coined the ‘Cheers of Nutrition Shops,’ where everyone knows your name.

If you’re 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 with an unrivaled reputation for achieving better results.”

-Jay Vicino, proud owner of Nutrishop
BenchMark helps patients move better, feel better, faster

BenchMark Physical Therapy offers outpatient physical therapy to Mt. Juliet, treating aches and pains from head to toe, specializing in post-traumatic 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:

- Pain throughout the body including back, neck, shoulder, hip, knee, ankle, wrist and hand pain
- Injuries resulting from falls, sports, auto accidents or overuse
- Arthritis and osteoporosis
- Headaches and Migraines
- General weakness and deconditioning
- Pre- and post-surgical conditions
- Vestibular and Vertigo

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

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 painkillers, as it treats pain at its source.

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

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

Struggling with aches and pains?

BenchMark Physical Therapy can help.

BenchMark’s licensed physical therapists can help decrease your pain to improve your quality of life through manual therapy, hands-on care, exercise, and patient education.

Your PT will create a customized care plan to improve movement, reduce pain, restore function, and prevent disability.

Our advanced certifications mean we’re trained to achieve outcomes faster, getting you back to the activities you love sooner.

Let us focus on your full recovery, so you can focus on what matters to you.

Three Dog Bakery wins again

“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 handcrafted 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. 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!
Hutsenpiller serving MJ since 1992

Since 1992, we've had the pleasure of serving the Mt. Juliet community. At Hutsenpiller Insurance, we know that peace of mind is one of the most important assets you can obtain; that's why our agency works hard to provide you with the right insurance protection to give you the peace of mind you deserve. Whether it's your home, auto, life, or business, our agency offers the insurance products you need at the prices and service level we know you deserve. With locations in North and South Mt. Juliet, we are conveniently located to service all of our client's in-person needs.

While our two locations make us convenient for face-to-face servicing, our online services are even more convenient. We know that technology is the way of the world these days and we've made sure our online services stack up to that. You can get a quote, report a claim, or service your policy with a quick click on our website.

One of our greatest tech advantages, though, is our Disaster Response System. This system allows us to see which of our clients are in areas that have been affected by a disaster. This was so important for us back in March when the tornado hit. We were able to get in touch with clients and get their claims process going that very night (3AM!).

At Hutsenpiller Insurance, we put our community at the forefront of everything we do. We are proud members of the Mt. Juliet Noon Rotary, The Eastern Middle TN Association of Realtors, the Mt. Juliet Parks and Recreation Board, and the Insurers of Tennessee. We also employ two of Tennessee's Insurance Agents of the Year! We want to send our sincerest “Thank you!” to the Mt. Juliet community for voting us Best Insurance Agency. Community-voted awards mean so much to us and we look forward to living up to the hype!
Premo Air would like to thank the community for voting them the best heating and air company in Mt. Juliet the second year in a row and for all the support since they opened their business in 2017, after over 20 years in the HVAC industry.

Premo Air is locally owned by Dino and Jennifer Premo.

They are a business that takes pride in the quality of their work and treatment of customers.

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

They are here to help you with your residential or commercial HVAC needs.

They have qualified professionals waiting to help you with your preventative maintenance, service, repair or replacement issues.

Premo Air is a licensed, bonded and insured company.

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

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

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

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

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

Contact them today and see how you can upgrade or replace your unit with 0 percent financing for up to 60 months.
BEST GIFT SHOP
SISTER’S WHIMZY
THE BASEMENT MARKETPLACE
TIA’S SHABBY CHIC BOUTIQUE

BEST GOLF SHOP
GOLF RX
ACADEMY SPORTS & OUTDOORS
DICK’S SPORTING GOODS

BEST GROCERY STORE
PUBLIX
KROGER
ALDI

BEST GUN SHOP
KRB FIREARMS & THE RANGE
RELOADER’S BENCH
ACADEMY SPORTS & OUTDOORS

BEST HAIR SALON
STYLEMASTER’S LTD.
SALON GALLERIA/SG2
AQUA BELLA

BEST HAMBERGER
BURGER REPUBLIC
FIVE GUYS
CATCH 22

BEST HANDCRAFTED JEWELRY
SISTER’S WHIMZY
THE BASEMENT MARKETPLACE
TIA’S SHABBY CHIC BOUTIQUE

BEST HAPPY HOUR
JONATHAN’S GRILLE
CALABRIA BRICKOVEN PIZZERIA
CATCH 22

BEST HEALTH CARE PROVIDER
CHILDREN’S CLINIC EAST
MT. JULIET HEALTH & WELLNESS
WEST WILSON FAMILY PRACTICE

BEST HEARING SPECIALIST
ADVANCED HEARING SOLUTIONS
ELITE AUDIOLOGY
TENNESSEE HEARING INSTRUMENT SPECIALISTS

BEST HEATING & AIR
PREMO AIR
PROCTOR & GRAVES
LEE COMPANY

BEST HIGH SCHOOL
GREEN HILL HIGH SCHOOL
MT. JULIET HIGH SCHOOL
WILSON CENTRAL HIGH SCHOOL

THANKS FOR VOTING US BEST CREATIVE STUDIO!

Use code: BESTOFMJ
For a $10 discount on any of our wood/burns workshops!

Thank you for voting us
Best Fast Food
2021 Best of Mount Juliet!

Chick-fil-a
Providence Marketplace

It is always our pleasure to serve you!

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MOUNT JULIET MOTORS

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Thank you to all our customers and community!

1986 PROVIDENCE PARKWAY, MT. JULIET, TN
615-288-2407 | PROVIDENCEWINEANDSPIRITS.COM
Oxford Orthodontics makes it six years in a row

Oxford Orthodontics is dedicated to helping patients love their smiles while providing a friendly, professional atmosphere. Oxford Orthodontics has been voted “Best Orthodontist” in Mt. Juliet for Six “Straight” Years!

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

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

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

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

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

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

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

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

To set up a complimentary smile evaluation, visit their website at www.oxfordortho.com or call (615) 553-4054.

Bring this article into the office or mention this article to receive $250 off comprehensive braces or Invisalign treatment.

Thank you for voting OXFORD ORTHODONTICS
BEST ORTHODONTIST in Mt. Juliet 2016 – 2021!

Oxford Orthodontics

- Mt Juliet -
5002 Crossing Circle Ste 200,
Mt Juliet, TN 37122

- Lebanon -
1314 W. Main Street,
Lebanon, TN 37087

Phone: (615) 553-4054 | www.oxfordortho.com
In 1976, Judy Hughes opened Stylemasters.

There were no red lights in town and the restaurant choices were Staggs Pharmacy, Super Burger and Dairy Queen.

They have been a fixture of Mt. Juliet since, and also a fixture on our Best of Mt. Juliet contests. They won the award for Best Hair Salon in 2013, 2016 and now 2021. They were finalists in 2014, 2015 and 2018. They feel fortunate to have been able to get to grow alongside Mt. Juliet. They have fond memories of a time when Mt. Juliet was just starting and feel very proud to celebrate over 40 years in business. Over the years the salon has continued to evolve and adapt to current trends, and that is still happening today. They thank everyone who has supported them throughout the years.

Stylemasters is a full-service hair salon and is now owned by Tameria Shaver. Their team will exceed your expectations for all of your hair needs, as they are open to all ages and are proud to offer a relaxed atmosphere for whatever special service you choose. Whether you are wanting beautiful natural and healthy-looking hair or you want a more elaborate vivid fashion color, they have the beauty and barber stylist for you. They are proud to have cosmetologists and barbers of all ages and the talent to give us the perfect combination to serve everyone in Mt. Juliet. Shaver says she is blessed to work alongside them every day, and none of it could have been possible without them. Her daughter Kenzi works with her and together they plan to keep Stylemasters in Mt. Juliet for many years to come.

“Thank you again for voting Stylemasters 2021 Best Hair Salon,” said Shaver. “Without our wonderful clients, cosmetologist, and barbers none of this would have been possible! We cannot wait to see what the future holds for all of us here at Stylemasters and the growing community of Mt. Juliet. Owning Stylemasters over these years has been an incredible honor. If you haven’t been to our salon, please come visit us and see why Stylemasters is The Best Hair Salon in Mt. Juliet.”

Stylemasters also sells Halo Couture, and offers facials, facial waxing, hair extensions, nail services and deep conditioning treatments. They also have a collection of quality products that are available for your purchase. Formalwear, updos, and weddings are available as well.

Booth rent or commission Barber and Stylist positions are available.

You can visit Stylemasters at 11381-B Lebanon Road, Mt. Juliet, TN 37122. You can reach them by phone at (615)758-8411. They can also be found on the internet at http://stylemastersltd.com or on Facebook.

WE CATER TO EVERY AGE GOLDEN GIRLS OR BABE'S WITH CURLS. MEN, WOMEN, BOYS OR GIRLS ALL TYPES OF CUTS, COLORS, CURLS. COME SEE US TO BRING OUT THE BEAUTY YOU WILL LOVE.
Backyard Living in Mt. Juliet is an award-winning pool service company that is in its 12th 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, 2019 and 2021. 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 12 years and look forward to what the future holds.

Backyard Living is located at 385 Industrial Drive. 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.
Endodontists are dentists who specialize in saving teeth through procedures — notably root canals — that involve the nerve 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 without the appropriate technology and specialty training.

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 enables patients of all ages to maintain their natural teeth in a healthy, functional state.

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 locations in Mount Juliet, Cookeville and Gallatin to serve Nashville and its surrounding areas. The needs of these communities are met by the practice’s four practicing endodontists: Dr. Adam Davis, Dr. Jonathan Uhles, Dr. Eshwar Arasu, and Dr. Stephen Dapoz.

Since the Mount Juliet office was destroyed by the tornado, a temporary space in the Caldwell Building has allowed for uninterrupted patient care. On March 3, ground was broken for a new building at the original Mount Juliet Road location. The new office will be completed in November, and will include state-of-the-art treatment and training facilities.

Cumberland Endodontics aims for the finest treatment anywhere.
American Jewelry: The Hometown Jeweler

Billie and Dwight Belew want to thank all their customers and friends for voting American Jewelry the Best Jeweler in Mt. Juliet for 2021. They appreciate serving you over the past 45 years and being your friend. They are proud to be your neighbor and to have had the privilege of doing business with long-standing customers and will continue to serve their children and even their children's children.

Billie and Dwight are always happy to help you find the perfect piece of jewelry or to custom make that perfectly designed piece that will be handed down through the generations of your family. They share in your excitement and pride of having that special treasure.

The Belews’ journey in Mt. Juliet began in 1974 when they opened the doors of their first store on North Mt. Juliet Road next to City Hall. At that time, Mt. Juliet was a newly formed city itself with only a handful of businesses. Dwight and Billie saw something special in Mt. Juliet and decided to make it home for their family as well as their business.

Dwight and Billie, along with some incredible employees, greeted Mt. Juliet friends with a smile and helped find the perfect ring, watch or necklace. American Jewelry became one of the premier jewelry stores in middle Tennessee. They watched the City change and grow in the community it is today.

After 30 years in the North Mt. Juliet Road location, they had the opportunity to become the first and only family-owned business in Providence Marketplace. In 2007, the doors opened to a brand-new store, which was designed by Billie. She was very passionate about designing a spacious showroom that was inviting for the customer as soon as they walked in the front door.

Today as you enter the store, you are greeted by their friendly professional sales staff who is eager to help you find that special piece of jewelry. They are happy to assist you with a beautiful diamond ring, a perfectly matched necklace and earring set, an impressive watch or even a fun Pandora charm or bracelet. Simply describe your special occasion and this team will help you select that special piece of jewelry.

If you are active military, a police officer, firefighter, or first responder, be sure to tell them so you will receive a special discount.

American Jewelry is happy to serve you at both of their locations: one in Mt. Juliet and one in Brentwood. Master Jeweler Sonny Belew is always happy to help you find the perfect jewelry for your special someone or yourself that will be cherished forever.

Service is important to the Belews and both stores offer an appraiser and three master jewelers in their on-site full-service repair shop. They can do anything from putting in a watch battery and simple repairs to casting and building a piece of jewelry from scratch that you designed yourself.

Many customers have left glowing reviews of the service and products they have received from American Jewelry:

“I can’t say enough great things about American Jewelry! They made me a custom mother’s necklace that I wear every single day — the process was fun, everything went smoothly, and they were more than helpful! I’m from out of town and they had everything sent right to my house! Definitely give them a visit!” — Miranda S.

“I cannot say enough about American Jewelry. They have made my dream ring a reality. Top quality customer service and out of this world design work. No corporate box store cookie cutter rings here. One of a kind attention to detail that will last a lifetime.” — Kim S.

“After 44 years and three generations, the Belew family is proud to have created a successful business based on their relationships with their friends and customers. We have had the privilege to serve some of our long-standing customers along with three and four generations of their family members.

Billie and Dwight Belew are always happy to help you find the perfect piece of jewelry. They are always adding new and exciting pieces of jewelry as well as new brands. Stop in just to visit and grab yourself a cup of coffee and a fresh baked cookie while you are shopping local in their beautiful showroom.

Dwight & Billie want to give a big thank you to everyone who voted for us!
Remodel 615 was established in 2019 with experience, friendship, and trust. As individuals, the company’s owners, Rob Baughman and Noah Stewart, were seasoned veterans of the residential remodeling world. When the two experienced remodeling professionals who were both dedicated to craftsmanship and client care made the decision to combine their talents, it created a wonderful synergy that became Remodel 615.

Rob Baughman is the oldest of four who learned his work ethic early in life by watching his dad labor tirelessly as a handyman to support their family in Detroit. Rob joined the workforce at a young age, delivering papers before dawn everyday—sometimes in several feet of snow—striving to please his customers. Rob went on to work on numerous construction sites, sold windows, installed siding, and even started a company or two before establishing Remodel 615. One high point of Rob’s career thus far has been his work on HGTV. Rob worked on multiple episodes of Listed Sisters and Property Brothers: Buying And Selling.

Noah Stewart, a native Floridian, spent his childhood actively involved in sports and in 4-H. Noah owned A & A Home Improvement which he successfully operated for two and a half years before bringing his management skills to the table and becoming business partners with Rob Baughman.

Together, Rob and Noah have worked hard to build a team at Remodel 615 which strives to ensure excellent quality, placing their focus on the needs of each homeowner. All team members are carefully vetted to work together at the top of their game each and every day.

From the beginning, Remodel 615 has aimed to provide families living in the communities surrounding the Mount Juliet and Metro Nashville areas with quality home remodeling with integrity at reasonable prices. The care they put into each project has given them a reputation of dependability and high quality within the remodeling industry. This was evident during their first year in business when they earned an A+ rating with the Better Business Bureau. They are on a mission to deliver care with craftsmanship and communication as they continue to live and work each day as their tagline implies, The Contractor Who Cares.

Remodel 615 truly cares about their clients and every detail that goes into taking a project from an idea and turning it into a dream come true. A company with a heart for people, Remodel 615 looks at each home they enter as their own.

When you work with Remodel 615, you’ll notice:

- Great communication—which includes crews that arrive on time; and if something unavoidable happens, you will be notified as soon as possible.
- An online splash-page where a project’s progress, selections, and payments can be tracked.
- Honest and accurate budgeting, which includes a check written to the client when a project is under budget.
- An end-of-project walk-through to create a punch list of things that may need to be modified to ensure client satisfaction.
- Professional cleaning crews hired to clean all homes after a project has been completed so that each home is left in better condition than when the project began.

Recently, Remodel 615 was excited to be asked to help on a new HGTV show. Making It Home began filming in the Nashville area in early 2021 and the Remodel 615 team was thrilled to work alongside Kortney Wilson on this new Scott Brothers project! The two episodes they worked on are scheduled to air sometime in May.

Remodel 615 is dedicated to ensuring that each client is so delighted with their completed project that they are motivated to share how much they love the results with their friends and family throughout Middle Tennessee. Their services include creating kitchens that become the heart of a home, bathrooms transformed into home spa retreats, additions that create additional living space and outdoor living areas that create a welcoming place to entertain. If you have a home project that you’ve been considering, get in touch with Remodel 615, The Contractor Who Cares.
There is no one way to approach weight loss

There is just no one size fits all approach to weight loss. It’s different for women than men. It’s different for a 25-year-old than it is for a 45-year-old.

It’s different for a person when they are younger than when they are older.

Inspire Medical knows that, and has worked on that fact for years. They know that each person needs an individualized approach to their weight loss goals, so they do exactly that when you come to their office. “You will find that uniqueness pretty quickly,” said Dr. Jason Burchard. “We have to get to the underlying issues. Neither diet or exercise can overcome an unhealthy metabolism. Metabolism decides what we burn or store.”

Burchard said that metabolism is hormone dependent, and hormones change with age. So an approach that worked for you when you were younger, may not work for you later in life. You start to see that change in women as early as the late 20s, and in men as early as the late 30s.

When you visit Inspire Medical, they will find that right approach for you. They will get the hormones in your body in that right range so you can begin to tackle that weight loss. They will find the best way to fuel your body, so you can reach those goals that you have.

Inspire Medical is located at 151 Adams Lane Suite 18. They can be reached at (615)453-8999. You can find them on the web at https://www.weightlossmtjuliet.com. You can also find them on Facebook, YouTube and Instagram.

The Medical Team

Jason Burchard, DC

Dr. Jason Burchard is the President and CEO of Inspire Medical. His undergraduate degree is from his native Kentucky, specifically, the University of Kentucky; and he received his graduate degree from Life University in Marietta, Georgia. Dr. Burchard has extensive post-graduate training in Functional Medicine and Bioidentical Hormone Replacement Therapy. His affiliations include the American Chiropractic Association, Tennessee Chiropractic Association, the Lebanon and Murfreesboro Chamber of Commerce and the Trussville Chamber of Commerce while practicing in Birmingham, AL in 2004. Most importantly, Dr. Burchard has a passion for helping people to attain a healthy, pain-free life.

Gary Adams, MD

Dr. Adams is the medical supervising physician at Inspire Medical. He graduated medical school in 1989 from the University of Alabama School of Medicine. He received his residency in family practice in 1992 at Huntsville Hospital. Dr. Adams worked for The Center for Cancer Care for 13 years before becoming the medical director at Huntsville Hospital Emergency Department. Dr. Adams has a fellowship in Stem Cell with the South Florida Stem Cell Institute, the American Academy of Anti-Aging Medicine, and the Cellular Medicine Association. He also has a fellowship in BHRT and A4M.

Zachary Benner, PA-C

Zachary Benner is a medical provider at Inspire Medical. He earned his bachelor degree at the University of Dayton and then his master’s degree in Physician Assistant at Chatham University. He began his career in trauma surgery at the University of Florida followed by moving to Nashville to work in the field of trauma orthopedics. He realized that while he enjoyed providing care to very sick and injured people, this just was not his passion in the field of medicine. Having struggled with weight since adolescence he knows firsthand the difficulties of losing weight. It wasn’t until having a wellness assignment during graduate school when his motivation to change his lifestyle began. His passion for wellness and weight loss are what drives him to do everything he can to help his patients optimize their health and be the best versions of themselves. He is a certified BioTe Bio-I dentical Hormone Replacement Practitioner. He attends multiple conferences a year to continue for continuing education in the field of preventative medicine. Understanding there is need for pharmaceutical medication with certain illnesses, he feels that the industry is rampant with over prescribing medications making the patient far worse than any benefit received. His favorite quote regarding wellness is from Hippocrates, “Let food be thy medicine and thy medicine be thy food.” Outside of work, he enjoys watching Ohio State Buckeyes football, traveling and learning new cultures and people. While he is a proud Ohioan, he loves the charm the greater Nashville area and the wonderful people that make up this amazing community; He loves calling Tennessee home.
Stewart named Best Title Company

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: Brentwood, Hendersonville, Murfreesboro, Clarksville, Knoxville and 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 Now. 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 an awesome 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.

MeTime named Best Childcare Facility

MeTime Drop-In Childcare is honored to be named best Childcare facility in the City of Mt. Juliet 2021!

We want to thank all of the families that took the time to vote for us and even more thankful to be a part of this community!

MeTime was created out of a need for a drop-in daycare option for many families that are looking for safe, reliable, quality licensed care with extended hours and weekend options.

MeTime wants to provide flexibility for families so we are open 7 days a week. Monday through Thursday 8 a.m. - 10 p.m., Friday and Saturday 8 a.m. - midnight, and on Sunday from noon - 9 p.m.

The vision was to create a reliable, secure, hourly drop-in child care facility with top-notch quality care from hardworking nurturing caregivers who truly enjoy working with children.

The Mt. Juliet facility is open seven days a week whether you are needing one hour of care or several hours of care.

No reservations are needed (though highly suggested if your child is under 16 months of care).

Additionally, MeTime is licensed by the Health Department which means we can offer meal options such as pizza, chicken, and macaroni and cheese. All meals come with sides and drink options.

We also allow families to bring food from home as long as they are nut-free.

Caregivers engage in guided activities including games, puzzles, reading, arts and craft projects and also encourage free play and social interaction with friends your children meet during their stay.

MeTime is licensed to care for children from ages 6 weeks through 12 years of age.

We have just expanded and opened our second facility in Murfreesboro located at 1638 Memorial Blvd.

MeTime Families can use both locations at no extra charge whenever they need to.

We are hoping to be able to bring the same quality of care that we have strive for here in the community of Mt. Juliet for the past four years. We can be reached at (615)701-2993.
Personalized care the specialty at Vanderbilt Orthopaedics

Vanderbilt Health is a large place, with many hospitals and satellite offices throughout Tennessee. But that doesn’t mean that you can’t get personalized care from a friendly staff when you enter one of their offices.

That is definitely true of Vanderbilt Orthopaedics Mt. Juliet, our winner for Best Orthopaedics.

“We are thrilled to receive this recognition because it comes from the people we work so hard to serve — our patients and their families,” said Alex Diamond, DO, MPH, associate professor in the Department of Orthopaedic Surgery.

“As someone who lives in this community, I’m proud of our team being able to bring the world-class orthopaedic care that Vanderbilt is known for to the people of Mt. Juliet, Wilson County and its surrounding areas,” Diamond continued.

Programs and clinics available at Vanderbilt Orthopaedics Mt. Juliet include foot and ankle care; hand and upper extremity care; orthopaedics; shoulder care; the Sports Concussion Center; and Sports Medicine.

According to Dr. Charles Cox, the specialists and staff at Vanderbilt Orthopaedics ensure this is the case whenever a patient walks through their doors.

“We have a close-knit staff,” said Dr. Cox. “They are very personable and truly care about the patient.”

Dr. Cox said it is an incredible honor to be named Best of Mt. Juliet, and it shows that what they do connects with the community’s residents. However, he doesn’t want to be satisfied with winning the award. “It is motivation to continue to improve and to not let people down,” said Dr. Cox.

In addition to Dr. Cox and Dr. Diamond, the care team at Vanderbilt Orthopaedics Mt. Juliet includes Dr. Bethany Gallagher, Dr. Vincent P. Novak and Dr. Stephen M. Schaaf.

For more information or to schedule an appointment, call (615)773-2710 or visit https://www.vanderbilthealth.com/Ortho.

About Vanderbilt Orthopaedics

Vanderbilt Orthopaedics is Tennessee’s leading provider of orthopaedic care. Patients from professional athletes to active seniors choose Vanderbilt Health to care for their muscles, bones and joints. Visit one of the specialists at locations in the Nashville area and throughout Middle Tennessee.

Vanderbilt Health is consistently ranked among the nation’s best by leading authorities on healthcare quality. People from throughout the Southeast and across the country rely on Vanderbilt Health for the best, most innovative care possible.

Our doctors have extensive experience diagnosing and treating bone, muscle and joint injuries and conditions. That depth of experience translates into expert, comprehensive care for you. Orthopaedic specialists work closely with nurses, athletic trainers and physical and occupational therapists to ensure patients receive personalized care.

As part of a major academic medical center, Vanderbilt Orthopaedics provides evidence-based, innovative approaches to orthopaedic care.

We are the official healthcare provider for the Nashville Predators, Nashville Sounds, Nashville Soccer Club, Vanderbilt University Commodores, Tennessee Secondary School Athletic Association and Tennessee State Soccer Association.

Meet Your Care Team

Charles L. Cox
III, MD, MPH

Head Team Physician for Vanderbilt University Baseball

Areas of Expertise
Sports Medicine
Orthopaedics
Shoulder Surgery

Alex B.
Diamond DO, MPH

Head Team Physician for TSSAA and Vanderbilt 2019 TNAAP Pediatrician of the Year

Areas of Expertise
Pediatric and Adolescent Sports Medicine
Pediatric and Adolescent Orthopaedics

Vincent P.
Novak MD, MS

Areas of Expertise
Adult Orthopaedics
Hand Surgery
Orthopaedic Surgery Orthopaedics
Shoulder Surgery

Bethany
Gallagher, MD

Areas of Expertise
Orthopaedics
Foot and Ankle

Stephen M.
Schaaf MD

Areas of Expertise
Physical Medicine and Rehabilitation
Spine
Sports Medicine
Thank you Mt. Juliet community for voting us Best in Orthopaedics for another year. It’s an honor to care for our neighbors and be part of the Mt. Juliet community. We know that pain-free health means getting back to the life only you can live. For nearly 60 years, Vanderbilt Orthopaedics has helped make life a more moving experience. To make an appointment, call (615) 936-7846 or visit VanderbiltHealth.com/Ortho.
BEST HOME/BUSINESS CLEANER

PURE HARBOR
615POWERHOUSE
ELEVATION CLEANING CO.

BEST HOME DECOR

SISTER’S WHIMZY
TIA’S SHABBY CHIC BOUTIQUE
THE BASEMENT MARKETPLACE

BEST HOTEL

HOLIDAY INN EXPRESS
HAMPTON INN
COURTYARD MARRIOTT

BEST ICE CREAM/FROZEN YOGURT

SWEET CECE’S
CULVER'S
BASKIN ROBBINS

BEST INSURANCE

HUTSENPILLER INSURANCE
MERIT INSURANCE
CARLSON INSURANCE GROUP

BEST ITALIAN FOOD

MEATBALL’S ITALIAN GRILL
CALABRIA BRICK OVEN PIZZERIA
OLIVE GARDEN

BEST JEWELERS

AMERICAN JEWELRY
FORBES JEWELERS
KAY’S JEWELERS

BEST LAWN CARE/LANDSCAPING

UNDERHILL LAWN CARE
A CUT ABOVE LANDSCAPING
PERFORMANCE LAWNS OF MJ

BEST MARTIAL ARTS

MT. JULIET TAE KWON DO
DANNER KARATE
DEATON KARATE STUDIO

BEST MASSAGE

FORGET THE WORLD
MASSAGE THERAPY
AQUA BELLA DAY SPA & HAIR STUDIO
THIRD COAST SALT

BEST MEAT & THREE

LOCAL JOE’S CAFE
COURTNEY’S
BIG BAD WOLF

Thank you to the Mt. Juliet community
for voting Charlie Daniels Park
the Best Family Entertainment
in Mt. Juliet & 2nd Best Venue!
360 ATHLETIC helps you become the best version of yourself

The owners and team at 360 ATHLETIC a/k/a Mt. Juliet Tae Kwon Do want to thank their wonderful community, outstanding members, and the amazing staff for helping them be voted Best Martial Arts School for the FIFTH YEAR IN A ROW! Kenneth Page, 5th Dan and Chief Instructor, has been training students in the Mt Juliet area since 2009. The taekwondo-based studio continues to expand although the COVID pandemic has tried to hold them back.

One of the most talked about and fastest growing programs at 360 ATHLETIC is the SKILLZ program, which launched in March 2020. The dynamic martial arts training continues to prove itself through allowing students to become the best version of themselves. SKILLZ is an age-specific, and internationally recognized program, that helps build skills used in every area of their students lives. Martial arts is used as the key tool with children and adults. The awesome team at 360 ATHLETIC has quickly turned their programming into a child and personal development program.

Designed by an internationally acclaimed children’s martial arts expert, SKILLZ captivates the attention of today’s youthful generation. Founder, Melody Shuman Johnson, discovered after nearly two decades in the martial arts field, that there was a strong need for different learning platform for our youth. The results were age-specific marital arts classes with a twist – a twist that includes massive growth and development physically, intellectually, emotionally, and socially.

360 ATHLETIC’s After School Program focuses heavily on SKILLZ. Taking the eight most prominent skills in each stage of development and adding martial arts techniques that children love, the “Pediatric Ninjas” (instructors) of the child development center divides the children into age groups, where they maximize the growth and development of each student and generate results that extend beyond the martial arts classroom. 360 ATHLETIC offers Mt. Juliet’s BEST After School and Camp Programs at two locations in Mt Juliet area. 360 has always been known as a safe and fun program. The structured environment allows time for a snack, assisted homework, playtime and activities for the kiddos based on THEIR stage of development. Other programs are being re-introduced, following the pandemic, in the after-school program, such as arts and crafts, dance/cheer, weaponry, sports, and the popular light-saber program, SaberStrong!

Building upon this foundation and on the shoulders of their flagship program Mt. Juliet Tae Kwon Do, 360’s After School and Camps not only offer taekwondo and self defense classes, but have other fun options to choose from such as sports programming, dance, arts and crafts, weaponry, and SaberStrong Kidz. The ASP provides a structured and disciplined atmosphere, offers a fun option for every student, and is the perfect alternative to ordinary day care. As an extension of the After-School Program, 360 ATHLETIC is open for camp days/weeks when county schools are on break or are out for summer. Hours are extended for these camps, allowing for fun-filled activities, field trips, crafting and lessons to include “Stranger Danger” and “Anti-Bullying,” all of which are included at an affordable rate.

The original foundation of Mt. Juliet Tae Kwon Do is the martial arts training. Taekwondo helps to build confidence, as well as physical and mental strength. This family-owned martial arts studio offers unique programs that fit the needs of its members, including the most recently added KRAV MAGA class. KRAV is taught up to three times per week and is known for its focus on real-world situations and its extreme efficiency. It is a military self defense and fighting system developed for the Israel defense forces.

All programs will utilize the age-specific SKILLZ program. Evening classes for kids, beginning at age three through 14, are having a blast through game-based learning, while being taught valuable skills, building self-esteem and strength from within. Additionally, MJTKD powered by 360 ATHLETIC offers evening classes for all-aged adults (15 and up), at any fitness level. Their adult program, as well as the kids programming, will hold regular belt testings 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 throughout the year.

The facility’s south location is home to The Bat Cave. Now in its third season, the demand to lease the center is booming! This indoor facility gives teams and individuals an all-weather solution to be able to get in a good practice. The batting cages are available evenings and weekends. This facility also hosts birthday parties, has been used as an event center, and is also available for soccer and other sport rental space.

Mt. Juliet Tae Kwon Do powered by 360 ATHLETIC, LLC is located at 360 Industrial Drive and 8220 Central Pike in Mt. Juliet. The camaraderie shared there is something very special. They encourage anyone interested in classes, or who may have a need or want for After School Care, to contact MJTKD at 833-KICK-360 for more details.
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Local Joe’s celebrates food and people

Nestled in the heart of Mt. Juliet along Mt. Juliet Rd., Local Joe’s Cafe celebrates food and people.

With an undeniable passion for both, Local Joe’s makes delicious southern food and unmatched hospitality as easy as Sunday morning.

Serving lunch and dinner Monday through Friday and catering to a Sunday church crowd from 10:30 a.m. to 2 p.m., Local Joe’s Cafe is everything the “local diner” seeks.

With a rotating daily menu featuring items like Homemade Turkey and Dressing, Fried Catfish, Meatloaf, and more - it is sure to please all who enter for dine-in or carry-out!

Who is Local Joe?

Local Joe is a friend to all and a foe to few, he’s even been compared to a hero or two. He’s slow to anger and quick to forgive, he realizes that life is about what you give.

He values his family, he’s there for his friends, he knows that being kind isn’t just one of those trends.

He loves to cook and he loves the Lord, when it comes to serving others, he’s all on board.

It’s about what you do and not what you say, that’s what I learned from Local Joe - it’s the Local Joe’s way.

Memo’s Kitchen the favorite once again

Mt. Juliet’s first Mexican restaurant is once again its favorite Mexican restaurant. For the second year in a row Memo’s Mexican Kitchen has taken the top spot. Owners Katie and Memo (pronounced Meh-Mo) Murillo have spent the last 10 years serving the most authentic, flavorful Mexican dishes in the area and creating a family atmosphere for their guests.

Formerly known as El Rey Azteca, they underwent a complete rebrand of the restaurant in August of 2020 to Memo’s Mexican Kitchen. Memo continues to introduce authentic Mexican dishes using family recipes dating back to the early 1900s.

In Memo’s teenage years, he immigrated alone from Michoacan, Mexico to the United States. He had always admired the American way of life and knew if he worked hard he could create his American dream. In 2006, Memo began working as a server at El Rey Azteca. Customers quickly admired him for his hard work and quality service - he truly took pride in his job, and guests could see that.

Just a few years later, Katie, who worked in Mt. Juliet, frequented the restaurant and eventually fell in love with Memo, and later marrying. In 2011, 5 years after Memo began serving tables at the restaurant, Memo and Katie had the opportunity to purchase the restaurant and jumped at the opportunity. Since then, Memo and Katie have brought their unique backgrounds to life in the restaurant.

Guests have coined Katie the resident “Mexologist” since she’s created a rotating craft cocktail menu that easily rivals the downtown Nashville cocktail scene. Together, Memo and Katie have created a unique atmosphere where “local meets south of the border.”

When asked about winning Best Mexican Restaurant, Memo said, “We’re incredibly grateful to everyone who voted for us. We love being a part of this community and their support. We’re committed to serving the freshest ingredients, delicious cocktails, and welcoming guests from all backgrounds. We take pride in providing our guests with a truly authentic experience and sharing our culture through food.

To keep up with Memo’s Mexican Kitchen, follow them on Facebook and Instagram (@memosmexicankitchen)
### Active Life grown a lot over last 12 years

Celebrating 12 years in business, Active Life Chiropractic began in 2009 with one doctor and one staff member. Since then, ALC has grown to four doctors and more than 15 staff members with triple the work space. Growing larger means deeper roots in the community. Active Life has donated more than $18,000 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.

Active Life Chiropractic has been voted the Best Chiropractic Clinic in Mt. Juliet and Nashville since 2013 (The Chronicle of Mt. Juliet and The Tennessean). Providing optimal patient care with four doctors working in collaboration guarantees you the best care possible. The clinic has expanded business hours to accommodate patient schedules during the week, 7:30 a.m. until 6:30 p.m., and available on Saturday mornings.

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. Garrin Dotson also see patients with less common problems in both children and adults. A select number of times have been set aside each week to allow New Patients to receive the time, attention and care from the ALC staff and doctors. It is this 5-Star Service that has allowed Active Life to carry on the Best Of title — and they are proud of it!
Personalized Bookkeeping wins for fourth straight year

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

Donna Blackwell originally opened Personalized Bookkeeping & Tax Services in 1990 at a location in Antioch. In 2007, she then 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.”

“During my 31 years working in Middle Tennessee, I’ve seen many costly mistakes that result in IRS ‘love letters’ due to incorrect reporting of income or lack of reporting of income and deductions,” With this year being so challenging for business and individuals that have not filed their prior tax returns and have not received their stimulus money, “It’s important to file your returns this year!”. Even though the tax deadline is quickly approaching, Personalized Bookkeeping is still accepting clients. She completes 600 plus tax returns each year and has around 80 clients using her bookkeeping and payroll services.

Normal business hours are 9 a.m. to 5 p.m. with appointments, however, appointments can be made for nights and weekends as well. Don’t forget to stop by and see Milo.

Donna Blackwell would like to thank her loyal clients who have voted her again 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.
Natural Nails takes Best Nail Salon

Natural Nails Bar is the winner for Best Nail Salon.
Natural Nails Bar has been in business for 12 years, serving many customers from their Providence Marketplace location. They were the second nail salon to open in Providence Marketplace.
The owner, Nicky Cheam, moved from California and opened the business. He said it was a growing city at the time, and still is, and the cost of living and doing business is much lower than it was in California.
Natural Nails Bar just expanded in late 2019. They added more pedicure and manicure chairs. They have gone from seven to 20 chairs.
All of their excellent employees have at least one year experience in the field. Cheam says they provide excellent service and love to communicate with their clients so they can make sure to always find a solution to what they want.
Natural Nails Bar offers mani-pedis and waxing. They offer powder dipping, which is an excellent product that lasts longer, acrylic and gel nails.
Natural Nails Bar serves the Del Webb community and recently added a Senior Day on Wednesdays from 9-11 a.m. by appointment only.
Natural Nails Bar is located at 5015 Crossings Circle. Their store hours are Monday through Saturday from 9 a.m. to 7 p.m. and Sunday from 10 a.m. to 3 p.m. You can contact them at (615)758-6544 or naturalnailsmtj@gmail.com. You can also check them out on the internet at www.naturalnailsbarmj.com. You can make appointments on the website, you can give them a call, or you can walk in the salon. They are also on Facebook (@naturalnailsbarmtjuliet), Instagram (@naturalnails5015) and Twitter.
Nashville Pet Spa takes two awards

Nashville Pet Spa was named best Groomer AND best Doggie Daycare in Mt. Juliet. Opened by McKenzie Guth and Tina Wehrs in January 2019, it has quickly grown into Mt. Juliet’s favorite pet grooming, daycare & overnight boarding spot.

One thing that sets their grooming & daycare apart from others in the area is that they do not use kennels for well-socialized and playful pups. They aim to provide a stress-free environment for their furry clients so they can enjoy their spa day in a fun and playful atmosphere. The grooming salon offers everything from nail trims to baths to full grooms with one of their six Professional Groomers.

The kennel-free environment carries over into their daycare and boarding services where dogs have safe indoor and outdoor play space to run and play with their furry friends! Boarding can be a scary situation for an animal, so they want to make it as easy and stress-free as possible. The Pet Spa provides an active, safe, and fun environment with the largest outdoor play park anywhere in TN!

Everyone at Nashville Pet Spa makes it a fun, loving place where clients can be comfortable leaving their beloved pet for a few hours or a few days. They go above and beyond, treating each dog as if it were their own.

A day at the Spa includes a lot of playing, toys, games and running. By the end of the day, the dogs will be ready to curl up at home and sleep all night.

Safety and cleanliness are very important. There are always multiple staff members with the animals, and cameras are set up in all areas to help keep watch (clients can watch, too)! They also conduct temperament testing for new animals to ensure they will get along and that there are no aggressive personalities.

McKenzie & Tina were grateful to learn that the MJ community awarded the Pet Spa with the Best Daycare & Best Groomer awards, but were not surprised and were quick to give the credit to the 25 amazing staff members that care for and pamper the dogs every day!

They also point out how they love their fantastic & very loyal clients who continue to refer Nashville Pet Spa to their friends.

Nashville Pet Spa is located at 12007 Lebanon Road. To learn more about services and pricing, or to schedule a grooming appointment, visit nashvillepetspa.com.

Apple’s offers personalized care from a family-owned company

When you hire Apple’s Environmental Pest Management Solutions, you will get a different level of service than you get elsewhere.

Apple’s, our winner for Best Pest Control, will not just come out and spray your home or business once a month. They will cater the service based on your needs.

Apple’s is a family-owned and operated company, so it gives them an advantage over bigger companies. They don’t perform a cookie cutter treatment for every home or business they visit. They tailor their service to what you need.

Apple’s has several different ways to achieve that. They will use liquids when it is called for, but they will also use other methods like gel baits and granules. They might not be able to use liquid applications outside when it has been raining, so the gel baits and granules are a better option in appropriate places.

The same goes for inside the home. Some companies still come in and spray the baseboards, but Apple’s will take a targeted approach to what needs to be done. They minimize the amount of products used in the home by attacking where the insect problems can arise.

Apple’s utilizes an Integrated Pest Management program which includes the following steps: 1. Inspection; 2. Determination of Pest Thresholds; 3. Application of Pest Management Procedures; 4. Evaluation: monitoring of pest populations and the management program, and repeating measures as needed.

Following these steps, product applications are kept to a minimum and, when used, have a minimal impact on the environment, but produce the desired results. They use only the highest quality products and equipment to provide the best service possible.

Their monthly and every-other-month pest management programs cover a wide variety of insects and includes: 5 types of Cockroaches, Ants, Silverfish, Spiders, Wasps/ Yellow Jackets and Mice. They also provide service for other insect pest problems including Termites, Bed Bugs, Occasional Invaders, Seasonal Programs like Mosquitoes, and Fleas and ticks and Others. Their service programs include an interior service and outside perimeter service. They also back their monthly pest control services with a FREE call back treatment guarantee.

You can contact Apple’s Environmental Pest Management Solutions at (615)444-5884, (877)358-4646, fax at (615)444-1359, email info@aepsmsinc.com and also visit their website at www.aepsmsinc.com.

Thank you for voting us the Best Dog Groomer in Mt. Juliet!
### Best Salad

**PDK Southern Kitchen**
- Jason's Deli
- Catch 22

### Best Sandwich

**The Humble Hoagie**
- Firehouse Subs
- Jersey Mike's Subs

### Best Senior Living

**Del Webb**
- Carrick Glen
- Rutland Place

### Best Shipper

**PostalAnnex**
- The UPS Store-Mt. Juliet Mail and Package Center

### Best Shoe Store

**Fleet Feet**
- Rack Room Shoes
- Academy Sports

### Best Sign Shop

**Sign Central**
- Signarama
- CD Graphics Plus

### Best Smoke Shop

**Big Star Cigar Lounge**
- 4 Ever E Cig
- The Vape Place

### Best Smoothie

**Smoothie King**
- Juice Bar
- Billy Goat Coffee

### Best Spa & Wellness

**Third Coast Salt**
- Aqua Bella
- Allyn Aesthetics Wellness

### Best Sporting Goods

**Academy Sports**
- Dick's Sporting Goods
- Fleet Feet Sports

### Best Steaks

**Longhorn Steakhouse**
- Big Bad Wolf
- Catch 22

### Best Storage Facility

**Lock Box Storage**
- Jenkins Nursery & Landscaping
- Michael's Garden Center

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**Advanced Hearing going strong despite tornado**

Advanced Hearing Solutions has been serving the Mt. Juliet community for the last 14 years. “Our business and our community have had a trying year, but there is no place we would rather be. We are so thankful to our patients for voting us Best Hearing Clinic again this year. This means so much to us,” owner and Audiologist, Dr. David Gnewikow stated.

Advanced Hearing Solutions’ office was destroyed in the March tornado and they had to relocate to the Robinson Crossing building at 1400 N. Mt. Juliet Rd.

“We scrambled to find a place to reopen as quickly as possible, then within a few days, we were shut down due to COVID-19 mandates. Like many businesses, 2020 was painful and challenging for us,” explained Dr. Gnewikow. “But our patients stuck with us and we were able to adapt to this new world.”

Advanced Hearing Solutions works with all of the major brands and suppliers of hearing aid technology, offering patients the very latest science and products to fit their lifestyle and budget. With an online hearing test on their website, www.hearlife.org, and the advent of Bluetooth integration, Dr. Gnewikow and his staff can now fit and adjust hearing aids remotely without requiring quarantined or high-risk patients to leave their homes.

“Most of our visits are still face-to-face in the office, but it is really cool to be able to help patients that can’t get out,” explained Dr. Samantha O’Leary. “With small, comfortable, rechargeable, Bluetooth hearing aids, we can now fit almost any hearing loss comfortably and allow our patients to hear clearly for conversations, on the phone, TV, and other devices. From quiet voices to loud noisy environments, our hearing aid patients do better than they ever have before. It’s so rewarding to see how our patients and their family’s lives are changed with improved hearing.”

As always, Advanced Hearing Solutions offers a free evaluation for first-time patients, a free trial period with hearing aids and no-interest payment plans. Call (615)758-7999 to make an appointment and see how you can hear life again!

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**Thank you for naming us the best hearing clinic of Mt. Juliet!**

- *Free Consultation*
- *No Interest Financing*
- *Free Trial Period*
- *Waterproof, Rechargeable, & Bluetooth Hearing Aids*

Dr. David Gnewikow & Dr. Samantha O’Leary

call us at (615)758-7999 to learn more

1400 N. Mt. Juliet Rd. Suite 205

www.hearlife.org

Advanced Hearing Solutions

Proudly serving Mt. Juliet since 2007
Shane Electric has won “Best of Mt. Juliet” for the ninth consecutive year (2012-2021). 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.”

“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 softball. This is an incredible community. 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.

615-229-6455 or info@shaneelectricllc.com

Free Estimates. Discounts for Senior, Military, Veteran, Fire/Police/EMS.

Jady K wins for 2nd year in a row

JadyK Beautique was named Best Clothing Boutique in Mt. Juliet for the 2nd year in a row. Like much of Mt. Juliet, JadyK Beautique had a roller coaster of a year in 2020. In early Spring, when the tornadoes hit Middle Tennessee, founder and owner Jady Kasinger, raised money to help donate towards the victims. Then only a few weeks later, they were forced to shut down due to the pandemic. However, Jady was able to adapt to the unusual situation and come back even stronger by offering Facebook Live Shows to continue to provide the latest styles to her supporters in the community during the pandemic.

Later in the year, JadyK Beautique was the victim of a break-in and robbery. However, this time, the Mt. Juliet community came to support their very own local business. JadyK received an outpouring of support from her regular customers and other local residents alike, that wanted to step up and ensure this small family business could continue on.

When it was all said and done, JadyK Beautique ended up not only surviving 2020 but turned it into one of their best years yet thanks to strong support from the community. Jadyk continues to grow and is looking forward to expanding in 2021 and continuing to be a part of the Mt. Juliet community.

Jady has also recently launched her own product line and wholesale company that is also based here in Mt. Juliet. Jady offers her own original designs in her store, and also offers them to other small boutique retailers as wholesale items across the country.

Jady prides herself on being personable and providing great customer service to anyone and everyone that walks through her doors or shops on her lives. With new styles coming in every week, be sure to stop by her shop, check out her website, or hop on a live show to see what kind of new unique fashion styles and accessories she has coming in.
WB&T stepping up in trying times

Being Middle Tennessee's Community Bank comes with some important responsibilities that extend well beyond everyday financial services, and Wilson Bank & Trust has worked hard to earn that reputation over the past year.

Thanks to strong leadership, teamwork and perseverance, WBT’s ability to manage and overcome challenges has been a central part of its story throughout 2020 and early 2021. In the aftermath of the spring 2020 tornado, the bank quickly mobilized to provide special rebuilding/repair loans and other support for impacted neighborhoods, schools and businesses in Mt. Juliet and beyond.

Immediately after that, on the heels of the pandemic’s arrival, WBT took to heart its role as a key member of an essential industry. While making needed adjustments to its service environment and delivery channels, the bank dedicated itself to the safety of customers and employees – and to keeping financial services available to all who needed them. This involved measures like making PPP loans available to business customers; providing high-volume mortgage loans for consumers taking advantage of historic interest rates; and devoting extra attention to assist customers who found themselves in unfamiliar life situations.

In providing those things, Wilson Bank & Trust also helped with another aspect of recovery: serving as a symbol of stability for communities that needed some semblance of normal day-to-day life. When keeping the doors open was feasible, even with restrictions in place, WBT made it happen.

Wilson Bank & Trust has also used the experiences of the tornado and the pandemic to learn and develop, dedicating additional resources to enhance customers’ mobile and digital experiences for 2021 and beyond.

In trying times, being named Mt. Juliet’s best bank for the ninth straight year was a special accomplishment for Wilson Bank & Trust. By offering an ideal combination of technology, service and heart, WBT continues to give customers improved access to financial services and plenty of reasons to feel good about their community bank.

Wilson Bank & Trust (www.wilsonbank.com) is a member of the FDIC and an Equal Housing Lender.

Moss’ Flower Shop wins again

Moss’ Flower Shop is appreciative to be voted Best Florist again in 2021 and wants to say a heartfelt thank you to the Mt. Juliet community for voting for them. Moss’ is proud to provide quality floral designs aligned with superior customer service.

Locally owned and operated, Moss’ Flower Shop is honored to call Mt. Juliet Home for over 65 years. The third-generation florist provides floral services for all of life’s events. Specializing in custom bouquets their master designers create arrangements specific to not only the occasion but, the recipient. They work directly with the sender, family or bride to transform flowers into expressions of love.

Flowers help us express emotions: gratitude, sympathy, excitement and joy. At Moss’ they understand this and take pride in ensuring their designs speak to the sentiments of the giver. Not able to call or stop in? Don’t worry, shop online with them at www.mossflowershopllc.com. Not only do you help support your local community florist, you maximize your dollars too. Unlike many online flower sellers, Moss’ doesn’t charge service fees for simply placing an order. Have a specific request or need? Simply make your request during the order process to ensure your arrangement is personalized for the occasion.

This is such an exciting time at Moss’ Flower Shop as they gear up for spring. Just a few short days away, Spring officially kicked in March 20. Nothing says spring quite like the colorful blooms of tulips, daffodils and iris. Visit their shop for all your seasonal favorites.

In addition to spring, Moss’ is also busy assisting clients with weddings and the upcoming prom season. While both events continue to look a little different, these are important life milestones where the gentle accents of flowers bring out the beauty of the moment. Moss’ works directly with you to coordinate the tones and textures of your event with complimentary flowers creating a memorable design. For a custom touch that coordinates flawlessly with your style give Moss’ a call at (615)758-5972 to schedule an appointment.

In addition to fresh floral designs, Moss’ offers a selection of gift items and home decor. Their showroom includes seasonal decor items, custom designed perennial botanicals and luxury candle lines including Trapp Fragrances and Lifetime Oil Candles to make your home warm and inviting. Moss’ doesn’t stop there. They also carry personal gift items like their exclusive line of handmade jewelry by Blue Heron Studio and Ambre Blends collection of organic essence oils. Stop by to pamper yourself or that special person in your life. They are located at 3690 N. Mt. Juliet Rd. Ste 400, Mt. Juliet, TN 37122.

Thank You for Voting us Best Bank 9 Years in a Row!

Four Mt. Juliet Locations to Serve You

Wilson Bank & Trust
Middle Tennessee’s Community Bank
wilsonbank.com


Thank you for voting Moss’ Flower Shop the best Florist in Mt. Juliet!
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 NINTH 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 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.

In addition to their other three practices, Zoo Crew has opened its newest location in Lebanon back in May of 2020.

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 SIX of the BEST pediatric dentists in Greater Nashville: Drs. Larson, Tuzzio, Castillo, Akbari, Corning and Walker.

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.

Zoo Crew wins for ninth straight year

Thanks to our wonderful patients for voting us #1 Pediatric Dentist in Mt. Juliet 8 years in a row!
Austin Underhill of Underhill Lawn Care has been in business seven years, but the job started way before that. Austin started mowing yards at the age of 10. Even as a young man, he knew he wanted to work in the outdoors his entire life. He started cutting on a riding mower in his neighborhood, and the business just blossomed from there.

As the years passed, he started to realize this was more than a job but a passion of his. At the age of 18 years old, he obtained his business license and insurance and started the official Underhill Lawn Care. They have been in business officially for seven years and plan to be for years to come serving the community of Mt. Juliet. Their team provides high quality work for affordable prices. The attention to detail they put into their work is impeccable. Their team is very knowledgeable in the landscaping industry and strives to be honest with their customers while giving a pristine look to their work.

Underhill Lawn Care provides many services for their customers from lawn maintenance to outdoor patios and much more. Landscape design and install is one of the top items when it comes to Underhill Lawn Care. Their team is outstanding when it comes to designing and installing a landscape and knowledgeable in plants and designs.

Thank you to all of our readers who took the time to vote for their favorite businesses & services!
Calabria Brick Oven Pizzeria named the best once again

Calabria Brick Oven Pizzeria has been named Best Pizza in Mt. Juliet.

Over the last several years, the affordable menu options have remained the same amazing quality as the day Calabria opened its doors, and they will continue making what the customers enjoy the most.

In addition to appetizers, Calabria offers calzones, salads, desserts and its signature wood-fired pizza. The dough is made from scratch daily and is topped with premium ingredients, including tomatoes imported from Italy, to make the pizza taste as fresh and authentic as possible.

Owner Valon Arifi is glad to be a part of the community, which has repeatedly voted Calabria as the best pizza in Mt. Juliet. He appreciates everyone who comes by the pizzeria and enjoys meeting so many people and creating friendships with regular customers.

Recently, Arifi joined pizzerias in every state for a simultaneous pizza delivery to support those in need in honor of National Pizza Day Tuesday, as part of the Pizza Across America campaign. Arifi was excited to participate in such a large-scale campaign, particularly at such a critical time for both small businesses and the growing hunger problem. “It’s not how much we give, but how much love we put into giving” says Arifi.

Calabria Brick Oven Pizzeria is located at 1209 N. Mt. Juliet Road. The menu can be viewed and orders can be placed online at www.calabriapizzeriamtjuliet.com.

Thank you for voting us Best Pizza & Best Italian Food in Mt. Juliet!
Dr. Jon Franklin and his wife, Dr. Karen Franklin, opened Franklin Family Eye Care in 1994. Their goal is to "provide excellent care by excellent staff in excellent facilities." For 27 years, the practice has served the vision needs of Wilson County and Middle Tennessee area residents. Franklin Family Eye Care offers both vision and primary eye care medical services. Their three optometrists, Dr. Jon Franklin, Dr. Thomas Roberson and Dr. Michael Bingham, see patients Monday through Friday. The office hours are 8 a.m. to 5 p.m., but they offer appointments beginning at 7 a.m. on Tuesdays and Thursdays, as well as late afternoon appointments on Mondays. Jeffrey Horn, M.D, with Vision for Life, Middle Tennessee’s premier ophthalmology practice, specializes in the individualized treatment of LASIK and cataract patients and sees patients once a month at the office. Dr. Karen Franklin, a pharmacist, is the practice administrator.

Franklin Family Eye Care has a staff of twelve members who are ready to help you with your vision needs.

Optical

The Optical department has a combined 42 years of experience. Nicole Meador, Optical Manager, is celebrating twenty-six years of service. She offers knowledge and skill in eyewear selection that you will not find anywhere else. Franklin Family Eye Care offers a huge selection of modern styles from designers including Kate Spade, Silhouette, Ray-Ban, David Beckham, Oakley, Costa, and Rag & Bone. Whatever the patient’s optical needs are, they can help.

Management of Dry Eye

Stephanie Todd, LPN, does double duty in the optical and clinic. Her area of practice is evolving, and she and Dr. Franklin have begun a dry eye clinic focusing on a balanced approach which utilizes treatment with the latest technology, intense pulsed light therapy (IPL) and management with vitamins and lid hygiene.

Contact Lenses

Contact lenses have always been a cornerstone of the practice. The doctors at Franklin Family Eye Care are skilled at fitting conventional and disposable contacts from traditional monthly to convenient and healthier daily wear lenses and specialty scleral lenses. Drs. Franklin, Roberson and Bingham care for patients with hard-to-fit prescriptions and with medical conditions, such as keratoconus, and even multifocal contacts for those patients whose vision needs change after age 40. The practice works with vision plans and manufacturer rebate programs to help patients get the most out of their plans, from those with straight-forward prescriptions to those who require medically necessary contacts. Lisa Hall works closely with our doctors to help patients learn how to wear and care for contacts. She orders contacts and files benefits, making the process as stress-free and easy as possible.

Clinic Staff

Raeann and Kayla streamline the check-in process for patients and prepare patients to be seen by the doctor promptly. They work to maximize the patient’s benefits and to gather important information regarding vision and insurance plans. Brenna, Rachel, and Amy provide initial assessments of clinical information to help the patient have the best vision care experience possible. In the environment of COVID-19, Franklin Family Eye Care has increased sanitizing procedures to ensure the safety and well-being of its patients.

Diabetic Eye Care, Cataract Evaluation and Macular Degeneration

Patients with diabetes have specific eye care needs. The office has specialized equipment for early detection of diabetic retinopathy and other retinal disorders and a referral network of the best ophthalmologists in the area to treat eye disease. From early detection and nutritional management of early macular degeneration to cataract surgeries, Franklin Family Eye Care provides primary eye care services with an emphasis on new technology coupled with compassionate care by friendly and experienced doctors.

Administrative Staff

Pat Bodine, who is celebrating fifteen years with the practice, along with Tina and Rita are some of the friendly voices you will hear when you call the office. They work on the administrative side to coordinate patient’s insurance plans and the care they receive. Efficient staff are developing new strategies to streamline the process of electronic check-in making things even easier and safer for patients. Franklin Family Eye Care appreciates being selected as Best Optometrist in Mount Juliet in 2021! Dr. Franklin and staff work to continually improve the experience and the care of patients, “the most important part of their practice.”
Children’s Clinic East joins Heritage Medical in keeping community healthy

Children’s Clinic East went through a big change at the start of the year, but they are still offering the same great service that made them the Best Health Care Provider for 2021.

Children’s Clinic East merged with Heritage Medical Associates at the start of the year, which created a combined entity with over 170 physicians and providers in 14 locations across Davidson, Wilson and Williamson counties.

“We’re proud to welcome Children’s Clinic East to Heritage Medical Associates,” said Lawrence Klinsky, M.D., pediatrician and president of Heritage Medical Associates, one of the largest independent, multi-specialty physician groups in Middle Tennessee. “Children’s Clinic East has a sterling reputation and shares Heritage’s commitment to high-quality, patient-centered care. This mutually-beneficial partnership will allow us to expand our footprint while continuing to provide the exceptional care that Middle Tennessee families have come to expect from both Children’s Clinic East and Heritage Medical Associates.”

Serving the community since 1951, Children’s Clinic East provides comprehensive pediatric services, from ongoing well-child care to same-day sick visits, for patients from birth through college. From newborn care to a teenage physical, seeing your primary care physician at Children’s Clinic East each time your child has a healthcare need provides the best continuity of care.

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

In recognition of their continuous quality improvement and patient-centered approach to care, Children’s Clinic East has been named a Patient-Centered Medical Home by the National Committee for Quality Assurance (NCQA). Children’s Clinic East shares in the NCQA’s mission to improve the quality of health care and looks forward to partnering with your family to provide safe, high-quality, comprehensive care.

Children’s Clinic East has locations in Mt. Juliet, Lebanon and Hermitage. The Mt. Juliet office is located at 2025 N. Mt. Juliet Road, Suite 200, and is open Monday through Friday, 8 a.m. to 5 p.m. For more information or to schedule an appointment at any of their three locations, call 629-255-2020 or visit www.childrenscliniceast.com.

Children’s Clinic East, now a member of Heritage Medical Associates, has been proudly providing pediatric care to the community for over 65 years.

Thank you for voting Children’s Clinic East as “Best Health Care Provider!”

SERVICES:

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

www.ChildrensClinicEast.com
Holiday Inn: the perfect place for business and leisure travelers

Come experience our newly renovated Holiday Inn Express & Suites in Mt. Juliet! Our hotel is the perfect location for business and leisure travelers! Our spacious guest rooms and suites are beyond exceptional in decor, privacy and have everything you expect from an innovatively designed hotel. All rooms include a refrigerator & microwave, wireless high speed internet, work desk with ergonomic chair, safe, and 50” LED flat-panel TV with HD Channels. Below are just a few features that you will enjoy at the Holiday Inn Express & Suites Mt. Juliet!

- Large Spacious Guest Rooms and Suites
- Heated Indoor Saltwater Pool
- Complimentary Express Start Hot Breakfast
- 1,500 square feet of Meeting and Event Space
- Complimentary Wireless High-Speed Internet
- Fitness Center
- State of the Art Business Amenities
- Guest Laundry
- IHG Way Of Clean approved Hotel

As the Best of Mt. Juliet Hotel for many years, we have been engaged with the community for just as long and thank you again to all of our first responders!
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, breast 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, sub-specialized 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 sub-specialized 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. Convenience 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 Megan Almy, the Mt. Juliet center director, “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 always be well 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 a multi-state, comprehensive outpatient imaging network offering access to hundreds of board-certified, sub-specialized radiologists. In Tennessee, Premier Radiology is the state’s largest outpatient diagnostic imaging network, providing access to over 50 board-certified, sub-specialized radiologists practicing throughout Davidson, Rutherford, Sumner, Williamson and Wilson counties. Through our partnership with Ascension, we provide the state’s leading comprehensive, convenient, state-of-the-art diagnostic imaging care. Our goal is to provide high-quality, low-cost diagnostic imaging studies close to where our patients live and work. From our sub-specialized radiologists to our registered technologists, our commitment to accuracy and the patient experience is not just an expectation, it’s our mission.

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 Sub-specialized Radiologists

PREMIER RADIOLOGY
5002 Crossings Circle, Suite 140, Mt. Juliet, TN 37122 • 615.773.7237 • www.PremierRadiology.com

PREMIER RADIOLOGY is a multi-state, comprehensive outpatient imaging network offering access to hundreds of board-certified, sub-specialized radiologists. In Tennessee, PREMIER RADIOLOGY is the state’s largest outpatient diagnostic imaging network, providing access to over 50 board-certified, sub-specialized radiologists practicing throughout Davidson, Rutherford, Sumner, Williamson and Wilson counties. Through our partnership with Ascension, we provide the state’s leading comprehensive, convenient, state-of-the-art diagnostic imaging care. Our goal is to provide high-quality, low-cost diagnostic imaging studies close to where our patients live and work. From our sub-specialized radiologists to our registered technologists, our commitment to accuracy and the patient experience is not just an expectation, it’s our mission.