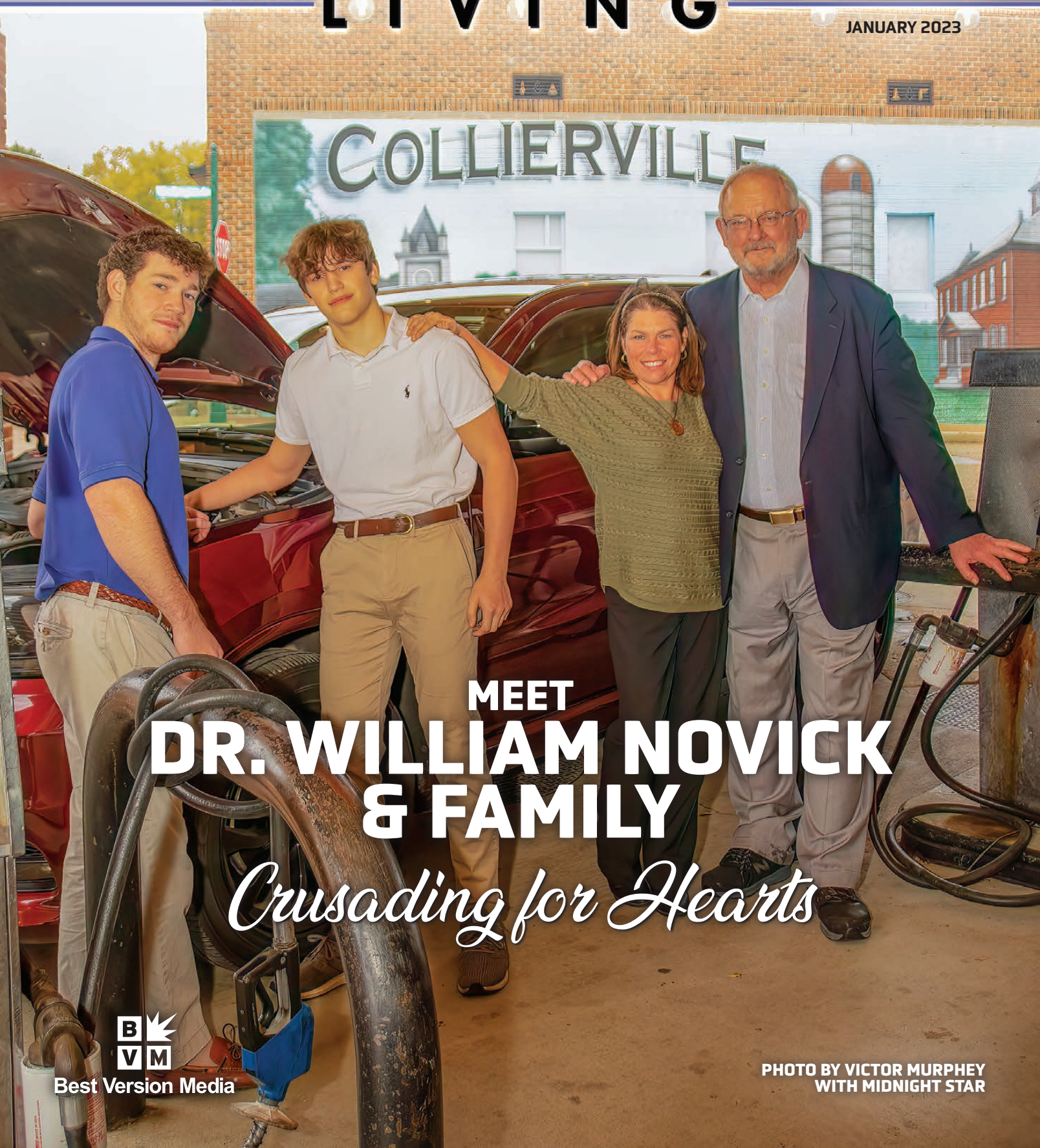


COLLIERVILLE

LIVING

JANUARY 2023



MEET
**DR. WILLIAM NOVICK
& FAMILY**

Crusading for Hearts



Best Version Media

PHOTO BY VICTOR MURPHEY
WITH MIDNIGHT STAR

Olivia's Birthday Parade

BY HAYES HORA

Today was a big day for Olivia Haardt. A parade of neighbors with umbrellas led by the Collierville Police and Fire Department marched through The Woods subdivision on Saturday, December 10th, to honor a strong 7-year-old girl's birthday. Olivia is fighting cancer for the third time, and the town came together to show their love & support.

Olivia's neighbor, Cara Russell, shared, "The parade evolved because I realized that sweet Olivia would be doing chemo on her 7th birthday. Olivia loves her birthday-what 1st grader doesn't? It broke my heart that she would have treatment on her birthday, so I was like, how about a birthday parade? It started in our neighborhood, but I decided to reach out to Leslie Stallings, a friend, and neighbor. I knew she loved attending Bailey Station Elementary this year and all of her teachers and friends, so why not invite them too? The size got more prominent, and it started to feel like an actual parade, so I thought we needed "real" parade participants. I would honestly do anything for sweet Olivia. I reached out to our community, and everyone was eager to help. We live in a precious town."

Happy Birthday signs were in several people's yards as the parade walked through The Woods. People wore #oliviastrong t-shirts, decorated their yards, and gave Olivia flowers & posters. Dancers danced in front of Olivia's house, and multiple groups stopped their march to sing Happy Birthday.

Organizers encouraged neighbors through Facebook to keep their decorations up until 12/15 because Olivia's actual birthday is 12/14. The Haardt family can drive her through the neighborhood so she can see all of the birthday love!

Deanna Jones, Principle of Bailey Station Elementary, organized the t-shirt fundraiser and rallied up Bailey Station to participate in the parade. The Police and Fire Department drove two laps through the neighborhood to support Olivia's fight and to celebrate her birthday.



COLLIERVILLE LIVING

MEET OUR PUBLICATION TEAM!



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Emily Clemmer Content Coordinator
Karla Bailey Graphic Designer



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Letter to Residents

Happy New Year! As we roll into 2023, let's focus on everything we have learned, accomplished, and celebrated in 2022. What were some of your favorite memories? **Gerald Emerson** will remember 2022 as the year he became an **IRONMAN**. **Everett B. Gibson** will mark a significant milestone in January, having practiced law for 60 years. **Olivia Haardt** will never forget the town parading through our neighborhood to celebrate her 7th birthday. What will you always remember?

I'm thrilled to introduce our newest sponsor, **Corky's BBQ!** Corky's was my grandfather's favorite BBQ in Memphis, and he always had us pick it up and bring it home when he'd drive in to visit from Corinth. This month we're introducing several businesses that people need to become more familiar with: **Art & Speed**, **The Ninja Gym**, **Chill**, and **Milano's**, to name a few.

We are on track to launch our second publication, East Memphis Living, this spring. For advertising options for either publication, contact me at **(901) 604-9731**. Your early support will accelerate our launch to print. We hope you enjoy this incredible first edition of 2023. Please send us your feedback and suggestions. We'd love to hear from you! Thank you for reading!

Hayes Hora
PUBLISHER

IN RECOGNITION OF EVERYONE'S SUPPORT, THANK YOU!

Collierville Police Department
Collierville High School Honors Band
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Sequel Dance Studio
Germantown Giants Baseball Team

Collierville Baseball
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The Woods Neighborhood
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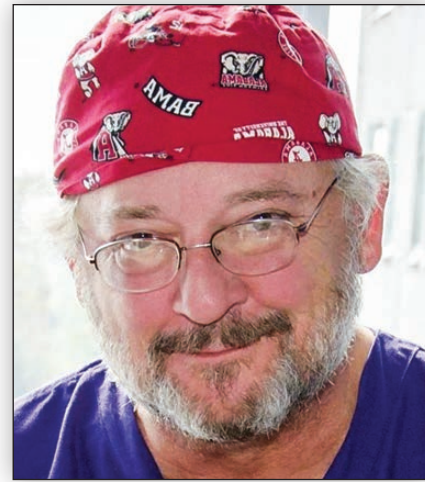
MEET DR. WILLIAM NOVICK & FAMILY

Crusading for Hearts...

STORY BY EMILY CLEMMER
PHOTOS BY PHOTO BY VICTOR MURPHEY
WITH MIDNIGHT STAR



Here at home, we take for granted our luxuries and conveniences. It's not just that we live in a nice house with electricity and running water or have disposable income to purchase the latest and greatest shiny object. We can also see a doctor for a well-check-up or a same-day urgent care visit when we get sick. Far too many people worldwide don't have these luxuries



or conveniences. Nearly half of the world's population struggles to meet basic needs. This includes limited access to healthcare and, more specifically, limited access to cardiac care, especially for children. It is estimated that 1.3 million children are born yearly with heart defects. An alarming 14 percent of children with a heart defect will not survive their first month of life, and 30 percent will not survive their first year. Access to the right doctors could improve these statistics and their quality of life. However, there is a shortage of over 1250 pediatric cardiac surgeons worldwide.

For nearly 30 years, Dr. William Novick has made it his mission to provide cardiac care to children in underdeveloped countries. In early 1993, he created the International Children's Heart Foundation (ICHF), a charity that cares for children in the developing world with congenital and acquired heart disease. In September of 1993, he moved to Memphis and worked at LeBonheur until 2001, when he could dedicate his life's work to caring for children with heart disease in the developing world full time. He has been working around the globe since then. In 2014, the William Novick Global Cardiac Alliance, now known as Novick Cardiac Alliance (NCA), was formed. NCA aims to bring sustainable healthcare solutions to children with cardiac disease in low and middle-income countries. The non-profit charity organization is dedicated to improving local healthcare providers' skills, knowledge, technology, and experience in regions without access to quality pediatric cardiac care. Treatment is provided regardless of gender, ethnicity, religion, political ideation, genetic factors, or economic means. The vision is that in the future, all children with heart disease, no matter where they are born, will be able to receive the medical and surgical care they require to live a long and healthy life.

Dr. Novick and his family moved to Collierville in 2014. He is married to Elizabeth Novick, and they have two boys, Nicholas (21) and Jackson (16). Since 2019, their home has been in the Southridge subdivision, where Elizabeth is very involved in serving on the board of their neighborhood Homeowners Association. She is also very active in tennis. Nicholas is studying Kinesiology and Exercise Science at the University of Alabama. He has secured an internship position at the University of Alabama Athletic department to become a strength and conditioning coach for the football team (Roll Tide!). Jackson is currently a student at Collierville High School and is on the wrestling team. He is interested in becoming a pilot and is enrolled in the new aviation flight program at Collierville High School. The family has two dogs named Julius and Layla. When Dr. Novick is not traveling around the world saving lives, he enjoys watching Alabama football at home. The family likes to vacation annually at the beach and fish in the Gulf yearly. A couple of years ago, Nicholas caught an 80lb, Cobia!



Dr. Novick did his undergraduate work at Troy University in Alabama. He went to medical school at the University of Alabama. He completed his General Surgical Residency at the Graduate Hospital of the University of Pennsylvania before entering the Cardiothoracic Residency at the University of Alabama in Birmingham. He took his first job after his fellowship as a pediatric cardiac surgeon at Arnold Palmer Children's Hospital in Orlando. This is where he and Elizabeth met.

Over the years, Dr. Novick and his teams have worked in 54 cities in 34 countries, providing medical care and cardiac surgeries to over 10,000 children. Most countries are now performing independent surgical care after repeated visits from Dr. Novick and the team of NCA. He and his team have recently visited Lebanon, Iraq, Ukraine,



and Libya. Medical trips are filled with clinical follow-ups, surgeries, training lectures, and supplying foreign colleagues with supplies and medications. This past November, he was awarded the International Sheikh Hamdan Award for Humanitarian Medical Services. Foxglove Entertainment is currently promoting a documentary film titled Tiny Hearts, which follows Dr. Novick worldwide as he provides cardiac care to children in need.

Please visit cardiac-alliance.org to learn more about Dr. Novick and his crusade to save children's lives. Novick Cardiac Alliance gladly accepts charitable contributions, medical supplies, and applications for volunteers. For every \$100, NCA provides a teddy bear to every child undergoing surgery. Every contribution helps!

SPREAD THE LOVE IN 2023!

It's 2023 and what better way to make it special than by **donating \$100 to save children** just like Narjes who is recovering successfully from heart surgery thanks to the life-saving work of the Novick Cardiac Alliance medical team.



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Call an Expert!

Our goal is to enrich your life by providing the best resources and recommendations we can find. We are proud to introduce our Expert Contributors! These are our friends and colleagues. They are exclusive service providers in our community and leaders within their industries. The articles and advice written by our Experts will help you better understand their businesses and how they can best serve you. If you know someone who should be in our Experts Panel, please connect them with Hayes at (901) 604-9731 or hhora@bestversionmedia.com.



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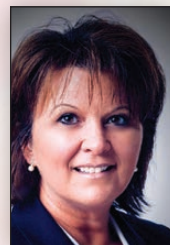
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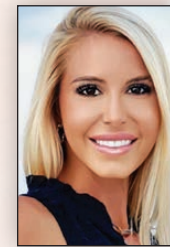
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~ Proverbs 3:27, KJV

You Deserve a Spa Day!

BY GUEST CONTRIBUTOR, TRACY HENDRY - OWNER OF SPA COLLIERVILLE
PHOTOS BY HAYES HORA



Bob & Tracy Hendry

Hello! My name is Tracy Hendry. I am a registered nurse and proud owner of Spa Collierville! I am married to Bob Hendry (the love of my life). He is my business partner and runs our small family farm. We have seven exceptional children and seven precious grandchildren. I would love for you to know how special our spa is. We are unique. We want you to feel at home when you walk in the door. We appreciate all our clients and do our best to help them have a relaxing, enjoyable top-notch service.

Spa Collierville is your peaceful pampering place in a cute vintage setting with the latest and best in gentle, effective skin care products and services. You'll love our warm, friendly, expert staff, enjoy a wonderful massage, relaxing facial, mani-pedis in our private room, laser services, Botox, filler, and many more results-driven treatments specially selected to enhance your natural beauty. That's Spa Collierville! As a registered nurse of 28 years, it's important to me that we

provide the best service and care. We offer Vitamin IV infusions, RF Micro-needling, Hydrafacial MD, and prescription skin care. Through continued training and education, my staff and I offer you the most relevant and current treatments available today.



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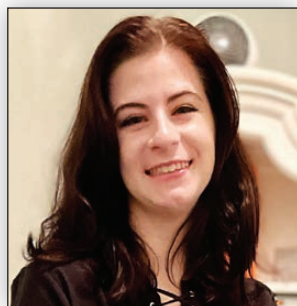
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~ Kyle Dean Smith - 5-STAR



Local Activities

MORTON MUSEUM OF COLLIERVILLE HISTORY

1/6 | Story Time: Snow
1/13 | Story Time: Ducks
1/20 | Story Time: Big & Small
1/24 | January Book Club
1/27 | Story Time: Boats

COLLIERVILLE HIGH SCHOOL

1/3 | Men and Women Varsity Wrestling vs. Bartlett
1/13 | Men and Women Varsity Basketball vs. Houston
1/17 | Men and Women Varsity Wrestling vs. Arlington
1/20 | Men and Women Varsity Basketball vs. Cordova
1/27 | Men and Women Varsity Basketball vs. Arlington
1/31 | Men and Women Varsity Basketball vs. Germantown

HIGHLANDER SCOTTISH PUB

* 2nd Wednesday of Every Month (by booking)
Liquor Tasting Dinner & Pairings
* 3rd Wednesday of Every Month (by booking)
Wine Tasting Dinner & Pairings
* Live Music Every Friday & Saturday Nights

ROCKHOUSE LIVE

1/28 | Thump Daddy

TONY'S TROPHY ROOM

1/7 | Clean Slate

WC JOHNSON PARK

1/29 | Winter Off-Road Series 5k

MALCO THEATERS, COMING SOON...

1/6 | M3gan
1/6 | Women Talking
1/13 | The Devil Conspiracy
1/13 | A Man Called Otto
1/13 | House Party
1/25 | Pathaan
1/27 | Distant
1/27 | Harold and the Purple Crayon

Performing Arts

GERMANTOWN PERFORMING ARTS CENTER (GPAC)

1/13 | Tommy Emmanuel
1/14 | Peanut Butter and Jam: Songs by Jake
1/14 | Stacy Kent
1/20 | Jazz in the Box: Joel Frahm
1/21 | The Milk Carton Kids
1/28 | Cars and Coffee

THE ORPHEUM

1/20 | Wanda Sykes
1/30 | Glenn Miller Orchestra

THEATRE MEMPHIS

1/13 - 1/29 | Sondheim Tribute
1/21 - 1/23 | Petite Cabaret: A Celebration of Sondheim

PLAYHOUSE ON THE SQUARE

1/20 - 2/19 | The Scottsboro Boys

THEATRE WORKS @ THE SQUARE

1/13 - 1/29 | If Pekin is a Duck, Why am I in Chicago?

CANNON CENTER FOR PERFORMING ARTS

1/22 | Memphis Symphony Orchestra - Mendelssohn Violin Concerto
1/28 - 1/29 | Shen Yun

Popular Venues

FEDEX FORUM

1/1 | Memphis Grizzlies vs. Sacramento Kings
1/6 | WWE Friday Night SmackDown
1/8 | Memphis Grizzlies vs. Utah Jazz
1/9 | Memphis Grizzlies vs. San Antonio Spurs
1/11 | Memphis Grizzlies vs. San Antonio Spurs
1/16 | Memphis Grizzlies vs. Phoenix Suns
1/18 | Memphis Grizzlies vs. Cleveland Cavaliers
1/29 | Memphis Grizzlies vs. Indiana Pacers

LANDERS CENTER

1/3 | Memphis Hustle vs. Mexico City Capitanes
1/15 | Jeff Dunham: Still Not Cancelled
1/17 | Memphis Hustle vs. Santa Cruz Warriors
1/18 | Memphis Hustle vs. Santa Cruz Warriors

GRACELAND

1/5 - 1/8 | 2023 Elvis Birthday Celebration

MOSH MEMPHIS | PINK PALACE

1/13 | Science of Beer
1/21 | AI Artificial Intelligence: Your Mind & The Machine - Exhibit Opening
1/22 | Web of Innovation: AI in Memphis - Exhibit Opening

AGRICENTER

1/27 | Southeast Spa Show
1/29 | The Pink Bride Wedding Show

Other

WHISPERING WOODS

1/22 | Memphis Bridal Show

JERRY LEE LEWIS' CAFE & HONKY TONK

1/22 | Memphis Mimosa Fest

BEALE STREET

1/24 - 1/28 | International Blues Challenge

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EXPERT CONTRIBUTOR

Celebrating Six Decades Practicing Law

BY EVERETT B. GIBSON, ESQ. - GIBSON PERRYMAN LAW | PHOTO BY NEAL PERRYMAN



On January 15th, 2023, I will have practiced law in Tennessee for 60 years. My career began at Vanderbilt University for undergraduate studies, and I continued my education at Emory School of Law in Atlanta, Georgia. During this time, I was newlywed to my beautiful bride, Nancy, who supported me through the challenges of studying law. A few months after graduating from law school, we started our family by welcoming our first child into the world, who is now my firm partner, Ralph Gibson. Being a father, I was more motivated than ever to jumpstart my career in civil litigation. I am a parent of three and a grandparent of five.

I represented numerous railroad companies in 1974, now known as Illinois Central Railroad Company, BNSF, CN, and CSX. Over time, I have evolved my practice to represent injured parties in medical malpractice and personal injury cases. We now have two children and four grandchildren. I am happy to announce our first great-grandchild was born this past summer. My family and my career are the two values for which I prioritized my life over the past 60 years, and I would not change those for the world.

When you reach 84 years of age, most of your previous colleagues have retired; therefore, you must learn to evolve. I stumbled upon medical malpractice litigation because it challenged me to become a new type of litigation attorney. Previously, I represented rather large companies; now, I work directly with the injured party. It motivates me to do right by my client because I am fighting to remedy the wrongs of healthcare professionals. While I miss the fast-paced environment that came with representing railroads, I am more fulfilled by representing members of our community when they are faced with hard times.

Unlike other professions, the legal profession is self-governed. Attorneys have a code of ethics and conduct governed by a state's Supreme Court Rules of Professional Responsibility. When you walk into a courtroom, you have three attorneys you work with: the plaintiff, the defendant, and the judge. Our professional responsibility is what brings us together no matter what issue is at hand.

I have served on numerous legal associations throughout Memphis and the State of Tennessee, including: presiding as President over the Young Lawyers of Memphis board (1962) and National Board of Railroad Trial Lawyers (1980s). These experiences working for and with my community motivate me to inspire the next generation of attorneys to become involved with their communities.

I always felt the adrenaline and genuine excitement flowing through me as I walked into a new courtroom, preparing to fight for my clients. I would recite my opening line and the facts of my case, putting my best foot forward. Our family has a history of practicing law; my father practiced in Arkansas, and my son Ralph works alongside me to this day. Being an attorney is in my blood. I know that I was made to be an attorney deep down. Every day I am fulfilled because I know I am accomplishing my purpose.

“Our job is to protect our client's interest in the courtroom, and one word to describe that is diligence. Preparedness is one of my strengths.”

~ Everett B. Gibson

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COMMUNITY SPOTLIGHT: PIPERTON COMMUNITY CLUB MY NEXT STEPS, COACHING & MEDIATION

BY GINA HARDEN & HAYES HORA | PHOTOS BY MARCIA HORA



Gina Harden is an experienced executive, leader, author, speaker, coach, trainer, wife, mother, and woman who loves people - and helps them succeed in life. Wanting to share her hard-won secrets of success achieved in all her life roles, Gina created and built My Next Steps Coaching & Mediation. Gina recently hosted an event at the Piperton Fire Department honoring first responders.



“I am proud to introduce you to the Piperton Community Club. The Piperton Community Club is a new community group designed to encourage community outreach, support our Fire and Police Department services, and the beautification of our great town. Our plans to achieve these objectives are twofold: (1.) To create community events such as Police/Fire Department recognition events, community markets, holiday events, and yard of the month contests. (2.) To encourage our residents' participation in these events to provide an opportunity for us to get to know one another and become involved in the promotion and upkeep of our town.” - Gina Harden

The career coaching Gina provides rests on the solid foundation of leadership skills built while rising from a part-time aerobics instructor to becoming the Regional General Manager for one of the most successful fitness club systems in the U.S. In her steady career climb upward, Gina has mentored scores of women to succeed, from those

just entering the business world to newly appointed managers and directors. Gina is also a Consensus Conflict Management & Mediation Services certified mediator.

Gina helps women find balance in their spiritual, personal, physical, and family lives to achieve their dreams and goals. She is also a career coach. Gina and her husband live in Piperton, Tennessee. Join over 100 women who have become a better version of themselves, reached a career goal, navigated a divorce or break up, or found the perfect place for parents that neglected end-of-life planning with the supportive life coaching and mediation services from My Next Steps Coaching & Mediation. Learn more online at www.mynextsteps.life.



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GUEST CONTRIBUTOR: CHARLIE'S HANDYMAN SERVICE

YOUR NEW YEAR TO-DO LIST

BY CHARLIE DENNIS, OWNER



Over the years, there have been many things that you have accumulated that you no longer use. These include home goods such as kitchen accessories, spare linens, and other items you cannot use. Having too much stuff can negatively affect your productivity and well-being. These tips will help you organize and make your living space more accessible.

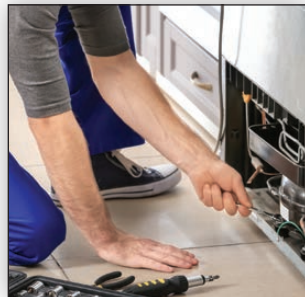
Start by making a plan to clear out one room at a time. Then, remind yourself to go through your stored boxes in a couple of months. Also, check the expiration dates on your products and throw out any that have expired. Before you start the New Year, make sure that you thoroughly review your wardrobe and get rid of any unwanted clothes. Having a clean and organized home can help you achieve various goals, such as improving your mental health and saving money.

Besides improving the air quality in your home, a deep clean can also help you avoid getting sick from the dust and other harmful particles that can cause allergies. Make sure that you have all of the necessary records related to your home maintenance and repairs. You can also organize these documents in a digital file. Having these documents can help you reflect on the various investments you have

made to improve the condition of your home. It can also help you plan for future repairs.

One of the resolutions most people make in the New Year is to improve their home's presentation. A well-designed and attractive exterior can help attract potential buyers. Doing low-cost home upgrades can boost your curb appeal. If you haven't done anything to your lawn, it's time to get it groomed. A professional can help you maintain it and keep it looking its best.

Sometimes you need a Handyman! If you need help with gutter cleaning, wood repairs, leaf removal, pressure washing, trampoline assembly, playhouses, pergolas, decks, fencing, garbage removal, and virtually anything else- call me, Charlie! (901) 574-6398.



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HEALTH FOCUS: NICOLETTE EDWARDS

Connecting to Life!

BY EMILY CLEMMER | PHOTO BY NICOLETTE EDWARDS



Nicolette Edwards is an independent yoga instructor in Collierville, Germantown, and Memphis. "I'm a provider of space. Yes, I teach yoga, but more than anything, I aim to offer sessions that meet people where they are physically and mentally," Nicolette says. "None of us are broken and need fixing. We are already whole. I want to create a space that allows people to access their intuitive nature and feel a sense of wholeness." Nicolette's life lessons can inspire others too!

In 2004, Nicolette went to her first yoga class with a co-worker during a time that she calls a rough, confusing, and stressful time in her life. "I wasn't satisfied with my outlook on life, and I knew deep down that I was more than that. I could feel that there was a rich place inside of me, a place full of goodness that I hadn't tapped into," she shares. "I thought yoga could be the answer. Over the years, the practice of yoga (in addition to the great outdoors) has provided in so many abundant ways," Nicolette said. "We learn to become our most authentic selves when we get outside our comfort zone and try new things that scare us a teeny bit." Nicolette knows this from experience. In 2015, she quit her long-term full-time desk job and hiked half of the Appalachian Trail. This was a solo quest in which she ventured out on her own for a total of 1,100 miles. The search took her three months to complete, changing her outlook on life for the better forever.

Nicolette wakes up at least two hours before any responsibilities. "I start my days outside and walk for about 30 minutes. This allows me to connect with myself. This habit has made my life easier, helps me process my highs and lows, and gives me the energy to tackle each day." However, connecting with her

students provides most of her inspiration. "Helping people realize and fulfill their potential as human beings and seeing their eyes light up with revelation is amazing. They're not just my students. They're my friends. Their unique personalities, stories, and potential being fulfilled bring me so much joy! I learn just as much from them as they do from me."

Currently, she teaches yoga at Lifetime Fitness, PT Squared, Schilling Farms YMCA, Germantown Transforming Wellness, and Memphis Better Bodies Yoga. She is also available to lead private sessions or small group events. Several of Nicolette's yoga students know about her outdoor backpacking and hiking excursions and have asked for guidance on how to set out on such a quest. This has encouraged Nicolette's desire to share her experiences further. Her long-term vision is to create destination workshops and yoga retreats through her budding side hustle, "The Mat and Pack." You can connect with her on Instagram @nicoletteyogaart and online thematandpack.com.

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EXPERT CONTRIBUTOR

I AM IRONMAN!

BY GERALD EMERSON - PRUDENTIAL | PHOTOS BY FINISHERPIX

Ten months of targeted training has consumed my thoughts, emotions, and actions almost 24/7. I've mentally been thinking of doing an Ironman for years and finally decided it was time. Such an achievement, possibly once in a lifetime, that less than 0.1% of the population has done.

Once you complete the race, that's when it's public. Everyone sees the updates and finished pics on Facebook. Race day is the grand finale of months of dedication. As my old wrestling coach used to say, you're just showing up to collect your medal. You've completed this in all the training you've put in. To me, the hardest part is the dedication to work: early mornings and long workouts. There's no celebration with balloons arriving at the gym in below-freezing temperatures before the sun rises for your swim workout. No one congratulates you after a 100-mile training ride in a 102-degree heat index—no pat on the back. And if you skip a workout, your coach may ask if you're ok, or you may send her some excuse, but the only person/thing you're accountable to is that finish line.

*Summer's going fast, and nights growing colder
Children growing up, old friends growing older
Freeze this moment a little bit longer
Make each sensation a little bit stronger
Experience slips away
Experience slips away
The innocence slips away
Time stand still
~ Time Stand Still by Rush*



It's an overwhelming goal to set. But you take that first step and build from there. I often think of a Sunday School lesson on Psalm 119:105 from when I was younger. Thinking of that lamp lighting my path, I can't see the whole journey, but I can see as far as the lamp lets me. I take a step, and now I can see a little further. That verse has helped me with work, life, and this journey.

Now that I've completed an Ironman, I think back to whenever I've asked someone else about their race. How was it? You'll get a short response about the race, venue, complex conditions, etc. But I now know that person could talk to you for hours about everything but the race. Not to belittle the race itself, I had doubts at times, but the journey changes you. You learn about yourself and what's important. I cried alone after workouts a lot; it was an emotional rollercoaster. It's brutal and unrelenting. You stay tired. You miss your family. Time Stand Still by Rush came on once after a workout, and it hit my gut. I cried my eyes out. I hadn't seen my two-year-old for nearly three days just that week. I missed out on so much, but weirdly, it was worth it.

The race is undoubtedly fun. It's an adventure and a very long day. There's such a buzz in the air between the expo, seeing people getting short swims, bikes, and runs the days before; everywhere you go, it was all triathlon: Walmart, Target, Olive Garden, and the gas station. Everyone wears triathlon shirts and hats, and every other car has a bike rack. It's a blast and a memorable experience. But the race is just the celebratory finish of months of dedicated training.



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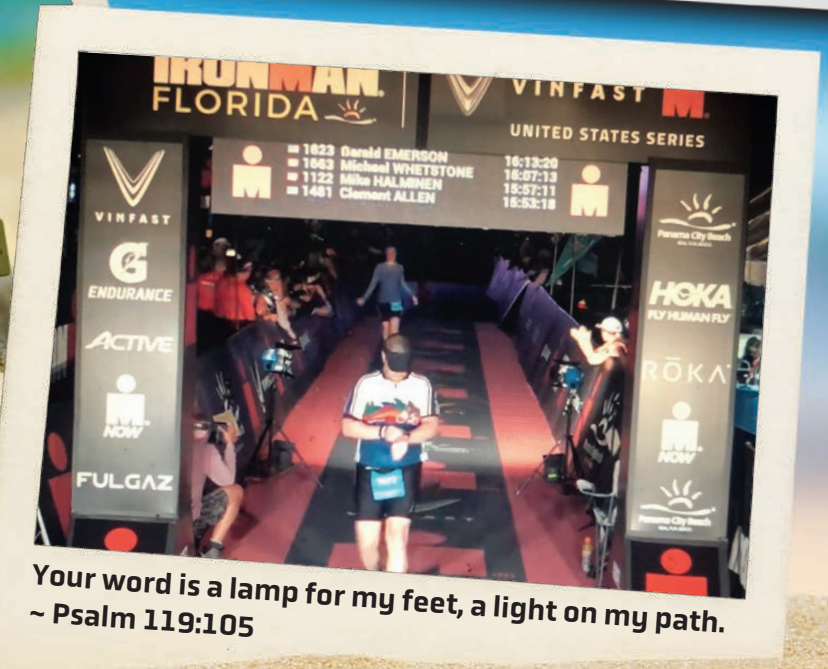
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After 10 months of training and 16 hours, 13 minutes, and 20 seconds of racing, I heard Mike Reilly finally announce,

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1882 Michael WHETSTONE	16:07:13
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1481 Clement ALLEN	16:52:18

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Your word is a lamp for my feet, a light on my path.
~ Psalm 119:105

RESTAURANT SPOTLIGHT: MILANO'S PIZZA

Classic New York-Style Pizza!

STORY & PHOTOS BY GUEST CONTRIBUTOR, VICTORIA HAGERTY



Nick Daniele and his brothers immigrated from Bari, Italy, to New York in the mid-1970s, where he trained in the art of New York-style pizza making. After relocating to Memphis in the early 1980s, the brothers came together and opened Dino's Pizza in the Raleigh Springs Mall, where they earned the reputation as the first pizzeria in the Mid-South to sell pizza by the slice.



Milano's Pizza has provided Collierville and the surrounding areas with genuine New York-style pizza for 30 years. Its goal is to show authentic pizza-making techniques versus the chains. Milano's Pizza, family-owned and operated, was led to settle in this line of work from its shared love of food and family. Every food item is made with the freshest ingredients. The dough is created in-house and rolled by hand. The sauce combines crushed and ground tomatoes seasoned with love that only a trained eye can perfect.

The biggest inspiration for Milano's Pizza is family and the love for their loyal customers. The Milano's Pizza company, with various locations throughout the Mid-South, all owned

by different branches of The Daniele Family, provides customers with a glimpse of traditional Italian cooking and how food can bring others from different backgrounds together.

The Daniele Family continues to grow, allowing the next generation of Italian cooking and new perspectives to mold and develop the family business. This exciting transition has given Milano's Pizza the fuel it needs for mentoring the next pizza-loving connoisseurs.



We dedicate ourselves to providing traditional Italian cooking passed down from generation to generation. Please become part of our family and try one of our amazing pizzas, pasta, or subs! Need to feed ten people or more? We offer catering services, and we have various tray sizes of pasta, salads, and desserts that will do the trick! Dine in, order curbside pickup, or stay home and let us deliver to you! Browse our menu and order online at milanospizzacollierville.com or call us at (901) 853-0555.

"First time with Milano's. Online ordering was super easy and fast. The order was ready on time. Employees were friendly and greeted us happily when we picked up the order. The food was great, especially the Stromboli! Calzone and supreme pizza had zero complaints. Milano's just became my new favorite pizza place!" ~ Jesse Jaye



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BUSINESS SPOTLIGHT - CHILL

Hey Everybody! CHILL!

BY HAYES HORA



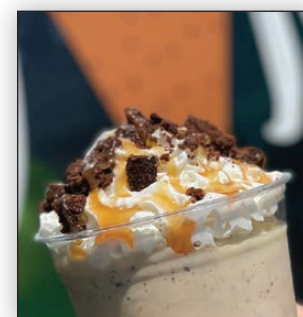
David and I have been married for 13 years. We moved to Collierville from Tuscaloosa, AL (ROLL TIDE) in the Spring of 2017. Our children, Sawyer (10), Charlie (7), Billy Rose (3), and Camryn (15), are living the ice cream dream of owning a family business! Our boys attend and are so loved at Tara Oaks Elementary! David and I have had the pleasure of coaching and mentoring many colleges, high school, and middle school cheerleading athletes in our past, which has led us to where we are today. Our family is a part of The Life Church Houston Levee campus.

We are a place for families and friends to gather in a sweet and fun spot in the Collierville community! Our business is called "Chill." We serve Blue Bell ice cream that can be in many forms! Simply in a cup or a variety of cones or made into a yummy signature or specialty milkshake. We also have over 30 Southern Snow snowball flavors served with or without our delicious soft-serve ice cream. Our notable summer treats include our Pineapple Dole whipped soft-serve ice cream.



In December 2020, our family took over ownership of Chill. The Lord provided this opportunity, opened doors for us, and made a way, so we followed. Our family is in the shop at some capacity seven days a week. We want them to learn the ins and outs of what it takes to run this family business. We want everyone to have a great experience and share it with their friends!

We are unique in so many ways. Our treats are made to order, and each scoop is served with a smile! We have met so many wonderful customers who have become friends since taking over ownership! It is more than just ice cream. We want our children to see what we put in and what we take away. They all have their favorite things to do at the shop. Sawyer loves to work the register and have the face to face interaction with the customers. Charlie loves delivering the treats to customers and seeing their reactions when they get them. Billy Rose is our official taste tester who loves to share her product reviews with customers as they make their decisions from the menus. We have loved watching them grow as little business owners. Learn more about CHILL online: chillfrozentreatsandweets.com.



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A Hidden Gem!

BY HAYES HORA



I was shocked to randomly discover “Art & Speed” in Collierville behind Christian Brothers Automotive on Poplar. I was browsing as I do, and this hidden gem was hiding in plain sight! The moment you walk through the front door, you’ll see a limited edition 1953 Corvette Convertible, #127 of 300, with a price tag of \$500,000! The 1949 Hudson Commodore that Morgan Freeman drove in the film “Driving Miss Daisy” is in storage there, which was the Academy Award Winner for Best Picture in 1990. Dwayne Johnson (The Rock) also has a Ford F-150 Shelby Raptor in storage, which he drives while filming in Memphis for his new show, Young Rock.

Founded by Kevin Caffman and Barry Gilmore, Art & Speed delivers the vehicles, memorabilia, and special events that strike passion, revive old memories and allow us to share those events with our family and friends. Owner Kevin Caffman shares, “We believe automobiles are more than just transportation. They are part of the ‘thrill ride’ of life! Maybe the car carried you and a particular person on your first date, or your newborn baby was brought home. Perhaps a specific car brought father and son together in a project that created cherished memories. It could be the object that created freedom and exhilaration from the growl of the big block engine, the smell of the interior and the fuel, and the feeling of being on the road. As adults, we are passionate about the ‘vehicles of our lives,’ the stories they remind us of, and the music we hear when we see certain automobiles.

Indeed, cars are woven into the tapestry of our lives, reminding us of simpler pleasures.”

Art & Speed offers fine collectible automobiles, from original survivors to quality driver, show, and investment cars. Kevin’s team specializes in muscle cars, the 50s, and 60s classics, modern performance, luxury, and exotic cars. They can also help locate the vehicle you have been searching for or build the car of your dreams through a network of resources and professional restoration services. They will buy collector vehicles or whole collections and offer consignment programs. Buyer and seller agents can take your vehicle to significant auctions and market internationally for maximum exposure. Learn more online at artandspeed.com or call (901) 850-0507.



ABOUT THE OWNER
Kevin Caffman has been a “car guy” since he was old enough to peer out the car windows, identifying every car by year, make, and model. Over the years, he has built a reputation for building, owning, and selling high-quality collector cars. With a background in business, information technology, and digital marketing, he has continued to pursue the Art of classic automobiles as a hobby. After a successful career in the corporate world, Kevin decided to pursue his dream of owning and building a “different kind of business.” Kevin sees vintage, classic, and performance cars as an emotional interaction, merging the worlds of performance with the Art of the automobile.

Service Before Self - Sondretta Green

BY EMILY CLEMMER | PHOTOS BY SONDRETTA GREEN



Meet Sondretta Green, a retired Veteran, an active Real Estate Agent with Keller Williams Realty, and a member of the Collierville VFW. Sondretta was born in Flint, MI, and raised in Lake City, SC. She served 23+ years in the United States Air Force, where she deployed numerous times throughout her career and is highly decorated. Sondretta attended Strayer University and earned a Bachelor's degree in Business Administration. She exemplifies the Air Force values; integrity first, service before self, and excellence in all she does.

Sondretta has a cousin who was in the Air Force and two brothers serving in the military. Her family was the primary influence to join. The first step was to take the Armed Services Vocational Aptitude Battery (ASVAB), which suggested she go into the logistics traffic management office with the United States Air Force. After graduating from basic training in 1994, she returned to South Carolina at Sumter Air Force Base, where she was married and had her son.

Sondretta was deployed to Saudi Arabia during Desert Shield/Desert Storm. She also lived in South Australia at Woomera Air Base. Her job was to close the base down with only three others. "It was hard work both physically and mentally. It was a tough job as a logistician working long days and

hours," Sondretta recalls. When the job was done, the Air Force sent her to the Rhein-Main Air Base in Frankfurt, Germany, to work on passenger travel logistics with the Defense Agency.

Sondretta has served in Spokane, Washington, at the Fairchild Air Force Base, Kyrgyzstan, the Manas Air Base, and in Iraq to work with the Army. Before arriving in Iraq, Sondretta had to train for combat skills with the Army. She was placed at the Balad Air Base and was in charge of all the movement that came in and out of the base, such as helicopters, truck cargo, passengers, vessels, and even bomb-sniffing dogs. The base was in a war zone being attacked daily, but to Sondretta, her job was very rewarding.

Sondretta went to real estate school and got her real estate license. She uses the Homes for Heroes platform to serve her clients. "I want to be a blessing to people. With Homes for Heroes, I can help healthcare professionals, teachers, and the military save thousands of dollars when purchasing a home. It warms my heart to be able to help others." The Collierville VFW is another platform that Sondretta is apart of. "It aligns with who I am. I'm very passionate to help others, and to give back to the people who deserve it most."



NON-PROFIT SPOTLIGHT: JUNIOR AUXILIARY OF COLLIERVILLE

Hearts of Warriors!

STORY & PHOTO BY GUEST CONTRIBUTOR, AMANDA WHITEHORN

The Junior Auxiliary of Collierville is a small group of forty-four diverse women striving to promote the welfare of the children and families in Collierville. They joined the National Association of Junior Auxiliaries in 2006 and were recognized by the IRS and TN Secretary of State as a 501 (c)(3) not-for-profit charitable organization in 2007. The women in the Junior Auxiliary of Collierville work tirelessly to provide many programs and events to benefit local children and their families. Their motto is to make their community a better place to live, work, and play! The official Junior Auxiliary logo is the five-point crown. Each point represents five virtues upheld by the members: Charity, Youth, Health, Leadership, and Community Service.



The ladies of the Junior Auxiliary sponsor many activities and events for the town of Collierville:

- **Scare on the Square** - planning, organizing, and executing a square-wide trunk or treat experience, face-painting, a balloon artist, food trucks, games, crafts, prizes, and candy. It benefits thousands of children.
- **Stuff the Bus supply drive** - collect school supplies to fill backpacks for children in need and to give to local schools for the teachers
- **Veteran's Day program on the square** - provides the refreshments at the ceremony
- **\$2500.00 college scholarship** - award one lucky female Collierville high school graduate
- **Rockin' Rabbit** - a free Easter event that provides games, music, crafts, food, and prizes for the underserved children in Collierville
- **Angel Tree program** - collects thousands of presents for hundreds of low-income children at Christmas
- **Page Robbins Adult Day Center** - provides supplies, candy, cards, and other needs
- **Cop Stop** - catered lunch at one of their member's homes for all of the Collierville First Responders
- **Summer Food Program** - close to fifty local families in need receive meals and food through the summer; it continues throughout the school year with Friday Deliveries

Their newest project is a "prom" for the children in the Collierville Schools Department of Exceptional Children Program, The Sweetheart Ball, and a Special Night for OUR Special Kids. They hope to make this an annual event.

These programs are made possible with gifts from local businesses and generous donors. This non-profit is doing big things for the town of Collierville! They hope to give the children and families a leg up, not just a handout. The ladies of the Junior Auxiliary pour their hearts into every project they implement. It has been said that they have the hearts of warriors!

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**EVENT SPOTLIGHT:
MEMPHIS FOOD & WINE FESTIVAL**

Stay Classy, Memphis!

BY HAYES HORA | PHOTOS BY RED BARDES

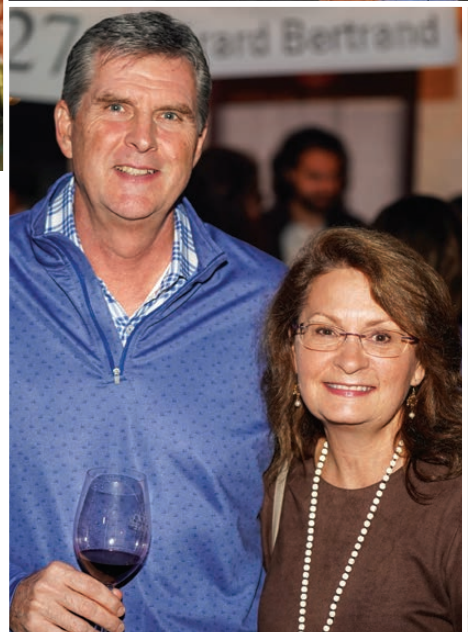
The Memphis Food & Wine Festival was founded by a group of passionate individuals who share a common passion for food, wine, and Memphis. This event differed from an average festival as it featured some of the best local, regional, and national chefs. The event's proceeds will benefit the FedEx FamilyHouse, a home for families who cannot afford to travel to Memphis to visit their children at Le Bonheur Children's Hospital. The festival was held at the Memphis Botanic Garden's Radians Amphitheater. Since its inception in 2016, the event has raised over \$325,000 for various local organizations. In 2022, the festival's primary beneficiary was the MidSouth Food Bank. The festival's proceeds will also benefit a local medical facility, the James D. Eason Institute.

The festival's goal is to celebrate Memphis' culinary excellence by showcasing the talents of local and international chefs. To enhance the event's offerings, the festival was joined by wine experts and certified sommeliers. The event featured a wide range of different types of wine from various regions and price ranges. Some notable brands showcased at the festival included Frank Family, Silver Oak, Cakebread, and Rombauer. In addition, multiple types of Champagnes were available.

The food served at the festival was delicious and comparable to what some of the country's best restaurants would serve. The talented chefs at the event were able to create unique and flavorful dishes that were served to the thousands of people who attended the event. Some notable dishes featured at the festival included Waygu steaks, duck, and lobster. Several chefs at the event have been featured in Collierville Living Magazine, including Andrew Dinstuhl, Franck Oysel, Jose Gutierrez, and Valarie Hall! *See them featured in the photo strip!

The music provided by the various bands during the festival was outstanding, and it was perfect for locals and out-of-towners who enjoyed the event. While not all of the food and wine showcased at the festival originated from Memphis, the music provided an authentic and unique flavor of the city. The weather was perfect this year, and the sun set beautifully.

According to David Benson, the festival's chairman, the event's board of directors decided to align the festival with a local organization that focuses on providing the community's basic needs. This organization will be able to help meet the needs of the residents and feed the hungry. Cathy Pope, CEO of the Mid-South Food Bank, said: "Hunger can affect anyone at any time. Through our network of partner agencies, the Mid-South Food Bank can provide over 4 million meals a month to residents experiencing hunger. We are grateful for the support from the festival and its various community partners." If you missed the 2022 festival, make plans to attend this year!





YOU CAN HELP!

STORY & PHOTOS BY GUEST CONTRIBUTOR:
NINA WINGFIELD, CAS DIRECTOR

The Collierville Animal Shelter is all about giving a "New Leash on Life" to homeless and rescued pets. Pets can improve your health and happiness, so here is how you can make our pets' lives better this New Year. Time to take inventory and check how you are living your life and how including an animal would benefit you and your family. Ready to make New Year's Resolutions for 2023? Here are three good ones:



GINGER

Ginger is an independent female. She loves to be loved on, but she also loves to hang out at the top of the cat tower and watch everyone from there. She gets along well with everyone.



TROOPER

I'm a very friendly, playful, curious, and affectionate cat! I'm a healthy little thing- vaccinated, spayed & neutered, and ready for my next assignment! I get along well with other cats because I'm a team player. I also love children. I would love to crash with you at your place... Like, forever?



WRANGLER

Hi, I'm WRANGLER! I'm a young, gorgeous male, 60-pound, Catahoula Leopard dog- mix looking for his forever home. The humans tell me I'm an eye-catcher due to my beautiful and unique blue merle colors. I'm a sweet fellow! I'm a well-behaved leash walker who is friendly with other dogs and potty trained!



KISSES

I'm KISSES, a young female, mixed breed girl looking for her forever home. I was found wandering in a local park, skin, and bones, starved and afraid. I was trying to live on the streets but had no idea how to survive without food, water, or shelter. A kind soul brought me to the Collierville Animal Shelter. The humans here told me they immediately fell in love.

Collierville Animal Shelter (CAS)

Call (901) 457-2670

603 E South Street
Collierville, TN 38017

RESOLUTION #1: Support the animal shelter. Adopt! Give our great pets a forever home! Giving food, toys, and financial aid can help the shelter and support our community programs. People can donate to honor a beloved pet, family member, or friend. Become a foster parent! You can provide a secure, loving home to orphaned babies not ready for adoption yet. Volunteer to become a dog walker or a cat care provider to help enhance the lives of our animals!

RESOLUTION #2: Don't buy animals as gifts. As tempting as it can be to give a loved one a fluffy pup or tiny kitten, it's best to wait until an entire household can make this big decision together. Depending on your household activity, the age of the adopted pet might be a very important factor.

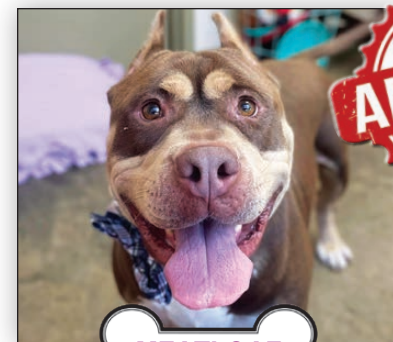
RESOLUTION #3: Share CAS on Facebook, in your workplace, or on all your social media, and promote our wonderful pets whenever you can. If your New Year's Resolution is to save a life, look no further. Please go online and see our adorable cats and dogs. They would love to make your home their home in 2023! Here are some of our great pets waiting for you!



You can support Nina Wingfield, the Collierville Animal Shelter, and Animal Causes throughout the Mid-South by shopping at her booth inside

SHEFFIELD ANTIQUES MALL
684 West Poplar Avenue in Collierville

Look for Dealer 396
for pet-related merchandise to help animals in need.



MEATLOAF has left the building!

BY HAYES HORA

ADOPTED 11/18/22

I'm thrilled to announce that our beloved pup, MEATLOAF, a one-year-old, 70-pound American Bully, has found his forever home. His new mom recently lost her pitbull and always had a soft spot for bullies. When she saw Meatloaf, she knew he was the perfect dish to heal her broken heart. She was right! These two just clicked. Now Meatloaf is on his way home! Meatloaf was featured last month in Collierville Living Magazine. We are so glad he has left the building on his way to enjoying a long healthy life! Thank you to all the wonderful people who cheered Meaty along the way. Love wins!



10 REASONS TO ADOPT SHELTER PETS

BY HAYES HORA

1. You're saving more than one life!
2. Enjoy a stronger bond with an appreciative pet!
3. Be the person who gives animals a second chance.
4. You'll both have a more active lifestyle.
5. You have someone new to shop for.
6. You'll help fight against puppy farms.
7. Destress and unwind with your new furry friend!
8. Meet more people through pet-friendly social activities.
9. Improve your personal security with your new guardian angel.
10. You can replace your Roomba with a new food-picker-upper!

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EXPERT CONTRIBUTOR

HOORAY FOR THE GOVERNMENT!

BY TERRY COX - COX LAW OFFICE



I seldom get a chance to say so, but recently the government did something to help everyday people. Let's let that sink in for a moment. What is the problem with "heir property?" Often a parcel of land, such as a farm or a vacation house, has passed from generation to generation without the benefit of formal probate proceedings or transfers through trusts. When that is the case, no one knows who owns the property. Likewise, it is extremely

difficult for anyone to sell their interest in the property or for the whole parcel to be sold. In short, the problem with "heir property" is that no one has the legal authority to do anything with it.

Historically, the Tennessee statute dealing with heir property has allowed one person who believes themselves to be an owner of such a parcel to file a petition in the Chancery Court for the county in which the parcel is located and name as a respondent to the petition all of the presumed heirs as well as the unknown heirs of the last known owner. The petitioning property owner must present proof to the Chancellor to establish all family tree branches. The process usually involves combing through old records and locating witnesses who knew the original owner's family. When all this forensic detective work is completed, the Chancellor will then, upon the request of at least one owner, no matter how small their share might be, order that the entire property is sold at a public sale.

Until now, when a court-ordered public sale occurs, a non-family

member, often a real estate investor, has been able to submit the highest bid or offer and "buy out" the interests of all family owners. The result is that while each owner receives their pro rata share of the net sale proceeds, no family member owns the property. The legislature has acted in a way that makes sense. Today, the law has changed. When the identities of all owners and their ownership percentages have been determined, a public sale can be avoided, and the land can be kept within the family.

Under our new Heirs Property Act, the petitioning owner or any other owner may file an appraisal of the property with the Court to establish the property's value. That owner can then elect to pay into Court the amount of money equal to the value of the ownership shares of each of the other owners. The Chancellor will then issue an order vesting title to the property in the electing owner and disbursing money to the other owners according to the value of each of their respective shares. Suppose more than one owner wants to elect. In that case, the electing owners can collectively pay into Court the amount of money necessary to retire the ownership interests of the non-electing owners. The Chancellor will then issue an order vesting title to the property to the electing owners proportionately.

This procedure enables one or more family members to establish ownership of the land and buy out family members who do not want to participate as co-owners while keeping the property off the public market and outside the reach of non-relatives. And, to think, it only took 226 years of Tennessee jurisprudence to get to this point.

Estate Planning: Will You Decide, or Will the Courts?



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TERRY COX


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You are able to take all items home with you from the in-person sale! We also have alternate pickup days and local delivery available! All online orders can be picked up during our alternate pickup days or delivered locally.

FOOD & DINING: SUSHI ETIQUETTE

How to Eat Sushi

BY HAYES HORA



I've been enjoying sushi for years, and we have many terrific options here in Collierville. SAKURA, Fuji Café, Osaka, and Saito 3 are all fabulous options. In 2017, I had a rare opportunity to take my Dad to New York City on a business trip. We ate in a famous sushi restaurant called Jewel Bako, which sadly closed due to the pandemic. We had a memorable experience during the meal. Chef Mitsu quickly grabbed the ginger off my Dad's sushi after he doctored his piece of fish, and tossed it to the side, jokingly saying, "we don't serve redneck sushi here!" As it turns out, Chef Mitsu moved to New York having left Sekisui in Cordova Tennessee! What a laugh we all had about that!

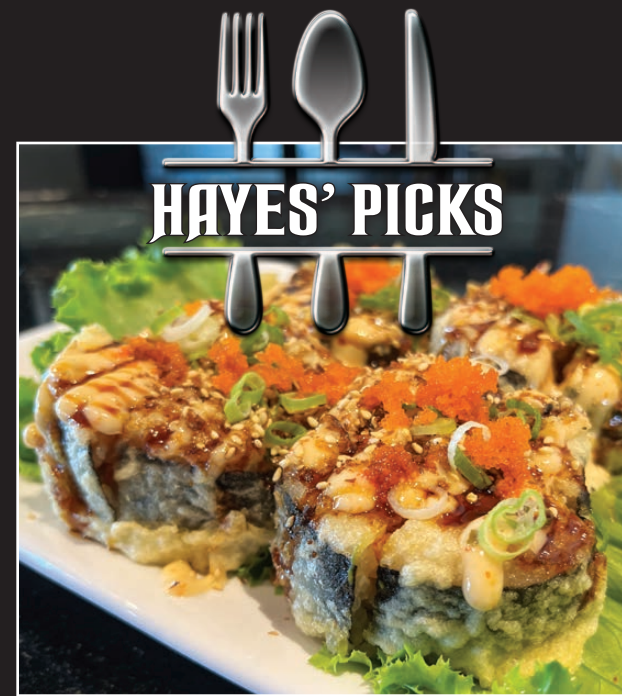
Although you won't be thrown out of a restaurant for eating sushi incorrectly, learning the proper way can significantly enhance the experience. Doing so starts with wiping your hands and pouring a small amount of soy sauce into the tiny dish. Sitting at the counter is the ideal place to take a serious look at the experience. When you're ready to start eating, go straight to the center of the table and ask the sushi chef what fish to order. He'll likely choose the best one for you and give you extra special attention.

In Japanese culture, pouring too much soy sauce is considered disrespectful and suggests that the fish isn't fresh. When

it comes to eating raw fish, use your chopsticks properly. Chopsticks are meant for eating sashimi and rolls. Nigiri is meant to be eaten with your fingers, turning the fish side down like a boat. Dip the fish portion in the soy sauce, not the rice. Avoid adding too much wasabi. It is spicy, and adding too much can offend the chef. It's like putting ketchup all over a top-quality beef cut. Fresh ginger is also provided to help cleanse your palate before eating sushi.

Although some chefs are more likely to be charming than others, avoid distracting them with small talk while they work with sharp knives. If the meal was memorable, you might even order the chef a shot of sake. It's worth noting that the correct way to say sake is "sah-keh." In Japanese customs, tipping is rarely done; however, it's important to note that the restaurant's chef cannot touch money. One of the essential factors you should consider when eating a piece of sushi is that it should be enjoyed thoroughly.

I have developed a short list of my favorite sushi items for Collierville's dining crowd. The next time you visit SAKURA, try the Joyce Roll. Osaka's Cordova Roll is one of the best on their menu, and the Fuji Café's 'Fuji Roll' is small-town famous!



Joyce Roll | SAKURA



Cordova Roll | OSAKA



Fuji Roll | Fuji Café

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BUSINESS SPOTLIGHT: BRAD JOBE CONSTRUCTION HANDS-ON HOME IMPROVEMENT!

BY HAYES HORA | PHOTOS BY BRAD JOBE



We are excited to introduce you to lifelong Collierville resident Brad Jobe and his wife, Kaelin. We asked them to share with us why they decided to take a leap of faith and start their home repair & remodeling business. Brad met Kaelin while working as a project manager at a local construction company. Kaelin was building a successful career as a paralegal with a local law firm. Brad recalls the lessons of his father, who taught Brad the importance of a good work ethic and the value of helping others from the young age of twelve years!



Brad shares, "My daddy taught me a strong work ethic. I worked in the family flooring business, meeting homeowners with him in their living rooms when my friends were enjoying summer vacation. It was Christmas Eve, and I was 14 years old; I remember heading out to a home with a frozen pipe burst. We worked until well after midnight to ensure the family had some semblance of normalcy when their children woke to enjoy Santa's gifts. I'll never forget that feeling." After graduating from the University of Memphis, Brad began his career and continued helping homeowners in construction.

Brad has experience working with multiple insurance companies handling claims for his clients. Kaelin recounted a project from November of 2022 where a client had a settlement of less than \$3,000 from storm damage. "Brad worked hard on that project and with the insurance company to secure more than \$17,000 for the client. We specialize in insurance claims and work on every project, from remodeling, roofing, fire damage restoration, and anything else a homeowner may need. We make our clients' homes better!"

For more information, call Brad at (901) 590-6595 or go online: Bradjobeconstruction.com.

"Three contractors into our insurance claim, we met Brad. We should have realized the importance of finding a contractor with experience dealing with property losses. He worked with our insurance company, and they agreed with his independent estimate of the damages to our home. He and his team got the job done wonderfully!"

~ The Brown Family

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GUEST CONTRIBUTOR: SUZAN DAVID SAVING THOSE MEMORIES

BY SUZAN DAVID
OWNER OF WEB AND STORY MEDIC



After 10 years, your cell phone can become bogged down with photos. In the old days, we had boxes and albums full of images, and most of us still have them. But today, we have 8,000 to 20,000 pictures on our phones. Now I'm the first to admit that I find that FUN! I can scroll back and see my grandchildren when they were babies. I can even see some of my children 30 years ago because I have taken phone photos of some old pictures. When we started to do this on those little flip phones, we constantly ran the risk of losing our photos if we lost the phone or upgraded. With the online and cloud services available today, that's not an issue anymore. Now all the images are tied to google or apple, or we can back them up on any "cloud" storage system.

I love taking photos with my phone. It's great to use because I almost always have it with me, and the quality is great these days. Even so, we all need a plan for those photos to eventually become books that don't require a phone or computer to view. We are lucky because several photobooks print services work directly with your phone or social media. My favorite service is an app called Chatbooks. I have it set up to grab the photos out of my phone and create real books, which then print at a rate of 1 per month, and they send it right to my house. This is super cool to me because it doesn't cost much and is accessible. I can add captions if I want, but I only have time to do that sometimes. I can also choose to exclude photos. It only prints some images. The program will select a few if several are similar or from the same event.



This is yet another method of connecting with the natural world. When my nearly grown grandchildren show up to visit, they seek out the newest Chatbook to see what's in there. They don't remember everything, but they are delighted to see themselves. This is one of the miracles of technology. I have friends who spent hours and tremendous creativity scrapbooking, and I admire them, but I never found the time to do it myself. This technology jumps into that gap and helps me save those precious photos. The yearly books are HUGE and expensive. This little monthly one works for me. You'll love having a program that converts your digital memories to physical memories.

Suzan David is a local web designer and owner of Web And Story Medic.

"Most business websites need to be fixed and attract customers. At WebAndStoryMedic.com, we fix your site and clarify your message so your clients engage, and your website becomes a tool to grow your business."
~ Suzan David



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SCHOOL SPOTLIGHT: INCARNATION PRESCHOOL

A PASSION FOR PRESCHOOL EDUCATION

BY GUEST CONTRIBUTOR, SUSANNE ANGELILLO, PRESCHOOL DIRECTOR



My name is Susanne Angelillo, and I recently assumed this role as the Director of Incarnation Catholic Preschool. I started working at Incarnation in 2007 as a 3rd-grade teacher and then moved into administration as a guidance counselor in 2014. In 2020, I accepted a position as Guidance Counselor at St. Benedict at Auburndale. As I circle back to where it all began, I am thrilled to be back home with Incarnation! We have a saying, "Once at Incarnation, always at Incarnation."

Our Children's educational experience begins in a dependable and loving atmosphere where students appreciate the safety, warmth, and security that Incarnation teachers provide. Our preschool program is licensed by the State of Tn Department of Human Services for children ages 1-5. It is designed to prepare them for kindergarten and beyond. We follow and surpass the Tn early learning standards for Preschool. In addition to the standard academic areas of learning, our curriculum is balanced by providing social-emotional skills training and spiritual awareness. Each classroom is led by a teacher and an assistant who are experts in engaging the children with their creative activities.

I'm inspired every morning when we open our doors, and the little smiles greet me with a warm hug and story about their evening adventures! The days begin and end with the innocence and wonder of watching our children grow. It is a privilege to be part of their lives every week. Parents have entrusted us with their children, and we know the responsibility of providing the best care for each of them. Won't you come and explore Incarnation with us?



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NEIGHBOR SPOTLIGHT

AN ADVOCATE OF SPECIAL NEEDS

BY EMILY CLEMMER | PHOTO BY CHRIS MYERS



Meet Chris Myers, a Collierville resident, father of four, writer, and marketing professor at the University of Memphis. In 2010, Chris had the vision to provide different kinds of support to special needs families struggling for resources during the Great Recession, partly because he has a special needs son, Taylor, who was born in 1991. At his one-year well-baby checkup in 1992, Taylor was diagnosed with significant developmental delays and later determined to have autism, cerebral palsy, and intellectual disability. He functions at a 2-year-old level today, although he is 31 and non-verbal. Chris has diligently researched

everything about the condition and tried to find all available opportunities that could benefit his son. He became passionate about educating himself and others, so his wife encouraged him to advocate for people with special needs.

"I wanted to create a platform that would share real-time information about jobs, programs, activities, and events, all based on a customized and password-protected profile," Chris shares. "All of this would give hope to over 130,000 individuals in the Greater Memphis area with special needs as well as families struggling to plan for their loved one."

Thus, the ReAbility concept was born in 2010. After ten years of conducting quantitative research across Tennessee, meeting with parents, therapists, behavioral analysts, agencies, and others, including the Dreamscape Foundation in Naples, Florida, the ReAbility platform came to life. Since the website came live on July 6, 2020, the platform has grown to accommodate more than 350 special needs agencies around the country, positively impacting thousands and thousands of lives. "I am discussing with other agencies to add more specific information to the platform, including dentists, attorneys, financial advisors by the market; key legislation that impacts this population, and perhaps a dedicated app for the iPhone or Android."

In the United States, it is estimated that one in five people have a disability. That is roughly 60 million people with special needs, ranging from dyslexia to autism and everything in between. According to the Centers for Disease Control, the rate of autism alone is now one in every 54 live births when just 25 years ago, that rate was more like one in 2,500. Many families turn to government resources for help. Others turn to their community or faith-based organizations. But many families don't receive the support they need, causing them to feel lost and hopeless. That's when ReAbility can help. ReAbility can assist in offering up-to-date information on jobs, events, activities, sports, networking, etc.

Additionally, at the request of Mayor Stan Joyner of Collierville, Chris is also leading a team in the Collierville area to find an interim solution for a new day center program for adults who have aged out of the Collierville schools system at 22. Chris and his team are in the preliminary stages of analysis, so more details will be available in the coming weeks. Find ReAbility online at dreamscapeability.org or call (901) 468-8875.



SHOPPING SPOTLIGHT: SHEFFIELD ANTIQUES MALL & THE SHEFFIELD COLLECTION

Unique Finds & Services

BY HAYES HORA

Have you been searching for the best shopping in Collierville? Sheffield Antiques Mall has been open since 1995 and is home to over 300 dealers, where the past meets the present. Treat yourself to a lovely day out as you browse through a 78,000-square-foot facility of antiques, collectibles, jewelry, lighting, reproductions, floral arrangements, and decorative accessories. The outside patio is known for its variety of garden irons, statuary, and outdoor furnishings. Find treasures that are unique, chic, and antique in the largest antique mall in the Mid-South.

The Connoisseur (Dealer 272) offers research services for your antiques, collectibles, and heirlooms. While they are not an appraisal service, they can help you understand the value of your items. Their request form is in the store at the front desk.

Sheffield Antique Mall recommends **Randall Uncapher** for furniture-related services. He has been restoring, repairing, and refinishing furniture since 1979. Randall offers free pick-up and delivery within 100 miles of Oxford, MS. For quotes, call (662) 202-2343. Another valuable recommended resource is **Walton's Upholstery**. Walton's can cushion and cover headboards, ottomans, benches, pillows, chairs, and even upholstered walls. You can bring your ideas to life by calling (901) 650-7249.

Lamplighter Lampworks (Dealer 132) is a local business owned by Didi Dwyer. Didi has been doing business with Sheffield for many years, operating as a "drop-off" and "pick-up" location for customers needing lamp or chandelier repair as well as lamp shade relining and re-covering. Didi's booth displays fixtures, shades, lamps, and other source lighting. Call Lamplighter Lampworks directly at (901) 896-9666.

It's a Beautiful Day (Dealer 140) has become a staple of Sheffield, offering hand-crafted furniture made in Kentucky. They offer a collection of dining tables, benches, cabinets, and bookcases in various styles and colors that complement any room. **Southern Sap Woodworks (Dealer 6)** crafts sturdy hand-made tables, benches, and bed frames that are sure to last and amaze. Coming in various stains, colors, and leg designs, Southern Sap's furniture is built to serve whatever purpose you need and to look great while doing it.



Nina Wingfield, Director of the Collierville Animal Shelter, raises money from her pet-related merchandise to support animal causes throughout the Mid-South. Be sure to visit her booth- Dealer 396.



The Sheffield Collection is a new consignment store recently opened across the street from Sheffield Antiques Mall, solving its space shortage problem. Be sure to check them out before calling it quits for the day! The Sheffield Antiques Mall, located at 684 West Poplar Avenue in Collierville, can be reached at (901) 853-7822 or online at sheffield-antiques.com. The Sheffield Collection, located across the street at 575 West Poplar Avenue, can be reached at (901) 316-5236.



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EXPERT CONTRIBUTOR

IT'S GETTING ORGANIZED MONTH!

BY MICHELLE GOIN, FRANCHISE PARTNER
& PROFESSIONAL ORGANIZER
SHELFGENIE MEMPHIS/MID-SOUTH



Did you know that Get Organized Month, or GO Month, established by The National Association of Productivity & Organizing Professionals (NAPO), is celebrated in January? Each year, the promise of a 'new year – new you' motivates many of us to complete all sorts of tasks, from makeovers to cleaning out our closets and everything in between. GO Month is intended to inspire us to organize the clutter in our lives to make more time

for what truly matters.

If you tried organizing before and felt overwhelmed at the prospect, you are not alone. Although it can seem like an unachievable goal, you may be surprised to learn that it is easier than one might think. There are common themes and practices applied to ALL organized spaces. If you weave these same ideas into your mission of becoming more organized, you will accomplish that goal and maintain it over time.

Designate Zones

Breaking up spaces according to task helps you determine the best



Designate Zones



Divided Compartments



Eliminate Stacking

location for the items you need to store. For example, in a kitchen, cabinets and drawers near the stove are perfect for cooking-related products such as pots and pans, large utensils, and spices. Creating zones means you will always have what you need where you need most, establishing an efficient and seamless workflow.

Keep Frequently Used Items Within Reach

Everyone uses some items more than others – such as your favorite non-stick skillet. Because of their daily use, please give them a home where they can easily reach. Conveniently locate them in the fronts of your cabinets rather than buried in an odd-shaped corner, making them difficult to retrieve. Even better, consider pullout shelving so that everything slides out to you. Utilizing risers and dividers can eliminate stacking.

Categorize and Compartmentalize

This single concept is like winning big in the lottery! It will completely

transform any space when done correctly. Close your eyes and envision your junk drawer (everybody has one). Any area, even those smaller sizes like drawers, quickly becomes cluttered when we toss items inside. Instead, stay organized by grouping like items together and corralling smaller items with dividers so you can quickly grab what you need. The side benefit of categorizing is the inventory you will take as you group similar items together. This is the perfect time to get rid of any duplicates.

I hope GO Month catalyzes achieving your organizational goals. As you embark on the journey to a simplified life, break your goals into manageable chunks and begin with the area that causes you the most frustration. If you struggle with deciding where to start, consider this: kitchen chaos is typically a source of pain because your entire family uses that space multiple times a day! Start there! And happy organizing!

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636 BUSHCHAT LN	4877	1,741,354	Sarah J Bard
645 BUSHCHAT LN	5233	1,598,842	Sarah J Bard
9960 WHITTMORE PARK LN	4383	1,184,500	Michael C Dickens
154 DUBRAY CREEK CIR	4408	1,079,000	Allen T Green
10743 MAGNOLIA PARK CIR S	4754	1,012,299	Kelsey D Alcalá
1225 BRAYRIDGE CV	5908	933,000	Alie S Jones
920 CYPRESS POND DR	4153	931,555	Lorna Skelton
1193 GRACKLE DR	4421	909,753	Renee C Victory
1647 PAINTED HORSE PASS	4400	872,222	Michael W Green
4765 CAROUSEL LN	4441	868,071	Mary M Brown
705 CYPRESS VIEW CIR W	3904	860,000	Lorna Skelton
932 CYPRESS POND DR	3850	851,992	Lorna Skelton
602 CYPRESS RUN CV	3777	846,300	Jon D Dickens
1602 PAINTED HORSE PASS	4276	840,000	Michael W Green
12683 BRAVO DR	4692	799,000	Tiffany H McLemore
9854 FRANK RD	4296	689,000	Nancy C Huddleston

ADDRESS	SQ. FEET	SALE PRICE	LISTING AGENT
10138 S CLIVEDEN CIR	3427	672,300	John E Stamps
313 MCGINNIS CIR	3856	665,000	Joyce F Chasteen
3474 VILLAGE CROSS LN	3799	640,000	Joyce A McKenzie
3071 S GREEN FAIRWAY CV	3517	635,000	Joyce F Chasteen
1479 COVINGTON WOOD DR S	3448	630,000	Michael W Jones
495 DOGWOOD VALLEY DR	3376	624,950	Dominey Long Shaw
1474 COVINGTON WOOD DR N	3503	620,000	Ginny Jeffrey
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1308 MOUNTAIN SIDE DR	3663	600,000	Chuck House
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375 DOGWOOD VALLEY DR	3652	599,700	Jolynna Morales
5125 REYNOLDS RD	2744	579,000	Jon Minerick
1610 JENNINGS MILL LN W	3036	560,000	Gail L Johnsey
6439 WELLS GROVE DR	3113	541,055	Evette Reaves
4684 KINGS FOREST DR	3160	536,325	Evette Reaves
705 COTHAM DR	3354	530,000	Anthony Elliott
1255 CREEK VALLEY DR	3394	525,000	Dan Demers
3658 W TAPLOW WAY	3391	525,000	Elizabeth Gant
4770 KINGS FOREST DR	3019	521,170	Evette Reaves
6398 WRENLEY CV	2752	514,420	Evette Reaves
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EXPERT CONTRIBUTOR

WINTER ENERGY SAVING TIPS

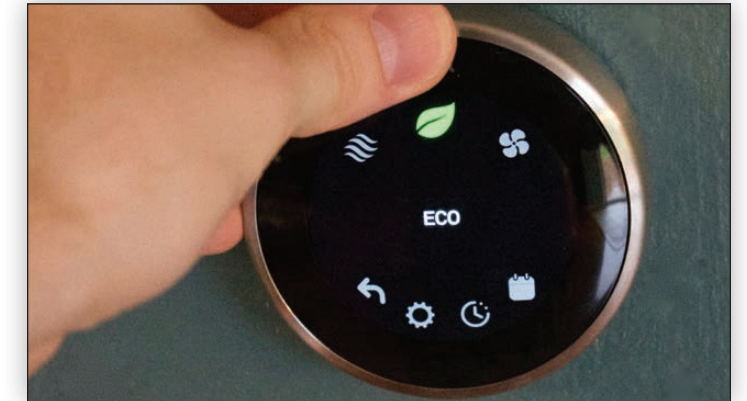
BY RICHARD CROWE | CROWE SERVICES



It's no secret that utility bills have increased due to high energy costs. Here are some ways to save money on your energy expenses. One of the essential factors you can consider when it comes to reducing your energy costs is ensuring that your doors and windows are properly sealed. Weatherstrips and caulking cracks are simple do-it-yourself things to fix that problem. Having a professional inspect your chimney or furnace is also an excellent way to avoid experiencing issues this winter.

What type of thermostat is in your home? Consider upgrading to a programmable thermostat, like a Nest, for example. These products will allow you to set the temperature automatically during certain times. Several even have programs like Eco Mode, focusing primarily on reducing your utility bill. Another great way to keep the heat inside your home is by checking on the insulation in your attic. Patch those gaps and fill in the missing spots with new insulation. This works well, keeping the cold out and the heat inside!

You might have noticed that your ceiling fans have a switch that allows you to reverse the airflow direction. Choosing the lowest setting while ensuring the fan is blowing air down from the ceiling will circulate that warmer air. One way to warm your home during



the day is through natural sunlight; open the curtains, blinds, and shades in sunlit places. Creating comfortable areas in your home by relocating your furniture away from the windows and doors can also help keep you comfortable and use less heat.

These are just a few suggestions that Richard and the team at Crowe Services can give you to help you save money this winter. If something goes wrong, you know to call Richard- your local Heating & Cooling Expert. Call Crowe Services for friendly & professional service: (901) 413-5361.

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HEALTH AND WELLNESS: TIPS FROM A PRO

Dropping Body Fat!

BY GUEST CONTRIBUTOR, DAVID ALLEN



Throughout my life pursuing health and fitness, I've tried many strategies to improve my physique. I recently went through a year-long process for dropping my body fat down to single digits. One of my rules for getting lean was I couldn't sacrifice my family. I wasn't going to be the guy who took Tupperware to family meals, ordered chicken, rice, and broccoli on date night, and never got ice cream with my kids. I've been that guy,

and it wasn't fun for the people I was around or me. On the flip side, I had to do what was necessary to get my body fat down into the single digits. Here are some of the strategies I used and continue to employ:

(1.) Track your macros. Once you have foundational food education and prepping skills, tracking macros is easier now than ever. You can input your favorite recipes, scan barcodes, and plug in what you eat using an app. I spend a total of 5 minutes max a day tracking what I eat. Jennifer and I typically do a HelloFresh twice a week, so I would plug in the meal and adjust whatever I ate the rest of the day to fit my goals.

(2.) Correct your average with fasting. There don't seem to be any additional health benefits to time-restricted feeding outside of eating fewer calories and reducing body fat. It can be an excellent strategy to play

the law of averages when managing calories. Your metabolism doesn't start and stop each day when you wake up and go to bed, meaning each day is not independent of the day before and after it. If you have a day where you consume over your ideal caloric intake, adjust the next day accordingly. If I knew we had a date night planned, I would eliminate 1-2 of my morning meals the day of or the day after. At my lowest caloric intake, I often preferred to have one day to go all-out and eat anything I wanted and then do a 24-hour fast the following day, though I rarely did this. This is not a strategy if you're prone to falling off the wagon.

(3.) Create Family Rewards. We often paired a treat with some type of physical exertion with the kids. We'd ride bikes, hike, or go climbing and afterward get a treat like ice cream. This helped mitigate the extra consumption of calories because there was extra burning of calories. What are some of your strategies?

Construction on our permanent Collierville location is underway on Hwy 72. The former furniture store, By The Grace, is being transformed into The Ninja Gym, where kids can play, exercise, learn, and have fun. We'll have classes, birthday parties, camps, events, and open play. It's a unique and popular party alternative to bouncy houses or urban air, and our parties are booked for months into the future! We also have a mobile ninja course that we can bring to you! Our NBS Fitness Collierville location will be next door, where we provide guidance-based health and fitness services.

David owns NBS Fitness, with locations in Cordova and Collierville. He has done college strength and conditioning, private-sector sports performance, and personal training for a decade. David has a B.S. in Exercise Science, is a Certified Strength and Conditioning Specialist, and has his CrossFit Level 1 Certification.



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COLLIERVILLE SCHOOLS: FLIGHT PROGRAM

Aviation Program TAKES OFF!

BY EMILY CLEMMER | PHOTOS BY JEN HANNAH



million grant in May of 2021 as part of the state's new Innovative High School Models program. Collierville Schools has partnered with the University of Memphis, FedEx, CTI Professional Flight Training, and Rantizo Drones to make the aviation program possible.

Collierville Middle and West Collierville Middle School have implemented flight and space modules into the STEM curriculum. Each middle school has 10 Redbird Jay Velocity Simulators. The high school owns four Redbird TD2 Horizon Simulators. These desktop simulators, FAA-approved as Basic Aviation Training Devices, function with advanced flight training tools found on large simulators. They can simulate high-performance single-engine piston aircraft. With the TD2, students can fly in all weather conditions and land at any airport.

The high school started with four introductory courses for first and second-year students. These classes were packed with 200 students at the beginning of the school year. Students who complete the Aviation Ground School Assessment are eligible for dual enrollment classes. Seniors can complete 55 flight hours through the work-based learning program. The goal is for students to graduate with a private pilot's license, equipped to begin a career in aviation or pursue an advanced degree. Another branch of the aviation program at the high school

Big things are happening within Collierville Schools, and there has been a lot of buzz around the new aviation flight program.

Collierville is one of 26 districts in the state of Tennessee to offer an aviation pathway to its students. The district was awarded a \$2

is Aviation Mechanics. Aviation maintenance technician jobs are in higher demand now. Students will learn in a classroom and lab setting, studying maintenance fundamentals, aviation physics, and aircraft equipment.

Former FedEx employees are currently teaching all aviation courses. Mark Berkowitz teaches aviation flight, and David Lindsey teaches aviation mechanics. Berkowitz was a former FedEx pilot and former military pilot. Lindsey was a former FedEx aircraft maintenance manager and consultant. Collierville Schools is seeking one more instructor as the program continues to grow. Apply online at colliervilleschools.org/careers.

Brett Heinrich is the Career and Technical Education Supervisor for Collierville Schools. He has spearheaded the aviation program and the entire CTE program. All of the CTE courses offer students the opportunity to earn either college credit or career experience during high school. The CTE program offers 19 programs of study with 34 dual enrollment courses. Some of the other CTE programs of study include welding, horticulture, veterinary science, residential and commercial construction, business management, teaching as a profession, nursing, sports performance, therapeutic services, culinary arts, cybersecurity, criminal justice, entrepreneurship, supply chain management, advanced STEM, engineering, and automotive maintenance.

The high school has expansion plans, including creating a permanent home for aviation classrooms, a flight simulator lab, and an aircraft mechanics workshop. Construction is expected to begin this summer. Programs like this continue to position Collierville Schools as one of the best school districts in the state.

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FEATURED RECIPE - FROM DAVID GRISANTI'S

Gluten-Free Salmon

BY GUEST CONTRIBUTOR, ROBYN GRISANTI

This January, Chef and Restaurant owner David Grisanti shares his delicious Gluten-Free Salmon Recipe with us. David created this dish as a gluten-free lunch option because many people ask for gluten-free menu items. Once on the lunch menu, it quickly became a hit, even among those who were not seeking a gluten-free option.

PREPARATION:

Season salmon with salt and pepper and grill for about 3 minutes on each side. While salmon is still hot, place salmon on a sheet pan, spread with butter and lemon juice, and place in oven at 350 for about 2 minutes. Put Olive Oil in a sauté pan on medium heat. Saute garlic and shallots in olive oil for 1-2 minutes. Add Squash, Zucchini, and tomatoes, and stir for another 1-2 minutes. Add white wine and vegetable bouillon and cook until the sauce is reduced by half. Take off the heat and toss with butter—season with salt and pepper to taste. In a large shallow bowl, place vegetables and top with salmon. Garnish with chopped parsley and parmesan cheese. Salmon can be blackened. This recipe is for one serving.

INGREDIENTS:

- 1 oz Salmon filet
- 1/2 tbsp Butter
- 1/4 freshly squeezed Lemon juice
- 1/2 each Yellow Squash & Zucchini, sliced in medallions
- 1/3 Cup grape tomatoes, halved
- 1/2 tsp chopped fresh garlic
- 1 Tbsp thinly sliced shallots
- 1/3 Cup White wine
- 1/4 Cup Vegetable bouillon
- 1 Tbsp Butter
- 1 tsp Olive Oil



David & Robyn Grisanti

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