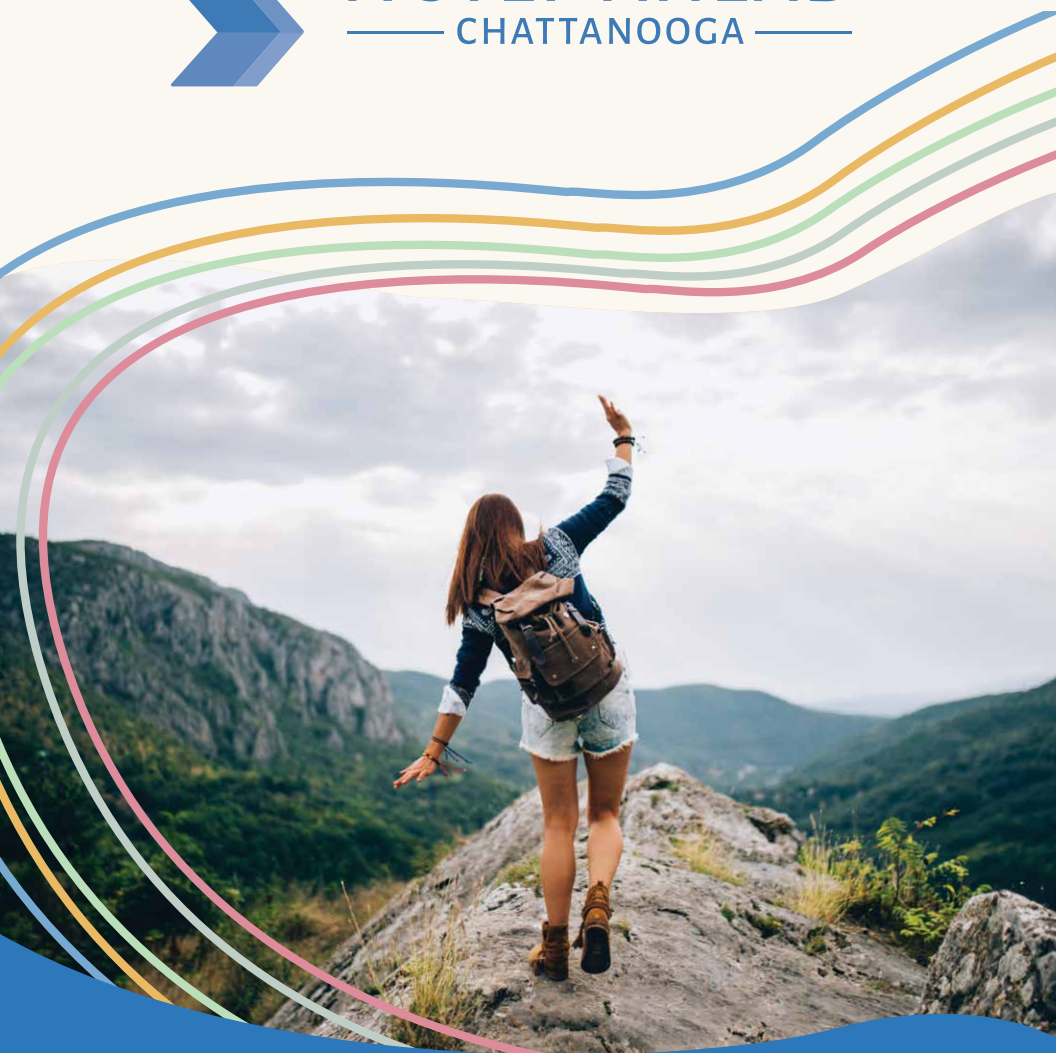




A STEP AHEAD

— CHATTANOOGA —



*BREAKING BARRIERS.
CONNECTING COMMUNITIES.*

2022 YEAR IN REVIEW

empowering
women is
a breeze

A STEP AHEAD
CHATTANOOGA
ASTEPAHEADCHATTANOOGA.ORG



LETTER FROM MANDY

DEAR FRIENDS OF A STEP AHEAD CHATTANOOGA,

Last summer, reproductive health became a prominent topic throughout the country. As conversations happened on the front page of the paper, on social media, and in personal relationships, many people reconsidered their contraceptive use. According to a 2022 Harris poll, in just a single month, 21% of women aged 18-44 changed their primary contraception method, many switching to permanent or long-acting methods. In an article published in Cureus, a peer-reviewed medical journal, researchers found that Google searches for IUDs and birth control pills almost doubled. At A Step Ahead Chattanooga, we experienced a 30% increase in calls to our appointment line in the second half of the year. **Your support helped meet a critical need in our community. Thank you.**

Despite increased interest in contraception, **the barriers to accessing it didn't go away.** According to the Kaiser Family Foundation's 2022 Sexual and Reproductive Health Survey, last year, one in five uninsured women had to stop using a birth control method because they couldn't afford it. Over 25% of women with private insurance had to pay out of pocket for contraceptive care. In ASAC's 18-county region, 70,870 women still need access to publicly-funded contraception, which means that they need financial assistance to access birth control. **Because of the contributions of our volunteers, supporters, staff, and community members,** we were able to respond to every single call and meet the increased demand.

What is more important than numbers is what each number represents...someone YOU helped. Here's what one person had to say:

“

Having access to birth control has been a very important part of my life. I recently moved to the area and could not afford health insurance. I was able to see a provider through A Step Ahead. At my appointment, the physician took time to discuss all my options, and I really felt a sense of compassion. I'm so thankful for A Step Ahead providing that option and making it so easily accessible. It has alleviated an enormous weight.”



Thank you for helping us remove barriers to contraception through education, outreach, and access to free birth control. Your gifts ensure that every person has an opportunity to achieve whatever goals they have for themselves.

SINCERELY,

Mandy Cowley

MISSION

Our mission is to remove barriers to contraception through education, outreach, and access to free birth control.

VALUES

- › Everyone has a right to knowledge about how their bodies work.
- › When individuals have access to accurate information and access to contraception, they are better equipped to make decisions right for them and their families.
- › Health services should be provided free of judgment in a caring, respectful, and safe manner.
- › Every individual should be able to select the birth control method that is best for them.

THE IMPACT OF OUR WORK

Recent research about the impact of increased contraceptive access confirms what we already knew. When people can time their pregnancies for if/when they are socially, emotionally, and financially ready, it results in **many positive outcomes**. In 2009, a few years before ASAC was founded, the Colorado Family Planning Initiative (CFPI) received a \$27 million donation to expand access to contraception throughout the state of Colorado. Last year, several papers examining the long-term impacts were released. The CFPI program **decreased the percentage of young women in Colorado who left school before graduating by 14%** and led to a **6-12% increase in women obtaining bachelor's degrees**. The CFPI has also led to a significant **decline in the rate of unintended pregnancy, decreased infant mortality, and improved maternal health**. Given the similarity between our model and CFPI's, we are enthusiastic about these findings and the impact ASAC's work has on our region, not only in the immediate future but in the **years to come**.



I first heard about A Step Ahead through a friend. I almost didn't believe that I could get access to free birth control. I called, and within 2 weeks I had an IUD placed. Now I'm safe for 6 years. They were incredibly kind, asked no questions about income or insurance. Now I don't have to worry about my reproductive health. I highly recommend A Step Ahead."

LAUREN, ASAC CLIENT

"I was told that I possibly had endometriosis, and that an IUD would be most effective at helping to reduce my symptoms. However, I don't have insurance, and the price of the IUD out of pocket was very financially difficult. A Step Ahead allowed me to get the birth control I medically needed, and the method I preferred, without the financial stress. I'm so thankful!"

ASAC CLIENT

"Several of the kids love just to run up and give other kids hugs. One girl kept telling people, 'you need to ask for consent before you touch me,' and encouraged the other kids to ask for consent before touching others. I was impressed that this girl was so adamant about consent, so I asked her where she learned about it. The girl answered, 'The ladies from A Step Ahead told me about it!'"

ATHENA, THE HUNTER ART MUSEUM

ASAC Community Partner

“

I hear first-hand the gratitude and relief of clients who are able to access education and family planning services they desperately need and deserve. And I have witnessed the increased demand for the services ASAC provides. Providing these services gives some hope for a future in which our communities can thrive."

CORTNIE, ASAC VOLUNTEER



Since 2014

6,400

individuals connected with
access to free birth control

almost

\$2,000,000

in clinic expenses covered

6,500

people educated

38,000

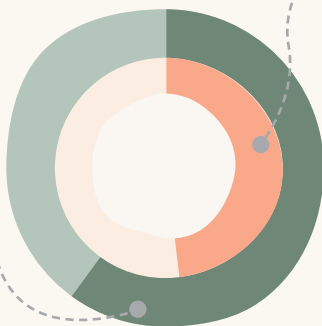
conversations facilitated

2022

CLIENT DATA

60%

OF THE
PEOPLE WE
SERVED WERE
COMPLETELY
UNINSURED,
COMPARED TO
39% IN 2021.



48%

OF THE PEOPLE
WE SERVED HAD
HOUSEHOLD INCOMES
BELOW THE FEDERAL
POVERTY LEVEL (FPL).
IN 2022, THE FPL FOR
A FAMILY OF 3 WAS
\$23,030 ANNUALLY.

15%

OF OUR CLIENTS DID NOT USE BIRTH CONTROL (INCLUDING BARRIER METHODS) BEFORE CONTACTING A STEP AHEAD CHATTANOOGA.



25%

WERE STUDENTS AT THE TIME THEY RECEIVED SERVICES.



77%

OF THE PEOPLE WHO RECEIVED CLINICAL SERVICES WERE BETWEEN THE AGES OF 20 AND 39

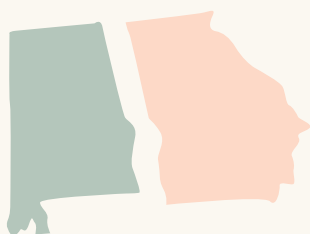
CONDOM REQUESTS INCREASED BY



64%

TRANSPORTATION SUPPORT REQUESTS INCREASED

140%



THE NUMBER OF PEOPLE WE SERVED FROM GEORGIA AND ALABAMA GREW BY

53%

In 2022, we **expanded our services** to cover a year's worth of birth control pills through a telehealth partner, Twentyeight Health. Since the launch in June, **we've served 53 people through that partnership.**



CONNECT HER RECAP

On April 28th, we hosted an event called “ConnectHER”. This was an opportunity to celebrate hitting the milestone of connecting over 5,000 people with access to free birth control and an acknowledgment that **your contributions made that possible!** If you couldn’t attend this event, we hope you will join us for a future event!



Photo Credit
Brooke Bragger
Photography

Thank you to our
presenting sponsor:





2022 SUCCESSES

Late in 2020, A Step Ahead Chattanooga received a two-year grant through the Department of Human Services for a project called the “Plan Ahead Program”. This grant has allowed us to expand our outreach and education efforts throughout our Tennessee counties with a particular focus on the rural areas of our service region. This funding, paired with funding from The Soderberg Foundation, allowed us to expand our staff and educational programming significantly.

Over the course of the project, we reached almost **20,000** people through our education and outreach efforts. We also established **268** new referral partners and provided specialized training to **20** medical providers and social service staff.

We are so grateful to the state of Tennessee and the Department of Human Services for helping us expand our capacity, which in turn helps remove barriers to contraception and reach our community in an entirely new way.



INDEPENDENT EVALUATION UPDATE

We recently completed an Independent Evaluation conducted by the Research Triangle Institute International (RTI). Over a period of about twelve months, they conducted **thirteen focus groups** with former clients, potential clients, and ASAC staff. They also interviewed **seventeen stakeholders**, including clinical partners and community-based partner organizations. Additionally, they **analyzed our quantitative data**. The key research questions related to our **impact, reach, and implementation** of our DHS-funded Plan Ahead Program.

The key findings from the community were:

01

Expanded health education services are essential. Partners, community members, and potential clients all cited the lack of evidence-based reproductive health education as a key driver in unintended pregnancy rates. Parents cited a lack of health education as a significant barrier to supporting their children through puberty and young adulthood.

02

Community and generational context matters. In both rural and urban settings, community members noted silence and stigma related to sex and contraceptives. Numerous people described how religious influences and generational divides limit reliable education from trusted adults and accessible health services for young people.

03

Cost remains a significant barrier to accessing reproductive health care. In both rural and urban areas, focus group participants reported that high costs—including co-pays and deductibles—limit their ability to obtain contraceptive care.

04

Contraceptive decision-making is a personal process that is shaped by individuals' prior experiences. Focus group participants discussed various considerations when selecting contraceptive methods, including cost, side effects, hormonal vs. non-hormonal options, and family planning goals.

Three key recommendations resulted from the evaluation:

01

ASAC staff, clients, partners, and community members all emphasized the importance of **expanding health education offerings** in the future.

02

ASAC staff and community partners highlighted the importance of sustaining new relationships through **meaningful collaboration**.

03

To meet the contraceptive needs of the community, ASAC needs to **expand contraceptive offerings beyond long-acting reversible methods**. ASAC staff, clients, clinicians, and community partners all highlighted that the best way to support reproductive autonomy is by providing access to a broad range of preventive contraceptives, including pills, patches, rings, and injectables.

We are so grateful to everyone who participated in the evaluation process and look forward to using these findings not only to **demonstrate our success** but also to work to **improve our programming** to continue to meet the needs of our community.



2022 BOARD OF DIRECTORS AND STAFF

EXECUTIVE COMMITTEE

Emily Valdés

Board President

Mark Przybysz

Secretary; Scenic City Accounting Group, PLLC

Kim Perry Gardner

Treasurer; AVP, Accounting Center of Excellence, Unum

Barbara Kennedy

At Large Member; Director of External Affairs for Baylor School

BOARD MEMBERS

Andrea Bonds

Senior Accountant, Unum

Carolina Calderón

SMB Dedicated Expert for T-Mobile

Varsha Ghodasra

Attorney for Morris, Manning and Martin, LLP

Stephanie Hays

Paulo Hutson Solórzano

A Mededia Communications

Nahomi Ortiz

Director of Talent Management, Chattanooga State Community College

Rachel Schulson

Freelance Writer/Editor

Adriene Terry

Chattanooga Tourism Association

Kathy Thaggard

Community Volunteer

Susan Thul

Assistant Professor for UTC School of Nursing

STAFF

Mandy Cowley

Executive Director

Nam Phương Thị Đặng

Operations Manager

Brooke Dillard

Marketing Communications Manager

Meghan Greene

Development Director

Tina Vance

Program Manager

Lissa Goeltz

Regional Community Investment Officer

Mandi Easterly

Health Educator

Rachel Endo

Health Educator

Robyn Monroe

Health Educator

LaToya Walters

Operations Support Specialist

Melissa Rodriguez

Health Educator (bilingual)

Dorca Rose

Health Educator (bilingual)

CONTRACT HEALTH EDUCATORS

Sheryl Benford

Mattie Bono

Victoria Jones

Emily Ledford

Nicole Montgomery

Winston Tramble

2022 VOLUNTEERS

THANK YOU TO OUR AMAZING VOLUNTEERS, WHO GAVE MORE THAN 1,729 HOURS OF THEIR TIME IN 2022, A VALUE OF \$45,012

Gwen Mullins Alegre	Haley Gentner	Jenny Schulte
Napierra Alexander	Christina Gifford	Brandy Staszewski
Kelly Allison	Trenity Hines	Kathy Thaggard
Dana Banks	Morgan Hornsby	Nora Williams MD
Jan Barrali	Cortnie Lewis	Erica Wright
Nancy Belin	Marya Margolis	
Kerri Brewer	Dee Maxwell	
Margaret Caldwell	Elizabeth Miller Bloss	
Adeline Chinery	Nancy Otis Doyle	
Kate Coffelt	Chase Radpour	
Amy Cohen	Gillian Radpour	
Beth Coradini	Kim Radpour	
Maryann Davidson	Miss. Presley Ratliff	
Lucie DeGaetano	Meredith Ritschdorff	
Kana Duncan	Rachael Robertson	

THANK YOU TO OUR 2022 TOUGH TALKS WEBINAR PARTNERS

Janice Johnson Her Song	Teka Watkins Street Grace	Kristina Higgins Willowbend Farms
----------------------------	------------------------------	--------------------------------------

2022 DONORS

ENTITIES

A Family Foundation	Hamico Inc.	The Warburg Pincus Foundation (matching gift)
AmazonSmile	Lillian L. Colby Charitable Foundation	Unitarian Universalist Church of Chattanooga
Benton United Methodist Women	Lyndhurst Foundation	United Way of Greater Chattanooga
blue skies	McKenney Giving Fund	Unum (matching gift)
Bobby Stone Foundation	McKenzie Foundation	Verizon Foundation (matching gift)
Cashew	Monteagle S.S. Assembly	Weldon F. Osborne Foundation
Community Foundation of Greater Chattanooga	Northminster Presbyterian Church	Wild Geese Foundation
First Christian Church Outreach Committee	The Chrysalis Foundation	
First Horizon Foundation	The Church of the Good Shepherd	
Friday Morning Study Club	The Elsa and Peter Soderberg Charitable Foundation	
George R. Johnson Family Foundation/ Hardee's	The Howard Fund	
	The Patten Group	

VISIONARY – \$10,000+

Anonymous (2)	Sarah and Jeff Lorberbaum	Olan and Norma Mills
Mr. Chuck Chitty	Pat and David Martin	Paul Neely and Susan Street

TRAILBLAZER – \$5,000 TO \$9,999

Anonymous (1)	Emily and Paul Campbell	Karen and Bob Elliott
Alan Berlow & Susan Blaustein	Nancy Otis Doyle	Moggie and Jim Henry
		Mary Ann Stewart

GROUNDBREAKER – \$1,000 TO \$4,999

Iris and Lee Abelson	Jane Elmore	B. Roberts
Ann and Bill Aiken	Dr. John Nelson and Dr. Lori Emerson	Kathleen and Fred Robinson
Eugenia and Charles Alderdice	Sally and Buddy Faulkner	Michelle Ruest
Dr. Sam and Dana Banks	Kate McCarry Frazier	Jay Shaffer and Hope Flammer
Guy and Judy Beaty	Varsha and Devon Ghodasra	Rachel and Henry Schulson
Nancy and Charlie Belin	Amy Gouger	Reginald R. Sherrill, M.D.
Mitchell and Hazel Bell	Vicky Gregg	Lavonda and Tim Shipley
Monique Prado Berke	Joen and Bob Grizzard	Alice and Alfred Smith
Bob and Nora Bernhardt	Dr. Marshall and Jane Horton	Marian and Jim Steffner
Mike and Cathy Boettner	David and Sarah Hurder	Aggie and Andrew Stephenson
Anne and George Bright	Deanne and Nelson Irvine	Rebecca Stimson and Thomas Jenkins
Pat and Nina Brock	Joy Jones	Claudia and Harold Stowe
Susan and Paul Brock	Karen ("Candy") Kruesi	Julie and Patrick Stowe
Howard and Ann Brown	Lacy Middlebrooks Camp and Thomas Camp	James Sutherland
Kadi Brown	Allison and Kincaid Mills	Kathy Thaggard
Hanna and Andy Burnett	Kristina and Tom Montague	Amy and Jamie Thomas
Hacker and Kitty Caldwell	R. Nelson	Susan Thul
Jeff Campbell	Kim Perry Gardner	Lee Towery
Charles and Ann Casey	Judy Powell	Emily and Teo Valdés
Mary Ellen and Michael Coen	Helen S. Pregulman	Barbara and Alan Voss
Mandy Cowley	Carol and Brian Quinn	Kelly Zabroski
Andrea Crouch	Kim and Chris Radpour	
Lynn and Edward Dolnick	Larimore B. and Marty	

INNOVATOR – \$500 TO \$999

Anonymous (1)	Mark Issenberg and Nona Martini	Debbie Sue and Mark Przybysz
Betsy and Alan Archer	Dr. Berneet Kaur	Maxine Robertson
Beth Baker	Barbara Kennedy	Sarah and Jeff Ross
Pam and Edward Baker	Megan Kier	Emma Green and Michael Schulson
Melissa Barat	Pam and Phil Kiper	Lisa Shander
Cathy Barrett	Alan and Alison Lebovitz	Joanna Shepich
Andrea Bonds	Tresa and Franklin McCallie	Pete and Lisa Shivers
Charlie Brock	Philip M Meyer II	Pris and Robert Siskin
Carol and Herb Burhenn	Gloria J. Miller and David A. Bowman	Wallace Tallent
Ruzha and Clif Cleaveland	Jennifer and Jay Mills	Denise and Mike Taylor
Geoffrey Climer and Melissa Lund	Cannon and Rick Montague	Tina Vance
Rebecca Coleman	Shelby and Carrington Montague	Bill and Katie Warren
Dr. Tonia Cox	Meredith Neal	Mrs. Elsie Florence Weill
Mary L Drazich	Virginia Newmyer	Harriett and Berton Whitaker
Ione and Jim Farrar	Margy Oehmig	Nora H Williams MD
Mitch and Marie Farrar Baldree	Rob Parker	
James and Patricia Garrett	Sally Peixoto	
Olivia Harrison	Cathy and Chuck Pruett	

LEADER – \$100 TO \$499

Anonymous (4)	Nancy Blank, MD	Terry and Robert Childers	Catherine Coulter
Lynn and Dr. C.R. Adcock	Donna Blansett	Alison Chimley	Courtney Crittenden
James Addison and Mary Harper	Nanette Brown	Rebecca Clark	Lisa Crowder
Melva Akens	Lisa and Josh Brown	Mary Beth and Tom Clark	Nam Phuong Dang
Kelly Allen	Alissa and Andrew Browning-Couch	Karen Claypool	Patricia Daniel
Laurence Alvarez	Emily Bullins	Amy and Jon Cohen	Kristin and Gordon Davenport
Dawn Arevalo	Helen Burns Sharp	Herb Cohn	Margha M. Davis
Dr. Deborah Elwell Arfken	Dr. Gloria Butler	Jo Coke	Myranda DeMailly
Carla Askonas and Chuck Jones	Martha Butterfield	Sara Connaughton	Peggy Sue and David Denham
Robin Balser	Charlotte Caldwell	Natalie Cook	Yvonne and Bill Derrickson
Leslie Bell	Lauryn Carlson	April Cook and Drew Comer	Karen S. Diamond
Savannah Benedict	Reed Carroll	Linda and Pete Cooper	Beth Duggar
Joan Bickerstaff	Carol Cenac	Eleanor and Melvin Cooper	Hollie Elizondo
		Kelly Costello	

Bob and Shelly Elliott	Julie Jordan	Nora Merriman	Ms. Lynn Seeger
Kelly Etchells	Dr. Jeff and Terry Jump	Sarah Miers	Virginia Anne Sharber
Thomas Evans	Kathleen Harrison	Shannon Millsaps	Dorris Shober
Judge Christie Sell Faires	Jonathan and Molly Kelley	Sarah G. Moore	Ellen Simak
Angela Favaloro	Kelly Kietzke	Patrick and Robbie Moore	Sujata Singh
Jeanette Fetter	Linda and Frank Knight	Ann Mosser	Paul and Abbie Smallman Fund
Mandy Finotti	Darcy Knowles	Shannon B. Mowrer	BettyeLynn Smith
Kitty Forbes	Mary and David Laband	Gwen Mullins	Kathleen Solomon
Dale and Kaye Foust	Donna Lamb	Ruth Obear	Robert Somerville
Mrs. Dorothy Frost	Noël Lambert Riley	Alicia and Eric Oliver	Susan and William Spurgeon
Rebecca Gibson	Shannon Lanier	Adam Otsuka	John and Lynna Standridge
Christina Gifford	Dr. Bruce Kaplan and Ann Law	Elise Ottenfeld	Sarah Steele
Dr. and Mrs. Robert Giles, Jr.	Carrie Lawson	Shirley Panizza	Sarah and Jamey Steffner
Lissa Goeltz	Lisa Lemza	Donnie Parton	Janis Strunk
Judy and Thomas Graham	Karna and Lloyd Levitt	Kathy Patten	Jann and Gregg Sullivan
Elizabeth Grant	George lindemann	Cathy and Patten Pettway	Pat Swafford
Liz and Frank Grant	Lori and Larry Lively	Phil and Susan Pollock	Betsy Switzer
Meghan Greene	Sarah Lodge	Bill Reason	Ashley and Aaron Thomas
Jill Guess	Jody Loyd	Samantha Reese	Mr. and Mrs. Daniel T. Tibbs
Elizabeth Hamilton	Amanda Lynch	Michael and Lisa Revenig	Carol Torres
Jeri Harrison	Nandini Makrandi	Mariel Rico	Jennifer Tracy
Ellen Hays	Christa and Karla Mannarino-Jackson	Galen Riley	Valerie Walker Cate
Stephanie Hays and Peter Woolcock	Jennifer Mannhardt	Pamela Rivers	Dana and Richard Waxler
Heidi Hefferlin	Dillon Martin	Anne and Jack Robbins	Beth Webb
Dawn Hendrix	Jean M. Martin	Barbara Roberts	Heather Wilson
Jan and William Hewgley	Sarah Marshall	Tiffanie and Michael Robinson	Allison Reedy Wolfe
Teresa H. Hill	Lauren Masters	Lindsay Rose	Rachel and Hal Wright
Laura Holland	Sara and Spencer McCallie	Morgen Rose	Richard Zachary
Robin Howe	Nancy McCord	Rachael Ruiz	
Terri & Craig Holley	Mrs. Misty McDougal	Christine Ryder	
Buckner Hughes	Darla McGlamery, IATSE 491	Stuart Rymer	
Paulo Hutson Solórzano		Rose Sampley	
Adam Izell		Thomas Sanders	
Ms. Maeghan Jones and Dr. Kirk Zigler		Ari Saperstein	
		Candy and Steve Scoggins	
		Dr. Jessica Scotchie	

DREAMER - \$1-99

Anonymous (1)	Shannon Edmondson	Carolyn McConville	Tina Villarreal
Emily Akins	Linda Eldredge	Amanda Middleton	Katie Wells
Cyndi Allen	Connelly P. Ensign	Mary Lou Miller	Jana Wetherington
Laura and Justin Allen	Roberta and Sam Esslinger	Via Mixon	Lara Williams
Adrian Anderson	Anne Feehrer	Heather Mixon	Trevor Wilson
Danna Bailey and David Brock	Rosie Fitzgerrel	Betty Anne Neal	Milli Yium
Jamie Barbeauld	Laminda Freeman	Maivy Nguyen	
Brooke Beall	Pat Fuller	John and Laurel Niemeyer	
Jennifer Bennett	Jamie Gaines	Cynthia Ott	
Melanie Berg	Brandon Germany	Linda Park	
Simonette Berry	Shawna Gilbreath	Cindy Patterson	
Alayna Best	Anna Goforth	Susan Peek	
Tom Bodkin	Jeannine Grogg	Sherilyn Penn	
Abigail Bowman	Lila Hamon	Diane Pesce	
Linda Bradford	Jeff and Kim Harmon	Monica Phipps	
Daniel Brashear	Scarlett Henderson	Shannon Pickering	
Kerri Brewer	Kim and Brent Hobby	Carolyn B. Pierce	
Elizabeth Bridges	Lisa Hoffer	Nicole Price	
Lindsey Burgess	George Hollier	Wendy Proctor	
Brittney Burns	Sarah Hubbard	Sara Riney	
Marie Burr	Mary Beth Ikard	Jaime Rosegren	
Carolina Calderón and Joshua Sneiderman	Jane Indyk	Lori Ruderman	
Adera Causey	Anne Jackley	Meredith Ruffner	
Valerie Chandler	Paige Jarvis	Lucy Rymer	
Harriet Chipley	Leslie Jones	Judy Sachsman	
Chelsea Conrad	Suzi Kane	Dave and Leah Salerno	
Dory Cooper	Melody Kernan	Elle Scarbrough	
Ann Couillard	Theresa J Kitchell	Erica Scoggins	
Greg and Nancy Cross	Debora Knopp	Joni Sharp	
Heather and Joe DeGaetano	Summer Kohlhorst	Helen Smith	
Kat, Davey, and Addie Dickhut	Michael Levy	Linda Snodgrass	
Brooke Dillard	Vicki Lofty	Bethany Souza	
Megan Duggar	Rachel Lyons	Mrs. Mary Suggs	
Tiffany Eck	Gianna Maio	Mary Beth Sutton	
Wally and	Tracy and John McCarley	Jane Triplett	
		Allyson Urban	
		Data and Gene Vess	



SPECIAL THANKS TO OUR CONNECTHER & STEP UP TO THE PLATE EVENT SPONSORS

PRESENTED BY:

Hamico, Inc.
(ConnectHER)

Jerry Hoffer, Attorney
at Law P.C. (Step Up
to the Plate)

LifeCircle Women's
Healthcare (Step Up
to the Plate)

WITH ADDITIONAL SUPPORT FROM:

Anonymous

The AWB Firm
HR BIZ
Jelks Law, PLLC

Barbara Kennedy
Pyramid Construction
River City Company

IN KIND

Alleia
Athleta
Bleu Fox Cheese Shop
Bread and Butter
Buff City Soap
Cafe Roma
CHA Nail and Spa
Chattanooga Redwolves
Common House
Creations in Glass
Creative Discovery
Museum
Deanne Dawes
Fowler Brothers Co.
Highland Tire
I Go Tokyo
Inman Coffee
Interviews That Work

Jan Lamoreaux, In-Town
Gallery
Joanna Shepich
Lighthouse Boutique
Mangos
Mavens Table
MJ Runswithscissors
Moonlight Roller
Nam Phuong Dang
NewTerra Compost
Ocoee Outdoors
one bridges
PF Changs
Public House
Chattanooga Restaurant
River City Apparel
RiverSide Spirits, Benton
Robin Howe

Sandy Giamportone
Single Pebble Massage
Sophia Cowan
Southern Star
Spice Trail
Sweet and Savory
Classroom
Sylvia Oakes Art
Taco Mamacita
Tennessee Aquarium
The August Sisters
The Monogram Market
and Gifts
The Press Cleveland
The Wholks (Bilingual
Children's Books)
Trader Joe's
Yogi's Primo Promo

IN MEMORY OF

Connie Arbuckle Allen

from James Addison and Mary Harper

Andra Jurist

gifts from Alan Berlow and Susan Blaustein and Virginia Newmyer

Mrs. Lowe

from Karen Claypool

Dr. James Gay

from Ann Couillard

Johnnie Bell Legg Hewgley

from Jan and William Hewgley

Anne Mittleman

from Judy Sachsman

Sania Khan

from Rachel and Henry Schulson

Susan Bryant

from Sarah Steele

Ruth Swafford O'Leary

from Beth Webb

IN HONOR OF

Hannah and Orly Berke

from Monique Berke

Nancy Belin

from Heather DeGaetano

The Kraft Family

from Kat, Davey, and Addie Dickhut

Pat Daniel

from Connelly Ensign

Lori Green

from Mandy Finotti

Mary Taylor Goeltz

from Lissa Goeltz

A Step Ahead Chattanooga Staff

from Meghan Greene

Meghan Greene

from Mary Beth Ikard

Terry Denniston

from Ruth Obear

Katherine Higgason Lentz

from The American Inns of Court - Chattanooga Chapter

Rachel Schulson

gifts from Ms. Maeghan Jones and Dr. Kirk Zigler, Emma Green and Michael Schulson, Jay Shaffer and Hope Flammer, Helen Smith, Richard Zachary, and Bettye Lynn Smith

Mandy Cowley

from Ms. Maeghan Jones and Dr. Kirk Zigler

Dr. Kathleen Hunt

from Jean M. Martin

Nam Phuong Dang

from Dillon Martin

Meredith Neal

from Betty Anne Neal

Dana Banks

from Lori Ruderman

Alexis Bogo

from Rachel and Henry Schulson

Andrea Crouch

from Rachel and Henry Schulson

Butch and Olan Mills

from Rachel and Henry Schulson

Ann and Bill Aiken

from Rachel and Henry Schulson

Paul Neely

from Rachel and Henry Schulson

Martha Mulvaney and Lyda Prack

from Linda Snodgrass

Lissa Goeltz

from Mary Beth Sutton

Nate and Rose Dallimore

from Nora Williams

Howard Levine from

The Patten Group





A STEP AHEAD
—— CHATTANOOGA ——

P.O. Box 4212
Chattanooga, TN 37405

Name Here

XXXX Street Name

City, State XXXXX

NonProfit PRSRT
US Postage
PAID
Permit# 383
Chattanooga, TN