



Meet Our Staff



Stephen Wickham
Electrician

Stephen has 11 years of electrical experience. He holds his journeyman license and TN State Contractors license. Stephen has been very successful at networking within the community and enjoys meeting people and building relationships. His interests include sports in general, as well as spending time with his family.



October is National Breast Cancer Awareness Month and Above and Beyond is honoring it in a big way. We're lending a hand to raise funds and remember those who have been affected by this disease. Read on to find out more or watch for pink ribbons and other visible signs of our fight against breast cancer within the Memphis community. Lest we forget, October is also the time of ghosts, goblins and most importantly, candy corn. We've included a fun easy-to-make recipe to literally sweeten up the holiday and make October 31st the most spooktacular ever.



Boo-ti-ful Ghosts

Wax Paper
2 cups (12-ounce package) NESTLÉ TOLL HOUSE Premier White Morsels
3 tablespoons vegetable shortening
12 lollipop sticks

Line baking sheets with wax paper. Place morsels and shortening in large, microwave-safe bowl. Microwave on Medium-high (70%) power for 1 minute 30 seconds; Stir. Morsels may retain some of their original shape. If necessary, microwave at additional 10 to 15-second intervals, stirring just until melted; cool slightly. Place lollipop sticks on prepared baking sheets, spacing about 6 inches apart. Spoon melted morsel mixture halfway over lollipop sticks into ghostly shapes. Decorate with candies. Refrigerate for 15 minutes or until set. Makes 12 ghosts.

Stay Safe

Halloween is incredibly fun but it can also be dangerous. The following safety tips will ensure your kids' holiday stays a treat.

- Plan costumes that are bright and reflective.
- Make sure that shoes fit well and that costumes are short enough to prevent tripping.
- Obtain flashlights with fresh batteries for all children and their escorts.
- Secure emergency identification discreetly within Halloween attire or on a bracelet.
- Because a mask can limit or block eyesight, consider makeup or a decorative hat as a safe alternative.

Join the Cause

The facts are daunting. In the United States, one in eight women will be diagnosed with breast cancer in her lifetime, and a woman dies of breast cancer every 13 minutes. But there is hope. There are about 2.5 million breast cancer survivors alive in the U.S. today, the largest group of cancer survivors in the country. The increase in survival can be attributed to early detection through mammography and improved treatment.



Here at Above and Beyond, we want to make the news even better. We are holding some special events in October to help raise awareness and funds for breast cancer.

We've joined forces with plumbers, electricians and HVAC service providers on an international level to fight breast cancer. We are each donating 10 percent of our net profits through the end of October to local organizations committed to research, awareness and education.

In addition, on Friday, October 16th beginning at 8 a.m., our entire staff will be on the corner of Poplar and Kirby in front of the Bank of Bartlett. We will be waving and displaying a smile-generating Good Morning banner to great motorists.

We will donate \$5 for each car that honks, so be sure to come by and see us and lay on that horn! At the end of 30 minutes, we will tally our honks and make a donation for breast cancer.

There are additional ways you can help, as well, including:

Sign the Petition

There's a proposed bill before Congress called the Breast Cancer Patient Protection Act, which will require insurance companies to cover a minimum 48-hour hospital stay for patients undergoing a mastectomy. [Click here to join the cause.](#)

Join the Race

Memphis' own Race for the Cure is slated for October 31 at The Shops of Saddlecreek in Germantown. Lace up your running or walking shoes and join in the fun. The event begins at 8 a.m. [For more information, click here.](#)

Open Your Wallet

There is an array of products available to support The Memphis-MidSouth Affiliate of the Susan G. Komen Breast Cancer Foundation. [For a list, click here.](#)

Go to the Races

Kroger and Memphis Motorsports Park have joined forces to help eradicate breast cancer. Throughout the month of October, a portion of all race ticket sales will support local breast cancer community health programs. You can also contribute to Kroger's National Giving Hope a Hand campaign. [To purchase race tickets or for more information, click here.](#)

Get Ugly

Coyote Ugly is going pink for the month of October. The Coyotes are selling pink paper cowboy boots for \$1 all month long and posting them all over the bar. Pink shirts are on sale in the retail shop, and bras are auctioned off daily from behind the bar. All proceeds go to breast cancer awareness. [To get Ugly and help fight breast cancer, click here.](#)

Fun Fact

If you had a light bulb on the moon connected to a switch in your bedroom, it would take only 1.26 seconds for that bulb to light up, 238,857 miles away.

Fight with Us!

Schedule an appointment for your electrical needs with us during the month of October and we'll donate 10% of our net profits to the fight against breast cancer. Together, it's a win-win. You get our guaranteed great service and the fight for breast cancer cure gets more funding.

Call us today and let's start fighting!



Offer Expires: October 31, 2009