

# Thank you

for taking the time to review some of my work.

# Hello.

My name is **Sydney Tomlin**.  
I am a freelance graphic designer.

## Let's Get Social

- 615-482-7701
- sydney@sydneywilsondesigns.com
- linkedin.com/in/sydneywilson
- pinterest.com/swdesignss/
- twitter.com/swdesignss/

## A few tid bits about me...

- All time favorite movies... {The Wizard of OZ and Princess Bride}
- Things I collect... {Cool kids meal toys, Sharpies, and t-shirts}
- Favorite Music... {Zydeco, Bluegrass, Old School R&B, 80's}

## Proficiencies

- Adobe InDesign ●●●●●○
- Adobe Illustrator ●●●●●○
- Adobe Photoshop ●●●●●○
- Microsoft Office & Publisher ●●●○○○

## Degree

BA Graphic Design & minor in Advertising  
Western Kentucky University, December '07

## Experience

### Sydney Wilson Designs

Nashville, TN August 2006-Current  
Front-end Web/Print Designer

- Design web/print materials based on client needs.
- Work ranges from front end-web design to branding identity packages, brochures, photo editing for web, illustration, color separations for production work including screen printing for apparel and other promotional products.

### Williams Visual Solutions

Chattanooga, TN March 2010-April 2011  
Graphic Designer

- Designed print/web materials based on client needs. Work included: brochures, digital presentations, web templates, brand identity pieces, multi-touch campaigns, and advertisements.
- Maintained correct specs for pre-press to final print including dieline creation.

### Richards & Southern, Inc.

Nashville, TN September 2017- Current  
Graphic Designer

- Design merchandise based on client/sales team needs.
- Design presentations of merchandise to support sales team in communication with the clients.
- Work with print production department on providing film of color separations for screen printing in-house apparel items.

### Under The Big Top Creative

Nashville, TN August 2009-January 2010  
Freelance Graphic Designer

- Designed annual catalog for *Schneider Electric*.

### Brand Aid Design Co.

Nashville, TN August 2007- Current  
Front-end Web/Print Designer (Contract)

- Design web/print materials based on client needs.
- Work ranges from front end-web design to branding identity packages, brochures, photo editing for web, illustration, and basic production.
- Coordinate vendors for clients based on project needs.

### Imagewest

Bowling Green, KY August 2007-May 2008  
Senior Graphic Designer

Imagewest is the only student run Advertising and Public Relations Agency in the nation.

- Designed materials based on client needs i.e. logos, brochures, rack cards, invitations, banners, etc.
- Interned during 8/07-12/07
- Clients included: Bowling Green Disc Golf Club, Green River Museum, Professional Marketing Association, Hot Property Realty, WKU School of Journalism & Broadcasting, WKU Gordon Ford College of Business

Recent Merchandise





Recent Merchandise









Leadership Sumner





**KART WAREHOUSE**  
— USA —



5026 HARDING PL  NASHVILLE, TN



**KART WAREHOUSE**



5026 HARDING PL  NASHVILLE, TN



**KART WAREHOUSE**

5026 HARDING PL  NASHVILLE, TN



**KART WAREHOUSE**

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**KART WAREHOUSE**

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**KART WAREHOUSE**

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**KART WAREHOUSE**

5026 HARDING PL  NASHVILLE, TN

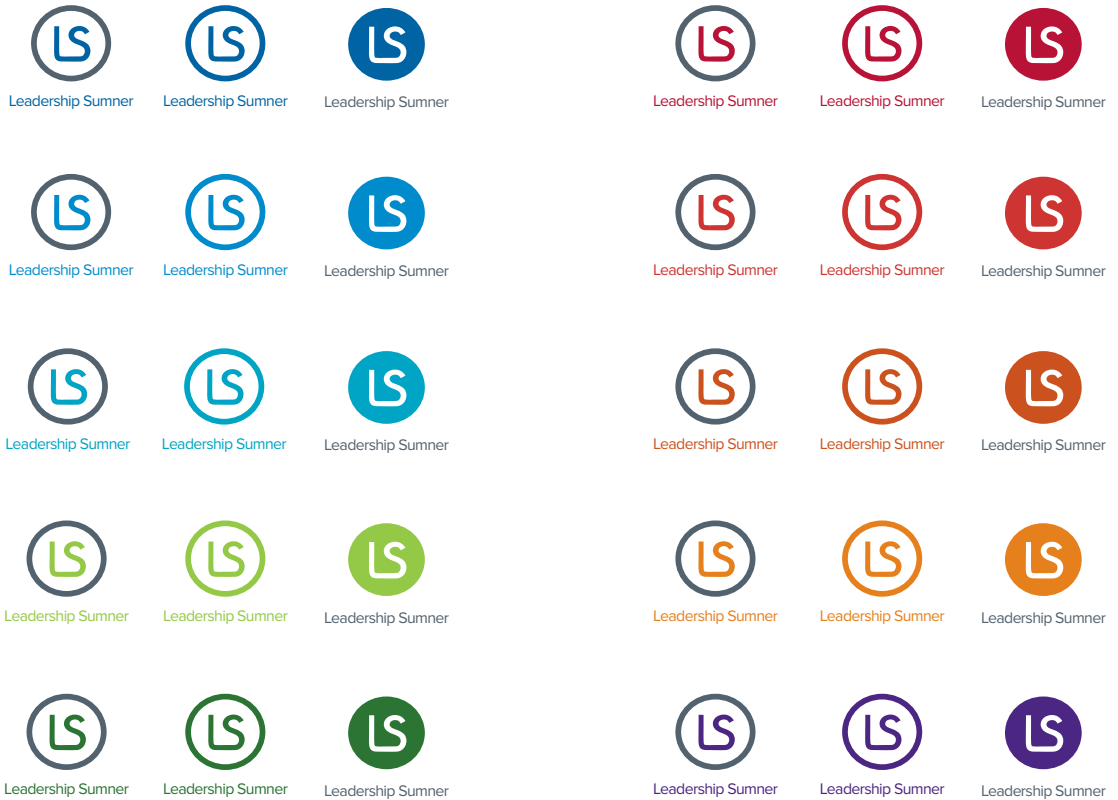
**KART WAREHOUSE**



5026 HARDING PL  NASHVILLE, TN



Leadership Sumner







# SIMPLY LEAD

Strengthen Your Leadership  
by Simplifying Your Life

**MAY 10, 2013**

## COST

Number of Employees	Price	Per Employee
20	\$1,895	\$94.75
50	\$3,695	\$73.90
100	\$4,995	\$49.95
250	\$7,695	\$30.78
300	\$8,385	\$27.95
500	\$13,000	\$26.00
1,000	\$22,000	\$22.00

\*Other ticket package size options available, contact your Leadership Concierge for more information

\* There is a one-time \$250 technology fee for new sites.

## HOST SITE TESTIMONIAL

*"It is one of the single most consolidated sources of leadership that I know of. But it goes beyond that. I think this conference, although focused on leadership, transcends the topic and really shows you how to lead in life."*

-Paul Urbanoswki, AT&T

## BROADCAST THIS WORLD-CLASS LEADERSHIP EVENT TO YOUR ORGANIZATION

### WHAT IS CHICK-FIL-A LEADERCAST?

Chick-fil-A® Leadercast® is a one-day leadership event broadcast LIVE from Atlanta, GA to hundreds of locations around the world.

### 2013 SPEAKERS



**Jack Welch**  
Former Chairman & CEO of General Electric



**Andy Stanley**  
Best-selling leadership author & communicator



**Mike Krzyzewski**  
Head men's basketball coach, Duke University and Team USA



**John C. Maxwell**  
Best-selling author and leadership expert



**Dr. Henry Cloud**  
Best-selling author and leadership consultant



**LCDR Rorke Denver**  
Navy SEAL and star of the 2012 movie Act of Valor



**Sanya Richards-Ross**  
2012 London Olympic gold medalist, track & field



**David Allen**  
Best-selling author of Getting Things Done and productivity expert



**Condoleezza Rice**  
Secretary of State (2005-2009)  
Exclusive Simply Lead Video Interview

### WHAT'S INCLUDED

Additional leadership content and resources for your organization to use after May 10th

Continue the training and development with attendee journals, product bundles, access to lunch and learn discussion guides, and more!

Receive CEU credit by attending a full day. Specific industry accreditation opportunities (based on your state board requirements).

### TECHNOLOGY OPTIONS



### NEXT STEPS

Choose your ticket package and contact Trey Brush (678) 225-3190  
trey.brush@giantimpact.com

[chick-fil-leadercast.com](http://chick-fil-leadercast.com)

Event Ticket & Parking Information Print-out

Registration Postcard

## GI-VIP

GIANT IMPACT VIP TICKET

**GI-VIP PARKING INFORMATION**

- GIANT Impact VIPs are invited to park in the reserved parking deck. This document will serve as your parking pass. Please ensure you bring a printed copy of this document with you on the day of the event to access the parking deck. Upon parking, signage will lead you to the check in area.

**GI-VIP SEATING**

- The GIANT Impact VIP suite is located on the right side of the arena bowl between sections 103 and 106 on the main level.

**GI-VIP LUNCH**

- GIANT Impact VIPs will enjoy a lunch hosted by John Maxwell and Andy Stanley in the Club Level Tent. Please take the stairs or elevators in the Main Lobby to the Club Level and follow the signs to your lunch.

## REGISTRATION

OPENS AT **7:30AM**

1

**GI-VIP PARKING**

PREMIUM COVERED PARKING AVAILABLE WITH YOUR TICKET TYPE

PLACE THIS PARKING DECK PASS ON YOUR DASHBOARD

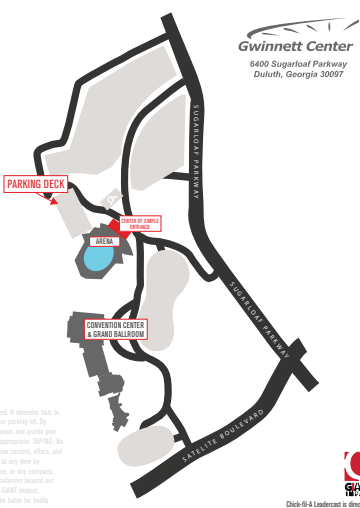
**Traveling North on I-85**

- Take the Sugarloaf Parkway Exit.
- Turn right off the exit, go back under the Interstate and cross over Satellite Boulevard.
- Turn left at the next intersection with a light into the Arena parking lot.
- Follow signs for parking deck

**Traveling South on I-85**

- Take the Sugarloaf Parkway Exit.
- Turn right off the exit and you cross over Satellite Boulevard.
- The Center will be on your left.
- Turn left at the next intersection with a light into the Arena parking lot.
- Follow signs for parking deck

UPON PARKING, SIGNAGE WILL LEAD YOU TO THE CHECK IN AREA.



**Gwinnett Center**  
6400 Sugarloaf Parkway  
Duluth, Georgia 30097

**Chick-fil-A LEADERCAST**

NOTICE: Each attendee must have a printed event ticket on the day of the conference in order to be admitted. If attendee fails to produce a printed event ticket or purchased parking pass their admission will not be honored to the event or parking lot. By attendance each attendee grants permission to be audiotaped, videotaped, and/or photographed for any reason and grants your full likeness, name, and/or words to be used by GIANT Impact or Chick-fil-A. ATTORNEY: Business counsel is appropriate. TERMS: No advertising or advertising of the location is allowed. RESERVATIONS: Attendees will begin receiving exclusive content, offers, and product information from GIANT Impact via an e-newsletter. This may be unsubscription from these newsletters at any time by following the link provided at the bottom of each e-mail. Giant will not share your e-mail address with anyone, or any company, and RESERVE RESOURCES: GIANT Impact reserves the right to substitute speakers and/or times due to circumstances beyond our control. Entry pass to a non-transferable event and may be taken and admission refused at the sole discretion of GIANT Impact. LIABILITY: Each attendee assumes all risks associated to the event/conference and GIANT Impact shall not be liable for bodily injury, property damage, theft or losses suffered or incurred by the attendee while attending the event/conference.

# SPECIAL

## CONFERENCE DAY ONLY PRICING!

<p>GENERAL ADMISSION</p> <h1 style="color: white;">\$139</h1>	<p>EXECUTIVE EXPERIENCE</p> <h1 style="color: white;">\$359</h1>
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Buy today on site and receive an extra 10% off your purchase of a Leader Kit or a Team Experience Kit.

## JOIN US

**Chick-fil-A LEADERCAST**

MAY 9, 2014

Experience Kit Online Access Cards

## TEAM EXPERIENCE KIT

+ DIGITAL ACCESS

STRENGTHEN YOUR LEADERSHIP...

- WHITE BOARD | RED COUCH - DR. HENRY CLOUD
- TEAM EXTENDED VIEW w/ EXCLUSIVE TEAM LEARNING GUIDE
- 2013 CHICK-FIL-A LEADERCAST EVENT AUDIO DOWNLOAD
- 2013 CHICK-FIL-A LEADERCAST BACKSTAGE STREAMING ACCESS
- CHICK-FIL-A LEADERCAST NETWORK SUBSCRIPTION

ACCESS TO THE DIGITAL PIECES OF YOUR KIT ARE THREE SIMPLE STEPS AWAY!

- 1 VISIT [network.chick-fil-a-leadercast.com/2013leader](http://network.chick-fil-a-leadercast.com/2013leader)
- 2 Use the code below to create your account
- 3 After your account is created, activate each element at your leisure

ACCESS CODE:

1234SAMPLE

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**Chick-fil-A LEADERCAST**

**PERSONAL EXTENDED VIEW**

**Chick-fil-A LEADERCAST**

# 60

DAYS  
STREAMING  
ACCESS

Access to speaker talks available beginning May 17th, 2014. Your 60-day access begins when the code is redeemed. Code must be redeemed by May 9, 2014.

- 1 Visit <http://cfa.le/2013personalev>
- 2 Click the "Get Access" button to log-in or create an account
- 3 Use the code below to activate your access

Enter access code:

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**Chick-fil-A LEADERCAST**

**CUT THROUGH THE CLUTTER.**

- 3-PACK LEADERSHIP BOOK BUNDLE
- PERSONAL EXTENDED VIEW
- 2013 CHICK-FIL-A LEADERCAST EVENT AUDIO DOWNLOAD
- 2013 CHICK-FIL-A LEADERCAST BACKSTAGE STREAMING ACCESS
- CHICK-FIL-A LEADERCAST NETWORK SUBSCRIPTION

## LEADER KIT

+ DIGITAL ACCESS

ACCESS TO THE DIGITAL PIECES OF YOUR KIT ARE THREE SIMPLE STEPS AWAY!

- 1 Visit [network.chick-fil-a-leadercast.com/2013leader](http://network.chick-fil-a-leadercast.com/2013leader)
- 2 Use the code below to create your account
- 3 After your account is created, activate each element at your leisure

ACCESS CODE:

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**Chick-fil-A LEADERCAST**



# Chick-Fil-A LeaderCast 2013 Event Materials

## Event & Merchandise Table Topper

**TAKE THE EXPERIENCE HOME**

**STRENGTHEN YOUR LEADERSHIP...**  
TEAM EXPERIENCE KIT

**TEAM EXPERIENCE KIT \$199**

- WHITE BOARD | RED COUCH- OR, HENRY CLOUD
- TEAM EXTENDED VIEW w/ EXCLUSIVE TEAM LEARNING GUIDE
- 2013 CHICK-FIL-A LEADERCAST EVENT AUDIO DOWNLOAD
- 2013 CHICK-FIL-A LEADERCAST BACKSTAGE STREAMING ACCESS
- CHICK-FIL-A LEADERCAST NETWORK SUBSCRIPTION

**LEADER KIT \$99**

- 3-CHICK LEADERSHIP BOOK BUNDLE
- PERSONAL EXTENDED VIEW
- 2013 CHICK-FIL-A LEADERCAST EVENT AUDIO DOWNLOAD
- 2013 CHICK-FIL-A LEADERCAST BACKSTAGE STREAMING ACCESS
- CHICK-FIL-A LEADERCAST NETWORK SUBSCRIPTION

**SPECIAL**  
CONFERENCE DAY ONLY PRICING!

GENERAL ADMISSION **\$139** EXECUTIVE EXPERIENCE **\$359**

Buy today on site and receive an extra 10% off your purchase of a Leader Kit or a Team Experience Kit.

**JOIN US**

**Chick-fil-A LEADERCAST**

**MAY 9, 2014**

**HOW TO REGISTER AT EVENT:**

- Fill out a registration card
- Turn it in at any resource station to purchase your tickets

**HOW TO REGISTER ONLINE:**

chick-fil-leadercast.com/atlanta (sale ends midnight)

Use either of these rate codes:  
Executive Experience - 2013EEC  
General Admission - 2014ATTEND

**SEND A MESSAGE TO OUR TROOPS**

Write a letter using the postcards and pens on the table. Leave the finished letter on the table and we will collect them after lunch.



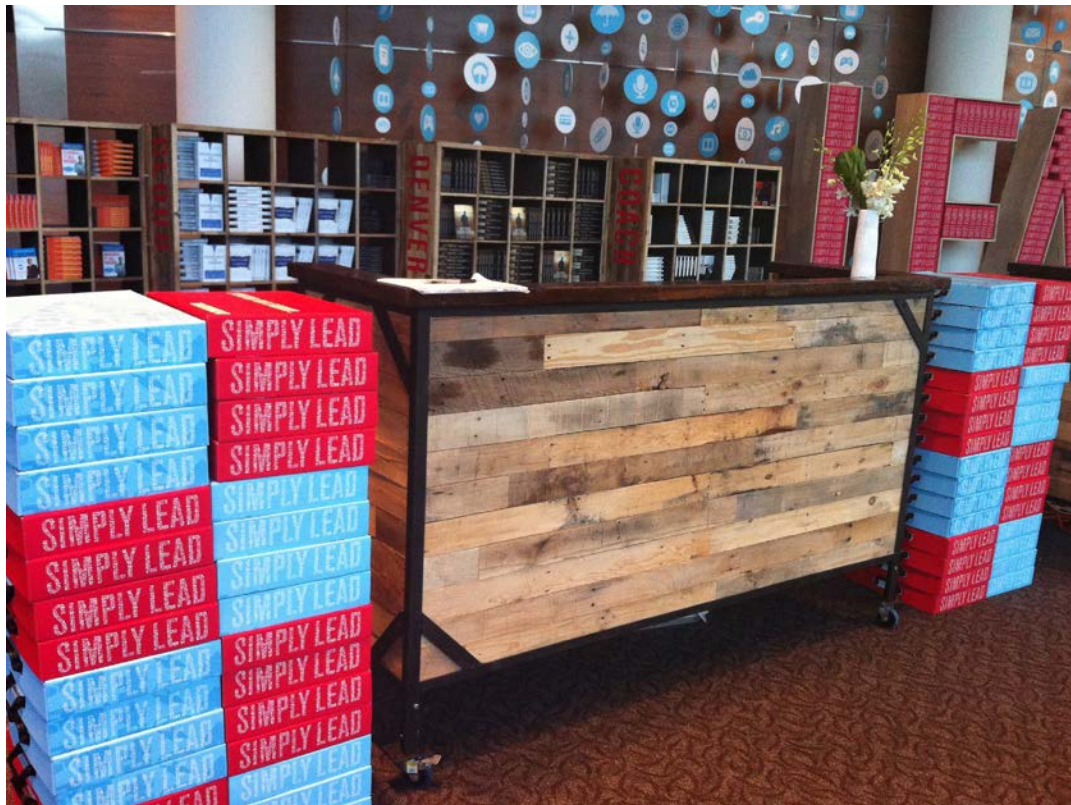
**21 CHIKIN SALUTE**

The cows thank you for doing your part to encourage those protecting life, liberty and the pursuit of chickens. In fact, all of us at Chick-fil-A LeaderCast salute you.





## Experience Kit Package Designs



Old Catalog Style



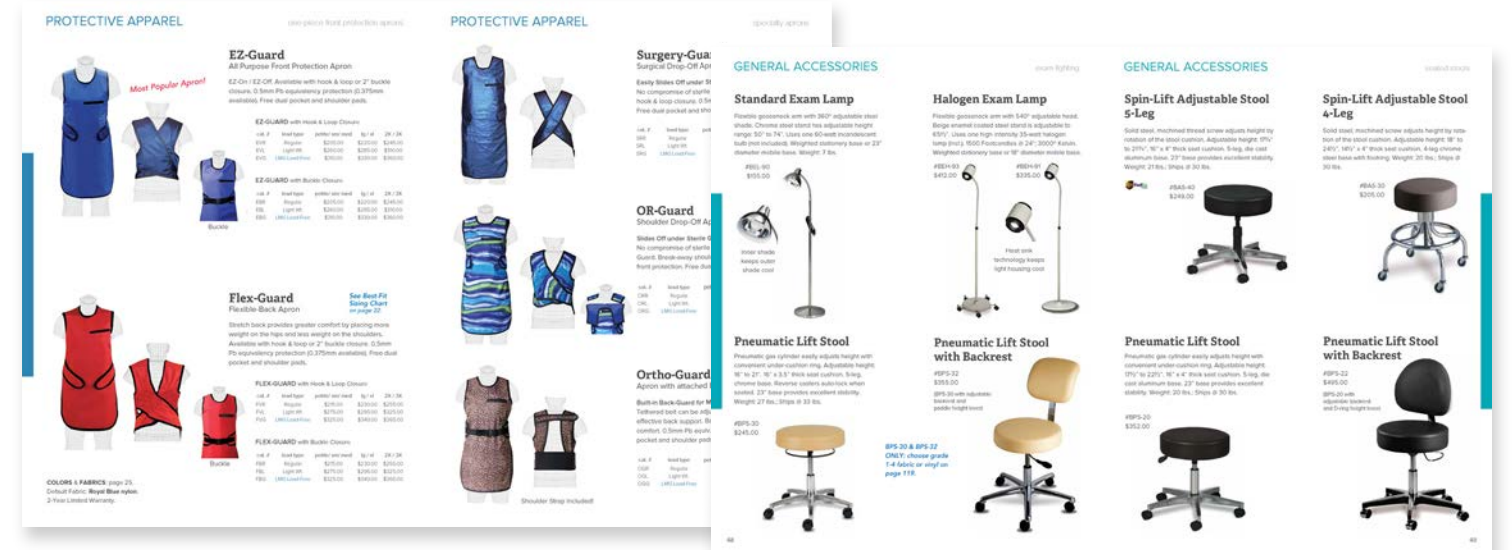
New Catalog Style



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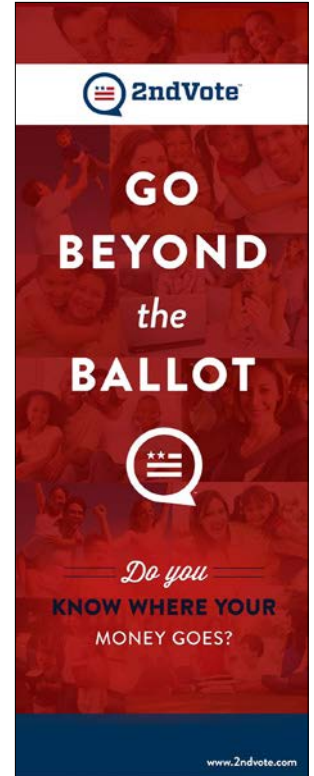
Horizontal Tradeshow Banner



Vertical Tradeshow Banner



Vertical Tradeshow Banner



Tradeshow Handout

A tradeshow handout with a red and blue design. The top half has a red background with a white banner containing the 2ndVote logo and the text "GO BEYOND the BALLOT". Below this, on a dark blue background, is the text: "In this day and age, affecting public discourse, election results, and ultimately the direction our society is heading, comes down to influencing the flow of money into the campaigns and organizations that work for and against our principles." This is followed by: "Since most of that money comes from the massive coffers of corporate America, it is our goal to build a large, influential body of American consumers willing to pledge their hard earned dollars to spending with the companies who most consistently line up with God and Liberty, and to make it easier to identify those companies by creating the most complete and easily digestible database of information conceivable." Then: "Until we effectively influence the flow of money into the liberal causes, all of our indignation is for naught. We can bring America back to the values that made us great, but we have to work together." Below this is a speech bubble icon with three stars and a ballot box, and the text "WILL YOU JOIN US TODAY?". At the bottom, there are social media links for Facebook and Twitter, the website "www.2ndvote.com", and a QR code with the text "SCAN this QR Code with your phone for more information."

Vertical Tradeshow Banner

A vertical banner with a white background. At the top is the 2ndVote logo, a yellow speech bubble containing a stylized American flag. Below it, the text "2ndVote™" is written in a bold, blue, sans-serif font. Underneath is a dark blue ribbon with the white text "GO BEYOND the BALLOT". The main headline reads "MAKE YOUR VOTE COUNT EVERY DAY" in large, bold, blue letters. Below this is the tagline "Keep your spending aligned with your conservative values." in a smaller, orange font. At the bottom, the 2ndVote.com logo is displayed above a dense pattern of light blue icons representing various consumer goods and services like a lightbulb, t-shirt, game controller, airplane, camera, laptop, smartphone, shopping cart, and car.

Horizontal Tradeshow Banner

A horizontal banner with a white background. The left side features a dense pattern of light blue icons representing various consumer goods and services. On the right side, the 2ndVote.com logo is prominently displayed in a large, bold, blue font. Below the logo is the tagline "GO BEYOND the BALLOT" in a smaller, orange font. Further right is a smartphone icon displaying the 2ndVote app interface. Below the smartphone is the text "Keep your spending aligned with your conservative values." in an orange font.

Handout

A handout banner with a white background. The left side features a dense pattern of light blue icons representing various consumer goods and services. On the right side, the 2ndVote.com logo is prominently displayed in a large, bold, blue font. Below the logo is the tagline "GO BEYOND the BALLOT" in a smaller, orange font. Further right is a smartphone icon displaying the 2ndVote app interface. Below the smartphone is the text "DID YOU KNOW?..." in a large, bold, orange font, followed by "You are voting your values every time you buy something?" in a smaller, orange font. At the bottom right is the 2ndVote.com logo.



Wearable Advertising on Voting Day

A handout banner with a white background, divided into three columns. Each column has a small icon at the top: a hand holding a coin, a piggy bank, and the 2ndVote logo. The columns contain the following text:

- CONSIDER THIS:** Every time you buy a cup of coffee, purchase a gallon of gas, or pay a phone bill, you are playing a role in the political process. How? When you make everyday purchases, the money you spend goes to support causes and campaigns that are affecting the public discourse, elections, and ultimately, the direction of our country.
- THE PROBLEM:** You may not think about it when you make everyday purchases, but companies and businesses you shop with on a daily basis help finance many of these campaigns. Now more than ever, you should know that the hard-earned dollars you are spending lines up with your values.
- THE SOLUTION:** 2nd Vote is building the largest, most complete online database to make it easy for conservatives to shop their values and know what their money is supporting. Available on your smartphone and on the internet, you can quickly and easily search the database to ensure that when you cast your 2nd Vote, it counts.

At the bottom left is the text "Make your 2nd Vote count and sign up today, [www.2ndVote.com](http://www.2ndVote.com)". At the bottom right is the text "Download the free app today!" next to a QR code.



# A Cajun Life Branding & Seasoning Packaging



Secondary Logo and Signage



**REAL CAJUN. REAL FAST.™**

To-Go Menu at Brick & Mortar



A Cajun Life Brick & Mortar Store Front



A Cajun Life Food Cart



A Cajun Life All Purpose Seasoning Packaging







# RISING STARS

PROGRAM

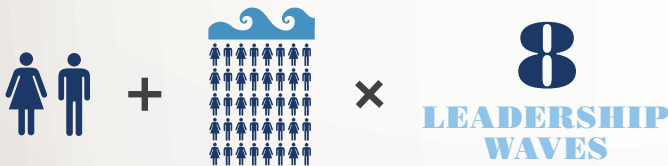
## NOMINATION REQUIREMENTS

- Potential for promotion to future leadership role
- Possession of or working toward a bachelor's or master's degree
- Demonstration of effective leadership and living the Gulfstream Leadership Model
- Consistent high performer and pursuit of excellence in current role
- Reputation as a team player
- Nomination from a Leadership Sponsor

## 1-YEAR PROGRAM DETAILS



Individual Contributor joins one of eight Leadership Waves



Each Leadership Wave is



### DAY 1 of off-site training

- The 5 Levels of Leadership workshop
  - Understand the basics of influence
  - Learn a simple framework of effective leadership

### DAY 2 of off-site training

- RightPath 4/6 workshop including The Maxwell Leadership Assessment
  - Identify natural strengths with focus on self-awareness and personal leadership
  - Learn adaptability based on natural strengths and weaknesses
  - Identify 3 strengths that tie to the Leadership Model to focus on competency development

### Months following the Leadership Wave

 Individual Contributor meets with Mentor and Rising Stars Team

- Individual Reinforcement Meeting
  - Meet with Mentor to validate 3 focus areas based on the 3 identified strengths/competencies
  - Participate in bi-monthly phone mentoring sessions with a Leadership Coach to focus on the application and development of competencies tied to the Leadership Model
  - Listen to custom bi-monthly audio leadership lessons tied to competencies and meet with Mentor to discuss the lesson and application questions
- Rising Stars Team Reinforcement Meeting
  - Attend monthly Lunch & Learn meetings that are facilitated by the Individual Contributors
  - Join one of four groups (each group will have 10 Individual Contributors per Leadership Wave) for a total of 40 participants in each Lunch & Learn

# Winning With People

Participant Guide

## Winning With People

DISCOVER THE PEOPLE PRINCIPLES THAT WORK FOR YOU EVERY TIME

MORNING BREAKFAST @ 8AM | DOORS OPEN

### Module 1

- Introduction to Winning With People™ & Objectives
- People Skills Overview
- Think-Say-Do Model Activity
- Emotional Intelligence (EQ)
- Five Critical Questions
- Five Critical Questions Self-Assessment
- Winning Characteristics of Charismatic Leaders
- Defining Winning Characteristics Activity
- The Boomerang Principle: Benefits of Winning With People
- ACTION PLAN

### Module 3

- Things We Say and Hear
- Barriers to Listening! Activity
- Levels of Listening
- Personal Listening Level(s) Rating
- Developing Skilled Listening
- Listening Pairs Activity
- Demonstrating Skilled Listening
- ACTION PLAN

### Module 2

- Things We Think
- The Lens Principle
- Famous Blurbs Activity
- Servant Leadership (Define & Demonstrate)
- The High-Road Principle Activity
- Personal Relationship Preferences
- Invisible rules for interacting with me
- ACTION PLAN

### Module 4

- Things We Do
- Routine Conversations! Activity
- The 30-Second Rule
- Challenging Conversations
- Identifying Challenging Conversations
- The Confrontation Principle
- Types and Styles of Challenging Conversations
- Assessment & Recognition of Personal Response
- Correct Feedback- Delivery & Response
- Demonstrating High-Road Response! Activity
- Do the Little Things
- ACTION PLAN/ WRAP-UP

LUNCH



Discover people principles to become a more relational influencer.



## appendix

### WIN WORKSHEET

W = Willingness (vs. wallbuilding)

I = Investing (vs. withdrawing)

N = Now (this workshop is "real time")

### PEOPLE SKILLS OVERVIEW

Reference the Critical Questions Self-Assessment on page 44. Select 1-2 relationships on which to develop an action plan.

Relationship/Goal:

Action	Impact (who and how)
1.	
2.	
3.	

### module 1

## 2 | FIVE CRITICAL QUESTIONS

# 5

- Readiness: are we prepared?
- Connection: are we connected?
- Trust: can we build trust?
- Investment: are we investing?
- Synergy: can we create synergy?

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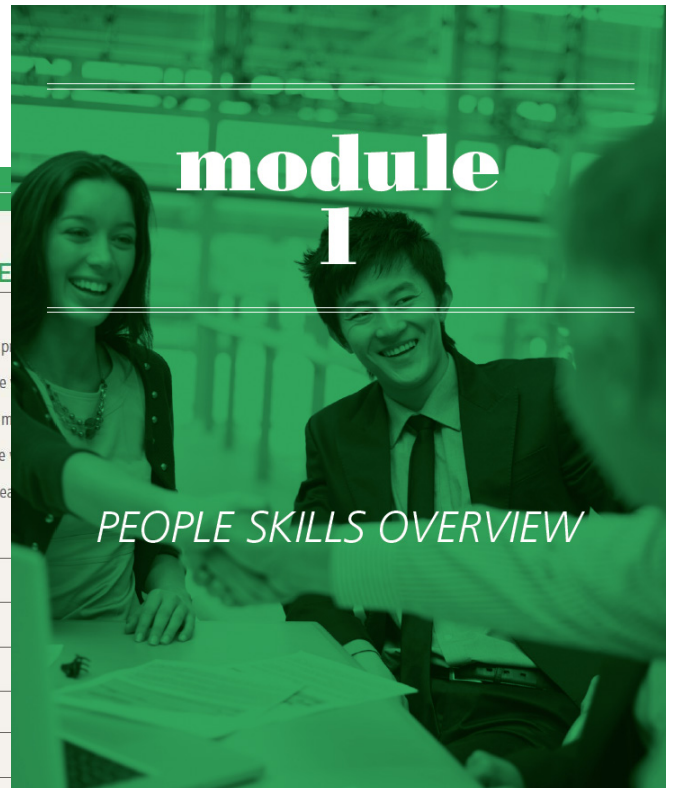
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"People are an appreciating asset only if we are willing to invest in them."  
- John Maxwell

4 | PEOPLE SKILLS OVERVIEW




Signature Series DVD Package



John C. Maxwell is an internationally renowned leadership expert, coach, and author who has sold over 21 million books. Dr. Maxwell founded EQUIP and The John Maxwell Company, organizations that have trained more than 5 million leaders in 174 countries. Every year he speaks to Fortune 100 companies, international government leaders, and organizations such as the United States Military Academy at West Point, the National Football League, and the United Nations. A *New York Times*, *Wall Street Journal*, and *Business Week* best-selling author, Maxwell's *The 21 Indefatigable Laws of Leadership* has sold more than 2 million copies. *Developing the Leader Within You* and *The 21 Indispensable Qualities of a Leader* have each sold more than 1 million copies. You can read his blog at [JohnMaxwellOnLeadership.com](http://JohnMaxwellOnLeadership.com), follow him at [Twitter.com/JohnCMaxwell](https://twitter.com/JohnCMaxwell), and learn more about him at [JohnMaxwell.com](http://JohnMaxwell.com).

THE JOHN MAXWELL Co.  
PRESENTS

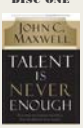


SIGNATURE SERIES


SIGNATURE SERIES DVD KIT

JOHN C. MAXWELL


**DISC ONE**



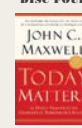
**DISC TWO**




**DISC THREE**




**DISC FOUR**



FOR MORE INFORMATION, VISIT [WWW.JOHNMAXWELL.COM](http://WWW.JOHNMAXWELL.COM)



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**SIGNATURE SERIES DVD KIT**

DVD 1, 2, 3 & 4



Signature Series Sell Sheet

**INTRODUCING**

THE MAXWELL

# LEADERSHIP

ASSESSMENT

**Features of**  
**The Maxwell Leadership Assessment include:**

- Measurements on 64 leadership attributes.
- Unlimited number of raters.
- Feedback compiled into a full-color, easy-to-read report.
- Leadership attributes summary at the end of the report that lists all items ranked from highest to lowest based on overall average score.

- Written comments provided by your raters listed in an unedited form.
- Category scores in the areas of Position, Permission, Production, People Development, and Pinnacle from The 5 Levels of Leadership.
- The Maxwell Leadership Assessment helps leaders improve their leadership intelligence and become an effective 360° leader.

THE MAXWELL

## LEADERSHIP

ASSESSMENT

The Maxwell Leadership Assessment is an online based tool that offers a 360 degree view of an individual's influence.

Leadership is influence, nothing more nothing else. To grow in leadership, one must grow in influence and this tool is designed to gather feedback from the you, and others around you to identify areas and opportunities for your leadership growth.

**GET YOUR ASSESSMENT**

GET STARTED







Signature Series Thank You Card

# THANK YOU

for allowing **THE JOHN MAXWELL CO.** to be a part of your leadership journey.




**LUNCH & LEARN**



**AUDIO DOWNLOAD**

Your order includes a digital download. To access it, please follow these steps:

- 1** Go to [www.johnmaxwell.com](http://www.johnmaxwell.com)
- 2** Sign into your John Maxwell Store account by clicking the "Sign In" link at the top right of the screen.
- 3** Click "Completed Orders" under the "My Account" tab.
- 4** Click "Download Files" (in parentheses).
- 5** Click the file(s) you want to download to either Open or Save your file(s).





**stillwater**  
PLASTIC SURGERY

HOME | ABOUT US | PROCEDURES | BEFORE & AFTERS | FAQs | CONTACT US | SCHEDULE A CONSULT

*"What part of me doesn't look real?  
Thanks, Dr. Capizzi."  
~Jamie  
(Real patient, beautiful divorcee mom and healthcare professional)*

READ MORE

ABOUT US

**DR. PETER J. CAPIZZI IS STILLWATER PLASTIC SURGERY**

Patients often comment that Dr. Peter J. Capizzi is a very good listener, offering unbiased attention and almost intuitive understanding. He connects with patients. This is high praise, and it's the reason Dr. Capizzi founded Stillwater Plastic Surgery in 2003. Expertly trained at world-class institutions and already part of a successful Charlotte, North Carolina, practice, Dr. Capizzi envisioned a more personalized, patient-centric approach to the science and art of plastic surgery.

Today at Stillwater Plastic Surgery, Dr. Capizzi has honed his skills and cultivated an expertise in breast surgery, including augmentation, lifts, reduction and reconstruction, and body contouring surgeries such as tummy tucks, liposuction and body lifts after weight loss. Dr. Capizzi is also accomplished

READ MORE

COME MEET DR. CAPIZZI AND HIS TEAM

Experience, caring, empathetic, warm... these are words patients use to describe the Stillwater Plastic Surgery team.

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SPECIAL PROMOTIONS AND EVENTS

**SALE**

**SMILE. BOTOX IS ON SALE.** If you've wondered how other women your age have conquered frown lines, they've probably been to a Stillwater Injection Event. Right now, Botox is just \$50/unit and you'll save \$50 off each syringe of Juvederm. [SAY NOW](#)

OUR PRODUCT PICKS OF THE MONTH

**NEW!**

Epance Lync Gel Cleanser \$36 [LEARN MORE](#)

Skin Clarifying Acne Treatment Pads \$25 [LEARN MORE](#)

Ribeye leberkas frankfurter, pork loin salami et shankle non fugiat culpa dolore esse cover spare ribs. Eu frankfurter aliqua prosciutto spare ribs venison consequat in ut et sed ball tip venison ullamco. Flank proident dolor patrone minim tongue exercitation chuck capicola est sirloin swine sed ribs. Tail shoulder nostrud, venison non kiebasa turdackin exercitation esse in jowl ture pork belly. Esse pancetta occaecat shank rump chicken shankle ture salami short ribs ex biting drumstick. Pork belly ut leberkas brisket, venison jowl pariatu tongue pancetta short ribs short loin dolore commodo ea jowl. Pork belly ut leberkas brisket, venison jowl pariatu tongue pancetta short ribs short loin dolore commodo ea jowl.

Bacon ipsum dolor et amet brisket sunt sirloin ea, dolore pork belly comid beef ad sint aliquip et biting laboris beef ribs qui. Mollit sausage pancetta, ball tip jerky drumstick turdackin. Riet nigrum aliqua sint. Consequat kiebasa patrone cillum ullamco bacon. Chicken sunt excepteur leberkas, tenderloin duis shankle bresaola esse cupidatat et ex ground round. Prociutto rump id labore qui kiebasa. Pork belly ut leberkas brisket, venison jowl pariatu tongue pancetta short ribs short loin dolore commodo ea jowl. Pork belly ut leberkas brisket, venison jowl pariatu tongue pancetta short ribs short loin dolore commodo ea jowl.

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NAME

EMAIL

\*Stillwater will never give out your email to a third party.

SUBMIT

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8712 Lindholm Drive, Suite 304 | 9130 East Fourth Street  
Huntersville, NC 28078 | Charlotte, NC 28204  
(704) 655-8888 | (704) 927-8884



www.stillwaterplasticsurgery.com



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- Lobster Tails
- Lobster Dinner & Gifts
- Chowder, Lobster Bolognese and Soup
- Seafood Appetizers
- Fresh Seafood
- Fresh Shellfish
- New England Classics
- Seafood Sides

### LOBSTER TRAP

Live Maine lobster delivered to your door. Discover? Maybe a little. How 'bout? Oh no doubt? Order a lobster dinner for a special birthday or anniversary gift. Lobsters are plucked from the top coast lobster industry and delivered to your front door. (or someone special) and always fresh! Live Lobster is in season all year long! No Boston Lobster here.

### LOBSTER TRAP

Lobster for sale from a trusted source since 1989. Our Lobster prices are some of the best. And we go to great lengths to ensure your fresh lobster arrives at the peak of freshness. Lobster Anywhere ships live Maine lobster, lobster tails, and fresh seafood to your front door in the USA. We offer delivery of lobster dinner, combinations, plus frozen lobster tails, lobster meat, lobster only shipped direct to you.

### LOBSTER DELIVERY RATES

Free Overnight Shipping

### GIFT CERTIFICATES AVAILABLE

THANKS

### NEWSLETTER SIGN-UP

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### TESTIMONIALS

This wasn't the first time. The original LobsterAnywhere was an idea. The delivery was on time, and just what I needed. The Lobster was delicious and out of this world! There is absolutely no comparison to the market Lobsters. I can't thank you enough for helping me realize Boston's Live Lobster as a daughter, and I'm grateful. The food is very tasty. I prepared to take to my family cooking party but my mom was impressed! What a special Mother's Day gift. Linda from Danville, CA Repeat customer here!

Wow, the quality of the food and the complete package was stellar. This is easy and thoughtful! Delivery was perfect and delivery exceeded my expectations and that is the best recommendation you can give in the future. Thank you so much for your effort and attention to the color and strength of the lobster. Love it! Great price. Thanks, Anne

Thanks! Great lobster! I'll need more. It was very good to have someone to depend on for quality and delivery. Harold Fisher, Jacksonville, FL We had lobster tonight!

### LOBSTER TAILS BLOG

New England's Best Lobster Shacks and Seafood Dives

Posted on April 8, 2015

In your favorite lobster shack (shack) and seafood joint in a busy, remote place and the reason? Oh, perhaps it is lucky and certainly a great seafood. But, most probably, it is a "top-tier" quality establishment with a high-quality, and delicious always been long been to local summer months. Some seafood here.

Subscribe to Lobster Tails Blog

### BUY LIVE LOBSTER BY THE POUND

- 1 Live Lob, Live Maine Lobsters
- 2 lbs. Live Maine Lobsters
- 1/10 lbs. Live Maine Lobsters
- Junco Live Maine Lobsters

### FRESH SEAFOOD CHOWDER

Chowder, Bolognese & More

### LOBSTER DINNERS & GIFTS

**Boston Lobster Bake**  
\$100-\$150

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

**Lucky Man Surf & Turf**  
\$100-\$150

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

**Northwest Lobster Dinner**  
\$100-\$150

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

**Sea of Love for 2**  
\$100-\$150

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

### LOBSTER TAILS

**Stuffed Lobster Tails** 300-500

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

**Whole of a Tail** 300-500

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

**Bacon Lobster Tails** 300-500

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

**Fresh Stuffed Lobster Tails** 300-500

From fresh lobster, scallops, salmon, and potatoes, this is a very tasty and healthy meal. Perfect for parties and events.

### LOBSTER UNIVERSITY

**Lobster 101**

**Lobster Recipes**

**Maine Lobster Cooking Guide**

**Lobster & Seafood Terms**

Try our original Maine lobster and fresh seafood recipes, including traditional Boston Maine Lobsters, baked and broiled lobster, lobster seafood scallops, golden lobster appetizers, shrimp scampi and much more.

[CHECK OUT OUR RECIPES](#)

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9. The Price
10. Click here for the #1 reason to choose LobsterAnywhere.com.

Parvato kundoko passaro hank short riba. Fibrae pharetra sed turpis, sedne pharetra lobortis sed propretio venenat. suscipit faucibus. short fish turkey tongue.

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