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Belle Meade *Living*

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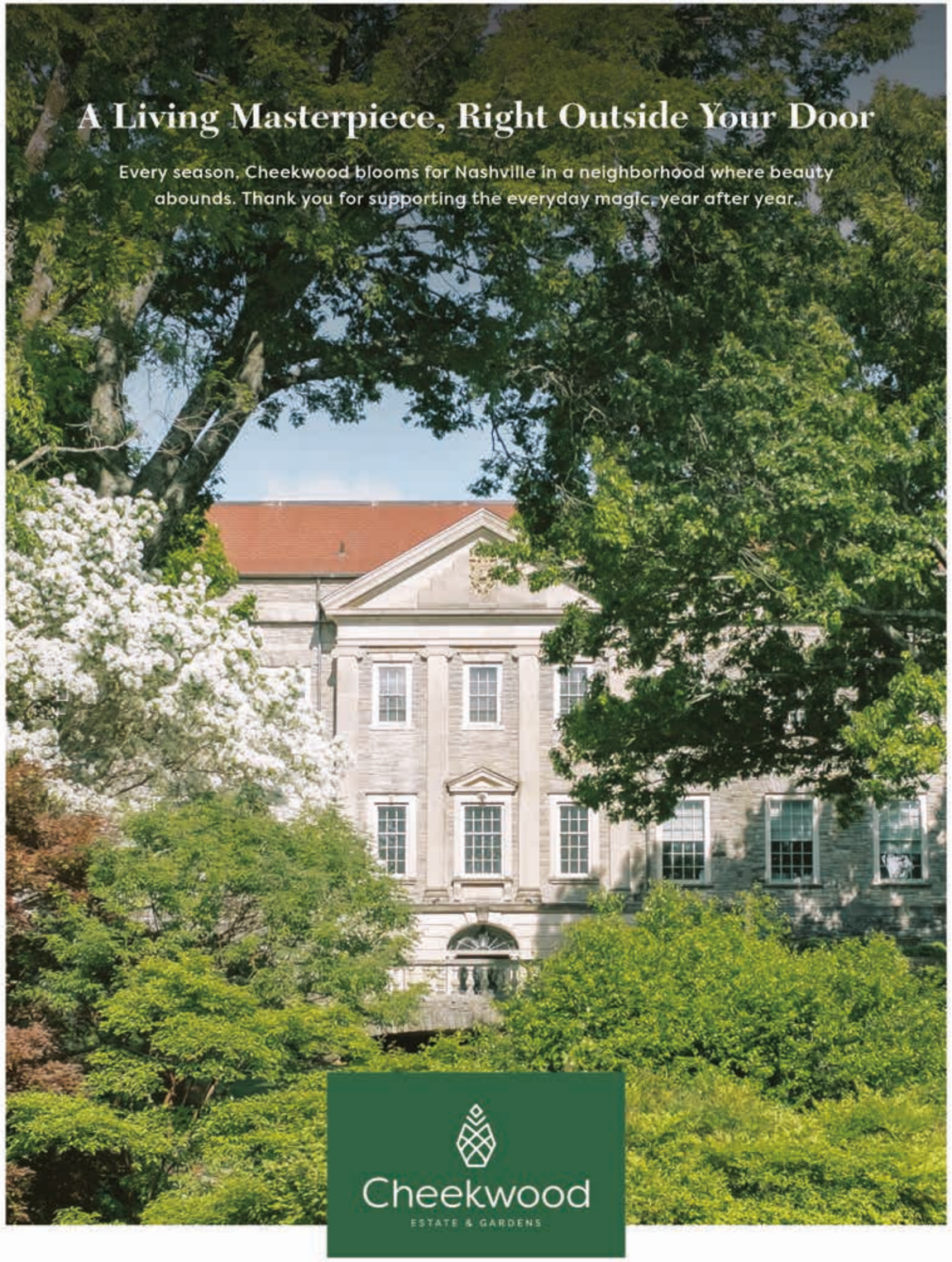

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Do you own a local business or know one you'd recommend to your neighbors? We'd love to connect! Scan the QR code to submit your business or share your favorite local recommendations.

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The Best Stories Are Right Next Door

This month, we are celebrating fathers, welcoming new neighbors, and shining a light on the people and places that make this community so special.

June is here, but before the summer begins, we have so much to share with you that happened this spring, bringing neighbors and friends together, from fundraisers to garden tours to celebrations of our young people, all in support of great causes and genuine connection. We are so glad to be here to capture and share it with all of you.

This month, we are celebrating fathers on pages 22-25 and I mean all of them, the ones who show up every single day in ways big and small. If you know one of those dads, I hope this issue gives you a reason to tell him so. Happy Father's Day!

I am also thrilled to introduce my dear friend Heather and her children, who have recently made Belle Meade Links home. Heather and I have been friends for more than 14 years, and I have watched her do things that genuinely take my breath away, running marathon after marathon, 14 Boston Marathons, and raising her kids with the kind of fierce, devoted love that makes you want to be a better person. I hope you enjoy getting to know her and her family in our "Meet Your Neighbors" feature on pages 14-17.

This month's Making a Difference spotlight on pages 20-21 celebrates Harmony Wildlife Rehabilitation Center, a West Meade nonprofit quietly doing extraordinary work to rescue and rehabilitate Tennessee's native wildlife. Their story reminded me why this community is so worth writing about. We are grateful to Belle Meade resident Lauren Karp, who proudly tells us why she supports this wonderful organization.

Our Around Town section is packed with highlights from a very full spring social event calendar. The Belle Meade Ceres Society hosted a beautiful afternoon of private garden visits; we're sure you'll be inspired on pages 42-43. The Goldfinch Foundation moved us with their Into the Light 5K, Illumination celebration, and Patron Party, shared on pages 32-33. Perfect weather was ordered for this year's Warner Parks Spring Luncheon, celebrating the spring renewal of the natural beauty of Warner Parks on pages 38-39. And on April 22nd, guests gathered at the home of Jim Nantz for an intimate evening in honor of St. Jude, co-hosted by Cassie and Charles Kelley, on pages 36-37. Now in its sixth year, what began as a dinner among friends turned into an unforgettable night of music, laughter, and generosity for an extraordinary cause.

The best stories are not far away. *Stroll Belle Meade* exists to tell them, and we want to tell yours. Whether you want to be featured in Meet Your Neighbors, share a beloved pet in Precious Pets, highlight a cause that is close to your heart in Making a Difference, take us along on an amazing travel experience, or pass along a favorite family recipe, we want to hear from you. This publication belongs to this community, and the more voices we have, the richer it becomes. Please scan the QR code below to share your story with us.

Tara Biller

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BUSINESS RECOMMENDATIONS

We are grateful to the local businesses that support *Stroll Belle Meade* (*SBM*) and help strengthen our community.

We would appreciate your neighborly input! Word of mouth is the most trusted form of marketing, and *SBM* is designed to amplify it. If you know a business you would confidently recommend, please scan the QR code and complete the brief nomination form. Your recommendations help connect neighbors with trusted local businesses.

Our goal is to curate high-quality businesses that value lasting relationships with our community. Each month, we will share categories we are looking to fill, including but not limited to:

- Optometrist
- Estate Attorney
- Physical Therapist
- Flooring / Carpeting
- Carpet Cleaner
- Orthodontist

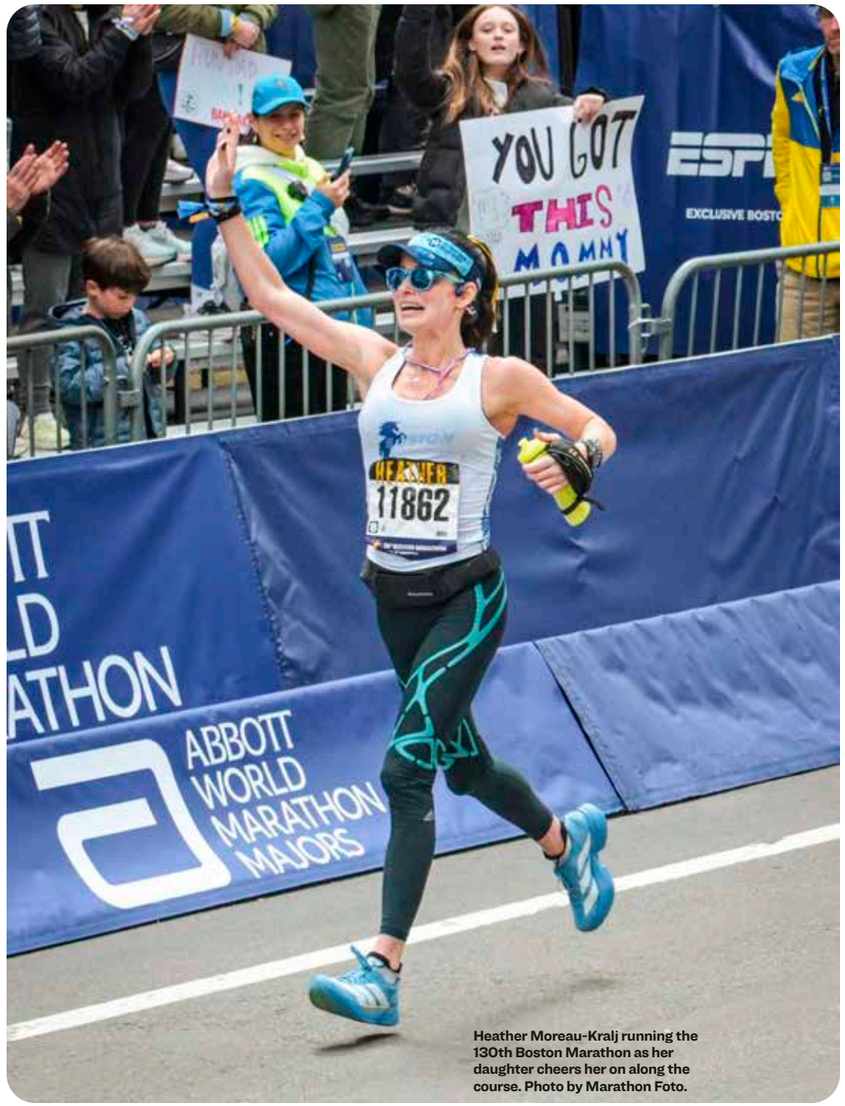
Your recommendations help shape *Stroll Belle Meade* and connect neighbors with trusted businesses.

Thank you for helping us build a network our community can rely on for years to come.

RUNNING HER OWN RACE

Meet mother, marathoner, and neighbor Heather Moreau-Kralj

STROLL BELLE MEADE **INTERVIEW WITH HEATHER MOREAU-KRALJ**



Heather Moreau-Kralj running the 130th Boston Marathon as her daughter cheers her on along the course. Photo by Marathon Foto.

A MOM OF TWO and an accomplished runner, Heather has completed more than 150 marathon and ultramarathon distance races, including 14 Boston Marathons. But for her, running has always been about more than finish lines and medals. It is about community, perseverance, adventure, and creating meaningful memories along the way. Originally from Chicago, Heather's story is one of grit, gratitude, and embracing every mile of the journey. We are thrilled to introduce her to you this month.

What are your children's names and ages? Where do they go to school? My son, Hayden Kralj (18) is a rising sophomore at Loyola University Chicago. Previously he went to Ensworth and Franklin High. My daughter, Harlow Kralj (14) is a rising sophomore at Franklin Road Academy.

Do you have pets? We have two dogs, Jett, a 13-year-old Goldendoodle, and Wrigley, a 7-year-old mutt rescue from Nashville Humane. We also have two rescue cats, a 3-year-old named Kijig and a 7-year-old Maine Coon named Kobe.

Where are you and your family originally from? We are originally from the River North area of downtown Chicago, IL. 14 years ago we moved to a home in Franklin, and recently sold it and moved to Belle Meade Links in June 2025.

What university did you attend? I went to undergrad at the University of Minnesota-Twin Cities, studying finance and marketing, and then graduated from Loyola University with a masters in Marriage and Family Therapy in July 2025. Returning to school twenty plus years later for something completely different than my previous field was challenging and took some adjusting and teamwork with my kids.

What is your profession and where do you work? I was in marketing and advertising, most recently doing consulting and freelance work. Recently however, I started a private therapy practice in the Maryland Farms area of Brentwood called Haylow Counseling, named after my two children. I am also a certified running coach.

What activities are your kids involved in? Hayden has a passion and ear for music, being both a classically trained pianist, and a self-taught guitarist and vocalist. Harlow is very active in her school as a student ambassador, member of the varsity dance team, and participates in FRA's culture council and student government.

Both the kids and I share a love of horses and volunteer in the ranch program at Camp Anokijig, a nonprofit camp in Plymouth, Wisconsin, where we help teach horsemanship and riding. I have been involved with the camp in some capacity since I was 12 years old and now serve on the board, so it has been an incredible full circle experience to watch my children become staff members at a place that has meant so much to me for so many years. I still volunteer as a counselor for a couple weeks each summer alongside them.

Do you have any family traditions? We love spending Thanksgiving in New York, something we started doing after my divorce to try to make the holidays special in a new way. Last year Harlow and I actually climbed the outside of a skyscraper on Thanksgiving Day, so you could say we like to be adventurous.

The kids and I also have the tradition of seeing Santa on Christmas Eve at the mall, even now.

When the kids were younger and Broadway was a little more tame, we had a tradition of heading downtown on the last day of school. Since it was always a half day, we would have lunch at the Hard Rock Cafe Nashville and then wander through the honky tonks, where I would let the kids request a few songs from the bands playing. We would also pick out new cowboy boots for riding that summer. Broadway is a bit different now, so we haven't done that in years.

Can you share some of your favorite activities or hobbies? Percy Warner Park is one of our favorite spots to walk the dogs, and one of my favorite places to run. I have many memories with and without my kids on the paths throughout the years. I am especially fond of the Flying Monkey Marathon and it will be my tenth time doing it this November. It is a challenging race, but such an awesome community event that is coordinated by a dear friend of mine, Trent Rosenbloom, and all of the proceeds benefit Friends of Warner Parks.

Heather with her beautiful kids, Hayden and Harlow.

Mother daughter time walking Jett and Wrigley at Parmer Park.

Heather running the Flying Monkey Marathon at Percy Warner Park alongside her kids, her 72 year old running bestie Roy Tamez, and local songwriter Jenn Schott.

Most-frequented restaurants: Hayden and Harlow's favorite restaurant has been Sperry's Belle Meade ever since we moved here over 14 years ago. We have many photos signed by the staff from all of the birthdays they have spent there! It's such a special little place with great staff and food.

My friends, Kat and Billy Dec, moved to Nashville from Chicago several years ago and brought one of our favorite Chicago restaurants with them, Sunda. It used to be just down the street from us in Chicago, so it has been special to have it here in The Gulch, and we still love going there often.

What do you like to do for fun or to relax? I am an avid runner and truly love the running community here. I started running later in life, in my early 30s while living in Chicago, but it was not until I moved to Tennessee that I really felt the sense of community around the sport. I spent several years on the Fleet Feet Racing Team, where I met some of my closest friends. I run both road and trail, so having such a large running community and accessible park system here has been incredible. I run locally with the Brentwood Breakfast Club, and every year we celebrate my birthday with a run at Percy Warner Park. My "run bestie" is 72 years old and runs both Boston and my 100 milers with me. Honestly, he probably runs more than I do!

Running has truly changed the course of my life. I am so thankful for the opportunities, friendships, and travel experiences it has brought me. It has also given me the chance to show my kids the value of working hard toward a goal. Sometimes you succeed and sometimes you do not, but what matters most is not giving up. I also think it is important to show my daughter that women can be strong and gritty, and that this is its own kind of beautiful.

What are some of your favorite races you have participated in over the years? I run the Barkley Fall Classic every September in Frozen Head State Park, and having such an iconic race less than three hours away is really special. It is far from a typical trail race, and there is

CONTINUED ▸

a great documentary that is entertaining for runners and non-runners alike called "The Barkley Marathons: The Race That Eats Its Young". That should give you an idea of what it's like!

I have completed more than 150 marathon and ultramarathon distance races and will take on my longest distance yet this June at The Last Annual Heart of the South (another race from the brain of Lazarus Lake, who also created the Barkley Marathons). Runners know where the race finishes, but not where it starts until the day before. We are bused out, dropped off roughly 350 miles away, and expected to find our way back without crews or aid stations. It will be quite different from running the Boston Marathon this past April! I am planning to run the race to raise money for The Goldfinch Foundation in honor of Owen Willers. My son went to school with Owen, and I hope to raise awareness and support for teen mental health.

Some of the most rewarding experiences of my life came from completing the Abbott World Marathon Majors: Boston, London, Chicago, Berlin, New York, Tokyo, and soon Sydney this August. I became a Six Star Finisher in New York in 2017 when I was lucky enough to run on Olympian Meb Keflezighi's team during his final competitive race at the New York City Marathon. He selected one runner to represent each of the major marathons he had competed in throughout his career.

I also had the opportunity to run the Tokyo Marathon as a semi elite runner for the United States in 2016. I have never experienced a race like that before as I was seeded right behind the elite runners (even though I was easily an hour slower than them). I remember nervously texting my coach at the time, local runner and Nashville Rock 'n' Roll Marathon winner Scott Wietecha, that I wanted to fake tying my shoe so everyone could pass me. He told me to relax and enjoy the moment, and I am glad I did. I truly think the best way to see an area is to run a race because the city wants to highlight its best features and gives you access to areas that are otherwise full of cars.

Are there any races that hold a special place in your running journey? One race that has become deeply meaningful to me is the Boston Marathon. I ran my first Boston in 2012 after carefully planning the birth of my daughter, Harlow, around qualifying for it. I still joke that I wanted to name her Boston, but her father "curbed my enthusiasm."

I have now run Boston 14 times, 13 consecutively. Consecutive years matter there because after 10 straight races, runners no longer have to worry about the ever changing qualifying buffer. The one year I missed was 2013, the year of the marathon bombings. I had planned to run, but after moving to Tennessee, I did not feel confident in my training and decided to stay home. Looking back, I feel incredibly grateful I was not there, especially since we always stay at the Lenox Hotel near the finish line. Even if my family would have been safe, the trauma of that experience would have been life altering. I spent the day glued to the television and trying to reach friends who were on the course. That experience changed my perspective completely, and I promised myself I would never miss Boston again.

Returning in 2014 was one of the most powerful experiences of my life. You have probably heard the term, "Boston Strong", but the embodiment of it was palpable that year. I have never felt such unity in a community in my life and Boston never really lost that. Even during the year of the nor'easter with 40 mile an hour head wind and freezing rain and snow, people were setting up at 6AM to watch the runners. It is always on Patriots Day and the city completely shuts down. Generations of families have sat in the same area watching the marathon and they are so proud of it that they make the runners feel like celebrities and old friends.

Many years I have run as a time qualified runner for Team MR8, the charity created by the Richards family in honor of their son Martin, who was killed in the bombings. I carry a photo of Martin holding his sign that reads, "No more hurting people. Peace," in my wallet every day and in my race belt every Boston.

Boston has become much more than a race for me. I always get into town on Thursday and stay until Tuesday because there are just so many amazing experiences and sights to take in, and it's my version of Disney World. My children have grown up with their own Boston traditions, including running the B.A.A. 5K with me before marathon day. Over the years, I have also become close with members of the Quarter Century Club, runners who have completed Boston 25 or more consecutive times, so we have an Italian dinner in the North End with them every Saturday night race weekend. It's incredible to hear the stories of people that have run the race 40 or 50 times and never missed one!

Even during the pandemic, when the marathon was held remotely, we found a way to keep the tradition alive. Boston allowed runners to complete the 26.2 miles within a set time period, so I ran the course locally down Belle Meade Boulevard. I invited the police department to come out, friends joined me for different sections, and my daughter finished the final mile with me as we crossed a Boston Marathon finish line tape in front of Percy Warner Park. It ended up being such a memorable Boston experience!

Katherine Switzer, the first woman to run Boston, has a saying, "If you are losing faith in humanity, go watch a marathon." I truly believe that running is so much more than miles, pace, races, medals, any of that; it is community and stability in times of uncertainty. You will always find someone to run or walk with in a run club or a race, and they will most likely become one of your favorite friends for a long time to come!

A throwback Boston Marathon moment with Hayden.

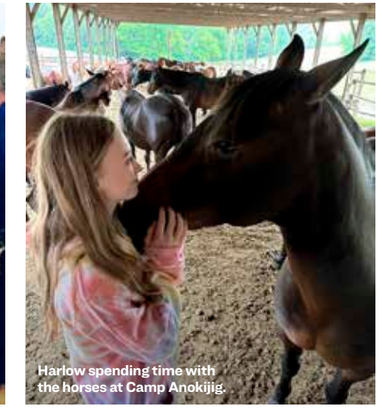
Heather and Harlow climbing a skyscraper in New York on Thanksgiving Day.

Heather and Harlow cross the finish line together during the remote 2020 Boston Marathon on Belle Meade Boulevard during the pandemic.

Riding horses through the crystal waters of Turks and Caicos.

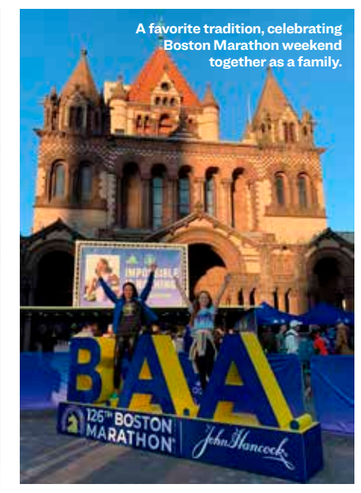
Scan the QR code to support Heather's 350 mile run in honor of Owen Willers and The Goldfinch Foundation. Be sure to check the box to donate in support of Heather's run.

Hayden with Meb Keflezighi wearing a Team MR8 shirt.


Harlow spending time with the horses at Camp Anokijig.

The annual Christmas Eve visit with Santa at the mall.

Hayden and Heather spending time at Camp Anokijig, a full circle family tradition.



A favorite tradition, celebrating Boston Marathon weekend together as a family.

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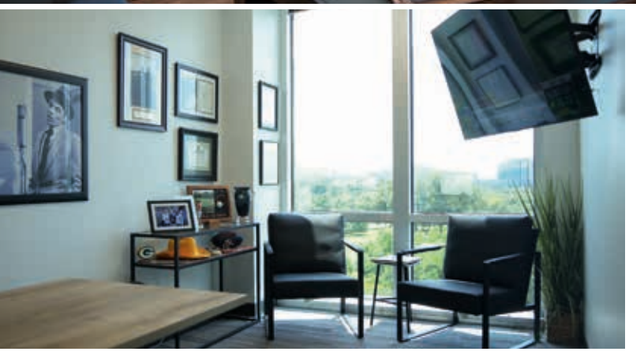

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How Harmony Wildlife Rehabilitation Center provides expert care and a path to release for Tennessee's injured and orphaned native animals

BY RESIDENT WRITER ARLENE AVERBUCH

Harmony Wildlife Rehabilitation Center is a 501(c) (3) nonprofit organization dedicated to caring for Tennessee's orphaned and injured native wildlife in order to set them free. They are licensed and regulated by Tennessee Wildlife Resource Agency (TWRA) and U.S. Fish and Wildlife Service.

They provide expert medical care for native wildlife, including adult songbirds, hawks, owls, turtles, foxes, bunnies, raccoons, bats, opossums, and more. They are often injured by vehicles, pets, or habitat loss. Harmony Wildlife provides a sanctuary for their recovery. Their team, led by experienced rehabilitators, offers the care and environment that these animals need to mature and recover so they can eventually be released.

They are also an educational resource. They know it can be stressful to find a baby bunny on your lawn or see an injured animal in your garden. They help neighbors navigate these encounters by answering questions about the animals that share the Belle Meade and West Meade backyards. Each year they respond to more than 10,000 messages by phone calls, emails, and text messages. Donor and Belle Meade Resident Lauren Karp, who is a local professional wildlife and nature photographer, notes, "To know that there is hope for the beautiful creatures surrounding us is a wonderful thing."

Harmony Wildlife has been serving Middle Tennessee for more than 30 years. Their founder, Carol Burgess, began her mission in 1986 and officially established Harmony Wildlife in 1992. While their roots were originally in Fairview, the organization relaunched in 2022 by relocating to their current home in West Meade. This move was specifically designed to meet the growing need in West Nashville and in Belle Meade. While they seek to go above and beyond for their immediate neighbors, they still provide a lifeline for animals from across the entire state.

Burgess has decades of expertise, and she continues to guide their work today. In 2022, Harmony Wildlife was revitalized under the leadership of Executive Director Anastasia Kudrez. This rapid growth has been steered by a dedicated Board of Directors including Bob Notestine, a long time resident and founder of Belle Meade Title & Escrow. Kudrez proudly shares, "My involvement changes from hour to hour! We're scrappy, so I figure out what needs to get done and find a way to do it. Some mornings, I am scrubbing cages, only to change into clean clothes to meet our Board. My role is to ensure every animal gets the best care today while building the financial stability that will allow Harmony Wildlife to serve our community for decades to come."

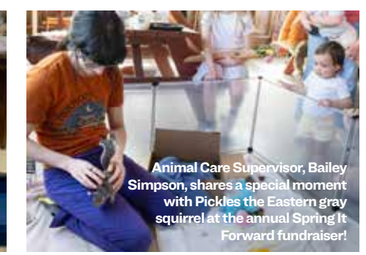
Harmony Wildlife recently hosted their annual fundraiser, Spring It Forward, at TailGate Brewery Headquarters in Bellevue. More than 400 people attended to meet their team and celebrate local wildlife. They are already planning for Spring It Forward 2027, looking for local businesses and residents to get involved as sponsors or volunteers.

Here are some ways to get involved with Harmony Wildlife:

- **Donate.** As a nonprofit that receives no local, state, or federal funding, they rely entirely on community generosity. Donations fund specialized food, supplies, veterinary care, and more. They also have a wish list on Amazon.com.

Education Director, Kady Sullivan, introduced Sweet Potato the Eastern box turtle to a group of Clarksville homeschoolers for her big TV debut on Tennessee's Wildside.

Education Director, Kady Sullivan, brought Frodo the Virginia opossum to visit a classroom at The Temple Preschool.



Animal Care Supervisor, Bailey Simpson, shares a special moment with Pickles the Eastern gray squirrel at the annual Spring It Forward fundraiser!

- **Join the Board.** They are looking for people who can help them grow, especially those with a background in fundraising, law, finance, or marketing.
- **Volunteer.** They are always looking for help, ranging from hands-on animal care to drivers who can transport animals.

Karp proudly tells us, "I became a donor after reading about all that the organization does. I saw that Harmony Wildlife not only takes in and rehabilitates injured wildlife, but they also educate children by taking "animal ambassadors" to schools. It gives me hope that in teaching our children to care about animals like birds, foxes, and turtles, that perhaps there will be more people who will take better care of the world around them. As a wildlife and nature photographer of 15 years documenting the beauty that surrounds us in Tennessee, I am grateful that this nonprofit sees and wants to maintain that beauty as well."

Harmony Wildlife is here to ensure that as Nashville grows, our native Tennessee species have a place. If you encounter a wild animal in need, or simply want to learn more about the animals in your garden, please reach out. Harmony Wildlife thanks you for being a friend to Tennessee native wildlife.

Stroll Belle Meade is so proud to spotlight Harmony Wildlife. We appreciate Founder Carol Burgess, Executive Director Anastasia Kudrez, and Belle Meade Resident Lauren Karp, for truly Making A Difference.

You can learn more by visiting their website www.harmonywildlife.org or emailing contact@harmonywildlife.org. If you find a wild animal that needs help, text (615) 266-5701. They will respond as quickly as possible but don't wait! Find a licensed rehabber by visiting the TWRA website (www.tn.gov/twra/wildlife) or Animal Help Now (www.ahnow.org).

FACES OF FATHERHOOD

A celebration of the dads who shape our community through love, guidance, and strength

BY BELLE MEADE RESIDENTS, CURATED BY ROSEANN ROGERS

"Happy Father's Day! Be present as much as possible for your kids but remember not to burn yourself out along the way."

—BAXTER MATTHEWS

Baxter Matthews

Fatherhood has taught me that you may think you are patient until you are raising a toddler who puts that to the test day in and day out. My kids have also taught me not to take things for granted. Even on the hard days, in the middle of tantrums or moments when they are driving me up the wall, I try to remind myself that even those days are far better than a day without them.

One of my favorite traditions is making and decorating cookies around the holidays. I grew up doing it every year with my grandmother and family, and now I get to continue that tradition with my little girls.

My dad was big on sayings he passed down from his own father: "Waste not, want not," "Everything in moderation," and "Big dogs travel late." One piece of advice I want to pass along to my kids is that life is something to truly cherish, and that becoming a parent is a sacrifice completely worth making. I hope they grow up understanding the value of sharing the experience of life with another generation.

Happy Father's Day! Keep showing up with love, strength, and patience every single day because your efforts matter more than you know. We're all in this together. Proud to stand with you.

—GREG GALFANO

Greg Galfano

I never truly understood how profound unconditional love could be until I became a father. I had heard about it, of course, but actually experiencing it, loving my daughters so deeply and completely, with no conditions or limits, has been one of the most surprising and beautiful parts of my life. They have completely changed the way I approach life and continue to show me every day what it means to be a good human being. I am endlessly grateful to them for that.

One of my favorite memories as a father is spending time with my family at the beach. We're the kind of people who live for sunny days spent together in Florida or the Caribbean, and we can't wait to keep the tradition alive with the grandkids… mostly so we have fresh recruits for carrying beach chairs and building overly ambitious (and usually doomed) sandcastles.

One piece of advice I have always believed in is to be quick to forgive because you never truly know what someone else may be going through. My dad's best advice was always to stay positive, no matter how difficult things may seem, because everything has a way of working out in the end.

"Happy Father's Day to those who continue to be present in their children's lives."

—NIKHIL SHAH

Nikhil Shah

For my Grandfather:

This is the first Father's Day without my grandfather. He recently passed away with my mom, dad, and me by his side. He gave me advice that has stayed with me throughout my life and feels just as meaningful today. He had a lot of sayings I will always remember:

"You only have to tell the truth once." "It will be hard, but kill them with kindness." "Eat all that you take, take all that you eat." "Have a little bit of what the cook cooks."

Simple words, but lessons rooted in honesty, grace, and character, all values I carry with me every day.

One of my favorite memories with my grandfather was when I was earning my instrument rating for my private pilot's license and flew from Tuscaloosa to Nashville to Newberry. He was able to watch me land, taxi, and take off for the first time, and it was a very special moment for both of us.

When I become a father, I hope to give my children the best education, a strong family life, and a great connection with God. More than anything, I want them to grow up surrounded by love, guidance, and the kind of values my grandfather lived by every day: honesty, kindness, hard work, and faith. Above all, I want them to understand that character matters, and the way they treat people will always be remembered more than what they achieve. Staying true to who they are, working hard, trusting God, and treating others with respect will shape a meaningful and fulfilling life.

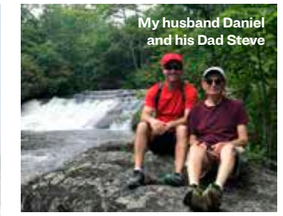
Tara Biller

For my father:

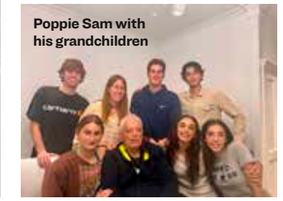
Daddy. Dad. Poppie Sam.

Three names, one extraordinary man. To his grandchildren, he is Poppie Sam, a name spoken with the kind of joy only a grandchild can muster. To his children, he is Dad, steady and sure, the one we have always turned to. And to me, he will always be Daddy, no matter how many years pass. Nineteen years ago, on Father's Day, he received the gift of life from Mollie Newman Hall, who gave him a kidney and a second chapter. In doing so, she gave all of us more years with the man we love so dearly. What makes this story even more remarkable is that Mollie did not just give my father life; she became family. She and her family are woven into our story now, and we would not have it any other way. It is not lost on us how extraordinary it is to celebrate you on Father's Day every year, knowing it is the very day that gave you back to us and brought Mollie into our lives. Daddy. Dad. Poppie Sam. Every name is a world of love. And we are so grateful you are here to answer to all of them.

My husband Daniel and our kids



My husband Daniel and his Dad Steve



Poppie Sam with his grandchildren

Poppie Sam and Poppy Steve

For my husband:

Watching you be a father to our three children is one of the greatest privileges of my life. You show up, fully, consistently, with your whole heart, and they see it. They feel it. The commitment you pour into this family is a gift that will echo through them for the rest of their lives. On this Father's Day, I want you to know how deeply you are seen and appreciated. Not just as a husband, but as the extraordinary dad you are every single day. We are so lucky to call you ours.

Poppie Steve

There are people whose absence never fully settles, who remain so present in the way we speak, the stories we tell, the values we carry. Poppie Steve is one of those people. His sharp legal mind was something to marvel at, but what we miss most is simply him, his presence, his voice, the way he made the room feel. We talk about him often, and that is not by accident. That is love refusing to be silent. On this Father's Day, we honor him as we always do, by keeping his memory alive in our words, our laughter, and our hearts. We miss you, Poppie Steve. Always.

CONTINUED ▸

Kellen and I with our son, Kellen.

Kellen and Wells at the beach

Kellen and Bennett Anne at a Vols game.

Lauren Moore

For my husband:

Kellen Moore embodies a modern portrait of balance, where professional ambition and meaningful family life coexist with intention and ease. A father of three (Bennett Anne (10), Kellen (9), and Wells (1.5)) his days are thoughtfully divided between a thriving career in real estate and a deeply rooted presence at home.

As a member of the Helton Real Estate Group at Compass, Kellen approaches his work with the same energy and discipline that defines his personal life. Yet it's beyond the office, at home on Nichol Lane in Belle Meade Highlands, where his priorities are most evident. Known for being exceptionally hands-on, Kellen is a constant in his children's daily lives, whether it's school events at Oak Hill, afternoons spent outdoors, or simply being present in the everyday moments that matter most.

Central to his parenting is a simple but powerful philosophy he shares with his children: don't be tied to the end result. Instead, get out there, give it your best, and let the cards fall where they may, knowing that effort and integrity matter more than outcome. It's a mindset rooted in resilience, one that encourages his children to try their hardest and feel proud of themselves at the end of each day.

Weekends and spare time reflect a life well-lived. You'll often find him on the golf course at Hillwood, in the gym, or outdoors hunting and fishing. But just as often, he's in the backyard or driveway, playing football or basketball with Bennett Anne and Kellen fully engaged, fully present.

There's a quiet consistency to how Kellen moves through life: disciplined, grounded, family and friends first. It's this balance, of drive and devotion, that make him not only successful in his field, but deeply admired at home and in this community.

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STROLL BELLE MEADE **INTERVIEW WITH OWNERS KIRSTEN HOLLEY AND MATTHEW MINER, PHOTOS BY STEVE ZAK PHOTOGRAPHY**

Owners Matthew Miner and Kirsten Holley

This month, we are delighted to introduce our trusted partner, Massage of Nashville. What began as a shared vision has evolved into a premier wellness destination within the community. With a deep passion for movement, healing, and thoughtful client care, Massage of Nashville offers an experience that feels both elevated and intentional. Each session is designed with purpose, blending therapeutic expertise with a highly personalized approach that supports long term wellbeing. The result is more than just a massage, it is a space where clients can restore, recover, and truly feel their best.

Where did you grow up? Kirsten grew up in North Florida and Matthew grew up in South Padre, Texas.

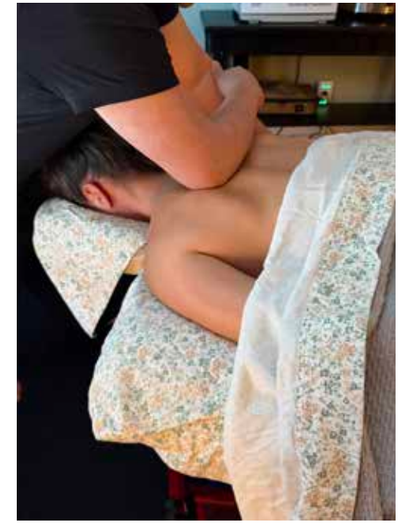
How long have you lived in the area? Matthew moved to Tennessee in middle school while Kirsten moved here after graduating college.

What is your business and how/why did you start it?
KIRSTEN: I was teaching middle school virtually when the pandemic hit, and Matthew was forced to pause his private massage practice due to the shutdown. We met through a mutual friend early on and quickly bonded over our shared love of fitness and hiking. With most indoor activities closed, we spent a lot of time on the trails, talking about life and our future goals.

That unexpected downtime gave us the space to start building something together: Massage of Nashville. Matthew had long envisioned creating a therapeutic massage studio that felt different from a traditional spa. His goal was to bring together like-minded therapists who focus on helping clients achieve real results, such as reducing pain, improving mobility, and managing stress.

I stepped away from teaching temporarily to help launch the business, and what started as a two-person team has grown into a staff of ten. As the studio expanded, I hired a receptionist so I could return to the classroom, while Matthew now leads a team of eight highly skilled, licensed massage therapists.

What is unique about your business and sets you apart? Massage of Nashville has been recognized as Best Massage Studio by Nashville Fit Magazine for four consecutive years, a reflection of our team's dedication and expertise. What truly sets us apart is our therapists' deep passion for anatomy and healing, which informs every session we provide.



Each massage is thoughtfully tailored to the individual, with detailed notes taken after every session to track progress and ensure continuity of care. Rather than offering a one size fits all experience, we focus on helping clients achieve meaningful, long term results.

We also offer a wide range of modalities, including cupping, Thai massage, lymphatic drainage, craniosacral therapy, acupressure, prenatal massage, therapeutic deep tissue, and relaxing Swedish, allowing us to customize each session to best support our clients' specific needs and goals.

Tell us about the events that led up to where you are now.
MATTHEW: I started out in welding but became very dissatisfied with my career. While exploring other options at a vocational school, I discovered massage therapy. After receiving a massage myself and experiencing immediate relief, something just clicked. I knew I had found the direction I wanted to pursue, and so on the spot, I quit welding and enrolled in massage school. After graduating, I gained experience working alongside a chiropractor before building a successful private practice.

Kirsten started her career as a middle school teacher and was also teaching yoga, with a real passion for helping people improve their mobility at any level. When she heard about my vision for a more therapeutically focused massage practice, it felt like a natural fit and a chance to bring our shared values around movement, wellness, and client care together.

Together, our backgrounds in hands-on therapy, education, and movement have shaped the foundation of Massage of Nashville and still guide how we support our team and care for our clients today.

Given your business expertise and the nature of what you do, what advice can you offer our residents? Therapeutic massage is an important part of a well-rounded wellness plan. When you think about your health, it is a combination of exercise, nutrition, hydration, sleep, and recovery. Incorporating therapeutic massage with skilled, knowledgeable therapists can play a key role in that recovery and help you feel and move your best.

What's the most common misconception people have before working with you, and what is the reality? Massage is not a luxury. It is easy to overlook the impact a consistent routine can have. While a massage for a special occasion is always a treat, regular sessions, whether monthly or even biweekly, can help reduce chronic pain, support muscle recovery, lower stress, improve sleep, and promote better mobility.

Can you share a recent success story or moment where you were truly making a difference? We are proud to have a consistent five star Google rating and a loyal client base. Each massage is thoughtfully tailored to your individual goals, and detailed notes are taken after every session to ensure a high quality, results driven experience every time you visit.

We have supported clients through meaningful moments in their lives, from mothers during their prenatal journeys to athletes training for marathons and weightlifters recovering from competition. It has truly been a joy to play a small but important role in the health and wellbeing of so many people.

How do you approach relationships with your clients and why does that matter in a close-knit community like Belle Meade? We love getting to know our clients and being part of their wellness routines. As a small business, we truly value our place in the Nashville community and are grateful for the referrals that help us grow. It is an honor to be trusted with the health and wellness of the Belle Meade community.

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Community in Action: The Goldfinch Foundation

Highlighting recent GFF events across Nashville

BY MALAK TALIB, VANDERBILT UNIVERSITY STUDENT AND GFF CONTRIBUTOR

Live musical performances by student artists at Illumination.

INTO THE LIGHT 5K

On March 1st, more than 450 participants gathered before sunrise at McCabe Park Community Center for the Goldfinch Foundation's Into the Light 5K. The race, held along the Richland Greenway, began at 5:30 AM and symbolized moving from darkness toward light, side by side, in support of youth mental health.

The morning was filled with energy, community, and powerful moments that reminded us none of us walk this road alone. Even after Nashville was hit by a snowstorm, people showed up. That said everything about what this event is and what it stands for.

The race wrapped up around 6:30 AM with remarks, winner announcements, and bagels and coffee from Ugly Bagel at the finish line. Prior to race day, participants were also invited to a packet pickup party to collect their bibs, t-shirts, and wristbands. Belle Meade resident Nicola Ross served as the 5K Board Chair, playing a key role in bringing the event together.

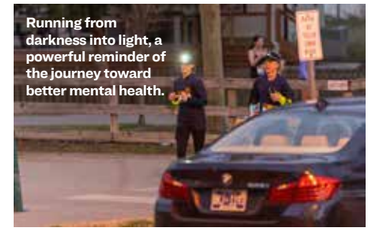
Created to honor Owen, the Into the Light 5K brought people together in the most literal way possible, moving from darkness into light, side by side.

Delia and David Darst at the GFF Patron Party.

GFF Founder, Dr. Liz Willers, with her husband Jeff and son Charlie.

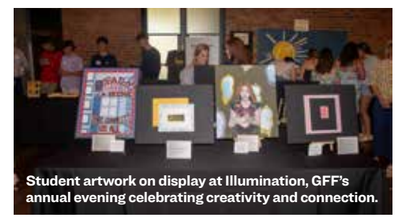
ILLUMINATION

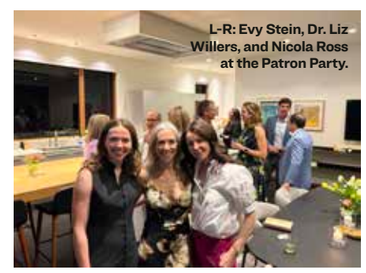
On April 19th, Clementine Hall was filled with art, music, and the kind of energy that only happens when a community genuinely shows up for its young people. Students, teachers, and families from schools across Nashville gathered for Illumination, the Goldfinch Foundation's annual evening celebrating creativity and connection in support of youth mental health.


Running from darkness into light, a powerful reminder of the journey toward better mental health.

Runners gather before sunrise for GFF's Into The Light 5K.

Guests experience live music, art, and community at Clementine Hall.


Student artwork on display at Illumination, GFF's annual evening celebrating creativity and connection.


L-R: Evy Stein, Dr. Liz Willers, and Nicola Ross at the Patron Party.

GFF's Patron Party at the home of Stephanie and David Bailey.

Guests moved through the space experiencing student artwork, live musical performances from student artists, wine, beer, and hors d'oeuvres, and connecting with others who believe in the power of creative expression to heal and bring people together. Belle Meade resident Irene Head was among those who joined the community for the evening.

Illumination was created to give student artists a space to be seen and to remind everyone in the room why this work matters.

PATRON PARTY

On April 16th, just days before Illumination, the Goldfinch Foundation gathered its patrons for an intimate evening at the home of Stephanie and David Bailey. Over good conversation, meaningful connection, and a performance from student musician Cooper Ramsey, patrons had the chance to celebrate Nashville's emerging young artists, learn more about the Foundation's work, and reflect on a year of impact.

It was a small, warm evening that captured something important about what the Goldfinch Foundation has built in Nashville, and a reminder that none of it would have been possible without patrons who believed from the very beginning. Belle Meade residents Dorothy Sifford, Irene Head, and Amy Liz Riddick were among those who attended.

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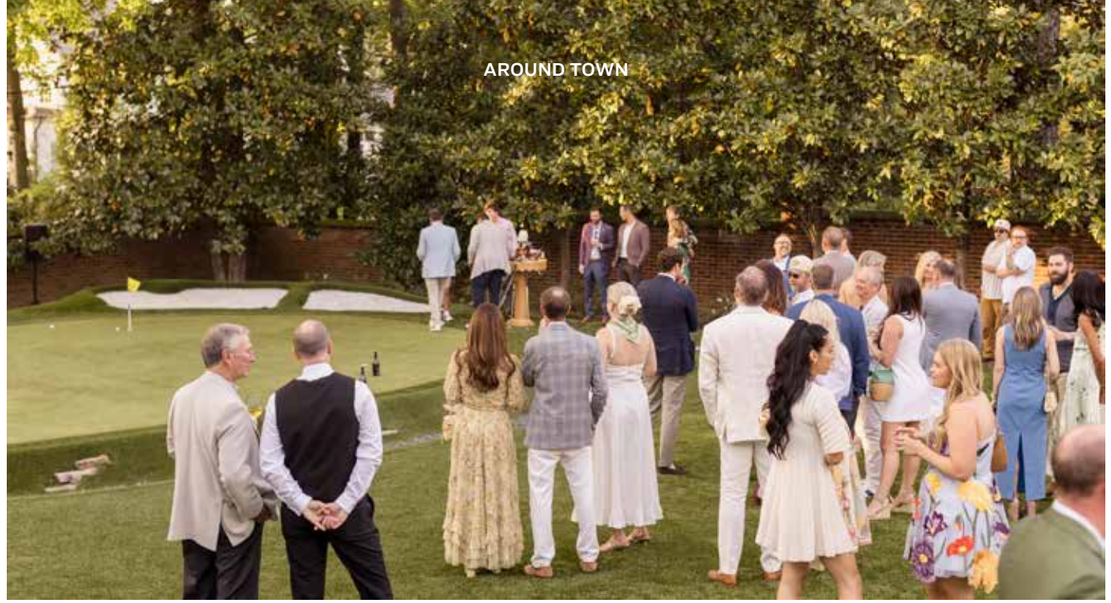


Putting for a Greater Cause... St. Jude

A Backyard Putting Competition, Alfresco Dining, and Surprise Performances Make This Spring Dinner One for the Record Books

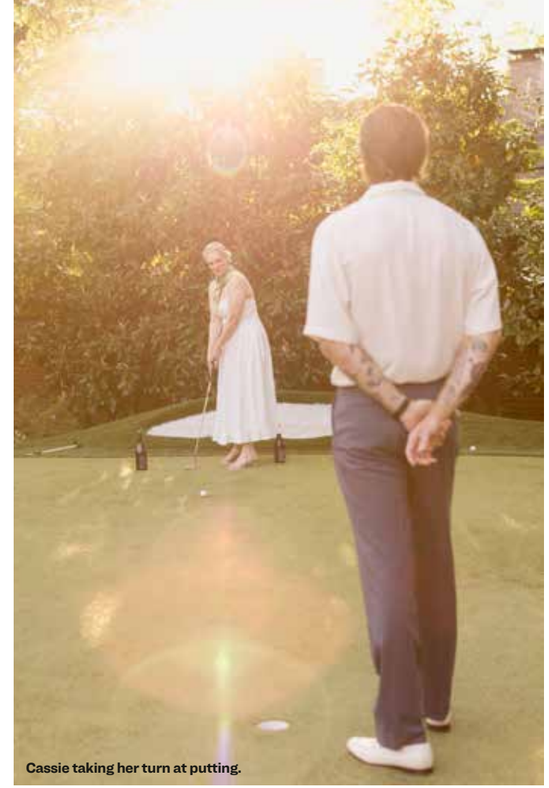
PHOTOS BY MARY CRAVEN PHOTOGRAPHY

Guests gathered in Belle Meade at the home of Jim Nantz on Wednesday, April 22, for an evening in honor of St. Jude. The dinner, co-hosted by Cassie and Charles Kelley, is in its sixth year and has become a beloved tradition for St. Jude supporters in middle Tennessee. The Spring Dinner is part of the auction at a larger event, St. Jude Presents: Curated, which was hosted by Delaney and Ernest Smith in 2025. Through the auction and other gifts, Curated raised over $2.5 million this year for St. Jude Children's Research Hospital.

This year's Spring Dinner included a cocktail hour in Jim's backyard, along with a competitive putting competition, which Jim called. Country music recording artist HARDY won the putting event, but every golfer delighted in seeing the legendary broadcaster announce each putt. Afterward, dinner was served alfresco by Kristen Winston and her impeccable team with wine pairings from The Calling. During the evening, Jim shared his special connection to St. Jude, its founder, Danny Thomas, and to St. Jude patient Dakota, an aspiring professional golfer. Co-host Charles Kelley and bandmate Dave Haywood entertained the guests with several memorable performances and spontaneously invited friends and neighbors, Jordan Davis, ERNEST, and HARDY, to the stage for more fun moments throughout the night.

Jim Nantz congratulates HARDY after winning the putting contest.

Lady A's Charles Kelley and Dave Haywood



Cassie taking her turn at putting.

Dr. Jacob and Kelly Unger, Elizabeth and Bryan Frist

Ryan Lipman, Andrew East, Shawn Johnson East, Aiyda and Randall Cobb

Rakiyah Marshall England and Seth England, and Leslie and Austin Smith

Event co-hosts Cassie and Charles Kelley

WARNER PARKS SPRING LUNCHEON

A perfect spring day set the scene for an elegant al fresco celebration at Warner Park Nature Center.

Nashville's Warner Park Nature Center played host to a stunning al fresco affair as guests gathered under a tent in the open field for the Warner Parks Spring Luncheon. With a perfect spring day as the backdrop, the midday celebration brought together community members for a seasonal luncheon complete with refreshing beverages and the chance to win exciting raffle prizes generously donated by event sponsors. Friends of Warner Parks President Jenny Hannon shared an update on the cleanup efforts underway to restore the park after the ice storm and make it safe for all Nashvillians to enjoy.

Guests arrived in their finest "park chic," and everyone looked absolutely stunning against the park's natural beauty, making for a picture-perfect spring scene. A gorgeous array of florals, sundresses, and crisp white ensembles filled the field with color and charm.

The 2026 Spring Luncheon was chaired by Cathy Grier, Jodie Lawton, Aleigh Sanchez, and Caroline Tompkins, whose thoughtful touches made the afternoon truly special. A beautiful start to the season!

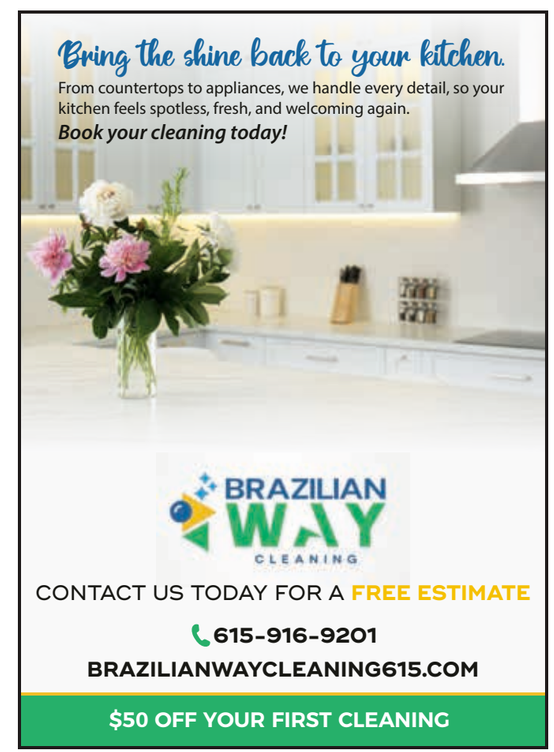
Roseann Rogers, Donna Rayburn and Melissa Hobbs

L-R: Luann Lavin, Allison Greiner, Renee Meehan, Tara Biller, Roseann Rogers, Melissa Hogg, Muf Alsup and Mod Black

Tara Biller and Jenny Hannon

L-R: Roseann Rogers, Kimberlee Andrews, Georgia Bentley, Amelia Strobel, Rena Allison, Jeanette Slakey, Terri Major, and Donna Rayburn

(LtoR) Roseann Rogers, Tara Biller, Melissa Hobbs, Muff Alsup, Luann Lavin, Allison Greiner, and Renee Meehan.



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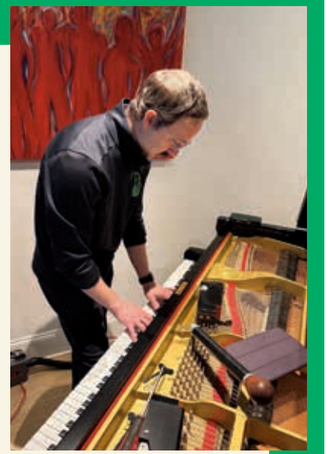

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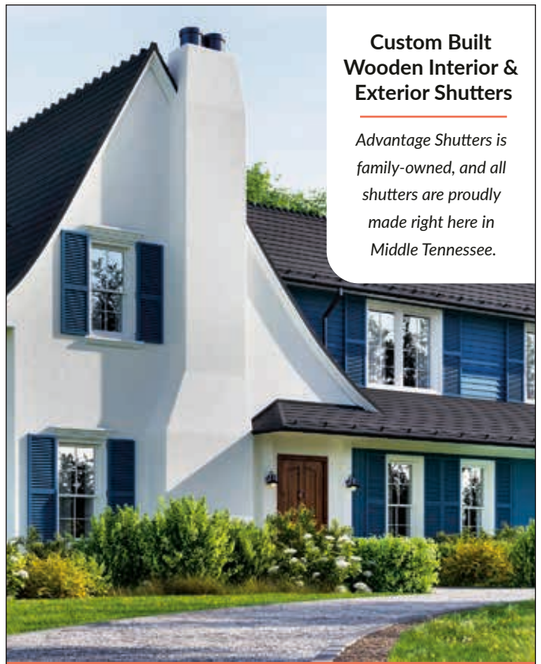

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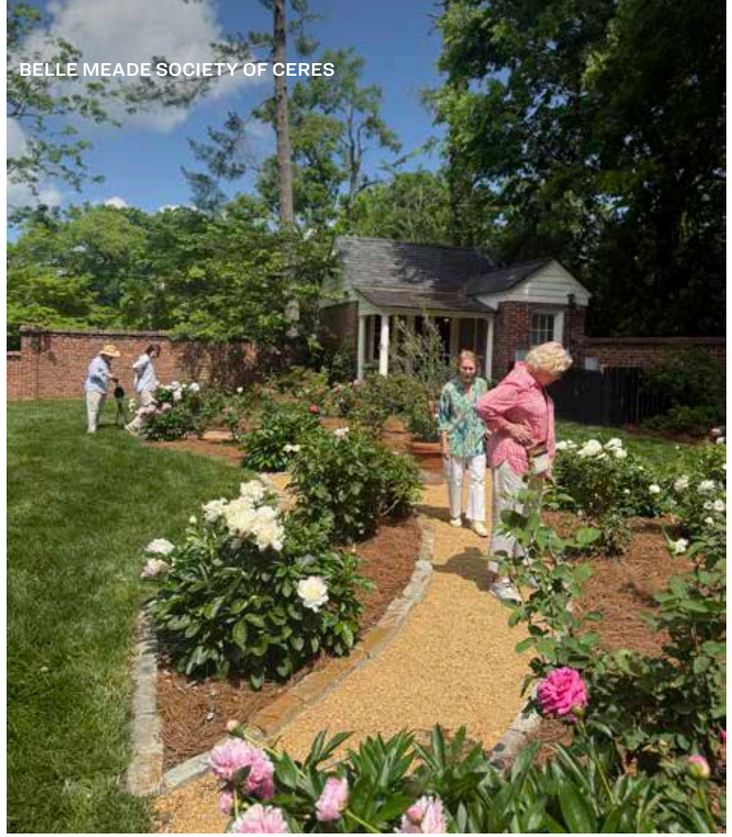
Garden Visits

THE BELLE MEADE CERES SOCIETY welcomed residents and their guests to a perfect spring afternoon of private garden visits on April 25, 2026. With beautiful weather setting the stage, it was a truly memorable day. A heartfelt thank you to Leslie and Gus Grote and Elizabeth and Jack Wallace, whose generosity and warmth in opening their beautiful gardens to neighbors made this special day possible.

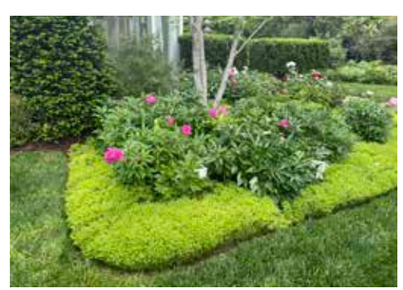
Over 24 years on Clarendon Avenue, Leslie and Gus Grote have cultivated a backyard sanctuary that beautifully balances family life with natural beauty. From early spring bulbs and wildflowers transplanted from their farm to cascading waves of dogwoods, azaleas, peonies, hydrangeas, and roses that bloom through October, the garden tells a living story of gatherings, celebrations, and generations of love. A newly added front porch and sidewalk welcome visitors to this warm and flourishing home.

At Elizabeth and Jack Wallace's home on Lynnwood Terrace, we find a heartfelt tribute to the transformative power of a grandmother's garden. With brick paths, arched hedges, fountains, a greenhouse, and beloved heirloom plantings of roses, camellias, quince, and violets, Elizabeth has spent decades crafting a space meant to inspire wonder in children and grandchildren alike, evoking the timeless beauty she experienced in her own childhood.



Leslie Grote

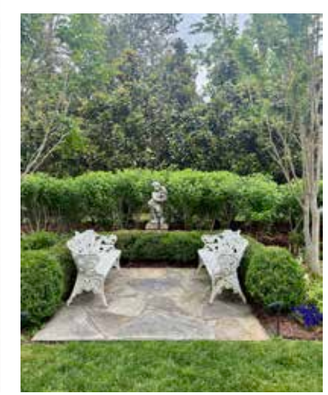
Chip Wilkison and Lisa Ellis



Mary Wade, Patsy Curry, Elizabeth Wallace, and Paula Covington

Elizabeth Wallace

Margaret Rolfsen and Susan Issacs



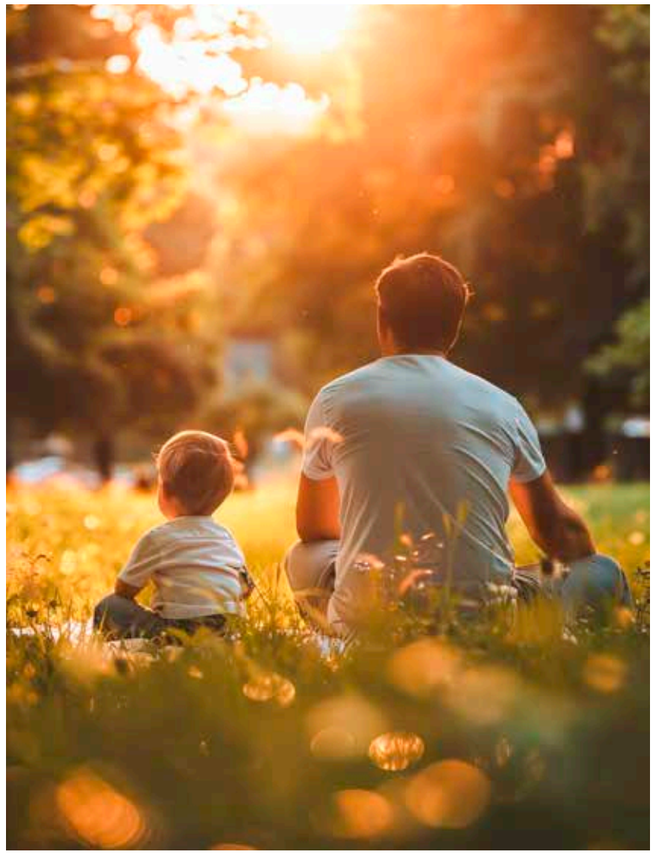
Growing Into Parenthood

An honest look at the beauty, growth, and challenges of becoming a parent

BY *STROLL BELLE MEADE* SPONSOR AMY KNUTSON COUNSELING

I spend a lot of time talking with clients about life transitions. As I prepare for a life-changing transition of my own – welcoming a second child to our family – I have been reflecting on the journey that is adjusting to life as a new parent. In processing my own transition to motherhood but also talking with friends and clients about their experiences, I realize this is still a topic that is not often discussed openly and honestly. If you are in the throes of adjusting to parenthood, I hope that this article serves as a reminder that it is okay to struggle, and you are not alone.

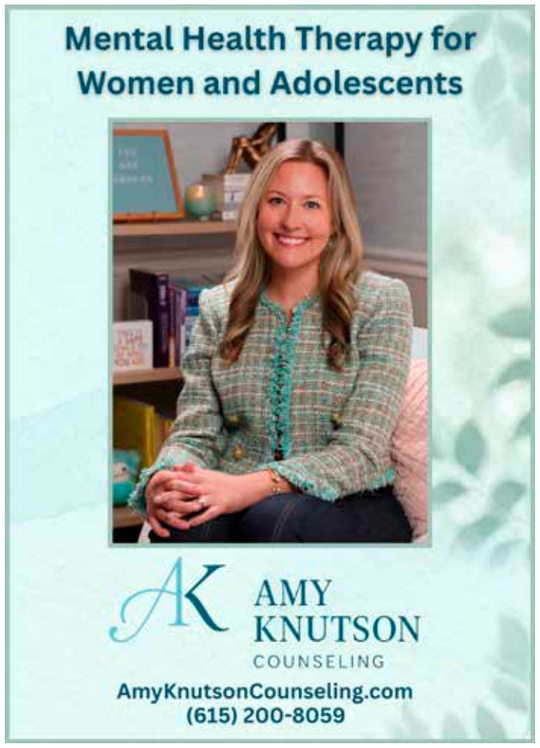
When my first son was born, postpartum hit me like a ton of bricks. I vividly remember coming home from the hospital, taking a shower, and sobbing uncontrollably as the water washed over me. Those first few weeks, I was often tearful, irritable, and moody. I struggled to reconcile this with the immense joy and gratitude I told myself I "should be" experiencing exclusively.



Irritability and sadness eventually gave way to an undercurrent of anxiety. I began questioning everything, Googling baby milestones at all hours of the night or obsessively analyzing every little thing my baby was (or wasn't) doing. I lacked confidence in my new role as a mom and was constantly seeking reassurance that I was doing it "right".

Everyone's postpartum journey is different. I share my own because too often we glamorize it, expecting it to be blissful days filled with Instagram-worthy newborn snuggles. In reality, it is a complex shift in mind, body, and identity. It is messy, imperfect, and grueling at times. It is also wonderfully transformative, allowing us to expand our sense of self in a deep and meaningful way.

Adjusting to a new identity as a parent is a process that takes time, support, and self-compassion. We can ease the transition by giving ourselves grace as we grow and find our footing in this new role, remembering that parenthood does not require us to be perfect. It requires us to become adaptable, resilient, and deeply human.

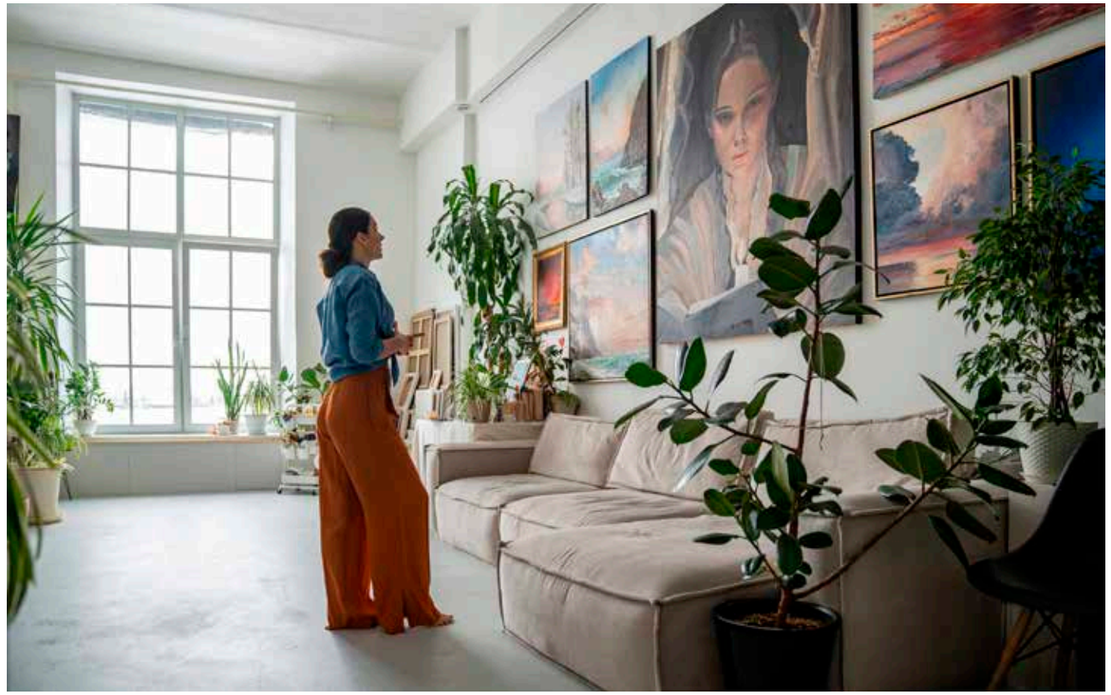


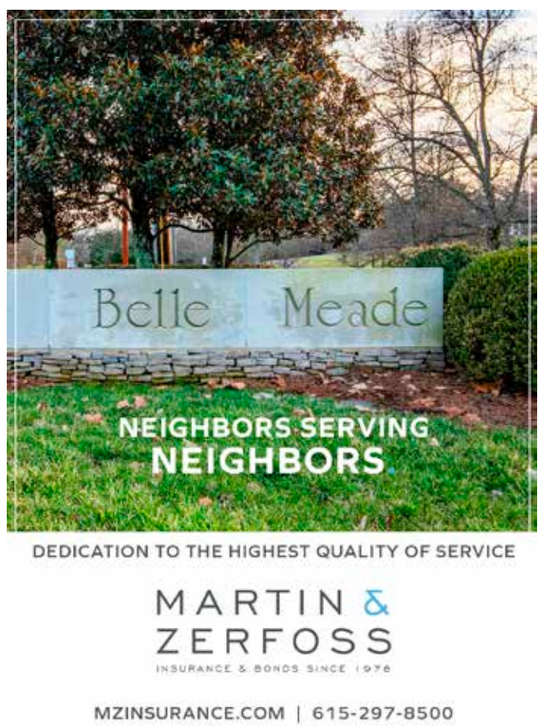
Congratulations 300 Sunnyside Drive!

Your home has been nominated as June's Home of the Month.

Tucked away on one of Belle Meade's rare private cul-de-sacs, this mid-century residence on Sunnyside Drive is a masterclass in architectural intention. Designed by architect Robinson Neil Bass and finished by designer Landy Gardner, the home spans 7,383 square feet across 1.2 private acres, with an exceptional 5,700-plus square feet of living on a single, uninterrupted level. A commercial skylight fitted with custom wood louvers floods the formal rooms with gallery-quality light, a quality that proved irresistible to Morrison Hotel Gallery. In partnership with the home's listing agents, Lana and Franklin Pargh of The Pargh Team at Compass, the acclaimed fine art photography institution has installed 25 works throughout the residence, iconic portraits of Dylan, Bardot, Joplin, and Hendrix by photographers Jerry Schatzberg, Douglas Kirkland, and Daniel Kramer. The house is currently available. Visit pargh.com for more information. We will miss our wonderful neighbors dearly, and look forward to welcoming the lucky family who gets to call this place home next.

The acclaimed fine art photography institution has installed 25 works throughout the residence, iconic portraits of Dylan, Bardot, Joplin, and Hendrix by photographers Jerry Schatzberg, Douglas Kirkland, and Daniel Kramer.





Safeguarding Your Passion

A guide to insuring valuable collections

BY *STROLL BELLE MEADE* SPONSOR MARTIN & ZERFOSS

IF YOU HAVE A COLLECTION of fine art, vintage watches, or rare collectibles – you know that their value is about more than just money. It takes years of dedication in addition to significant financial investment. They also build sentimental value, perhaps even more so when passed from generation to generation. Yet, many collectors overlook a critical step in preserving their life's work: securing proper insurance. Protecting your prized pieces requires more than just careful handling; it demands specialized financial protection.

THE HIDDEN RISKS OF STANDARD POLICIES

Standard homeowners insurance rarely provides adequate coverage for high-value collections. Most standard policies impose strict sublimits on categories like art, jewelry, and antiques. If a pipe bursts and ruins a classic painting, or a rare sculpture is stolen, a typical home policy might only pay out a small fraction of the item's true market value. Furthermore, standard policies often exclude damage from accidental breakage or loss that occurs while moving items outside your home.

Partner with an experienced insurance advisor to design a customized policy that safeguards your passion and financial investment for generations to come.

A COLLECTION OF SPECIALIZED INSURANCE

Specialized valuable articles insurance steps in where standard policies fall short. These tailored policies offer distinct advantages designed specifically for collectors:

- **Agreed Value Coverage:** Specialized policies typically operate on an "agreed value" basis. If an item suffers a total loss, you receive 100% of the insured amount without fighting over depreciation.
- **Broader Protection:** Tailored policies cover scenarios that standard insurance ignores. This includes mysterious disappearances, transit damage – which is crucial when loaning pieces to galleries or bringing them home from an auction – and accidental breakage.
- **Deductibles:** Some fine art and collectibles policies come with little – or even no – deductible, meaning you have no out-of-pocket expenses before the coverage applies.

BEST PRACTICES FOR COLLECTORS

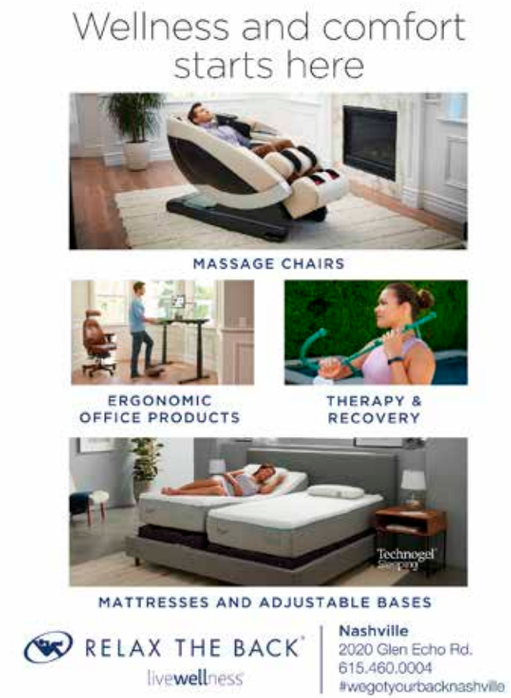
To ensure your collection receives the protection it deserves, follow these vital steps:

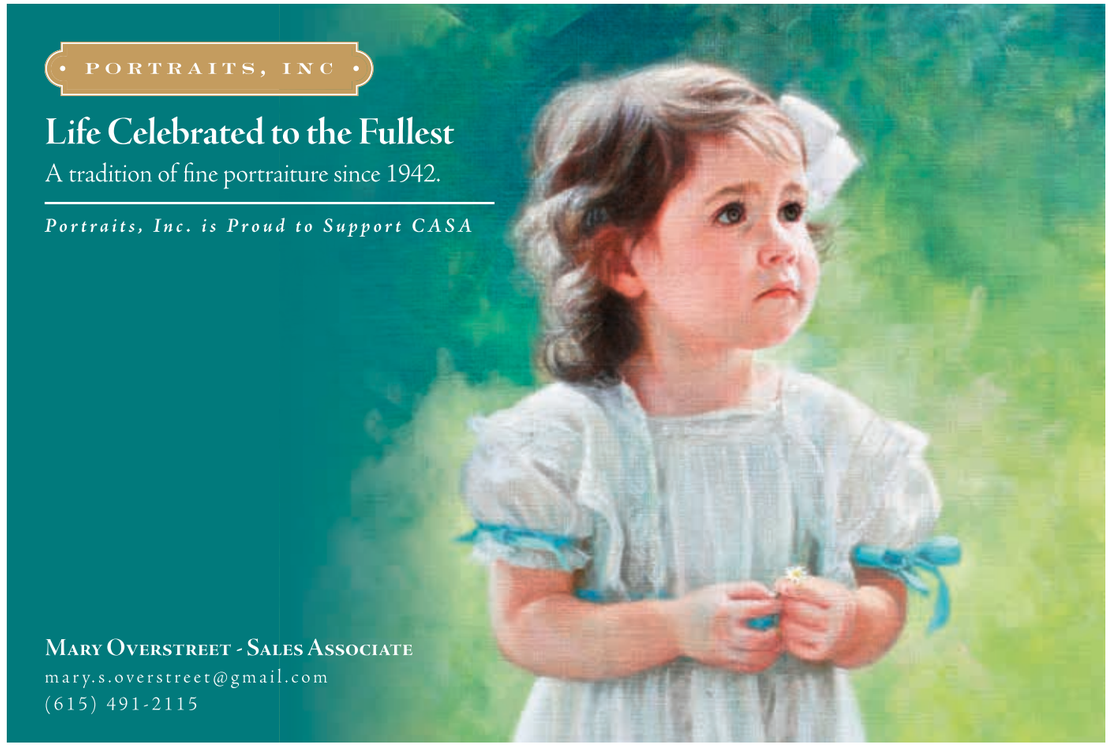
1. Get regular appraisals
The art and collectibles market fluctuates constantly. Update your professional appraisals every three to five years to ensure your coverage accurately reflects current market values.

2. Keep meticulous records
Maintain a detailed, up-to-date inventory. Include purchase receipts, certificates of authenticity, high-resolution photographs of each item, and provenance documents. Store digital backups of these records in a secure cloud environment so you can access them immediately after an incident.

3. Implement protective measures
Take physical steps to protect your items. Install climate control systems, UV-filtering window treatments, and modern security alarms. Insurers often look favorably upon collectors who actively mitigate risks, and some offer premium discounts for these safeguards.

Your collection represents your unique tastes, history, and hard work. Partner with an experienced insurance advisor to design a customized policy that safeguards your passion and financial investment for generations to come.

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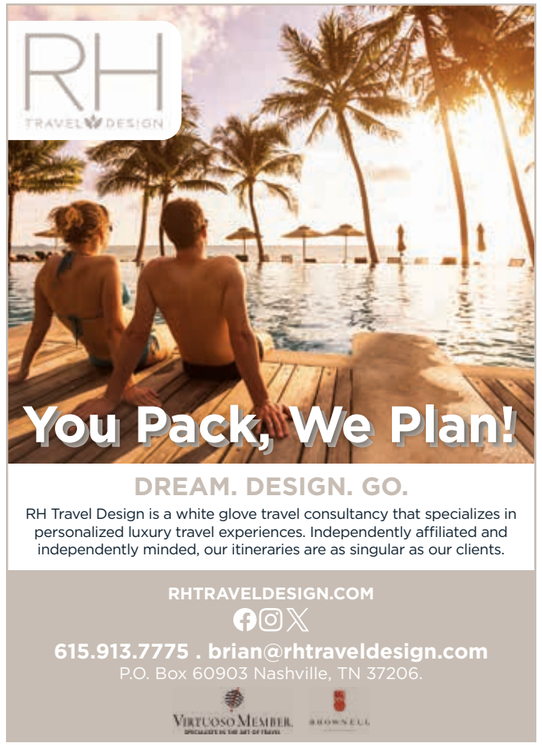
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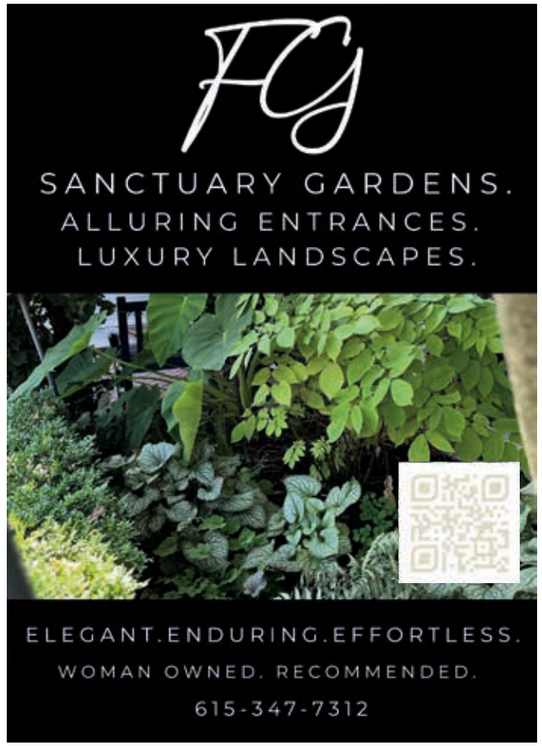
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SUMMER STARTS HERE

What's happening this June

BY ROSEANN ROGERS, ACCOUNT EXECUTIVE AND RESIDENT CONTRIBUTOR

Cheekwood Community Celebration: Arts and Music in America

June 4-7

Enjoy live performances, American art, and family-friendly experiences set throughout the garden and historic site. *Free to members; non-members get half-price daytime admission.*

The Book of Mormon

June 2-7

Tennessee Performing Arts Center
Showtimes vary (Evening and Matinee performances)

CMA Fest

June 4-7

Downtown & Nissan Stadium
Four days of country music featuring Jason Aldean, Cody Johnson, Tim McGraw, Luke Bryant, Baily Zimmerman, and more.

The Beach Boys

June 7

Bridgestone Arena
Showtime: 7:30 p.m.

Nashville Symphony Presents "America the Beautiful"

June 11

Schermerhorn Symphony Center
Showtime: 7:30 p.m.

2026 Summer Fest at the Nashville Farmers' Market

June 13, 10 a.m. to 2 p.m.

Free day of family fun, live music, kids' zone, and petting zoo, along with local farm-fresh produce.

Dolly Parton's "Threads: My Songs in Symphony"

June 16-30

Schermerhorn Symphony Center
Showtimes Vary (Evening and Matinee performances)
A Summer Celebration with The Nashville Symphony

Hamilton (Broadway Musical)

June 17-28

Tennessee Performing Arts Center
Showtime: 7:30 p.m.

Ed Sheeran

June 20

Nissan Stadium
Showtime: 7:30 p.m.

Exposition of Elegance: Classic Cars & Motorcycles at Cheekwood

June 20 & 21, 9 a.m. to 5 p.m.

Cruise in for a two-day celebration of automotive history, including preserved classic cars and vintage motorcycles representing decades of 20th-century design.

The Human League with Special Guests Soft Cell and Alison Moyet

June 21

Grand Ole Opry
Showtime: 7:30 p.m

Yacht Rock Symphony in Concert

Featuring Ambrosia, John Ford Coley, and Peter Beckett (*The Voice of Player*) with the Nashville Symphony
June 23

Ascend Federal Credit Union Amphitheater
Doors open: 6:30 p.m.

Joe Jackson

June 24

Ryman Auditorium
Showtime: 7:30 p.m.

The Bellamy Brothers

June 25

Ryman Auditorium
Showtime: 7:30 p.m.

Nashville: The Encore Tour

June 26-27

Ryman Auditorium
Showtime: 7:30 p.m.
Musicians and actors from the hit TV show "Nashville" reunite to perform in front of a live audience.

Alan Jackson's "Last Call: One More for the Road - The Finale" Tour

June 27

Nissan Stadium
Showtime: 5:30 p.m.

The Glenn Miller Orchestra

June 30

The Fisher Center for Performing Arts
Showtime: 7 p.m.

The Nashville Sounds vs. Jacksonville Jumbo Shrimp

June 30-July 1

First Horizon Stadium
Gametime: 6:35 p.m.

LOOKING AHEAD

Nashville's "Let Freedom Sing!" Celebration

July 3 & 4

Expanded into a two day event featuring major concerts, including a headlining performance by Dierks Bentley, followed by a spectacular fireworks and drone show synchronized with the Nashville Symphony. *FREE admission!*

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