

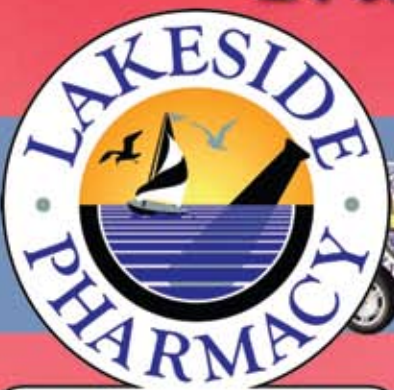
SEPT/OCT 2011

AROUND ABOUT *Cumming*

Building Stronger Communities
www.aroundaboutcumming.com



Lakeside Pharmacy **EXPANDS** *Traditions Remain*



We Deliver **FREE**
Right to Your Door!

& COMPOUNDING LAB

The Great Duck Race



www.silentstormgolf.com

2011
DANIEL HAGER
MEMORIAL SCHOLARSHIP
 CELEBRITY GOLF TOURNAMENT

October 17, 2011
at the Polo Golf and Country Club
Cumming, Georgia

The First Ever "Duck Race" will be held at the Daniel Hager Memorial Scholarship Celebrity Golf Tournament in the Polo Golf and Country Club Stream. So Waddle on down to see the Quacktastic Race! Ducks are sold for \$10.00 each or see listing below to purchase more! The sold "Ducks" are consecutively numbered, then placed in the Polo Stream to race to the finish line. Your invaluable support of this event will provide student scholarships for the individuals wishing to attend the Georgia Institute of Technology. Through our combined efforts monies raised will fund the Daniel Hager Endowment Fund of the Georgia Tech Foundation, Inc. Thank You for your Support!

 WIN	 3 day / 2 night stay at the Ritz-Carlton Hotel in Amelia Island and Golf for 2 at the Golf Club of Amelia Island	 PLACE	12' x 12' Family Two Room Dome Tent	 SHOW	Dos Equis Deluxe Dart Board (in cabinet)
---	--	---	-------------------------------------	--	--

Single Duck	\$10.00	one certified racing duck
Brace of Ducks	\$20.00	two certified racing ducks
Family of Ducks	\$25.00	three certified racing ducks
Club of Ducks	\$50.00	six certified racing ducks
Gaggle of Ducks	\$75.00	nine certified racing ducks
Flock of Ducks	\$100.00	twelve certified racing ducks

Proud Sponsors of The Great Duck Race






Ted and Pam Pointer

Contact Name: _____

Phone: _____

Email: _____

Assigned Duck No. _____

Assigned Duck No. _____

The Great Duck Race
 October 17, 2011
 Prizes are awarded for Win, Place and Show.
 Need not be present to win!



We're honored to serve you

It's an honor to be recognized as the nation's leading hospital for maternity and newborn care. Look a little closer and you'll discover that Northside performs more surgeries and diagnoses and treats more breast and gynecologic cancer than any other hospital in Georgia. While people choose Northside for our expertise, they also know us for our exceptional compassionate care.

Visit us online at www.northside.com



**NORTHSIDE HOSPITAL
FORSYTH**



24



30



31



AroundAbout-Cumming is printed using soy-based inks and paper stocks that are at least 25% recycled. Our printer also recycles all paper and ink waste.



On the Cover:

Lakeside Pharmacy owners Christy and Apollon Constantinides

24 Lakeside Pharmacy Expands
Tradition and Technology Combined

27 Health & Wellness

- 27 Why is Orthodontic Treatment Done in Two Phases?
- 28 This Cancer Should Not Take a Single Life
- 29 What Every Woman Should Know About Ovarian Cancer
- 30 Discover Health: Discover Chiropractic and Rehabilitation
- 31 Is CRT Right for Your Kid?
- 31 Bracelift: A Smile of Youth

37 An Upward Trend to be Aware
September is Suicide Prevention Awareness Month



Julie Brennan is the Publisher of AroundAbout Cumming magazine. She is a native of Vieques, Puerto Rico. Julie may be reached at julie@marketcomplete.com

Keep up-to-date with our community!
www.aroundaboutcumming.com



Join the AroundAbout Cumming fan page
www.facebook.com/aroundaboutcumming



Follow us on Twitter
www.twitter.com/aroundcummingga

Follow US!



COMMUNITY

- 7 News from Senator Murphy**
A Visit to the Source
- 11 Fall, Football and Living United**
United Way Gears up!
- 12 Forsyth Arts**
LCS Productions and Studio West Productions
- 17 Smart Kids?**
Baby Genius vs. Happy Kid



SCHOOLS

- 32 Mission: Possible**
Local High School Artist Has A Second Passion Always in Her Heart
- 33 Teaching Your Child Accountability**
Get started today!



LIFESTYLE

- 21 Outrageous Interiors**
Good Interior Design Runs in the Family
- 23 Playbook for Big Savings**
Savings on Back-to-School Clothes
- 26 Metro Atlanta Housing**
Outlook on Second Half of 2011
- 26 Investing in Your Future**
Start now!



Pictures by **Cris A. Hayes**
www.facebook.com/cris.hayes



FAITH

- 38 Preserving Enough**
- 39 A Special Visit**
- 41 The Country Preacher**

IN EVERY ISSUE

- 8 Community News**
- 10 Birthdays**
- 14 Forsyth County News**
- 16 Community Calendar**
- 36 School Information**
- 40 Houses of Worship**
- 42 Clubs & Organizations**
- 46 Community Numbers**
- 47 Elected Officials**

SAVE THE DATE!

October 22, 2011

7th Annual Bark & Boogie Ball



to support the

HUMANE
SOCIETY OF FORSYTH COUNTY
a NO KILL shelter

Date: SATURDAY, OCTOBER 22, 2011
Time: 6PM-MIDNIGHT
Place: LANIER TECH CONFERENCE CENTER
Live Bands: BIG BAND ATLANTA & BAND X
Food: GOURMET MEAL BY CHEF KERNS
Drinks: OPEN BAR
Cost: \$85 PER TICKET, \$750 PER TABLE OF TEN

Live and Silent Auction Black Tie Invited For more information, please visit: www.barkandboogieball.com

CHEF KERN'S

HUMANE
SOCIETY OF FORSYTH COUNTY
a NO KILL shelter

AROUNDABOUT
Cumming

PUBLISHER

Julie Brennan

julie@marketcomplete.com
(678) 614-8583

EDITOR

Jennifer Paire

editor@myaroundaboutcumming.com

SOCIAL MEDIA MANAGER

Melissa Barton

melissa@myaroundaboutcumming.com

DIRECTOR OF SALES

Michelle Hardie

michelle@myaroundaboutcumming.com
(678) 704.1930

GRAPHIC DESIGN

Pixelution Studios

Josh Murtha & Samantha Angeli
(678) 945-7301
info@pixelutionstudios.com
www.pixelutionstudios.com

PHOTOGRAPHY

Kim Bates

www.kimbatesphotoart.com

TECHNICAL ADMINISTRATOR

Michael Barton

AroundAbout — Cumming magazine is your monthly community magazine published by MarketComplete, LLC. Our mission is to build a sense of community and pride in the Cumming and Forsyth County areas by providing its residents with positive stories and information about its people and places. A total of 18,500 copies are distributed free of charge via direct mail and 3,000 copies are placed in key distribution points in area businesses.

AroundAbout — Cumming welcomes your comments, stories, and advertisements. The deadline is the 10th of the month preceding publication. Subscriptions are available for \$24 per year. Send check or money order to the address below.

The viewpoints of the advertisers, columnists and submissions are not necessarily those of the Editor/Publisher and the Publisher makes no claims as to the validity of any charitable organizations mentioned. *AroundAbout* — Cumming is not responsible for errors or omissions.

No part of this publication may be reproduced or transmitted in any form or by any means without written permission from the Publisher. All rights reserved. © Copyright 2011.

AroundAbout — Cumming

5485 Bethlevue Road, Suite 360-135
Cumming GA 30040

Phone: (678) 614.8583 | Fax: (770) 888-1511

Franchise Opportunities Available
www.aroundaboutmagazines.com

Volume 9, Number 15

SEPTEMBER/OCTOBER 2011

Fall Festival Market 334

Opening in October
Bald Ridge Folk
Art Gallery

ONE DAY ONLY...

Meet our talented local Artisans...
Great Food, gifts, Fashion, Funky Finds,
live music, raffles and pumpkins galore!

Saturday, October 1

10:00am - 5:00pm

334 Dahlonega Street • Cumming GA 30040

1/2 Mile North of Town Square (Hwy 9)

678-367-1615 • Follow Us on Facebook

With over 50 local artisans, there'll be something for everyone!

Delicious foods by Marvin Browns BBQ, Alta Cucina, Nena's Salsa, Ace Of Tarts, Cake Balls by Nikki

Sarah's Lemonade, and Ice Cream Truck Family

Book signing by Sarah Voskamp (Filly Girls) and Cheryl Campbell (Christmas books)

Live music by John Hightower

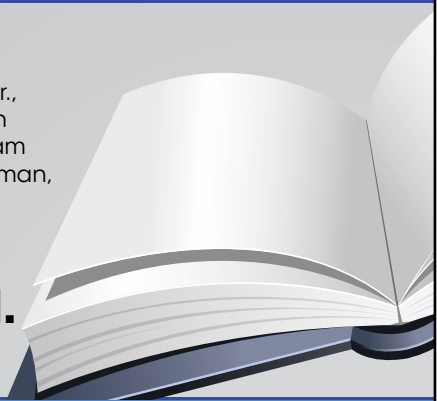
- Supica Jeweled
- Sundara
- Its Sew Ewe
- Sandi's Eye Candy
- Patchouli Blue
- Chasing Cherubs
- Vintage By Tosi
- Beth Blanc Designs
- Mrs. Charlotte
- Gypsy G
- India Adelia Designs

- R,R & R Designs
- Girl Sew Pretty
- Merriments by Marie
- Dianne Harvey
- Ryan Dickerson
- Stacia Roble
- Matthew Mark
- Kathryn Muse
- Body Love
- Interior Styles
- Indigo Bath & Body

- Jasper Hilburn Designs
- Dreamland Creations
- Milton Wreath Company
- Black Hawk Creations
- Sweet Sammy
- Josephine Gibson Jewelry
Designed
- Creative Ventures
- Moose Threads
- Two Bead Broads
- Boho Girl

- Scentsy
- Back Porch Pottery
- Wood Turning By Grant
- Mobile Masterpieces
- Feather Extensions By Retro
Studio 20(Formerly Salon Pure)
- Advocare
- Yoga For Exercise

John Grisham, Richard Nelson Bolles, Rick Evans, Deepak Chopra, MarkTwain, Ken Keyes, Jr., Upton Sinclair, Carl Sandburg, James Joyce, D.H. Lawrence, Edgar Rice Burroughs, Stephen Crane, George Bernard Shaw, Anais Nin, Thomas Paine, Virginia Wolff, e.e. Cummings, William Blake, Edgar Allen Poe, Rudyard Kipling, Henry David Thoreau, Benjamin Franklin, Walt Whitman, Alexandre Dumas, William E.B. DuBois, and Robert Ringer...



What do these famous authors have in common?

Best-selling books that were self-published.

Our services include:

**Ghostwriting
Editorial
Layout**

**Cover Design
Illustration
ISBN, Copyright, LCCN**

**Printing & Binding
eBook Conversion
Marketing & Promotion**

**Bookselling
Website Design**

BOOKLOGIX™
PUBLISHING SERVICES, Inc.
Empowering Self-Publishing

1264 Old Alpharetta Road | Alpharetta, GA 30005 | (770) 346-9979 | www.booklogix.com



**Our Very Own Salon...
For your very own special look!**

\$100 OFF
Hair Smoothing Treatment*
((\$300 Value | Free Consultation)
678-469-4414

This offer is good only with Wendy Grosse .
One coupon per customer. Offer expires October 31, 2011.
*Cost of required shampoo and conditioner
not included.

FREE HAIRCUT
WITH PURCHASE OF FULL HIGHLIGHTS
678-469-4414

This offer is good only with Wendy Grosse .
New clients only. One coupon per customer.
Offer expires October 31, 2011.



Call Wendy Grosse @ 678-469-4414
3130 Mathis Airport Parway, Suite 306 | Suwanee, GA

COMMUNITY

NEWS FROM SENATOR MURPHY

[by Senator Jack Murphy, R-GA 27th District]



MAPS, MAPS, MAPS... REDISTRICTING

The 2011 Special Session of the General Assembly is history. The new maps for the school board, commissioners, state representatives, state senate and congressional districts have been redrawn and adopted.

Under the new maps, Forsyth County will pick up two additional State Representatives. What does this mean? It means that instead of three Representatives down at the Capitol, we will have an additional two votes to make the concerns of Forsyth citizens heard. This can be a good thing.

The Senate Map, which I had a good deal of input in drawing, is as perfect a senate map as you can get under the circumstances. Forsyth County is represented by two senators, but almost the entire county is represented by one senator from the 27th district. It has been my pleasure to be that senator for the last six years.

The Congressional map was extremely disappointing to me, splitting the county between the 9th and 7th districts. I believe that the Senate, House and Congressional maps are entirely constitutional and fair. However, my constituents clearly do not agree with the congressional map as drawn, and I am elected to represent the constituents in my district.

With all due respect to the fine Senators and Representatives who worked on the Congressional Map, and with all due respect to this unprecedented open process, I respected your wishes and voted against this map.

May God bless you, your families and our great state of Georgia.



Senator Jack Murphy (R-GA 27th District) may be reached at 404-656-7127 or jack.murphy@senate.ga.gov.

FLOWER Jazz
1240 Buford Hwy., Suite 120
Cumming, GA 30041
678.341.9522
www.flowerjazz.com

Our floral design team considers your flowers to be an extension of your event... your style... your vision. Our talented team of floral artists are dedicated to helping you define the elements that will create the perfect event floral. Our goal is to unify your event décor and floral giving you a seamless design. Our inspiration is endless.

\$10.00 OFF
Any order of \$35 or more when you mention this ad.
EXP: 10/31/2011

FREE DELIVERY
Any order over \$35 with in 30 miles.
EXP: 10/31/2011

ARE YOU USING QUICKBOOKS TO ITS
FULL POTENTIAL?

With the right QuickBooks:

- ✓ Setup
- ✓ Training
- ✓ Optimizing

your business can operate more efficiently.

Call **(770) 888-7700** and have one of our QuickBooks Specialists show you how!

NGAC North Georgia Accounting Consultants Inc.
308 Tribble Gap Road | Suite D
Cumming, GA 30040 | www.ngacinc.com

NEWS *Around* CUMMING



MIA RISTORANTE ITALIANO IS OPEN!

Cumming's new Italian restaurant is open for business. Located at 2300 Bethelview Road, Suite 104, in the Kroger Shopping Center, the restaurant features an attractive and comfortable dining atmosphere with an authentic Italian menu. Quality ingredients are used in the cuisine (Antipasti, Zuppa, Insalate, Pasta, and Pizzas). The owners, chef and staff look forward to serving you and your family. Visit www.miaitaliano.com for information.

Food for Thought Project Collection Set for October 8



The Food for Thought Project; a community based, ongoing, door to door food drive is getting ready for its next collection date. Visit their website at www.fttpinc.org and fill out their form. The next steps are just as easy: a bright orange bag will be brought to your home. Each time you go to the store buy one or two extra non-perishable food items. Store them in the bright orange bag. On the second Saturday of every other month a volunteer will pick up the bag, leave another bag in its place and take the filled bag direct to food pantries. As of August 13, 2,506 lbs. of food was collected and delivered to local food pantries, bringing the total collected this year to 3,447 lbs. The Food for Thought Project was started in April, 2011 by Shari and Charlie Nunez and Kim and Bert Boudet of Cumming. Over 200 families have joined the project since its inception.



Cardiology of South Forsyth is Now Open

Specializing in Cardiology, Critical Care Medicine, and Internal Medicine, Dr. Michael Waller is currently accepting patients in his new office in Cumming, located at 950 Sanders Road. Procedures performed include Cardiac nuclear stress testing, Dobutamine Echocardiogram (Ecg), Echocardiogram (Ecg), and Tilt table testing. Conditions such as chest pain, atrial fibrillation, aortic valve stenosis, cardiac (heart) palpitations, and bradycardia (slow heart rate) are treated by Dr. Waller. Contact 678-455-6CSF (6273) for more information.



Top Tier Automotive is Ready to Serve

Top Tier



Owners of Mercedes Benz and BMW vehicles can now take their cars to Top Tier Automotive, conveniently located at 5825 Bethelview Road (Hwy. 141) in Cumming (approximately 1 mile west of Exit 13 off GA 400). Greg Benton and Michael Spooner and their staff of master technicians are ready to take care of your Benz and BMW repair needs. Experience, excellence in service, reliability and attention to every detail are paramount at Top Tier Automotive. Contact them at 678-629-9547 or at www.toptierauto.com.



Gastroenterology Practice Opens: GI North

Dr. Simon Cofrancesco, a board certified Gastroenterologist, is pleased to announce the opening of GI North, offering a full array of basic and advanced endoscopic procedures. GI North is located at 1505 Northside Blvd. Suite 1500 Cumming. Dr. Cofrancesco is available at this location Monday-Friday 8-5. Prior to opening his practice in Cumming, Dr. Cofrancesco practiced Gastroenterology in Southwest Mississippi for the past 16 years. He is married to Roxanna Redden of Louisiana and has 5 children. Call 404-446-0600 for details or visit www.gi-north.com. Services include colonoscopy, upper endoscopy, PEG - Percutaneous Endoscopic Gastrostomy, ERCP - Therapeutic Pancreatic/Biliary Endoscopy, and screenings.



New Artisans Join Market 334

Gina Marshall, of Interior Styles, and Adriana Coppola of Alta Cucina Italia, are the two newest additions to Market 334 in Cumming.

A residential and commercial interior designer, Marshall brings her full service expertise, including room makeovers, furnishings, lightning, art and accessories. Custom made florals, home décor and many other offerings are available.

Alta Cucina Italia features gourmet infused extra virgin olive oils, infused red wine vinegar, crema balsamica, seasoning salts and blends from Italy, all made with 100% natural products.

Market 334 is located at 334 Dahlonga Street in Cumming and is open Tuesdays through Saturdays from 10:00 am to 5:00 pm.

Happy Birthday



Caelix M. Spooner,
Age 4 on October 11

Part of the Top Tier Automotive Family!
Parents: Michael and Christy Spooner,
brother: Reiken Spooner.



Serenidy Benton
8 years on Oct. 2
Daughter of Greg and Jamie Benton
Part of the Top Tier Automotive Family



Levi Jackson
Age 21 on September 1
Brother of Djoun Jackson



Cannon Mueller
Age 4 on September 22
Happy Birthday!



Erin Mathes
September 20



Mary K. Jackson
Age 52 on August 21
Mother of Levi and Djoun



Christopher Ledford
Age 8 on September 22
Son of Kristi & Todd Ledford
Brother of Luke



Erica Haponek
September 18



Happy Anniversary

Melissa & Michael Barton
October 7
Happy 5th Anniversary!



to you



Wedding, Birthday and Anniversary Announcements are Free!
E-mail to: editor@myaroundaboutcumming.com

COMMUNITY

It's Fall, Football Season and United Way!

[by Ruth Goode]

If I were to ask a dozen of our most loyal contributors why they choose United Way for their charitable giving, I just might get nine or ten different answers. Probably the number one reason people will give you is because they care. They care about the place they call home. They care about youth development and success, fostering independence for older adults and those with disabilities, providing basic needs to people in crisis, helping adults in abusive situations and finding solutions that protect at-risk children. Others know their donation stays local to help people right here at home in Forsyth County. They like that their donation is tax-deductible and they know the organizations which receive their donations are held accountable and that their dollars have the greatest possible impact. Some might simply admit that it feels good to give and they trust United Way.

Here at United Way of Forsyth County, we're always asking the questions, "What are the most urgent needs in our community? Where can we make the greatest impact? A clear focus and strong priorities are critical. And, if we're not asking ourselves what more we can do, we'd be failing our community and those who believe and trust that we're working on their behalf.

Together we are working to advance the common good by working on two distinct, but equally important goals; helping people in need right now and helping to eliminate future needs through a commitment to addressing the underlying causes of critical problems. We realized three years ago that we couldn't just be the band-aid...we had to work on a cure!

None of this work is possible without your support. We are indebted to the thousands of you who take time to volunteer, advocate for causes and reach deep into your pockets to support our effort in order to improve lives in Forsyth County.

The generosity of this community continues to inspire your United Way staff and volunteers to be the best we can be and we are committed to continuous quality improvement and significance in the community.

As we begin this campaign season, I challenge each of you to consider giving, and to continue giving if you are already doing so. Invest in your community through United Way. I guarantee your contribution will do good and feel good!

To read how your donation impacts our community, visit our website www.unitedwayforsyth.com. and click on "Your Dollars At Work". Click on the "Donate" to invest in your community today!



Our mission: To improve lives in our community by mobilizing the caring power and spirit of our citizens.

**United Way of Forsyth County
P.O. Box 1350 | Cumming, GA 30028 |
770-781-4110**



Ruth Goode is the Executive Director of United Way Forsyth. She may be reached at 770-781-4110.

**GIVE. ADVOCATE.
VOLUNTEER.**

**United Way of
Forsyth County**



United Way of Forsyth County
PO Box 1350 | Cumming, GA 30028
770.781.4110 | www.UnitedWayForsyth.com

[facebook.com/UnitedWayForsythCountyGA](https://www.facebook.com/UnitedWayForsythCountyGA)
[@UnitedWayFCGA](https://twitter.com/UnitedWayFCGA)

Our Mission: To improve lives in our community by mobilizing the caring power and spirit of our citizens.



LCS PRODUCTIONS

Talented Ladies with Art in their Hearts



The artistry and talents of Jeanie Lipscomb, Marianne Carroll, and Gloria Szokoly define LCS Productions.

To Lipscomb, LCS Productions means an opportunity to unearth and improve local talent.

“In the process of doing so, we have met some wonderful, diverse people, and they all love music, like us,” she explains.

LCS was a leader in providing a venue for local talent at The Cumming Playhouse, located at 101 School Street in Cumming.

“When Classical Christmas was formed and presented it was one of the first of its kind concert. LCS grew out of that concert. There are many professionally trained musicians and performers in the Forsyth County area. We are proud to provide a forum to introduce that talent,” adds Gloria Szokoly.

For more information about LCS Productions and their upcoming classical Christmas show, contact Lipscomb at lipscombjeanie@gmail.com. “Christmas Classics” featuring North GA Chamber Symphony, Inc. is scheduled for Tuesday, December 20 at 8 pm at The Cumming Playhouse.

Medica Forsyth Imaging Center presents



Purple Palooza IV

Harvest & Health

Fun activities for all ages, including Moonwalk, 22'slide, Cake Walk, Pumpkin Patch, Pony Rides, Face Painting, Live Entertainment & FREE Health Screenings

Saturday, October 22, 2011 10 am – 4 pm

Home Depot Parking Lot | 1000 Market Place Blvd | Cumming GA

Proceeds to benefit BE THE MATCH FOUNDATION   

For booth request form contact Cathy Cathey at 404-201-0910.

Sponsors:








STUDIO WEST PRODUCTIONS

AT WEST FORSYTH HIGH SCHOOL

Being part of a theatrical group can be fun, time consuming, hard work, and ultimately the experience of a lifetime. Participants in Studio West Productions, under the tutelage of Fine Arts Chair and Artistic Director Eric Gray, the rewards are plentiful. Since 2008, Regional and Statewide Championships have been won by the group, with numerous 2011 awards, including the Shuler Hensley Awards, Best Overall Performance, Best Director, Best Actor and Best Ensemble.

For more information about upcoming performances by Studio West Productions, call 770-888-3470 Ext. 331515 or visit www.wfhsstudiowestproductions.com.



“Some of the shows we’ve performed include *Zombie Prom*, *Noises Off*, *Oklahoma*, *All Shook Up*, *Sweeney Todd*, and, *Lend me a Tenor*,” explains Gray.

TICKETS ARE ON SALE NOW FOR

Elephants Graveyard and
Jane Eyre, The Musical
Performances October 20 thru 22
7:30 pm | Sun 3 pm
www.showtix4u.com

The ensemble of talented young men and women enjoy the family atmosphere, camaraderie and team work of the group. Kristi

Sagona, a sophomore, enjoys the performances and how much fun all the people are. “Everyone’s friendly and welcoming; we have a lot of fun together,” Sagona states. “I have learned to always stay committed to what you are doing and always give 110%. It doesn’t matter the size of the role you are given—you have to be totally committed to being the best you can be in any role,” she adds.

Parents too enjoy being part of Studio West, as they see their children become motivated and engaged in something they care about. Margaret Darnell, was new to theater programs when her son Curtis Stallings, 17, decided to join the group. “Being new to theater programs I wasn’t sure what my son was getting into his freshman year when he joined the Studio West theater program. Now I know - lots of camaraderie with fellow thespians in Studio West and within the community, encouragement from his fellow actors and director, learning life skills such as discipline, teamwork and time management but, most of all appreciating and learning to love music, dance and performance. My son is now in his senior year in the Studio West program. Next year I sure will miss all the fun and satisfaction of seeing all these kids perform and compete to the best of their abilities in this outstanding program directed by Mr. Gray,” Darnell explains.

Tammy Fowler, also the parent of one of the students in the group, sums it up, proudly, “I’ve enjoyed each and every show and performance. I would encourage the community to come see what this group of students produce. You won’t be disappointed!”

DANCE, ART, DRAMA, & MUSICAL THEATRE INSTRUCTION

ballet • tumble • tap • jazz • hip hop • hula
competition • cardio • art • yoga • drama

Class Registration for
2011-2012 Season
Open Now!

Our state of the art
4200 square foot facility
is located in the
Kroger’s Woodmont
Shopping Center
(Cumming HWY &
East Cherokee)



NO REGISTRATION FEE
FOR FIRST 100
STUDENTS!

Performing Arts Conservatory

REGISTER NOW for fall 2011 classes

www.applauseconservatory.com

770.881.7246

Forsyth County GOVERNMENT NEWS

110 E. Main Street, Suite 210 • TV Forsyth — Comcast Channel 23 • www.forsythco.com



Parks and Recreation Fall-Winter Activity Guide Available

Looking for the latest information on recreational activities and programs available this fall and winter? The Forsyth County Parks and Recreation Department's Fall-Winter Activity Guide is now available. Visit www.forsythco.com and look for the icon under 'Special Features' on the home page to view the Activity Guide online.

Looking to Conserve Water? Water Saver Kits are Available



Water conservation is now a little easier, thanks to Water Saver Kits available through the Forsyth County Water and Sewer Department. The Water Saver Kits, which can be purchased for \$10 each, target homes built before 1993.

These water conservation kits can be used to help save water, energy and money by reducing flow from showers and faucets, using less water per flush, and detecting toilet tank leaks.

Water Saver Kits can be purchased in the Forsyth County Water and Sewer Department main office, located inside the County Administration Building at 110 East Main Street, Suite 150 in Cumming.



Severe Weather Alerts – Sign Up Today!

Forsyth County government is offering a new tool to rapidly communicate weather alerts to citizens. The Forsyth County Emergency Management Agency (EMA) is utilizing TFCC Alert from Twenty First Century Communications. With TFCC Alert, Forsyth County residents can sign up to receive time-sensitive weather alerts for three severe weather situations: severe thunderstorm warnings, flash flood warnings and tornado warnings.

Citizens can elect to be notified when alerts are issued via telephone calls, emails or text messages. There is no cost for citizens to sign up to receive these weather alerts, but phone usage or text charges may apply.

To sign up for the alerts, visit the Forsyth County Web site at www.forsythco.com and look for the 'Sign up to receive Forsyth County Weather Alerts' icon on the home page. You will be directed to a secure sign-up page hosted by Twenty First Century Communications. The information provided during registration determines the geographical region of the county for which a citizen will receive an alert.

Forsyth County EMA recommends residents use the new weather alert notifications in concert with other notifications, including a NOAA weather radio and the county's outdoor severe weather sirens. The sirens, which are located throughout the county, will be sounded only when the county is placed under a tornado warning.

For questions or additional information regarding the weather alerts, call the Forsyth County EMA office at 770.205.5674 or visit www.forsythco.com.

Bark! Boogie! POP'S!

POP'S!

WINE AND SPIRITS

www.popswineandspirits.com

E-mail: popsemailservice@popswineandspirits.com

Enjoy Responsibly!

3121 Peachtree Parkway • Suwanee, GA 30024-1038

(770) 886-2254

Mon - Thu: 9:00 am - 10:00 pm • Fri - Sat: 9:00 am - 11:00 pm



COMMUNITY CALENDAR



THROUGH THE LENS

Date: September 24-25

Time: 10:00 a.m. – 6:00 p.m. on Saturday;
Noon-6:00 p.m. on Sunday

Location: Rustic Lodge at Windermere,
4444 Front Nine Drive, Cumming

Information: A juried exhibit and sale of fine art photography presented by the Sawnee Artists Association. Images will express the theme “Visions of the Southern Appalachians.” For more information call 770-664-5850 or visit www.sawneeart.org/Throughthelens2011.html.

ASTHMA EDUCATION CLASS

Date: October 19

Time: 6:30-8:00 p.m.

Location: Northside Hospital-Forsyth, Bennett Education Center, Classroom B;
1400 Northside Forsyth Drive, Cumming

Information: Asthma affects more than 800,000 people in Georgia and as many as 300 million worldwide, with its severity and prevalence continuing to rise. The interdisciplinary class is taught by a certified nurse asthma educator, respiratory therapist and pharmacist. Topics covered include: • What is Asthma • Trigger Control • Medications • Proper inhaler and peak flow meter techniques Every participant is assisted in the development of an action plan to manage their asthma and maintain asthma control. A one-time fee of \$15 is required. To register for the class, call 770-844-3822. For more information on the Asthma Education Program at Northside Hospital-Forsyth, call Sandy Gandee at 404-851-6309.

RUN FOR HOPE TWILIGHT 5K & 1 MILE RUN/WALK

Date: October 15

Time: 5:00 pm

Location: First Redeemer Church, 2100 Peachtree Parkway, Cumming

Information: Benefiting Whispering Hope Women’s Resource and Pregnancy Center, the race course is mainly flat, some rolling hills, tree lined, quiet and well-marked with markers for each mile. Entry Fee: 5K Run/Walk & 1 Mile Run/Walk - \$25 before Oct 8, \$30 after (shirt included); Tot Trot (Ages 5 & Under) - Free (no t-shirt) Starting Times: 5k Run/Walk - 5:00 PM 1 Mile Run/Walk - 6:00 PM • Tot Trot - 6:15 • Awards - 6:30. Online registration is available at www.frcsports.org. Race day registration opens at 4:00 p.m. Contact First Redeemer Sports at 678-513-941 or Jackie Batson at 770-889-8302, director@whisperinghope.org for more information.

THE PUMPKIN PATCH AT CUMMING FIRST UNITED METHODIST CHURCH



Date: October 1 – 31

Time: Daily from Noon to 7:00 p.m.

Location: 770 Canton Highway, Cumming

Information: A fall tradition, enjoy story time on October 11 through the 27 (Tuesdays through Thursdays, from 9 am to Noon). Night in the Patch on October 22 from 4:00 to 9:00 p.m. Proceeds from

pumpkin sales benefit various mission trips and programs, including Vacation Bible School, After School Programs and Radical Sabbatical.

INTERNATIONAL GALA FESTIVAL – LUDWIG SYMPHONY ORCHESTRA

Date: November 19

Time: 7:30 p.m.

Location: Gwinnett Center Performing Arts

Information: Opening Concert of the Ludwig Symphony Orchestra’s 14th season featuring internationally renowned Chinese pianist-Ning An- interpreting the popular Liszt Piano Concerto No. 1, local African-American soprano-Maria Clark- in arias by Mozart, Bellini, and Korngold, -Angela Kim-a young Atlanta Korean violinist performing the finale of the effervescent Saint-Saens Violin Concerto No. 3, and a charming nine-year-old ballet dancer-Ellie Wong- accompanied by the orchestra in the tambourine dance from Pugn’s “Esmeralda” Ballet. Tickets may be purchased by calling 770-623-8623 or online at www.ludwigsymphony.org. Prices are Adults \$19; Seniors \$17; Students \$10.

Smart Kids?

[by Brenda Dickey]

If I were to ask a dozen of our most loyal contributors why they choose United Way for their charitable giving, I just might get nine or ten different answers. Probably the number one reason people will give you is because they care. They care about the place they call home. They care about youth development and success, fostering independence for older adults and those with disabilities, providing basic needs to people in crisis, helping adults in abusive situations and finding solutions that

protect at-risk children. Others know their donation stays local to help people right here at home in Forsyth County. They like that their donation is tax-deductible and they know the organizations which receive their donations are held accountable and that their dollars have the greatest possible impact. Some might simply admit that it feels good to give and they trust United Way.

I'm not really sure when it became more important and certainly more prestigious to have a baby genius rather than a happy kid. Somewhere along the way, our society has allowed baby Einstein videos and standardized testing to



replace good old fashioned building blocks and common sense.

Not so long ago I asked a friend how their daughter liked kindergarten; I was expecting the typical play ground story, or Barbie adventure. What I received instead was a 15 minute (and I'm not kidding) play by play on this precious girl. Every award, test grade, and overachievement she had received or accomplished in the past month. Not to mention how she needed more challenging classes (in kindergarten, mind you) because of her superior intellect.

It saddens me a bit to see this sort of behavior because it more often than not is coming from the parents rather than the child. I'm not saying that a child has to be one or the other, smart or fun. I'm merely observing that sometimes we put so much emphasis on being "advanced", that the gift of just being a kid is often lost. Make no mistake; I too feel a great sense of pride when my kids do well in school. But I also know how many problems were being silently solved as my daughter got lost in thought while stepping from stone to stone in the river and how many dreams were being made as my son simply stacked wooden blocks until they fell down. I know that parenting today is difficult at best and for some crazy reason we often feel the need to keep up with the Jones's. Why is it we feel that if Suzie Smith has her daughter preparing for the elementary SATs, and in the "gifted" program at school, her child will be more prepared for life than ours?

In my unprofessional opinion a truly smart child knows not to interrupt an adult, give thanks to God, look someone in the eye when speaking to them, NOT put the milk carton back in the fridge when it's empty, pick up the toy when they are finished playing with it, and they can make something very crafty out of the baby Einstein video box!

Brenda Dickey is the proud mother of two. She is the owner of Funky Mountain Flowers and Gifts. She may be reached at (770) 781-4616.



Add a little funky to your life...

Flowers • Gifts • Specials • Events
**Something for everyone ...
 and everything.**

2360 Bethelview Road, Suite 108
 Cumming, Georgia 30040
770.781.4616
www.funkymountain.com

FUNKY MOUNTAIN
flowers + gifts

{ RestaurantGUIDE }

> Forsyth Foodie

A hybrid of a café, bistro and mini Italian market, Lucci's Little Italy is one of the latest and most delicious additions to the Italian food scene in Forsyth County. With enough seating for about 40, this quaint, Wi-Fi friendly and eco-friendly café is great for a quiet meal or a quick to-go order.

Items on the menu are fourth generation authentic Italian recipes, handcrafted with organic, all natural products. The fresh salads, personal pizzas and paninis are perfect portions for lunch but, if you are looking for a more filling Italian meal, go for the baked ziti or oven baked lasagna. A perfect balance of delicious cheeses, pasta and marinara or meat sauce, these signature dishes satisfy any Italian craving. Oh, and the garlic bread that comes with them will melt in your mouth with every bite. Top off every meal with an

excellently soft cup of gelato - the dulce de leche flavor is delizioso!



Lucci's Little Italy
 1240 Buford Hwy
 Suite 140
 Cumming, GA 30041
 770.886.6171
www.LuccisLittleItaly.com

BELLO
 ITALIAN

FREE Appetizer or Dessert
 (with purchase of two entrees)
 Valid through 10/31/2011

101 Meadow Drive | Cumming, GA 30040-2694 | 770-888-1998

BABA'S GYRO & KABOB
BABA'S GYRO & KABOB
 770-888-8100
 2310 Ronald Reagan Blvd. Suite A
 Cumming, GA 30041

20% OFF

Your Check Dine In Only
 with the purchase of two drinks.
 Maximum Discount
 \$10 per table. Must present coupon.
 Expires 10/31/2011.
 Cannot be combined with other offers.

FREE APPETIZER

With purchase of \$25 or more.
 Choose from Teriyaki Chicken Sticks, Spring Roll, Crab Rangoon, or California Roll.

DINE-IN ONLY
WWW.PACIFICSPICEONLINE.COM

PACIFIC SPICE
 Sushi, Sake, Teaki & Chinese Beers

5485 Bethelview Rd. Suite 410 | Cumming, GA 30040
 Castleberry Southard Crossing
 t. 770-886-4881 f. 770-896-4348
 You can fax your order! **WE DELIVER**

Must mention and present coupon prior to ordering. Not to be combined with any other offer. One coupon per table per visit. Valid Thru 10/31/2011.



BABA'S GYRO & KABOB

770-888-8100

DELICIOUS. AUTHENTIC MEDITERRANEAN CUISINE
GREEK, PERSIAN & ITALIAN
DINE IN · TAKE OUT · CATERING

Cumming 2310 Ronald Reagan Blvd. Suite A
770-888-8100

Norcross 5270 Peachtree Parkway, Suite 115
678-966-9994

WWW.BABASGYROS.COM



Visit us on  SEE PAGES 18 & 45 FOR COUPONS!!!
Gift Certificates Available! Now serving Beer & Wine!
Open 7 days/week - 11 am - 10 pm

HEALTHY. FRESH. GOURMET.

Less than **\$7 per meal.**

- **FRESH** – Locally-prepared gourmet meals
- **CONVENIENT** – Over 80 pickup locations; home delivery available
- **FLEXIBLE** – No contracts. Vegetarian & diabetic meals available
- **VARIETY** – Over 200 menu items

High Fiber. Low Glycemic. Low Fat.



Call **404-815-7695** or go to **GoodMeasureMeals.com**

100% OF OUR PROCEEDS GO TO OPEN HAND/ATLANTA




Sushi Lunch Menu

Choose any two of the following for \$7.25 (3 for \$9.95).
Includes Ginger Salad.

- Avocado Roll
- California Roll
- Cucumber Roll
- Salmon Roll
- Tuna Roll
- Alaska Roll
- Boston Roll
- Crabsticks
- Shrimp Tempura Roll

All Day Monday-Wednesday \$1 Sushi
We cater for all occasions. Call us for prices!




5485 Bethelview Rd. Suite 410
Cumming, GA 30040
Castleberry Southard Crossing
T: 770.886.4881 F: 770.886.4348
You can fax your order! We Deliver!

\$5 OFF

Dine-in only. Dinner only.
Sun-Thurs only. Not valid on alcoholic beverages. No minimum purchase necessary. Must present coupon at time of purchase.
Exp. 10/31/11

10% OFF

Total Bill. Pick up and Dine-in. Excludes alcoholic beverages. Must present coupon. One coupon per visit. Not valid with other offers. Exp. 10/31/11



Smartware Design

Mobile & Web Development



Michael Barton

Software Engineer, Founder
michael@smartwaredesign.com

SMARTWAREDESIGN.COM

(770) 510-6192

Email or call today for your development or technical needs.



We offer a real street address,
package acceptance from all
carriers, package notification,
call-in Mail Check, and expert
shipping services—worldwide.



The UPS Store™

5485 Bethelview Rd. Suite 360 | Cumming GA

770-888-1502 | www.theupsstorelocal.com/6159

Open: Mon-Thur 8 am—6 pm | Fri 8 am—7 pm

Sat 9 am—3 pm

Southeast Vino

Enjoying wine... without the snobbish aftertaste



<http://www.southeastvino.com> • Wine Reviews - Food Pairings - Local Tasting Information

LIFESTYLE

Good Interior Design Runs in the Family

Outrageous Interiors has changed quite a bit from its humble beginnings as a small salvage store in Marietta to a thriving home furnishings store with four North Atlanta locations. Owned by husband and wife team, Kurt and Patti Gosch, the original store was started in 1988 by Patti in an old warehouse on Cobb Parkway, with just 4 employees. She sold odd lots, extras and overruns at discounted prices. Her knack for finding and selling interesting and desirable merchandise, at attractive prices, set the pace for their future growth.

Early in the 1990's Kurt came on board and they refined their offering to focus on unique and beautiful home furnishings. They moved their store to East Cobb and over the years added Kennesaw, Alpharetta and Suwanee locations.

Shoppers won't find cookie cutter room designs at Outrageous Interiors. With her strong sense of design, Patti keeps their stores fresh and current, stocked with eclectic, yet stylishly timeless, pieces. And with their complimentary design services, customers can enlist the trained eye of an interior designer to help them furnish a room or an entire home.

Being a full service home furnishings store, they are able to help clients from start to finish. Filled with an amazing mix of furniture, accessories, lamps, rugs and wall art, their stores are fun places to shop. Outrageous Interiors provides customers the ability to touch, feel and dream all under one roof. Their talented designers are able to help customers interpret their vision.

Kurt and Patti followed their natural skill sets: Patti does most of the buying for Outrageous Interiors and Kurt leads the business and management side of the business. Their proficiencies truly compliment each other. Having separate functions makes it much easier to work and live together!



As a family-run business, they believe strongly in unwavering customer service. Patti and Kurt want the shopping experience to be fun and relaxing. They realize that their customers are savvy shoppers, so creating an inviting and intriguing shopping experience is very important to them.

It has been an amazing 23 years in business for Kurt and Patti. Outrageous Interiors is very committed to their clients, and the communities they serve. They could not have been successful without an outstanding staff, and the support of their loyal clients. They feel truly blessed and look forward to the years to come.



Patti & Kurt Gosch
Owners

20% OFF
one full priced item
every Wednesday in Sept

OUTRAGEOUS INTERIORS

...creating beautiful spaces

*eclectic home furnishings
with complimentary
design services*

WWW.OUTRAGEOUSINTERIORS.COM

EAST COBB :: 770-509-2627 4101 ROSWELL RD, SUITE 500 MARIETTA, GA 30062	SUWANEE :: 770-831-4723 335 PEACHTREE INDUSTRIAL BLVD SUWANEE, GA 30024	ALPHARETTA :: 770-754-4443 14155 HIGHWAY 9 NORTH ALPHARETTA, GA 30004	KENNESAW :: 770-426-5800 702 HOME CENTER DR KENNESAW, GA 30144
--	--	--	---

OFFER GOOD FOR SEPTEMBER 7, 14, 21 AND 28, 2011 ONLY AT ALL 4 LOCATIONS. EXCLUDES SALE MERCHANDISE. CANNOT BE COMBINED WITH OTHER OFFERS. IN STOCK MERCHANDISE ONLY.

LIFESTYLE



“As hard as it can be to just listen it definitely is the most appreciated action.”

Let's Keep Our Two Cents

[by Christine M. Roberts]

I recently spoke with a friend who went through a difficult divorce a couple of years ago. After being dedicated to raising the children and running the home for the past 10 years, she was thrust into having to find employment outside the home, generate enough money to make ends meet, figure out how to manage a not so cooperative ex-husband, as well as entering back into the dating scene. The various challenges she had to face and is still facing are exponential. When I saw her it was obvious that her spirit was broken. I asked how she was doing she shared with me some of the pain she was going through. As I listened I couldn't help but add my two cents offering advice about what she could or should do.

In the middle of the conversation another friend stopped by and our conversation was interrupted. We never finished the discussion and ended up parting ways. While heading home there was an uneasy feeling in my gut. I realized that my friend never asked for my advice! When we left each other I'm sure she didn't feel any better after talking to me, in fact, she probably felt worse. I apologized the next time I saw her but at that point it was probably too late.

Have you ever done this? Or has someone done this to you? Maybe there are work issues, relationship issues with a significant other, financial challenges, behavioral issues with children or other family "stuff", whatever it may be. There are always going to be obstacles in our lives at one point or another.

When we are going through difficult times we just want someone to listen and offer words of encouragement. It seems that other's situations are always much clearer to us than our own but at the end of the day each of us has to figure things out for ourselves. We all want to be heard and validated, when facing a lot of pain; kindness is all that we're looking for. As hard as it can be to just listen it definitely is the most appreciated action.

So unless someone specifically asks, let's keep our two cents to ourselves and hopefully others will do the same.



Christine Roberts is a volunteer with Mentor Me, a local non-profit agency that matches caring volunteers with children who need mentors. Their mission is to help children reach their potential through mentoring relationships with responsible adults. Christine can be reached at cmroberts10@comcast.net.

“There's no place like Norman's Landing...”



Come See for yourself and let us Spoil YOU!

- Banquets & Rehearsal Dinners
- “Play Ping Pong for Charity”
- Great Children's Menu

Serving Lunch and Dinner 7 Days a Week



770.886.0100



365 Ptree Pkwy/Hwy 141 • Exit 13 Off GA 400

www.normanslanding.com



Metro Atlanta Housing Outlook for Second Half of 2011

[by Mark Spain]

The second quarter stats for the Atlanta real estate market are out! While it may seem a bit odd to talk about the first half of the year when we are already entrenched in August, this newly released data is important.

Year-to-date sales were slightly higher in June 2011 than in June of last year (even though government first-time buyer incentives were in place in 2010 to stimulate sales). Overall, sales were up about 3% in the 2011 second quarter. Admittedly, distressed sales are still playing a major role in not just the Atlanta real estate market, but most other major metropolitan areas as well.

These available distressed properties don't just affect inventory levels but pricing as well. We are starting to see a decline in overall inventory levels of properties priced above \$100,000. If this trend continues (as is expected), this will result in increased competition among buyers. Freddie Mac is predicting home sales will beat 2010 sales by 3-5% for the remainder of 2011. RealtyTrac reports that the number of foreclosure filings has been decreasing for the last several months.

And even though our dear Congressmen can't seem to agree on things like debt ceilings, most Realtors will agree that seeing such a prolonged time of mortgage interest rates being under 5% is unprecedented. Here in Atlanta, mortgage rates have actually dropped to or slightly below 4.5% (depending on the lender). That, coupled with deflated home prices, makes it an outstanding time to not only invest in real estate, but to have an affordable monthly mortgage payment.

In some cases, your mortgage will be lower than what you had been paying in rent. More space, a yard, building equity instead of making your landlord rich, and the ability to write off all your mortgage interest on your itemized federal tax return—all these things will make you extremely happy you made the decision to buy a home.

Mark Spain is now a Realtor with Keller Williams Realty North Atlanta. Prior to that, he was annually one of the top 20 RE/MAX agents in the world and the top RE/MAX agent in Georgia for closings. He is Short Sales and Foreclosure Resource (SFR) certified by the National Association of Realtors. To get answers to your real estate questions, visit www.MarkSpain.com or call 770-886-9000. For details on considering a short sale, visit www.GreaterAtlantaForeclosureHelp.com.



[by Helen Maddox]

Fall means football and back-to-school shopping. With a little preseason planning, you can stretch your clothing budget dollar!

As any coach would do, use the preseason to evaluate your team's strengths: sort through your children's clothes, pass down outgrown items to younger children, and discard worn items. Make a clothing inventory of what each child has, their sizes, and what they need.

Now that you are ready to kick off the season, the #1 play in your book should be using the power of the internet to help you combine sales, discounts and free shipping from your favorite stores. The easiest way to receive sales, free shipping notices and coupons is by creating a new email address just for registering with your favorite store, mall and outlet mall websites (free email addresses are available from gmail.com or yahoo.com). Also be sure to "like" your favorite stores on Facebook and follow them on Twitter.

Each week, with your clothing inventory, coupons and discount vouchers handy, peruse the store websites and match your coupons with sale items. Check sites like Retailmenot.com or Couponcabin.com for discount coupon codes, or search on Google with the words: Coupon Codes + (store name) ex: Coupon Codes Kohl's. Shopping retailers through a site like eBates.com will earn a rebate on money you spend.

The same approach can be used in brick and mortar stores. Watch the sales ads online, and then visit the stores with your inventory and printouts of any discounts. Since many retailers allow you to use their discounts on any purchase, be sure to shop clearance racks to maximize your savings. While you are in the store, check GeoQpons or Foursquare apps on your smartphone for discounts or coupons to show the cashier.

Some of your greatest bargains may be found outside of the big box department stores. Thrift and consignment stores often have name brand clothing for pennies on the dollar. If you haven't shopped in these stores before, plan regular stops at your local Goodwill to select items that are either new or next-to-new. On one of my recent trips, I found a \$60. Polo shirt for my son for less than \$5.

With some preseason warm-up, you can score huge savings and a touchdown for the family budget!



Helen Maddox (www.thelifeboat.com) helps families weathering financial challenges. Helen is available to speak at your church, school, or community function. She may be contacted at thelifeboat.info@comcast.net



LAKESIDE EXPANDS: TRADITIONS REMAIN

*Pharmacy maintains
“pleasant combination of tradition and technology”*

[by Jennifer Paire]



Lakeside Pharmacy

1505 Northside Blvd. Suite 1600
Cumming, GA 30041

(770) 205-0290

Fax: (770) 205-7386

www.LakeRx.com

Monday - Friday 8 am - 6 pm
Saturday 9 am - 1 pm



When Lakeside Pharmacy unveils its new and expanded store **October 1**, the services that endear it to a loyal and growing customer base will remain.

Lakeside’s five-minute prescription guarantee will continue, as well as the free delivery throughout the North Atlanta area – all powered by a team of 27 employees who love the pharmacy business.

“Our phone number, email, everything is the same,” says Dr. Apollon Constantinides, Lakeside’s owner and pharmacist. “We are just across the parking lot now. This move has been a long time coming.”

What’s new? More parking is available at Lakeside’s location in the 1505 building of Northside Hospital-Forsyth’s campus in Cumming, where the pharmacy has resided in the 1100 building for 10 years. A wider berth for curbside service will make it even easier for customers to drop off and pick up orders.

One of the crowning jewels of the 4,000 square-foot pharmacy is a state-of-the-art compounding lab. While considered a specialty practice today, the process of mixing drugs from scratch to fit a patient’s unique needs is beginning to grow in popularity as doctors, patients and pharmacists adopt a team approach to care.



Lakeside has featured compounding since its first day of business.

“Chances are, no matter what the prescription, we can get it filled here at Lakeside Pharmacy,” says Constantinides. “We really, truly, do everything under the sun. Our commitment to offering the best services to our customers guides us.”

An increasing number of medications are becoming harder to find in the market place as large manufacturers change their offerings. In these situations, Lakeside can compound the drugs for patients. Physicians prescribing individually compounded medication may also do so to limit dosage strengths, change a drug’s formation from pill to liquid, generate allergen-free medication, or to add flavors.

“It’s a tremendous benefit,” says Dr. Jim Morrow of Morrow Family Medicine of Cumming, who works with Lakeside extensively. “There are an awful lot of situations you find yourself in where there’s a particular medication you’d like to have, and in some cases, pharmaceutical companies have stopped making it.”

Morrow says there are cases in which compounding is cost-effective for patients, too.

“A lot of things you can get that are

compounded are so expensive from pharmaceutical companies, and Lakeside can do it at a much lower cost for the patient,” he says.

Lakeside compounds bio-identical hormone replacement medication more than any other category of drugs. For example, Lakeside readily makes a cream for treatment that allows the body to absorb the hormone therapy at a pace that is helpful to patients with absorption challenges.

“We get a lot of new prescriptions for it every day,” says Constantinides. “These are plant-derived hormones that are in a form that is readily usable by the body.”

Humans aren’t the only beings assisted at Lakeside. The pharmacy gets quite a bit of business for cats, dogs, guinea pigs, birds and horses. These creatures can be skilled at eating around medication, but compounding pharmacies can create flavors that animals like including tuna, liver, fish and beef, for example.

“A lot of birds like fruity tastes, but horses don’t really care,” says Constantinides with a chuckle.



Lakeside’s pharmacist is true to family, community

Dr. Apollon Constantinides’ enthusiasm for the pharmacy business is downright contagious.

And he is more than highly qualified to own and operate Lakeside Pharmacy, known for its free delivery and compounding services. Constantinides attended pharmacy school at Mercer University’s Southern School of Pharmacy, and he graduated with his Doctorate in Pharmacy in 1996.

But his passion for helping people with prescriptions started as a boy. Constantinides’ father, A. A. Constantinides, Sr. was a pharmacist who operated up to 10 pharmacies in Atlanta at one time. When the younger Constantinides was 12, his first job was as a soda jerk at Fleeman’s Pharmacy in Atlanta – the same job his father held many years before. Fleeman’s was located on North Highland Avenue and was considered a community anchor for decades.

“My dad has been gone 14 years, and the things I heard him say and do – it’s like they were saved in my head on a hard drive,” says Constantinides. “Seeing how he dealt with things ... I think about that all the time.”

Lakeside is a bit of a family affair. Constantinides’ mother keeps the books, and his wife, sister, and nephew work with him. His daughter had her first job working in the pharmacy over the summer. The doctor and his wife are proud parents of three children aged 15, 8 and 3.

Giving back to the community is also important to Constantinides. He is a member of the board of directors for Jesse’s House Emergency Children’s Shelter and Children’s Healthcare of Atlanta-Forsyth.

“The community of Cumming has been very good to us, so when we have an opportunity where we can give back, that’s the least we can do.”



Investing in Your Future

[by Parkey Thompson]

Over the last few weeks, the financial markets have shown us again that they go both up and down.

It can be relatively easy to invest and it can be equally frightening. Most of us just want to know where to start and how to find the right investments.

You may hire a professional to manage your money or you may hire a professional for their investment advice. Another way is to do it yourself and, some would argue, you may be just as good as the professional. Regardless of the path you choose, you need to be investing some of your monthly income for your future retirement.

The most important thing is to start early. Take advantage of compound interest for as many years as possible. But what else do you need to know about investing?

1. Get an immediate 10-20% return – cut up and cancel those credit cards! Get out of debt now and stop paying the interest associated with your debt. Begin an aggressive approach to paying down all your non-mortgage related debt. Eliminating debt will position you to regularly contribute to your investment account(s).
2. Utilize your 401(k) or 403(b). It is surprising that many people today are still not contributing to their company 401(k) or equivalent. Many companies will match a portion of your contribution to encourage your investing and assist your retirement funding. You should look at this as FREE money! If you are not investing in your 401(k) begin today.
3. Take advantage of tax free returns! In addition to your 401(k) another great place to put investment money is in a Roth IRA. A Roth is a great tax-advantaged vehicle in that it will allow your after tax investment money, and all that grows in that account, to be withdrawn completely tax-FREE! Income limits apply and you must have earned income equivalent to the amount you are investing.
4. Invest in proven investments – do your homework. There is so much information on the internet to allow us to research the best investments available. Even if you hire someone to manage for you or give you advise - know what you are investing in.
5. Diversify, diversify, diversify. You should spread your risk in different investment areas like international funds, large capital funds, balanced funds, etc.
6. Dollar cost averaging. Stocks and mutual funds are, at any point in time, going to be up or down in value. When investing, you should be buying low and selling high. Remember, you can never time the market. You will buy some funds when they are down and some when they are higher, but you are investing for the long-term!!

Remember, it is your financial future!



Parkey Thompson is a personal financial coach. He may be reached at 678-648-9940. Visit www.myfinancialfocus.net for more information.



Your New,
Beautiful SMILE
Starts Here!

 **Windermere**
ORTHODONTICS
Kids & Adults

770.888.1929 

www.orthodonticsatwindermere.com

- Complementary Consultation
- Convenient Hours and Location
- Most Insurance accepted



Dr. Michael Gorlovsky and Dr. Cesar Cardenas are highly trained in the most effective orthodontic treatments to ensure patient satisfaction. In addition to traditional braces, your choices for orthodontic treatment include Invisalign and Invisalign Teen, as well as the "tieless" orthodontic bracket system, which exerts several hundred times less pressure per tooth, while moving teeth to their correct position. This system provides ultimate comfort and fewer trips for adjustments and shorter overall treatment time.

HEALTH & WELLNESS

Why is orthodontic treatment done in 2 phases?



[by Dr. Michael Gorlovsky]

Orthodontics is all about braces. This innovation allows patients to acquire a winning smile which enhances self-esteem and holds the key to social and career success. Many parents ask us during a consultation why they see very young kids wearing braces today versus wearing them later in the teenage years, which was the case when they were growing up. The answer to this question is simple. The field of orthodontics has evolved over the years and research has shown that orthodontic care is best administered in two phases in some cases, depending on the diagnosis and the age of the child.

The American Association of Orthodontists recommends that kids see an orthodontist for the first time at the age of seven. This is the time when the child's adult teeth first start coming in and this visit serves as a screening for certain conditions that can interfere with normal growth and development. This appointment can result in several outcomes:

1. The child is growing and developing normally and there's no need for treatment at this time.
2. The first permanent teeth have not come in yet, so regular observation visits are recommended, typically in six month intervals.
3. There are some concerns about growth and development and interceptive orthodontic treatment (known as early treatment or Phase I) is recommended at this time.

Phase I treatment happens before all the permanent teeth have emerged and typically takes place between the ages 7-10. The goal of this treatment is to give more space for developing teeth to correct:

- Cross-bites
- Under-bites
- Overbites
- Other harmful oral habits

These conditions are best treated in a young child, where the jaw bones are immature and correction of jaw discrepancies and harmful habit cessation is most favorable.

Phase II treatment is comprehensive treatment that involves full braces when all of the permanent teeth have appeared, usually between the ages of 11-13.

We have patients of all ages, so call to schedule a free consultation for anyone in your family.



Dr. Michael Gorlovsky of Windermere Orthodontics may be reached at 770-888-1929. For more tips, follow them at www.facebook.com/WindermereOrthodontics.

We think you can dance!

Tap • Ballet
Jazz • Hip Hop
Contemporary/Modern
Competition Company

We're the new dancers in town and we want you to...
BE THE FUSION DANCER!
www.thefusiondancer.com

**Fresh attitude!
Dazzling facility!
Creative Choreography!**

FUSION DANCE company
5770 Bethelview Rd, Ste. K
Cumming, GA 30040
Haleigh.fusiondance@gmail.com
770-815-8172

IT'S TIME FOR YOUR BUSINESS TO
STAND OUT!

Call Michelle Hardie at
678.704.1930

www.aroundaboutcumming.com

THE HAUNTED LODGE

OPENING SEPTEMBER 30TH!

248 CASTLEBERRY INDUSTRIAL DR. CUMMING GA

HEALTH & WELLNESS

This Cancer Should Not Take a Single Life

[by Shelly Kent]

We here in Forsyth County, Georgia are in one of the best places on earth when it comes to the opportunity to live a long, healthy, and relatively disease-free life. We have ample opportunity to exercise, access to clean water and healthful foods, and a direct line to some of the most cutting edge medical advances in the world.

In light of this, we should never again hear that the life of someone we know was cut short by prostate cancer. Prostate cancer does not generally produce noticeable symptoms until its growth is significantly advanced, yet a simple blood test and a visit to the doctor once a year should allow men to catch and treat this disease before it's too late.

As the second leading cause of cancer-related deaths in men, the biggest ally prostate cancer has is negligence, and we can bring that to an end by encouraging men who are 40-50 years old (depending upon risk factors) to obtain a simple yearly screening. Most insurance plans will offer low-cost screening options and many local hospitals offer FREE prostate cancer screening events such as the one that will take place at Northside Hospital-Atlanta on Tuesday, September 20.

Dr. Chad Levitt, a Board-Certified Radiation Oncologist and site director of the Northside Forsyth Cancer Center says that while there are a variety of factors that affect prostate cancer, he believes a well balanced diet low in saturated fats, stress management, and moderate exercise may help prevent early occurrences of the disease. Dr. Levitt stresses that the survival rate for prostate cancer can be quite high due to early screening and aggressive treatment options.

There are a number of different ways to treat prostate cancer depending upon a man's age and related health factors, and what approach he is most comfortable taking. Dr. Levitt shares that one of the most stressful times his patients encounter is when they are charged with deciding which one of several equally effective treatments to pursue. This is where a good relationship with your doctor comes in, he stresses. Men who are diagnosed with prostate cancer should learn about the pros, cons, side effects, techniques, and prognosis each therapy will yield. Some of the most popular treatment options include:

- Classic, open surgery (prostatectomy)
- Laparoscopic surgery
- Robotic surgery
- Radiosurgery
- Temporary radioactive seed placement
- Permanent radioactive seed placement
- Intensity modulated radiation therapy (IMRT)
- Hormone therapy
- Stereotactic body radiotherapy

[Continued on page 43]



Shelly Kent is a freelance writer. She may be reached at 404-232-9898 or shellykent@comcast.net.



Seniors
Wedding | Family | Teens | Children | Corporate | Pets

15% off prints!

Call now to schedule your
Autumn or Holiday Family Photo Session

Mention this ad in AroundAbout to receive your discount. Offer ends 31 Oct 2011. Special rate does not apply to Weddings and may not be combined with any other offer.

Southern Kiwi
Photography

404.583.0659
www.SouthernKiwiPhoto.com

Ask us about our
Eye Care Family
Membership Plan




eye care 

FOR YOUR EYES ONLY

Complete eye care
services for all ages.

678.648.5185
www.FYEO-EyeCare.com

Vickery Village | 5851 South Vickery St.
Cumming, GA 30040



“Early detection is especially important for ovarian cancer to ensure the most effective treatment.”

What Every Woman Should Know About Ovarian Cancer

Ovarian cancer is often called the “silent” cancer because the symptoms can be vague or only a “whisper,” often going unnoticed until the disease has progressed to an advanced stage. Early detection is especially important for ovarian cancer to ensure the most effective treatment. You can help protect yourself by knowing your body and recognizing symptoms early.

Know the symptoms

A Pap test does not detect ovarian cancer, so it’s important to pay attention to warning signs. If they persist on a daily basis for more than two weeks, call your doctor.

The most common symptoms are:

- Bloating
- Pelvic or abdominal pain
- Trouble eating or feeling full quickly
- Experiencing urinary frequency and urgency

Know your risk

The risk for developing ovarian cancer appears to be affected by several factors – increasing age, obesity, smoking and alcohol use, never having had children, having children late in life, taking estrogen or hormone replacement therapy, among others. If you have a strong personal or family history of cancer, genetic testing can help you reduce your risk of developing ovarian cancer and increase your chances of survival.

Better hope for a cure

Surgery, chemotherapy and radiation therapy remain the three traditional treatment options for women with cancer. However, new treatments and technologies offer ovarian cancer patients better hope for a cure.

Robotic surgery combines laparoscopy with robotic technology, allowing surgeons greater range of motion and the ability to perform more precise,

less invasive procedures. Patients benefit from smaller incisions, less blood loss and postoperative pain, and shorter recovery times.

Hyperthermic Intraperitoneal Chemoperfusion, or *HIPEC*, is performed immediately following surgery, while still in the operating room, and delivers heated chemotherapy directly into the abdominal cavity, where it can penetrate diseased tissue directly. The combination therapy is effective at slowing or preventing recurrence of the disease and can add quality months – even years – to the patient’s life.

At the forefront of cancer care

More cases of gynecologic cancer, including ovarian, are diagnosed and treated at Northside Hospital than at any other hospital in Georgia. Northside was the first in Georgia to perform robotic radical hysterectomy for gynecologic oncology patients and ranks in the top 5 percent of all robotic GYN programs in the country. The hospital also offers genetic testing for families with a history of ovarian cancer and participates in multiple oncology research programs and clinical trials, some of which often are found only at large academic medical centers and research universities.

As an NCI Community Cancer Centers Program (NCCCP), Northside offers a comprehensive treatment program that encompasses the entire cancer experience – from education, prevention and screening to diagnosis and treatment, research, support and survivorship. For more information about ovarian cancer or any of the screening and treatment services available at Northside Hospital, visit www.northside.com.

NORTHSIDE HOSPITAL FORSYTH

1200 Northside Forsyth Drive

Cumming, GA 30041-7659

770-844-3200 • www.northside.com



Getting to the root of what ails you while bringing structure and function into alignment guides the treatments and offerings at Discover Chiropractic and Rehabilitation in Cumming.

Discover Health: Discover Chiropractic and Rehabilitation

[by Julie Brennan]



From examination and diagnosis to therapy and rehabilitation, Dr. John C. Thomas and his staff work alongside each patient to find the neurological and metabolic treatment plan that best suits their needs and can provide them with the best results possible.

“My patients are family, and as such we treat them with the respect, accuracy and dedication they deserve,” explains Dr. Thomas. “We help people with a wide range of conditions, including chronic neck and back pain, sciatica, fibromyalgia, peripheral neuropathy, chronic fatigue, irritable bowel, thyroid disorders, diabetes and other conditions that interfere with their daily lives.”

The Functional Approach

“We work with our patients neurologically and metabolically. Our approach creates a personalized game plan that deals with primary prevention and identification of underlying causes instead of only symptom relief for chronic health disorders.” Using specific brain-based therapies and nutritional protocols based on lab tests Dr. Thomas helps many patients experience full remission of symptoms. “My primary goal with each patient is to add value to their life” adds Dr. Thomas.

Patient Education

An important component of Dr. Thomas’ practice is patient education. A free weekly seminar is presented at the practice on a variety of topics, discussing the neurological and metabolic causes of Thyroid Disorders, Peripheral Neuropathy, Diabetes, Irritable Bowel, and Fibromyalgia among other topics.

In addition, Dr. Thomas helps those who wish to lose weight in a healthy way. Annette Lynn knows the value of a well-regulated and healthy weight loss plan. “When I started to work with Dr. Thomas I weighed 226 ¾ pounds; today I weigh 169 pounds and feel better than ever before, and I am off my diabetic medication,” Lynn states.

When seeking relief and healing to promote a better life, take a closer look at Discover Chiropractic and Rehabilitation



ABOUT DR. THOMAS

Dr. John graduated Summa Cum Laude and as Salutatorian from Life University in Marietta, Georgia. Dr. John is a Certified Fellow in Clinical Biomechanics of Posture (CBP). He one of only a handful of Distinguished Fellows certified in CBP, the most researched and valid chiropractic technique in the world. Dr. John also has completed post-graduate training in functional neurology from the Carrick Institute and over 250 post graduate hours in Clinical Nutrition & Functional Medicine.

DISCOVER CHIROPRACTIC & REHABILITATION

678.456.9122

2360 Bethelview Road, Suite 104 • Cumming GA 30040



“These lenses offer several other quality of life benefits simply unmatched by glasses or traditional contact lenses.”

Advances in nonsurgical vision correction: Is CRT® right for your kid?

[by Mira Sivan]

An advanced, non-surgical vision correction procedure that provides excellent vision during the day without glasses, daytime contact lenses, or surgery is now available. The procedure is called CRT® (Corneal Refractive Therapy) and involves simply fitting your child with a pair of specially designed contact lenses that are only worn while sleeping!

In addition to potentially slowing the progression of nearsightedness, these lenses offer several other quality of life benefits simply unmatched by glasses or traditional contact lenses. Corneal Refractive Therapy is a non-surgical process clinically developed to reshape the cornea while you sleep. The result is the temporary correction of myopia with or without moderate astigmatism. Similar in appearance to standard contact lenses, CRT therapeutic lenses gently reshape the corneal surface during sleep to provide clear, natural vision when the lenses are removed upon waking.

CRT® is not for everyone. This lens is designed for individuals with

CRT is for:

- Children or adults who are mildly nearsighted.
- Those who don't want to wear glasses or contacts during the day.
- Those who have no health issues affecting their eyes.

low to moderate myopia (nearsightedness up to -6.00 diopters) with or without astigmatism (up to -1.75 diopters). Active individuals can freely participate in sports without the interference of glasses or bothersome contacts. Eye irritation and dryness, sometimes associated with contact lens wear due to outside dust and pollutants, are also eliminated.

If your child wears glasses or contacts while playing sports or participating in other physical activities, does not follow the proper lens care procedures or complains of sore or dry eyes, CRT® may be worth a closer look.

An evaluation by an eye care professional can help determine if CRT® is right for your child.



Dr. Mira Sivan is an optometrist located at Vickery Village in Cumming. She may be reached at 678-648-5185.

“BRACELIFT”: A SMILE OF YOUTH

[by Dr. Matt Walton]

As the baby boom generation gets older, the pursuit to stay and look younger has become more urgent and widespread than ever before. Confronted with a wide range of cosmetic options – including botox treatments, facelifts and lip augmentations – more and more adults are investing in high-tech braces as their new weapon against aging. In particular, the breakthrough in advanced braces systems such as In-Ovation and Damon Braces can provide adults with dramatic facial results and a more comfortable experience than what they may have experienced with braces that existed when they were kids.



“To her great surprise, she realized the changes she was seeing went far beyond just straight teeth. What resulted was a broader smile, fuller lips and a better proportioned face which translated into a more youthful profile.”

“I noticed a physical difference in my face after treatment was completed. My face and smile changed dramatically and I have so much more confidence now because I know I look good.” “I didn't realize how a wide, full smile could make such a dramatic change to my whole face,” said Shonda Martin, who began adult braces treatment at the age of 41.

Before treatment, Martin had noticed that her smile had changed over the past several years which she felt made her look older. Initially, she began treatment simply to correct her crowded teeth and uneven bite. To her great surprise, she realized the changes she was seeing went far beyond just straight teeth. What resulted was a broader smile, fuller lips and a better proportioned face which translated into a more youthful profile.

The new High-Tech braces systems are the fastest growing orthodontic technology available today which is especially appealing to adults who yearn for a more youthful appearance. In addition, this technology results in shorter treatment time, a more comfortable experience and a discreet look.

Today, adults can get dramatic results with a “Bracelift” using high tech braces to achieve a full smile which improves mid-face support and counteract the visible signs of aging by reducing smile wrinkles and creating fuller lips and providing a more youthful profile.



Matt Walton, D.M.D., may be reached at Walton Orthodontics at 770-663-0955 or via e-mail at info@drwalton.com.

Mission: Possible

[by Denise Dickinson]

Award-Winning Local High School Artist Has A Second Passion Always in Her Heart

These days Ryan Dickinson has a lot on her mind. A senior at Lambert High School, she is very busy both studying and preparing for her classes (3 AP) and sorting through all the college recruiting mail she now receives almost daily. Like all seniors, Ryan has a lot of decisions to make with what colleges she wants to apply to, what she wants to declare for a major, among others. These are crucial issues for her future, indeed, but there are other aspects of her life, that, unlike a lot of American teens her age, she knows will absolutely be a part of her future.



While she may not declare a major in either, the two things this young lady is sure will always be a part of her life are missions and art. Missions has been a passion of hers since 2007 when she went on two summer mission trips to Mexico and India, working in children's homes in both countries. Last April during spring break Ryan returned for her third trip to India working at a home for at-risk children about 20 miles inland from the Bay of Bengal. (To learn more about this work, visit Ryan's website at http://web.me.com/ryanshby21/ryanashbys_missionINDIA/Welcome.html.)

Art has always come natural for her. The unique talent she has been blessed with was seen early by several of her elementary teachers, including Julie Hubbard, who presented the 5th grade art award to Ryan, stating she had a true gift and talent.

This quality work has continued and been appreciated by her AP Art teacher, Kim Dareing, at LHS. She encouraged Ryan to enter several pieces in the national Scholastic Art Awards contest and last spring was there at GSU with Ryan as she received her Scholastic Silver Key award, an honor also earned at one time by actor Robert Redford and artist Andy Warhol.

This month Ryan painted a panel as part of the 9-11 Memorial Museum which was featured at the Forsyth Family Fest at the Cumming Fairgrounds as a project for the National Art Honor Society, of which she is a member. An AP Scholar, Ryan is taking her second AP art class this year with Mrs. Dareing.

Although her senior year will have many days that seem impossible to get through, with tests, homework, clubs and college decisions, there are a few things Ryan always sees as possible: serving others and sharing with them from what we have been blessed with in America and using our talents to enrich our own and others' lives.

Denise Dickinson is a local freelance writer and mother of the artist mentioned in this article. She can be contacted at dhd422@gmail.com or 404-422-4921.



[by Susan Masten]

It's that time of year, when the leaves change, the air gets brisk and the tastes and smells of the harvest season are upon us. It's a wonderful time to enjoy the great outdoors – take a hike – look at the changing leaves and more.

HIKING FUN

Try these activities with your child while exploring this fall.

- "I spy" – Alphabet version – look for something that starts with the letter "A", "B" and so on.
- Counting Colors – count the number of colors you see on a leaf, in a rock, etc.
- Nature rubbings/reliefs – Use a crayon and paper to do a rubbing of leaves, tree bark, etc.
- What Do You Hear? – Sit with your eyes closed and listen to the sounds. Try making a map – with an X where you're sitting and distances of the noises around you.
- Map it Out – Make a map of your hike – ask your child his/her favorite parts. Put leaves and other items gathered along the way on the map to make a collage.

HARVEST TIME

Take some time to enjoy the fall's pumpkins and apples. Purchase a variety of apples and have a taste test – which ones are favorites? Or, try the activities below.



Pumpkin Pie Playdough

- 5 ½ cups flour • 2 C salt • 8 t cream of tartar
- ¾ C veg. oil • 4C water
- Pumpkin pie spice (1 container 1 1/12 ounces)
- Orange food coloring (2 parts yellow, 1 part red)

Mix all of the ingredients together. Cook and stir over medium heat until all lumps disappear. Knead the dough on a floured surface until it is smooth. Enjoy playing with this great playdough. Remember to store in an airtight container. Also, this playdough smells so great...remind small children it is not for eating.

APPLE PRINTING

In celebration of Johnny Appleseed's birthday, September 26, 1774, try some apple activities -- use apples as stamps to create fun pictures, wrapping paper or decorate t-shirts.

Supplies:

- Apples
- Paint (use washable poster paint for paper print and fabric paints for clothes)
- Paper Plates
- Something to print on
- Newspaper to protect table
- Art smocks • Knife to cut the apple

Cover working area with newspaper and have everyone put on smocks. Put paint on the paper plates (one color per plate). Cut the apples in half. Create an apple silhouette by cutting the apple from top to bottom or create a circle with a star by cutting horizontally. Consider making different shapes with the apple. Have your child dip the flat side of the apple into the paint, covering thoroughly and then apply to the printing surface (t-shirt, paper, etc.).



haPPY faLL fuN!

Susan Masten is the Owner/Operator of The Goddard School in Johns Creek. She may be reached at 678-475-0701.

SCHOOLS

Teaching Your Child Accountability

[by Kathy Martin]

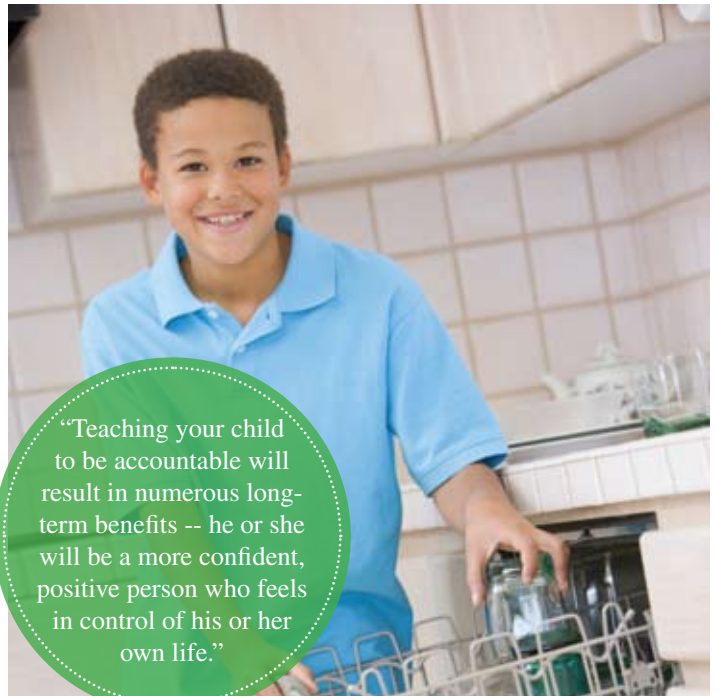
“It’s time for you to start being more responsible.”

If you’ve ever heard yourself saying these words to your child, you’ve likely reached the stage where you feel he or she needs to take ownership of his or her decisions and the consequences that result from those decisions. As your child moves from childhood to adolescence, it is important to gradually give him or her more responsibilities, but more than that, it is important to teach children that they -- not their parents or anyone else -- are accountable for their actions.

How can you encourage your child to practice accountability in his or her daily life? What are the benefits of doing so? Here are several things to know about raising an accountable child.

Children need a little freedom to make choices. When your child was very young, you likely made most of his or her decisions. However, as your child grows older, give him or her opportunities to make choices, even if you are afraid he or she might make a wrong choice (or different choice than you might make). Children who are empowered learn to think on their own and take initiative. Empowerment is an important part of accountability.

Children need the skills to weigh different decisions. It’s difficult to



“Teaching your child to be accountable will result in numerous long-term benefits -- he or she will be a more confident, positive person who feels in control of his or her own life.”

teach your child to be accountable without giving him or her the tools to navigate problems that may come his or her way. Teach your child to carefully consider the various facets of any decision and to weigh pros and cons of all sides. And when your child makes mistakes, teach him or her to evaluate how things went wrong in his or her decision-making process. What would he or she do differently, looking back? How will lessons learned impact future decisions?

Parents cause more harm than good by removing children from difficult situations. No parent likes seeing his or her child struggle, but while fixing your child’s problems may make you feel better, it has negative consequences for your child. Long-term repercussions can include diminished self-esteem, an inability to cope with even the smallest of failures, and the belief that mom and dad will forever be there to right the wrongs. The best thing you can do for your child is help him or her learn to solve problems on his or her own, which will give him or her the confidence -- and the resourcefulness -- to overcome challenges.

Parents should model good behavior. Do you blame others for your mistakes? Do you ever act helpless or passive instead of proactive? If you find a flaw in yourself, do you ignore it? If you truly want your child to learn accountability and become responsible for him or herself, you must practice what you preach. Be sure your child sees you striving to be a responsible person each day, owning up to your mistakes, and asking for help when you need it.

Accountability is one of the building blocks for success. Teaching your child to be accountable will result in numerous long-term benefits -- he or she will be a more confident, positive person who feels in control of his or her own life. Develop your child’s sense of accountability and watch him or her become a more prideful, engaged student and person of character.

For additional information call Huntington Learning Center at 770-292-8994.

How Clean Is Your Carpet?



Pet Stain & Odor Removal Experts!

Let us help you with your SEASONAL cleaning... and your Allergy Relief, with a Cleaner, 'Greener', Healthier Home!!

SUPERIOR CARPET CLEANING & FLOOR SERVICES

- Latest Carpet Cleaning "Agitation Extraction" Technology!
- Safe & Effective Process That 'Scrubs' Your Fibers Clean & Dry In Less Than 1 Hour!
- Pleasant, Mild Citrus Aroma!

FINALLY NO MORE:

- Nasty Hoses Dragged Thru Your Home!
- Fading Carpets Due To Excessive H2O!
- Delaminating Of Carpet Backing!
- Taking Days To Dry!

Rated KUDZU.
5 Star Company 2005 - 2010

Dry Carpets In Less Than 1 Hour!
Re-cleanings For Only \$5 Per Area!

Carpet Dry-Tech
Carpet, Floor & Upholstery Cleaning
Latest Technology + Superior Service = Clean Results!

678.368.5991
www.carpetdrytech.com
info@carpetdrytech.com

VISA MASTERCARD DISCOVER AMEX

SPECIALS

5 Areas - \$99 with 1 FREE area Teflon Protectant
7 Areas - \$139 with 2 FREE areas Teflon Protectant

CALL NOW & SCHEDULE YOUR CLEANING TODAY!
Over 12,000 happy customers serviced!



Kathy Martin is the owner of the Huntington Learning Center in Cumming, located at the corner of Bethelview and Castleberry Roads. Contact the center directly at 770-292-8994 to find out about what program will best suit your child’s needs.



Can't get a name for your problem?
Don't have a label yet?
Are your labs negative but you still feel terrible?
Have you been told, "its in your head!"
Already on an anti-depressant?

by Dr. John C. Thomas, D.C

**Call to attend one of our next
FREE SEMINARS**

Learn the neurological and metabolic causes for chronic health issues.
*Thyroid Disorders * Diabetes * Neuropathy * Migraines
Auto Immune Diseases * Fibromyalgia/Chronic Pain & Fatigue * IBS*

Is your doctor not able to diagnose you because he is letting your insurance company call the shots?
Or is your Doctor playing russian roulette with medications when he can't find anything abnormal on your labs?
If your sick and tired of being sick and tired don't let the insurance industry play dictator with your health !!!!

I see on a daily basis chronically sick people told that all there labs are normal yet they fee sick. I don't let insurance companies tell me what tests to order and I am able to properly diagnose and get these people better. If you want to find out just what these tests are and how functional medicine and neurology gets their lives back then I invite you to a free seminar....

Limited Seating Available *
CALL 678-456-9122

Faith's House

Helping Single Mothers



Raising a child in today's fast-paced world can be a difficult task only to be compounded when the parents are no longer together. This scenario is becoming more common as generations of children are being raised by single parents. Though many of these parents are hard workers who make valiant efforts to provide for their children, often times they still need a great deal of support. That's where Faith's House comes in, a local non-profit organization that strives to help empower single mothers.

Valerie Daniel, the founder of Faith's House, has a vision to help the women who need it most but are the least likely to ask for it. Faith's House ultimate goal is to have a place for single mother families with limited life choices to live while they pursue their educational dreams. Debra, a single mother said "the practical information and support I have received at Faith's House has been invaluable." Another mom, Justina, who received help through resources at Christmas, said "I hope one day when I get on my feet that I can give back and help other moms that were in situations like me."

Whether you're a mother who is single, or single again, Faith's House welcomes you to their meetings the third Saturday of every month at 11am held at Friendship Christian School off Old Atlanta Road. At these meetings, you will learn from guest speakers, find information about job opportunities, help with resumes, and share how to best utilize the community's resources. Childcare and pizza are provided as well. Most importantly, you will find women like yourself who understand you better than anyone.

If you are interested in learning more about how **Faith's House** can help you, or if you are looking for a way to give back to the community and volunteer with a great group of people, **visit www.faithshouseinc.org.**

Small Biz MBA
MARKETING • BRANDING • ADVERTISING

We help Small Businesses generate more customers and become more profitable!

- Does your business have enough customers?
- Are you satisfied with the profitability of your business?
- Are you recognized by your market as the leader in your field?



If your answer is "NO" to any of these questions, Small Biz MBA can help!

Regardless of the age of your business, we can develop a Personalized Marketing Plan to help you effectively market and promote your business to your target market.

Take advantage of our pre-opening special price of only \$499!

Call us today at (404) 580-6331.

FOCUSED ON YOUR CAREER? *so are we*

DeVry University and its Keller Graduate School of Management offer undergraduate and graduate degree programs that can help students get started on a rewarding career.

At DeVry University, we have five specialized colleges of study: Business & Management, Engineering & Information Sciences, Liberal Arts & Sciences, Health Sciences, and Media Arts & Technology. Most offer bachelor's degree programs, and all have been designed to prepare you for the in-demand careers of today and tomorrow. At Keller you can select from master's degree programs such as business administration, project management and accounting & financial management, taught by working professionals.

7 locations in metro Atlanta including Alpharetta

2555 Northwinds Pkwy. | Alpharetta

DeVry.edu/Atlanta | 1-866-DEVRY-34

Program availability varies by location. AC0059
©2010 DeVry Educational Development Corp. All rights reserved.



If your CHILD is STRUGGLING in school, SUCCESS starts HERE.

When your child isn't getting the grades you think he or she should or they need help with SAT/ACT prep, call Huntington Learning Center.

Our certified teachers can find out what's holding your child back and create an individualized program of instruction designed to fix the problem.

Just a few hours a week at Huntington can improve a student's learning skills, so they can overcome frustration with school, as well as develop confidence and motivation.

Call Huntington today. We're nearby and affordable. We know your child can succeed in school, because we know they *can* learn.

- ✓ READING, WRITING
- ✓ MATH, SPELLING
- ✓ IMPROVE STUDY SKILLS
- ✓ STATE TESTING PREP
- ✓ CONFIDENCE, MOTIVATION, SELF-ESTEEM
- ✓ SAT & ACT



5485 Bethelview Road, Suite 340, Cumming, Georgia 30040



Huntington
LEARNING CENTER

1-800-CAN LEARN
or (770) 205-2800

ELEMENTARY SCHOOLS**Big Creek Elementary**

1994 Peachtree Parkway, (770) 887-4584
Principal: Sherri Black
sblack@forsyth.k12.ga.us

Brookwood Elementary

2980 Vaughan Drive, (678) 965-5060
Principal: Kathie Braswell
kbraswell@forsyth.k12.ga.us

Chattahoochee Elementary

2800 Holtzclaw Road, (770) 781-2240
Principal: Dave Culpepper
dculpepper@forsyth.k12.ga.us

Chestatee Elementary

6945 Keith Bridge Road, Gainesville
(770) 887-2341
Principal: Rebecca G. Johnson
rjohnson@forsyth.k12.ga.us

Coal Mountain Elementary

3455 Coal Mountain Drive, (770) 887-7705
Principal: Debbie Smith
dsmith@forsyth.k12.ga.us

Cumming Elementary

540 Dahlonega Street, (770) 887-7749
Principal: Pam Pajerski
ppajerski@forsyth.k12.ga.us

Daves Creek Elementary

3740 Melody Mizer Lane, (770) 888-1223
Principal: Eric Ashton
eashton@forsyth.k12.ga.us

Haw Creek Elementary

2555 Echols Road, (678) 965-5070
Principal: Dr. Amy Davis
ardavis@forsyth.k12.ga.us

Johns Creek Elementary

6205 Old Atlanta Road, Suwanee
(678) 965-5041
Principal: Alyssa Degliumberto
adegliumberto@forsyth.k12.ga.us

Mashburn Elementary

3777 Samples Road, (770) 889-1630
Principal: Tracey Smith
tbsmith@forsyth.k12.ga.us

Matt Elementary

7455 Wallace Tatum Road, (678) 455-4500
Principal: Charley Stalder
cstalder@forsyth.k12.ga.us

Midway Elementary

4805 Atlanta Highway, Alpharetta
(770) 475-6670
Principal: Todd Smith
tsmith@forsyth.k12.ga.us

Sawnee Elementary

1616 Canton Highway, (770) 887-6161
Principal: Dr. Eileen Nix
ecnix@forsyth.k12.ga.us

Settles Bridge Elementary

600 James Burgess Road, Suwanee
(770) 887-1883
Principal: Donna Morris
dmorris@forsyth.k12.ga.us

Sharon Elementary

3595 Old Atlanta Road, Suwanee
(770) 888-7511
Principal: Amy Bartlett
abartlett@forsyth.k12.ga.us

Shiloh Point Elementary

8145 Majors Road, (678) 341-6481
Principal: Sharon Ericson
sericson@forsyth.k12.ga.us

Sliver City Elementary

6200 Dahlonega Highway, (678) 965-5020
Principal: Kristan Morse
kmorse@forsyth.k12.ga.us

Vickery Creek Elementary

6280 Post Road, (770) 346-0040
Principal: Ron McAllister
rmcallister@forsyth.k12.ga.us

Whitlow Elementary

3655 Castleberry Road, (678) 965-5090
Principal: Lynne Castleberry
lcastleberry@forsyth.k12.ga.us

MIDDLE SCHOOLS**Lakeside Middle**

2565 Echols Road, (678) 965-5080
Principal: Debbie Sarver
dsarver@forsyth.k12.ga.us

Liberty Middle

7465 Wallace Tatum Road, (770) 781-4889
Principal: Connie Stovall
cstovall@forsyth.k12.ga.us

Little Mill Middle

6800 Little Mill Road, (678) 965-5000
Principal: Connie McCrary
cmccrary@forsyth.k12.ga.us

North Forsyth Middle

3645 Coal Mountain Drive, (770) 889-0743
Principal: Jeff Hunt
jhunt@forsyth.k12.ga.us

Otwell Middle

605 Tribble Gap Road, (770) 887-5248
Principal: Steve Miller
stmiller@forsyth.k12.ga.us

Piney Grove Middle

8135 Majors Road, (678) 965-5010
Principal: Terri North
tnorth@forsyth.k12.ga.us

Riverwatch Middle

610 James Burgess Road, Suwanee
(678) 455-7311
Principal: Kathy Carpenter
kcarpenter@forsyth.k12.ga.us

South Forsyth Middle

2865 Old Atlanta Road, (770) 888-3170
Principal: Sandy Tinsley
stinsley@forsyth.k12.ga.us

Vickery Creek Middle

6240 Post Road, (770) 667-2580
Principal: Kathy Rohacek
krohacek@forsyth.k12.ga.us

HIGH SCHOOLS**Forsyth Central High**

520 Tribble Gap Road, (770) 887-8151
Principal: Rudy Hampton
rhampton@forsyth.k12.ga.us

Lambert High School

805 Nichols Road, (678) 965-5050
Principal: Dr. Gary Davison
gdavison@forsyth.k12.ga.us

North Forsyth High

3635 Coal Mountain Drive, (770) 781-6637
Principal: Beth Hebert
bhebert@forsyth.k12.ga.us

South Forsyth High

585 Peachtree Parkway, (770) 781-2264
Principal: Dr. Jason Branch
jbranch@forsyth.k12.ga.us

West Forsyth High

4155 Drew Road, (770) 888-3470
Acting Principal: Betty Pope
rgjill@forsyth.k12.ga.us

PRIVATE SCHOOLS**Cornerstone Schools**

4888 Browns Bridge Road, (770) 205-8202
Principal: Elaine M. Francel
www.cornerstonesch.com

Covenant Christian Academy

6905 Post Road, (770) 674-2990
Headmaster: Johnathan Arnold
www.covenantrams.com

Fideles Christian School

1390 Weber Industrial Drive, (770) 888-6705
Directors: Jonny and Ellen Whisenant
www.fideles.net

Friendship Christian School

3160 Old Atlanta Road, (678) 845-0418
Principal: Tom Davis
www.friendshipchristianschool.us

Horizon Christian Academy

(K-6) 2160 Freedom Parkway
(7-12) 433 Canton Road
(678) 947-3583, (678) 947-0711
Headmaster: Heather Marshall
www.horizonchristian.org

Ivy League Montessori School

1791 Kelly Mill Road, (770) 781-5586
School Director: Becky Carty
www.ilmsnet.com

Montessori Academy at Sharon Springs

2830 Old Atlanta Road, (770) 205-6277
Head of School, Kathy Lindaman
www.montessoriacademygeorgia.com

Pinecrest Academy

955 Peachtree Parkway, (770) 888-4477
Head of School: Fr. Robert Presutti
www.pinecrestacademy.com

Upward Trend in Deaths by Suicide

[by Laurie Hyatt, Ph.D]

Suicide is a serious problem in our nation, with increasing numbers of community members taking their lives each year. Fortunately, there are resources in Forsyth County to support survivors of suicide and there are counselors who work with those at risk for suicide.

In the last six years, 103 Forsyth County citizens took their lives. The number increased from 2005 to 2010, with 23 deaths by suicide in 2010 compared to 11 in 2005. In 2010, the gender ratio was 17:6 male to female and the methods were gunshot (15), hanging (6), and other means (2). The numbers by age ranges for 2005-2010 were: 10-14 (1), 15-24 (11), 25-34 (18), 35-44 (21), 45-54 (24), 55-64 (15), 65-74 (7), and 75-84 (6).

September is Suicide Prevention Month

The numbers reflect the community needs for a heightened awareness of warning signs, support for those surviving the loss of a loved one to suicide, and guidance for those at risk. Warning signs are not always obvious. They can include subtle changes in behavior patterns, referring to death in artwork or music lyrics, or withdrawal. Young people often exhibit anger

and frustration, rather than sadness or lethargy. A common misconception is that if someone threatens suicide, he or she is not serious. It is important to take a suicide threat or attempt seriously and seek professional help.

Resources in our community include Survivors of Suicide meetings at 6:30 p.m. on the first Thursday of every month at The Warehouse in Midway Park, 5095 Post Road, Cumming GA. The free meetings are open to anyone who has lost a loved one to suicide. For more information, contact Karen Copija at 770-355-1024 or cummingsos@yahoo.com. Mental health professionals in the community who can help survivors as well as those at risk can be reached by searching for "counselors in Cumming" in Google. Call ahead and ask if the counselor works with survivors or those at risk. In telephone conversations with counselors in this area, it was learned that many work with survivors and with those at risk for suicide.



Laurie Hyatt, Ph.D., is an author and public speaker. Her new book, *Silent Decision*, is available at www.silentdecision.com, www.booklogix.com, and at Humpus Bumpus bookstore in Cumming. She can be reached at laurie@silentdecision.com or 678-951-4325.

U R Who we R looking 4...

SUMMIT COMMUNITY CHURCH

South Forsyth Middle School 2865 Old Atlanta Road, Cumming, GA 30041
www.summitcommunitychurch.org

Get Your Business NOTICED

DESIGN PRINT PROMOTE

1,000 Brochures \$365

Includes: Design, Print & Shipping*

Call Today and Get Your Business Noticed!
*All brochures get two design concepts. 1,000 copies printed on 100 pound gloss text. 5 to 7 days for printing and 2 days for shipping after final design is approved.

PIXELUTION® STUDIOS INC. 678.945.7301

Preserving Enough

[by Nancy Johnson]

This year, I am trying something new. I am going to make an attempt at canning. In past years, my freezer has become overloaded with the fruits, veggies and recipes I have tried to save for the cold winter months. Now I am hoping to acquire a method that doesn't use so much electricity. Though generations of my relatives have preserved food in mason jars as a normal part of their lives, the practice got lost before making it to me. So I've been very timid about trying it.

In recent days, however, I have been working on ways to feed my family that are healthier for our bodies as well as for our economy and environment. I have been learning the virtues of eating food in season and enjoying the opportunity to shop at our local farmer's market. I have even worked on growing some vegetables of my own (though they make up a negligible percentage of our overall diet). Each year, I try to do a little more. I try to learn something new or put a new practice into place. This year, it will be canning.

Planning for the future is generally considered to be a smart thing to do. Saving is wise. Storing up in times of plenty will allow us to have enough for a rainy day and maybe even enough to give to others. Saving means more than just food. I store up extra toothpaste when it's on sale and regularly add to my retirement account. We all want to have enough.

Too much storing, however, isn't always good. I am reminded about the story of manna. Found in the Old Testament of the Bible, in the book of Exodus, this story tells of people who are wandering hungry in the wilderness. When they cry to God for help, they receive an unusual feast. Each morning, flakes that look like frost appear on the grass after the dew has gone. It is bread from heaven. It is manna. The people find it on the ground every morning (except the Sabbath) and they can take all that their families are able to eat. The only restriction is that it can't be stored. It can't be canned or frozen or otherwise put away for a rainy day. Those who try to keep extra find it spoiled the following morning. Each day, however, they receive manna anew. The people have all that they need and are reminded each day of their reliance on the provider.

We too struggle to balance our real needs with our desire for security. We often put too much in our storehouses. We exalt efficiency and practices that produce higher yields, but we often find that such practices don't work in our favor. Trying too hard to ensure our own security is not a good thing or even realistic one. No amount of saving or planning can steel us against every eventuality. Ultimately we must contend with the unknown. We will also do well to recognize our reliance on the one who provides for us.

[Continued on page 43]



Nancy Johnson is an ordained United Methodist minister. She can be reached at nancy.johnson@ngumc.net. Visit her blog, *A Feast for the Soul*, at soul-feast.blogspot.com.

SOCIAL MEDIA OR SOCIAL FRENZY:

When is it too much?

[by Neida Streit]

Every Saturday morning my family gathers at a local restaurant for breakfast. Last week, my 19 year old niece forgot her phone. You know, the smart phone that it seems everyone carries in their hand at all times? Well, it was like losing Linus' security blanket. She ask to "hold" her mom's phone so she wouldn't miss hers so bad. Really?

Ask me where my phone is – go ahead, ask me. I will tell you to hold on while I look for it. It might be in my purse, or on the sofa, or at my office while I am at home or vice versa – it might be just about anywhere. Usually, when it starts ringing, the search is on to find it before it goes to voicemail. My mother is even worse. She only turns it on when SHE needs to make a call. If you leave her a voicemail, she can't get it – she doesn't know how. She hands her phone over periodically to me, my sister or one of the grandkids to get her messages.

Facebook, Twitter, Places , LinkedIn, Google+, Four Square – it is enough to give you a migraine. It is serious brain overload, but is it good for us? A marketers dream, social media can spread the word about anything to everyone in just about 10 minutes flat. One of the current facebook groups that is most popular in this area is You know you are from Fer-syth County if... With over 2700 members in a week – yes, I said one week – you get to reminisce about the good old days. The days when your mom knew you cut school to go to Dairy Queen before you got home; of "cruising" from Dairy Queen to Jim Wallace (later all the way down to McDonald's/Ben Franklin's)

"Facebook, Twitter, Places , LinkedIn, Google+, Four Square – it is enough to give you a migraine. It is serious brain overload, but is it good for us?"

and back; days of the party line, where 4-6 families shared one telephone line and you knew when someone was calling you be the number of long and short rings. Ours was one long and two short. In those days, word spread about whatever in about 15 minutes or less – depending on who got the word first and how fast that someone could dial a rotary phone. You remember those? They were big, black and attached to the wall – permanently – by a curly black cord. You can still see some of those in old movies and pictures.

At Cumming First United Methodist Church, the home of traditional worship for contemporary people, we now have a website: www.cfumcga.com, a mobile website: www.cfumcga.mobi, a facebook group: www.facebook.com/#!/groups/CFUMC/, and an Advertag. We are a part of Advertagging, Inc.'s September Scavenger Hunt, so come by and scan our tag to help you win.

Our Associate pastor, Rev. Ken Hagler, encourages anyone to text him any questions you have when he is preaching. He will answer you that afternoon! Yes, texting...in church! He also encourages you to check in at CFUMC on foursquare when you come to church. You check in enough – you'll win a free book or video of the month.

So I guess social media is a frenzy that is here to stay, and while I am embracing its value in our world, I can't help but maintain a sense of the good 'ol days when social media included time with family and friends, with no phones, tablets, pads or other technical instrument attached to someone's body (or ear).

Neida Streit is the Director of Communications at Cumming First United Methodist Church. She may be reached at (770) 887-2900 ext. 215 or via e-mail at nstreit@cfumcga.com.

FAITH

A Special Visit

[by Maria I. Morgan]

Cooler temperatures. A hint of color on the trees. Hay rides and apple festivals. Things I love about this time of year. But fall wouldn't be the same without a special visit. A visit from my Mom. She's from up north – way up north. Michigan to be exact. She makes the annual trip down to see us and to enjoy a few more days of warm weather before she settles in for another long winter.

We carefully count out the weeks before her visit. Her pending arrival motivates us to follow through on projects that need to be completed: cleaning out the garage, organizing kitchen cupboards, touching up the paint, and dozens of other things that haven't been done since her last visit.

A lot of work goes into preparing for a special guest. Evenings and weekends are spent giving attention to sprucing things up rather than relaxing and entertaining ourselves. But the outcome is well worth the effort. There's a satisfaction in knowing that we've done everything we can in order to make my Mom's stay memorable and fun. And nothing can compare to the great times we enjoy together once she gets here!

I take time to prepare for my Mom's visit. But one day, someone even more special than my Mom is coming to re-visit this earth: Jesus Christ. Am I preparing as diligently for His return? At Jesus' ascension into heaven, the angels proclaimed, "...this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven," (Acts 1:11b; KJV). There's a lot to do before His second coming!

I'm reminded to be watchful and ready. "Watch therefore: for ye know not what hour your Lord doth come. Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh," (Matthew 24:42, 44). And I'm commissioned to share the good news about Christ's payment for the sins of mankind, "Go ye into all the world, and preach the gospel to every creature," (Mark 16:15).

Preparing for Christ's return involves hard work. Time and effort are required for those in my sphere of influence to hear the message, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life," (John 3:16). But just like I reap the rewards of my hard work once my Mom arrives, I'll reap even greater rewards when I stand before my Heavenly Father. Hearing His words will be worth it all, "Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord," (Matthew 25:21).

Are you preparing for Christ's return? Who will you share the gospel with today?

Prayer: Heavenly Father, thank You for reminding me that You WILL return one day. Help me to be watchful and ready. And help me to boldly share the good news of the gospel of Christ with others today. In Jesus' name, Amen.



Maria Morgan is a freelance writer and a Cumming resident. Visit her on the web @ www.mariaimorgan.blogspot.com

Put your Message in Motion with **ACTION WORDS!**

Specializing in Professional & Confidential Ghostwriting, Website Text, Blogs, Tweets, Copywriting, Articles, Editing, Marketing Materials, Whitepapers, and Social Media

Call Shelly Kent, Freelance Writer
(404) 232-9898
www.ShellyKent.com
shellykent@comcast.net
Facebook: ShellyKent.FreelanceWriter

Traditional Worship for Contemporary People

Get the free mobile app at <http://gettag.mobi>

**DISCOVER FORTHSYTH
SCAVENGER HUNT**

Scan the tag above for a chance to win a new **ChromeBook computer!**

Cumming First United Methodist Church
770 Canton Hwy • Cumming, GA 30040
770.887.2900 • www.cfumcga.com

ASSEMBLIES OF GOD

Eastgate Church

2820 Brookwood Road, Cumming
770-888-8852
Sunday Morning Worship times: 9:00 & 11:00 am
Sunday School Connect Groups: 10:15 am
Wednesday Night Service: 7:00pm
Pastors: David & Robin Houtsma
www.eastgatechurch.org

BAPTIST

Antioch Baptist Church

2465 Antioch Road
(770) 887-6900
Sunday School: 10 a.m.
Sunday Service: 11 a.m. and 6 p.m.
AWANA: Sunday at 6 p.m.
Wednesday Bible Study: 7 p.m.
Pastor: Travis Bridgeman
www.welcometoantioch.org

Cumming Baptist Church

115 Church Street, (770) 205-6699
Sunday School: 9:30 a.m.
Sunday Worship service: 10:50 a.m.
Pastor: Dr. Barry Crocker
www.cummingbaptist.net

First Baptist Cumming

1597 Sawnee Drive, (770) 887-2428
Sunday Services: 9:30 a.m. Contemporary Worship Service & Bible Fellowship Groups 11 a.m. Traditional Worship Service & Bible Fellowship Groups
Wednesday: 6:15 p.m. AWANA
Pastor: Dr. Bob Jolly
www.firstbaptistcumming.org

First Redeemer Church

2100 Peachtree Parkway, (678) 513-9400
Sunday Services:
9:30 a.m. – Contemporary Service (SFC)
10:30 a.m. – Blended Service (Auditorium)
9 & 10:45 a.m.; 6:30 p.m. Bible Fellowship
Pastor, Dr. Richard G. Lee
www.firstredeemer.org

Greater Heights Baptist Church

3790 Post Road, (770) 887-4802
Sunday School: 10 a.m.
Sunday Worship: 11 a.m.
Sunday Evening: 5 p.m.
Wednesday Evening & AWANA: 7 p.m.
Pastor: Chris Grinstead
www.gbhcc.org

Longstreet Baptist Church

6868 Campground Road, (770) 889-1959
www.longstreetchurch.com
Sunday School: 10 a.m.
Worship Service: 11 a.m.
Wednesday night adult and youth activities

North Lanier Baptist Church

829 Atlanta Highway, (770) 781-5433
Church service times:
8:30 a.m. Classic Worship Service
9:30 Bible Studies
11 a.m. Celebration Worship Service (main auditorium)
11 a.m. Spanish Worship Service (Student Center)

Refuge Baptist Church

3525 Pilgrim Mill Road, (678) 807-7746
Sunday Bible Study: 9:30 a.m.
Sunday Services: 10:45 a.m., 6 p.m.
Wednesday Prayer Service: 7 p.m.
www.refugebaptistchurch.org

EPISCOPAL

St. Columba's Church

939 James Burgess Road, Suwanee,
(770) 888-4464
Wednesday Services: 6 p.m.
Saturdays Service: 5:30 p.m.
Sunday Service: 7:45, 9 & 11 a.m.
Rector: Father Tripp Norris
Curate: Father Joseph Greene
www.saintcolumba.net

The Episcopal Church of the Holy Spirit

724 Pilgrim Mill Road, (770) 887-8190
Services: Thursdays 12 noon, Sundays 8:30 and 10:45 a.m.
Rector: Keith Oglesby
www.episcopalholyspirit.org

GREEK ORTHODOX

Saints Raphael, Nicholas, and Irene Greek Orthodox Church

3074 Bethelview Rd., (770) 781-5250
Divine Liturgy every Sunday at 10 AM
Pastor: Fr. Barnabas Powell
www.stsrni.org

LUTHERAN

Living Faith Lutheran Church, LCM S

103 Buford Dam Road, (770) 887-0184
Sunday school: 9:30 a.m., all ages
Sunday worship: 8 & 10:45 a.m.
Living Faith Lutheran Korean Church
Worship: 12:30 p.m.
Wednesday evening fellowship meal (6 p.m.)
Bible study for all ages (7 p.m.)
Pastor Tim Droege Mueller
www.livingfaithlutheran.com

Christ The King Lutheran Church

(Evangelical Lutheran Church In America)
1125 Bettis-Tribble Gap Rd.
Cumming, Ga. 30041 , 770-889-5328
ctlutheran.com
Sunday Worship Service 8:15 AM Traditional
9:30 AM Contemporary
11:00 AM Traditional
1:00 PM Hispanic
Sunday School 9:30 AM

OTHER CHURCHES

Castle Christian Church

3149 Old Atlanta Road, Suwanee
(678) 648-5248
www.castlechristianchurch.com
Sunday Worship: 10 a.m.
Wednesday Bible Study: 7 p.m.
Senior Minister: Jason Rodenbeck
jason@castlechristian.com

Family By Faith Worship Center

4805 Atlanta Highway, Alpharetta (Midway Elementary School), (678) 230-4800
Small Groups: 9:30 a.m.
Worship: 10:30 a.m.
Nursery available
Pastor: Randy Grimes
www.familybyfaith.com

First Christian Church

1270 Sawnee Dr., Cumming, (770) 887-5542
Pastor Stan Percival
www.fccga.org

The Church of Jesus Christ of Latter-day Saints

510 Brannon Road, Cumming, GA
(678) 455-5290 - Hall Phone
Worship Service: 9 am, 11:30 am, and 2 pm
Visitors Welcome
Nursery available

LifePoint Christian Church

5000 McGinnis Ferry Road, Alpharetta
(678) 366-2797
Sunday Small Groups: 9 a.m.
Sunday Service: 10:30 a.m.
Childcare available
Pastor: Chris Stovall
www.lifepoint.org

NewSong Community Church

433 Canton Road, Suite 306, Located across from Ingles, behind the National Guard in Building 300, (770) 888-5212
Sunday Worship Service at 10:30 a.m.
Pastor Case Koolhaas
www.newsongweb.org

Rameshori Buddhist Center

130 Allen Road, Unit B
Sandy Springs, 30328 , (404) 255-1585

PRESBYTERIAN

Deer Creek Shores Presbyterian Church

7620 Lanier Drive, (770) 887-6801
Sunday School all ages: 9:45 am
Sunday Traditional Worship Service: 11 a.m.
Childcare available
Pastor: John S. Martin
www.deercreekshores.org
email: dcspres@comcast.net

THE COUNTRY PREACHER

[by David Hill]

“When can we have a depression?” one of the little boys in our Sunday School asked his mother. Their family had been watching *The Waltons*, a 1970s television program. He wished his family could be like the one he saw in the TV program. It would be difficult to find a community that looked more like Middle America than the rows of ranch style homes that surrounded the West Virginia church where I was the pastor. What many of the children who lived in those homes wanted was not riches nor famous parents but just the love and the warmth they felt as they watched a television family struggle through a difficult period known as *The Great Depression*.

I have heard that our memory often changes a lake’s brown water to clear or blue. Maybe my remembrance of the summer days before school began weren’t as good as I recall but I can’t think of much I would want to change. Raising almost everything we ate required hard work. When Dad came home from his job we ate and then worked until dark. If we picked beans or gathered corn then the next day was spent at a shady picnic table breaking beans and shucking corn. While we worked Mother told us stories about when she was growing up. She encouraged us to show Christian character and told us about her parents who had gone to be with the Lord. Mother would plan a refreshment break when we enjoyed cookies or frozen Kool Aid on a stick. I loved our family togetherness.

In the hottest part of the early afternoon I was free to head to the woods with a BB gun and my black and white shepherd dog. I fought imaginary enemies and searched for allusive wild game. There was peacefulness in those afternoons that many children today will never experience.

Children are longing for a “normal family life”. They want their parents to show character and responsibility. Their wish is to have parents whose judgment they can trust, someone who is consistently honest. The burden of hard work and poverty, something we

[Continued on page 43]



Rev. Hill is a Cumming resident and frequent guest preacher at Antioch Baptist Church. Biblical quotes are from the King James Version of the Bible.

Parkway Presbyterian Church

5830 Bethelview Road, (678) 889-8694
www.parkway-church.org
 Traditional Worship: Sundays 9:00 a.m.
 Contemporary Worship: Sundays 11:00 a.m.
 Brazilian Ministry Sunday Services: 7:00 p.m.
 (The service is in Portuguese.)
 Rev. Bill Ford, Senior Pastor
 Rev. Cido Araujo, Assoc. Pastor of Brazilian Ministries

Parkway Church

5830 Bethelview Road
 (770) 889-8694
 (½ mile west of GA 400 exit 13)
 Sunday Traditional Service: 9 a.m.
 Sunday Contemporary Service: 11 a.m.
 Childcare available for both services
 Senior Pastor: Bill Ford
www.parkway-church.org
 email: info@parkway-church.org

The Vine Community Church

4655 Bethelview Road, (678) 990-9395
 Sunday Services: 9 & 10:45 a.m.
 Wednesday: Middle and High School youth
 meet at 7:15 – 8:30 p.m.
 Pastor: Jon Adams
www.thevinecommunitychurch.com

ROMAN CATHOLIC

Church of Good Shepherd

3740 Holtzclaw Road (770) 887-9861
 Mass: Saturday Vigil, 5 p.m.; Sundays, 7:30, 9 & 10:30 a.m. and 12 noon; 5:30 p.m. Spanish Mass, 1:30 p.m.
 Weekdays: 9 a.m.
 Pastor: Father Frank
www.goodshepherdcumming.com

St. Brendan Catholic Church

4633 Shiloh Road, (770) 205-7969
 Mass: Saturday Vigil: 5 p.m.
 Sunday: 7:30, 9 & 11 a.m. & 5 p.m.
 Spanish Mass: 1 p.m. Weekdays: 8:30 a.m.
 Pastor: Rev. Robert A. Frederick, Jr.
www.stbrendansatl.com

UNITED METHODIST

Bethelview United Methodist Church

4525 Bethelview Road, (770) 887-4888
 Sunday Worship Service: 10:30 a.m.
www.bethelview.net (child care available)
 Pastor: Rev. Deborah Griffith

Cumming First United Methodist Church

770 Canton Highway, (770) 887-2900
 Sunday Services: 8:45 & 11 a.m.
www.cfumcga.com (Child care available)
 Sunday Hispanic/Latino Worship: 12 noon
 Wednesday Communion Service: 12 noon
 Senior Pastor: Rev. John L. Cromartie, Jr.

Lanier United Methodist Church

1979 Buford Highway, (770) 887-0615
 Sunday Traditional Service: 8:45 a.m.
 Sunday School: 10 a.m. Sunday Contemporary Praise Service: 11 a.m.
 Nursery available for both services
 Pastor: Ted Miller • www.lanierumc.org

Midway United Methodist Church

5025 Atlanta Highway, Alpharetta
 (770) 475-5230
 Sunday Traditional Worship: 8:30 a.m.
 Sunday Children’s Church: 9:30 a.m.
 Sunday School all ages: 9:30 a.m.
 Sunday Contemporary Worship: 10:45 a.m.
www.midwayumc.org

Piedmont United Methodist Church

1170 Dahlonega Highway, (770) 887-0770
 Sunday Services
 Bible Study 10 a.m.
 Traditional Service 11 a.m.
 Bible Study 5 p.m.
PiedmontUMC@bellsouth.net

OTHER CHURCHES

Baha’is of Forsyth County

1-800-22-UNITE | www.forsythbahais.org

Crossroads Church of the Nazarene

6160 Southard Trace
 Cumming, GA 30040
 (678) 977 0328
www.mycrossroadschurch.net



CUMMING AREA CLUBS AND ORGANIZATIONS

BUSINESS NETWORKING

Business 400

Meeting: First Tuesday 5:30 — 7:30 p.m.
 Location: Lanier Tech College
 New Conference Center
 7745 Majors Rd
 Cumming, GA 30041
 Contact: (877) 581-1039 or
 ron@business400.com
 Information: The goal is to provide the 400
 Community the opportunity to effectively
 network and to view the 400 corridor as a single
 economic engine. Go to www.Business400.com
 for events and me membership info. \$5 for
 members and \$15 for guests at the door.

Central Forsyth Leads Group

Meeting: Second & fourth Tuesdays
 11 a.m. — 1 p.m.
 Location: The Columns at Pilgrim Mill
 Apartments
 Contact: Nancy Wright, (770) 886-0500
 or nancyw@ecigroups.com
 Information: No fees. Open to all.

Forsyth Network for Business Professionals

Meeting: Thursdays 11:30 a.m. — 12:30 p.m.
 Location: New) Bello Italian Restaurant
 101 Meadow Drive
 Contact: Tiffany Allen at
tiffany@servpro8378.com or 770-887-1962
 Information: \$50 membership fee and \$10
 monthly. Visit twice for free. No
 occupation overlap. Call first.

Forsyth Business Network

Meeting: Tuesdays from 8:30 a.m.
 Location: Stars & Strikes, 133 Merchants
 Square
 Contact: Cheryl Campbell,
cheryl@starsandstrikes.org
 Information: There is a membership fee, may
 visit twice for free.

The Inspiration Network of Cumming

Meeting: Third Wednesdays from
 7 — 8:30 p.m.
 Location: The Nurturing Nook, 205
 Pilgrim Mill Road
 Contact: Leanne Temple, (678) 965-5969

Member Power Networking Lunch

Meeting: Every Tuesday at 12 Noon
 Location: Various chamber member restaurants
 Contact: (770) 887-6461 or
www.cummingforsythchamber.org
 Information: \$15 for members and \$30 for
 non-members

South Forsyth Leads Group

Meeting: 2nd and 4th Wednesdays at
 11:30 a.m. No fees.
 Location: Starbucks-141 and Ronald Reagan
 — John's Creek,
 435 Peachtree Parkway
 Cumming, GA 30041
 Contact: Robin Grier (770) 887-2772
rgrier@harborfs.com

Women Who Mean Business

Meeting: First Tuesday, Registration begins
 at 7:30 a.m.
 Location: Cumming-Forsyth County
 Chamber of Commerce Event's
 Facility 513 W. Maple Street
 Contact: (770) 887-6461
 Information: Free for members; \$30 for
 non-members. Register online at www.cummingforsythchamber.org.

CHARITABLE ORGANIZATIONS

Georgia Highlands Medical Services

Contact: (770) 887-1668
 Information: This is a non-profit Community
 Health Center (CHC) serving the
 medical needs of North Georgia
 since 1979.

Horse Rescue, Relief & Retirement Fund, Inc.

Contact: (770) 886-5419
 Website: www.savethehorses.org

Humane Society of Forsyth County No-Kill Shelter

Location: 4440 Keith Bridge Road
 Contact: (770) 887-6480
 Information: Non-profit, no-kill shelter for cats
 and dogs.
 Website: www.forsythpets.org

There's Hope for the Hungry

Contact: (678) 513-9400
 Information: Non-profit organization partnering
 with churches across North Georgia to feed
 those in need.
 Website: www.thereshope.org

Whispering Hope Resource & Pregnancy Center

Location: 133 Samaritan Drive, Suite 306
 Information: Non-profit organization dedicated
 to informing, educating, and providing an
 outstretched hand to women who face an
 untimely pregnancy.
 Contact: (770) 889-8302,
whisperinghope4u@bellsouth.net
 Website: www.WhisperingHope.org

CIVIC ORGANIZATIONS

Ducktown Chapter #460 — Order of the Eastern Star

Meeting: 2nd & 4th Fridays at 7:30 p.m.
 Location: 4655 Canton Hwy.
 Contact: (770) 887-8147

Rotary Club of South Forsyth

Meeting: Wednesdays at 12:15 p.m.
 Location: 6300 Polo Club Drive
 Website: www.southforsythrotaryclub.org

POLITICAL ORGANIZATIONS

Democratic Women of Forsyth County

Meeting: Second Thursday
 Location: Different restaurants in Cumming
 Contact: Mary Chatfield, (770) 887-1106
 Facebook page: DWFC GA
 Information: Democratic women meet monthly
 and the meetings alternate between lunch and
 dinner meetings with programs.

Forsyth County Democratic Party

Meeting: 2nd Tuesday at 6:30 p.m.
 Location: CooCoo's Nest restaurant, corner of
 Freedom Parkway & Pilgrim Mill
 Road, Cumming
 Contact: Ricia Maxie at ricialm@aol.com or
 Mary Chatfield at (770) 887-1106

RECREATION & HOBBIES

Cuong Nhu Martial Arts Club

Contact: (404) 423-3524
 Meeting: Every other Wednesday at 7 p.m.
 Location: Central Park
 Website: www.meetup.com/North-Atlanta-Cuong-Nhu-Martial-Arts-Club/
 Information: No fees, open to 16 years +

North Georgia Chess Center

Location: 2450 Atlanta Hwy. Suite 1401
 Contact: Joseph or Cathy Couvillion
 770-844-9204,
northgachesscenter@gmail.com,
www.northgachesscenter.com
 Information: Call for hours. Membership \$15
 per month or \$150 annually. Lessons are also
 available.

Piecemakers Quilt Guild

Meeting: 2nd Tuesday of each month; 4th
 Tuesday is "sewcialbee"
 (community quilts, classes or just
 getting together)
 Location: Christ the King Lutheran Church
 1125 Bettis-Tribble Gap Road,
 Cumming
 Website: www.piecemakersquiltguild.org

SUPPORT ORGANIZATIONS

AA Cumming

Meeting: Meets four times daily
 Location: Ingles Shopping Center at
 432 Canton Highway (Hwy 20)
 Second suite on far left.
 24-hour information line: (770) 886-0696
 Information: Group of Alcoholics Anonymous
 located in Forsyth County
 Website: www.aacumminga.org

Forsyth County Newcomers and Women's Club

Meeting: Third Thursday of each month
 Location: Windermere Golf Club
 Contact: Imy Rach, imyrach@yahoo.com
 Information: A luncheon with program, many
 interest group activities every week (ladies,
 mens, couples and singles). Open to all women
 currently living in the county.
 Website: www.newcomersclubofforsyth.org

Holistic Moms Network - Forsyth County

Monthly meetings with informational speakers,
 yoga group, play groups
 Meeting: 2nd Tuesday of each month at
 6:30 p.m.
 Location: Land of a Thousand Hills Coffee
 House
 5095 Post Road, Cumming
 Contact: Ann Linke at
holisticmomforsyth@yahoo.com
 Website: www.holisticmoms.org

CLUBS, Continued

Labrador Friends of the South, Inc.

Location: PO Box 933, Cumming
Contact: labfriendinfo@gmail.com
Website: www.labradorfriends.com

Moms Club of Cumming – North

Monthly meetings with informational speakers, park play days, holiday parties, fieldtrips, playgroups and a monthly MOMS Night Out.
Contact: momsclubnorth@yahoo.com
Website: www.momsclub.org

Moms Club of Cumming – Southwest

Meeting: Last Tuesday of each month
Contact: http://www.momsclub.org

NAMI Forsyth Dawson Lumpkin

Meeting: Thursdays, 7 p.m. – 8:30 p.m.
Location: Forsyth County Family Center
133 Samaritan Dr., Cumming, GA
Information: Two support groups (family & peer) meet every Thurs. except the last when there is a speaker.
Contact: namifdga@gmail.com
Website: www.namifdga.org

SMART Recovery

Meeting: Every Tuesday at 6:30 p.m.
Location: Professional Recovery Counseling, LLC. 107 W. Court
house Square, Suite 274
Website: www.smartrecovery.org

This Cancer Should Not Take a Single Life

[Continued from page 28]

Support, rehabilitation, biofeedback, and impotence control programs to combat the after effects of treatment are also readily available. Locally, Dr. Levitt stresses that patients can also participate in research protocols and that many cutting edge advances are taking place right here in Forsyth county. This includes ground-breaking work in the field of epigenetics, or how the brain affects the body and can promote or deter the development of tumors, including how changing habits related to stress and thought process can physically alter our DNA.

Given the astounding availability of testing and treatment options for prostate cancer, could it be entirely possible to wipe out the mortality rate linked to this disease? It starts here and it starts now. Please make the simple screening appointment for you or someone you love today.

Preserving Enough

[Continued from page 38]

I'm not against saving, nor do I think God frowns on it. But we are not to take too much. We are not meant to take beyond what is healthy. I think of this whenever I am at the farmers market. There are lots of modern models for high efficiency agriculture. They usually involve growing one kind of crop or raising one kind livestock in vast quantities. Time and experience are teaching us, however, that growing multiple kinds of crops or raising a variety of animals – even if it means smaller quantities – is often better for the health of the land and by extension for the health of all plants and animals on it, including us. Growing large amounts of single crops may seem like an efficient way to accomplish a high yield. But in the long run, sacrifices may be made in quality and in healthiness.

Planning for the future can be a good thing. Trying to buy our own security by hoarding up too much is not. We are meant to take what we need, to live wisely and to share. In this way, we may all enjoy having enough.

The Country Preacher

[Continued from page 41]

the marriage feast in Heaven will not be a literal celebration.

When we don't understand the Bible it doesn't mean it is untrue. My lack of understanding about gravity does not affect the veracity.

Here are three general suggestions for study:

1. When you come to words you don't understand, stop and look them up.
2. To remember what you've studied, see it, say it and write it down.
3. Search for the central characters, message and lesson. Secular writers, like Mark Twain, often used their writings to deal with their own doubts and moral conflicts. Huck Finn's personal struggles over religious hypocrisy and his questions about God belonged to Samuel Clemmons (Mark Twain) not a boy of Huck's age.

Many people believe that they are not capable of understanding the Bible. The basic message is God loves you, Jesus paid for your sins, and He is waiting for you to show faith in His power to save and believe in His forgiveness. II Timothy 2:15, "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

Community CLIPPER

Include your coupon here! Call 678.704.1930 for details.

\$10 OFF First Appraisal

LANCE'S JEWELRY

20% OFF

eye care  **FOR YOUR EYES ONLY**

Valid thru 10.31.2011.

Prescription or non-prescription sunglasses

678-648-5185
www.FYEO-EyeCare.com

5851 South Vickery St
Vickery Village
Cumming, GA 30040



\$25 OFF Valid on services \$250 or more.

\$100 OFF Valid on services \$1000 or more.

ELECTRICAL SERVICES. 24 HOUR EMERGENCY SERVICE AVAILABLE

Offer expires 10/31/11.

ARC ANGEL ELECTRIC

Not to be combined with other offers.

2130 Ronald Regan Blvd, Cumming GA * 770-889-9243 * www.arcangelelectric.com

To do:

- Submit files online
- Skip standing in line
- Pick up mail

Ask about our mailboxes.

The UPS Store 

5485 Bethelview Rd. Suite 360 | Cumming GA
770-888-1502 www.theupsstorelocal.com/6159

GET 3 MONTHS FREE!

WITH SIGNED 6 MONTH CONTRACT.

- Certified Packaging Experts
- Time-saving mailbox services
- Convenient online printing
- Professional document finishing
- And much more

Come on in and check out what we have to offer to help your business!

LANCE'S JEWELRY \$3 OFF

770.781.5500
1705 Market Place Blvd
Cumming, GA 30041
WWW.LANCESJEWELRY.COM
Monday-Friday 10 AM - 6 PM
Saturday 10 AM - 5 PM | Sunday closed

Watch Battery with Coupon

Not valid with any other offer or promotion.



\$5 OFF

Custom Shirts With ANY Local School Logo

Back to School Shopping

- Punch Address
- Paper Calculator
- Eraser
- Book Pack
- Ruler

CUSTOM T-SHIRTS

Coupon Expires 9/30/11

Discounts cannot be combined with any other coupon, discount, or offer. Excludes Dark Garments. Coupon must be presented when order is placed.

BIG FROG
CUSTOM T-SHIRTS & MORE



Clothing • Accessories and More

B.loved
Live. Laugh. & B.loved.
www.shopbloved.com

15% OFF your entire purchase
coupon code: AroundAbout

@shopbloved facebook.com/shopbloved

FREE ESTIMATES
Licensed and Insured

THE MAN 

CAN DO ANYTHING UNDER YOUR ROOF.

HANDYMAN MALCOLM, INC.

You make a list of what you want done, and we can take care of the rest!

678-654-3852 • www.thehandymanmalcolm.com

Community CLIPPER

MARKET 334
Artist Market & Gift Boutique

20% OFF ONE ITEM
EXP. 10/31/11

20% OFF

Open Tuesday-Saturday 10 am—5 pm
334 Dahlonega Street, Cumming GA

IMAGINE MORE CASH THAN YOU CAN IMAGINE!
For Your Unwanted Jewelry, Silverware, And Gold & Silver Coins

Title Pawns From 7.9%

Parkway Pawn & Gold
334 Dahlonega St, Cumming

Receive an additional \$25 per every \$100.
Must present coupon. 770-757-8654

FREE APPETIZER
With purchase of \$25 or more.
Choose from Teriyaki Chicken Sticks, Spring Roll, Crab Rangoon, or California Roll.

DINE-IN ONLY

5485 Bethlehem Rd, Suite 410
Cumming, GA 30040
Cobb County Southeast Crossing
t. 770-886-4881 f. 770-886-4348

www.PACIFICSPICEONLINE.COM

Must mention and present coupon prior to ordering.
Not to be combined with any other offer.
Valid thru 10/31/11.

PRESSURE WASHING

ALL BRITE
PRESSURE WASHING, INC.

770-844-7111
Licensed & Insured
www.WASHTHISHOUSE.com

- Decks
- Houses
- Patios
- Walkways
- Driveways
- Pools & More

\$139
House Wash
(Up to 2000 sq. ft.)
Some restrictions apply
Exp. 09/30/2011

GUTTER CLEANING

LANCE'S JEWELRY

FREE Bracelet Or 1/2 OFF Charm with Coupon
Purchase 3 Chamilia Charms and receive free Bracelet Or 1/2 off 4th charm.
Not valid with any other offer or promotion

770.781.5500
1705 Market Place Blvd | Cumming, GA 30041
WWW.LANCESJEWELRY.COM

BABA'S GYRO & KABOB

2310 Ronald Reagan Blvd, Suite A | Cumming, GA 30041
770-888-8100

10% OFF
Take Out Order Only
Maximum Discount \$10
Must present coupon.
Expires 10/31/2011.
Cannot be combined with other offers.

LANCE'S JEWELRY

\$50 OFF
Select Watches
(must present coupon at time of purchase)

1705 Market Place Blvd. Cumming GA | 770-781-5500

Norman's Landing

Seafood | Steaks | Fresh Oysters | Salads
Fresh Vegetables | Sandwiches
Children's Menu available

\$5 OFF 2 LUNCHES

Offer Valid Sunday-Thursday

* (2 ADULT ENTREES) OFFER VALID WITH THIS COUPON ONLY WITH THE PURCHASE OF 2 BEVERAGES.
NO OTHER DISCOUNTS APPLY. EXP. 9/30/11

365 Peachtree Pkwy/Hwy141
Cumming, GA 770-886-0100

ELECTED & APPOINTED OFFICIALS

UNITED STATES GOVERNMENT:

President Barack H. Obama (D) (202) 456-1414
 1600 Pennsylvania Avenue, fax: (202) 456-2461
 Washington, D.C. 20500
 Website: www.whitehouse.gov
 e-mail: president@whitehouse.gov

Senator Saxby Chambliss (R) (202) 224-3521
 Atlanta Office: 100 Galleria Parkway
 Suite 1340 GA: (770) 763-9090
 Atlanta, GA 30339 fax: (202) 224-0103
 Website: www.chambliss.senate.gov
 e-mail: use contact form on website

Senator Johnny Isakson (R) (202) 224-3643
 Atlanta Office: One Overton Park,
 Suite 970 GA: (770) 661-0999
 3625 Cumberland Boulevard
 Atlanta, GA 30339
 Website: www.isakson.senate.gov

Rep. Tom Graves (R), District 9 (202) 225-5211
 Georgia Office: Wachovia Center GA:
 500 Jesse Jewel Parkway, Suite 301,
 Gainesville, GA 30503 (770) 535-2592
 Website: www.tomgraves.house.gov

Rep. Rob Woodall (R), District 7 (770) 963-2420
 Post Office Box 1871
 Lawrenceville, GA 30046
 Website: http://robwoodall.com

STATE GOVERNMENT:

Governor Nathan Deal (R) (404) 652-7003
 Website: www.gov.state.ga.us fax: (404) 652-7123

LT. Governor Casey Cagle (404) 656-5030
 Website: www.gov.state.ga.us

Senator Jack Murphy (R), District 27 (770) 887-1960
 e-mail: jack.murphy@senate.ga.gov fax: (770) 205-0602

Senator Steve Gooch (R), District 51 (678) 341-6203
 e-mail: steve.gooch@statesenate.ga.gov fax: (770) 844-5821

Rep. Mark Hamilton (R), District 23 (770) 844-6768
 e-mail: mark.hamilton@house.ga.gov

Rep. Mike Dudgeon (R), District 24 (770) 887-0400
 e-mail: mike.dudgeon@house.ga.gov

Rep. Amos Amerson (R), District 9 (404) 657-8534
 e-mail: amos.amerson@house.ga.gov

FORSYTH COUNTY GOVERNMENT:

Forsyth County Board of Commissioners
 110 East Main Street, Suite 210, Cumming, GA 30040 (770) 781-2101
 Website: www.forsythco.com fax: (770) 781-2199

COUNTY MANAGER

Doug Derrer (770) 781.2101
 fax : (770) 781.2199

COMMISSIONERS:

R.J. (Pete) Amos, District 1 (R) (678) 513-5881
 e-mail: rjamos@forsythco.com

Brian R. Tam, District 2 (R) (678) 513-5882
 e-mail: brtam@forsythco.com

Todd Levent, District 3 (R) (770) 781-2101
 e-mail: tlevent@forsythco.com

Patrick B. Bell, District 4 (R) (678) 513-5884
 e-mail: pbbell@forsythco.com

Jim Boff, District 5 (R) (678) 513-5885
 e-mail: jjboff@forsythco.com

FORSYTH COUNTY SCHOOL SYSTEM

Superintendent, Dr. L.C. (Buster) Evans (770) 887-2461
 1120 Dahlonoga Highway Cumming
 Website: www.forsyth.k12.ga.us

FORSYTH COUNTY TAX COMMISSIONER

Matthew C. Ledbetter (770) 781-2110
 1092 Tribble Gap Road, Cumming, GA 30040
 Website: www.forsythco.com

BOARD OF EDUCATION:

Ann Crow, District 1 (R) (770) 490-6316
 e-mail: ACrow@forsyth.k12.ga.us

Kristin Morrissey, District 2 (R) (770) 781-5222
 e-mail: KMorrissey@forsyth.k12.ga.us

Tom Cleveland, District 3 (R) (770) 657-0810
 e-mail: TCleveland@forsyth.k12.ga.us

Darla Light, District 4 (770) 887-0678
 e-mail: DLight@forsyth.k12.ga.us

Nancy Roche, Chairperson, District 5 (R) (770) 889-0229
 e-mail: NRoche@forsyth.k12.ga.us

CITY OF CUMMING

Mayor Henry Ford Gravitt (770) 781-2010
 Cumming City Hall
 100 Main Street, Cumming, GA 30040

Cumming City Council Members: Quincy Holton, Lewis Ledbetter,
 Ralph Perry, John Pugh and Rupert Sexton

City Administrator

Gerald Blackburn (770) 781-2010

City Clerk

Jeff Honea
 jhonea@cityofcumming.net

COMMUNITY INFORMATION NUMBERS & WEBSITES

Emergency – 911 • *AroundAbout* – Cumming • (770) 615-3334

HOTLINES – 24 HOUR HELP LINES:

Battered Women Hotline (770) 479-1703
 Poison Control Center – Atlanta (404) 616-9000
 Outside Metro Atlanta (800) 222-1222
 Rite-Call (Child Medical Problems) (404) 250-KIDS
 Sexual Assault & Family Violence Center (770) 428-2666

MEDICAL

Northside Hospital – Forsyth (770) 844-3200
 1200 Northside Forsyth Drive www.northside.com
Neighborhood Healthcare Center (770) 844-7494
 2825 Keith Bridge Road (770) 886-7135
Health Department (770) 781-6906
 428 Canton Highway

FIRE AND LAW ENFORCEMENT

City of Cumming Police Department (770) 781-2000
 301 Veterans Memorial Boulevard www.cummingpd.net
Forsyth County Fire Department (770) 781-2180
 3520 Settingdown Road www.forsythco.com
Georgia State Patrol (770) 205-5400

LIBRARIES

Forsyth County Public Library (770) 781-9840
 585 Dahlonga Road www.forsythpl.org
Hampton Park Library (770) 781-9840
 5345 Settingdown Road
Sharon Forks Branch (770) 781-9840
 2810 Old Atlanta Road

PARKS AND RECREATION

Main Number: (770) 781-2030
 410 Pilgrim Mill Road

Athletic Division 770) 781-2215
Central Park Recreation Center (678) 455-8540
 2300 Keith Bridge Road
Windermere Park (770) 205-4715
 3355 Windermere Parkway
Fairgrounds (770) 781-3491
 235 Castleberry Road
Golf Clubs
Chestatee Golf Club (706) 216-7336
 777 Dogwood Way, Dawsonville
Country Land Golf Course (770) 887-0006
 6560 Mayfield Drive
Polo Golf & Country Club (770) 887-7656
 6300 Polo Club Drive
Windermere Golf Club (678) 513-1000
 5000 Davis Love Drive

Forsyth County Marinas

Habersham Marina (770) 887-5432
 2200 Habersham Marina Road
Port Royale Marina (770) 887-5715
 9200 LanMar Road, Gainesville

YMCA

6050 Y Street (770) 888-2788

POST OFFICE

525 Tribble Gap Road (770) 886-2388

SCHOOLS

See page 36 for complete listing
Forsyth County Board of Education (770) 887-2461
www.forsyth.k12.ga.us

UTILITIES

City of Cumming (770) 781-2020

Water & Sewer
 Forsyth County Water & Sewer Authority (770) 781-2160
 110 East Main Street www.forsythco.com
Solid Waste
Advanced Disposal/Eagle Point Landfill (770) 887-6063
 8880 Old Federal Road, Ball Ground
www.advanceddisposal.com
Olde Atlanta Recycling LLC (770) 205-6912
 2535 Ivy Street East
Waste Management, Inc. (770) 751-1304
 774 McFarland Road, Alpharetta www.wm.com
Recycling
Keep Forsyth County Beautiful (770) 205-4573

Telephone

AT&T
 Residential (888) 757-6500
 Business (866) 213-6300
www.att.com

Georgia Power

888) 660-5890
Sawnee Electric Membership (770) 887-2363



ADVERTISER DIRECTORY

Support the Advertisers that Support Your Community!

ACCOUNTING/FINANCIAL SERVICES

Becky Brown, North Georgia.....7
Accounting Consultants, Inc
770-888-7700

BOOKS/BOOK PUBLISHERS

Book Logix Publishing
Services, Inc.....6
770-346-9979
www.booklogix.com

CARPET & UPHOLSTERY CLEANERS

Carpet Dry Tech.....33
678-368-5991
www.carpetdrytech.com

CHIROPRACTOR

Discover Chiropractic
& Rehabilitation.....34
678-456-9122
www.chiropractorcumming.com

CHURCH/ SERVICES

Cumming First United Methodist...39
770-887-2900
www.cfumcga.org

Summit Community Church.....37
www.summitcommunitychurch.org

COMMUNITY FUNDRAISER

United Way of Forsyth County...11
770-781-4110
www.UnitedWayForsyth.com

DANCE ACADEMY/INSTRUCTION

Applause Performing Arts
Conservatory.....13
770-881-7246

Fusion Dance Company.....27
770-815-8172

DENTISTS /ORTHODONTICS

Windermere Orthodontics.....26
770-888-1929
www.orthodonticsatwindermere.com

EDUCATION /INSTRUCTION

Huntington Learning Center.....35
770-205-2800
www.huntingtonlearningcenter.com

ELECTRICAL SERVICES

Arc Angel Electric.... Inside Back
Cover, 44
770-889-9243
www.arcangelectric.com
www.arcangelsolar.com

EVENTS

Bark & Boogie Ball.....4
www.barkandboogieball.com

EYE CARE/OPTOMETRIST

For Your Eyes Only.....28
678-648-5185

FESTIVAL

Fall Festival at Market 334.....5
678-367-1615
Purple Palooza IV.....12
404-201-0910

FLORAL ARRANGEMENTS/ HOME DÉCOR

Flower Jazz.....7
678-341-9522

Funky Mountain Flowers & Gifts...17
770-781-4616
www.funkymountain.com

FREELANCE WRITER

Shelly Kent.....39
404-232-9898

GRAPHIC DESIGN

Pixelation Studios.....37
678-945-7301

HAIR SALON

Wendy Grosse OVO Salon.....6
678-469-4414

INTERIOR DESIGN/HOME FURNISHINGS

Outrageous Interiors.....21
770-831-4723
www.outrageousinteriors.com

JEWELRY STORE

Lance's Jewelry..Back Cover, 44. 45
770-781-5500
www.lancesjewelry.com

MAILING SERVICES/PACKAGING

The UPS Store, Bethelview.....20
770-888-1502

MOBILE & WEB DEVELOPMENT

Smartware Design.....20
770-510-6192
www.smartwaredesign.com

PHARMACY

Lakeside Pharmacy....Cover, 24
770-205-0290
www.LakeRx.com

PHOTOGRAPHY

Kim Bates Photography.....4
770-617-7597
www.kimbatesphotoart.com

Southern Kiwi Photography.....28
404.583.0659
www.SouthernKiwiPhoto.com

PHYSICIANS/MEDICAL SERVICES

Northside Hospital Forsyth.....1
www.northside.com

RESTAURANTS /FOOD SERVICES

Good Measure Meals.....19
404-815-7695
Norman's Landing..... 18, 22, 45
770-886-0100
www.normanslanding.com

Pacific Spice.....18, 19, 45
770-886-4881
www.pacificspiceonline.com

UNIVERSITY

DeVry University.....35
1-866-DEVRY-34
www.DeVry.edu/Atlanta

WEB HOSTING/DEVELOPMENT

GhostNet, Inc..... 48
770-852-2292
www.ghostnetinc.com

WINE AND SPIRITS/WINE TASTING

POP'S! Wine and Spirits.....15
770-886-2251
www.popswineandspirits.com
Southeast Vino.....28
www.southeastvino.com

GN GhostNet, Inc.

01000111 01101000 01101111 01110011 01110100 01001110 01100101 01110100

www.ghostnetinc.com

Networking & Security Solutions
Professional Web-Development & Hosting
Windows/Linux/Mac Support
Computer Sales/Repairs/Upgrades

770.852.2292 | 706.253.1013

Effective solutions for your computer & networking needs.

6 Months FREE Web Hosting

Mention this ad to receive your first six months of web hosting free when you have your web site developed by GhostNet! We provide complete Web Development Services, whether you need a full E-commerce site, just a basic information page, or simply need someone to maintain your existing site. New sites only please.

HOT DEAL!

Expires 10/31/2011

\$10/\$20 OFF

We support all operating systems on laptops, computers and servers, and servers for business clients. Mention this ad for \$10 off your next in-house repair or \$20 off your next on-site visit for business network clients. One discount per client please. Discount applies to labor only.

HOT DEAL!

Expires 10/31/2011

770.889.9243

arcangelelectric.com

arcangelsolar.com

ARC ANGEL ELECTRIC

Reliable Neat Quality Workmanship Guaranteed!

FREE ESTIMATES

Renewable Energy Systems

Renovation Work & Upgrades

Ceiling Fans - Chandeliers

24 Hour Emergency Service

Residential & Commercial

Circuits - Subpanels

Recessed Lighting

Basement Wiring

Troubleshooting



Licensed & Insured

LANCE'S JEWELRY

Know your valuables!

Jewelry appraisals by certified gemologists. Call us to set your personal appointment.

Coupon Inside For
\$10 OFF
First Appraisal



DIAMONDS | PEARLS | ONE-OF-A-KIND | CUSTOM DESIGNS
PEARLS ROCK! | CHAMILIA | WATCHES



770-781-5500

1705 Market Place Blvd | Cumming, GA 30041

WWW.LANCESJEWELRY.COM

Monday-Friday 10 AM - 6 PM | Saturday 10 AM - 5 PM

Sunday closed



\$20 RECEIVE AN EXTRA \$20
WHEN YOUR GOLD IS
WORTH \$100 OR MORE