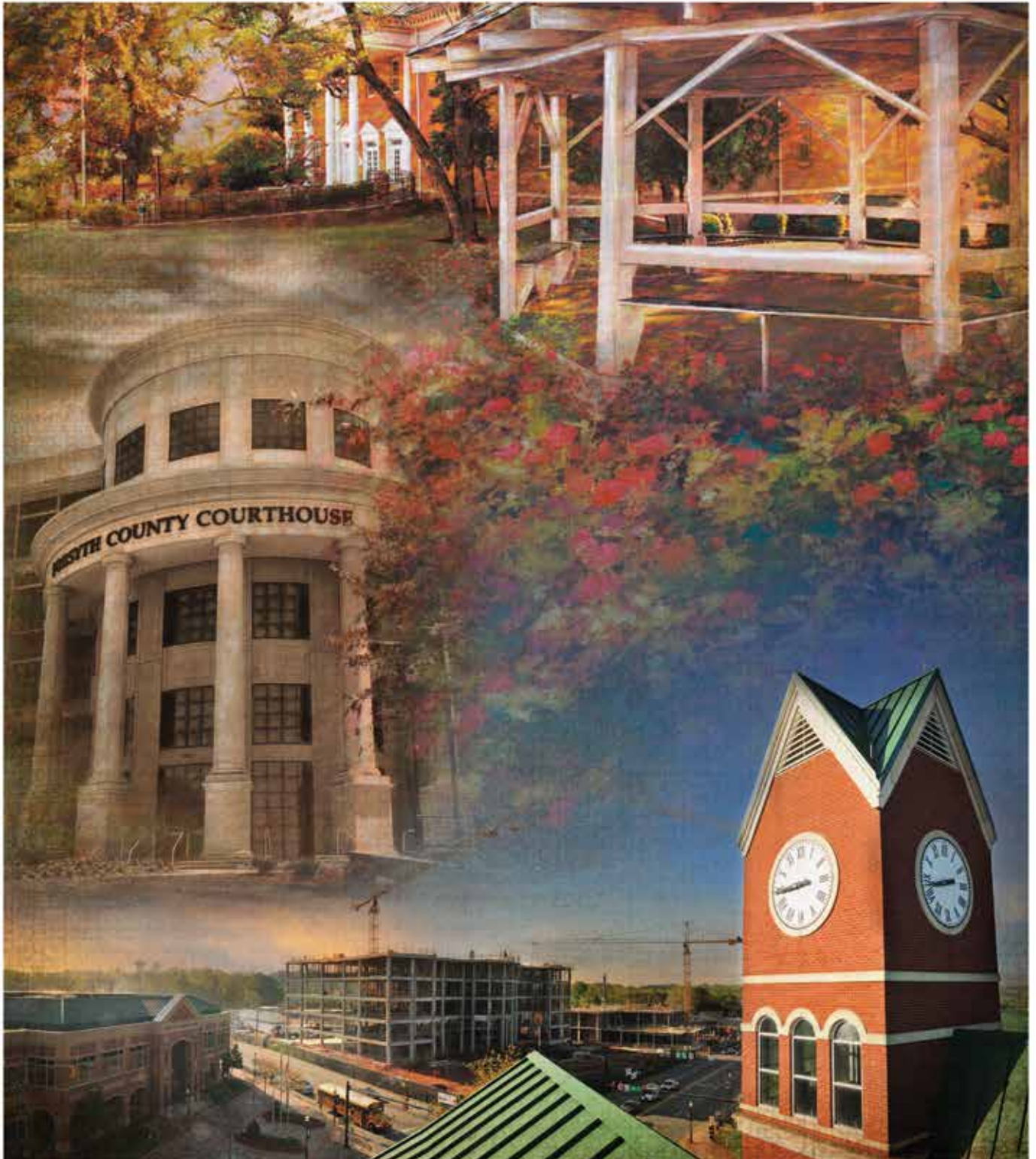


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- MAY 30 TODD DAY WAIT

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- JUNE 6 FENTON SPARROW
- JUNE 13 DAN RODRIGUEZ
- JUNE 20 RAELYNN NELSON
- JUNE 27 THE BLACK FEATHERS

JULY

- JULY 11 JAVA MONKEY
- JULY 18 HERE I COME AGAIN
(DOLLY PARTON TRIBUTE)
- JULY 24 HOUSE OF HAMILL

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- AUG. 22 PIEDMONT SOUND
- AUG. 29 SURRENDER HILL

SEPTEMBER

- SEPT. 12 SLOW PARADE
- SEPT. 19 SHAKERAG
- SEPT. 26 HARVEST MOON
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ON THE HARVEST MOON

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- OCT. 3 SIX ONE FIVE COLLECTIVE
- OCT. 24 MICHELLE MALONE

CONCERTS 8-10 PM (JUNE-SEPT.)
CONCERTS START AT 7PM IN OCTOBER



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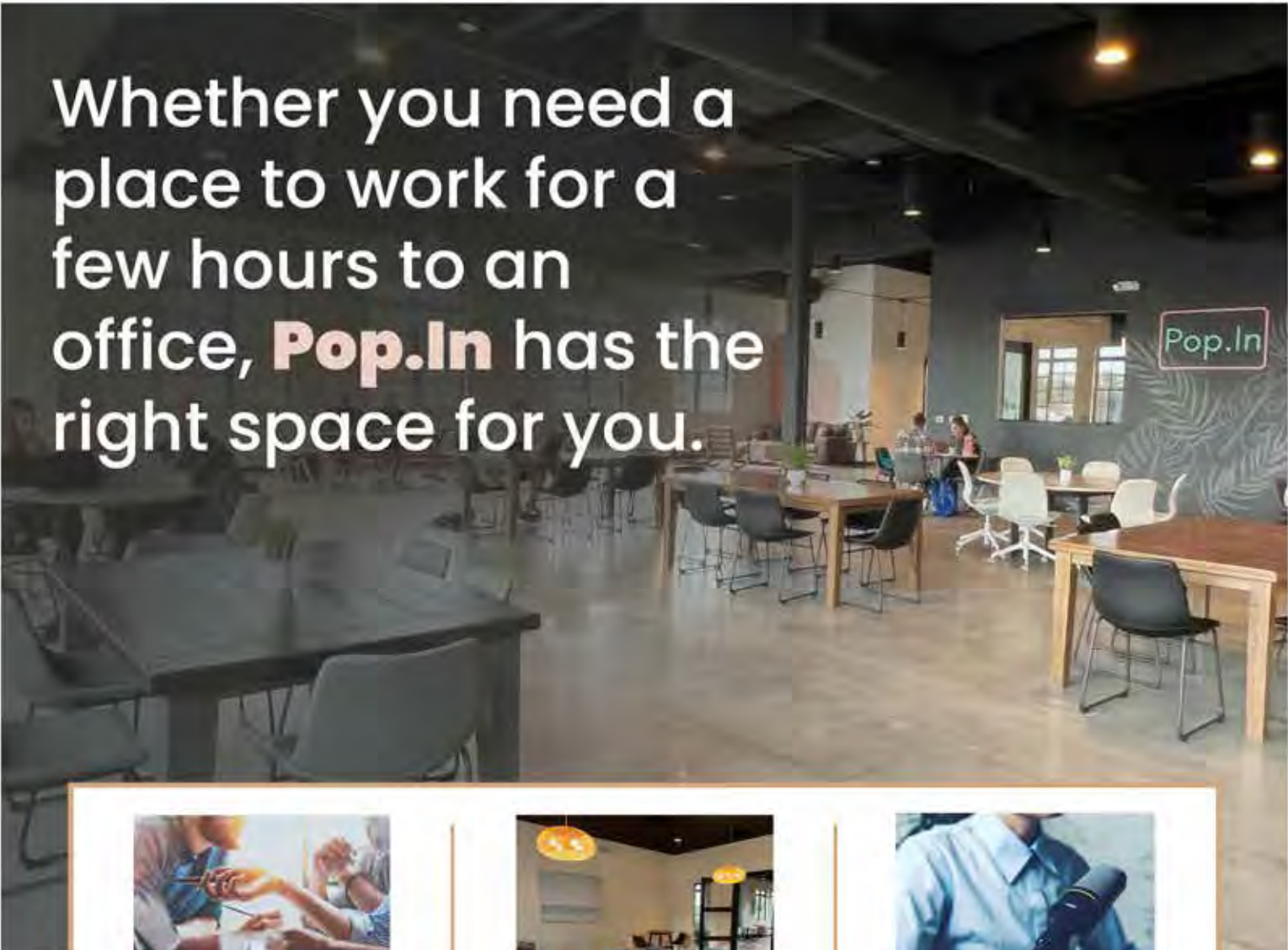
Love Thy Heart: A Call to Action!

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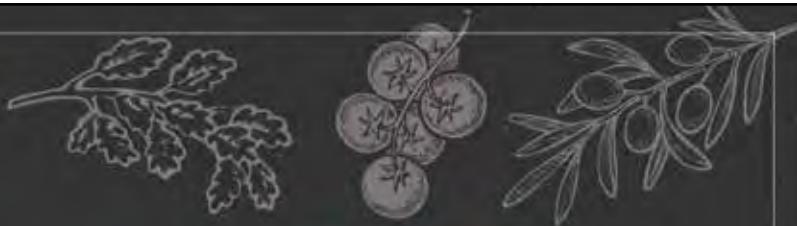


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My Purpose

Much can be read about meaning, purpose, and commitment. After 15 years of My Forsyth magazine, I took time to meet with contributors, friends and individuals who have, in one way or another, taken this journey with me.

A constant in our conversations was the changes in publishing, the increase of social media platforms and the importance of relevance. And purpose.

I was reminded that My Forsyth magazine continues to be a passion for me – a conduit to information where the good can be highlighted. Where people who are making a difference in our communities can be showcased and where education by businesspeople can be presented. Along the way I have met lots of amazing individuals.

The changes that have taken place over the past 15 years are many, but one thing remains constant. My team and I are committed to write—to present to you, our readers, with information that we hope is valuable.

This year we will use every possible outlet available to us to keep our magazine in front of you – from print to web. Our social media presence, while not algorithmic perfection, is used to keep you posted on everything that is dated, instant, and quick. Our stories will continue to be available online and in print. While we may not have a perfect mix, we do try.

Telling stories, highlighting community, and finding ways to connect is what we strive to do.

I hope we are and ask that you join us, if you wish, to celebrate our “Sweet 16” in 2026.

Stay well,
Julie



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New Georgia Child Support Rules ARE YOU IMPACTED?



By Tracy Ann Moore-Grantt, Esquire

Since January 1, 2026, Georgia rolled out its most significant update to its child support calculation in decades — with major implications for families across the state. Under the revised rules, child support calculations will no longer rely solely on parental income and the cost of certain expenses, like the cost of covering the child on medical insurance. Although those numbers are still part of the equation the updated child support worksheet now factors in the actual amount of parenting time each parent has with the child, ensuring that time-spent caregiving is reflected in financial obligations. What was once an optional consideration called a “parenting time deviation,” with no legal guidance on how to calculate the deviation, is now a mandatory part of every support calculation when there is court-ordered parenting time of even just one overnight a year.

Other important changes include:

- A new child support worksheet and updated embedded formula, designed to produce more equitable results that reflect each parent’s financial circumstances and contributions to the care of the child;
- Automatic low-income adjustments so that parents earning below certain thresholds aren’t ordered to pay amounts they can’t reasonably afford;
- Recognition of veterans’ disability benefits as a credit in child support calculations, preventing double-counting when VA benefits are already received to support a child.

These updates reflect a shift toward more individualized, realistic support orders that take into account modern family dynamics, overnight time with children, costs associated with raising children and families’ real financial situations.

What this means for Georgia parents:

- For those approaching divorce or a case involving the establishment of child support it is important to understand that the calculation is now mandatorily tied to the amount of overnight time each parent has with the child;
- If you have an existing order for child support, it may be time to review the amount to see if the amount needs adjusting.

If you have not adjusted your child support in some time, a review may be in order. Items that are important for you to gather for a child support review:

- Gross annual income of each parent (or our best guess);
- Your Parenting Plan;
- Your previous Child Support Worksheet;
- Your W2/1099 or other proof of annual income for 2025 and further back if you have it;
- Proof of other child related costs like daycare, medical insurance, extracurricular costs and private school tuition.

Need help navigating the changes?

*Child support law is technical and evolving. Families with questions or concerns about how the 2026 changes may affect their situation should reach out to the law firm of **Patterson Moore Butler** (770) 889-0846 for experienced guidance and personalized legal support.*



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Alpharetta's Newest Dining Destination Raises the Bar

Eddie V's Prime Seafood

By David Fountain

Alpharetta's dining scene officially entered a new tier this year. And, yes, life really can be this good.

The newly opened Eddie V's Prime Seafood is part of the nationally respected Darden Restaurants portfolio, which includes concepts such as Seasons 52, Ruth's Chris Steak House, The Capital Grille, Longhorn, and others.

While the brand carries strong national recognition, this new location feels especially at the top of its game—exceptionally well executed. From the moment you arrive, there is a sense that this is not simply another chain opening—it is a destination.

Residents in Forsyth County happily travel the 20–25 minutes south to Alpharetta when the occasion calls. My wife and I have already made Eddie V's our new go-to for dining for a special evening with close friends, and each visit has been outstanding.

A Culture of Hospitality That Truly Sets It Apart

Exceptional restaurants can execute a menu. Rare restaurants build a culture.

After meeting with the management team, it became clear that the defining strength of Eddie V's is not just its food—it is its people.

The leadership believes excellence begins with hiring. They are deliberate and highly selective, choosing individuals who naturally understand service. Their philosophy is simple: food can be taught; genuine hospitality cannot. Either someone instinctively understands how to care for guests—or they do not. That principle shows.

The team operates with visible cohesion. Staff members move fluidly across roles, assisting one another without hesitation. Managers are present and engaged in the dining room. Multiple team members check in throughout the evening, anticipating needs before they are expressed. It feels less like employees fulfilling duties and more like partners invested in the outcome. Equally impressive is their commitment to promoting from within. Every manager has worked through multiple roles in the restaurant, understanding firsthand what it takes to execute at every level. That depth of experience fosters respect, accountability, and collaboration.

The broader strength of being part of the Darden organization



allows them to leverage additional support when needed—from staffing flexibility to operational resources—ensuring consistency even during busy seasons or staff transitions. It is teamwork, planning, and infrastructure working together.

On one visit, we were surprised with complimentary chocolate desserts and fresh roses—thoughtful gestures that felt sincere rather than scripted. This culture of ownership and guest-first hospitality is not accidental. It is intentional, and it's rare.

Culinary Precision, Elevated

At its core, Eddie V's excels where it matters most: the food.

Every steak arrives seared to professional perfection—that beautifully caramelized crust giving way to an interior cooked precisely to order. The seasoning is confident and balanced, enhancing rather than overpowering the quality of the meat.

The crab fried rice deserves recognition. Made with mushrooms and scallions, it is light yet indulgent—fluffy, generously topped with fresh crab, and abundant enough for four to share alongside entrées.

The lobster and filet combo is equally impressive—fresh, tender lobster paired with perfectly seared prime beef. Both components prepared flawlessly, a feat not easily achieved on a composed surf-and-turf plate.

Even dessert carries theatrical elegance. The Bananas Foster Butter Cake is flambéed tableside, served with butter pecan ice cream.



Happy Hour & Cocktails Worth the Reservation

Eddie V's bar program alone warrants attention. For those who appreciate a great valued Happy Hour, Eddie V's delivers one of the strongest in the area:

- \$10 Custom Cosmos
- \$20 Lamb Chop Lollipops
- Elevated seafood and steak-forward small plates

The Smoked Old Fashioned — crafted with Basil Hayden's Bourbon and a dash of chocolate bitters — is served tableside on a smoked plank, releasing aromatic layers that elevate both

presentation and flavor. It is balanced, refined, and flawlessly executed. Equally impressive was David's Rum Old Fashioned so expertly prepared that attempts to replicate it elsewhere simply fell short. The bartenders here are not merely mixing drinks; they are crafting them with precision and confidence.

Live Music & Atmosphere

The ambiance is one of Eddie V's most defining characteristics. The Bar and High-Top Lounge — our personal favorite — features live music almost nightly. The energy is lively yet refined, sophisticated without feeling staged.

For those seeking a quieter experience, the main dining room offers a more intimate environment for conversation and relaxed dining.

The Verdict — A Worthwhile Drive from Forsyth

Both Alpharetta and Forsyth County offer strong dining options, but Eddie V's Prime Seafood sets a new benchmark for elevated dining in North Fulton.

For Forsyth residents willing to make the short drive, it feels like destination dining — comfortably close to home, yet undeniably special. And if you're anything like us, you may already be planning your next reservation.



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AN INTERVIEW WITH SY NEASE By Amy Lyle



From Coffee to Community: The Heart of Nido Cafe

This café means a lot to the neighborhood. What do you think it represents to the people who come here regularly?

Nido is, at its heart, a place of reliability, comfort, and connection. Flanked by two covered patios, one overlooking Vickery Village, the café offers space to slow down and stay awhile. Whether it's stopping by for a coffee on the way to work, grabbing breakfast before school, sitting down to relax and unwind, or connecting with friends and family over a meal, these are the everyday moments that bring people through our doors.



Sy's favorite:

BEC (bacon, egg, and cheese) on sourdough or Mediterranean toast.

The bestseller:

Protein Plate — three eggs, two pieces of bacon, half an avocado, and your choice of sourdough or potatoes.

Contributor's favorite:

My favorite breakfast is the Nido burrito with a chai tea latte, and for lunch, it's the chicken salad on a croissant paired with one of their seasonal teas. The teas come in a sweet teapot — it's the little details that make all the difference!

Where does your passion for food come from, and what still excites you about it after all these years?

Family gatherings and holidays were filled with Southern comfort food. I worked at a few restaurants in high school and college. Then I waited tables at a French restaurant while I was in seminary, and that was my first experience with elevated food: the flavors, the combinations, the presentation — simple, beautiful, and delicious.

Understanding and experiencing the power of food to bring people together, to help create joyful

moments. The potential to bless people through the experience of a meal. Working with my family. All of these things inspire and excite me.

You encourage employees to create and share their own recipes here. Why was it important for you to make creativity part of the culture?

We love seeing our employees' passion on a plate, so we give them the space to make it real.

Are there any special events or moments at the café that really stand out to you?

One of our recent highlights was a stunning wedding reception for 55 guests, featuring a savory bread pudding, a charcuterie board, a chocolate fountain, and Aperol spritzes. It was an amazing time to gather and celebrate.

Nido is the perfect spot for wedding showers, baby showers, Bible studies, and group events. We are also available for evening events, including cocktail parties, office parties, and private social gatherings. We can create custom dinners, small plates, and cocktails to make your private event truly special.

This is truly a family affair. What does it mean to you to build this place alongside your family?

Working together as a family is an incredible blessing. It's scary. It's hard. But it is a gift, and we are deeply thankful to God for it. We have been stretched in so many ways, and there are still countless opportunities to improve. Through it all, we keep learning, growing, and we get to do it side by side.

Nido Café is located in Vickery Village at 5755 Clarion Street, Cumming, GA 30040

Open Mon-Fri 7:30 am to 3:00 pm

nido@nidocafevickery.com

Keep in touch on IG @nidocafega



A Place of Joy

“I came here after school and found the sense of peace that I needed.”



Zoe Preston smiled as she recalled the many times she visited Community Cup in Downtown Cumming. A student at Forsyth Central High School at the time, she remembered having the opportunity to find a place of solace and community, all rolled into one joyful place where one, or two, cups of coffee gave way to conversations with strangers and the opportunity to relax. Like a brain break mixed with the opportunity to see new things and meet new people.

The impact Community Cup had on Preston gave way to her reaching out to owner Jalynn Barr with an interesting idea.

“As our community continues to grow, folks look for a place where time moves a bit slower than normal, if you will. Where sitting, talking, writing or simply resting one’s brain can be done without pressure to leave, where time may, somewhat, stand still,” owner Jalynn Barr stated.

“I remember Zoe asking me to let her paint the plain wall in our coffee shop with something that depicted what Community Cup meant to her, and likely to so many others,” Barr recalled.

“Let me deliver something that speaks to the vibe of this place,” Preston explained. Barr accepted the idea and the mural became a reality.

Preston, a graduate of the University of North Georgia’s Fine Arts Program, took her love for Community Cup and developed an image which will be seen by all who enter the coffee shop.

“I created Community Cup to be a place of caring and fun, where folks can enjoy a bit of joy away from the hustle and bustle of everyday life”

“I created Community Cup to be a place of caring and fun, where folks can enjoy a bit of joy away from the hustle and bustle of everyday life,” Barr added.

A Forsyth County staple, Community Cup has its own vibe. Since 2018, it has served coffee, pastries, lite bites and more; and that’s just part of the offerings. It’s the connections forged at “the Cup” that make it a special part of the community.



COMMUNITY Cup

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MATHEMATICS

MORE THAN JUST NUMBERS



“I’m really good at math now!”

That’s how Eva, age 8, a student at Cumming Elementary School, defined her math skills after attending Mathnasium of North Forsyth for a three-month program. And her parents and teacher agreed.

“We knew Eva needed help. Her math skills were two grades below what they needed to be. We were looking for any way to help her,” stated Rafael, Eva’s dad.

And so began the transformation in Eva’s math skills.

Building Better Thinkers, Not Just Better Test Scores

Beyond its practical uses, math trains the mind to think clearly and logically. It encourages problem solving, patience, and attention to detail. Learning math teaches people how to break down complex challenges, recognize patterns, and evaluate possible solutions. These skills are valuable in every profession, from healthcare and engineering to marketing, law, and education.

Mathnasium of North Forsyth provides each student with an individualized learning plan tailored to meet their unique mathematical needs.

Why Math Matters More Than Ever

Math may bring back memories of tests and textbooks, but in today’s world, it’s everywhere—and more powerful than ever. From the phones in our pockets to the decisions shaping global economies, mathematics quietly runs the show.

Every tap, swipe, and stream depends on math. Algorithms decide what we watch, encryption protects our data, and artificial intelligence learns through statistics and complex calculations. We don’t see the numbers, but we feel their impact every day through smarter technology and faster connections.

Empowering K-12 Students of All Skill Levels to Excel in Math

Students come to Mathnasium of North Forsyth for all kinds of reasons. Whether they’re behind, feeling uncertain, or ready to move ahead, we provide targeted instruction that helps them grow with confidence no matter where they start.

Math isn’t just a class you survive. It’s a tool that helps you understand the world, make smarter choices, and shape what comes next.

And Eva knows. She is proud of her math grades and helps any of her fellow students who ask for assistance with their math work. Her progress was also noticed by her teachers.

“When Eva’s teacher called us to tell us how much better she was doing in school, we were thrilled,” stated Eva’s mom Juliana. “This has been a phenomenal experience for the entire family. We are proud of Eva and are most grateful to Mathnasium for all their work with our daughter.”

The enthusiasm in Eva’s voice is contagious.

“I learned more than just math, and I can help my friends now,” she stated. “Mathnasium was really fun and they helped me a lot!”

Eva’s father couldn’t agree more.

“We were very concerned about Eva’s progress and didn’t know what to do,” he explained. “When we received the news that Eva would be able to attend Mathnasium of North Forsyth, we truly didn’t know what to expect. We are so grateful to them. Eva is now so confident and has mastered the skills needed in her math class. She is thriving.

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FOR

THE LOVE OF DOGS

By Julie Brennan

My love for dogs is one I share with many folks. Since I can remember, a dog has been a part of my life. At age five I was gifted a beautiful German Shepherd, who I named Rita. She was my shadow. I once “ran away from home” ...well truthfully, I couldn’t wait for my mother to drive me to my grandparents’ house, so Rita and I left my mom’s home and headed out the door, walking together to our destination.



“Dogs give people something powerful: responsibility, trust, and a second chance.”



Rita walked by my side without a leash, along the sidewalks of my beloved Vieques, PR, headed to grandma’s. (For comparison purposes to today’s roads, it was like walking in a neighborhood for about half a mile or so.) She kept her body close to mine and shielded me from the few cars passing by and the people who walked by us. Mom found us about a block away from grandma’s house. Rita and I got in the car and mom drove the rest of the way to our final destination. I did get a talking to, but it wasn’t bad Rita was with me every step of the way.



Scot Rucker

Over the last 10 years or so, Scot Rucker has become synonymous with dog training. The guy is great at what he does. My first foster failure, a majestic Plott Hound named Stevie, needed a little more than my love and basic training. I, like many others throughout Georgia, relied on Scot’s expertise to get the work done.

One of the many programs he and his team at Rucker Dog Training has developed is Pups with Purpose, a collaboration with the Forsyth County Sheriff’s Office. The program is aimed at enhancing inmates’ social and vocational skills while giving dogs a second chance at adoption.



“THE PUPS WITH PURPOSE PROGRAM IN FORSYTH COUNTY IS A UNIQUE INITIATIVE THAT PAIRS INMATES WITH DOGS TO PROVIDE FOSTER CARE AND BASIC OBEDIENCE TRAINING,” stated Sheriff Ron Freeman. A dog owner himself, Sheriff Freeman has supported the program since its inception and has often been caught visiting the dogs while in training. “This program proves that second chances can work for dogs and for people.”

“Over the years, I’ve had the privilege of working with some incredible individuals through the program. Several graduates who were once inmates in the Pups with Purpose pod have gone on to work with me as dog trainers. That kind of transformation is one of the most rewarding parts of this work,” Rucker explained.

Pups with Purpose has successfully rescued, trained and found forever homes for over 150 dogs, including therapy dogs, and aims to ensure that the rescued dogs are well trained for adoption.

“The program itself is unique because of the time the participants spend with the dogs and the focus on multiple areas of growth responsibility, recovery, health, and wellness. There’s a lot of research showing how the human animal bond can support healing and personal growth, and we get to see that firsthand every day. It impacts not only the inmates, but also the sheriff’s deputies working in the pod, the volunteers who come in to help train the dogs, and the broader community,” added Rucker.

Two of the volunteers who are trainers and join Rucker at the Pups with Purpose pod every week, Beca and Vanessa, are graduates of the program themselves. They were once inmates in the pod, and today they come back to give their time, their knowledge, and their encouragement to the people currently in the program.

Rebeca Resendiz once sat in the Pups with Purpose pod as an inmate, struggling with addiction and facing an uncertain future. Through the program, she discovered a gift for working with dogs and a sense of purpose she had never felt before. After her release, she stayed clean, completed probation with support from the sheriff’s office and program leaders, and built a career as a professional dog trainer. Today, she returns to the jail as a volunteer mentor, standing in front of the inmates where she once sat and proving that a second chance is not just possible it’s real.

“Participating in the Residential Substance Abuse Treatment (RSAT) program and the Pups with Purpose program while I was incarcerated became one of the most transformative experiences of my life. At a time when addiction had taken so much from me, the program gave me direction, responsibility, and a chance to start rebuilding my life,” Resendiz explained. “Working with the dogs taught me patience, responsibility, and consistency. Every day I showed up for them, and in the process, I slowly started showing up for myself. Training the dogs and watching them grow reminded me that change is possible with time, effort, and the right support.”

“When someone who once sat in that jail pod comes back as a mentor or trainer, that’s when you know the program is working,” Rucker added.



Rebeca Resendiz

Today, Resendiz is over five years sober.

“One of the greatest blessings to come from turning my life around is having my son back in my life. Being able to be present for him and build the relationship we both deserve means everything to me. I’ve also turned the skills I learned in the program into a career training dogs, and I now volunteer by going back into the jail to support inmates currently in the program. Being able to sit with them and share my story is important to me, because I once sat exactly where they are,” Resendiz stated. “Those programs didn’t just teach me how to train dogs they helped me rebuild my life. What once felt like the lowest point of my life became the beginning of everything changing.”

Turning his love for dogs into a career, has made Scot Rucker a household name.

As for Stevie and me, we are grateful to him, Beca, Vanessa, and everyone at Rucker Dog Training for their focus on training both of us.

“Stevie is doing great. I’m still working on Julie,” Scot explained. True indeed.

For more information on Pups with Purpose visit www.forsythpupswithpurpose.com

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Why the “Family Office” Shouldn’t Be Just for the Ultra-Wealthy

By Kurt Arseneau



For decades, the concept of a **Family Office** was reserved for the ultra-wealthy.

These organizations were designed to coordinate every aspect of a family’s financial life — investments, tax planning, estate strategy, insurance, and generational planning — all working together toward the same goals.

But here’s the truth many families are discovering:

The need for coordination isn’t limited to billionaires.

In fact, many successful professionals and families face an even greater challenge.

They may have:

- A financial advisor
- A tax preparer
- An insurance professional
- An estate attorney
- College planning questions
- Medicare decisions approaching

Each professional may be excellent at what they do. But too often they **operate in isolation.**

The financial advisor doesn’t speak with the CPA. The CPA doesn’t coordinate with the estate attorney.

Insurance decisions are made without understanding the full financial picture.

The result?

Missed tax opportunities, inefficient planning, and unnecessary complexity

At **Arseneau Advisory Group**, we believe families deserve something better.

We believe they deserve the **same coordinated approach traditionally reserved for the ultra-wealthy.**

A Modern Family Office model:

This means bringing together the critical elements of financial life in one coordinated strategy.

Through a collaborative network, we help families align:

- Holistic Financial Planning
- Tax Strategy and Preparation
- Estate Planning Coordination
- Medicare Planning
- College Planning
- Long-Term Wealth Strategy

Instead of isolated advice, families receive **connected guidance.**

Who This Model Is Built For:

This approach is particularly powerful for:

- Professionals in their peak earning years building significant wealth.
- Business Owners
- Executives and Professionals
- Families approaching retirement
- Multi-generational households

These families often have complex financial lives — but historically lacked access to the coordination available to ultra-wealthy families.

Clarity Brings Confidence:

When the right professionals collaborate around your financial life, something powerful happens: Decisions become clearer.

Opportunities become visible.

And your financial life becomes more intentional. Because building meaningful wealth isn’t just about investments.

It’s about **alignment.**

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When Phones Go Dark

By Mukul Baderia



At the start of my senior year, I planned to finish a novel I had been writing in spare moments between classes. That plan ended when my high school adopted a policy banning personal devices during the school day—an extension of a Georgia law originally intended for younger students. While frustrating, the decision reflects a broader concern gaining national attention: the impact of social media on adolescent mental health.

Over the past two decades, platforms like Instagram, TikTok, and Snapchat have transformed how young people communicate, form identities, and understand the world. These tools offer creativity, community, and connection, but their constant presence has also intensified anxiety, loneliness, and unhealthy comparison. Social media platforms are designed to maximize engagement, often encouraging endless scrolling, fear of missing out, and curated perfection that rarely reflects reality.

Online interaction also lacks the nuance of face-to-face communication. Without tone or body language, misunderstandings are easier, conflict escalates faster, and relationships become more fragile. At the same time, algorithm-driven feeds reinforce existing beliefs and preferences, creating echo chambers that blur the line between information and influence.

Research increasingly supports these concerns, linking heavy social media use to rising rates of anxiety, depression, and self-harm among adolescents. The pressure to maintain an idealized online persona, combined with the addictive design of these platforms, can leave teens feeling isolated despite being constantly connected.

In response, schools and lawmakers are experimenting with limits. Georgia's Distraction Free Education Act and similar policies aim to reduce in-school phone use and delay smartphone access, particularly for younger students. Advocates argue that fewer digital distractions allow more space for emotional development, focus, and real-world connection. Some families have turned to basic phones as a compromise, preserving communication without full access to social media.

Social media is not inherently harmful, nor is it going away. The challenge for Gen Z is not whether these platforms will shape our lives—they already have—but how to engage with them responsibly. By prioritizing mental health, digital literacy, and balance, we can begin to reclaim attention, connection, and wellbeing in an always-online world.

Mukul Baderia is a senior at Lambert High School.



Foot and Ankle Care:

CHOOSING THE RIGHT PODIATRIST

Dr. Brian Harley, Chief of Foot and Ankle Surgery, Northside Hospital

Choosing the right podiatrist is an important step toward protecting your foot and ankle health. Whether you're dealing with heel pain, toe problems, sports injuries, or managing a chronic condition like diabetes, the right podiatry provider can improve your comfort, mobility, and longterm quality of life.

Dr. Brian Harley has served the communities of North Georgia since opening his practice in 2016. A Diplomate Status Forefoot and Rearfoot Reconstructive Surgery, Dr. Harley is Board Certified in Forefoot and Rearfoot Reconstructive Surgery.

"I opened my practice with one clear focus: a patient-centered care, where the needs of the patient come first and foremost. My practice philosophy is a service-based mentality, where my foundation in faith allows me to best serve patients in my community," Dr. Harley explained. "In collaboration with like-minded staff, I am confident that patients will

receive top-notch care with staff who truly show compassion and caring to our patients."

Dr. Harley performs foot and ankle surgery when conservative treatments are not effective.

"Understanding your specific symptoms or conditions is imperative to providing the best care," Harley added. "We work together to make sure you are receiving the best care."

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Love Thy Heart: A Call to Action!

by NARENDRA SINGH, MD

I have been in practice for over 30 years and sadly during this time heart disease has remained the leading cause of death in this country. We have made significant strides in both prevention and treatment, but the utilization of this knowledge remains inadequate. For many diseases such as breast cancer, colon cancer and prostate cancer we have mandated screening programs such as mammograms, colonoscopy, and blood tests. For the heart, however, there is no consistent mandate and that is why I ask you to take charge of your heart health!

The American Heart Association lists seven simple steps to a healthy heart.

1. Stop smoking and avoid secondhand smoke.
2. Eat a healthy diet focusing on fresh fruits, vegetables, whole grains and protein.
3. Get active with moderate intensity activities for about 150 minutes/week.
4. Lose weight and at the very least keep the BMI under 30 which is the start of obesity.
5. Manage blood pressure ideally keeping around 120/80 mmHg.
6. Control cholesterol targeting to keep the bad cholesterol-LDL under 100mg/dl.
7. Reduce blood sugar to keep the A1c less than 5.7%.

Beyond these simple steps there are additional measures that you can take, especially if there is a family history of heart or stroke disease. A simple test often available for under \$100, called a coronary calcium score can save your life. It is a 10-minute

CT scan of the chest that does not involve any IV or contrast and is able to detect early plaque buildup. Even small plaques in your coronary arteries can rupture and lead to a heart attack. Early identification allows for tailored and aggressive treatment to shrink and stabilize these plaques. If your score is 0 then the test does not need to be repeated for three to five years and the need for cholesterol-lowering medications is often no longer required.

Another useful test is the exercise treadmill test. This involves running on a treadmill while your heart beats are monitored and your blood pressure is taken during incremental 3-minute stages. This allows for the identification of advanced blockages that would benefit from a stent or bypass operation. In addition, the test evaluates your blood pressure response to exercise and the risk for any rhythm disturbances when exercising. It also establishes a baseline safety profile to begin an exercise program.

Finally, while not for everyone, an echocardiogram is a safe noninvasive ultrasound of the heart that allows one to see how well the chambers of your heart are contracting, how well the heart valves are functioning and whether there are any congenital heart defects.

I encourage you to talk to your healthcare professional and take this opportunity to show your heart some love!

NARENDRA SINGH, MD, FRCP(C), FACC, FAHA
Clinical Asst Professor- Mercer University, Atlanta, GA
Director, Clinical Research, NSC Research, Atlanta, GA
Director, Collaborative CME and Research Network (CCRN)
Affiliated with Piedmont, Northside & Emory Health Systems
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Dr. Narendra Singh is a board-certified cardiologist specializing in the early detection and treatment of cardiovascular illness. Dr. Singh is the Director of NSC Research and NSC Cardiology. He has faculty professorship at Mercer University and the Medical College of Georgia. His mission is to deliver patient centered, evidence-based, holistic care.



Olivia Basile, PA-C, is a NCCPA board certified physician assistant with clinical background in urgent care and primary care. She earned her Bachelor of Science from High Point University and continued her education there, obtaining her Masters in Physician Assistant Studies. Originally from North Carolina, Olivia is excited to provide quality and compassionate care to the Georgia community.

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At Cleaver Dermatology & Aesthetics, with nine convenient locations across North Georgia, our expert providers - guided by Dr. Nathan Cleaver, Dr. Weston Waxweiler, and Dr. Stephanie Gardner - are dedicated to delivering the highest standard of dermatologic and aesthetic care. Our philosophy centers on preventative aesthetics, skin rejuvenation, and long-term maintenance designed to help your skin age beautifully.

Our signature tweakments – precision aesthetic treatments designed for skin longevity.

We believe in the power of **TWEAKMENTS** - targeted, minimally invasive aesthetic treatments designed to slow, prevent, and soften visible signs of aging while preserving your natural features. By combining advanced technologies with customized treatment planning, TWEAKMENTS support collagen production, skin elasticity, and structural integrity for results that evolve naturally and gracefully.

Biostimulators: Regenerative Aesthetic Science

Biostimulators represent the forefront of **preventative and restorative skin rejuvenation**. These treatments stimulate your body's natural collagen production beneath the surface, improving firmness, texture, and volume for long-lasting skin health.

Popular options include:

- **Sculptra®** - A collagen-stimulating injectable that gradually restores facial volume, smooths fine lines, and enhances skin structure for subtle, natural-looking rejuvenation.
- **Radiesse®** - A biostimulatory filler that supports collagen and elastin production while enhancing facial contours for immediate yet refined results.
- **Revision BioStimulator Topicals** - Advanced topical formulations that strengthen the skin barrier, improve resilience, and support long-term firmness with zero downtime.
- **Ariessence PDGF** - uses advanced growth factor technology to stimulate natural skin repair and collagen renewal for smoother, healthier-looking skin.

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Dermal fillers and Botox® remain essential tools in **modern aesthetic medicine** when used with precision and artistry. These treatments soften expression lines, restore youthful contours, and refresh overall appearance - enhancing your natural beauty without looking overdone. The goal is not transformation, but **refinement and balance**.

Consistency: The Foundation of Skin Longevity

Just like fitness or nutrition, skin health thrives on consistency. Regular maintenance treatments combined with a personalized skincare regimen create cumulative benefits that support healthy aging, collagen preservation, and lasting radiance. With nine locations and a dermatology-guided team, incorporating aesthetic maintenance into your lifestyle has never been more accessible.

Aging well is not about reversing time - it's about investing in skin vitality, confidence, and preventative care that keeps you looking like the best version of yourself. Radiant skin isn't a short-term goal; it's a lifelong commitment to self-care and expert support.



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Car Battery Maintenance: What Every Georgia Driver Should Know

By Tom Burgess, Owner, Christian Brothers Automotive, Cumming GA

Your vehicle's battery is one of the hardest-working components under the hood. It doesn't just start your engine — it powers computers, safety systems, infotainment, lights, and more. In today's vehicles, the battery is the foundation of the entire electrical system. Understanding how to maintain it — especially here in Georgia — can save you from inconvenient breakdowns and costly repairs.

Why Do Some Batteries Last Longer Than Others?

Not all batteries are created equal. Several factors determine battery life:

- Climate
- Driving habits (short trips vs. long highway drives)
- Electrical demand (heated seats, large screens, stop/start systems)
- Battery type and quality
- Proper installation and maintenance

Drivers who primarily take short trips may not give the alternator enough time to fully recharge the battery. Over time, that partial charging shortens lifespan. Likewise, vehicles with heavy electrical loads naturally stress batteries more.

Why Georgia Heat Is So Hard on Batteries

Most people think cold weather kills batteries. While cold exposes weakness, heat is what actually causes the damage.

In Georgia's hot summers:

- High temperatures accelerate internal chemical reactions.

- Heat causes battery fluid to evaporate more quickly.
- Internal plates can corrode faster.
- The battery's internal structure can break down prematurely.

Extreme heat essentially "ages" a battery from the inside out. By the time cooler weather arrives, the battery may already be weakened — which is why many batteries fail in fall or winter after enduring a hot summer.

How Long Does a Car Battery Last in Georgia?

Nationally, car batteries often last 4–5 years. In Georgia's climate, however, the average lifespan is closer to 3 years, sometimes even less depending on driving conditions and vehicle type.

If your battery is approaching the 3-year mark, proactive testing is wise — especially before summer heat peaks.

Why Some Cars Must Be Programmed After Battery Replacement

Modern vehicles are essentially computers on wheels. Many newer models use a Battery Management System (BMS) that monitors charging rates, battery condition, and energy usage.

When a new battery is installed:

- The vehicle must often be registered or programmed.
- This tells the car a new battery is present.
- It resets charging parameters.

If this step is skipped, the vehicle may continue charging as if the old, worn battery is still installed — which can lead to overcharging. Overcharging shortens battery life and can damage electrical components.

This is especially common in European vehicles and newer domestic and Asian models.

AGM vs. Conventional (Wet-Cell) Batteries

There are two primary types of automotive batteries:

1. Conventional Wet-Cell Batteries
 - Contain liquid electrolyte.
 - Typically lower cost.
 - Suitable for basic electrical demands.
 - More susceptible to vibration & heat damage.
2. AGM (Absorbed Glass Mat) Batteries
 - Electrolyte is absorbed in fiberglass mats.
 - More vibration-resistant.
 - Handle higher electrical loads.
 - Recharge more efficiently.
 - Required for many vehicles with stop/start systems.

AGM batteries are more expensive but often last longer and perform better in vehicles with advanced electronics.

Installing the wrong type (for example, replacing an AGM with a conventional battery) can cause charging issues and shortened lifespan.

The Danger of Reversing Battery Cables

One of the most serious mistakes during battery replacement is accidentally connecting:

- The positive cable to the negative terminal
- The negative cable to the positive terminal

This creates an immediate electrical surge. In older vehicles, it might simply blow a fuse. In modern vehicles, it can:

- Destroy engine control modules
- Damage body control modules
- Short out sensors
- Blow multiple fuses and relays
- Cause thousands of dollars in repairs

Today's vehicles contain dozens of computers. A simple polarity mistake can instantly damage sensitive electronics.

Final Thoughts

Your car battery is more than a starting device — it is the electrical heart of your vehicle. In Georgia's heat, batteries face extra stress and shorter lifespans. Regular testing, proper installation, correct battery type selection, and programming (when required) are essential to maximizing performance and preventing expensive failures.

If your battery is nearing three years old, it may be time for a professional evaluation — before the next Georgia heat wave puts it to the test.

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The "Best of Georgia" award is published annually by the Georgia Business Journal. All nominees are nominated by readers. The voting period runs from July 1- October 31st. Readers may vote up to once daily during the voting period. The editorial and compliance team will review reader's votes and the businesses. No payment was made to receive this award, and no advertising was required to receive these awards.

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