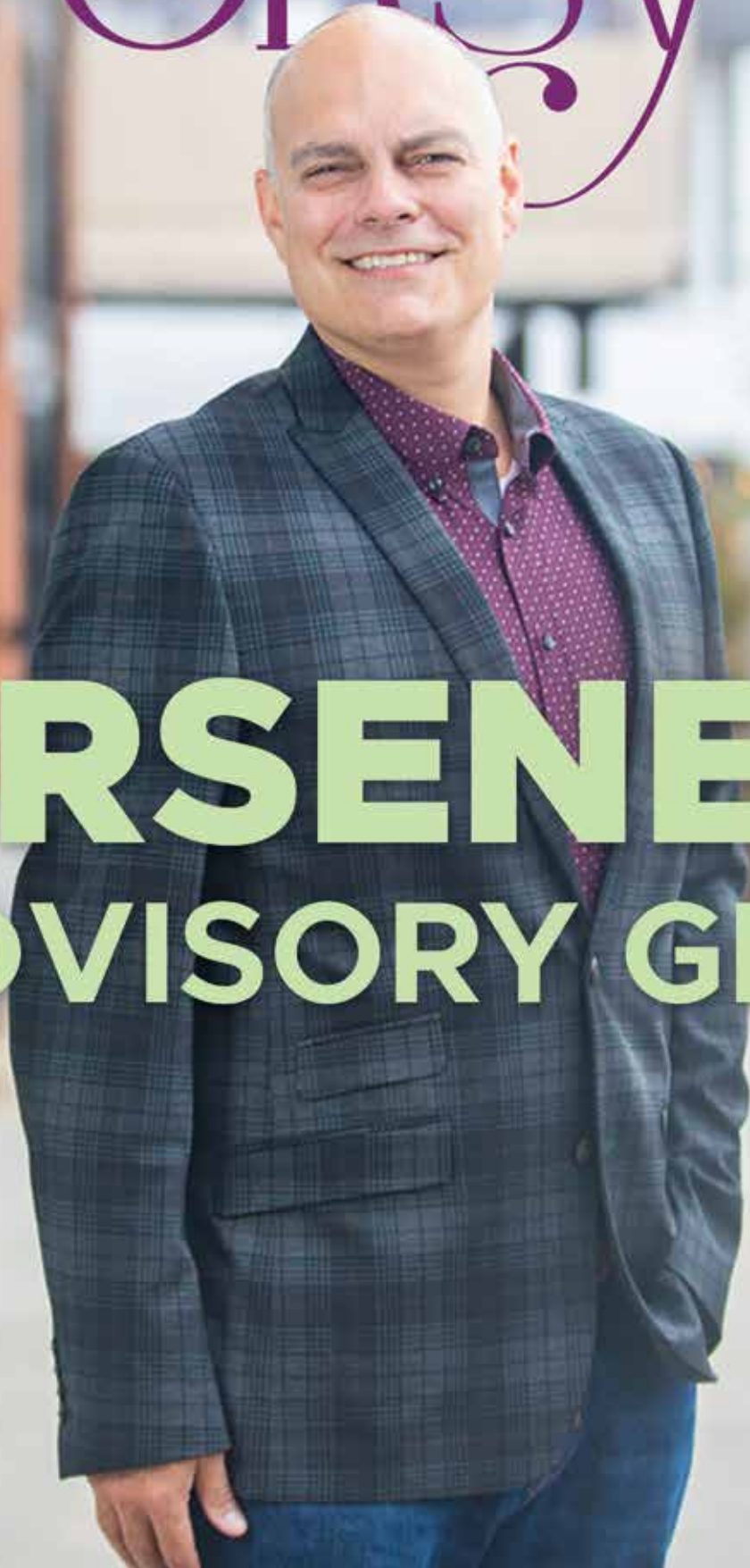


MY FORSYTH



ARSENEAU ADVISORY GROUP

Page 26

**THE SEPHORA®
10 YEAR-OLD
PHENOMENON
PAGE 10**

**BENT TREE
LODGE &
WINERY
PAGE 34**

Gems in Art

JEWELRY DESIGN STUDIO

*Exclusive
Designs.*

*Artistic
Creations.*



BLACK OPAL FROM AUSTRALIA SET IN
WHITE GOLD WITH DIAMONDS

5930 ODELL ST. | SUITE 100 | 770.844.8005 | GEMSINART.COM



Color My Nest
A Birdhouse Painting Playshop

MAKE BEAUTIFUL MOUNTAIN MEMORIES

“

Had such a great time at Color My Nest today— Peggy was so sweet, helpful, and encouraging!! I 100% recommend Color My Nest for your next girls day, bachelorette trip activity, family or team outing, etc. Can't wait to go back!! ”

- Happy Painter, Facebook Review

JOIN OUR BIRDHOUSE PAINTING PLAYSHOP FOR CREATIVE FUN IN THE HEART OF THE NORTH GEORGIA MOUNTAINS.

Pick from 60+ custom birdhouses, a wide variety of paint colors, and plenty of accessories.

Each painter must register online for a session.



**SEATS UP TO
24 PAINTERS
(AGES 5 AND UP)**

**IDEAL FOR:
BIRTHDAYS,
FAMILY REUNIONS,
BRIDESMAID PARTIES,
OR FOR ANY GATHERING**



Phone : **678-333-5582**

Website: **ColorMyNest.com**

Email : **Peg@colormynest.com**

14244 HWY 515 N,
Suite 900
Ellijay, GA | 30536



Scan for More



CONTENTS

ON THE COVER

/ 24 / **Arseneau Advisory Group**
Managing Your Future

FEATURES

/ 16 / The Sephora 10-Year-Old Phenomenon
/ 34 / Bent Tree Lodge & Winery

LIFESTYLE

/ 12 / A Contested Divorce in this Economy?
/ 18 / Lily Rose Co. Marketplace
/ 20 / Leading with Purpose
/ 22 / Entrepreneurship and Community
A Winning Combination

FORSYTH FOODIE

/ 14 / **Secreto Kitchen & Bar**

HEALTH & WELLNESS

/ 26 / Clear Eyes, Clear Spring
/ 28 / Weighing the Evidence on Weight Loss Drugs
/ 30 / Screen Cancer Screenings
/ 32 / A Modern Approach to AUB

COMMUNITY

/ 36 / DAR Good Citizens Awards
/ 38 / Two Moms on a Mission

BURGESS MUSINGS

/ 40 / Car Maintenance Myth Debunked

f Facebook: @MyForsyth
 Instagram: @MyForsyth
 Threads: @MyForsyth
 X @MyForsythMag



24 COVER STORY: Arseneau Advisory Group Managing Your Future



14 FORSYTH FOODIE: Secreto Kitchen & Bar



16 FEATURE: The Sephora 10-Year-Old Phenomenon



34 FEATURE: Brent Tree Lodge & Winery



38 COMMUNITY: Two Moms on a Mission



MATILDA'S UNDER THE PINES

UPCOMING CONCERTS

MAY

- MAY 4 STRUNG LIKE A HORSE
- MAY 11 MICHELLE MALONE
- MAY 18 DEJABLUE GRASS BAND
- MAY 25 EVER MORE NEST
- MAY 31 GRIZZLY GOAT BAND

JUNE

- JUNE 1 LUKE BULLA
- JUNE 8 JOHN PAUL WHITE
- JUNE 15 HARVEST MOON
- JUNE 22 DAN RODRIGUEZ
- JUNE 29 MARY KATE FARMER

JULY

- JULY 6 KEVIN DANIEL BAND
- JULY 13 WYATT ESPALIN
- JULY 20 CHRISTOPHER ALAN YATES
& THE SONIC GOLD STANDARDS
- JULY 27 SUGAR CANE JANE

AUGUST

- AUG. 10 RAE AND THE RAGDOLLS
- AUG. 24 SURRENDER HILL
- AUG. 31 TRUE YOUNGBLOOD
- AUG. 2 ARI COLLECTIVE AND CODY MARLOWE
- AUG. 3 SAM FOUNDATION FUNDRAISER
- AUG. 17 TBA

SEPTEMBER

- SEPT. 7 SIX ONE FIVE COLLECTIVE
- SEPT. 14 VERONIKA JACKSON
- SEPT. 21 RUN KATIE RUN
- SEPT. 28 LEAH BELLE FASER

OCTOBER

- OCT. 5 ILLEGAL SMILE
(THE SONGS OF JOHN PRINE)
- OCT. 19 THE HI-JIVERS
- OCT. 26 CAT RIDGEWAY AND THE TOURISTS
- OCT. 12 KURT LEE WHEELER

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

www.matildasmusicvenue.com/music



CONTRIBUTORS



Samantha Angeli is the graphic designer for My Forsyth. She may be reached at samantha.angeli74@gmail.com



Kurt Arseneau is the co-founder, Investment Adviser Representative, RFC® of Arseneau Advisory Group. He may be reached at 470-839-9001 or info@arseneauadvisory.com



Larry Brown is a retired journalist. Larry is a member of the Sawnee-Cumming Optimist Club. A community volunteer and sought-out writer, he may be reached at browntrust@bellsouth.net.



Tom Burgess is the owner and operator of Christian Brothers Automotive in Cumming. Tom retired from the United States Air Force in 2009, after serving his country for over 22 years. He may be reached at Tom.Burgess@cbauto.net.



Pam Evans is an Associate Broker with Century 21 Results. She may be reached at 678-778-6551.



David Fountain is a local food enthusiast and our community's Best of Forsyth Financial Planner and Investment Advisor. You can reach him at foodie@fountainsfoodadventures.com



Rev. David Hill, a long-time Cumming resident, may be reached at davidhill@comcast.net. A retired preacher, Hill lives in North Carolina where he is enjoying spending time with his beloved grandchildren.



Bernadette Leonard is a beauty salon owner and coach. She may be reached at berni@berniinc.com.



Tracy Ann Moore-Grant has been practicing family law since 2002. She's a partner at Patterson Moore Butler. She may be reached at 770-889-0846.



Celine Simone is a student at Lambert High School. She is the founder and editor-in-chief of (Mis)Printer, the school's first literary magazine.



Narendra Singh, MD, FRCP(C), FACC, FAHA is the Director of Clinical Research, Atlanta Heart Specialists LLC, Atlanta, GA. He may be reached at info@heartdrsingh.com or www.heartdrsingh.com.



Mira Sivan is a family practice optometrist with an emphasis on ocular disease, contact lenses fitting and pediatrics. She may be reached at 678-648-5185.

MF

SPRING 2024

PUBLISHER

Market Complete LLC

julie@marketcomplete.com

678.614.8583

GRAPHIC DESIGN

Samantha Angeli

samantha.angeli74@gmail.com

770.310.4486

PHOTOGRAPHY

Adam Pendleton

678.208.7077 • www.adampendleton.com

WEB CONTENT STRATEGIST

Matt Coutu

matt@marketcomplete.com

STAFF WRITER

Katielee Kaner

katielee.myforsyth@gmail.com

PRINTING AND MAILING SERVICES

Power Marketing & Printing

678.990.3618 • smccaffrey@powermp.com



The mission of My Forsyth magazine, a publication of Market Complete LLC, is to provide readers with stories and information about their communities and its people. 22,000 copies of your community magazine are distributed via direct mail and throughout local businesses as part of our rack distribution. We welcome your comments, stories and advertisements. The viewpoints of the advertisers, columnists, and submissions are not necessarily those of the MarketComplete LLC. The Publisher makes no claims as to the validity of any charitable organizations mentioned. My Forsyth is not responsible for errors or omissions. No part of this publication may be reproduced or transmitted without written permission from the Publisher. All rights reserved. ©Copyright 2024

My Forsyth
www.myforsythmag.com
678.614.8583

GREAT FOOD
GENEROUS PORTIONS
GREAT PRICING!

Cinco
 MEXICAN FOOD WITH AN ATTITUDE



DAILY SPECIALS

MONDAY

\$3 HOUSE MARGARITAS
 1/2 OFF CHICKEN FAJITAS (REG. \$16)
 3PM-CLOSING

TUESDAY

\$2 TECATE
 \$3 TACOS

WEDNESDAY

1/2 OFF WINE ALL DAY
 1/2 OFF APPETIZERS-3-7 PM
 NEW! FAMILY TACO NIGHT SERVED FAMILY-STYLE.
 MAKE YOUR OWN TACOS, YOUR WAY!
 FAMILY OF 4: \$36.99 | FAMILY OF 6: \$55.99
 THAT'S ONLY \$9.25 PER PERSON!

THURSDAY

\$5 TITO'S VODKA SPECIALS
 1/2 OFF QUESADILLA
 (REG. \$13-\$16. NOT VALID FOR FARMERS QUESADILLA)

FRIDAY

\$5 TEXAS MARGARITAS

SATURDAY

\$5 SWIRL MARGARITAS
 (1/2 SANGRIA, 1/2 MARGARITA)

SUNDAY

\$3 MIMOSAS
 NEW! SPECIAL SUNDAY MENU
 10 ITEMS; \$10 EACH

KIDS EAT FREE

MONDAY - THURSDAY (DINNER ONLY)
 WITH PURCHASE OF ADULT ENTRÉE. DINE-IN ONLY.
 CAN NOT BE COMBINED WITH OTHER
 OFFERS. SOME EXCLUSIONS APPLY.

YUM AND GET IT!

follow us  

5755 N Vickery Street | Cumming GA 30040 | 678-341-6962



FROM THE
PUBLISHER

“Losing is sad, yes. But having had someone to lose, that’s, perhaps, joyful.”

MY LOSSES

Think about your blessings – that is what we hear often. But what about our losses? Don’t they deserve some time too?

For the past few months, I have been thinking about my losses – family, friends, pets. Individuals who made my life a better one by being a part of it – albeit some for a little while.

When we have lost someone important in our lives we likely mourn their passing regularly. We are told to think about how lucky we are that they were a part of our lives for however long, yet we are promptly asked to move on.

The loss becomes a negative and is to be placed in a box under lock and key. I have changed that negative into a positive – a beautiful memory of great things that I am sad to have lost. The loss doesn’t define me – but it is real. It has influenced who I am and will forever be part of me.

Losing is sad, yes. But having had someone to lose, that’s, perhaps, joyful.

As I think about my life, I realized that this year I would be celebrating 32 years of marriage – but I am not. My husband died 10 years ago. Do I miss him? Sure. Am I sad that he died? Absolutely. Am I grateful for our time together? You bet!

You see, there would be no sense of loss without the opportunity to have experienced the joy of living. So, my losses, while sad, are a great reminder of a well-lived, happy life. One that is a little different now. Yet it is still worth living.

I’ve turned my losses into lessons, by counting the blessings that each has given me.

And for that, I am grateful.

JULIE BRENNAN
Publisher
julie@marketcomplete.com



THE
JOY
OF GIFT BUYING MADE EASY.

TOY BOUTIQUE
Wheezys

A Learning Express STORE

PROVIDING A CONVENIENT AND PERSONAL TOY
AND GIFT BUYING EXPERIENCE FOR EVERYONE!



WE TAKE THE BUSY OUT
OF GIFT BUYING –
FOR BIRTHDAYS, PARTIES,
HOLIDAYS, SPECIAL EVENTS.



VICKERY VILLAGE
5806 N. VICKERY ST. | SUITE J12 | CUMMING, GA 30040
713.516.3985 | [f](#) [@](#) @WHEEZYSTOYS

CASA of Forsyth County Welcomes JENNA SMITH



Jenna Smith has joined CASA of Forsyth County as the organization's Advocacy Community Development Specialist. In this role Smith will be working alongside volunteers as they help children through the court process as an Advocacy Specialist. As a dual role, Smith will be connecting local businesses to the work of CASA and increasing awareness of what the organization does for Forsyth County. CASA of Forsyth County's mission is to provide compelling advocate voices and promote meaningful community connections for our vulnerable children and families.

For more information visit www.forsythcountycasa.org.



FORSYTH COMMUNITY CLINIC IS ON THE MOVE

The Forsyth Community Clinic is hitting the road! Committed to providing healthcare to the uninsured in the community, Forsyth Community Clinic (FCC) is launching a mobile health clinic. In recent months FCC staff and board members have been busy; from hosting pop-up clinics to conducting meetings throughout Forsyth County to educate the community about its services and better connect with those they seek to serve. FCC recently launched the Hit the Road! campaign as an opportunity to help give Forsyth County its first mobile clinic and help change the lives of thousands of uninsured residents.



For more information call **678-812-6622**. Visit www.forsythcommunityclinic.org.

Announcements



SHOP

DINE

PLAY



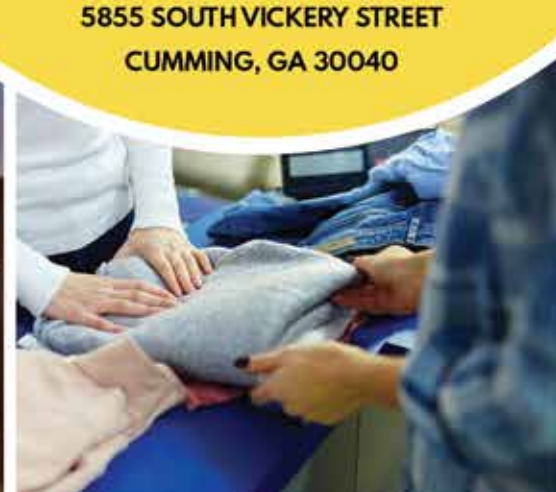
VICKERY VILLAGE

IT'S YOUR TIME!

ENJOY IT AT VICKERY VILLAGE FORSYTH.

WWW.VICKERYVILLAGESHOPS.COM

5855 SOUTH VICKERY STREET
CUMMING, GA 30040



—A Contested Divorce?— IN THIS ECONOMY?



By Tracy Moore-Grant

• • •

Often a divorce is initiated after an explosive argument or an event that is felt by one to be the final straw. Before running to the courthouse to file for divorce, few people consider that they have the choice on how to get divorced. And their chosen divorce process can have long lasting effects on their family, finances and their homelife. The decision to choose the low conflict Amicable Divorce Process is one party should consider because of the current housing market.

• • •

One of the issues couples always have to resolve is who is staying in their marital home and who is moving out.

In the past, parties had many options available to them so they could reach a resolution that was best for them. However, with the current stresses in the housing market, available options are shrinking leading to couples going through a divorce and living together through the divorce and for sometimes a long time after divorce. The more conflict ridden a divorce, the more stressful the home life for the parties will be.

Currently many different factors are creating a difficult housing market. One of the most impactful is mortgage interest rates. Due to higher rates than we have seen in recent years, parties are often agreeing to refinance and “buy out” the other party as many as five years into the future. This means both parties continue to be on the mortgage and one party is waiting a long time to get the funds needed to buy a new residence. Jennifer Brown is a Certified Divorce Lending Professional with Neighborhood Mortgage in Alpharetta and deals with divorce financing on a daily basis and has observed that “(m)any divorcing homeowners are faced with the reality that co-owning the marital residence post-divorce to preserve their financing terms may be their only affordable option. Co-owning a large asset and remaining obligated on a debt requires high trust and an amicable approach.” As parties continue to jointly own their home for years into the future they will be required to make timely payments to protect each party’s credit, agree on repairs and maintenance and more with requires not only trust, but good communication and the ability to resolve any issues which may arise.

Another large issue is the lack of home inventory. One party needs to establish a new residence and may have nowhere to go. Pam Evans is a long time Forsyth County realtor with Century 21. Her opinion of our local housing market is that “inventory is low right now, as many Sellers are delaying selling due to the very attractive low interest rate they currently have. So, it may take you longer to find your next home. You don’t want to make a rash decision and settle. An Amicable Divorce will give you more time to ensure you make a sound next step. Time and patience are your friends.”

Making an in-home life decision about your divorce and choosing an Amicable Divorce may impact your home life for a long time to come. If you are interested in an Amicable Divorce or working with any of the professionals in this article, you can find them in the Membership Directory at AmicableDivorceNetwork.com.



TRACY ANN MOORE-GRANT has been practicing family law in North Georgia since 2002. She is a partner at Patterson Moore Butler in Cumming, Georgia and is also a mediator, arbitrator and guardian ad litem. You can get more information on her firm’s website at www.PattersonMooreButler.com or directly at the Amicable Divorce Network website at www.AmicableDivorceNetwork.com

EST 2016
NIDO CAFE
 TAPAS COFFEE WINE CHOCOLATE
Your Table is Waiting

LOCATED IN CUMMING, NIDO CAFÉ SERVES COFFEE, BREAKFAST, BRUNCH, & LUNCH IN A MODERN AND INVITING SPACE.
 Open daily 7 am to 3:30 pm.
 www.nidocafevickery.com | 5755 Clarion St | Cumming, Georgia 30040 | (678) 341-9695

LENNYS
 GRILL & SUBS

CATERING AVAILABLE.
 ★
 ORDER ONLINE.

EVERYBODY DESERVES GREAT FOOD.
Fresh. Delicious. Subs.

1040 Market Place Blvd. | Cumming GA Next to Home Depot and Pet Smart
 678.947.0336 | Order online at lennys.com

UNVEILING A CULINARY GEM IN ALPHARETTA:

Secreto Kitchen & Bar

By David Fountain



Nestled inconspicuously along Windward Parkway, Secreto stands as a testament to the notion that great things are often hidden in plain sight. With an unassuming exterior that belies the culinary wonders within, this restaurant beckons adventurous gastronomes to embark on a journey of discovery. It's a southern fusion restaurant where the prices match the quality of the food, and the people are laid back and happy. There's something for everyone, and this is a place where you can feel that the staff are happy and in harmony.

A Hidden Oasis

Secreto is more than just a restaurant; it's an experience waiting to be uncovered. Tucked away from the hustle and bustle of mainstream eateries, finding the entrance might seem like a treasure hunt. Yet, the excitement of locating

this hidden oasis only adds to the anticipation of what lies beyond. Established in 2016, Secreto has quickly become a favorite among locals and visitors alike. The owners, Glenda and Jose Mata also own the successful adjacent restaurant, Tara Humata Mexican Grill.

Southern Charm Redefined

Once inside, guests are greeted with an ambiance that effortlessly marries southern hospitality with contemporary chic. Whether you're seeking a cozy evening for two or a special gathering with friends,

Secreto's inviting manager, Jonathan, and bar manager, Stephen, are there ready to make sure that the entire dining experience is perfect. Enjoy a relaxing environment with a soft modern music playlist curated by their long term server, Sebastian, as Secreto's atmosphere strikes the perfect balance between intimate and upbeat.

Mouth Watering Appetizers

But it's not just the ambiance that sets Secreto apart; it's the exceptional cuisine that truly steals the show. Drawing inspiration from a rich tapestry of southern flavors and generous southern portions, the menu boasts an array of delectable starter dishes all crafted from scratch with special sauces. The most popular appetizer is the Red Chili Bang Bang Shrimp served on a ginger cucumber salad with heirloom tomatoes, red onions with roasted peanuts.

Other amazing appetizers include the Truffle Deviled Eggs garnished with crispy prosciutto and capers and the Prosciutto and Brie Flatbread featuring green apple, arugula and a sophisticated balsamic glaze.

Chef Piere Castro's Southern Inspired Dinner Menu



One of the highlights of Secreto is the chef inspired menu by Chef Piere Castro, a local Roswell native. Chef Piere previously served as Sous Chef at Oak Steakhouse and Stoney River before he joined Secreto in 2019. Chef Piere adds his rich experience and "the love" to his menu showcasing the finest and freshest locally-sourced ingredients.

From classic favorites like their outstanding Southern Fried Chicken escalated with a mushroom demi glaze with smoked bacon on top of creamy buttermilk mashed potatoes, each item on the menu is a testament to Piere's dedication to flavor and quality. The

Salmon, also amazing, features black forbidden rice with an avocado puree and crispy brussel sprouts.

Other popular dinner menu items include the Coastal Shrimp and Grits service with turnpike havarti cheese grits, roasted tomatoes, caramelized onions and smoked bacon. If red meat is your thing, try the incredible Braised Beef Short Ribs served over garlic mashed potatoes with fried okra and a mushroom demi-glaze or David's favorite, the Grilled Steak with roasted red potatoes served with, charred broccolini and a fresh au poivre sauce. We also enjoyed other sides including the bacon jalapeno mac and cheese, and let's not forget the cornbread made with cheddar cheese and served with a fresh whipped honey butter - a must-order according to those in the know.

Lunch Specialities offer

Midday Delights

Customers enjoy stopping in during the day to slow the pace and enjoy some of the specialities. The lunch favorite continues to be the Red Bang Bang Shrimp PoBoy Sandwich served with heirloom tomatoes, a sesame ginger sauce and roasted peanuts. Another popular choice is the Roasted Red Pepper Crab Bisque served with basil oil and a golden sherry drizzle paired with the Arugula Beet Salad with toasted pine nuts, goat cheese and a truffle champagne vinaigrette.

Signature Cocktails

No southern meal is complete without a perfectly crafted cocktail, and Secreto Southern Kitchen and Bar certainly delivers on this front. The bar offers an impressive selection of fresh-made libations garnished with beautiful herbs. Whether you prefer a classic old fashioned or a contemporary twist on a southern favorite, the skilled bartenders led by Jonathan at Secreto have you covered.



6195 Windward Pkwy,
Alpharetta, GA 30005
(770) 651-0912

www.secretokitchenandbar.com

The most popular cocktails include the Temperate with Ketel One, elderflower liqueur, grapefruit, lemon, and mint. If you like a little heat in your drink, try the Fragraia on Fire - a wonderful jalapeno-infused reposado tequila served with lime and a house ginger syrup and shaken with strawberry and ice. And finally, consider the Black Manhattan with a Rittenhouse Rye Whiskey elevated with Avera, Angostura, and Orange Bitters.

Exemplary Service & Weekday Happy Hour

Beyond the exceptional cuisine and inviting ambiance, what truly sets Secreto apart is its commitment to an exemplary service. From the moment you step through the door, you're made to feel like a cherished guest rather than just another patron. The attentive staff ensures that every aspect of your experience is wonderful, making each visit to Secreto a memorable occurrence. Guests often drop by after work on weekdays to wind down during the happy hour.

In a world where flashy signage and ostentation often steal the spotlight, Secreto Southern Kitchen and Bar serves as a refreshing reminder that true culinary excellence speaks for itself. So, the next time you find yourself wandering along Windward Parkway, keep an eye out for that seemingly elusive entrance. For behind that unassuming facade lies a culinary haven just waiting to be discovered. Step inside, and prepare to uncover the secret to Southern culinary bliss.

The Sephora 10-Year-Old Phenomenon



By Celina Simone

As a seventeen-year-old living through the era of self-love, I wasn't surprised when I saw ten-year-olds with skincare routines longer than my entire morning one on my For-You page. What shocked me was how the internet reacted when ten-year-olds began to storm Sephora stores with a hunger for Drunk Elephant bronzing drops and Rare Beauty blushes.

Adults began to film young girls throwing fits inside stores after making a mess of communal tester products. Hundreds of videos of tweens racking up giant charges of luxury perfumes, foundations, and cosmetics flooded TikTok and Instagram. But these 15-second documentaries weren't the end, and what turned from sympathy for Sephora workers became one of the biggest jokes on TikTok.

Influencers and adults began to make parodies of their behavior, donning cheap wigs and baggy t-shirts, acting in sketches where they were the Sephora ten-year-olds wreaking havoc on innocent shoppers and employees. In the comments of these videos, adults began to demand age limits for shoppers at Sephora countering the brand's slogan, "We Belong to Something Beautiful."

The intention of this article is not to excuse the behavior of tweens who ruined communal tester goods and talked down to employees. I knew there had to be an explanation for why elementary schoolers were flocking to makeup counters. While some experts have chalked it up to influencer culture, I felt the cause ran deeper than "I saw my favorite TikToker use Glow Recipe, so I must use Glow Recipe." Part of me wondered if cosmetic brands had

found a new group to capitalize on. In the past we had seen young girls afraid of gaining weight and counting calories, and now we saw them buying anti-aging skin creams to heal non-existent wrinkles on their face.

To find out for myself, I took a trip to a local mall and interviewed parents and young shoppers who were able to give me their perspectives on why Sephora had become the mecca of beauty for young girls. Ranging in age from five to 16, girls and their moms agreed that a trip to the mall to pick up cosmetics was fun and needed to maintain proper skin care. Each girl had a common denominator between them though: everyone was there under the guidance of their mother.

There as almost a teacher, their mothers would advise them on what was best on their skin, swatching products on their skin, acting like each girl's personal makeup guru. However, that didn't stop the girls from citing the opinions of friends. It seemed that every young shopper was following along with the trends at school.

If it was tacky to wear anything but lip gloss to school, then they refused to buy anything but lip gloss. If it was embarrassing to not have 15 *Sol De Janeiro* products, their baskets would be filled to the brim with the colorful bottles. In

their eyes the influencers online were fun to watch, but not anything they aspired to be.

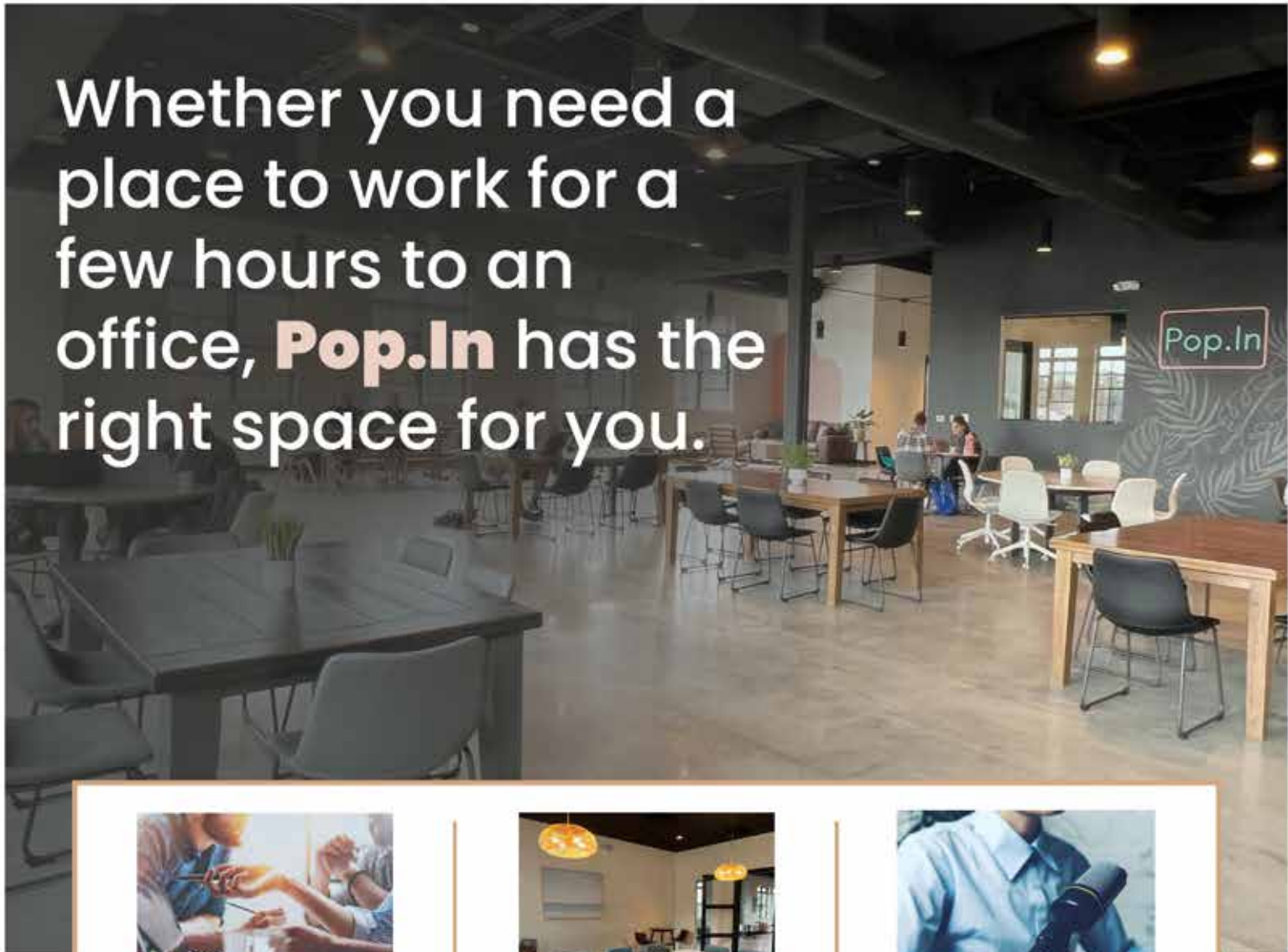
And this simple idea of "I do it because the other women/girls around me do it," makes sense. Our lives are filled with parents, siblings, friends, dermatologists, salespeople, and others, all waiting to lather on advice. The viral videos that had captured girls throwing fits over brands had missed a crucial piece of the puzzle. These fits and tantrums ran deeper than the need to chase the latest TikTok trend. Brands, and the world, have made young girls feel that without a certain product they would never be able to achieve true beauty. And this product was different for everyone. For some it was Drunk Elephant, for others it was the face washes their dermatologist recommended, or even just the lip mask their mom used.

The commonality between the young girls I interviewed was simple: they were seeking out their own kind of beauty specific to their community, just like many generations before them had done. And while I can't say that makeup counters are free from product-hungry tweens, I can say if the shoppers are as insightful and kind as the young girls that let me interview them, our tester products should be safe (for now).



MEET. **WORK.** CELEBRATE.

Whether you need a place to work for a few hours to an office, **Pop.In** has the right space for you.



COWORKING MEMBERSHIPS



CONFERENCE ROOMS



PODCAST/RECORDING STUDIO

**STOP BY
FOR A TOUR!**

Open Mon.-Fri. 8am-5pm

431 Vision Dr.
Cumming GA 30040

www.popincumming.com



BATH AND BODY WORKSHOP

Lily Rose Co. offers bath and body workshops, a unique experience, whether it's a mommy and me day crafting colorful fun bath bombs or learning the fundamentals of cold process soaps. Participants can enjoy hands-on-activities, creative expression, and the satisfaction of making personalized bath products. It's a blend of education and enjoyment in the world of self-care and crafting.



441 Vision Drive
Cumming GA 30040
shoplilyroseco.com

Lily Rose Co. Marketplace



An eclectic market featuring goods by local crafters and artisans can be found at Lily Rose Co., located in Cumming City Center. Home decor, jewelry, botanicals, apparel, metaphysical and other offerings are featured items available to shoppers who are looking for something to satisfy their needs.

Lily Rose Co. is family owned and dedicated to showcasing products made by quality conscious artists. Owners Tommy and Nancy Rosado have found a way to turn their passion into a product for all to enjoy – and learn.

“We offer products that are not mass produced and made with ethically sourced ingredients. We feature the best products that discerning shoppers would be proud to have in their own homes,” Nancy explained.

The store has a calming ambiance where shoppers can take a break from the everyday rush of life while feeling completely at ease – as if a little bit of home was a part of the store.

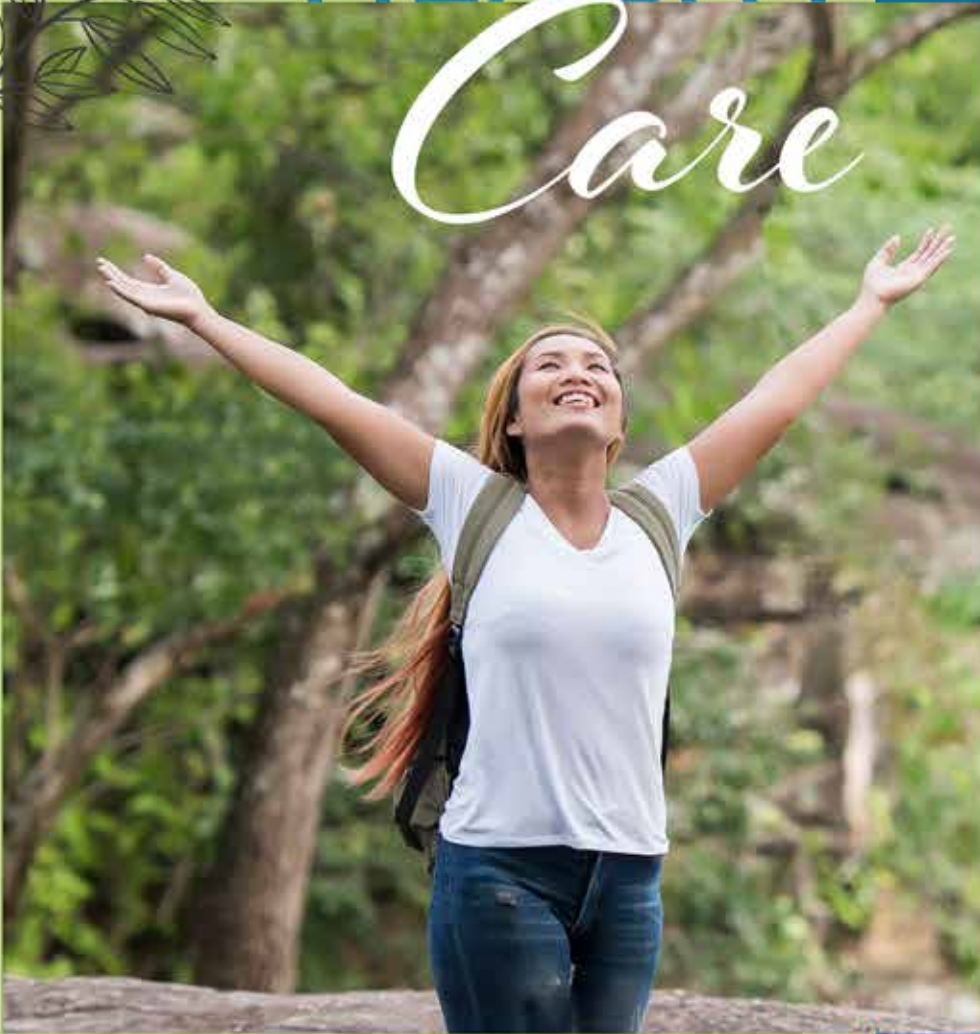
“We want everyone who walks into our store to feel as if they are walking into their own homes, or into what they wish their homes should feel like,” added Tommy.

A shopping haven awaits all who enter Lily Rose Co. Whether you are looking for the nicest smelling candle for your home or a gift for a special someone, you are likely going to find it at Cumming City Center’s marketplace, Lily Rose Co.



HOLISTIC HEALTH

Care



AREAS OF CARE:

CHEMICAL: nutrient deficiency and food testing (through applied kinesiology)

- Supplements and dosage (which supplements are right for you and how many should YOU take?)
- Allergies
- Blood work results explained
- Health coaching
- Gut Health

EMOTIONAL: addressing stress and sleep (increasing your parasympathetic system)

- Brainwave entrainment
- Breathing exercises
- Lowering your biological age

STRUCTURAL: injury recovery and prevention (chiropractic care specializing in sports)

- Chiropractic
- Cupping
- Heated scraping
- Assisted stretching

FINDING THE ROOT CAUSE OF YOUR HEALTH SYMPTOMS

HELPING YOUR BODY HEAL ITSELF,

naturally.

REQUEST AN APPOINTMENT

678-638-0898

DR. EKBERG'S YOUTUBE TEACHINGS AVAILABLE TO YOU, RIGHT HERE IN CUMMING!





Leading with Purpose:

EQUIPPING FUTURE LEADERS FOR SUCCESS

By Berni Leonard

In a world that constantly evolves, the definition of success transcends mere technical skills. It's less about the what and more about the why - it's about nurturing a sense of professionalism and equipping the next generation for future triumphs. Jacque Hansard and I, as co-owners of Salon Five Twelve, understand this well. Our passion for equipping the younger generation for success goes beyond running a salon; it's about creating a legacy that will outlive them.

Today's youth possess qualities that are often overlooked. Far from the negative stereotypes that most view and have around the younger generation, I see they are driven, loyal, grateful, dependable, hardworking, and perpetually curious. Jacque and I have made it our mission to guide these budding professionals toward a prosperous future.

I believe intentional living is the key to personal and career success. What you say and do can heavily influence those around you. It's about modeling the behavior you expect from your employees, family, and relationships. Every word, action, and service we provide becomes a blueprint for the future. To lead those who need it, you need to ask yourself: Are my footsteps worth following? Over my many years of experience, observation and learning, I've discovered there are 10 key qualities that leaders embody.

THE 10 ESSENTIAL QUALITIES OF A FUTURE LEADER:

LISTEN: It all begins with listening – less talking, more understanding.

EMPOWER: "Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others," said Jack Welch. Empower others to reach their full potential.

HOPE: Offer coaching and mentorship as a means to help others achieve their goals.

VISION: Provide a road map for future success. Help individuals see the big picture.

GOAL SETTING: Ink your goals; make them tangible, achievable, and visible.

BUILDING RELATIONSHIPS: Evaluate the top five people you surround yourself with – the company you keep shapes your future.

CRITICAL THINKING: In adversity, a future leader must demonstrate the ability to think critically and adapt.

EDUCATION: Continuous learning is non-negotiable. Always remain a student of life.

WELL-BEING: Self-care is paramount. Neglecting your well-being erodes trust in oneself and others.

SOFT SKILLS: Listening, presence, client service, and gratitude are invaluable traits.

Leadership is the key to future success in both business and life. What truly defines us is how we handle our daily agenda, navigate challenging times, and influence the circles we're a part of.

So, take a moment to reflect, refocus, and recharge. Without a plan, life's situations will dictate your priorities, and time – our most valuable resource – is too precious to squander. Make each moment count. By equipping the next generation with these fundamental qualities, we change lives, one day at a time, building future leaders who will shape a brighter tomorrow.



Bernadette Leonard is a beauty salon owner and coach. She is passionate about adding value to the lives around her, continuous growth and personal relationships.



Tastings

Wine Dinners

Wine Education

Food Pairing



"Wow! I was looking for a bottle as a gift for a friend that's a big wine guy and Cork & Glass helped me select the right wine. Awesome help and perfect price. Thanks!"
- David R.

"Pepe is so easy going and super knowledgeable. Thanks for helping me get started on my personal wine journey (especially at your great prices)."
- Susan P.




WWW.CORKANDGLASS.COM

5670 ATLANTA HWY, STE A-2 | ALPHARETTA, GA 30004 | 678-694-8812 | WINE@CORKANDGLASS.COM

EST. 1998

Casa Nuova

ITALIAN RESTAURANT






Hearty Italian classics cooked with the freshest ingredients.
Pair your meal with a fantastic bottle of wine from our extensive collection.

5670 ATLANTA HWY SUITE | ALPHARETTA, GA 30004 | 770-475-9100
www.casanuovarestaurant.com





ENTREPRENEURSHIP AND COMMUNITY

A Winning Combination

For over 20 years, Ozzie Rodriguez' passion to serve and entrepreneurial spirit have grown alongside Forsyth County.

“I challenge myself every day to make sure that whatever I do, no matter what business I find myself being a part of, I will make a difference in someone’s life,”
Rodriguez stated as he reminisced about his work.

Rodriguez is no stranger to community-involvement and proudly serves on the Board of Directors of United Way of Forsyth County. He is a member of various business and service organizations including the Forsyth Chamber of Commerce, Hispanic Alliance, Forsyth County Schools CTAE, and a host of other groups.

Originally from Pharr, Texas, Forsyth County has been Rodriguez's home since 2002. The son of Mexican parents, he embraced the American spirit of entrepreneurship early on.

“Though my primary work is accounting, I also own, or co-own, other businesses in Forsyth County, including Carniceria Hernandez, Palapa's Bar and Grill, Latin American Bilingual Services, and others,” Rodriguez stated.

Most recently, along with his wife Brenda, he opened Shipley Do-Nuts.

“When looking at opportunities to start a new business in the area, my wife and I reviewed numerous opportunities until we found one that matched our plans and our desire to remain involved in our community,” Rodriguez explained. “The name Shipley Do-Nuts is respected, and its product is as phenomenal as it was when it was first sold in 1936.”

The plain glazed donut is still our most popular style, but with over 60 varieties to choose from, there's always a new flavor to discover.

“And then there's the Kolaches,” Rodriguez added, with a smile. “Some go for the classic Plain Glazed Do-Nut; others prefer the golden Sausage and Cheese Kolache. Everyone has their favorite, and we serve a nice variety to please as many people as we can.”

Rodriguez bases his business practices on the lessons he learned from his mentors and enjoys sharing them with those who may be starting a new business or may already have a business in place.

“I've had the opportunity to meet a lot of people over the years. I often ask them ‘How can I help you grow?’ in business and life,” Rodriguez added. “If we can't help one another, we should check our attitude about life.”



DO-HAPPY!

At Shipley we do handcrafted do-nuts made fresh daily to send you straight to your happy place.



Shipley Do-Nuts

MAKERS OF GOURMET, MADE-FRESH-DAILY DO-NUTS FOR MORE THAN 85 YEARS!



Shipley Do-Nuts shops offer more than 60 varieties of freshly made do-nuts, including its iconic plain glazed, as well as coffee, kolaches, cinnamon rolls, bear claws, fritters and more.

www.shipleydonuts.com

3225 Keith Bridge Road | Cumming GA 30041





Arseneau Advisory Group

MANAGING YOUR FU

In a hurried world it is often hard to engage with and trust someone to manage your life – particularly when dealing with finances.

“Trusting someone to tell you how best handle your money and its future is not easy to do,” explained Kurt Arseneau, founder and CEO of Arseneau Advisory Group. “Money is a tough topic to discuss, yet one that must be had in order to secure how its used and its future.”

The team at Arseneau Advisory Group consists of financial planners who are committed to the financial independence and well-being of each and every client they serve. Their team of professionals can help you create a well-thought-out strategy using a variety of investments and insurance products and services, designed to help you address your financial needs and concerns.

“When a client seeks our services, I make sure that we provide the most efficient and accurate guidance they seek,” Arseneau asserted. “Our team is versatile, effective and ready to serve. Our plans are customized and precise.”



FUTURE, ONE STEP AT A TIME

THE ARSENEAU ADVISORY GROUP TEAM



KURT ARSENEAU, RFC®
Founder, Financial Advisor

Since October 2017, Kurt Arsenau has provided exceptional services to clients seeking the best advice regarding wealth management. As a Registered Financial Counselor (RFC),

Arseneau is able to guide his clients in the preparation of portfolios, asset management, acquisitions and a host of other areas related to their financial future.

Guidance in financial management includes estate, property, distribution, and asset administration.

Arseneau is a certified Insurance Agent with expertise in accident, health, life, variable life and variable annuities. He is licensed with the Georgia Department of Insurance. He is a graduate of Illinois State University.



TYLER HUCK, CRPC®
Partner, Financial Advisor

Huck is a Partner in Arseneau Advisory Group. He is an investment advisor, tax expert, and wealth manager to high net worth. He helps clients build out a financial analysis to figure out the strategies and solutions that make sense for their specific finances.

Huck is a graduate of the Florida State University College of Business.

John Gracia, Garret Atz, Jac Crawford, Stacy Ridings, Michelle Doherty, and Beige Ferry complete the Arseneau Advisory Group team.

Whether you are a young entrepreneur, a couple getting married and merging family finances, an executive ready to invest in their future, or a family getting ready to think about sending their kids to college, the team at Arseneau Advisory Group can help.

We are a holistic Financial Planning firm that incorporates investment planning, income planning, insurance planning, tax planning, and legacy planning to round out a person's financial journey," Arseneau concluded.

www.arseneauadvisory.com
Arseneau Advisory Group
5822 N Vickery | Cumming, GA 30040
470- 839-9001



GARRET ATZ, MBA, CFA
Chief Tax Advisor



JOHN GRACIA
Attorney-at-Law



JAC CRAWFORD
Medicare Planning Professional



STACY RIDINGS
College Planning Professional



BEIGE FERRY
Office Manager



symptoms, but consulting with an eye care professional is advisable for personalized recommendations as multiple over-the-counter eye drops have recently been recalled. Ignoring allergy symptoms may lead to complications such as conjunctivitis or worsening of pre-existing eye conditions.

Interestingly enough, soft contacts can exacerbate these symptoms. If you are a contact lens user, you should know that there are lenses that can correct vision without these side effects. Seeking professional advice ensures proper management and prevents long-term damage.

Call For Your Eyes Only today to talk about options for preventative and reactive care at **678-648-5185**.

CLEAR EYES, CLEAR SPRING: THE IMPORTANCE OF EYE CARE DURING ALLERGY SEASON

By Opal Sivan

As spring blossoms, it brings not only a burst of color but also a wave of allergies. For many, the beauty of the season is marred by itchy, watery eyes, making eye care a crucial aspect of spring wellness. Spring allergies, often triggered by pollen, can wreak havoc causing itchy eyes, redness, and excessive tearing which can significantly impact daily life.

Wearing sunglasses can act as a barrier, preventing pollen from directly entering your eyes. Additionally, regular cleansing of your face and hands can minimize the transfer of allergens to your eyes. Artificial tears can provide relief by lubricating the eyes and flushing out irritants. Over-the-counter antihistamine eye drops can also alleviate

FOR YOUR EYES ONLY
Mira Sivan OD, AAOMC
Optometrist and Orthokeratologist

5851 S. Vickery St.
Cumming GA 30040
678-648-5185
www.fyeo-eyecare.com



**Forsyth
Descendants
Scholarship**

1ST ANNUAL GOLF TOURNAMENT



MAY 20, 2024

REGISTRATION \$150/PERSON

18 Holes of Golf | Breakfast & Lunch | Swag Bag

Registration and Information at:
www.forsythscholarship.org/golf

Sponsorship Opportunities Available



BE UNIQUE AND LET THE ADVENTURES BEGIN



Apricot Lane

BOUTIQUE

Cumming



www.apricotlaneboutique.com/store/cumming/



We are a locally owned specialty boutique that offers women's fashion apparel and accessories

Apricot Lane Boutique

5829 South Vickery Street, Suite E6 | Cumming, GA 30040

Phone : 770-406-8678



Weighing the Evidence

ON WEIGHT LOSS DRUGS



By Narendra Singh, MD

• • •

More than 70% of the US population is now considered either overweight (BMI > 27) or obese (BMI > 30) Multiple factors have contributed to this weight gain epidemic which include excess caloric intake, more sedentary lifestyles, increased stress and decreased sleep patterns.

• • •

For decades, attempts to find effective weight loss drugs have been undertaken with very little success. Many of the earlier drugs were taken off the market because they caused heart valve complications, increased the risk of depression, suicidal ideation, cancers or had intolerable gastrointestinal side effects.

Recently a class of medications called GLP1 agonists have received a lot of attention for their weight loss potential. Drugs in this class include dulaglutide (Trulicity) semaglutide (Ozempic, Wegovy and Rybelsus) and tirzepatide (Mounjaro). They were all initially indicated for lowering glucose in type II diabetics but later found to also significantly lower weight between 15-50 pounds. By enhancing the effects of the body's own glucose lowering peptide, these drugs work in a variety of different ways -improving pancreatic and liver function as well as impacting the brain appetite center and delaying gastric emptying. Many of the medication side effects are related to the latter property. Overconsumption of food or drinks results in nausea, vomiting, bloating and sometimes diarrhea or constipation. Many of these symptoms can be overcome by reducing portion size, spacing out meals with small snacks and gradually up titrating the medication dose. These drugs are

given as a simple self-administered injection on a weekly basis.

As word of the weight loss success of the medications grew, it became the drug of choice for many Hollywood celebrities wanting to lose a few pounds. Soon after, many individuals who did not necessarily need the medication began utilizing the drug, resulting in a worldwide shortage that is slowly being remedied. Presently most insurance companies do not cover the drug in non-diabetics, considering it a lifestyle medication rather than medical necessity.

So the question becomes does hype have merit? The early answer appears to be a resounding yes. In patients with type 2 diabetes in addition to lowering glucose and causing weight loss these drugs reduce the risk of heart attacks strokes and cardiovascular death.

In patients with obesity and heart failure a recent study showed semaglutide significantly improves symptoms and quality of life in conjunction with weight loss. Ongoing studies hope to also show that it will reduce hospitalization for heart failure.

In November 2023, during the American Heart Association meeting, the 17604 patients, a five year follow-up SELECT study presented their findings of using semaglutide in overweight and obese patients who are NOT diabetic but

already have cardiovascular disease. The top line results released show that this therapy reduces future cardiovascular death, heart attacks and strokes by 20% making this a cardioprotective drug rather than a lifestyle therapy.

While diet and exercise remain the mainstay for weight loss, this new class of medications offers the promise of doing more than just keeping your weight down. As always, a discussion on the use of these medications should be held in conjunction with advice from your health care professional.

NARENDRA SINGH, MD,

FRCP(C), FACC, FAHA

Preceptor- Mercer University, Atlanta, GA
Director, Clinical Research, NSC Research, Atlanta, GA
Director, Canadian Collaborative Research Network
Affiliated with Piedmont, Northside and Emory Health Systems

Recognized expert in South Asian Heart Disease.

1100 Northside Forsyth Dr, Suite 345,
Cumming, GA, USA, 30041,
Phone 678- 845-8960
5400 Laurel Springs Parkway, Suite 1401,
Johns Creek, GA, 30024
Phone 678- 208-0165

**Email-DrSingh@nscresearch.org or
DrSingh@nsccardiology.com
www.heartdrsingh.com**



WE TAKE YOUR
CARE
TO
HEART!



Dr. Narendra Singh

MD, FRCPC, FACC, FAHA, FCCS

**WE ARE PROUD TO PROVIDE PATIENT-CENTERED CARDIAC CARE.
EVIDENCE-BASED, HOLISTIC CARE.**



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 appointments at Mercer University and the Medical College of Georgia.



Taylor Mabe

is an ANCC board-certified and licensed Nurse Practitioner specializing in Adult-Gerontology and Acute Care.

CUMMING

1100 Northside Forsyth Dr. Suite 345
Cumming, GA 30041

JOHNS CREEK

5400 Laurel Springs Pkwy. • Suite 1401
Johns Creek GA 30024

Please call

678-208-0165

to schedule future appointments.

You can also book online through Zocdoc.com

Stay tuned for future updates!

www.heartdrsingh.com



TOP 10 IN GEORGIA



TOP DOCS IN AMERICA



The Lifesaving Power

OF SKIN CANCER SCREENING AND MOHS MICROGRAPHIC SURGERY



By Nathan Cleaver, DO

•••

The golden rays of the sun, the joy of outdoor activities, and the warmth of summer's embrace make spending time outdoors a pleasure. However, as we soak in these sun-drenched moments, we must not forget the importance of protecting our skin. Skin cancer, one of the most common forms of cancer, is a real threat, but early detection through skin cancer screening and the skillful use of Mohs micrographic surgery by fellowship-trained Mohs surgeons can be a game-changer in the battle against this disease.

•••

- **Cosmetic Excellence:** Mohs surgery offers superior cosmetic outcomes due to its precise nature.
- **Quicker Recovery:** With less tissue disruption, patients experience shorter recovery times.

THE FELLOWSHIP-TRAINED MOHS SURGEON: A CRITICAL COMPONENT

While Mohs surgery is a remarkable technique, the skill and expertise of the surgeon are equally essential. A fellowship-trained Mohs surgeon has completed extensive training, which includes both dermatology and specialized Mohs micrographic surgery training. This advanced training equips them with the skills to provide the highest level of care, ensuring the best outcomes for their patients.

EARLY DETECTION, EXPERT CARE

The combination of early detection through regular skin cancer screening and the advanced precision of Mohs micrographic surgery performed by a fellowship-trained Mohs surgeon offers the greatest hope for those facing skin cancer.

It is imperative to protect your skin with sunscreen, protective clothing, and seeking shade when necessary. However, it's equally crucial to practice regular self-examinations and schedule professional screenings with a dermatologist, especially if you have a family history of skin cancer or other risk factors.

Early detection can be a lifesaver, and when surgical intervention is required, having a fellowship-trained Mohs surgeon can make all the difference. Their skill and expertise, combined with the power of Mohs micrographic surgery, result in optimal outcomes and peace of mind for patients.

In conclusion, the sun should not be seen as an enemy but as a force that requires respect and protection. Skin cancer is a battle that can be won, especially when armed with the right tools and knowledge. Make sun safety a part of your lifestyle, prioritize regular skin cancer screenings, and should the need arise, choose the care of a fellowship-trained Mohs surgeon. It's a choice that can save lives and preserve quality of life, making it a choice worth making.

Let us celebrate the sun and take care of our skin, for our health and happiness depend on it.

THE SKIN CANCER MENACE

Skin cancer is an alarming health issue that affects millions of people worldwide, with a substantial impact on the United States. The primary risk factor is exposure to ultraviolet (UV) radiation from the sun and tanning beds. The good news is that many skin cancers are highly treatable when detected in their early stages.

THE ROLE OF SKIN CANCER SCREENING *A Preventive Strategy*

Skin cancer screenings are not just a medical practice; they are a vital preventive strategy. These screenings help identify suspicious growths, moles, or skin lesions at an early stage when they can be more effectively treated. Regular self-examinations and professional screenings by dermatologists are key to this defense.

EARLY DETECTION

Early detection is the linchpin in the battle against skin cancer. Dermatologists are trained to recognize even subtle changes in the skin that may signal the presence of cancer. By using tools like dermatoscopes, which magnify

the skin's surface, they can perform a closer examination of moles and lesions.

THE MARVEL OF MOHS MICROGRAPHIC SURGERY

A Precise Weapon

Mohs micrographic surgery is a breakthrough in skin cancer treatment. Developed by Dr. Frederick Mohs in the 1930s, this technique is a precise weapon against skin cancer. It involves the removal of cancerous tissue layer by layer, minimizing the loss of healthy tissue.

THE BENEFITS OF MOHS SURGERY

- **High Success Rate:** Mohs surgery boasts some of the highest cure rates for skin cancer, often surpassing 99% for specific types.
- **Tissue Preservation:** It prioritizes tissue preservation, especially in cosmetically sensitive areas like the face.
- **Low Recurrence Rates:** By examining tissue during the procedure, the surgeon can ensure that all cancerous cells are removed, reducing the risk of recurrence.



Nathan Cleaver DO, FAAD is a board-certified dermatologist and fellowship trained Mohs micrographic surgeon specializing in the medical and surgical management of melanoma and non-melanoma skin cancer, cosmetic procedural dermatology, in addition to routine medical dermatology. His office locations are in Cumming, Dawsonville, and Dahlonega. He may be reached at **770-800-3455**.



SKIN CARE DOESN'T HAVE TO BE COMPLICATED

The Southern Skin and Beauty Bar is a board-certified dermatologist owned and operated redefined medical spa. Our team is experienced, led by board certified dermatologists Dr. Nathan Cleaver and Dr. Weston Waxweiler.

COOL
SCULPTING

FILLERS

HYDRAFACIAL

LASER
HAIR
REMOVAL

TATTOO
REMOVAL

BOTOX



Marie Sapienza



Carri Kornman

770.284.8763

www.southernskinandbeauty.com

5826 N Vickery | Cumming, GA 30040

Monday, Tuesday, Saturday – By Appointment only;
Wednesday, Thursday, Friday 10-6.

A Modern Approach to Abnormal Uterine Bleeding (AUB)

By Miranda Long, MD



Do you ever wonder if your periods are too long, too short, come too often, do not come often enough, or are too heavy in flow?

If so, you are not alone. All of these concerns fall into an umbrella category in gynecology known as abnormal uterine bleeding (or AUB). AUB makes up 1/3 of office visits to the gynecologist! AUB can typically be divided into two main categories - structural and functional causes. Structural causes include things such as polyps and fibroids, which can be easily assessed in our office with an ultrasound. Functional causes can be related to your thyroid, your ability to ovulate, and other hormones your body makes - which can also be assessed in our office through lab tests. The wonderful thing about AUB is it can easily be treated by your gynecologist. Prior to treatment, if you are of a certain age or have particular risk factors - recommendations may include a procedure to evaluate your uterine cavity such as an endometrial biopsy or hysteroscopy to rule out any potential worrisome reasons

behind your abnormal bleeding. Treatment options most commonly include hormonal options such as different forms of birth control, non-hormonal options such as TXA, as well as surgical options. Surgical options such as removal of polyps or endometrial ablations can be performed in our office in a minimally invasive way. We have the ability to perform these procedures using no incisions, minimal anesthesia, and patients go back home the same day. If more definitive treatment options are desired for women who no longer desire childbearing, our practice is comprised of Davinci certified robotic surgeons who can perform hysterectomies with a minimally invasive approach. These hysterectomies are done through small incisions in the abdomen - allowing shorter hospital stay, less pain, and quicker recovery. Whether your desire is simply to understand why your periods are irregular/heavy or you desire definitive treatment to ultimately stop the bleeding, or you have any goal in between, we encourage you to make an appointment to see us today.



Modern OBGYN has four convenient office locations: Johns Creek Medlock Bridge, Northside Hospital Forsyth Campus-Cumming, Alpharetta at Avalon, and Emory Hospital Johns Creek Campus. For more information on our practice and providers, visit www.reyesobgyn.com.

Dr. Miranda Long is a graduate of the University of Georgia. She completed her medical school training at the Medical College of Georgia and her residency specialty training at Ochsner Medical center in New Orleans. Dr. Long also has a strong interest in minimally invasive gynecologic surgery including hysteroscopy, laparoscopy, and is a da Vinci certified robotic surgeon.



Obstetrics | Gynecology | Infertility
 Minimally invasive Gyn surgery
 In-office procedures | da Vinci robotic surgery



"We are committed to personal, compassionate care"

www.reyesobgyn.com | 404-446-2496 | @ModernOBGYNPC

ALPHARETTA | JOHNS CREEK | CUMMING

Five Irresistible Reasons TO BOOK YOUR STAY AT BENT TREE LODGE & WINERY

by Rachael Walkup

•••

Nestled amidst the picturesque landscapes of the countryside, Bent Tree Lodge & Winery emerges as a beacon of tranquility and luxury. My husband and I recently embarked on a memorable getaway to this enchanting bed and breakfast, where every moment was imbued with charm and relaxation. Our stay in the Gibbs Garden room, situated within the winery itself, was nothing short of magical. Here are five compelling reasons why you should consider booking your own retreat at this delightful haven.

•••



Breathtaking Scenery

As we arrived at Bent Tree Lodge & Winery, we were immediately captivated by the surrounding natural beauty. Lush greenery stretched as far as the eye could see, complemented by vibrant floral displays and serene water features. Whether basking in the golden hues of sunset or waking up to the melodious chirping of birds, every vista offered a breathtaking spectacle. The tranquil ambiance provided the perfect backdrop for relaxation and rejuvenation, allowing us to escape the hustle and bustle of daily life.

Exquisite Accommodations

Our stay in the Gibbs Garden room was nothing short of luxurious. The room exuded elegance and comfort, with tasteful décor and plush furnishings creating an inviting atmosphere. From the cozy bed to the private balcony overlooking the winery, every detail was thoughtfully curated to ensure a memorable experience. The attentive staff ensured that our every need was met, ensuring a seamless and enjoyable stay from start to finish.

Award-Winning Wines

One of the highlights of our visit was the opportunity to indulge in the exquisite wines produced onsite at Bent Tree Winery. With a diverse selection of varietals to choose from, we embarked on a journey of sensory delight, savoring each sip and discovering new favorites along the way. From crisp whites to bold reds, every wine boasted impeccable quality and craftsmanship, reflecting the passion and expertise of the winemakers. The wine tasting experience was enhanced by the serene surroundings, allowing us to appreciate the nuances of each vintage fully.

Gourmet Dining Experience

Our culinary breakfast journey at Bent Tree Lodge & Winery surpassed all expectations, tantalizing our taste buds with an incredible breakfast. From the crisp bacon to the exceptional flavored coffee, our breakfast was a masterpiece of flavor and presentation. Whether dining at the individual tables for two or the group table, every experience was infused with warmth and hospitality.

Warm Hospitality and Personalized Service

Above all, what truly sets Bent Tree Lodge & Winery apart is the warm hospitality and personalized service extended to every guest. We were greeted with genuine warmth and enthusiasm from the moment we arrived, making us feel right at home. Brent and Debi went above and beyond to ensure that our stay was nothing short of extraordinary, catering to our every whim with grace and professionalism. Whether offering recommendations for local attractions or arranging special surprises to celebrate our anniversary, their attention to detail made our stay truly unforgettable.


From the enchanting surroundings to the exquisite accommodation and exceptional hospitality, every aspect exceeded our expectations. Whether you're seeking a romantic retreat, a wine lover's getaway, or simply a peaceful escape from the ordinary, this charming bed and breakfast offers an unforgettable experience that will leave you longing to return time and time again.

www.benttreelodge.com



Rachael Walkup is the owner of CummingLocal.com, wife, mom and blogger. She may be reached at cumminglocal@gmail.com

PET SUPPLIES PLUS®



Your pet's
new favorite
store **just
moved in.**

Now Open!

Your neighborhood Pet Supplies Plus has everything you need for your furry, scaly and feathery friends. Our shelves are stocked with the right products, including a wide selection of natural and made in the USA products. Easily find all their favorites at prices you love, whether you shop with us in store or online using free curbside pickup or same-day delivery.

- + 1 hour curbside pickup & free same-day delivery
- + Widest selection of natural dog & wet cat food
- + Large variety of made in the USA products
- + Grooming Salon & Self-Service Pet Wash

Pet Supplies Plus Cumming

1595 Peachtree Pkwy | 470-592-1206 | Mo-Fr: 9-9 • Sa: 9-9 • Su: 10-7

petsuppliesplus.com

★

DAR Good Citizens Awards

The annual Good Citizen Award's were presented to eight Forsyth County Schools students who answered the question 'What are the civic responsibilities of a good citizen and why are these duties, activities, and behaviors important to the shaping of the America you hope to experience.'

Since 1934, the Good Citizen Award recognizes senior students who've been selected by their schools due to their characteristics of dependability, responsibility, patriotism and service within their schools and their communities.

"Each year it's a joy and an honor to award these high school seniors with a gift basket presentation, Good Citizen pin, framed certificate and monetary gift at our award ceremony specifically planned to showcase these high school seniors. The students have the opportunity to speak about what they've been passionate about for the past four years, ways they've volunteered and served within their communities, and the ways they've shown kindness, support, and patriotism within their schools," said Perry Tucker, the Good Citizen Chair for the Chestatee River DAR.

★

THE 2024 DAR GOOD CITIZENS ARE:

Aiden Bishop, West Forsyth High School

Ellie Brown, Denmark High School

Annabelle Christopher,
North Forsyth High School

Caleb Gu, Lambert High School

Michael Meersman,
South Forsyth High School

Shane Monticello,
Alliance Academy for Innovation

Signe Reichrath, Forsyth Central High School

Nora Swafford, East Forsyth High School

The NSDAR is open to women ages 18 and up and all Chestatee River chapter meetings are open to the public.

For more information email the chapter at chestateeriverchapter@yahoo.com.



WANDERING OFF

STORIES OF A BLESSED AND
SOMEWHAT MISCHIEVOUS
SOUTHERN LIFE

PHILL BETTIS



Phill Bettis is a storyteller who believes in and love the Lord. He also trusts that although the younger generation is adequately prepared to positively change the world, that God is the true author of our future.

In a collection of profound writings that include newspaper columns and editorials, travel blogs, and other stories, Bettis begins with a commencement speech that challenges university graduates to wander off from convention in their careers, their methods of worship, and the way they will form society in a constantly evolving world. While outlining his writings with poignancy and supporting a new reformation that is long overdue, Bettis does not shy away from controversy as he shares his heart through thought-provoking stories that lead others through his childhood and beyond as he transformed from Ople growing up in Mayberry amid sunflowers, biscuits, and revivals to embrace all the personal and professional gifts of adulthood.

Wandering Off is a volume of writings that underscore hope, faith, what is good, and what can be.

"Reading Phill Bettis is like sitting in a porch swing surrounded by friends and family at the end of a summer day, with a full moon rising behind a stand of pines, a whip-poor-will's plaintive call riding a soft breeze, and the sparkle of fireflies dotting the sky over a garden patch ..."

—Norman Baggs

Available at Amazon, Barnes and Noble and other stores.

We are available **24 hours/7 day a week** for all your non-emergency transportation needs.

ABW MedTrans Solutions



Bridging the Gap in Transportation

MEDICAL APPOINTMENTS

Physical Therapy
Dialysis
Chemotherapy
Hospital Discharge
Outpatient Surgery

Our staff is readily available to help you get to where you need to be in a safe and secure manner. Our vans are fitted with the necessary equipment to take care of your transportation needs including ambulatory, wheelchair and stretcher.

WE ALSO OFFER SPECIALTY TRANSPORTS!

Family Outings
Holiday Dinners
Weddings
Graduations

LET US TAKE YOU WHERE YOU NEED TO BE - SAFELY AND SECURELY.

 **678-567-6644**

Two Moms on a Mission

By Larry Brown

Four years ago, Beth Burns and Tammy Miller met. They began sharing information about their families. More than 25 years earlier, both families had adopted children with special needs. During their conversation they soon realized they had a mutual concern: **“Who would permanently care for our children once we were unable to? Where will they live? Who will continue to care for them?”**

Beth and Tammy’s subsequent discussions ultimately led to their vision and current mission: to build and provide affordable, permanent, lifetime homes to adults with disabilities. Thus, the plan for Keystone Village was born. It will be a sustainable, not-for-profit residential community where individuals with intellectual and developmental disabilities will find their forever homes. And it will provide peace of mind for their families, they envision.

They commended the Forsyth County School system that they said had provided consistent, compassionate care and attention to their children. But eventually they graduated, or ‘transitioned’ from high school. However, there are no 24/7 programs for adults with special needs. Fortunately, filling some of the void comes from Creative Enterprises of Forsyth, a day service program for adults with intellectual and developmental disabilities that provides socialization, encouragement, and job training. But they must go home at night.

Lisa Bennett is regional manager of Creative Enterprises in Forsyth County. She was previously a special education teacher. Forsyth County is one of four locations, including Lawrenceville, Dawsonville, and White County. The Cumming location was established in 2016 with 6 clients. The local program now has 100. They vary in age from 19 to 60, but there is no ‘aging out.’ Lisa said that clients can participate as long as necessary. The hours of operation are 9am to 3pm, Monday – Friday.

“We provide an educational day program, not just daycare,” she emphasized. “We focus on education and job training to help many of our clients get jobs and become as independent as possible. But Keystone Village will provide such a critical need in Forsyth County. It will inspire families to have hope for their loved ones,” she said.



Architect illustration of Keystone Village

In 2020 Forsyth County Commissioners authorized Brackin and Associates to conduct a survey of residents with a family member in the transitional ages from 14-21 with developmental disabilities to determine the housing options available in the county. The survey, funded by a grant from the State of Georgia and supported by Commissioner Cindy Mills and then Lieutenant Governor Geoff Duncan, showed that the great majority live with family members. The survey also showed that options for affordable housing for them are extremely limited. Many respondents, according to the survey, also were concerned that after they died, their loved ones would be placed in ‘host homes,’ described as adult foster care, and would be ‘pushed from home to home.’

Commissioner Mills has long been active in advocating for mental healthcare. “Several years ago, a constituent with special needs children asked me if so much money can be spent on animal shelters, why not more on people with special needs? It hit me hard,” she said. “What could I say? Forsyth County is so good with special needs students. But when they are out of the school system, they will continue to need care for many years, particularly when parents or family members can no longer care for them. It is a complex issue.

“That’s why I am so encouraged about Keystone Village,” Mills continued. “Creative Enterprises provides a great service for special needs adults during the day. But since they must leave at night, the long-term challenge remains. Keystone Village will fill that need for permanent 24-hour care.

“My hope for the future for people with developmental disabilities and their loved ones would be that Forsyth County could become a place of safe harbor for them where they could grow old in an inclusive community that would both protect them and love them and give them the opportunities to be all that God created them to be,” Commissioner Mills added.

Tammy said, “I once heard that if you want to discover your passion, then think of what makes you really sad and then do something to change it. Growing up with my fantastic parents, who adopted 5 of my 8 sisters was beyond amazing. The thought of children not having a family made me and my husband incredibly sad, especially when we learned children with special needs are often labeled as ‘unadoptable.’

“That became the foundation of our passion. God blessed us with an incredible community where all 12 of our children could play, learn, love, be loved and thrive! We are realistic in knowing we cannot care for our children with



Preparation is getting underway

disabilities forever, and this makes us very sad. So now a new passion is born. We dream of developing a community which resembles our home as much as possible so our adult children with IDD can continue to love and be loved in this most incredible Forsyth County," Tammy added. Seven of Tammy's and her husband's children are adopted.

Beth remarked, "Over the past 30 years our family has done everything possible to give our son's life, with all the limitations due to his disabilities, 'a life of limitless opportunity.' Our vision for Keystone Village is to create a similar environment for our residents, so that they are able to thrive with the love, care, and support they receive every day. Keystone will be a residential forever home choice. Our

residents' lives will be enhanced by living on our campus, a campus that will be part of the greater, inclusive community around us. Those residing at Keystone will receive the support they require through individualized, provider services. Our foremost desire is that each resident's life reaches its full potential, with endless possibilities as a valued family member of the Keystone Village community."

The latest available Forsyth County special needs demographics (2020):

- Total population: 3,631
- Those between ages 18 and 64: 1,169
- Those in Forsyth County Schools: 881
- Those of 'transition' age: 308
- Disabilities - intellectual: 84%, autism: 58% (including w/other disability), limited mobility: 15%, require a wheelchair: 13%
- Current housing arrangements - living with parents/guardians: 96%
- Between 45 and 59 years: 62%, Over 64 years: 21%

Forsyth County Commissioners recently approved unanimously zoning for Keystone Village. The land has been donated by land developer Pacific Group. It is located in north Forsyth County off Settingdown Road on Marsett Parkway.



Mothers on a Mission:
Tammy Miller (left) and Beth Burns

Beth and Tammy said the project will also need the financial support of the community. Fundraising has already begun, including special events and an upcoming capital campaign.

For information on Keystone Village and how to help, go to keystonevillage.org.



VOTED #1 IN CUSTOMER SERVICE BY JD POWERS



10% OFF

AC PERFORMANCE TESTING

Must be presented at time of service. Not to be combined with other offers. One coupon per visit. Valid at Cumming location only. Expires 6/30/24

10% OFF

ANY OIL CHANGE

Must be presented at time of service. Not to be combined with other offers. One coupon per visit. Valid at Cumming location only. Expires 6/30/24



Christian Brothers
AUTOMOTIVE

Nice difference.®

470.253.7376

- Free local shuttle service • Locally owned & operated
- Free courtesy inspection
- Comfortable lobby with free Wi-Fi
- 36 Month / 36K Mile Warranty on Parts - Whichever comes last!

Mon - Fri: 7am - 6pm

LOCATED NEAR EXIT 13 & HIGHWAY 9

5960 Bethelview Road, Cumming GA 30040 • www.cbac.com/cumming



Voted 'Best New Business In Forsyth County' by the Forsyth Chamber of Commerce.

CAR MAINTENANCE MYTHS DEBUNKED



A lot has changed over the years when it comes to car maintenance. Some 'absolutes' regarding caring for your car are no longer true due to changing technology, while others were never true despite the many folks who 'know' them to be correct. Let's look at the most common myths out there.

- **Higher octane gasoline will give you more power.** Nope. If your car requires 87 octane and you fill up with anything more, you are wasting your dollars. However, it is true that running a lower than required octane level (as specified in the owner's manual), will hurt your available horsepower as the engine has to retard timing to compensate for the faster burning fuel. Higher octane just means slower burning fuel. Strange but true.
- **Warming up your engine on a cold winter day before driving is better for your car.** Sorry. Almost all cars on the road today are fuel injected. These systems don't need to be warmed up to run well. Anything over about 30 seconds is just a waste of fuel. Easy acceleration until you feel heat coming out of your vents is not a bad idea, however.
- **Tires should be inflated to the pressure listed on the sidewall.** False! That's the maximum pressure. The manufacturer of the tire has no idea how heavy a vehicle that tire will end up on. Tires should be inflated to the pressures specified by the vehicle manufacturer and that information is always on the driver's door jamb.
- **A dealership must perform your vehicle's regular maintenance to keep the factory warranty valid.** So not true. If you have records to show the scheduled maintenance was performed, you can go to any trusted auto repair shop.
- **Newer transmissions never need a fluid change.** Wrong! Some manufacturers say their transmissions have fluid that lasts a lifetime. No mechanic will agree. A 'lifetime' to the manufacturer is until the warranty runs out. After that you get to pay for a new transmission...
- **The 'Codes' you can obtain from your vehicle tells you what's wrong.** Incorrect. Those codes tell the technician where to start looking – it takes more testing and troubleshooting to diagnose the root cause. Think of going to the doctor – the code is you telling the doctor your shoulder hurts – it takes an MRI or other tests to find out why those nerves are reporting a problem...
- **The only fluid you really need to change in your car is the oil.** This may not be a myth, but it seems like most people only worry about their oil. Every fluid in your car has a lifespan, and once it has reached that point, just like dirty oil, it starts to damage the components it is supposed to protect. Coolant gets acidic and eats away aluminum engine components, brake fluid becomes water saturated and corrosion occurs in the master cylinder, lines, and calipers. Power steering and gear oil become saturated with metal particulates and wear out seals.
- **You should change your oil every 3,000 miles.** A waste of money. Conventional oil will last around 3500 miles, but most modern vehicles require synthetic oil which is good for 5,000 miles. Be wary of going longer than that – even if the manufacturer says you can. The oil viscosity may still be good, but the oil gets dirty, and the filter clogged. All the mechanics I know won't go past 5,000 with their personal vehicles.
- **It is dangerous to pump gas while on your cell phone.** Why? We used to think they could cause a spark and ignite the fuel vapors. Well, that has never happened – like NEVER. So, if you see the signs, it's more likely the owner of the station doesn't want you to be distracted while walking around all the moving cars.
- **If you buy gas in the morning, you will get more for your money.** Seems logical – it is cooler out so the gas will be denser than it will be in the hot afternoon. False! That gas is stored in the ground where the temperature is relatively constant. It has no idea if it is hot or cold out or what time of day it is when it is pumped up and out to your car.
- **Filling your tires with nitrogen has a lot of benefits.** This one is a huge scam. If you are looking for a tenth of a second per lap on the racecourse, then have at it. But for passenger cars and trucks the tiny gains in more stable pressures and all the other 'benefits' touted have been proven to be so negligible as to be worthless. The air you breath and inflate your tires with is 78 percent nitrogen already!

THERE'S MORE TO PHOTOGRAPHY
THAN PRESSING THE BUTTON.



HOME. INTERIORS. EXTERIORS. VIDEO.

PICTURES THAT
Showcase
THE SPACES OF YOUR LIFE.



ADAM PENDLETON

PHOTOGRAPHY

WWW.ADAMPENDLETON.COM  

ADVERTISER DIRECTORY



ART / ACTIVITIES / ENTERTAINMENT

Color My Nest – pg. 3

678-333-5582 | www.colormynest.com

AUTOMOTIVE/CAR REPAIR SERVICES

Christian Brothers Automotive – pg. 39

470-253-7376 | www.cbac.com/cumming

BUILDERS

SMG Builders – pg. 45

470-531-4071 | www.smgbuilders.com

BOUTIQUE

Apricot Lane Boutique – pg. 27

770-406-8678 | apricotlaneboutique.com/store/cumming/

CYBER SECURITY/ TECHNOLOGY SOLUTIONS

Critical Path Security – pg. 46

770-224-6482 | www.criticalpathsscurity.com

CONCERTS

Matilda's Music Venue – pg. 5

678-480-6932 | www.matildamusicunderthepines.com

DANCE ACADEMY/ INSTRUCTION

Cumming Dance Academy – Inside Back Cover

770-781-4922 | www.CummingDanceAcademy.com

DONUTS

Shipley Donuts – pg. 23

470-839-2135 | shipleydonuts.com/locations/fc3004/

FINANCIAL PLANNING

Financial Consultants Group, Inc. – pg. 43

770-627-2121 | www.ForYourFuture.net

HEATING/VENTILATION/ AIR CONDITIONING

Shelnutt HVAC – pg. 44

706-265-5854 | www.shelnutthvac.com

JEWELER/JEWELRY STORE

Gems In Art – Inside Front Cover

770-844-8005 | www.gemsinart.com

Lance's Jewelry – Back Cover

770-781-5500 | www.lancesjewelry.com

OFFICE / WORKSPACE

Pop.In – pg. 17

678-438-2890 | www.popincumming.com

PET SUPPLIES

Pet Supplies Plus – pg. 35

470-592-1206 | www.petsuppliesplus.com

PHOTOGRAPHY

Adam Pendleton Photography – pg. 41

678-208-7077 | www.adampendleton.com

PHYSICIANS/MEDICAL SERVICES

Modern OBGYN – pg. 33

404-446-2496 | www.reyesobgyn.com

Narendra Singh, MD – pg. 29

678-679-6800; 770-622-1622 | www.heartdrsingh.com

The Southern Skin and Beauty Bar – pg. 31

770-284-8763 | www.southernskinandbeauty.com

Wellness for Life Holistic Health Care – pg. 19

678-638-0898 | www.drekberg.com

REAL ESTATE/REALTOR

The Dinsmore Team – pg. 44

770-712-7789 | www.dinsmoreteam.com

RESTAURANTS /FOOD SERVICES/CATERING

Casa Nuova Italian Restaurant – pg. 21

770-475-9100 | www.casanuovarestaurant.com

Cinco Mexican Cantina – pg. 7

678-341-6962 | www.facebook.com/cincovickery

Cork & Glass – pg. 21

678-208-5512 | www.corkandglass.com

Lenny's Subs – pg. 13

678-947-0336 | Fax orders: 678-947-5343

Nido Café – pg. 13

678-341-9695 | www.nidocafevickery.com

RETAIL/RESTAURANTS/ SERVICES

Vickery Village Forsyth – pg. 11

www.villageforsyth.com

TOY BOUTIQUE

Wheezy's Toy Boutique – pg. 9

713-516-3985 | www.wheezystoy.com

TRANSPORTATION/ NON-EMERGENCY

ABW MedTrans Solutions – pg. 37

678-567-6644

ARE YOU
FINANCIALLY
PREPARED
FOR 2024?



GET THE CLARITY YOU SEEK
IT PAYS TO UNDERSTAND YOUR OPTIONS
FEE ONLY, FIDUCIARY PLANNERS

THANK YOU FOR VOTING US BEST OF FORSYTH FOR 7 YEARS!



770-627-2121 www.ForYourFuture.net

THERE'S NO PLACE LIKE HOME.

Let's find yours!



Marie Dinsmore

CERTIFIED LUXURY REAL ESTATE AGENT

770.712.7789 | www.dinsmoreteam.com



Marie@Dinsmoreteam.com | RE/MAX Around Atlanta | 11800 Amber Park Dr., Bldg 1 Ste. 240, Alpharetta GA 30009



We can take care of your **TEMPERATURE...**

- Installation, repair and replacement of all brands
- Servicing North Georgia
- New construction installation
- Maintenance Agreements
- Seasonal start-up

www.shelnutthvac.com

Independent dealer:





SMG BUILDERS
470-531-4071



Luxury Commercial

Exterior Design

Luxury Residential


**Custom Design
Consultation**

Mixed Use Spaces

THE CLEAR CHOICE FOR LUXURY SPACES

 **470-531-4071**

 **smgbuilders.com**

 **office@smgbuilders.com**

 **North Georgia**



CRITICAL PATH SECURITY

CYBER SECURITY

RISKS

IT'S WHAT WE FIGHT!

CRITICAL PATH SECURITY is dedicated to helping midsize companies increase their awareness around information security issues affecting their business and enhancing their security posture to secure and protect sensitive assets. Critical Path Security provides scalable, responsive solutions that address current information security challenges while being prepared to tackle future growth.

Penetration Testing
Lèargas
News & Insights

Vulnerability Assessments
ZZEK-IDS Consulting
Incident Response

Virtual CISO
Managed Detection and Response
Compliance Audits

www.criticalpathsecurity.com



CEH



2024

SUMMER CAMPS



JOIN US FOR SUMMER DANCE 2024

4 - DAY CAMPS AGES 3YR AND UP

SUMMER WEEKLY SESSIONS AGES 2YR AND UP

1 DAY CAMPS & WORKSHOPS AGES 2YR - HIGH SCHOOL

3 DAY INTENSIVES & 1 DAY WORKSHOPS



FB/cummingdanceacademy IG and Twitter: @danceatcda

www.cummingdanceacademy.com | 770-781-4922

info@cummingdanceacademy.com LOCATIONS IN CUMMING & DAWSONVILLE

PRSRT STD
ECRWSS
US POSTAGE
PAID
LILBURN GA
PERMIT NO. 99

POSTAL
CUSTOMER

Forever and a Day

LANCE'S JEWELRY

Bejeweled!

Lance's Jewelry has
the jewelry for
every occasion.



Thanks for nine
years in a row



1705 Market Place Blvd. | Cumming, GA 30041

f (770) 781-5500 | www.lancesjewelry.com

