

WOODSTOCK

family **life**

JULY 2020

Artist Profile
Rick and Victoria Pearson

**It's Cookout
Season**
Cue the Barbecue




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KRAGOR
ORTHODONTICS

See pages 16-17



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It's Cookout Season

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Artist Profile

**Rick and Victoria
Pearson**

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Finding Rest

By Pastor Jeremy Morton

[InGoodFaith] In an oft hectic world, how can we find rest? Rest is so essential that God gave us many examples in scripture. He rested on the seventh day of creation to provide us with a picture of balance and an intentional time to catch our breath (Genesis 2:2). Sleep restores our minds, bodies, and souls. It helps us see how much we need God. We often sleep better when we realize the peace we have in him.

The concept of rest is personal to me, as I have never been a great sleeper. But as I've grown, I've learned how important it is. If you don't get rest, you won't be able to fully engage in life or with what God has asked of you. Being a well-rested person

with a peaceful countenance is a great testimony to your relationship with Jesus.

Tips for Better Rest

1. Say a nightly prayer to end the day with excellence.
2. Make healthy eating a priority.
3. Take an evening "thanksgiving" walk — a 10-minute stroll to clear your head and thank God for his grace and provision throughout the day.
4. If something is on your mind for the following day, write it down and be done with it until morning, so it doesn't affect your sleep.
5. Turn off your phone/computer to give your brain time to rest.
6. Read a book (not a screen) before bed.
7. Meditate on the scriptures: "I lie down and sleep; I wake again, because the Lord sustains me," (Psalm 3:5) or "In peace, I will lie down and sleep, for you alone, Lord make me dwell in safety," (Psalm 4:8).

Give your stress and anxiety to the Lord. If he promises to grant us eternal security, you can be assured that he also wants to grant us peace for a good night of rest. As we walk with the Lord, my prayer is that we will be able to seek and find great rest in his promises, and a life filled with purpose. **L**



Jeremy Morton is the lead pastor of First Baptist Church Woodstock. 770-926-4428. FBCW.org

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IN TRUTH, *Freedom Rings*

Last month, I was fortunate enough to take a brief break from the home zone. The little cabin where I stayed was down in a valley, and the only rush to be had was the soothing, rumbling water of a wide mountain creek. The only chatter was the rustling of leaves. There was no cellular service, so no fussing over devices, and no television, so no drama over the airwaves.

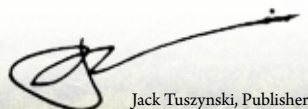
On Sunday, feathered friends welcomed me with bird songs on the cool early morning breezes. The first church I came to was off a little gravel road near the cabin. It looked like a child's drawing, simple and to the point. Greeted by a couple dozen folks, I quickly felt comfortable in the genuinely welcoming environment. The service began, and after the first person stood and spoke, I knew there were going to be some strong opinions. There was plenty to be said about the confusion of being "politically correct" when it comes to taking a stance.

One country gentleman made it crystal clear when he said, "People can't be wrong when telling the truth. There is no need to ever fear truth."

Listen to others. Learn. Understand that they, too, have a story and realize that your individual past and your specific knowledge have nothing to do with their feelings or views. They have a right to that opinion, just as you have a right to yours. However, opinion and perspective are not always true. The whole truth is based on facts, not feelings.

Just because the truth may hurt someone's feelings, perhaps even our own, does not mean we should dilute its value by withholding it. Upon proof, if you have believed otherwise, then you've the option (if not the duty) to reevaluate. There is zero benefit to any back talk with your personal character, your morals, your country, or your God in the light of truth. Our world will be a less confusing place when we stop fearing the truth. In truth, there is freedom — let it ring.

We need forgiveness, faith, and fellowship in our land. As a country of many voices, opinions, ideals, and concerns, it's time to compassionately unite with the understanding that we all are different yet created equal. It's never too late to be "one nation, under God, indivisible, with liberty and justice for all."



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More through the door!

Quarantine Blues

By Drs. Petrosky, Harkins, and Depew

[HealthyLife] As restrictions are gradually lifted, and we take baby steps toward normalcy, some of us are noticing how sheltering in place has affected our health. Were you home with the “quarantine blues,” not exercising and eating more than usual? Depressed that the routine you were used to completely changed? Have you noticed weight gain and bulges in places that did not exist before? You are not alone!

Stubborn pockets of fat can be frustrating, especially for someone who is very close to achieving his/her ideal body. So, it is not surprising that women and men commonly turn to liposuction. There are a range of treatment options for addressing these trouble spots because each patient possesses a unique set of cosmetic needs

At your consultation, your surgeon should discuss the improvements you want to make while developing a body contouring treatment plan that meets your individual goals. Surgeons often combine liposuction with other plastic surgery procedures such as a tummy tuck, breast augmentation, or face-lift.

Liposuction is also an essential part of fat transfer/fat grafting, which is a procedure that uses unwanted fat from one area of your body to augment another area such as the buttocks or breasts.

Liposuction can enhance your appearance and self-confidence, making you more at ease with your body, and you might find that you are more comfortable in a wide variety of clothing options.

It is time to do something for yourself! With any procedure you are contemplating, make sure your surgeon is a specially trained board-certified plastic surgeon. Due to the pandemic, many surgeons are offering complimentary virtual as well as in-office consultations. L



Drs. Petrosky, Harkins, and Depew are board-certified plastic surgeons at Plastic Surgery Center of the South. 770-421-1242. PlasticSurgeryCenterOfTheSouth.net

YOU CAN WIN

DINNER ON US

Find the complete picture that corresponds to each “piece” shown to the right. Each “piece” belongs to a different advertisement within this publication.

- Visit FamilyLifePublications.com, and go to the “Family Life Contest” tab to fill out and submit the form with your answers by 5:00pm on the last business day of the month.
- You may view all three of our current magazines on our website. This will allow you to submit one entry per magazine, per month, per person — YAY! Up to three chances to win!
- Family Life Publications contest winners from the last six months are not eligible to win.
- One winner will be drawn for each of the three magazines from all correct entries and announced on Facebook during the first week of the month and also in the following month’s Family Life magazine issues. You MUST like/follow us on Facebook to win!

Congratulations to Our Current Winner, REBECCA O’KELLEY!



Woodstock Announces Assistance To Help Get Businesses BOOMING AGAIN

By Stacy Brown

The City of Woodstock is implementing new measures to provide financial assistance to businesses for 2021.

While temporary measures had earlier been implemented to assist in the short term during the COVID-19 response, this broader plan is intended to assist businesses meeting certain criteria through a longer recovery period.

Assistant City Manager Coty Thigpen presented the plan to Woodstock City Council at the June 8 meeting.

Thigpen worked with CFO Ron Shelby, Community Development Director Brantley Day, Development Services Supervisor Delana Price, and Economic Development Director Brian Stockton to identify businesses that have helped to make Woodstock a regional destination, including restaurants, hotels, and small businesses.

In 2021, the City will waive business license fees for small businesses with gross revenues of \$1 million or less. The \$30 administrative fee will also be waived.

An exception to this threshold will be made for Woodstock's seven hotels because of the major impact these businesses have on tourism and economic development, and the significant impact they experienced as a result of the

pandemic. The annual regulatory fee of \$250 for hotels will also be waived.

Woodstock restaurants were also severely affected by the COVID-19 pandemic shutdown and restrictions. Direct assistance will be provided through a \$750 renewal discount to the 63 on-premise consumption alcohol licensees. Many will also receive assistance on their business license renewal. Additionally, the City will make permanent the temporary retail package license offered during the pandemic and will extend it at no cost to the restaurants.

"It was important to our mayor and council to develop a mechanism to provide direct assistance to the businesses throughout our city that were most heavily impacted by COVID-19," said Thigpen.

Under the assistance plan, based on 2020 license renewals, the City estimates that over 60% of all businesses will pay \$0 for their 2021 business license, and an average of \$869 will be provided in assistance to each hotel. The total amount of fees to be waived under the program providing financial assistance to Woodstock businesses in 2021 is estimated at \$162,392.


"When you think of Woodstock, there are many distinctive draws that bring people here including our network of parks and trails and our wonderful events, but our

retailers and restaurants are part of that system as well, and so it was important to ensure we support the vibrancy that has become our identity as a city," said Mayor Donnie Henriques.

The program will be approved by a resolution adopting an amended temporary fee schedule at the regular meeting of mayor and council on July 13.

Also, Independence Day celebrations in the City of Woodstock this year will be impacted by the coronavirus pandemic and Gov. Brian Kemp's ban of large gatherings. The Independence Day schedule is being altered to comply with Centers for Disease Control and Prevention guidelines and state restrictions.

The Freedom Run has been postponed until fall 2020. A new date for the run will be announced soon. While the July 4th Spectacular Parade and Festival will not be held this year, the fireworks display in the area of Woodstock Square will continue as planned, beginning at dusk. Traffic plans can be found on the City's social media sites.

For more information on City of Woodstock, please visit WoodstockGa.gov. 



Stacy Brown is the marketing and communications manager for the City of Woodstock. 770-592-6056. WoodstockGa.gov



Riding Bus 14

By Tim Morris


[Lifestyle] Growing up, my brothers and I rode two different buses home from school. When traveling to and from our home, we rode bus 10. But two days a week, we rode bus 14 to our grandmother's farm. The difference between those bus rides was night and day.

Mr. Pete drove bus 10, and he ensured a well organized, no nonsense commute. Mr. Bo drove bus 14, which was an "anything goes" ride through the country. We loved rolling down the dry, red clay dirt roads and the cloud of smoke that trailed behind us. My brothers and I always tried to sit

in the back because when Mr. Bo hit a bumpy spot, it would throw us up in the air, almost hitting our heads on the ceiling.

One day when I was in the second grade, I was the first of my brothers to get on bus 14. Mr. Bo stopped me as I was walking up the steps and asked, "Why don't you Morris boys make up your mind on which bus you're riding?" Mr. Bo was an older man who was quite intimidating, and he scared me to death. I got off the bus and leaned against the brick wall, crying. When my brothers walked up, I told them Mr. Bo said we couldn't ride his bus.

So, we stood in front of the school, as bus 14 drove away. When we didn't make it to my grandmother's house, she called my dad who worked for the Georgia State Patrol. When my dad found out that Mr. Bo left us at the school with no ride home, let's just say we never missed another ride on bus 14.

More than 75% of our Senior Center clients ride the CATS buses to the center each day. I think most enjoy the ride through parts of Cherokee County to see their friends. If you are 60 or older and don't have transportation to the center, we can help! Contact Tiffany Hendrix at the Cherokee Senior Center in Canton at 770-345-6730. 



Tim Morris is the director of Cherokee County Senior Services. 1001 Univeter Road, Canton. 770-479-7438.
CherokeeGa.com/Senior-Services

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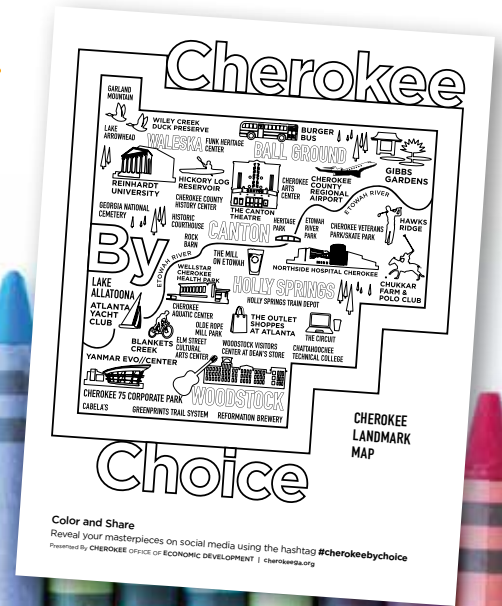


Calendar

Since the end of March, most community events have had to be cancelled or postponed due to the COVID-19 pandemic. For that reason, the beloved "Community Calendar" section that is normally in every magazine has had to be suspended since our April editions. As restrictions are relaxed and local businesses and parks are reopened, more and more exciting activities for you and your family to enjoy are starting to occur! The following event ads are grouped together in one convenient location, so you can locate all the fun things that you have to look forward to in the coming weeks.

..... Coloring Contest

Also, be sure to have your children enter our coloring contest for a chance to win a Pie Bar gift certificate and a Cherokee Landmark Map T-shirt! The image, provided by Cherokee Office of Economic Development's #CherokeeByChoice campaign, can be found at FamilyLifePublications.com/Color-Cherokee. Additional contest details are also provided on the link. **SUBMISSION DEADLINE is July 31, 2020.** The winner will be announced in our September magazines.



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by Qui Nguyen



She Kills Monsters

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Crystal Bowersox

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AUG 15, 2020



JigJam

Irish Folk | Lantern Series

AUG 22, 2020



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AUG 29, 2020

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the Musical

**DATES AND INFO
AT ELMSTREETARTS.ORG**

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David Nail
VoicePlay
Black Market Trust
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Little Texas
Gina Chavez
Swedish Jam Factory
Laila Biali
Ian Sherwood

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“Moove It” 5K

RUN YOUR OWN RACE!



By Lisa-Marie Haygood

[AcademicLife] The start of summer marked a transition for businesses and community events to begin a return to a new type of normal. Our community has been cautiously optimistic about going back to work and attempting to restore our economy. It is our strong hope that the laughter of children will again fill our school buildings, buses, and classrooms this August. It is with that same hope that the staff of the Chick-fil-A restaurants in Cherokee County are still planning to hold the seventh annual “Moove It” 5K road race at Etowah River Park on August 15.

The race is the largest in north Georgia and is a pre-qualifier for the Peachtree Road Race. It will be held in wide-open spaces with plenty of room for folks to take in fresh air, sunshine, and fitness. The 5K will be run with chipped bibs, so participants can take their time to keep distance between themselves and other runners.

The race proceeds benefit the Cherokee County Educational Foundation and Cherokee County Special Olympics. On the day of the event, there will be outdoor exhibitors and warm up/stretching sessions, followed by a costume contest with a year's supply of Chick-fil-A to the winner.

The cost to register is \$25, which includes a T-shirt. If you are choosing to stay home during this time of uncertainty, no problem! You can register as a “ghost runner” for \$20 and receive a T-shirt while supporting two great local charities.

Registration, sponsorship, and exhibitor opportunities can be accessed at CFAMooveIt.com.



Lisa-Marie Haygood is the executive director for the Cherokee County Educational Foundation. 770-704-4213.
CherokeeCountyEducationalFoundation.org

CCSD Class of 2020 Graduate Wins National Merit Scholarship



Of the 1.5 million students in the nation who took the 2018 PSAT exam, Sathvika Narasimhan of River Ridge HS is one of only 2,500 graduating seniors to be awarded

the highly competitive \$2,500 scholarship by the National Merit Scholarship Corporation.

“Sathvika has impressed me throughout her CCSD career – we’ve truly watched her grow up at spelling bees, reading bowls, and awards ceremonies – and I could not be more proud of her latest accolade,” Superintendent of Schools Dr. Brian V. Hightower said.

Narasimhan will major in computer science on a pre-medicine track at the University of Georgia. She plans to pursue a career in medicine. She and her fellow Merit Scholar designees were selected from more than 15,000 outstanding finalists who made it through the initial selection process for this prestigious scholarship program.

Merit Scholars are selected based on their accomplishments, skills, and potential for success in rigorous college studies. The selection committee is made up of college admissions officers and high school counselors, who review each finalist’s academic records including difficulty of courses and grades earned, college entrance exam scores, contributions and leadership in school and community activities, an essay written by the finalist, and a recommendation written by a high school official.

Cherokee County Receives National Award

The Cherokee County Development Services Center (DSC) has been recognized with an Achievement Award from the National Association of Counties (NACo). The award honors innovative, effective county government programs that strengthen services for residents.



NACo recognized the DSC’s Tenant Occupancy Permit Process Improvement Program’s effort to streamline the process for commercial business license issuance to eliminate customer confusion. The outcome of the DSC’s revamped process provides customers with a clear understanding of project status, which also shares real-time notifications when a project has been approved.

“Our new procedure has improved relationships with our prospective business owners, enhanced communication among the departments involved, and added to the county’s bottom line. We have reduced the amount of time to get a license approved, which saves both time and money for our customers. I am extremely proud of our staff for their ingenuity and hard work in streamlining this issue,” said Cherokee County Community Development Agency Director Geoff Morton.

Sequoyah Regional Library’s July Highlights

While practicing required COVID-19 health and safety precautions, some libraries have reopened their doors for limited operating hours.

Any library materials that have been checked out can now be returned, and overdue fines will not be charged. Once returned, materials are held in “quarantine” for a limited time. Also, libraries are not accepting donated materials at this time. Here are other services that are currently being offered:

Sequoyah Sidewalk Service

You can request titles for pick-up at a pre-arranged appointment time, Monday thru Friday, with Sequoyah Sidewalk Service. Some libraries offer Saturday pick-up hours. Request a title online or by phone, and you’ll be contacted when your hold is available.

2020 Summer Reading Program

Sign up for the Summer Reading Program online. Log your reading, participate in bonus challenges for rewards, and post reviews of titles for others to read on *Beanstack*, an online portal. Adults, teens, and children can participate for free, individually or as a family, through the end of July. Visit the official 2020 Summer Reading Program webpage for the latest on summer happenings, updates, and partnerships.

Virtual Programming

Enjoy your favorite programs at the library from the comfort of your own home. Follow Sequoyah Regional Library on *Facebook*, *Twitter*, and *Instagram* for a full schedule of virtual programming each week. Also, enjoy LIVE story times, DIY crafts, health and wellness exercises, and more. View the full schedule on the online events page at SequoyahRegionalLibrary.org.



LGE Continues To Support Community Amid Pandemic



Driven by the mission of “people helping people,” LGE Community Credit Union recently completed several initiatives to support the community amid the pandemic.

As a way to show appreciation for front-line medical staff while supporting local restaurants, LGE delivered more than 500 lunches to local hospitals across the counties it serves. In Cherokee, LGE provided lunches from Canton’s Four 41 South Catering to Northside Hospital Cherokee.

And though the Class of 2020 has had to forgo many of the celebrations that occur around traditional graduation ceremonies, LGE could not miss the opportunity to celebrate the winners of its annual service scholarship program. LGE staff members worked with the high schools to make a special surprise visit for each student.

Photos (left): LGE delivering lunches to Northside Hospital Cherokee.



The winner of LGE’s 2020 Cherokee County School District \$5,000 Service Scholarship is Alanis “Laney” Broussard, Woodstock HS.

LGE Community Credit Union provides full-service, federally insured banking to over 116,000 people in northwest Georgia. The company was recently awarded two Credit Union National Association (CUNA) 2020 Diamond Awards, which recognize outstanding marketing and business development achievements in the credit union industry. LGE received awards in the “Video (Non-Commercial) – Single” and “Website” categories.

Three CCSD Schools Earn National Awards for Character Education

Character.org, the leading nonprofit organization supporting character education, has honored Clark Creek ES STEM Academy, Freedom MS, and Liberty ES with Promising Practices awards. Nationally, only 246 schools were honored. In Georgia, these three CCSD schools were the only schools to receive this recognition.

To win the award, schools must demonstrate exemplary character development practices through a specific initiative such as a service-learning project, peer mentoring program, or other similar activity. Character.org will honor the 2020 Promising Practice recipients at its National Forum in Washington, D.C.

“Each of these programs and initiatives have demonstrated significant impact and strongly align with the principles that

help schools and organizations cultivate a culture of character,” said Dr. Arthur Schwartz, president of Character.org.

Liberty ES, which previously has earned the organization’s top honor of National School of Character and numerous Promising Practices awards, continues its legacy with two more awards, while this is the first Promising Practice award for Clark Creek ES STEM Academy and Freedom MS.

Clark Creek earned its honor for a three-year effort to “cultivate a culture of caring” through service-learning projects and the development of a “tribe” program that celebrates positive behavior.

Freedom MS won its first honor for the Freedom Compassion Council, a club that includes many former Liberty ES students who are continuing their passion for

service-learning as middle school

students. During the past school year, the Council created a unity tree display at the school and organized a school-wide collection drive to create “necessity boxes” for children in foster care who are supported by The Children’s Haven.

Liberty ES earned Promising Practices awards for two efforts: its Student Leadership Team’s support of the Cherokee HS Cares Closet, which included collecting household items, toiletries, and snacks for students in need; and its PRIDE Value awareness and family engagement project.





Photo courtesy of Markus Spiske

Cherokee Arts Center Member Show and Sale

From July 6-29, the Cherokee Arts Center will open its gallery for its Member Show and Sale. This show features items created by artists who are active members of the Center.

Due to the COVID-19 pandemic, Centers for Disease Control guidelines will be implemented. The exhibit will be available both in the gallery (94 North Street, Canton) and online (CherokeeArts.org).

COED Launches Online Business Reopening Tool

The Cherokee Office of Economic Development (COED), with the support of Cherokee's cities, has launched a free online tool at CherokeeGa.org to promote local businesses and health care facilities that are open to serve you.

Powered by GIS Planning Zoom Business, this interactive platform enables businesses to create fully customizable listings with current service offerings; hours of operation; curbside, dine-in, or pick-up options; and special promotions.

"Now, more than ever, it is important for us to support our local businesses," said COED Chairman Marshall Day. "This new map-based tool further promotes the Cherokee By Choice brand and

makes it easier than ever to find stores, restaurants, and services that are open for business in Cherokee."

As part of the platform, residents can search for local commercial establishments by categories including restaurants, retail, pharmacy, grocery stores, hardware stores, banks, and many others.

Businesses that have operations or are located within Cherokee County can list their information on the site at no cost by following three easy steps:

- Click "add a business" on the top right of the webpage.
- Complete the online form and then click "save" at the bottom of the page.
- When completing the information, be

Cherokee Top 10 In 10 Honorees Announced

The Cherokee County Chamber of Commerce recently announced its 2020 Top 10 in 10 Young Professionals to Watch in Cherokee County.

"The Top 10 in 10 initiative is designed to cultivate and showcase exceptional Cherokee County young professionals," said Chamber President and CEO Pam Carnes.

The recognition program focuses on Cherokee County residents under age 40 who are considered to be up-and-coming county leaders over the next 10 years. Judging criteria included past professional achievements and awards, five to 10-year professional goals, as well as volunteer and community activities.

The year's Top 10 in 10 includes Kelly Dobson, Northside Hospital Cherokee; Victoria Hill, Miss Georgia Scholarship Organization; Blake Honea, Northside Hospital Cherokee; Paige Reid, Next Step Ministries; Eric Rein, Renasant Bank; Nick Richert, Universal Alloy Corporation; Amanda Rostin, Lead Edge Design Group; Jose Luis Sanchez, JW Collection, LLC; Rebekah Smith, Office of the Cherokee County Solicitor General; and Luke Williams, Professional Benefits Consultants.



sure to include an email address under "business contact email" for future modifications and logins.

The online platform also includes a COVID-19 data center with Cherokee's specific data. For more information, visit the COVID-19 Resources page on the COED website.



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One Innovation Way, Woodstock.
770-345-0600. CherokeeGa.org

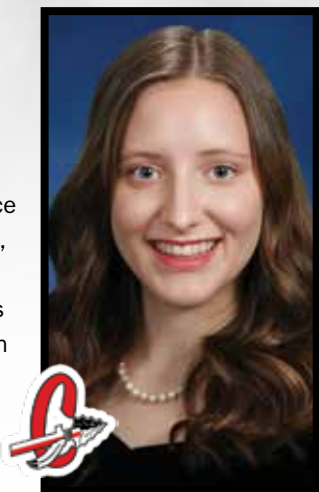
Congratulations 2020 Valedictorians!

Due to the fact that the Cherokee County School District's valedictorians have had to forego many of the traditional rites of passage that have been enjoyed by those who have gone before them, *Woodstock Family Life* would like to honor these top scholars by allowing them to share a message with their fellow students and the Woodstock community. Please see below for their wonderful words of wisdom.

Anna Huller

CHEROKEE HS VALEDICTORIAN

“ Our class has imagined graduation for years. Despite this not being the circumstance we imagined, we have learned, adapted, and persevered through the uncertainty. Life is filled with challenges; but even through the roadblocks, we can find joy and work together to make the best of whatever comes our way. ”



Alicia Mazzurra

RIVER RIDGE HS VALEDICTORIAN

“ When you're on your deathbed, nobody is going to care if your GPA was a 2.0 or a 4.0. They'll care about how you lived. How you fought for equality and the well-being of others. How you loved. ”



Lauren Pittkins

CREEKVIEW HS VALEDICTORIAN

“ If the Class of 2020 can get through such an unprecedented time, we can accomplish anything. I truly believe that we have a chance to impact the world, and, if we make our voices heard, we will do just that. ”



Valerie Ambriz-Villela

SEQUOYAH HS VALEDICTORIAN

“ These past months, we've witnessed the injustices in American society. While it may be horrifying, there's also hope. We must unite and fight for a better society, one that treats everyone as human beings regardless of race, ethnicity, class, gender, sexuality, and so on. Our generation can make a change. ”



Rachel Hugenberg

ETOWAH HS VALEDICTORIAN

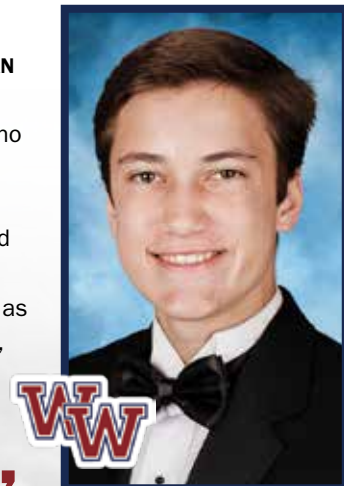
“ As our lives progress, it is easy to be so focused on the future that we forget to enjoy the beauty of the present. The memories formed as we live each and every day are the very things that make our lives so unique and special. ”



Hayden Johnson

WOODSTOCK HS VALEDICTORIAN

“ I wish to thank everyone who has helped me reach this point. Each of our journeys through high school differed and had various highs and lows, but now we graduate as one. As we enter the world, I encourage my fellow graduates to become leaders of our generation and inspire real change. ”



[HealthyLife] Phone apps are hardly new, but they are ubiquitous and easy to obtain. Many children use them, and as parents, we need to know about them. The odds that our children will remain unaffected by phone and computer apps are highly unlikely. For example, many popular phone apps give access to “soft” pornography and allow users to chat with complete strangers. Unfortunately, it’s not as simple as a top 10 list, and even the “safe” apps can be dangerous, so parents need to be vigilant.

Experts suggest that there are three important parental actions for screening apps:

- ★ Know your children – do they communicate openly with you?
- ★ Parents usually pay the bill, so they have the right to examine the phone’s contents, and the child should expect this to happen.
- ★ Just because the app is touted as “kid safe” doesn’t mean that it is.

The App Is Not Always “App”ropriate

By Ferdinand Yates, Jr., M.D., M.A.

Here is a partial list of potentially worrisome popular apps that our children have access to:

Roblox allows real-time chatting with access to an open environment. Complete strangers may initiate a friend request.

Snapchat allows users to post stories that disappear after 24 hours. It’s easy to hide inappropriate conversations.

YouTube contains videos that are not well censored, with adult content that is not suitable for children.

Hulu, Netflix, and other movie/TV show streaming apps allow profiles to be easily

changed, so children can get variable movie access.

Fortnite is a violent combat video game that can be addictive.

TikTok allows users to create short videos – including music videos. It has some parental controls.

Ask.fm allows users to ask questions that can generate an anonymous response.

HOLLA allows random video meetups. Some describe it as “dating on steroids.”

Socratic offers easy online homework help, so a child may not do much of the work.

Help your child to be aware of potential safety issues, which will be easier once you’re more familiar with the function of the apps on your child’s phone. **L**

Source - Crosswalk.com



Dr. Yates is a pediatrician at Woodstock Pediatric Medicine, 2000 Professional Way, Woodstock. 770-517-0250. WoodstockPeds.com

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The KRAGOR Difference

Creating Exceptional Smiles and Lifelong Memories By Anna Teal

A smile is worth more than a thousand words at Kragor Orthodontics, and it is the best first impression you can provide. This is a foundation for the Kragors' practice and a testament to their patient-centric approach. The practice is well known in the community as a haven for those looking to improve their smile in a friendly, comfortable, and clean environment. The staff creates beautiful smiles, whether it be through clear aligners like Invisalign or through clear, self-ligating, or traditional braces.

Drs. Andy and Ambre Kragor have grown their large following through simple acts of courtesy and kindness. This sincere level of attentiveness is exactly what makes Kragor Orthodontics a shining star in the Canton, Woodstock, and Towne Lake communities.

When the Kragors opened their practice in 2016, they had a mission to extend compassionate care and excellent service to their patients. This power couple identified early on the value of their community. Their humble beginnings were supported by the same community members they so proudly serve today – whom they like to call their Kragor Ortho Family.

A Husband and Wife Team

You may wonder how two orthodontists ended up married to each other. It is rare to see this combination of professionals, and they are currently the only husband and wife board-certified orthodontics team in Georgia to practice together.

After they graduated from college and dental school, Dr. Ambre and Dr. Andy met at the University

of Michigan during their orthodontics residency. There, they both graduated at the top of their class while obtaining their Masters in Science in Orthodontics. After graduation, they moved back to their native Georgia, got married, and started their life together.

The Kragor Difference

With patient care at the forefront of their minds, the Kragors set themselves apart in several ways; one of which is their value of time.

"We feel it's important to respect our patient's time and practice prompt appointment scheduling. Time is one of our most valuable assets," explains Dr. Andy.

Their sense of courtesy extends through their dedication to providing real-life interactions.

"When you call our office, you'll always talk to one of our team members. Our patients have direct access to our team, and that includes both Ambre and me," says Dr. Andy. It's another personal touch that speaks volumes about their dedication to building relationships and unprecedented support within their practice.

A Clean and Modern Experience

The Kragors not only want their patients to feel at home in their care, but they also want them to feel good about being in a clean and safe environment – especially since the emergence of COVID-19. Their practice adheres to both the Centers for Disease Control and Prevention and



the Occupational Safety and Health Administration guidelines for universal precautions of infection control in health care. To ensure everyone's safety, this approach treats all patients as if they were known to be infectious with bloodborne pathogens, which prevents the spread of any known virus and, in turn, protects those in close contact.

Drs. Ambre and Andy are also raising the bar by providing a pleasant and inviting modern office environment. The waiting area features a movie room for children and a parent lounge complete with a coffee bar and bottled waters. It is a place you can catch your breath for a few minutes in your busy day.

The doctors use modern, state-of-the-art equipment that includes digital imaging radiographs, 3-D scanners, and printers.

"We use secure, HIPPA-compliant software and communications services," Dr. Andy says.

A Heart for Service and Community

The Kragor family exhibits their true love of community through their active support for local schools, charities, and sports teams.



1816 Eagle Drive, Suite 100-B
Woodstock, GA 30189
770-485-8827
KragorOrtho.com

Serving Woodstock, including Towne Lake

"Andy and I have a passion for our practice and business, but what we do for our community — that's our legacy," says Dr. Ambre.

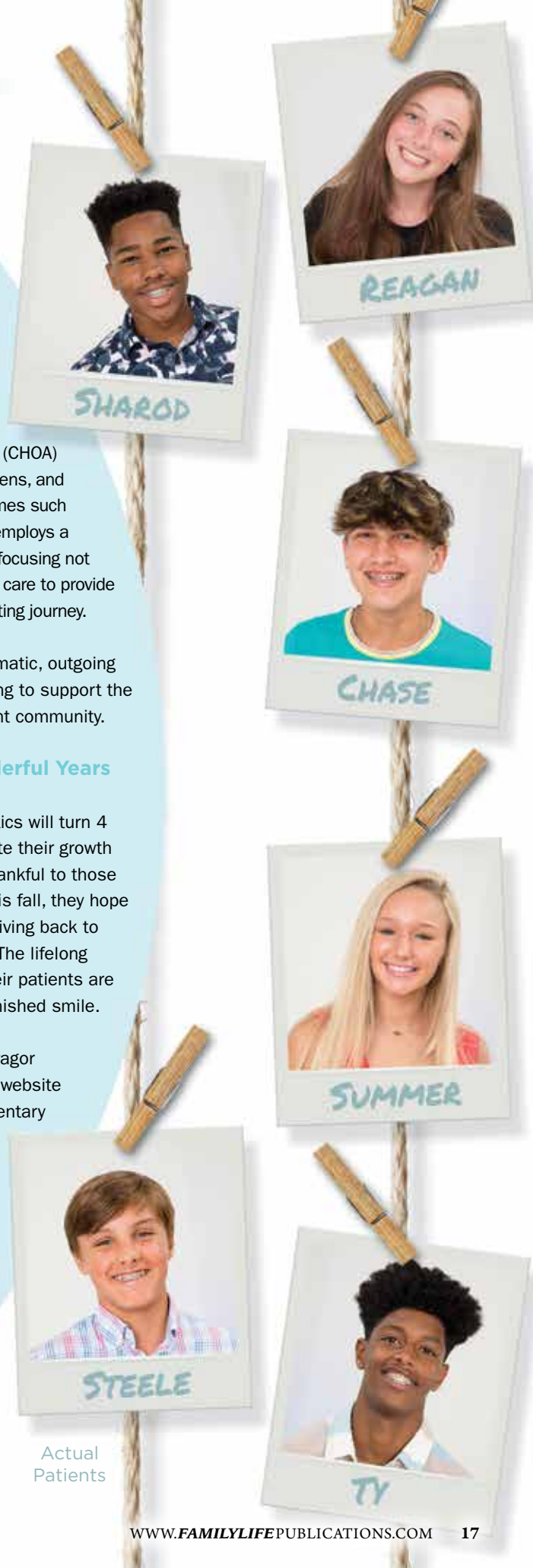
Dr. Ambre lends her kind, compassionate spirit, coupled with unmatched expertise, to Children's Healthcare of Atlanta (CHOA) regularly. She treats children, teens, and babies with craniofacial syndromes such as cleft lip or cleft palate. She employs a comprehensive care approach, focusing not only on the outcome, but taking care to provide her patients with a fun and exciting journey.

Dr. Andy, known for his charismatic, outgoing nature, also enjoys volunteering to support the cleft lip and cleft palate patient community.

Celebrating Four Wonderful Years

This August, Kragor Orthodontics will turn 4 years old. The Kragors attribute their growth to their community and are thankful to those who have supported them. This fall, they hope to express their gratitude by giving back to local educators and schools. The lifelong memories they create with their patients are almost as important as the finished smile.

For more information about Kragor Orthodontics, please visit the website or call to schedule a complimentary consultation. Experience #TheKragorDifference on Facebook, Twitter, Instagram, TikTok, or in person.



Actual
Patients

[CommunityPartner]



The George Center
MUSIC. HEALTHCARE. PERFECT HARMONY.

The George Center provides music therapy scholarships and services to families, organizations, and programs. This 501(c)(3) organization relies on the support of individuals, organizations, businesses, and grants to carry out its mission and serve the community. Thanks to generous support, children, adolescents, teens, adults, and “grandfriends” have access to quality, licensed, and board-certified music therapy programs that they could not otherwise afford.

The center is home to 10 licensed and board-certified music therapists and neurologic music therapists. These talented team members specialize in treating pregnant women; babies in the NICU; children, teens, and adults with developmental and neurologic differences; and aging adults in independent living, assisted living, and memory care facilities, affectionately known as “grandfriends.” The George Center Giving Tree, an intergenerational preschool program, offers structured musical interaction for grandfriends and young children. Therapists utilize tools inherent in music to address social, emotional, cognitive, behavioral, and motor skill abilities/needs.

In a typical session, a therapist will facilitate music-based interventions designed to address individualized goals for clients.

Goals may include:

- ♪ Motor function development and rehabilitation
- ♪ Speech and language (communication) development and rehabilitation
- ♪ Cognitive skill development and rehabilitation
- ♪ Behavior modification
- ♪ Sensorimotor rehabilitation
- ♪ Sensory integration
- ♪ Emotional/behavioral support
- ♪ Academic assistance

Therapists may utilize instrument playing, singing, dancing and/or movement during a session. A sample of techniques used within the therapy setting are presentation of social or communication scripts through music cuing, music mnemonics, music as a motivator or reinforcing stimulus, music to assist in task sequencing, presentation of language concepts through song format, and support of cause and effect goals through the use of musical instruments.

In 2019, The George Center raised \$15,000 in grants and individual donations, which created the following:

- ♪ Singing With Parkinson's - Atlanta's first therapeutic choir for individuals living with Parkinson's that addresses and treats its symptoms, using neurologic music therapy and nonpharmacological solutions
- ♪ Funding for public and private school music therapy programs

- ♪ Scholarships for social skills and performing arts groups for teens and young adults with developmental and neurological differences
- ♪ Therapeutic summer programming for individuals with developmental and neurological differences
- ♪ Support for Atlanta-area families in need of financial therapeutic assistance
- ♪ Growth to access more of the families and programs in need of music therapy support around metro Atlanta
- ♪ Programs funded 100% through philanthropic efforts and gifts

The George Center's goal is to raise \$20,000 in 2020 to continue to expand the impact of services around Atlanta and the metro-Atlanta area. One hundred percent of all contributions made to the center are invested in programs and services that directly impact clients and families. All donations are tax-deductible and greatly appreciated. For more information, please call or visit the website.

The George Center
12060 Etris Road, Suite 200
Roswell, GA 30075
678-701-1203
TheGeorgeCenter.com

Retiring — ★ — ★ — ★ — ★ *Old Glory* | ★ |

By Marty Farrell

There comes a time when the American flag we fly at our homes, schools, or places of business becomes worn and tattered and should no longer be flown. So, how should you dispose of it properly? The preferred method is burning.

For individual citizens, the U.S. Flag Code dictates that “this should be done discreetly so that the act of destruction is not perceived as a protest or desecration.”

Many American Legion posts and even some Boy Scout troops, such as Troop 51 sponsored by Post 201, conduct ceremonies for the retirement of flags that are no longer serviceable. During this solemn ceremony, post officers inspect each flag that is to be retired to ensure it is in a condition that warrants retirement.

At the conclusion of the ceremony, the chaplain says this prayer,

“We thank thee for our country and its flag and for the liberty for which it stands. To clean and purging flame, we commit these flags, worn out in worthy service. As they yield their substance to the fire, may thy holy light spread over us and bring to our hearts a renewed devotion to God and country.”

In Woodstock, American Legion Post 316 provides old mailboxes that have been repurposed for depositing worn flags for proper disposal at the following locations:

William G. Long Senior Center
223 Arnold Mill Road
Woodstock, GA 30188

The Park at City Center
(by the flag pole near the 911 Memorial)
101 Arnold Mill Road
Woodstock, GA 30188

.....
Marty Farrell is the past commander of Alpharetta Post 201 of the American Legion.



In Times Like These...

By State Senator Bruce Thompson

So far, this year has been a trying time for our nation. COVID-19 continues to illicit fear in many because of all the conflicting medical information. If you don't like the opinion you just heard about whether masks help or not, just change your television to another channel for a different opinion. Can the coronavirus live two hours, two days, or two weeks on surfaces? Will there be another wave this fall, or have we been able to minimize its effects and contain it?

Also, in past months, many of us were horrified to see video of the brutal killing of two men – Ahmaud Arbery in Brunswick, Georgia, and George Floyd in Minneapolis, Minnesota – and wondered how this could happen in 2020. Throughout the country, we watched peaceful protests get hijacked and quickly become harmful and destructive riots, which deviated from the original cause and led to more police clashes.

If I have heard it once, I have heard it a million times, “You aren’t from around here are you?” The truth is that I am not from the South, and I truly did not understand, but I sincerely desired to. So, I reached out to several of my black friends to help me. The more I understood how they felt, the more broken my heart became. A racial divide continues to plague our communities, fueling hatred on both sides, and it will never stop until all people

take the bible’s second commandment seriously, “Love your neighbor as yourself.”

Recently, while sitting on my back deck enjoying the summer air, I began to ask myself if this could truly be happening. Our country went from the best economy on record to unsustainable unemployment in a matter of weeks, setting the stage for a

restless and angry America that resented government actions. I couldn’t help but wonder what we were going to do to get back on track.

During the 1990s, many teens wore WWJD? (What Would Jesus Do?) bracelets as a reminder of their faith and commitment to Christ and as an outward demonstration of their love for Jesus. A few years later,

the FROG (Fully Rely On God) bracelet emerged as an answer to WWJD? Maybe those who wore these bracelets had it right. **L**

“**Love your neighbor as yourself.**”



Bruce Thompson represents District 14, which includes Canton and Woodstock. 404-656-0065. BruceThompsonGa.com



The Cat Clinic of Roswell, located in the heart of the historic district, was one of the first clinics in the U.S. to be devoted exclusively to felines. In March 2008, Dr. Michael Ray took over operations at the Cat Clinic of Roswell.

Dr. Ray is a Marietta native and graduate of Osborne High School. He received his Bachelor of Science at Georgia Southern University and graduated with his Doctor of Veterinary Medicine from the University of Florida in 1997. After graduation, he completed an internship in small animal medicine and surgery at Animal Specialty Group in Los Angeles. Dr. Ray has spent most of his career working in feline-only hospitals.

The Cat Clinic of Roswell is housed in a century old building, which provides a warm, homelike environment. All exam rooms have fireplaces, and exam tables are placed near windows, allowing your cat to have an outdoor view while being examined in a relaxed, stress-free environment.

The well-educated, courteous staff are devoted cat lovers who are dedicated to providing the finest medical care. The doctors continue to educate themselves about current threats and new treatments for felines. For example, geriatric care requires specialized knowledge to help senior cats maintain a healthy, balanced life while also enhancing quality of life.

Dr. Ray is a proud member of the Guidelines Committee for the American Association of Feline Practitioners. He has helped author the "Zoonoses Guidelines" and will serve as co-chair on the upcoming revision of the "Senior Cat Care Guidelines."



The boarding rooms feature outdoor views from clean, comfortable cages. A few larger enclosures are available to allow multiple family members to board together. Short- and long-term boarding is available at The Cat Clinic of Roswell.

**1002 Canton Street
Roswell, GA 30075
770-552-7877**

CatClinicOfRoswell.com





1002 Canton St
Roswell, GA 30075
Phone: 770-552-7877
catclinicofroswell.com

Office Hours:
Monday – Friday: 8:00am – 7:00pm
Saturday: 8:00am – 2:00pm
Sunday: Closed



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Four Tips on How ‘Knot’ To Damage Tangled Hair

By Jyl Craven

[Lifestyle] Do you find yourself constantly struggling with those troublesome tangles in your child’s hair? Dealing with knotted hair and a crying child is the last problem you need when you’re rushing to get out the door to be somewhere.

No one wants to battle tangles day in and day out, so here are a few tips that may help you and/or your child when challenged with a knotty dilemma.

TIP #1

AT NIGHT

If you constantly struggle with knots, an easy solution is to change your child’s pillowcase from cotton to silk or satin. Cotton’s coarse texture allows hair to break, tangle, matte, and frizz. On the other hand, silk or satin pillowcases are made of smooth fibers, which reduce friction and the chance for tangles. Switching out your child’s pillowcase also helps minimize hair damage such as split ends.

Another thing you should do before bed is remove any hair braids and comb your child’s hair out thoroughly. Re-braiding hair before bed can help eliminate damage caused by your child’s pillowcase, meaning no tangled hairbrushes in the morning.

TIP #2

WHILE SHOWERING

Shampoo commercials have been getting it all wrong. Those commercials where models happily stack or pile their hair on their heads during shampooing have probably contributed to a lot of tangling throughout the decades. Never stack hair during shampooing.

Always turn the water to cool while rinsing. This causes the cuticle hair to lay flat on the head, creating a smoother finish with less chance of tangling. You should condition every time hair is washed and be sure to thoroughly rinse out all shampoo and conditioner.

TIP #3

AFTER SHOWERING

Use a detangling spray while combing out your child’s hair. These sprays coat strands with oil, which tightens and smooths out the hair’s surface. Hair detanglers also give those locks a positive electrical charge, decreasing the static that causes frizz and worsens tangles.

TIP #4

COMBING AND BRUSHING

Unleashing a brush on wet, tangled hair is the worst thing you can do. In fact, it can damage and break your child’s smooth, delicate tresses. Never brush wet hair.

Instead of brushing, use a comb to untangle wet hair in sections. Always start at the bottom of a section, working your way up before moving on to the next section. Use only a wide-toothed comb when dealing with knotted hair.

If your child still has a problem with tangles when the hair is dry, consider trying a product called the Wet Brush. These rounded, flat brushes have been especially created to solve the tangle problem.

While we geared these tips toward children, adults who experience knotting and tangling can also benefit from them. **L**



Jyl Craven is owner of Jyl Craven Hair Design of Canton. 770-345-9411. JylCraven.com

Losing Baby Teeth

By Vishant Nath, D.M.D.



[HealthyLife] The phase of life when children lose their baby teeth is usually very exciting. There is a range of ages during which children most commonly lose their first few baby teeth.

The teeth will typically fall out in the same pattern that they come in. When a permanent tooth begins to push up through the gums, it causes the root of the baby tooth to dissolve, thereby loosening it. Losing a tooth may cause a bit of discomfort, but it will typically not cause as much pain as when teething occurs in infants.

Sometimes, a row of permanent teeth will emerge from the gums behind the baby teeth. This is commonly

referred to as “shark’s teeth.” It is not a cause for alarm. The baby teeth will normally fall out, and the permanent teeth will move into place.

If your child loses a baby tooth prematurely — because of an injury or a dental extraction due to decay — a space maintainer may be required. A space maintainer is an appliance that is inserted into a child’s mouth to keep a place open for permanent teeth that have not yet erupted.

Space maintainers are custom made to fit a patient’s mouth. They are constructed of metal or acrylic and can be removable or permanent, depending on what is best for the individual. In certain cases, the use of space maintainers can lessen the need for future extensive orthodontic treatment.

Regardless of how and when your child’s permanent teeth come in, it is vitally important to take care of baby teeth because they serve purposes beyond just chewing food. Baby teeth help with your child’s speech. Also, never underestimate the importance of a healthy smile and the confidence it provides. So, take the time to teach children the best way to care for all their teeth. **L**



Dr. Vishant Nath is the owner of Canton/Milton/Roswell Pediatric Dentistry & Orthodontics. 678-352-1090. KidsHappyTeeth.com



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INDEPENDENTLY OWNED AND OPERATED FRANCHISE

IT'S Cookout Season

CUE THE BARBECUE!

BY JULIE SENDER

Summertime seems to be synonymous with preparing food outdoors for family and friends. In fact, in addition to being Independence Day, July 4 is also Barbecue Day. And while grilling, barbecuing, or slowly cooking your food in your favorite smoker makes it taste delicious, these methods also keep you from heating up the inside of your house. With a bonus benefit like a lower power bill because your air conditioner doesn't have to work so hard, there's no time like the present to begin planning your next cookout menu.

Choosing which type of meat or vegan protein option to add to your grocery list is certainly an important decision, but the true star of the show is the barbecue sauce, and there are more choices now than ever. So, which sauce should you cast in your next barbecue thriller?

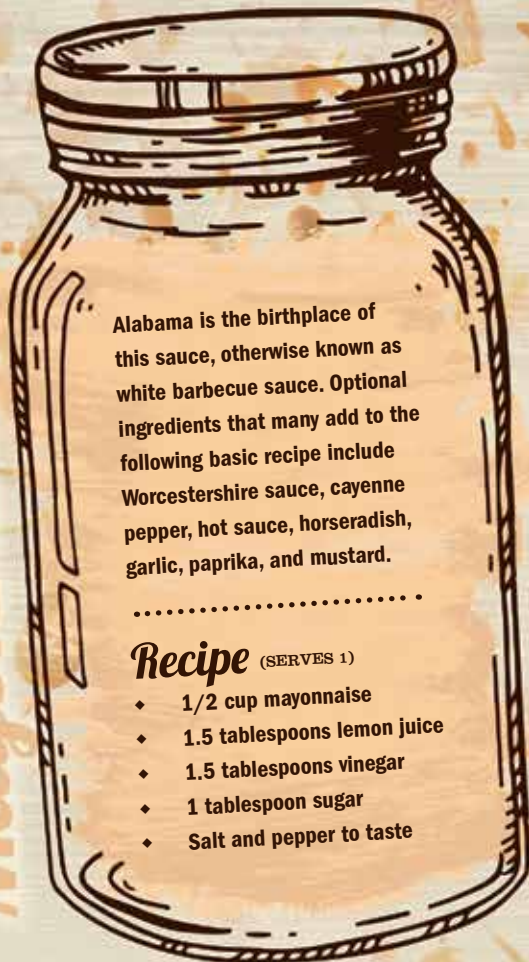
THE *Four Main Types* OF BARBECUE SAUCE



“Barbecue may not be the road to world peace, but it’s a start.”

-Anthony Bourdain

Mayonnaise BASED



Alabama is the birthplace of this sauce, otherwise known as white barbecue sauce. Optional ingredients that many add to the following basic recipe include Worcestershire sauce, cayenne pepper, hot sauce, horseradish, garlic, paprika, and mustard.

Recipe (SERVES 1)

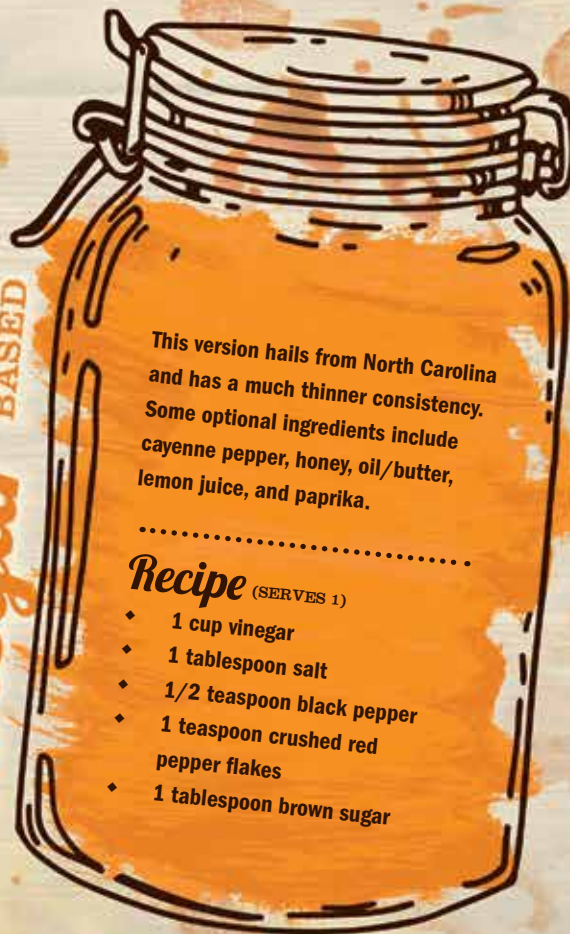
- ♦ 1/2 cup mayonnaise
- ♦ 1.5 tablespoons lemon juice
- ♦ 1.5 tablespoons vinegar
- ♦ 1 tablespoon sugar
- ♦ Salt and pepper to taste

After preparing your chosen version of barbecue sauce, how you use it will be based on your cooking method.

According to TheSpruceEats.com, "Probably the biggest problem novices run into when it comes to barbecue sauce is confusing barbecue with grilling. Applying barbecue sauce during grilling will cause it to burn, whereas during barbecue — it won't."

So, what's the difference? Actual barbecue is a low-temperature cooking technique that takes several hours. Grilling is a high-temperature, relatively quick form of cooking that causes barbecue sauces to char, creating a dry, crusty, black layer on the outside of your food. Therefore, when grilling, your sauce should either be brushed on just before you take your item off the grill, or it should be added to your food like a condiment once it is on your plate.

Vinegar BASED



This version hails from North Carolina and has a much thinner consistency. Some optional ingredients include cayenne pepper, honey, oil/butter, lemon juice, and paprika.

Recipe (SERVES 1)

- ♦ 1 cup vinegar
- ♦ 1 tablespoon salt
- ♦ 1/2 teaspoon black pepper
- ♦ 1 teaspoon crushed red pepper flakes
- ♦ 1 tablespoon brown sugar

SOURCES — TheSpruceEats.com and AllRecipes.com



To My Fellow Law Enforcement Officers *Three Things You Should Know*

By Sheriff Frank Reynolds

In recent months, a dim shadow was once again cast upon the profession of law enforcement due to the actions of a few.

There is very little about law enforcement that is pretty. People don't call 911 to ask officers to come to their house for their family cookout. They do, however, call us when the drinking gets out of hand, and tempers fly, and they want us to come fix their problem. But that's what we do — we chose to put on the badge.

Cops — listen up. We get paid to be brilliant in advance. What does that mean? It means we must determine the outcome of a situation before it happens. I don't mean while en route to the call; I mean days, months, and years in advance. Your choices must be predetermined through your training and your inner dialogue (What would I do?).

This is why training is so important. Training is not just the firearms proficiency or the defensive tactics skills. It is also what is known as "Tactics of Intervention."

In this profession, each individual, each shift, and each agency must predetermine the outcome of a situation by knowing three things:

1. **Know yourself.** Know your physical and emotional limitations. Know when your ego overrides your better judgment and learn when to ask for help.
2. **Know your partner.** Know when you need to intervene to save your partner from him/herself. Simply standing by and hoping a situation is going to get better is not an excuse. If someone, cop or not, is trying to intercede on your behalf, know when to let them help.
3. **Know your organization.** It is YOUR job to build trust within an organization and the community. If you think that is solely the responsibility of the chief, the sheriff, or your command staff, you need to reevaluate your thought process. It is YOUR responsibility, too. When you are on the street, you are the chief and the sheriff.

To my public safety friends, we build trust through meaningful relationships and partnerships with our communities. Thankfully, we live in a community that supports us.

To my community, please don't paint the law enforcement portrait with a broad brush.

Together, we are stronger. 



Frank Reynolds is the sheriff for Cherokee County. 678-493-4100. CherokeeGa-Sheriff.org



[Book Review]

BY JOHN RODGERS

MATILDA

The slogan for the Sequoyah Library System's 2020 summer reading program is "Imagine Your Story": a celebration of fantasy and fairy tales that empowers all ages to take charge of their own literacy quest. That genre normally inspires mental pictures of knights and dragons, but also relevant is this modern day fantasy that belongs on any library reading log: Roald Dahl's *Matilda*. Some may skip the book in favor of its movie adaptation (tip: the library has both!), but those who do will miss out on certain subplots, a slightly different ending, and more of Dahl's signature warmth.

Matilda Wormwood is a sweet-natured booklover whose talents and thirst for knowledge go ignored by her shady family. At school, she forms a close friendship with her teacher, Miss Honey, whose connection to the vile headmistress, Miss Trunchbull, runs deeper than expected. When Matilda discovers her brain is capable of telekinetic powers that can foil Trunchbull's abusive

teaching methods, the ruthless headmistress is unsure what to make of the whimsical mischief that transpires. The reader, however, knows exactly what's going on and will undoubtedly be rooting for a happy ending to Matilda's underdog story.

Those who wish to experience (or revisit) *Matilda* have a variety of options to do so. The Sequoyah Regional Library System has multiple copies available for check out, which can be requested online or by phone and picked up near the library's entrance as part of their contact-free Sequoyah Sidewalk Service. Readers who favor digital downloads can use their library card number to access eBook and audiobook versions of the story on Sequoyah's e-Library, using *OverDrive* and *Libby*, or on the library's website with *eRead Kids*: a digital collection of over 15,000 titles. As with all public library services, each of these methods is free of cost.

However it's digested, readers of all ages should add *Matilda* to their summer reading list, if only to relish a story that has captured the affections of a generation. **L**



John Rodgers is the community engagement manager for the Sequoyah Regional Library System. 770-479-3090, x320. SequoyahRegionalLibrary.org

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Artist Profile

BY ELLEN SAMSELL SALAS

"When we first saw it, we learned it was made by machine," Victoria said. "But Rick thought he could create something similar by hand."

Rick and Victoria Pearson CREATING ART TO HONOR THOSE WHO SERVE

Combining a knack for working with wood, a willingness to experiment, and an appreciation for those who serve, north Georgia artists Rick and Victoria Pearson are honoring Old Glory, soldiers, veterans, and public servants through their custom-made wooden flags, crosses, and tribute plaques.

An inspector for Cobb County, Rick spent his free time making furniture from wine barrels, which the couple would then sell at craft fairs. Victoria focused on breeding Great Danes and managing her boarding facility while organizing their trips to craft fairs. It was at a fair where the couple saw a flag made from wood.

"When we first saw it, we learned it was made by machine," Victoria said. "But Rick thought he could create something similar by hand. He tried different tools and found what worked best. He's always learning; he studies, searches for new techniques, and talks to other woodworkers."

Now, Rick and Victoria create flags in a variety of sizes, from mini (12.5 inches x 6 inches) to large (36.5 inches x 19 inches). Their tribute plaques honor all branches of military service including special forces, Navy SEALs, and Airborne divisions — whatever the client requests. Crosses, painted in a stars and stripes design, convey faith and patriotism. Sports fans can also request team plaques.

No matter which item Rick is creating, he enjoys making each piece unique. He starts with a solid piece of eastern white pine and creates a ripple effect that makes the flags appear to be in motion. Rick tailors each piece to the client's wishes, adding a military branch plaque or an emblem if requested. Police and fire personnel can be honored by adding blue or red lines to the flags.

Victoria says they work as a team: "Rick does the carving; I plan the trips. I come up with a lot of the ideas, and he implements them. Sometimes, I help with the painting."

Though their unique artistic creations bring them much satisfaction, they also relish touching people's lives. With family members who served in the Army, Navy, Air Force, and law enforcement, Rick and Victoria agree it is a joy to honor them.

The couple are moved by veterans who sit quietly and look at their work and also by those who thank them.

"Returning to a craft fair in Virginia Beach where we had sold quite a few pieces, people stopped to tell us that they had received one of our flags from a spouse, and it was the best gift ever," Victoria said.

The flags, emblems, and plaques clearly resonate with people. In 2019, they sold approximately 1,000 pieces. An order takes a week to 10 days to complete.

Visit **VictoryWaveUSA.com**
to see **Rick and Victoria's**
flags, crosses, and plaques.



GARDENING *With Children*

By Joshua Fuder

[HomeLife] Gardens are a great way to introduce fundamental science, mathematics, life, and health skills to children of all ages. They also help cultivate an appreciation for the natural world.

Gardening with children at home is good way to practice social distancing while enjoying quality time as a family. It can also be a great way to expand a child's diet, as homegrown vegetables that he/she helped produce may not be rejected as easily. Here are a few ideas to help you get started:

- Start small and build on success. Give your child his/her own plot, and allow him/her to choose what to plant.
- Get your child his/her own set of tools and garden gloves. There are child-sized options available.
- Start with reliable growers like

marigolds, sunflowers, beans, peas, and squash.

- Choose a new or novel plant to grow each season.

Themed gardens are a great option and can be achieved by pairing plants together for an intended look or purpose. Here are some ideas:

INGREDIENT GARDENS

- **Salsa Garden** — tomatoes or tomatillos, cilantro, green onion, and peppers.
- **Pizza Garden** — tomatoes, basil, parsley, green onion, peppers, and the “cheese” of orange marigolds.

HERB GARDENS

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SIZE GARDENS

- **Giant** — mammoth sunflowers, squash for leaves and fruit, and Chinese yard long beans.
- **Miniature** — small-leaved thyme, button-box zinnias, and Mexican sour gherkin (cucamelon).

Adding structures like tepees or arches with climbing vines can help add adventure and excitement to time spent in the garden. Outdoor art like mosaic stepping-stones and insects made from recycled materials can also help make the garden a place of enjoyment and creativity. **L**



Joshua Fuder is an agriculture and natural resources agent at the UGA Cooperative Extension Cherokee County. 770-721-7830. CAES.UGA.edu/extension/cherokee



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The Dental Treatment Room

One of the *Cleanest* Places in Town

By Steven Anderson, D.M.D.

[HealthyLife] After a few months of being inundated with COVID-19 information, hopefully you and your loved ones are healthy and getting your lives back to a positive sense of normalcy. What you may not realize is that the dental treatment room has long been one of the cleanest places you can visit.

Modern dental offices have, for many years, followed and implemented stringent infection control guidelines to prevent disease transmission within the walls of the treatment room. Dental equipment and instruments are sterilized (i.e., all pathogens are killed) between each use; single-use disposable products are extensively utilized; replaceable plastic barriers cover areas where we must use our hands; and contact surfaces are wiped down and/or sprayed with hospital-grade sterilization solutions, so

pathogens are killed on contact. The doctor and staff don personal protective equipment (PPE) including surgical masks, gloves, eyewear/shields, and gowns or coats.

Dentists and clinical staff are extensively trained in practicing industry standard “universal precautions.” Simply put, universal precautions dictate infection control protocols and methods, so each patient is treated with the same clear guidelines, which assume that any patient may have a highly contagious condition or disease that can be transmitted by body fluids.

Much clinical preparation occurs before your scheduled dental appointment to ensure your private treatment room is as clean as clinically possible, and that the strict infection control mandates of the American Dental Association, Centers for Disease Control and Prevention, and Occupational Safety and Health Administration have been followed.

If you ever have concerns about infection control protocols at your dental office, please ask and be informed. Your health and safety should be your dentist’s first priority. After all, great dentistry is all about you. **U**



Dr. Steven Anderson practices cosmetic, restorative, and implant dentistry at Anderson Dental of Woodstock and East Cobb. 650 Claremore Professional Way, Suite 200, Woodstock, GA 30188. 770-384-8505. DrStevenAnderson.com

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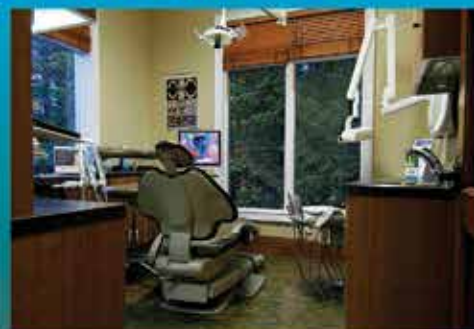
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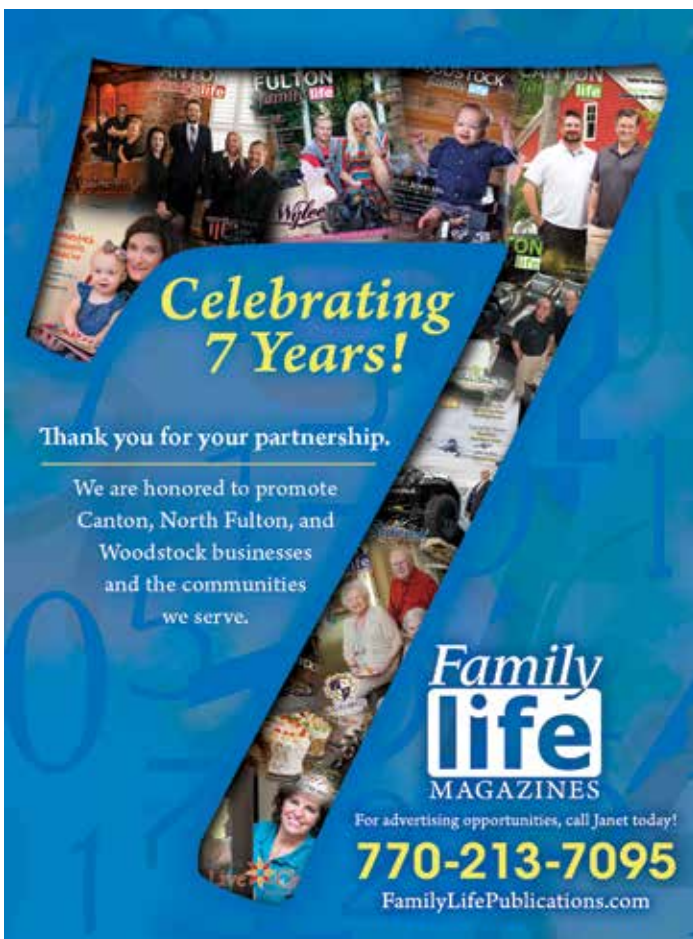
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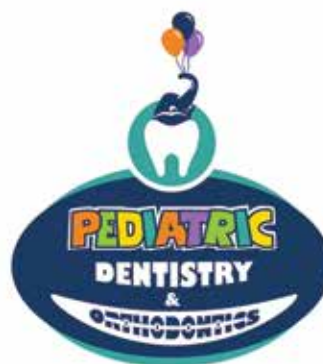
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