



Find It All Roswell Loyalty Cards In This Issue!

# Roswell theCurrent

January 2011



Visit us online [www.theroswellcurrent.com](http://www.theroswellcurrent.com)



## currentCommunity

The Roswell Kenari Farm strives to develop a neighborhood food system. They cultivate a wide variety of vegetables, herbs and even a specialty beverage. Founder Jonathan Hosseini hopes that this is a prototype for other projects around the country.

PG. 5



## currentArts

Located in the heart of historic Roswell, the Red Door Playhouse is more than a theater, it's a way of life for Seth and Leah Decker.

PG. 11



## currentArts

Roswell resident Angela Reign is seeking to move onto the national stage with a unique blend of country, folk and pop influences.

PG. 10



## currentCommunity

Roswell therapist Tori Rodriguez provides tips on avoiding obstacles that get in the way of consistent and meaningful workouts.

PG. 22

## Getting Fit And Staying Healthy In 2011



Roswell personal trainer Leslie King loosens up with Nicole Schuelke.

By Tripp Liles

As with every New Year, many of us make resolutions. And for many, getting fit is at the top of the list. However, for most, it's a resolution that is not kept. By and large, most Americans have a life expectancy that is 30 years longer than it was a century ago. That dramatic turn has been accomplished through obvious advances in medicine. At the beginning of the last century, the average American died of infectious diseases such as smallpox or tuber-

Continued on page 20

### Postal Customer

PRRST STD  
US Postage  
PAID  
Permit #1235  
Atlanta, GA



We can give you the CASH you need!

## WE PAY THE TOP FOR YOUR GOLD

Turn your gold and platinum jewelry into cash- We also buy Rolex, Cartier, diamonds, coins, anything of value! Just need a loan? Ask about our convenient loan programs.



THE VAULT PAWN & JEWELRY

11180 Alpharetta Hwy.

(678) 527-0654

The corner of Alpharetta Hwy & Elkins  
Just north of Mansell Rd.



MENTION THIS AD AND  
RECEIVE A  
**FREE**  
JEWELRY CLEANING  
AND INSPECTION

## The 10th Annual Roswell Wedding Showcase

On Sunday, January 16, the Holiday Inn on Holcomb Bridge Road plays host to the 10th annual Roswell Wedding Showcase. The event, sponsored by Holiday Inn Atlanta/Roswell, Savvi Formalwear, Around The World Travel and the Roswell Convention and Visitors Bureau is free to the public and will feature a fashion show by Savvi Formalwear and Anya Bridal.

Donations will be accepted at the door to benefit Mentoring Ministries and there will be door prizes highlighted by a grand prize 3 night honeymoon, all inclusive trip. For more details please visit [www.roswellweddings.com](http://www.roswellweddings.com).



A wedding fashion show is a highlight of the Roswell Wedding Showcase.

### Nominate A Family To Receive A \$10,000 Home Renovation

Roswell resident Clark Harris owns Innovative Construction, a company that specializes in restoring and updating homes. The company has launched an initiative called



Project Payback that is designed to help a family in need.

"I was looking for a way to give back. I think we've been lucky and blessed with all of the work we've had," Harris said.

The goal is to find a family that has been effected by economic hardships, natural disasters or health issues. Based on need the winning family will receive a \$10,000 home makeover. To find out more information on the project and to nominate a family visit [www.innovativeatlanta.com](http://www.innovativeatlanta.com) or [facebook.com/innovativeatlanta](http://facebook.com/innovativeatlanta).

### Plenty Of Activities In Our Parks

For everyone looking to get a jump on what is going on this Spring, the Spring 2011, Parks and Recreation brochure is now available online at [www.roswellgov.com](http://www.roswellgov.com). As

a reminder, the brochure is no longer mailed out but will be available in recreational facilities beginning January 5th.

Here are just a few highlights:

Winter Art Classes at the Visual Arts Center and Art Center West. Classes for adults include: acrylics, oils, photography, jewelry, clay and sewing. Classes for kids include: clay, mixed media and painting.

SportTykes: Where Little Ones Have a Ball. SportTykes is recreational, non-competitive sports program for children two, three and four years of age. The program introduces children to the wonderful world of youth sports in an organized, fun, non-threatening way.

Fitness Room Offer for the Resolution Makers. Simply sign your child up for any program beginning in January at the Visual Arts Center, Community Activity Building, East Roswell Recreation Center, or any youth tennis program, and we will let the parents have usage of the fitness room at East Roswell or Community Activity building for FREE during class time.

### Got Antiques?

Have your items appraised by a profes-

sional antiques and collectibles appraiser during enAble's first ever "Antiques & Collectibles Appraisal Extravaganza" on Saturday, January 29, 2011 from 12Noon to 5 PM at enAble's Day Services Center in Roswell (1200 Old Ellis Road). This appraisal event will be held in conjunction with enAble's 23rd Annual GALA (Saturday, March 12) which will feature a "vintage" section. You can have three items appraised for only \$20 if you pre-register for this event online! If you pay at the door, the fee is \$25; each additional item will be appraised for \$10. Please note that enAble cannot offer assistance in unloading or loading large or heavy items. If there's anything you don't wish to keep, feel free to donate it to enAble of Georgia Foundation

### State Senator Albers Visits Sweet Apple Elementary

Sweet Apple Elementary School in Roswell had a visit from State Senator John Albers. His visit included a tour of the North Metro Program, which serves students with autism and severe behavioral disorders, and a presentation to the 3rd and 5th graders on government in the Media Center.



State Senator John Albers, Carter Melnick, and Liz Novak (North Metro Program Administrator).

Roswell  
theCurrent

Co-Publishers  
**Tripp Liles**  
**Brandt Haney**

Sales  
**Brandt Haney**  
Director of Sales  
[brandt@theroswellcurrent.com](mailto:brandt@theroswellcurrent.com)

**Carol Newman**  
Account Executive  
[carol@theroswellcurrent.com](mailto:carol@theroswellcurrent.com)

Editorial & Creative  
**Tripp Liles**  
Editor &  
Creative Director  
[tripp@theroswellcurrent.com](mailto:tripp@theroswellcurrent.com)

Main Phone Number  
(404) 920-8590

Contributing Writers  
**Michael Finch**  
**Lane Alderman**  
**Tom Bowen**  
**Keith Lawder**  
**Tori Rodriguez**  
**Helen Kelly**

### Our Mission:

The Roswell Current aspires to communicate community news that's useful, engaging, enjoyable and unique. We strive to reflect the full range of what Roswell has to offer, also advocating positions that strengthen unity and continuity. We desire to create and maintain a challenging, enjoyable and caring work environment that encourages creativity and innovation. Our rewards are informed, educated readers, very satisfied advertisers, happy employees and profitable growth.

The Roswell Current is published monthly. Pre-sort standard postage paid at Atlanta, GA. Postmaster send changes to The Roswell Current, 10800 Alpharetta Hwy, Suite 208-705, Roswell GA, 30076.

Publisher has the privilege to reject any advertising. Advertiser is responsible for full content of advertisements provided and are responsible for any claims made therein.

The Roswell Current is owned by Current Communications LLC

## Ladybugs & Lizards

children's upscale resale & more!

**Clothing • Shoes • Equipment • Toys**  
Newborn to Size 16

Maternity • Hair Bows • Monogramming • Gifts

[www.ladybugs-and-lizards.com](http://www.ladybugs-and-lizards.com)

## Maternity Items up to 50% off

expires 1/31/11

1213 Canton Street  
Roswell, GA 30075  
770-594-0088

# Stormwater Fee Issue Has Equitable Ending

Hard work and dedication underline new spirit within City Hall that leads to savings for many residents.



By Tripp Liles

Across the nation, many municipalities are wrestling with budgetary issues and shortfalls. Here in Georgia, beginning this month, Georgia Power is increasing its rates and until recently the City of Roswell was facing a utility increase of its own. As previously reported, a new stormwater utility increase was going into effect for all Roswell citizens and businesses this year. It was mandated by federal guidelines that required Roswell to bring its aging stormwater drainage infrastructure up to code. Before recent efforts made by employees at City Hall, most residents would have seen an increase of \$4 to \$5 dollars on their monthly utility statement.

According to City Council Member Becky Wynn, who serves as the Council Liaison to the City's Public Works/Environmental Department, there were not many options to pay for such a large project.

"There are two ways we can pay for this. There is a palatable way or an equitable way. I think the fairest way is the equitable way where everybody pays their fair share." Wynn stated.

She went on to clarify that the solution of how to see that most citizens will not have to shoulder this burden

wasn't found by the politicians, but by the dedicated employees at City Hall and in the Water Resources division.

Led by City Administrator Kay Love, a group was tasked with ensuring that taxpayer's money is well spent.

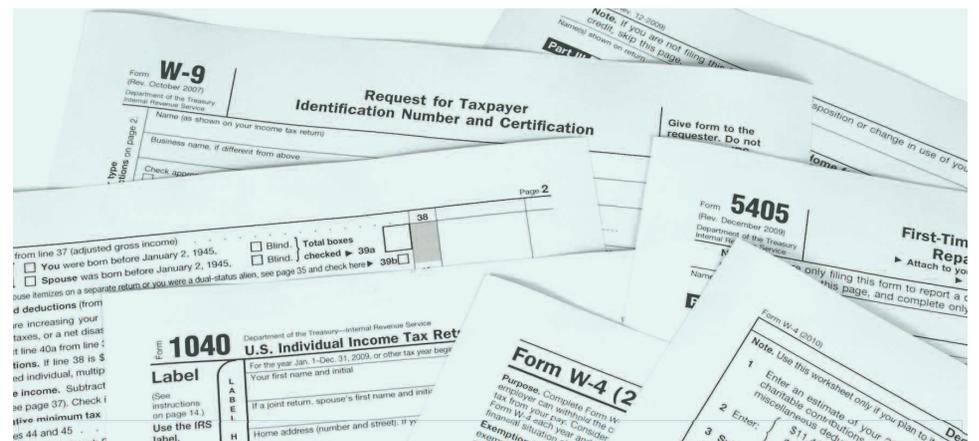
"It is always difficult to balance needs and competing interests. However, the elected officials have made sustainability a priority over the past few years and stormwater infrastructure is part of that. With the economic downturn, it has been a challenge to implement the stormwater utility. There is never a good time to increase costs to our citizens. Staff began looking at ways we could offset the impact to property owners and the analysis that staff did resulted in a recommendation to reduce sanitation fees." Love stated.

According to Keith Lee, Director of Strategic Planning and Budgeting, Love was the driving force.

"It started with Kay Love indicating that we needed to find a solution for funding this program." Lee said.

Following this directive, there were conversations between Lee and Stu Moring (who is Director of Public Works Department), as well as others directly involved in stormwater management such as Alice Champagne,

Continued on page 23



## DO THESE CONFUSE YOU?

LET US HELP ELIMINATE THE STRESS OF TAX SEASON.



Thomas Bowen CPA  
Certified Public Accountants

### We Specialize In:

- Monthly accounting and compilation services
  - New business start up assistance
  - Payroll Processing
  - Income tax return preparation
  - Income tax planning
  - Sales tax and payroll tax filing
- Assistance with tax notices and audits
- Non-profit tax and accounting

**Our Consultation Is Free**

**The Results Are Priceless**

A FULL SERVICE CPA FIRM FOCUSED ON SMALL BUSINESS AND INDIVIDUAL INCOME TAXES

**770-640-5042**

555 Sun Valley Drive, Suite E-2  
Roswell, GA 30076

[www.bowencpa.net](http://www.bowencpa.net)

# One Man's War On Paper

Jim Coyle strives to transform America's businesses by going paperless.

By Tripp Liles

Paper Host is a growing Roswell business that many of you have probably never heard of. It is a company that is growing, and is owned by Jim Coyle, who has a true entrepreneurial spirit. Coyle moved to the Atlanta area to attend Georgia Tech, and during his professional career, aside from an internship, has never worked for anyone other than himself.

The idea of being his own boss has always been strong. And coupled with his love of technology and the rise of the PC, it has been a perfect marriage. In the late 80's, document management was beginning to be his specialty.

"When that newfangled thing called the internet came along, we put a little sweat equity in and got the entrepreneurial spirit going and went charging

after a web-based service-oriented product instead of selling software." said Coyle in explaining the beginnings of Paper Host.

Simply put, Paper Host is a web-based, online, full-service, document management software provider. They provide solutions for businesses that need to give access to their mission critical documents, but maintain strict controls and reporting over access to those documents.

"The dive into document management was really my effort to find a niche that we could live in and thrive in and was interesting to me personally," Coyle said.

He saw the need in the business community for this type service from his software background. And while the Internet provided an opportunity for growth, he didn't want to do busi-



Jim Coyle, president of PaperHost (holding scissors) cuts through the red tape at the grand opening of their new offices.

ness the same as other Internet start-ups.

"We went for a dot com name. Thankfully we didn't follow the typical dot com model, which was go get a bunch of venture capital and come up with a burn rate until you run out of money. We had an existing client base that said, 'build it and we will come.' And we were making money within a year after starting," Coyle said.

The company has had steady growth

through the years. In the beginning, they had 8 employees and today they have 24. Part of that growth is attributed to the launch of a second company called MediStreams. MediStreams was born out of Coyle's desire to continually evolve and innovate. MediStreams deals with the process of payments on medical claims.

"It's a niche, but it still involves paper processing, hosting of documents, so

Continued on page 23

**Know that  
commitment  
is a muscle.**

KNOW YOUR OWN STRENGTH™



**770-641-3933**

# Suburban Sustainability Is The Lesson At The Roswell Kenari Farm

By Helen K. Kelley

A neighborhood food system. That's the goal of The Roswell Kenari Farm, according to founder Jonathan Hosseini.

"We've embarked on an adventure to crack the DNA code of a market-driven neighborhood food system that could work anywhere, from urban cities and suburbs in America to a village in India," says Hosseini. "Good food that's grown, made, bought and eaten in the neighborhood is the core concept."

Tucked away on a former horse farm off Hightower Rd., The Roswell Kenari Farm (the word 'kenari' means "from the neighborhood") is the prototype for this vision of a neighborhood food system. Visitors, including school groups and volunteers can come here to learn all about how to grow their own food organically, from composting and soil enrichment techniques to crop rotation.

"Community is at the heart of this

idea of a neighborhood food system," Hosseini explains. "We want to encourage as many people as possible to grow their own food in their own yards and to sell and buy products made locally. We've made the farm accessible to the community as a learning tool and are developing models that lower barriers to entry and transaction costs in neighborhood retail opportunities for budding backyard farmers."

The crops on The Roswell Kenari Farm, which include a wide variety of seasonal vegetables and herbs, are grown in raised beds and watered with an irrigation system, using a refurbished well on the property. The Kenari Company has also developed its own beverage, appropriately named "Kenari," made from a variety of exotic basil and mint. The Kenari beverage is sold in a growing number of neighborhood retail locations as well as all metro Atlanta Whole Foods and Harry's Farmers Market locations.

Hosseini has had a lifelong interest in the importance of farming in local communities. At age 12, while living in Southern Africa, he worked for a contract gardening company during his vacations, learning how to grow and care for plants at a bargain rate of 40 cents an hour. Although he later became a mechanical engineer and worked in leadership positions in large multibillion-dollar manufacturing companies, Hosseini never lost his interest in the connection between community and locally grown food. And the seed for Kenari was planted.

He and his team consider the Roswell farm the learning prototype for similar projects in other cities across the U.S. and in other countries. "We're creating a market-driven system here that will enhance any community," Hosseini says.

For more information about The Roswell Kenari Farm and to find out how you can arrange a visit, log on to [www.kenari.org](http://www.kenari.org).



Jonathan Hosseini (right), his wife Catherine and second son Bo-Xiang stand in front of two honeybee hives at The Roswell Kenari Farm.

LEARN  
SHARE  
LAUGH  
GROW

IN A NUTURING  
AND CREATIVE  
WORLD

WE HAVE OPENINGS  
IN OUR 2'S &  
AFTERSCHOOL



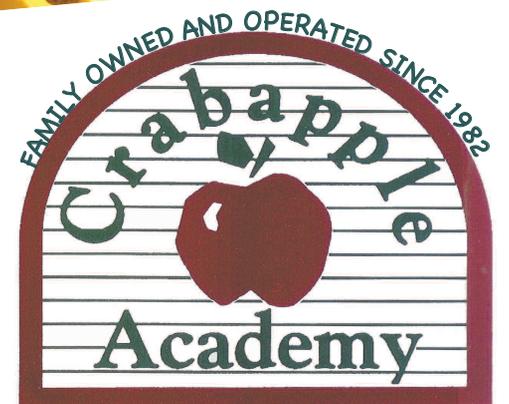
**NURSERY  
PRE-SCHOOL  
SCHOOL AGE PROGRAM**

Private tours are available between 6:30AM and 6:30PM, no appointment necessary. See us as we are!

Crabapple Academy has earned the title of a Georgia Center of Distinction – the only school to be awarded this distinction in North Fulton county. We have provided a safe, loving environment for local children for over 18 years. We even have several of our "original" teachers!

**770-475-4544**

[www.crabappleacademyonline.com](http://www.crabappleacademyonline.com)



**A Private Childcare Center**

285 Rucker Road  
Alpharetta

## Roswell's Premier Design Team

# Up towne designs



Up Towne Designs will be a proud participant in the 15th Annual Roswell Woman's Club 2011 Showcase Tour.

March 10-27, 2011

For more information on the event visit [www.roswellwomansclub.org](http://www.roswellwomansclub.org)

To learn more about how we can turn your home into a showcase visit our unique location in Historic Roswell.

### "Our Offerings"

- Boutique
- Furniture
- Accent Lighting
- Rugs
- Accessories
- Tabletop
- Gift
- Window Treatments/Custom Bedding
- Soft Furnishings
- Upholstery
- Fabric
- Full Service Interior Design
- Home Staging
- Space Planning
- Redesign
- Color Selection
- Finish Selection
- Blinds/Shades/Shutters
- Art by KoKo Gallery



Tue.-Fri. 10-5, Sat. 11-5

[www.uptownedesigns.com](http://www.uptownedesigns.com)

**Mention This  
Ad & Receive  
10% off  
Purchase**

**942 Alpharetta Street  
Historic Roswell  
770-640-0588**



## Your Home In 2011

By Jan Babcock

Hasn't it been fun to drive through historic Roswell and see the beautiful holiday decorations? Almost every home and store was decorated inside and out with beautiful touches of all the things we associate with December. Now the decorations are down, and things look very different. Many of us have spent days removing our holiday decorations. Isn't it amazing how empty and dull our rooms look?

Instead of going back to the same old look, why not use this as a time

to move in a different direction? Change doesn't necessarily mean a complete redo. Moving your furniture around or changing your accessories can have a major impact.



**Interior  
Design**

**JAN BABCOCK**

Take a look at recent pictures that you've taken in your home. This is an excellent way to see where you might begin. We are so used to our own homes that we don't see them as they really are. Looking at a photo gives us a different perspective. Do your walls look bare? Is everything the same height? Experiment with using your pieces in new and unexpected ways. For example, in our home we were always searching for misplaced keys. To remedy that, I moved a small table from the family room into the hall by the side door. Then, I added a beautiful china bowl and placed it on the table. Now, instead of hunting endlessly for car keys, we go directly to the key bowl. It looks pretty, it's functional, and people think I bought a new piece of furniture.

I'm sure you decorated your mantle for the holidays. Here is another opportunity to shake things up. Instead of putting back those matching candlesticks and picture, do something different; if you have al-



**#1 - Perfectly balanced, but not very interesting.**



**#2 - Fresh and different with minimal effort.**

ways displayed your pieces symmetrically, experiment with another approach. Group your candlesticks on one side and do something different on the other. Although we all resist change, something small like this can be the catalyst for changes throughout the year. If you need help, ask a friend. Or better yet, call in a designer for an accessory call. Having someone else see your home and your accessories with fresh eyes can do wonders.

Whether you want to do a complete renovation or simply rearrange your furniture, make a commitment for change. Who knows? You may just love it.

*Jan is part of the design team at Up-towne Designs. She can be reached at [jan@uptownedesigns.com](mailto:jan@uptownedesigns.com)*

# Let The Horses Run

Nostalgia by definition is a sentimental recollection of events, experiences, and feelings from “yesteryears,” possibly involving all of the human senses. The smell of certain foods baking can instantly transport you to a time, long since gone.

For my wife, a house outlined with blue Christmas lights takes her back to holiday trips to her grandmother’s house on the lake. Music may be a trigger for others. Simply hearing a song by a classic composer like Mozart, Beethoven, or Lynryd Skynryd can flood the mind with the sights, sounds, and feelings forever locked in history. The following recounts a recent nostalgic experience.

The day started like many others, with my sweetie dropping me off at the car rental lot in preparation for an upcoming business trip. As usual, she waited in the car, making sure everything went according to plan with my reservation. It was during this waiting period that she first noticed one of the rental vehicles and commented, “Please, tell me it’s not the red one.”

As I left the rental office with keys in hand and Cheshire cat grin on my face, her deepest fears were confirmed and I confidently marched, even sort of skipped toward the 2010 red Hemi-powered Dodge RT Challenger. Now, those of you who did not break in your driving skills in late 60’s and early 70’s era cars like Mustang, Camaro, Cutlass, Charger, or Challenger, this experience will more than likely emote nothing from your souls like it did mine.

It wasn’t just the rumble of the 372 horsepower Hemi motor, or the retro-sculptured body, or even the fact that it had perfect – “look at me” red paint and chrome wheels. It was actually all of the above and it instantly infused me with warm and fuzzy memories of my beloved 1966 Mustang Fastback, mock races with contemporaries, and endless future possibilities – for the following day!

So, now you can understand why I awoke a little earlier than normal with

a certain contained excitement, ready to hit the road for my business-approved five-hour road-trip. With luggage loaded and my GPS updated, I turned for a quick goodbye kiss. This is where my nostalgic moment took an unexpected turn for the worse. Not because of the kiss. The kiss was intoxicating as usual. But the words that followed shook me to my core -- “Don’t speed and get a ticket!”

Really? Talk about a buzz-kill! As I pulled my muscle car out of the driveway (hoping to be seen by the neighbors) those words echoed in my mind: “Don’t speed and get a ticket.” It took all of about eight minutes for me to realize that this was a “combination” request. In other words, I could speed or get a ticket-- just not both. One without the other would still technically keep me in compliance. Hopefully, I would also be able to explain this logic with success to Andy or Barney on the side of some long-forgotten back road in South Georgia – if unfortunately necessary.

So, with a newfound swagger necessary for piloting such a powerful automobile, my real journey began. But those nagging words still haunted my psyche; and against other drivers’ expectations and encouragement for me to “let the horses run,” I just couldn’t bring myself to proper application of the accelerator; and so succumbed to the prospect that my nostalgic muscle-car experience would have to occur at legal driving speeds.

So, without speed at my disposal, I focused on all of the other nostalgia I could squeeze from this experience. Forget the fact that I was wearing a suit, complete with wing tips. Ignore the fact that I was holding a cup of coffee in a travel mug adorned with a pink heart. Try not to notice the double chin or protruding stomach under the racing harness. Who was I kidding? I was suddenly overtaken by the depressing reality that there really is no going back. Next time, I’m going to rent a Taurus.



Miscellaneous  
Ramblings

MIKE FINCH

We also carry  
ergonomic  
office chairs &  
maintenance-free  
outdoor furniture!

## The Comfortable Chair Store™

SINCE 1992

Be sure to visit  
our website for  
special offers on  
custom orders &  
floor models!



30 E Crossville Rd • Roswell, GA 30075 • 770-518-8518

[www.TheComfortableChairStore.com](http://www.TheComfortableChairStore.com)

A+ Rating by the BBB • Open Tues-Sat 11-7, Sun 12-6

## ADVANTAGE DESIGN BUILDERS CORP.

IMPROVING HOMES ~ OUR ONLY BUSINESS

A ROSWELL BUSINESS SINCE 1991



DON'T MOVE.  
IMPROVE.

- ROOM ADDITIONS
- BASEMENT FINISHING
- BATH & KITCHEN REDESIGN
- DECKS
- CUSTOM CABINETRY
- MISC. HOME REPAIRS

STATE LICENSED GENERAL CONTRACTOR  
INSURED  
ALL MAJOR CREDIT CARDS ACCEPTED



FOR A FREE ESTIMATE CONTACT US AT

**770.653.7527** OR

**ADVANTAGEDDESIGNBUILDERS@YAHOO.COM**

**HTTP://ADVANTAGEDDESIGNBLDRS.COM**

SEE OUR SPECIAL ONLINE OFFER AT THE ROSWELL CURRENT MARKETPLACE  
[WWW.THEROSWELLCURRENT.COM](http://WWW.THEROSWELLCURRENT.COM)



Roswell's mix of businesses fulfill your shopping, dining, and services needs. Businesses in Roswell are willing and able to serve you in a competent, reliable, and friendly manner.

We encourage you to patronize all the businesses listed in the Businesses by Category section of the website.

[www.finditallroswell.com](http://www.finditallroswell.com)

## Creating a Thriving, Prosperous Community depends on YOU ...Depends on ME:

- Shopping and dining locally creates a strong and vibrant economy for our community.
- A successful business community creates JOBS.
- When we utilize Roswell businesses, each transaction has an impact on the local economy, helping build a strong business community and a vital quality of life for residents.
- Successful shops, galleries, restaurants and businesses attract more businesses to the area, resulting in products and services that benefit residents and attract visitors.
- Businesses within the city limits of Roswell build relationships within the community and help support local causes, non-profits and charities.
- Remember, Roswell businesses of all sizes depend on our patronage for their survival. If you want a thriving community with excellent choices and services **FIND IT ALL ROSWELL**.

Be sure to keep your **Find It All Roswell Card** that is inserted in this issue of *The Current*.

Use the Card to obtain special offers from participating businesses:

- Restaurants • Retail shops • Attractions
- and a variety of Community Services



Over **330 Find It All Business Partners**

[www.finditallroswell.com](http://www.finditallroswell.com)

## Find It All Roswell Version 2.0

Savings for Roswell residents are a big factor in 2011 campaign.



Craig and Julia Daniels, owners of The Comfortable Chair Store, in their retail location on East Crossville Road in Roswell.

By Tripp Liles

Inserted into this issue are Find It All loyalty cards that could save you thousands of dollars. These cards are a big part of the Find It All campaign, an effort to connect citizens to area businesses. Nationwide loyalty cards are increasing in demand and usage. You may carry them for stores like Kroger, CVS or many of the big national chains. The Find It All cards, however, are unique in that they represent savings at hundreds of businesses throughout Roswell.

This element was a part of last year's program, but in 2011 leaders of the initiative felt that added emphasis needed to be placed on the use of the cards and the benefits they bring.

According to Roswell CVB president Steve Stroud, these cards should have a greater im-

pact in the coming year.

"There will be more excitement because more people will know about the program. I just feel like this is building on the momentum of the upturn in the economy," said Stroud.

### The Local Perspective

One Roswell resident who learned of the benefits last year was Monica McNeeley. She has always stressed the need to support local businesses, and discovered the program while shopping at The Chandlery on Canton Street. Through that discovery, she found significant savings at many participating locations and even discovered new businesses. One example was a gift certificate her husband purchased from The Gallery Spa, a business that he found from the Find It All website. As a result of this, she's a

devoted customer to a business, which in her words, gives the best facial she's ever had.

McNeeley emphasized the importance of doing business with local owners and hopes that a larger participation from the businesses will



**There will be more excitement because more people will know about the program. I just feel like this is building on the momentum of the upturn in the economy.**



lead to greater visibility in 2011.

"The beauty of the program is that many of the businesses I already use participate in the program. I would eat and shop more often with businesses that are in Find It All." McNeeley said.

**The Mom and Pop Perspective**

For 18 years, the Comfortable Chair Store has been in business. Last year, Roswell residents and owners Craig and Julia Daniels relocated their business from Kennesaw to Roswell because of the communal feel the area has.

"We wanted to be a part of a close knit community of which we're residents. We've noted from our neighbors that there is a sense of place here." Craig Daniels said.

Programs such as Find It All have reinforced that feeling from a business perspective.

"We're excited to be a part of a program that educates members of the community about doing business lo-

cally." Julia Daniels stated.

They echo the sentiments of many local business owners who want to emphasize the positive aspects of doing business with local owners instead of the national chains.

"There is a misperception that mom and pop specialty stores are more expensive, when in fact it's often the opposite. Most of our products are from the U.S. and most of our big box competitors buy from China." Julia Daniels said.

The City of Roswell has been stressing the need to keep dollars local and the benefits are starting to take hold in the local economy. Most business owners, while mindful of the ongoing effects of the recession, feel that this year will be a year the local economy

rebounds. It is the goal of the loyalty program to capitalize on that momentum.

"It's an opportunity to reward our customers for doing business with us." Craig Daniels said, speaking on the many positive aspects of the loyalty card.

The program also offers the opportunity to gain feedback when someone uses the card. As they are presented, a business owner will know how the customer came to them and that they are a resident. Small business owners understand the importance of strong communication with customers, especially ones who are neighbors.

"We really bend over backwards to help someone that lives in our neighborhood." Julia Daniels said.

To find a list of businesses that participate in the program, visit [www.finditallroswell.com](http://www.finditallroswell.com). The website will have a listing of all participating businesses as well as coupons and special offers they have through the program.

Look for these cards in this issue of **The Current.**

# Advertising with The Current *WORKS!*

Our message is a simple one...we're the largest paper in the North Metro area *mailing* over 30,000 copies per issue exclusively to Roswell homeowners. No other publication comes close!

But don't just take our word...

*"Advertising with The Current has been a great partnership. This has had the single greatest impact of any advertising we've done."*

- Frank Mack, Owner  
City Antiques and Interior Arts

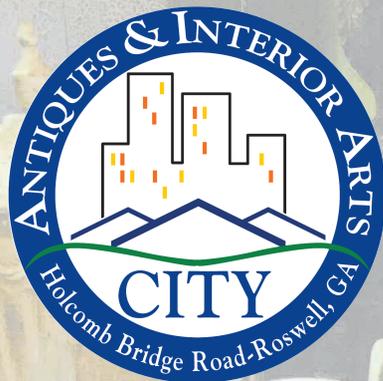
*"Since advertising with the Roswell Current we have seen great results and our event turn out has been wonderful!"*

- Erin Post, ND  
Herb Shoppe of Roswell & Wellness Center



## Roswell thecurrent

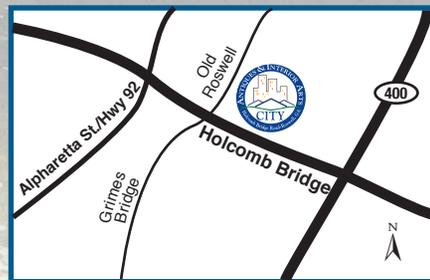
To increase your business call  
Publisher, Brandt Haney at 770-378-8445 or email [brandt@theroswellcurrent.com](mailto:brandt@theroswellcurrent.com)



“Wow just wow”

“Utterly charming”

770.645.2525  
710 Holcomb Bridge Rd.  
Roswell, GA 30076  
cityantiquesatlanta.com



## The Next Big Thing

Angela Reign looks to make 2011 her breakout year.

By Tripp Liles

The music industry is big business in the metro Atlanta area. From rap and hip hop to country, the area has produced more than its fair share of national recording artists. Roswell resident Angela Reign is seeking to move onto the national stage with a unique blend of country, folk and pop influences.

Reign grew up in Cincinnati, Ohio and like many performers began singing in her church choir. The passion for performing was always in her blood, but as most people do, she went a more conservative route into the corporate world. In her business life, which brought her to the Atlanta area, she excelled but it wasn't fulfilling.

Four years ago, when she moved to Roswell, she began to get the bug to perform again. She was reintroduced to theater by performing with the



touch and it's unique. You don't hear a lot of it on the radio. We use harmony to infuse energy into our songs," Reign said in describing her collaboration with Roberts.

Reign doesn't like to label her music. In a broad sense it is country with a folk and pop twist, but she stresses that there are many influences that contribute to her style.

"I hate to box myself in because of the influences in my life. I classify it as folk pop. I want to create songs that have a message and story," Reign stated.

She concentrates primarily on performing but in working with Roberts has learned that collaboration in the song writing process is important as well. In that collaboration they have compiled a set list of over 75 songs that are a mix of covers and originals. Together they've already had 35 live performances. Locally they've performed at the Swallow at the Hollow, Sugo and Alive After 5.

Now that Reign is no longer burdened with the corporate life, she's hoping that 2011 will be a year to expand her presence on the music scene. The process is a gradual one, but in this day and age where artists have a multitude of avenues to share their work, the possibilities are limitless.

### Angela Reign's Upcoming Performances

- **January 23rd, 2pm** - Hemingway's on the Marietta Square
- **February 5th, 7:30pm** - Grapes and Hops in Flowery Branch
- **February 26th, 7:30pm** - Grapes and Hops in Flowery Branch

Kudzu Theater here in Roswell, and even won 'best actress' honors with the Polk Street Theater in Marietta. It was in September of 2009 that her singing talents were reborn while singing in an informal manner at a private party. In attendance was Stan Roberts, a local guitarist, who has spent time in Nashville, working in the country music business. Roberts was so impressed with her talents that he persuaded her to take the craft more seriously. Encouragement from someone with the background of Roberts was all it took, and Reign left her corporate life to pursue a career as a singer.

"I'm just proud and pleased that he wants to play with me. Our voices

### LXXI Financial, LLC

*"My role is to take the stress and confusion out of the tax return preparation and filing process.... by providing exceptional service at an affordable rate!"*

### Tax Preparation, Planning and Representation

For Individuals and Small Businesses

Contact: Mark Butler, E.A.

Phone: 678-772-1316

Email: mark@lxxifinancial.com

To schedule a *free* consultation.

### Michael J. Brewster, P.C. Attorney At Law

Former Staff Attorney  
Social Security Administration  
Over 30 Years Experience

mbrewster@brewsteratty.com

770-425-1838

248 Roswell St. SE, Marietta

Social Security  
Disability &  
Long Term  
Disability

# out&about

Your guide to everything happening in and around Roswell

## A Door To Open Your Imagination

The Red Door Playhouse is host to a wide array of events and activities for all ages.

By Current Staff

Located in the heart of historic Roswell, the Red Door Playhouse is more than a theater. Owned and managed by husband and wife team Seth and Leah Decker, the intimate facility not only hosts theater but also has an art gallery and offers opportunities for many creative activities for children and adults.

“I always wanted a small theater company,” explained Seth Decker, who serves as the artistic director.

Decker graduated from Boston University and had immediate plans to move to New York City and begin a career as an actor. Unfortunately the tragic events of September 11, 2001 unfolded, and Decker looked beyond New York City for a career. His first foray into local theater was working in a summer acting program for children here in Roswell. The program was a success and Decker saw an opportunity to start a business.

In 2003 he asked his wife a pivotal question, “If we could do anything,



Seth and Leah Decker in front of The Red Door Playhouse located off of the historic square in Roswell.

what would it be?”

The answer was easy – have a business that could fulfill their desire to be in the arts and theater. This led them to their location just off of the square in historic Roswell. Initially the location was specifically used for children’s theater and as gallery space for Leah’s children’s art. According to Decker, the business model expanded

over time to accommodate the many parents who wanted to be involved, so they began offering programs for adults.

“I believe the difference is the intimate nature of our theater experience. I want people to be involved...unlike a TV screen. We

Continued on page 15



Life is better when it's bundled



Switch to The Charter Bundle® and enjoy your time at home like never before. Get reliable TV, Internet and Phone that lets you watch more, do more and talk more. Call today and experience the difference!



Call 1-866-960-1720 to lock in guaranteed savings for 2 years!^

©2010 Charter Communications. Residential customers only. \*24-month agreement required. EARLY TERMINATION FEES APPLY: If agreement is terminated by customer before the end of the 24-month term, customer agrees to pay a prorated early termination fee of up to \$150. This fee applies for all Charter serviceable states excluding MO & LA. MO & LA only: Fee of up to \$150 applies if cable &/or Internet service is terminated within the 24-month term. If telephone service is terminated, no early termination fee will apply; however, you will no longer receive Price Guarantee discounted rates & standard rates will apply. For complete details, visit charter.com/PGpolicy. Programming may vary. Internet access speeds may vary. Charter does not guarantee data will be secure. Unlimited long distance includes U.S., Canada, & Puerto Rico. Charter reserves the right to review & terminate service for non-residential use or abuse of service. Taxes, fees and surcharges are extra. Certain equipment may be required at installation and charges may apply. Activation requires a valid service address and may be subject to credit approval, prepayment or require a major credit card. All services provided are subject to the subscriber agreement and applicable tariff which are subject to change. Services not available in all areas. Other restrictions may apply. Call for full details.

# Current picks of the month



## The 10th Annual Roswell Wedding Showcase

Roswell has many wonderful options when it comes to planning for a wedding. The Wedding Showcase, on Sunday, January 16, at the Holiday Inn on Holcomb Bridge Road, will present an opportunity to learn more about local facilities that offer a wide range of services, from local hotels to elegant antebellum mansions. The support vendors that cater to weddings and events are also numerous. Within the Roswell area there are a host of world-class caterers, florists and photographers who work in concert to provide memorable weddings. Many of these businesses will be participating in this year's showcase.

### Here are the participating vendors:

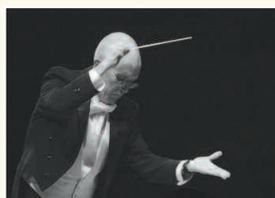
Aesthetic Specialty Centre  
Alan Knierer Entertainment  
Aqua blue Restaurant  
Around The World Travel  
Atlanta Bands and DJ's  
Atlanta Dance Center  
Aunt Kimmy's Creations  
Aura Hair and Makeup  
Bella Flora  
Belleamy Soaps  
Best Western Roswell Suites  
BudsNBells  
Carrie Tabb Photography

The Chandlery  
Chattahoochee Nature Center  
Comfort Suites  
Courtyard by Marriott  
Daniella's Designs  
Darling Studios  
DoubleTree Hotel Atlanta/ Roswell  
Events by Elsie  
Fonix Entertainment  
Gardens at Great Oaks  
Holiday Inn Atlanta/Roswell  
Holiday Inn Express  
La Vita Allegra

Picture Perfect Photography  
PJ's Balloons & Flowers  
Photography by Alison  
Primrose Cottage  
The Rental Place  
Roswell Convention and Visitors Bureau  
Roswell Founders Hall  
Savvi Formalwear  
Sugo Restaurant and Tapas  
Talk of the Town  
Travelfaire

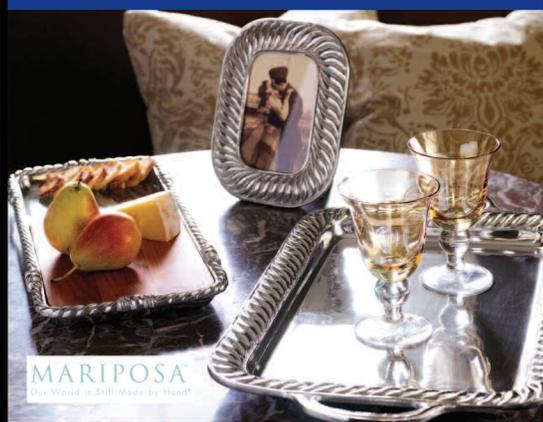
### January 29

Georgia Philharmonic Concert at 7P.M. at the Roswell Cultural Arts Center. Visit [www.georgiaphilharmonic.org](http://www.georgiaphilharmonic.org) or call 770-664-7255 for tickets and information.



John Morrison joins the Georgia Philharmonic as Interim Music Director

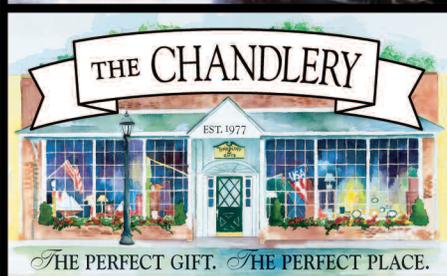
## WEDDING GIFTS AND INVITATIONS



MARIPOSA  
EST. 1977 • 100% Made by Hand



Invitations • Hostess Gifts  
Free Gift with Registry



## ON-LINE & IN-STORE BRIDAL REGISTRY!

950 CANTON STREET • IN HISTORIC ROSWELL  
(770) 993-5962 • [info@chandlerygifts.com](mailto:info@chandlerygifts.com)  
Hours: M - Sa: 9:30 - 6 • Su: 1 - 5  
[www.chandlerygifts.com](http://www.chandlerygifts.com)

THE PERFECT GIFT. THE PERFECT PLACE.

## ARTS



### January 10

The new year will start with an art exhibition featuring the works of 3 student painters at the Roswell Visual Arts Center. This is the third year the center has hosted a show of 3 students' work. The show was the idea of Kip Rogers, a teacher at the Visual Arts Center for more than 15 years. The Show will open January 10th. The reception will be from 7-9 pm at the Roswell Visual Arts Center in Roswell Area Park. There is no fee to attend the show. Kip's painting classes, along with other class offerings for children and adults at the Roswell Visual Arts Center, start up again the week of January 10th. People can see complete recreation department offerings by checking out our online brochure at [www.roswellgov.com](http://www.roswellgov.com).

### January 11 - 14

The Arts 4 Alzheimer's Sketchbook Project Reception January 11, 5 pm - 8 pm at Spruill Center Gallery 4681 Ashford Dunwoody Rd.

### January 15 - February 20

Bring It On: The Musical On the Alliance Stage Celebrate the world premiere of a new musical created by a Tony Award®-winning team of Broadway's brightest young creators. Two squads. Two schools. One mission: claim the title at the National Cheerleading Championships. The high-stakes world of competitive cheerleading meets the cutthroat rivalries of high school politics and romance in this bold and explosive new musical comedy. How do you learn to be true to your team and to yourself? Sometimes it's got to get ugly before it gets pretty. Game on. For information visit <http://www.alliancetheatre.org/OurPlays/Later-This-Season/Bring-It-On.aspx>

### January 15

Red Carpet Event - The Fat Boy Chronicles at Aurora Cineplex, Roswell, GA Aurora Cineplex is celebrating the arrival of The Fat Boy Chronicles with an "Atlanta Red Carpet Premiere". The premiere will host the director, screenwriter, and stars of the film who will discuss the movie and answer questions from the audience! The Fat Boy Chronicles, based on a real life story, is a fantastic film that addresses the painful struggles of bullying and self-esteem. Price: \$9. Phone: (770) 518-0977. Age Suitability: All Ages. 7:00PM.

### January 15 - 16

Renoir-Matisse Exhibit 5:00p to 8:00p at Wentworth Gallery - Phipps Plaza, Atlanta, GA An impressive collection of works by artists Pierre Henri Matisse, and Alexandre Renoir will be on exhibit at the venerable Wentworth Galleries at two locations on January 15 and 16, 2011. The exhibit is a rare opportunity to meet both Renoir and Matisse. Receptions will be held at Wentworth Gallery at the Perimeter Mall on Saturday, January 15th (5-8pm), and the Wentworth Gallery at Phipps Plaza on January 16 (1-4pm).

### January 27

28th Annual Juried Student Art Exhibition Fine Arts Gallery, Wilson Building at Kennesaw State University Sponsored by Visions Student Art Guild. Celebrating more than a quarter century of spirited competition among KSU student artists. Many of the works are available for purchase. Opening reception: January 27, 5-8 p.m. Free. Gallery hours: Monday-Thursday 11 a.m.-3 p.m., Wednesday and Thursday 7-9 p.m. To schedule an appointment or group visit outside of regular gallery hours, please call 770-499-3223.

### February 11 - 13

Atlanta Ballet - The Sleeping Beauty Cobb Energy Centre, Live with the Atlanta Ballet Orchestra Experience the splendor of Tchaikovsky's magical score and the sumptuous, classic fairytale of Princess Aurora and her heroic Prince. Take your family on a magical journey to an enchanted kingdom, where good triumphs over evil with a single kiss. Fantastic fairies. Brilliant bluebirds. Dashing suitors, spooky ghouls, and evil curses. It's your favorite childhood story brought to life with lavish sets, beautiful costumes, and thrilling dance. Your friends and family will remember this event happily ever after. [www.atlantaballet.com](http://www.atlantaballet.com). Phone: 404-873-5811.

## ENTERTAINMENT



### January 7 - 9

Christopher Titus at the Funny Farm Comedy Club, Roswell. SPECIAL EVENT! Come see the star of 'Titus Show', with appearances in 'Big Shots', Comedy Central's Live at Gotham, Tonight Show with Jay Leno, MADtv, Howard Stern, and MORE! 18+ Show. <http://www.funnyfarmcomedyclub.com>

### January 12

DRUMLINE Live!

Cobb Energy Centre, John A. Williams Theatre

A show-stopping attraction created by the music team behind 20th Century Fox's hit movie Drumline, brings show-style marching bands to the theatrical stage. Tickets: \$63, \$43, \$23 & \$13 plus fees. [http://www.ticketmaster.com/venueartist/115457/1441473?brand=cepac&camefrom=CFC\\_COBBPAC](http://www.ticketmaster.com/venueartist/115457/1441473?brand=cepac&camefrom=CFC_COBBPAC)

### January 15

Brian Regan Cobb Energy Centre. 7:00 PM John A. Williams Theatre

Critics and peers agree: Brian Regan has distinguished himself as one of the premier comedians in the country. The perfect balance of sophisticated writing and physicality, Brian fills theaters nationwide with fervent fans that span generations.

### January 15

Ravel, Wagner and the Alexanders Murray Arts Center Kennesaw, GA

After an incredible review of this event last season, the CSO presents the second installment in this series. The contrasting compositional styles of Ravel and Wagner will whet your aural palette for the world premiere of CSO trombonist Eric Alexander's composition. <http://www.cobbsymphony.org>. Phone: 770-429-7016.

### January 17

An Evening with CAKE: Showroom of Compassion World Tour 8:00pm at CW Midtown Music Complex: Center Stage, Atlanta, GA. Price: \$35.00. Cake was formed in 1991 by vocalist/songwriter John McCrea, guitarist Greg Brown, trumpeter Vince DiFiore, bassist Shon Meckfessel and drummer Frank French. Shon Meckfessel soon left and was replaced by Gabe Nelson.

### January 19 - February 20

The 39 Steps Theatre in the Square Adapted from John Buchan's 1915 book and Alfred Hitchcock's 1935 film, this incredibly fast-paced spy yarn has four characters playing over 250 roles backed up by some tremendously clever staging, lighting and special effects. It all makes for wonderful theatre and great fun. As funny as it is mysterious. Recommended for age 14 and up. <http://www.theatreinthesquare.com/>

### January 21 - 23

Armed Forces Comedy Tour at the Funny Farm Comedy Club, Roswell. FREE ADMISSION for MILITARY and their FAMILIES. 18+ Show. Kevin Downey Jr. and Mark Ricadonna join forces for an epic comedy event! <http://www.funnyfarmcomedyclub.com>

### January 21 - 22

The Sunshine Boys Earl Smith Strand Theatre - Marietta, GA A cast of local business professionals with big personalities brings a little bit of sunshine and a lot of humor to the Earl Smith Strand theatre this January with Neil Simon's The Sunshine Boys. [www.earlsmithstrand.org](http://www.earlsmithstrand.org). Phone: 770-293-0080.

### January 23

Linkin Park Linkin Park is an alternative metal band with strong vocals from Chester Bennington and rapper Mike Shinoda. 7:30pm at Philips Arena, Atlanta, GA. Special guest will be Pendulum and Does It Offend You, Yeah?. Phone: (404) 878-3000

### January 28

Great American Motorcycle Show 3:00pm to 8:00pm at North Atlanta Trade Center, Norcross, GA Going strong since 1992! Over 100,000sq ft full of new foreign and domestic motorcycles. Get one of a kind custom rides, sport bikes, cruisers, trailers, scooters, parts, apparel, and anything you need to ride, all at discount show prices! <http://www.northatlantatradecenter.com/cycle.html>

### January 29

Liz Phair 8:30pm at Variety Playhouse, Atlanta, GA Liz Phair is an American singer-songwriter and guitarist. She started her music career in the early 1990's through self-released audio cassettes. Since then she's become a star and her album Exile in Guyville was chosen as one of the Rolling Stone's 500 Greatest Albums of All Time.

### February 3 - 6

The Wizard of Oz Cobb Energy Centre, John A. Williams Theatre There truly is no place like home as the greatest family musical of all time, the wonderful WIZARD OF OZ, twists its way into Atlanta! The entire family will be captivated as they travel down the Yellow Brick Road and beyond with Dorothy, Toto and their friends the Cowardly Lion, Tin Man and

Scarecrow in this lavish production, featuring breathtaking special effects, dazzling choreography and classic songs. A spectacular celebration of the iconic 1939 MGM film, THE WIZARD OF OZ will blow you away from the moment the tornado touches down and transports you to a dazzling art deco Oz, complete with munchkins and flying monkeys. Don't miss the chance to travel Over the Rainbow and experience this national treasure on stage.

<http://www.ticketmaster.com/venueartist/115457/887597?brand=cepac>

**February 4**

**Will Downing**  
8:00pm at Woodruff Arts Center: Atlanta Symphony Hall, Atlanta, GA  
America's crown prince of sophisticated soul reigns supreme! Singer Will Downing returns to serenade what promises to be a packed house after 2009's best-selling comeback album, "Classique."

**February 5**

Six Strings Social Club Presents Ed Gerhard in an Exclusive One Night Acoustic Guitar Concert  
6pm and 8:30pm. The intimate and comfortable venue in the Cowie Weiss Theater at the Chattahoochee Nature Center at 9135 Willeo Road in Roswell becomes a listening room for this exclusive presentation. This makes a perfect date night or girl's night out, wine is included. Shows at 6:00 pm and 8:30 PM, tickets are \$30 available in advance and \$35 at the door. Seats are limited, so book in advance from [www.sixstringsocialclub.com](http://www.sixstringsocialclub.com).

**EVENTS & FESTIVALS**



**January 8**

**Beginning Bee Keeping - 12:30 pm**  
Learn about basic bee keeping and how to start a hive. Berry Wright, professional honey producer, will discuss assembling equipment and installation of bees. An optional trip to the apiary at 12:30 will be included, weather permitting. \$5 plus \$5 parking. Phone: 706-878-3087 - Address: Smithgall Woods Conservation Park, 61 Tsalaki Trail, Helen, GA.



For even more events not listed here, visit [www.theroswellcurrent.com](http://www.theroswellcurrent.com)

If you have an event please send it to [events@theroswellcurrent.com](mailto:events@theroswellcurrent.com)



**January 14, 21 & 28**

**Black Holes: The Other Side of Infinity**  
This exciting full dome production, narrated by Academy-Award nominated actor Liam Neeson, brings the current science of black holes to the dome screen. Zip through other-worldly wormholes, witness the collision of giant galaxies, and experience a simulated flight to a supermassive black hole lurking at the center of our own Milky Way Galaxy. Cost is Adults \$3, Children & Non-YHC Students - \$2 and YHC Students/Faculty/Staff - Free. Phone: 800-241-3754 - Address: Rollins Planetarium, Young Harris College, 1 College Street, Young Harris, GA 30582

**January 21 - 23**

**Low Country Living Home & Garden Show**  
Savannah Int'l Trade & Convention Center - Savannah, GA  
Turn your house and garden dreams into reality! With thousands of square feet of exhibits you'll find the latest in products and services for everything from builders, contractors, materials, decks, pools, spas, entertainment systems, storage, plants, landscape displays/materials, kitchenware, and much more. <http://www.showtechnology.com/shows/Savannah/Savannah.html>

**January 21 - 29**

**Augusta Futurity at the James Brown Arena - Augusta, GA**  
All cutting competition from Friday, Jan. 21, through Wednesday, Jan. 26, will take place at THE HIPPODROME equine facility in North Augusta, S.C., on U.S. Highway 1. For more information please visit <http://www.augustafuturity.com/overview/>

**January 29**

**Rattlesnake Round-Up**  
Rattlesnake Round-Up Grounds - Whigham, GA  
This is one of the premier events in the Southeast. The Rattlesnake Roundup is over 40 years old and attracts approximately 40,000 visitors each year. This event includes such demonstrations as the now-famous

milking of the venom from an Eastern Diamondback Rattlesnake. This venom is always used for medical research. Arts & Crafts, Concessions, Snake Handling, Snake Cooking, Snake Demonstrations, Entertainment, Children's Rides

**January 29 - 30**

**Repticon Atlanta**  
Gwinnett County Fairground - Lawrenceville, GA. In January 2007, thousands of guests came out to the Atlanta Reptile and Exotic Animal Show to continue a six year tradition at a great new location at the Gwinnett County Fairgrounds.

**February 5 - 6**

**Lawrenceville Rubber Stamp & Paper Arts Festival**  
Art Stamps, Card Making, Scrapbooking and Paper Arts featuring art stamps, ink & pads, pens & markers, tools, brass stencils, glitter, embossing powder, embellishments, ephemera, books & DVDs, brads eyelets, die-cuts, ribbon, fibers, etc. Classes, make & takes, workshops, demonstrations. Sat 10-5 Sun 11-4. Gwinnett County Fairgrounds - Lawrenceville, GA. <http://www.heirloompro.com/>

**February 5 - 6**

**Intergalactic Bead and Jewelry Show**  
6400 Sugarloaf Pkwy - Duluth, GA. <http://beadshows.com>

**February 5**

**Black College Expo**  
Cobb Galleria Centre  
Black College Expo features a very informative college fair, representing well over 50 HBCU's and Educational organizations. Our mission is to increase college enrollment among underserved/underrepresented youth. [www.blackcollegeexpo.com](http://www.blackcollegeexpo.com)

**February 12**

**Fasching-German Mardi Gras**  
Helendorf River Front Room, Helen Ga.

7:00 PM - 11:00 PM. Theme: "ANYTHING GOES". Prizes awarded for: Best Overall Presentation, Best Female Costume. Music provided by Dan Witucki. \$60 per table for six or \$10 per person. Snacks and non-alcoholic beverages provided - BYOB. For additional information or reservations call 706-476-6214

**February 12 - 13**

**Atlanta's Exotic Bird Fair**  
North Atlanta Trade Center - Norcross, GA. This is the best show in GA to purchase your birds and everything you need to care for them. If you love birds you need to come to The North Atlanta Trade Center Exotic Bird Fair.

**February 13- 14**

**Sweetheart Festival**  
This is a juried event with outstanding and talented vendors, artists and crafters presenting their work. We will be featuring at least (10) different categories of crafters and artists during this (2) day event. There is no doubt that you will obtain a very unique item for yourself and a special someone! The show will be open on Saturday Feb 13th from 10am until 5pm and again on Sunday Feb 14th (Valentines Day) from 10am until 2pm. This is a free event and open to the public. Please join us at Brasstown Valley Resort & Spa for this Sweetheart Arts & Craft Show. Also Brasstown Valley's Dining room will be having a special menu for Valentines Dinner with music being provided by Bella Musica. Contact us for more information on our special Valentines Weekend of Events at Brasstown Valley Resort. 706-379-4606.

**January 22**

**Trains, Trains, Trains!**  
10:00am to 4:00pm at Southern Museum of Civil War and Locomotive History, Kennesaw, GA  
**DO YOU LOVE TRAINS?** The whole family is invited to participate in this interactive train celebration! We will be building a model trestle bridge, operating model trains, providing tips on how to build your own model train layout, and much more. Price: \$7.50 adult, \$5.50 children (4-12), Free for children 3 and under. Phone: 770-427-2117 ext. 3058

**January 22**

**Dulcimer-Making Workshop at Smithgall Woods**  
9 am - 5 pm. Assemble, sand and finish an all-wood Appalachian dul-

Roswell Wedding and Special Occasion Council presents:

# 10th Annual Roswell Wedding Showcase

Sunday, January 16, 2011  
Holiday Inn Atlanta/Roswell  
909 Holcomb Bridge Road  
2:00pm-5:00pm  
770-640-3253

FREE Admission • Door Prizes  
Fashion Show by Savvi Formalwear and Anya Bridal  
**GRAND PRIZE: 3 Night Honeymoon, All Inclusive**  
(Airfare and tax not included • Must be present to win)

Sponsored by:



Donations accepted at the door to benefit Mentoring Ministries, Inc.



cimer with dulcimer maker and musician Bob Thomason. All tools and supplies are provided. No woodworking experience is required. Thomason has been making and playing fine Appalachian dulcimers since 1981. Register by January 14. \$95 plus \$5 parking. Phone: 706-878-3087 - Address: Smithgall Woods Conservation Park, 61 Tsalaki Trail, Helen, GA

### January 29

KCBS Certified Judging Classes at 10:30 am - 3:30 pm Instruction Classes to become a Kansas City Barbeque Society (KCBS) Certified Competition Judge. Both Judging Class & Table Captain Class available. January 29, 2011 Pre Registration is a must, call to register. Phone: 706-379-4606 - Address: Brasstown Valley Resort & Spa, 6321 US Hwy 76, Young Harris, GA 30582

### February 5 - 20

Wine & Chocolate Lovers Celebration - 2/5 - 2/6, 2/12 - 2/13 & 2/19 - 2/20/11

For 3 Weekends every February, Three Sisters Vineyards presents our Annual "Wine & Chocolate LOVERS" Celebration. We will combine chocolate and wines in a special tasting line-up. Phone: 706-865-9463 - Address: Three Sisters Vineyards, 439 Vineyard Way, Dahlonega, GA.

## COMMUNITY



### January 6 - January 23

Tokens of Affection

A romantic comedy presented by Georgia Ensemble Theatre at Roswell Cultural Arts Center. A new romantic comedy that explores "empty nesting," the complications of romance and family dysfunction. www.get.org or 770-641-1260

### January 7 - February 4

Three Students Show at Roswell Visual Arts Center featuring students that have studied under the tutelage of Roswell Visual Arts Center instructors. Absorbing instruction and knowledge has helped them develop their own unique individual styles. Join us as we celebrate our talented students by exhibiting their works. Held at Roswell Visual Arts Center. Opening Reception from 7 - 9 P.M. on January 7th. 770-594-6122

### January 8

A Free Day of Dance Open House at Street Studio

Sat. Jan 8 9am to 5pm. Free all day. Meet/Greet teachers and staff. Special offers on memberships and class cards this day only. Sample Zumba, fitness, Hip hop, Bellydance, Afro-Funk, Lyrical, Ballroom classes. Call for more info 678 226-9022, or see website for schedule. STREET STUDIO Dance & Fitness. lisa@streetdancestudio.org. streetdancestudio.org. 23 Oak Street, Roswell, GA 30075

### January 8

Bead & Jewelry Show - By American Bead Shows

10:00am to 5:00pm at Doubletree Hotel, Roswell, GA. Meet National Exhibitors presenting Beads of all types for sale, Ready to wear Jewelry, Silver, Copper & Bronze Findings, Beading Supplies, Semi-Precious & Precious Beads, Bead Classes, Gift Items, Lampwork Artist and Beads, and More... Have a chance to see and select from a variety of Genuine Gemstones and Jewelry, from Wholesale & Retail Exhibitors.

### January 8

I Resolve to Live a Healthier Lifestyle, with Ken Leebow, author of Feed Your Head; Chattahoochee Nature Center at 11 A.M. in the Cowie Weiss Theater. Be healthier! Start the New Year off on the right foot. Ken Leebow, professional speaker and author of Feed Your Head, discusses diet, health, lifestyle issues and the American food system. In his entertaining hour long presentation, he discusses a simple and jargon-free way to lose weight and lead a healthier lifestyle. Whether you're trying to lose weight or just want a better understanding of the American food system, stop by to meet him. Books available for purchase and signing with portion of proceeds to CNC. Included with the \$8 general admission free for adults; \$6 for seniors. Members are admitted free with membership card. www.chattnaturecenter.org

### January 8

Laughing Matters

1:00 PM at The Chattahoochee Nature Center. Laughing Matters' improvisation will tickle your funny bone as you share and take part in the unscripted, unexpected and hilarious results. Laughing Matters are one of CNC's favorite performances and all ages will enjoy their show that will be included with general admission. General Admission is \$8 for adults, \$6

for seniors and \$5 for children 3-12. Members are admitted free with membership card. www.chattnaturecenter.org

### January 10

Magic Monday: Planes, Trains, & Automobiles

10:30am to 11:30am at Atlanta History Center, Atlanta, GA  
Toddlers (18 months to 5 years old) love this program designed just for them! The Atlanta History Museum, exhibitions, Tullie Smith Farm, and 33 acres of woodland trails and gardens provide the perfect backdrop for fun-filled educational activities. Join us on Mondays to meet new friends or see some familiar faces. For information please call (404) 814-4110. Age Suitability: Kids and up

### January 10

Homeschool Day: Revolutions

Monday, Jan 10 (2011) 1:00pm to 4:00pm at Atlanta History Center, Atlanta, GA

The Atlanta History Center offers special monthly programs for homeschool students and their families. Each month explores a different subject through exhibition tours and a variety of activities geared toward kids from toddler to teen. This month, explore from the American Revolution to innovations of industry, science, and thought, come and see how history remembers these moments of change and how they've shaped our modern world. For information please call (404) 814-4018.

### January 14 - February 16

"Nature's Mirror Image"

Photography Exhibit Featuring Steven Tanner's Unique Works in the Discovery Center. Recapture the feeling of lush summer days in this imaginative photography exhibition. Tanner captures and transforms natural spaces, creating worlds that are both familiar and surreal.

### January 16

10th Annual Roswell Wedding Showcase

Come and meet Roswell's wedding professionals! Register to win an all-inclusive 3-day honeymoon! Great prizes; fashion show. 2:00-5:00pm at the Holiday Inn Atlanta/Roswell; 909 Holcomb Bridge Rd. Free 770-640-3253

### January 17

Transforming Nature Journaling Workshop

1:00 - 3:00 PM. Capture nature in words and images during this introduction to Nature Journaling. A companion workshop to the "Nature's Mirror Image" exhibition, participants will learn how to view natural spaces in ways they have never before imagined. Participants should pre-register and provide their own journaling materials. Pre Register at scheduling@chattnaturecenter.org or call (770) 992-2055 ext. 237. Ages 12 - Adult. Admission, \$15 non-members, \$10 for CNC members.

### January 19

Alpharetta Roswell Newcomers Club

ARNC is a social club welcoming women new to the area. January's General Meeting will be held at The Board of Trade. Wine and appetizers will be served as we shop. An appraiser will also be on site to appraise any object you bring from home. Please join us on Wednesday, January 19th, from 5:30 p.m. to 8:00 p.m. at The Board of Trade, 1078 Alpharetta Street, Roswell. For more details, please contact us at 678-318-1442 or visit our website www.arnewcomers.org.

### January 20th

Green Cleaning Workshop

Looking for easy, cost effective ways to "go green?" Why not start in your own home! Laura Aikens from the City of Roswell Environmental Department will discuss the benefits of looking closer at the products we all use in our homes and ways to make green cleaning easy and affordable! To register, contact Sara Miller at E-mail: sara.miller@fultoncountyga.gov Phone: 770-640-3075

### January 24

12:15 PM. Munch and Learn at Barrington Hall

Munch and Learn at Barrington Hall: "Fabulous Shrubs for a Winter Garden." Bring a lunch and meet at 12:15 P.M. in the demonstration classroom of the carriage house for inspiration and improvements in your own landscape. Free; 770-640-3855.

### January 25

Roswell Garden Club presents Janet Rigsby and a program on Winter in the Garden.

10 A.M.; Free at Bill Johnson Community Activity Building at Roswell Area park. 770-650-4607 or www.roswellgardenclub.com

### January 25

Cooking with Chef John Wilson

6:30 PM - 9:30 PM. Cooking with Chef John Wilson in the kitchen at historic Barrington Hall - "Knife Skills." Reservations required 770-640-3855

### January 27

Naturalist Social Club at the Chattahoochee Nature Center

7:00 - 9:00 PM. Connect and socialize with like minded people by joining our monthly Dine & Discover potluck supper club. "You'll have the chance to learn about a different topic each month from an expert in the field, Amy Bram says. "In January we'll talk about "seeds, seedlings and transplants, then visit the green house for a special 'lettuce tasting' from our community garden." A new topic will be covered monthly, ranging from ecology to botany or issues focused on the natural world. Bring a dish to share. Pre-registration is recommended. To register visit our website at www.chattnaturecenter.com and click on Adult Programs or call us at 770-992-2055 ext. 222. Docents & Master Naturalist Graduates FREE / \$5 CNC Members / \$10 non-members (for ages 16 and above).

### January 28

Northside Hospital Hosts Community Blood Drives

7 a.m.-5 p.m. Northside Hospital-Forsyth, Bennett Education Center 1400 Northside Forsyth Drive, Cumming. All donors will receive a free T-shirt and free parking. In Atlanta, all non-Northside employee donors will be reimbursed the \$3 parking deck fee. There is no charge for parking in Forsyth, Alpharetta and Cherokee.

### January 29

Georgia Philharmonic Concert at 7 P.M. at the Roswell Cultural Arts Center. Visit www.georgiaphilharmonic.org or call 770-664-7255 for tickets and information.

### January 30

Mrs. America Pageant at 6 P.M. at Roswell Cultural Arts Center. Tickets available at 612-867-4974.

### January 31

Munch and Learn at Barrington Hall: "Dirt 101."

Bring a lunch and meet at 12:15 P.M. in the demonstration classroom of the carriage house for inspiration and improvements in your own landscape. Free; 770-640-3855.

### February 1 - 28

By Skilled Hands

An exhibit of objects from Barrington Hall's collection, made by enslaved African Americans. Discover the stories of the skilled hands who crafted these objects. Included with regular tours of Barrington Hall throughout the month of February; Part of Roswell Roots - A Tribute to Black History & Culture. 770-640-3855.

### February 1- 28

Sharing the Story of Slavery - at Bulloch Hall

In honor of Roswell Roots, a celebration of Black history and culture, the home will display the many daily chores of slaves in the mid 1800s at Bulloch Hall. 770-992-1731

### February 1 - 28

Roswell Roots - a tribute to Black History & Culture. Numerous events throughout the month. www.roswellroots.com

### February 4 - 5

Roswell City Dance performs at Roswell Cultural Arts Center. 770-594-6232. Feb 4th at 7:30 P.M.; Feb. 5th at 2 P.M. and 7:30 P.M.; For tickets call 770-641-1260.

### February 6

Groeway Community presents their annual Black History Program in honor of Roswell Roots, at Roswell Cultural Arts Center. 770-594-6232

### February 7 - March 4

North Fulton High School Show at Roswell Art Center West. Thirteen area schools will be invited to participate in a celebration of young talent working with clay. All aspects of ceramics from functional to sculptural will be included. 770-641-3990

### February 7

Munch and Learn at Barrington Hall

"Proper Pruning." Bring a lunch and meet at 12:15 P.M. in the demonstration classroom of the carriage house for inspiration and improvements in your own landscape. Free; 770-640-3855.

### February 8

Find It All Roswell - Connect Networking and Social Event for Roswell Businesses.

5:30 - 7:30 P.M. at the Atlanta Academy; 2000 Holcomb Woods Pkwy. Free of charge and open to all Roswell businesses. Please call 770-640-3253 to let us know to expect you or e-mail: msam@roswellgov.com

### February 8

Couples Cooking for Valentine's Day with Chef John Wilson

6:30 PM - 9:30 PM at Barrington Hall. \$50 per person. Reservations Required. 770-640-3855

### February 11

Madeira Wine Tasting

GRAMMY® Award Winning  
Guitarist

Ed Gerhard

In Concert

Saturday

February 5, 2011

Two Shows

6:00 PM & 8:30 PM

\$30.00 Advance—\$35.00 Door

Group Discounts Are Available

See website for details.

Complimentary Wine and Cheese

Ed Gerhard has created a "guitar voice" of his own that is recognized and praised worldwide. Scott Alarik of the Boston Globe said it best when he wrote "Gerhard does not write instrumentals. He writes songs only a guitar can sing."

The Chattahoochee Nature Center's intimate Cowie Weiss Theater is the perfect setting to see your favorite performer. Seating is limited to 65 for each show so get your tickets early to assure your seat. The Nature Center is also a very safe environment for a "Ladies Night Out" so take advantage of our group discounts and bring some of your friends for an entertaining evening of acoustic guitar and enjoy a glass of wine on us.

Cowie Weiss Theater  
Chattahoochee Nature Center  
9135 Willeo Road  
Roswell, GA 30075  
Purchase Tickets Online:  
www.sixstringsocialclub.com  
Info: 770-365-7738



SIX STRING  
SOCIAL CLUB

7:30 PM at Bulloch Hall. Limited reservations available. \$15 per person. Reservations: 770-992-1731.

### February 11

Father / Daughter Valentine Dance  
Bill Johnson Community Activity Building  
7 - 9 p.m. Each individual must be registered to attend. Dad, now is the time to sweep your daughter off her feet! Enjoy music, games, and entertainment while you dance the night away. Make your daughter's Valentine's Day a memorable one by escorting her to this enchanting dance. All ages. All girls and an adult male escort are welcome. Each individual must be registered to attend. Fee: \$12, residents \$18, non-residents

### February 12

9th Annual Tea & Hat Shows at Smith Plantation Home hosted by Smith Plantation at the Roswell Adult Recreation Facility on Grimes Bridge Road. Event takes place from 2 - 5 P.M. and features a presentation by Millie Coleman - food historian, and Vernell Washington's special talent for fashion will highlight the show. Entertaining the crowd with her amazing collection of hats and accessories that will also be available for purchase. Admission is \$15 and includes a tour of the Smith Plantation Home. Call 770-641-3978 for reservations and additional details.

### February 12

"Soulful Praise" Gospel Concert by Pebblebrook High School Gospel Choir at Barrington Hall in honor of Roswell Roots. 3:00 - 4:30 P.M.; Free to the public. 770-640-3855.

## FUNDRAISERS



### Now - May 15

Centennial High School has partnered with Starbucks Coffee to sell its own blend of coffee to raise money for "project Graduation" which is a PTSA sponsored drug, alcohol and smoke-free event for 2011 graduates held at Andretti's after graduation ceremonies. Each bag of coffee will sell for \$13.00 and \$5.00 will go to Centennial. The Coffee can be purchased at B&D's Nest Egg, located at 1580 Holcomb Bridge Road.

Continued from page 10

"It's all about exposure. I've invested a lot of time into my digital presence. It's a great way to share my music," Reign said.

She's also had a song gain exposure on Atlanta's 94.9 fm 'The Bull' and has had thousands of hits on her You Tube site. Currently she's negotiating with several independent music labels and is hoping to move into some of the area's larger music venues. If these things come to fruition, then the next likely step would be a tour with a larger act that could then lead to a national presence.

While success is important, Reign knows that at the end of the day it's all about the passion and craft of the music.

"I want to inspire people. When I listen to music - if I'm having a bad day it can make me feel better," Reign said.

Continued from page 11

want you to feel a part of it," Decker said.

The intimate feel is one element, but so too is Decker's philosophy toward the process of theater. He champions the homemade play process, something that he took to heart while working with children. He encourages the children who attend to not only be involved with acting, but to learn the craft of theater and that includes writing.

In addition to children's activities, there are a wide range of opportunities for adults as well. The playhouse offers improv classes and performances, a writers group, and even stand-up comedy. Beyond his theater activities, Seth is also a musician and has released several CD's. The latest is an homage to 1940's radio shows, appropriately titled The Missing Piece presents Home-made Radio Show.

While the theater strives to suit all ages, Seth emphasizes that children will always be at the core of their business.

"I want to inspire kids to be involved in the arts," said Decker in summarizing what lies behind the Red Door.

To learn more about The Red Door Playhouse visit their website [www.red-doorplayhouse.com](http://www.red-doorplayhouse.com)

### January 29

Racing for a Cause / Racin' with the Big Dogs  
11:00am to 6:00pm at Andretti Indoor Karting & Games, Roswell, GA  
The 1st Annual Racing for a Cause, Racin' with the Big Dogs event, hosted by Jeremy Clements, NASCAR Nationwide Series driver and Ricky Springer, 2 time dirt track go-kart Champion. Come out for a fun day of kart racing with Jeremy Clements, Ricky Springer and other big time racers and racing personalities. Proceeds will benefit The American Partnership for Eosinophilic Disorders. Price: Price to race: \$30.00 for adults, \$25.00 for children.

### February 4 - 5

Art Papers' 12th Annual Art Auction  
7:00PM to 10:00PM. Mason Murer Fine Art, 199-B Armour Drive, Atlanta, GA.  
At-a-glance About The Auction: A stellar showcase of work by famed and emerging artists from around the world. Silent Auction and Party: Saturday, February 5, 2011, 7 p.m. to 10 p.m. Support Art Papers' unique programs while you add a significant work to your art collection. Don't miss the opportunity to acquire works by Atlanta's best artists and by international art stars. Ticket Prices: Collectors Preview (\$125) & Silent Auction (\$30 in advance, \$35 at the door). [www.artpapers.org/auction](http://www.artpapers.org/auction)

### February 12

Chattahoochee Challenge 10 K Race & Fun Run for Chattahoochee Nature Center. [www.chattnaturecenter.org](http://www.chattnaturecenter.org). 10K Race 8:00 AM. 1 Mile Fun Run at 7:30 AM. This official qualifier for the 2011 Peachtree Road Race along the Chattahoochee River is a fast paced benefit for the Nature Center. Register Online at [www.active.com](http://www.active.com) or at any Big Peach Running Company Store. Call 770-992-2055 x226 for additional information. Register in advance for a discounted rate or on site for \$32 for 10K and \$15 for Fun Run. All participants receive a t-shirt and gift bag. All Proceeds benefit the Chattahoochee Nature Center, a community supported nonprofit organization.

# TRICK CASE

NEW 2011 HYUNDAI SONATA GLS

AUTOMATIC

**\$18,988**

STK# FL0070  
Dealer retains all factory rebates & incentives



Present this ad to **Lee Presto** and receive this **special offer...**

**24 months or 24,000 miles Maintenance Plan**  
**60**  
**24 months unlimited miles Roadside Assistance**

CALL **678-468-4231**

Only Rick Case has a **20 year/200,000 mile warranty!**

## ITALIAN & PIZZA KITCHEN

**Authentic Italian Cuisine**  
**Everything Made Fresh To Order**

Now Serving Pizza

Family Owned  
And Operated

11070 Alpharetta Hwy., Roswell 30075  
770-649-8355 [www.ninositaliankitchen.com](http://www.ninositaliankitchen.com)

**Ninos Italian Kitchen**  
**Buy 1 Entree Get 2nd 1/2 Price**

Of equal or lesser value  
Not valid with any other offers

11070 Alpharetta Hwy., Roswell 30075 770-649-8355

# Are You Caring For Your Kidneys?

America is inundated everyday with health news. With the well-founded worries about cancer, heart disease and diabetes -- among many -- we often forget about the little things. Like our kidneys.

The fact is that nearly eight million Americans have seriously reduced kidney function. African Americans have a four times greater risk of developing kidney disease than white Americans.

The kidneys (each person has two) are bean-shaped vital organs, located near the middle of your back, just below the rib cage. Kidneys can be compared to trash collectors – sifting out waste products and extra urine from your blood. The wastes in your blood come from the normal breakdown of active muscle and from the food you eat. Your body uses the food for energy and self-repair. After your body has taken what it needs from the food, waste is sent to the blood. If your kidneys did not remove these wastes, the wastes would build up in the blood and damage your

body. The actual filtering occurs in tiny units inside your kidneys called nephrons.

## Kidney Disease

Most kidney diseases attack these nephrons, causing them to lose their filtering capacity. Damage to the nephrons may happen quickly, often as the result of injury or poisoning. But most kidney diseases destroy the nephrons slowly or silently.

According to the National Institutes of Health, the two most common causes of kidney disease are diabetes and high blood pressure. If your family has a history of any kind of kidney problems, you may be at risk for kidney disease.

## Signs of Kidney Disease

Early stages of kidney disease may not cause any symptoms at all. The first signs of sickness tend to be general: frequent headaches or feeling tired or itchy all over your body.

As kidney disease worsens, you may feel the need to urinate more often or less often. Some people also lose their

appetites and experience nausea or vomiting. Other symptoms may include swelling or numbness in the hands or feet, drowsiness, difficulty concentrating, darkening skin and muscle cramps.

## Treatment for Kidney Disease

If you are in the early stages of a kidney disease, you may be able to make your kidneys last longer by taking certain steps:

If you have diabetes, watch your blood sugar closely and be sure to consult your doctor on how to control the condition.

Have your blood pressure checked regularly and talk with your doctor about ways to keep your blood pressure under control.

Be sure to talk with your doctor about the effects your diet may have on your kidney function.

Also talk with your doctor about the affects of protein, cholesterol, sodium and potassium.

If you notice a sharp stabbing pain in your side, back or abdomen, you

may have kidney stones. See a doctor immediately. Try to drink lots of water while you're waiting to see the doctor -- it will help flush out the stones from your system.

Complete and irreversible kidney disease is sometimes called end-stage renal disease, or ESRD. When your kidneys stop working completely, your body may fill with extra water and waste products, also known as uremia. This may cause swelling, tiredness and weakness. Untreated uremia may lead to seizures or coma and will ultimately result in death.

It's important to remember that your kidneys are vital organs that keep your blood clean and chemically balanced. If you would like more information about kidney disease or end-stage renal disease, be sure to talk to your doctor. If you are in need of a physician, please consult North Fulton Hospital's physician referral service. Call 770-751-2600 or visit [www.nfultonhospital.com/physician](http://www.nfultonhospital.com/physician).

## Meet Our Newest Physician

**WELLSTAR**  
Cardiovascular Medicine

**WellStar Cardiovascular Medicine** welcomes women's heart specialist, Mindy Gentry, M.D., to our East Cobb office, conveniently located on Johnson Ferry Road in East Cobb.

Dr. Gentry is board certified in cardiovascular disease, internal medicine, nuclear cardiology, and echocardiography. A graduate of Georgia Tech, Dr. Gentry earned her medical degree from the Medical College of Georgia in Augusta where she also completed her residency and cardiology fellowship. Her special interests include cardiac imaging, women and heart disease, and heart disease during pregnancy. She is on the WellStar Kennestone Hospital Medical Staff.

Dr. Mindy Gentry joins an established office with fellow cardiologists Drs. Michael Hardee, Harvey Sacks and Joel Wachs.

WellStar Cardiovascular Medicine in East Cobb offers a full range of cardiac services including:

- **Echocardiography**
- **Treadmill Tests**
- **Vascular Testing**
- **Nuclear Imaging**
- **Stress Echoes**
- **"Know Your Heart"**  
- a new heart disease detection program

Call 770-321-3490 for information on the above services or to schedule your cardiovascular appointment.

**MINDY GENTRY, M.D.**



# Heart Health A - Z

“A” is for arrhythmia. “B” is for bradycardia. “C” is for cardiomyopathy. When it comes to the A, B, Cs of heart disease, there are enough conditions to fill more than a few bowls of alphabet soup.

But you don't have to be confused by all those long words. Here is a primer for some common heart-related issues and types of heart diseases. The more you know, the more you will be able to make healthy lifestyle choices to keep yourself and your heart in shape.

**Angina** is chest pain or discomfort that occurs because the heart muscle does not get enough blood. There are two types of angina: stable, which can occur during physical exertion or under stress; and unstable, which can happen at any time for no apparent reason.

**Aortic aneurysm** occurs when a bulge forms in the wall of the aorta.

Arrhythmias are disorders of the heart rate that cause the heart to beat too fast, too slow, or with an irregular rhythm.

**Atherosclerosis** is the process in which cholesterol, calcium and other substances build up inside an artery and reduce blood flow.

**Atrial fibrillation** is a type of arrhythmia that causes very fast and irregular contractions in the top right chamber of the heart (atria). It can cause blood to pool and clot inside the heart and increase the risk for heart attack and stroke.

**Bradycardia**, or bradyarrhythmia, is a heart rate that is slower than normal (usually 60 beats per minute for an adult).

**Cardiomyopathy** is a thickening of the heart muscle that makes it more stiff than normal. There are three forms of the disease: dilated, the most common type, in which the left ventricle becomes enlarged and cannot pump blood as easily through the heart; hypertrophic, when the heart muscle experiences abnormal growth or thickening and the pumping chamber may shrink; and restrictive, the heart muscle becomes less elastic and cannot pump properly between heartbeats.

**Congenital heart defects** are problems with the structure of the heart

that are present at birth.

**Coronary artery disease** is a condition in which plaque builds up inside the arteries that supply blood and oxygen to the heart.

**Coronary artery spasm** is a temporary, sudden narrowing of one of the arteries that supplies blood to the heart.

**Endocarditis** is an infection of the inner membrane that separates the heart's chambers and valves.

**Heart attack**, or acute myocardial infarction, occurs when a blood clot blocks blood flow through the coronary artery causing a section of the heart muscle to die or get damaged because of reduced blood supply.

**Heart failure** happens when the heart cannot pump enough blood efficiently throughout the body. This does not mean that the heart has stopped, but it that cannot pump blood to meet the body's needs.

**Myocarditis** is an infection of the muscular middle layer of the walls of the heart.

**Pericarditis** is an infection that affects the tissue around the heart.

**Sudden cardiac arrest** is the abrupt, unanticipated loss of heart function, the ability to breathe and consciousness.

**Tachycardia** occurs when the heart rate is faster than normal.

For more information about these and other heart conditions, talk with your doctor. Don't have a physician? Call 770-751-2600 or visit [www.nfultonhospital.com/physician](http://www.nfultonhospital.com/physician) to locate a physician near you.

### Special Note:

*Make plans to attend North Fulton Hospital's Woman of Heart event. Starting at 5:30 pm on Wednesday, February 16, join us to enjoy heart healthy cooking demonstrations courtesy of Harry's Farmers Market, blood pressure and cholesterol screenings, a "Wear Red" fashion show, and helpful information from clinicians about how to live the best heart healthy life you can! The event is free. Register by calling 770-751-2660 or visit [www.nfultonhospital.com/event](http://www.nfultonhospital.com/event).*

## InQuickER

At North Fulton Hospital

When you're too busy to wait, get InQuickER.



- Schedule your appointment online, from any computer
- Receive updates, notifying you of any changes to your time
- Wait in the comfort of your own home, office, etc.
- 15-minute wait or less, guaranteed!

Schedule your appointment at [www.InQuickERRoswell.com](http://www.InQuickERRoswell.com).

InQuickER is backed by a 15-minute guarantee, meaning that if you arrive on time to your scheduled visit and aren't taken back to see a healthcare provider within 15 minutes, the cost of the InQuickER service will be refunded, guaranteed!



**NORTH  
FULTON  
HOSPITAL**

www.theroswellcurrent.com

Visit our expanded website for content that you will not find in the print edition.

*We feature:*

**Community News**  
**Calendar of Events**  
**Exclusive Web Content**  
**Additional Photos**

**Plus...Our 'Best Of The Web' Links**

*Updated Daily Monday Thru Friday!*

*Plus!* **Introducing**  
**a great new way**  
**to save...**

**Current Marketplace**

Check out exclusive offers from our advertisers online.

The coupons are available to download as a PDF.

Just visit our website and click the marketplace icon.

New specials are added all the time.

Here are just a few businesses with special offers...

**Ladybugs & Lizards**  
**Herb Shoppe of Roswell**  
**LXXI Financial**  
**Advantage Design Builders Corp.**

**For unique opportunities in reaching metro Atlanta's most desirable community call our sales department.**

**(770) 378-8445**

## Starting A Business...One Step At A Time

By Tom Bowen

In this economy, many have been impacted by layoffs or in the case of retirees may be in need of additional income beyond retirement income.

With limited options to enter the workforce, another option might be to form a business. If you've never operated your own business, this may not be something you're comfortable doing. However, one option is to find one or more partners to make the business more attainable and possibly increase its chances of success. A couple advantages of having one or more partners to form a business include:



*Finance*

**TOM BOWEN**

### **Experience and Expertise**

Finding a partner can also help you to avoid the often painful learning curve associated with operating a business. A person who has operated a business before will understand the pitfalls as they probably have experienced some or all of them. Not having to make mistakes that someone else has made is a valuable tool. In addition, if you are engaging in a business in a category you have never worked, it can be extremely helpful to have someone who knows the business.

That person will often

come with valuable contacts.

Traditionally, people think that it's necessary to start a business from scratch or buy an existing business. But Roswell has many existing businesses who would love to have the right partner to come in with additional capital and sweat equity. While this situation takes more work to find, it helps the local business and gives you the security of stepping into a business which is established.

Finally, going into business is a legal transaction and should be treated as such. The proper due diligence and legal advice is a requirement before investing. However, once all the necessities are done there is always the ultimate question of whether there is a fit. At the end of the day, how well you work with your partner will impact your chances of success.

*Thomas Bowen, an attorney and certified public accountant, is a principal with the accounting firm of Thomas Bowen, CPA, located in Roswell. The firm offers tax and accounting services to both individual and small-business clients. [www.bowencpa.net](http://www.bowencpa.net).*

“  
**Roswell has many existing businesses who would love to have the right partner come in with additional capital and sweat equity.**  
”

### **Assistance with Capital**

A business runs on money. It takes money for payroll, inventory, insurance, taxes, etc. In fact, it is a race from the time you open your business until you are generating sales to see if you have enough money (capital) to survive. While it's obvious that having one or more partners can get you more access to cash and credit, it also can get you more free labor (sweat equity) to operate and market the business until it can afford to pay for the labor. The less you have to spend on labor, the longer your working capital lasts and the greater the chance your business has to survive.

## Onward And Upward in 2011

In Roswell home prices are stable, foreclosures exist but are not ruling the market, and the demand for mortgage loans is up - all trends that collectively signal that owning a home is not as risky as it's been in recent years.

A report by Clear Capital, an asset valuation data services provider, has found that housing prices in Quarter 2 of 2010 rose 7.9% over the first quarter, and that sales momentum continued throughout the year.

Year over year, prices were up 8.1% for the quarter. Among the reasons is a drop in bank-owned properties, to 22.17%, which is 19.8% below the peak set in Quarter 1 of 2009. Prices are 13.6% on steady growth since reaching a trough, also in Quarter 1 of 2009, according to Dr. Alex Villacorta, senior statistician for Clear Capital.

By August, mortgage interest rates were at an all-time low. Benchmark 30-year, fixed-rates fell to the lowest levels since 1971, at 4.44%, spurring demand for refinancing as well as purchase loans. The Mortgage Bankers Association said that demand steadily increased through mid-August on record low rates. A

year ago, interest rates were 5.17%.

The National Association of Realtors (NAR) also noted an increase of 1.5% in pending home sales, suggesting that demand for housing is growing again.

Of the metropolitan statistical areas, 75.5% have posed less risk for housing than the previous quarters.

Some economists have found, there is a slow but steady improvement in economic indicators including home price appreciation, mortgage market affordability, employment, housing affordability returning to median norms, and lower foreclosure activity.

"Household formation is the most important demographic driver of housing demand and faster growth, which has occurred over the period since the middle of 2009," explains David Berson, PMI chief economist, corresponding to a pickup in the economy, this should lead to greater market stability.

*Article written by Raimy Rich Ethington, a 20 year Real estate veteran and Founder/Broker of Roswell Towne Realty, located in the Heart of Historic Downtown Roswell. You can reach Raimy at raimy@roswellrealty.net or 404-219-5005.*

### Roswell Home Sales

**LIST PRICE: \$1,250,000**  
**SALES PRICE: \$1,100,000**

**Description:** Spectacular Estate on a 3 acre cul de sac double lot. Gated 24 Hour Guard, 6 Bedrooms, 7 and 2 1/2 baths, Outdoor Living Room, Home Theatre, Wine Cellar, Custom wall and Ceiling finishes, 3 Car Garage, In law Suite, Incredible Landscaping.  
**Subdivision:** Lakeside at Ansley  
**Days on Market:** 84  
**Address:** 415 Westminster Court



**LIST PRICE: \$539,900**  
**SALES PRICE: \$475,000**

**Description:** 5 Bed/ 3 1/2 baths 3/4 Acres lot. Master on Main level, Granite and SS Appliances in large Kitchen, Hardwoods Throughout, Front and Back sweeping Staircases. No details overlooked  
**Subdivision:** Estates at Riverbirch Glen  
**Days on Market:** 14  
**Address:** 540 Boulder Way



**LIST PRICE: \$400,000**  
**SALES PRICE: \$323,000**

**Description:** 4 Bed/ 2 1/2 baths Like New Construction on 1 acre lot. Rocking Chair Front Porch, Granite, Completely Renovated, Hardwood Throughout.  
**Subdivision:** Brookfield Country Club.  
**Days on Market:** 128  
**Address:** 11895 King Rd.



**LIST PRICE: \$214,900**  
**SALES PRICE: \$187,000**

**Description:** 3 Bed/ 2 1/2 baths Well Maintained Home with new roof, Flat Fenced Yard in Cul de sac. 2 Car Garage  
**Subdivision:** Taylor Oaks  
**Days on Market:** 67  
**Address:** 255 Taylor Meadow Chase



### Featured Home

**Offered at \$ 1,400,000**

#### Beautifully Appointed Custom Craftsman Home in the Elite Gated Reminisce Estates

All of the bells and whistles you could imagine in this Gorgeous Estate Home. Take a walk in time where each home tells a story of days of old transitioning into the lifestyle of today.

The home boasts Soaring Ceilings, spacious rooms that offer cozy stack stone Fireplaces, Sprawling Kitchens for the Chef in all of us with State of the Art Appliances, Keeping Room, Stone and Cedar Porch with wood burning fireplace Fantastic for all Seasons. Designer paint and finishes throughout the home, elegant details abound. 7 bedrooms, 6 1/2 baths with Master on Main and second master / in law suite. Home Theatre, Wine Cellar and fully finished Terrace with wet bar that naturally flows outdoors to the professionally landscaped acre of land with a custom free form pool, outdoor firepit, and spa with custom stone outdoor kitchen, Spacious three Car Garage, Mud Room, Built-ins surrounding Great Room fireplace, home management center, Coffered Ceilings, beautiful Hardwoods Throughout.

**School District:** Sweet Apple, Elkins Pointe, Roswell High School

Located minutes from Historic Roswell, and Sweet Apple Village, Sweet Apple Park

This home is exclusively marketed by Roswell Towne Realty and is available to see by appointment only. For a private viewing please contact Kirsten Ricci at 678-472-3832 or kirsten@roswellrealty.net



Since 1993, STAR House Foundation has been enriching our community by promoting academic success and empowering lifelong achievement in at-risk children.



**STAR House**

SEEKING, TEACHING AND REACHING  
after school educational programs

Please support the  
Annual Campaign

starhousefoundation.org

Continued from page 1

culosis, but today major causes of death are heart and lung disease, stroke or cancer.

Most diseases are not waiting on medical cures, but are in fact preventable. In the U.S., 2 out of every 3 Americans are considered overweight. Most people who are overweight run a higher risk of cardiovascular disease, cancer, diabetes or stroke.

Unlike many diseases that killed people a hundred years ago, the individual with a commitment to a healthier lifestyle can prevent today's killers. In the recent health care reform legislation, there were a few aspects that aim to prevent these conditions that lead to tragic consequences. It's with good reason legislation is needed to save us from ourselves - 75% of the health care

budget is related to these diseases that have lifestyle causes.

### Leadership By Example

Here in Roswell, there has been a mini-explosion of fitness centers. It seems like there is a new one on every corner, and with the aforementioned statistics, it is with good cause. One example of someone who has lived on both sides of the fitness equation is Jeff Adams, owner of American Bodyworks, located in the Sweet Apple Village retail center.

Adams knew from an early age he wanted to be an entrepreneur. After graduation from college, he gradually moved into a job in sales, and a sedentary lifestyle. His weight started to increase and eventually ballooned to 288 pounds - nearly 80 pounds more than he needed.



Jeff Adams, owner/operator of American Bodyworks, located in the Sweet Apple Village retail development.

Adams played football at Furman University, so keeping fit was a priority early in life. But as the college years moved into his past, looking in the mirror began to lead to unhappy consequences.

The major reason for his physical decline was a trap that caught many of us. Relying on fast food, processed foods and soft drinks as a main food source. The process of stopping these bad habits was a slow and gradual one. A turning point was becoming educated on the combination of physical training and a more healthy diet.

"It finally occurred to me that throughout life, no matter how hard I exercised, the one thing that had never been there was proper nutrition," Adams said.

At this point in his life, the idea of being fit was not so much a personal resolution, but an overall lifestyle change. A turning point was a book he read called 'The Eating Clean Diet' by Tosca Reno, which stresses the idea of avoiding processed foods. This new diet coupled with a workout routine led to dramatic results.

"The results were so encouraging I just kept going. I hit 200 pounds and thought, let's see how far I can take this? I want 6-pack abs," explained Adams who eventually reduced his weight to 182 pounds.

As this process evolved, his entrepreneurial instincts started to kick in. Friends who witnessed this transformation suggested he start a gym.

"The light bulb went off. I love to workout and I thought it was a

good idea. I wanted to have a place where everyone could feel comfortable and everybody would be supportive," Adams said.

This supportive and nurturing attitude is prevalent at American Bodyworks. Adams feels the encouraging atmosphere leads to people sticking with their workout routines.

"This is a neighborhood club. I live in the community and I want this to be something that contributes to the area," he said.

### Booming Business

Even in a down economy, the business of getting people fit has maintained a steady growth. There have been a multitude of new facilities opened locally. Nationwide, it's an industry that does over \$20 billion in annual sales and over 45 million Americans have a gym membership.

One gym that has long roots in Roswell is Gold's Gym, located in the Roswell Town Center complex. That location has been in business for 13 years and is a part of the largest co-ed fitness chain with over 650 clubs nationwide. Shayne Dawson is a local resident who recently purchased the club, and he emphasizes their large selection of amenities.

"Our club is 18,000 square feet and offers a wide selection of fitness equipment, along with cutting edge group fitness classes. We also have a chiropractor and performance trainers on site, as well as a kids club and tanning," said Dawson. "We work hard to make the club comfortable for everybody, while realizing our

## Herb Shoppe of Roswell & Wellness Center



Erin Christopher, ND  
Board Certified Traditional Naturopath  
**770-594-0047**  
1030 Woodstock Rd.  
Suite 3104  
Roswell GA 30075  
www.mynsp.com/erin  
Hours: M-F 10-6  
Sat. 10-2

A Naturopathic Approach to Holistic Care

Jumpstart Your Healthy  
New Years' Resolution

**\$10 off** our signature service, **Compass Assessment \$35**

Determine exactly what your body needs with the bio-survey assesment. Saves money plus no more guessing.

expires 1.31.11

**Massage Therapy \$49 Life Coaching \$75**  
Gift Certificates Available

Follow us on facebook

**FREE**  
wildly effective  
**WEEK**

770-649-9007  
653 Holcomb Bridge Rd  
Roswell, Ga 30075

770-442-0680  
289 S. Main St  
Alpharetta, Ga 30009

770-448-6171  
5450 Peachtree Pkwy  
Norcross, Ga 30092

**curves.com**

STRENGTH TRAINING IN THE CIRCUIT + DANCING YOUR HEART OUT = ONE WILDLY EFFECTIVE WORKOUT

**SHIMMY AND SCULPT**

Get ready for the new Curves Circuit with Zumba fitness.® The only 30-minute class that mixes the moves of Zumba® with the proven strength training of Curves for a wildly effective workout.

**Curves**  
circuit  
with ZUMBA fitness

New members only. Valid only at participating clubs. Free week may be exchanged for a special first visit discount. Not valid with any other offers. © 2011 Curves International, Inc. Zumba®, Zumba Fitness®, and the Zumba Fitness logos are registered trademarks of Zumba Fitness, LLC. Used with permission.

Continued on page 22

# A Fitness Leap of Faith

By Leslie King

About 10 years ago, I hired a trainer for the first time. I wasn't quite sure what to expect, but I was no longer reaching my weight loss goals and I needed help. Frustrated by the flashy weight loss tips and fads, I knew I needed something more specific to my body type. As a girl growing up in the 80's, I was taught to focus on cardio and quick fix diets: Aerobics and Fat Free Dieting. Lifting dumbbells or doing a boot camp was for the guys who wanted to get big. Eating a handful of almonds full of fat...are you kidding me? And the weight room at the gym was full of huge guys pumping iron in cut-out t-shirts. Did you flashback and see yourself? So there I was, 10 years later (1999) still confused about it all. I knew I needed to take a leap of faith and do something completely different. Hiring a trainer was the best thing I ever did! I lost fat (two jean sizes), gained lean muscle and felt better than I had in years. It was an eye-opening experience that created the fitness path I have been on ever since.

The point of my story is to create awareness that it often takes a major shift or change in your life to trigger your success in leading a healthier lifestyle. Eating less and working out more make sense, but if it were that easy, wouldn't everyone be reaching their weight loss goals by now? Based on the 2010 Message from the Surgeon General, two-third of adults and nearly one in three children are obese. The health of our society is a major issue, and it's time to make that shift. Is it OK to get help? Absolutely. It's no longer a celebrity luxury to hire a personal trainer, but you're going to need guidance, motivation, support and consistency. Based on my experience, hiring a personal trainer can be that big change in your life.

## Top reasons people see great results when hiring a trainer:

Motivation and Accountability: A

trainer will motivate you to do more and push harder. You are also held accountable every week, by appointment, to stay on track with your goals.

**Measurable Results:** A trainer will assess your fitness level before creating a workout plan for you. Tracking your success is critical and is often done by testing your body fat, circumference measurements, strength and flexibility.

**Breaking through Plateaus:** Many people are stuck in a rut doing the same workout (or none at all) expecting different results. As trainers, we describe the breakthrough as "tricking your muscles."

**Health Challenges or Needs:** Trainers often see clients who have joint problems, herniated discs, arthritis, muscle imbalances, heart disease, and many other ailments. We take into account all physical limitations and

modify the exercise program as necessary.

## Considerations to think about when hiring a trainer:

**Certification:** Is your trainer nationally certified by a reputable organization such as ACSM, ACE, AFAA, NASM or similar? Are they CPR/AED certified? Do they have liability insurance? Just ask! Yes is the answer you are looking for on all of these.

**Personality/Style of Training:** Be open to all types of trainers because you may not know yet what style works best for you. Remember the different training styles of Jillian Michaels and Bob Harper on *The Biggest Loser*? I definitely know who I'd pick!

**Schedule:** Is your trainer open and available during times that are convenient with your schedule? Find one that is. This is a huge factor to exercise adherence.

Breathe deeply, love passionately and sweat out the rest!

*Lesley King, Owner and Personal Trainer, LDK Fitness, Roswell, GA 30075*

*Lesley@ldkfitness.com 770-990-9507*



*Fitness*

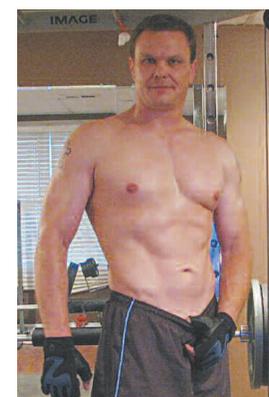
LESLIE KING

## A New Year...A New You!

# AMERICAN BODYWORKS® 24-7 FITNESS



Before



After

**Owner Jeff Adams  
is living proof of  
American Bodyworks  
results!**

**Call today to get started  
on a new you!**

## 770-552-8879

- 24/7 Access
- Cardio with TV's
- Personal Training Available
- Weights
- Infrared Sauna Available
- State of the Art Facility



**12010 Etris Rd., Ste. 150  
(In Sweet Apple Village, across from  
Sweet Apple Elementary School)**

**Roswell, GA 30075**

**770-552-8879**

**www.americanbodyworks.com**

# What's Getting In The Way Of Your Exercise Habit?

## *Here's How to Fix It!*

By **Tori Rodriguez**

I recently ran circles around my house. Despite appearances, I hadn't lost my mind; my child was homebound with a cold, and I was determined to get a jog in. It certainly wasn't the same as East Roswell Park or the greenway, but it did the job.

After years of working out, and the same number of years fretting over missed workouts, I've learned that flexibility and creativity are key in staying consistent with exercise. Recognize your own obstacles in the list below? Here are ways around them - literally, in my case! Tap these to make 2011 the year you finally make your fitness habit stick.

**Time** - We might have guessed it, but research has consistently found this to be the top barrier to exercise. Fortunately, even 10 minutes of movement is enough to provide mental and physical benefits. In fact, research shows that interval training (alternating short bursts of intense activity with low-intensity recovery intervals, over a short period of time) is much more effective at burning fat and improving fitness than long cardio sessions. Also, to free up pockets of time, be flexible: take a shorter shower after a sweat session if it means the difference between squeezing in some exercise and not, or combine your workout with social and family time, even work meetings - especially conference calls. Use a 15-minute work break or part of your lunchtime to

walk stairs or halls, or around the building.

**Kids** - Another study found that the more children people have, the higher their perceived barriers to exercise were. Time is certainly a factor here too, but there's also the issue of childcare. No one to watch the kids while you fit in some activity? Try a fitness DVD or a few strength or yoga moves at home, a short walk back and forth on the street in front of your house, or even some laps around your house. You can use your kid, much to their delight, instead of weights for chest presses, squats, or shoulder presses. When my daughter was small, I would lay on my back, balance her on my feet while holding her hands, and push her up and down for a killer abs move. Older kids can skate or ride a bike alongside while you jog or walk. Or they can play at a park while you walk nearby or do strength moves, like pushups, dips and step-ups on a bench.

**Place to exercise** - No need for a gym or loads of equipment. In addition to outdoor options for cardio, you can do strength exercises using your own body weight, dumbbells or resistance bands. Or try alternating marching or jogging in place with jumping jacks for a total of 10 minutes. For



*Therapy*

**TORI RODRIGUEZ**

Spaces are still available for weekly food & body image therapy groups. Contact Tori for more information.

more away-from-home alternatives, take to the track or bleachers at a local school, or a stairwell at a local office building or multi-level parking deck.

**Energy** - If you're not getting enough sleep, it's no surprise you can't muster the gusto to exercise. If you've got that base covered and still can't break out of an energy slump, take a look

at what you ate that day. The goal is to keep your energy steady throughout the day by eating a mix of carbs and protein every few hours, including an hour or two before a workout. For an extra boost, play some music that energizes you, or take a whiff of peppermint or cinnamon to invigorate your brain.

Both of these herbs have been found to increase alertness.

**Motivation** - Plans for a long workout might seem like a good idea but often get scrapped when the time rolls around and you reeeaaally don't feel like doing it, especially after a stressful day. If this keeps happening to you, just don't plan a long workout! Break up your activity throughout the day, or go hard but short. Experiment with different types of exercise, then stick to the ones you like best, and avoid the ones you dread most. Also, be clear on the reasons you want to establish a fitness habit, so you don't end up ask-

ing yourself, "Why am I doing this again?" before deciding to plunk down in front of the TV instead.

**Perfectionism** - This may seem like a surprising obstacle, but it actually pertains to each of the reasons above. Often, when planning exercise, we have an idea of exactly how it should go, and we want to get it just right: we want to have boundless energy for it, we want to want to do it, we want to have a large chunk of time for it, preferably while the kids are gone, etc. This scenario might be ideal, but it's also a setup for failure, because "the perfect time" rarely presents itself, so we end up doing nothing. Go through this enough times, and it's sure to chip away at your sense of accomplishment and make you dread the whole exercise thing altogether. You don't have to do it all, all the time. The important thing is to do something most of the time, and you will get results.

Ultimately, it's all about getting creative, giving up perfection and finding out what works best for you.

Happy New Year, Roswell!

*Tori Rodriguez, MA, LPC, is a psychotherapist in private practice. She provides counseling in her Roswell office. She can be reached at 404-886-7065 or torirodriguez@bellsouth.net. You can see more of Tori's writing at <http://torirodriguez.typepad.com> and each month in *The Roswell Current*.*

Continued from page 20

niche and brand focuses towards serious fitness."

There are also fitness centers that offer services that go beyond the norm and are more specific. One such example is Curves. Curves is specifically designed for women and encourages a strong workout routine coupled with a healthy diet.

Beginning this month they are offering Zumba fitness classes. Zumba is a growing phenomenon that combines with their circuit training to create a fun and effective workout routine.

"The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat," explained Jackie McMillan of Curves Roswell.

Whether it's do it yourself at home, joining a gym, or hiring a personal trainer, the benefits of working out and healthy eating are numerous.

**When You Visit A Business In Our Publication...**



**Tell Them You Saw Their Message In *The Current*!**

Continued from page 3

Roswell's Water Resources Manager. It was discovered through these discussions that strong fiscal management of the solid waste program meant it was running in an extremely efficient manner. Due to this, there was a surplus in that program, which allows the city to reduce money spent on it and utilize the new stormwater fee in a manner that will effectively negate the cost to most residents.

"We have a good fund balance supporting the solid waste program. As such we are able to increase revenue for the stormwater program without much impact to the citizens. In fact some will see a reduction on their overall bills." Lee stated.

According to figures discussed at the City Council Meeting of December 27th, 64% of homeowners will see little to no impact on their utility statement. The remaining homes that will see an increase in their bill fall into 2 categories. Homes with 4,951 to 10,000 sq. ft. of impervious area will see a fee increase of less than \$2 or 9% and homes with over 10,000 sq. ft. of impervious

area will see net fee increases ranging from 19% to 58%.

While the impact on homeowners is in most cases negligible, there is still non-residential property that must contribute. In the case of churches, the fee increase would range from \$19 to \$439 before credits are extended. Commercial properties fall into a much wider range of possibilities. According to a city review the impact on businesses would range from reduction of 21% up to a 400% increase. This wide disparity is determined by the overall impervious area the business occupies. All of these increases are before potential credits are issued for upgrading their respective stormwater infrastructure.

The new fee structure will go into effect on July 1 and any homeowner or business that feels they have been unfairly assessed will have a right to appeal. For more information regarding this issue, including more specific information on residential and business breakdowns visit our web site [www.theroswellcurrent.com](http://www.theroswellcurrent.com) or the city's site at [www.roswellgov.com](http://www.roswellgov.com).

Continued from page 4

its very compatible with what we do at PaperHost." Coyle said.

His company has been in Roswell since the early 90's and recently expanded into a new location on Mansell Road. The new location provides room for growth, and his desire to stay in Roswell was reinforced by Roswell City Council member Jerry Orlans.

"Jim was looking to move, and I mentioned to him our opportunity zones. I told him to look at the areas that are designated." Orlans explained.

It didn't take much convincing, as Coyle has a strong commitment to the community, but it did change the area he was looking into.

Orlans sees the situation as a win for both a local business and the community as a whole.

"Not only did we keep a business in Roswell, but one that's growing." Orlans said.

Coyle not only believes in a personal commitment to the community, but he strives to inspire his

employees as well.

"Though I've lived in this community and enjoyed its many benefits, I really hadn't connected to what makes this city tick. I really had a hunger to do so. Now that the business has reached a maturity level where I can free up some time to get involved, I've enjoyed looking for ways to bring my talents into the community through Star House and Rotary." Coyle said. "We did do something unique at Paper Host. We're not big enough to make a full fledged foundation, but we decided we would rather have our charitable donations and matching funds from the company go into local charities. We allow each employee to contribute a percentage of their salary and have it matched by the company and directed to one of the local charities that we as a group have collectively decided to sponsor."

Coyle is a man with a very strong business sense, but an even greater sense of what it means to contribute to the community.

# Thompson's FRAME & GALLERY

## NEXT DAY CUSTOM FRAMING!

SEE OUR NEWLY RENOVATED HOLCOMB BRIDGE GALLERY, SHOWROOM AND SALESFLOOR

*Quality custom framing for any budget*

*We specialize in: Conservation Framing, Shadow boxes, Jerseys, Diplomas, Custom Mirrors*

TWO LOCATIONS CONVENIENT TO ROSWELL

**Thompson's Frame and Gallery**  
8560 Holcomb Bridge Road  
Alpharetta, GA 30022  
Mon.-Sat. 10-6  
770-641-7775  
Fax 770-641-7131

**Thompson's Frame and Gallery**  
1062 Johnson Ferry Road  
Marietta, GA 30068  
Mon.-Sat. 10-6  
770-579-9200



We have a fully stocked fine art gallery representing many artists and mediums, over 1500 frame choices, ready made frames ranging from 3 1/2 x 5 to 36 x 48, a great selection of framed mirrors including ovals and circles, as well as thousands of decorative, hand painted oils to fit any budget.



WWW.THOMPSONSFRAMEGALLERY.COM

# Current

## Marketplace

For additional offers from these and other advertisers visit our web site  
[www.theroswellcurrent.com](http://www.theroswellcurrent.com)



**BUY ONE SKINNY BURRITO GET ONE FREE**  
 with purchase of 2 drinks

**BARBERITOS**  
 A SOUTHWESTERN GRILLE & CANTINA  
 10779 ALPHARETTA HWY  
 678.460.7373  
**EXPIRES 1-31-11**



**50% OFF fabric protection with ad**

**The Comfortable Chair Store™**  
 SINCE 1992



Redecorating, downsizing or just starting a family?  
 Come see Roswell's best selection of styles, sizes & fabrics!

- Home Theater
- Nursery Gliders
- Accent Chairs
- Sofas & Sectionals
- Lift Chairs
- Recliners

30 E Crossville Rd (at Crabapple, near QuikTrip) • 770-518-8518  
 Open Tu-Sat 11-7, Sun 12-6 • [www.TheComfortableChairStore.com](http://www.TheComfortableChairStore.com)



**LDK FITNESS**

**Lesley King**  
 Certified Personal Trainer

- Group Training
- One-on-One
- In Home
- TRX Certified

770-990-9507  
 info@ldkfitness.com

Start the new year with a new you.

The ultra-efficient **ZING!** car is now available!



It's built in Roswell!  
 See [www.gaiatransport.com](http://www.gaiatransport.com) for details.  
 Call Ken Fry at 678-983-8957

**Thomas Bowen CPA**  
 Certified Public Accountants

(770) 640-5042

A FULL SERVICE CPA FIRM FOCUSED ON  
 SMALL BUSINESS AND INDIVIDUAL INCOME TAXES

**We Specialize In:**

- Monthly accounting and compilation services
- New business start up assistance
- Payroll Processing
- Income tax return preparation
- Income tax planning
- Sales tax and payroll tax filing
- Assistance with tax notices and audits
- Non-profit tax and accounting

[www.bowencpa.net](http://www.bowencpa.net)

**FREE TAN** 7 Days A Week  
 For New Clients & Referring Old Clients

- Super Bed, Level II
- Bronzing Bed
- Hot Bed
- Stand-up Bed
- Mystic Spray-Tan
- Most Lotions On Sale: Buy One, Get One FREE

Text the word **majestican1** to: 38714 to receive a **FREE TAN**

With This Coupon Only

**Buy 1 Month, Get 2nd Month FREE**  
 With This Coupon Only, Expires 1-31-11

885 Woodstock Rd. (Hwy 92) Ste. 205 (Next to Publix)  
 Roswell, GA 30075

770-649-8443 [www.MAJESTIC-TAN.com](http://www.MAJESTIC-TAN.com)



Start the New Year Off Right with Healthy Eating Habits!

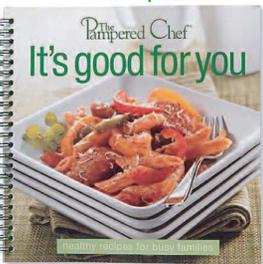
We have everything you need to cook healthy meals at home including this great cook book

#2218: **\$14.75**

**The Pampered Chef**  
 INDEPENDENT CONSULTANT

**Teri Haney (770-378-8444)**  
 Team Leader

[www.pamperedchef.biz/terihaney](http://www.pamperedchef.biz/terihaney)




**Shrimp Happens!**  
 FRESH SEAFOOD

1255 Grimes Bridge Rd.  
 Roswell GA 30075  
 (Next to Provinos)

770-643-0044  
 11am-9pm

**Dine-In Now Open**  
**Shrimp, BBQ & Wings**

**Michael J. Brewster, P.C.**  
 Social Security Disability & Long Term Disability

**Former Staff Attorney**  
**Social Security Administration**  
**Over 30 Years Experience**

[mbrewster@brewsteratty.com](mailto:mbrewster@brewsteratty.com)  
**770-425-1838**  
 248 Roswell St. SE, Marietta

**\$75 Computer Special**

- Complete Virus & Spyware Removal
- Internal Cleaning of Components
- Defragmentation of Hard Drive
- Operating System Repair
- Download & Installation of Security Patches
- FREE! Antivirus Installation, Configuration, & Full Scan
- COURTESY PICKUP & DELIVERY

**All Work 100% Guaranteed**

**404-593-0707**  
 Call IT Quarters, Inc. for all your Computer, Internet, & Networking Needs!  
[www.ITQuarters.com](http://www.ITQuarters.com)

**Marie's Cleaning Services**  
 We don't cut corners, we clean them  
 Insured, Licensed & Bonded

- Ceiling Fans
- Light Fixtures
- Window Sills
- Baseboards
- Vacuuming
- Dusting
- Kitchen Cabinets
- All Doors & Blinds

**Marie Miller**  
 770-479-6121  
**FREE Estimates**

**\$20 off**  
 1st Deep Cleaning

**ROSWELL SOCCER STORE**

890 C Atlanta St.  
 Roswell, GA 30075  
 770-807-7280

Toddler, Youth & Adult  
 All your soccer needs in one location!

January is SALE month!  
 Big savings on in stock cleats!  
 Stock up while supplies last!

