

# Our Milton Neighbor

April 2016

Dare to Dream  
The White-Olson Family

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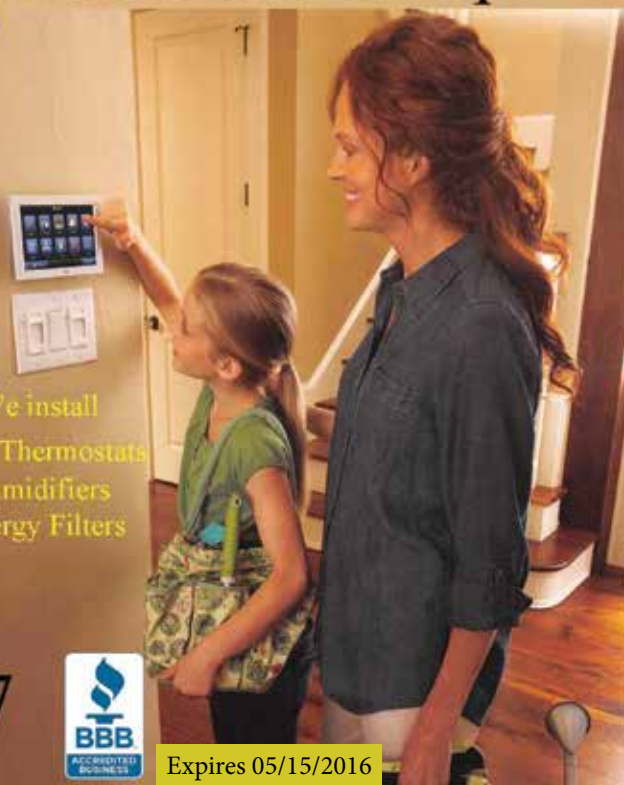
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Have feedback, ideas, or submissions? We are always happy to hear from you! Deadlines for submissions are the 16th of each month.

If the submission deadline falls on a weekend, please submit by the Friday before no later than

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You may also email your thoughts, ideas, and photos to: [mbutler@bestversionmedia.com](mailto:mbutler@bestversionmedia.com).

## Dear Milton AREA RESIDENTS,

This month's issue features the White-Olson family whose determination, entrepreneurship, and positive attitude have made them a valuable part to our community. I'm sure you are going to love reading their story.

Also vital to our community are the companies that advertise in our pages each month. Using their goods and services helps keep our local economy alive and well, and this magazine wouldn't be here without them. We encourage you to use their businesses and keep our community going strong.

Best Wishes,

MARCHET BUTLER

Content Coordinator

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# Dare to Dream

## THE WHITE-OLSON FAMILY

BY MARCHET BUTLER

PHOTO BY MARCHET BUTLER, BUTLER FAMILY PHOTOGRAPHY

I spent a fun afternoon with the White-Olson family this past week taking pictures, talking, and really getting to know this great family. Personally inspiring, their family's story is one about fresh starts, determination, and the drive to succeed. Let me tell you a little more about this wonderful blended family.

Sam is from Rawlins, Wyoming. He went to college at Arizona State University and graduated with a degree in accounting. Sam's career began at a large public accounting firm. After this, he worked as a controller and CFO for a small private company in Phoenix. Then, he signed on with AT&T and worked in various departments including finance, sales management, operations, and account management. He moved to the Atlanta area about 10 years ago. Recently, he has begun working for a local private business. Sam met Tracy through mutual friends and was immediately drawn to her personality and energy. "He is the most loving and adoring man," said Tracy, noting that she especially admired his willingness to date her knowing she had four daughters. The two married in 2013 on St. John's in the Virgin Islands. "After being a bachelor for so long and only being accountable to myself, it was a huge transition. But it was a very positive and good change." In his free time, Sam likes to read and travel. He is also a great stepdad to Tracy's daughters.

Tracy's family is from Atlanta. "My mother is a 3rd generation Atlantan and I have many cousins in the area, so this is home." However, Tracy's immediate family lived all over the U.S. as well

the Philippines because her dad was in the Air Force. She "married Army" and while stationed in Germany, Tracy was a SATO, basically a travel agent for the military. After that, she and her husband came back to Atlanta and had her kids, four girls. Several years later, her marriage ended, and Tracy found herself a single mom with her children to support. She moved up here to the Milton area and restarted her career. "I needed a job, so I took a sales position in the mortgage industry. I had to learn everything about the business, so it was like going to night school at home." At 100% commission, Tracy soon found that she had a talent for sales, and earned top honors in her firm. After that, she worked in various sales positions and eventually landed a prestigious position at J.P. Morgan Chase in the treasury department. "It was the hardest job, and the best job," said Tracy, "but you can only do the corporate grind for so long."

In 2014, Tracy and Sam decided to invest in a med spa. "I decided to dare to dream," said Tracy. It had been a venture she had attempted two times before, but for various reasons, hadn't worked out. When Youthtopia, a med spa in Alpharetta on Old Milton Parkway, came up for sale, Tracy and Sam took the leap and became business owners. Tracy's love for spas go back to before she had kids and during those first years with children. "To me, the spa was such a calm and peaceful environment, a refuge where I could feel better about myself and my life." Youthtopia was just voted the Best Spa in North Atlanta, and Tracy is excited about the future of the business. "We're passionate about providing the right services and have become

trusted advisors to our clients." Youthtopia offers services that range from facials, peels, and massages to medical services like Botox and laser hair removal.

*"It's going back to what  
I've always done...  
making it happen."*

An article about the White-Olson family wouldn't be complete without a word about Tracy's dynamic daughters. The oldest, Sydney, is 24 and works as a colorist at Van Michael in Buckhead. A graduate of the Paul Mitchell School of Design, Sydney has put her passion for hair and beauty to work. Jessica, 22, is a senior at Georgia State with a double major in accounting and finance. She loves music and works at the Tabernacle in downtown Atlanta. Bentley, 19, is a freshman at Georgia College in Milledgeville. She is studying marketing with a minor in outdoor education. A wildlife leader with Young Life (a Christian organization for mentoring youth), Bentley loves making a difference in the lives of younger teenagers. Jacqueline, 16, is a sophomore at Milton High School. Also involved Young Life, she likes history and psychology and would like to pursue psychology when she goes to college.

As to the future, the White-Olsons see Youthtopia as an investment in themselves and the kids. "It's going back to what I've always done," said Tracy, "Learning everything I can about the industry and making it happen." After all, that's what's made their careers—and their family—a success so far, and great Milton neighbors.



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# ALL IN YOUR HEAD OR JUST BELOW YOUR HEAD?



BY DR. CAILEN WELLS

What are the causes and symptoms of a migraine? If you Google the phrase "causes and symptoms of migraines," most of the sites that come up give you the same information, mostly focused on the pain and what medication you should take if you have a migraine.

Unfortunately, nothing really talks about how to get rid of migraines, but merely manage them. You might see migraines defined as, "a painful headache often accompanied by nausea, vomiting, and sensitivity to light." Well, that doesn't really help you because if you have migraines, you don't really need to have someone explain what it feels like to have a migraine – you have had plenty yourself.

As far as treatments, most of these sites will recommend you see your medical doctor for prescription medication.

## MEDICATION OPTIONS

- Antiepileptic drugs such as: Depacon, Depakote, Topiragen, Topamax
- Beta-blockers: Blocadren, Inderal, Innopran XL, Lopressor, Toprol XL.
- Botox: Botox is a type of toxin produced by the bacteria *Clostridium botulinum*. It weakens or paralyzes muscles.
- Pain relievers: Aspirin, or nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Advil, Motrin IB, others), may help relieve mild migraines.

While these drugs may help the symptoms of a migraine, *if you had the choice wouldn't you want a solution that didn't require you to have to take anything?* Many of these experts talk about avoiding "triggers," such as alcohol, caffeine, chocolate, and stress. I would argue that these triggers do not cause migraines. If these triggers caused a migraine, *why doesn't everyone have a migraine when they eat chocolate?* Why do some people have foods or situations that cause a migraine and others don't have any problem at all?

## SO THAT BRINGS US TO THE QUESTION, "WHAT ACTUALLY CAUSES A MIGRAINE?"

According to the Mayo Clinic, "Genetics and environmental factors appear to play a role. Migraines may be caused by changes in the brainstem and its interactions with the trigeminal nerve, a major pain pathway."

If the brainstem plays a role in causing migraines, wouldn't you want to see if your brainstem function was working properly, especially if you have migraines?

Typically patients will tell me that they may have bones spurs, arthritis and degenerative joint disease and have the x-rays to show evidence supporting it, but the management of care remains the same. Pain management isn't just getting to the cause of the problem. It's important to know that there is much more to the issue than just structure. The structure is what protects the missing link that many neglect — the nerve system that controls and regulates the healing process to allow these chronic conditions to heal.

If you have an improperly functioning nervous system and brainstem, it can lead to migraines. The sad truth is most people have never had an evaluation of their nervous system and brainstem. General chiropractic is not the same as Specific care. The analysis is a very important part to getting the results we do in Specific Care. It is our GPS to knowing how to help you.

Here at The Specific in Alpharetta, our doctors are specially trained in finding neurological dysfunction and correcting it. We use special diagnostic computerized thermography and bio-mechanical laser aligned x-rays. Our goal is to find the cause of the problem, not just cover up the symptom. If you spend your life simply chasing symptoms, you will never truly be well and end up wasting your time and money. I don't know about you, but those are two things that I think are very precious.

If you are frustrated by the results you are achieving by merely managing your migraines, our office is the perfect place for you. In fact, I am so certain that what we do in the office will make so much sense to you that I am willing to offer a complimentary consultation with one of our doctors to discuss your case and tell you if we can help you. There is no reason why you have to live with these migraines any more. Call the office at 678-805-7344 or visit [thespecific.com](http://thespecific.com).

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# CALL FOR NOMINATIONS

We are currently looking for Milton residents with interesting stories to highlight in future issues of *Our Milton Neighbor*. Especially good are people (adults, youth, or families) that have a passion for any of the following:

- Unusual or unique hobbies
- A charitable cause or organization
- Sports
- Music
- Domestic or international travel
- Acting
- Singing
- Art
- Dance
- Martial arts
- Filmmaking
- Horseback riding

Submit nominations for yourself or someone you know to [mbutler@bestversionmedia.com](mailto:mbutler@bestversionmedia.com).

## Noteworthy



## AFFORDABLE, GREEN ELECTRIC BOATS

### *No Marina Fees*

BY RICHARD BOGNAR

Craig and Melinda Johnson are residents of Lake Windward but do not live on the lake. They purchased a Go-Float Fusion Electric Boat. Craig said they purchased this two person boat because "it easily transports from our home to the lake. It is great fun to wander around on the lake in our Go-Float, while enjoying snacks and cold drinks."

The Johnson's boat is a deep blue with white seats and has a bilge pump and on-board storage and cooler. The boat comes equipped with two 24 volt batteries, a trailer, an on-board stereo system with iPod Integration, and a Bimini top boat cover. It travels four to five miles per hour once in the water.

These boats are green (no gas or chemical emission), easy to maintain, and are all electric. The batteries give you six to seven hours of normal operation, and four hours if you run at full speed. The Johnsons enjoy touring the lake with their boat and meeting up with friends. Craig added, "The Go-Float puts you close to the water like a canoe but with an electric motor and the comfort of a chaise lounge." The boat's small size fits nicely in a garage, and it easily stands on end to take up even less space.

The Go-Float is perfect for residents who do not live on a lake. They are easy to transport, launch, and store, and require little or no maintenance. Also available is a larger model, the Go-Float Vortex that can seat up to three people and has more on-board storage. Soon to be released by Go-Float is the 13-foot Center Console model with all electric capability. This model is designed to go eight miles per hour.

See more boat options at [www.go-float.com](http://www.go-float.com) or contact Leisure Lifestyle Products at [LeisureLifestyleProducts.com](http://LeisureLifestyleProducts.com).



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- Lost Items
- Babysitting
- Services for Trade/Barter
- Housekeeping



# SEE THE SEPTEMBER ECLIPSE IN TANZANIA

BY MARISA MEISTERS

Have you been dreaming of the perfect safari experience? Have you wanted to see the African "big 5," and many more animals? Does gorgeous scenery appeal to your senses? Is being in the middle of nature ideal to you? Are you curious about the Great Migration and Mount Kilimanjaro in Tanzania too? If you answered yes to more than one of these questions, you may want to consider a safari this September!

On September 1, 2016, there will be an annular eclipse that makes a path directly through part of Tanzania. And you could even be part of this amazing experience; it's not too late to join a tour! How many people are able to say that they've seen an eclipse in Africa while on safari? Wouldn't you like to be one of them?

An annular eclipse means that you will be able to see a "ring of fire" effect around the sun when the eclipse reaches its maximum. This will be visible for several minutes. You could be in a wildlife park to witness this spectacular event. Perhaps a herd of zebras will pass nearby during the event.

Tanzania is famous for its large herds of animals and the Great Migration. Any tour that visits the northern Serengeti in September is sure to give you a good opportunity to see this phenomenon yourself as the wildebeests travel across the river in great herds. You'll feel like you are in the middle of a movie. Be sure to bring your best camera and video equipment, and plenty of rechargeable batteries and memory cards too.



You may also be treated to a visit to Ngorogoro Crater, which is the largest intact caldera on earth, and where many of Africa's great animals call home. Early hominid remains have also been found at this crater and there's even a saltwater lake. The site is of great interest to wildlife enthusiasts and scientists alike. You may also be able to visit Lake Natron, one of few alkaline "soda" lakes in the world, to learn about this phenomenon and see the flamingoes that come here by the thousands to build their nests and raise their young.

If you choose the right tour, you will also be able to enjoy an easy hike for a few hours at the base of Mount Kilimanjaro. Just imagine what it must be like to climb all the way to the top, over 18,000 feet. You may also get to learn about Maasai culture by meeting their people, and stop at a local school to get an inside glimpse of everyday life in Africa. The most interesting tours will finish up with several days of relaxation on the island paradise of Zanzibar!

I don't know where you will be this September 1st, but I will be exploring Tanzania and enjoying the eclipse. Maybe you'd like to join me?

For more information about this fascinating destination or to find out how to join a tour like this, please contact Marisa Meisters at 678-243-0080 or visit [www.customexotictours.com](http://www.customexotictours.com).



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## From the Experts



## MILTON FAMILY TO SERVE AS MARCH OF DIMS AMBASSADORS

BY CHERYL T. MONKHOUSE

Did you know that prematurity is the #1 killer of babies? Or that one in 10 babies in the U.S. is born premature? Or that Georgia received a "D" on the national prematurity report card?

In an average week in Georgia, 317 babies are born preterm. That's nearly 17,000 babies born early every year—and out of these babies, nearly 1,000 don't survive to see their first birthday. Premature birth is a common, serious, and costly problem in our state, our nation, and around the world. It takes a physical toll on babies, an emotional toll on families, and a financial toll on society.

The Rosenbaums are one local family whose life that was touched by prematurity. When Kristi was pregnant for the second time in 2000, she was overjoyed. Along with her husband Peter and daughter Madison, Kristi was excited for her baby boy to join the family, but she didn't realize how soon. At 20 weeks, she began having contractions and was put on limited bedrest. At 35 weeks, her son, Turner, arrived. He was blue and suffered from transient tachypnea of the newborn, or wimpy white male syndrome. The umbilical cord had been too tight to slip over his neck and they had to clamp and cut it. He remained in an enclosed incubator in the NICU for several weeks and had tubes protruding from his stomach and all around his face. He was nicknamed "Mr. T" because he was a bit bigger than the other babies in the NICU, and he was tough.

"Being released from the hospital and leaving without my baby boy was heartbreaking—it was the hardest thing I've ever had to do," said Kristi. "No mother, father or sibling should ever have to go through that type of separation. Especially when you return every morning, not knowing what the night had been like for your precious child. "In order to visit Turner, the Rosenbaums had to scrub in to hold him as well as navigate the numerous tubes that were keeping him alive and stable.

Today, Turner is 15, a ninth grader at Cambridge High School (pictured here with his siblings). He loves baseball and football, and has grown into a healthy young man thanks to the research and advances made in the area of premature birth, namely from organizations such as the March of Dimes.

Join the March of Dimes and raise money for babies right here in our community—and help to give every baby a fighting chance!

Sign up today for the North Fulton March for Babies Walk at <http://bit.ly/NFultonMFB2016> and start a team with co-workers, family or friends. This year's 3-mile walk will be held on Saturday, April 30, 2016, at the Kohl's at 13097 Highway 9 N in Milton, GA 30004. Registration opens at 8:00 a.m. and the Walk begins at 9:00 a.m.



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# Jewelry Tips

By C. J. Bognar



A Girl Can  
Never  
Have Enough  
Jewelry!

The jewelry you wear should have visual balance and harmony with your clothing.

Large statement pieces are best worn with simple clothes.

Stay away from busy patterns and embellishments when wearing bold jewelry.

Statement pieces are meant to stand out, so match clothing items wisely.

Match your necklace with the garment's neckline.

Higher necklines work best with longer necklaces of (26 to 36 inches).

Lower necklines work best with shorter lengths of (16 to 20 inches).

Strapless Items looks best with a choker style, and one shoulder dresses and halter tops should have no necklace.

Stacking necklaces and bracelets is a great look as long as you keep them balanced and coordinated.

Personal style should begin with your individual shape and proportion.

Most importantly - have fun!

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# Solutions for Toenail Fungus

## CHOICE PODIATRY CENTER

BY DR. VIVIAN IWU



With warmer weather approaching, the thought of wearing sandals, walking barefoot on the beach and showcasing beautifully pedicured toenails is wonderful! Yes, this is the anticipation of most during this season, unless you suffer from ugly, painful, yellow, thickened toenail fungus.

Toenail fungus is an infection of the nail bed underlying the surface of the nail plate. Fungal nails can be caused by various fungi found in the environment and in our system. Most people contract

fungal infection externally while others get it due to being immunocompromised from diabetes and other systemic conditions. Although the infection affects the nail bed, the effect is seen on the nail plate: it changes the appearance of the nail by causing discoloration and thickening of the nail. There is also foul smell associated to the infection. The color to the affected toenails ranges from white to yellow. The thickening of the nails creates pressure in shoes, which in turn, causes pain with ambulation and activity. Toenails are especially vulnerable to a damp and dark environment. Sweaty, dark, closed-toe shoes create a dark moist environment that allow fungus to grow easily and more rapidly.

Toenail fungus is treatable but often takes a long time to resolve. While medication and LASER treatments are available to treat fungus, the treatment may take some time to be effective and

may never restore the nails to their normal appearance. There is an immediate cosmetic solution to those suffering with toenail fungus, infection, and toenail malformation. This nail restoration system is a safe, non-systemic in-office application that restores the appearance of the natural nails. The system creates realistic natural-looking nails in place of the damaged toenails. It creates a flexible nail that is non-porous, water insoluble and allows the natural nail to regrow while being treated with either oral or topical medication. It is also ideal for post-LASER treatment. The system does not affect or irritate the skin; it attaches to the callous cells of the nail or the papillary roots. After this painless procedure, patients can return to day-to-day activity and can even polish their nails.

*Please contact Dr. Vivian Iwu of Choice Podiatry Center at 678-807-8320 for more information on fungal toenail treatment with oral or topical medication, LASER treatment, or nail restoration to repair and restore the appearance of your natural toenails in minutes.*



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## DRUGS AND OUR YOUTH

BY JUSTIN D. WILLIAMS, ESQ.

A recent alarming statistic notes that the rise in heroin deaths among our youth living in Alpharetta, Johns Creek, Milton, Roswell and other areas in North Fulton has increased over 300 times. I have represented numerous young people involved with drugs and drug activity, and it never leads anywhere good.

If you think it is cool to be involved with drugs, the best case scenario for your life is staying alive and wasting an inordinate amount of time. The longer you stay involved with drugs, the greater your chances of being caught and spending time in jail. The worst case scenario of being involved in drugs is death. Even if you live out the best case scenario, there will be times you will wish for the worst case scenario.

If I could say anything to our teenagers and young adults it would be, "You are not invincible or immune to bad outcomes and consequences!" Your life is worth too much to waste it doing drugs. All of our choices and actions have lasting consequences. For instance, if you decide to study for a test, you will be better prepared for the test than if you decide not to study. What about your dreams? Decide to live a productive life filled with achievement, satisfaction, peace of mind and accolades.

Develop hope. You could be a doctor, engineer, teacher, small business owner, lawyer, professional athlete, dad, mom, uncle or aunt. There is so much more to life that is to be realized by someone in their late teens or early twenties. A life involved with drugs is nothing but a disappointment. There is not one successful and wealthy person who can credit their success to drugs, not one.

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## COMMUNITY SUPPORTS MILTON FIRST RESPONDERS

BY CLAUDINE WILKINS

Milton citizens came out to the Olde Blind Dog Irish Pub in support of the Milton First Responder's Foundation (MFRF) Tuesday, February 23rd to raise funds for four specially equipped bicycles for the police and fire departments. Each department will receive two bikes to be used at community events to allow First Responders to easily maneuver around citizens as well as respond to emergencies more quickly. The evening was also a great opportunity for MFRF Board Members to greet, mingle and educate the citizens of Milton on their mission of "supporting those who serve."

"We could not have reached our goal if not for the effort of the Crabapple Crossing Elementary Rise Up Team, The William B. Orkin Foundation and the Olde Blind Dog Irish Pub," said Brian Dolan, MFRF board member. A special thanks to the Olde Blind Dog for not only hosting the event but also donating a portion of the sales from that evening. "Tonight we are grateful for the incredible efforts of the wonderful children who are part of the Rise Up team at Crabapple Crossing Elementary School. Led by Jenny Herman and Nichole Deakins, the Rise Up team put time and energy into raising funds for the bikes. We are proud of their efforts and we can't thank them enough," said MFRF Board member Loreto Hemalsteen. Lastly, The William B. Orkin Foundation made a very generous donation. The Foundation's mission recognizes that the key to a successful community is one in which its citizens and business owners alike volunteer their time and financial support to ensure that ideals and values of the community are maintained.

"We are so thankful to the Milton First Responders Foundation board members, volunteers and supporters for not only aiding our department and staff, but looking at what tools we need to better serve our community," said Interim City Manager and Police Chief Steve Krokoff. "These bikes will allow us to respond more efficiently and be more accessible to the people we serve." Milton Fire-Rescue Chief Robert Edgar agreed and said "When each second of response time could be lifesaving, these bikes will provide us with one more instrument to better serve at community events."

Public safety cannot only rest on the shoulders of law enforcement and firefighters alone. MFRF raises funds for first responders through a variety of events that are supported by local businesses, civic organizations, neighborhoods, and individuals.

MFRF is a Georgia not-for-profit 501(c)(3) corporation established in 2015. The MFRF Board is comprised of civic and business leaders that volunteer their time to the mission of this foundation.

No matter what your age, you can offer your time, talent and treasure. We are always looking for volunteers and invite you to check out our website and Facebook page. For more information about MFRF or how to get involved as a volunteer, event sponsor, or to make a donation please visit us at: [www.miltonfirstresponders.org](http://www.miltonfirstresponders.org).





## Recently Sold Milton Properties

ADDRESS	SUBDIVISION	SALES PRICE	CLOSING DATE
3054 Watsons Bend	The Manor Golf & Country Club	\$1,360,250	2/4/16
415 Buckfield Lane	Lake Haven	\$1,015,475	2/24/16
730 Nettlebrook Lane	Nettlebrook Farms	\$836,000	2/3/16
147 Nakomis Place	Heritage at Crabapple	\$824,967	2/24/16
554 Gables Run	Highgrove	\$818,153	2/11/16
15810 Milton Point	Highland Manor	\$800,000	2/26/16
605 Stirling Glen Court	The Manor Golf & Country Club	\$755,000	2/23/16
3127 Heybridge Lane	Braeburn	\$705,000	2/29/16
630 Scarlet Oak Trail	White Columns	\$687,500	2/29/16
1050 Richmond Glen Circle	Richmond Glen	\$680,000	2/12/16
3183 Chipping Wood Court	Crooked Creek	\$670,000	2/17/16
273 Rosebay Trail	Blue Valley	\$644,900	2/29/16
12453 Danesfeld Drive	Crabapple Crossing	\$560,000	2/19/16
3245 Wolf Willow Close	Crooked Creek	\$542,500	2/2/16
355 Coach House Lane	Grass Valley	\$525,000	2/29/16

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# April & May

# 2016

Saturday, April 16 to Sunday, June 5  
(weekends and Memorial Day)

## Georgia Renaissance Festival

@ 905 Virlin B Smith Road, Fairburn

The annual festival returns with weeks of family entertainment, Renaissance culture, games, an artisan market, food and drink, and so much more. Discounted tickets are available online for advance purchase.

Time: 10:30am – 6pm

Cost: \$22/adult, \$10/child over 5

garenfest.com

Saturday, Apr 23

## Earth Day Festival

@Friendship Community Park, Milton

This fun-filled and educational family event hosted by Milton Grows Green and the City of Milton will showcase environmental vendors and businesses along with fun crafts, rides, entertainment and food guaranteed to delight.

Time: 11am – 3pm

Cost: Free

cityofmiltonga.us

Saturday, April 23

## Denim & Diamonds

@Shannondale Farm, Milton

Denim & Diamonds is a fabulous local charity event featuring a chef competition, live music by The Pioneer Chicken Stand Band, and a great silent auction and live auction. Proceeds benefit the Stable Paths Equine Camp for Children with Autism and a state-of-the-art Vein Viewer for Children's Healthcare of Atlanta Urgent Care Center at Forsyth.

Time: 6pm

Cost: \$100/person or \$1000/10 person tables  
childrenscharitiesga.org/projects.html

Saturday, April 30

## North Fulton March for Babies Walk

@Kohl's, Milton

Join family teams, company teams, and people walking with friends for improving the health of babies on this 3-mile walk. Funds raised benefit the March of Dimes.

Time: Registration 8am, Walk 9am

Cost: Free, Donations encouraged  
bit.ly/NFultonMFB2016

Thursday, May 7

## Milton Hometown Jubilee

@Broadwell Pavilion, Milton

Mark your calendars for the Milton Hometown Jubilee in downtown Crabapple on Broadwell Road in front of the new Broadwell Pavilion. Enjoy dishes and signature cocktails from local restaurants and local shopping.

Time: 4pm – 9pm

Cost: Free

cityofmiltonga.us

Thursday, May 12

## Taste of Alpharetta

@Downtown Alpharetta

Taste of Alpharetta has become an annual tradition for festival goers, families and food connoisseurs.

Sample delicious appetizers, entrees and desserts from the top chefs in town. Enjoy culinary demonstrations, activities for all ages and entertainment to please every palate.

Time: 5pm – 10pm

Cost: Free, Restaurants charge \$1-3 per food sample  
alpharetta.ga.us

Saturday, May 14

## Touch-A-Truck

@Roswell City Hall, Roswell

The Touch-A-Truck event provides the opportunity for citizens of all ages to see first-hand the equipment used to provide necessary services to their families. Bring your kids and explore the mysterious workings of the street sweeper or watch up close just how the sanitation truck works.

Time: 9:30am – 12pm

Cost: Free

roswellgov.com

Saturday, May 14

## Relay for Life

@Webb Bridge Middle School, Alpharetta

Relay for Life is the American Cancer Society's most meaningful fundraising event for cancer research. The event includes opening ceremonies, guest speakers and entertainers, a Survivors Dinner for registered cancer survivors, live music, games and activities for all ages, food, and its trademark Luminary Lap.

Time: 4pm – 11pm

Cost: Free, Donations encouraged

relayforlife.org/northfultonga



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# NORTH FULTON RELAY FOR LIFE TO FOCUS ON SURVIVORS AND CAREGIVERS



BY TRACEY CRAFT

"Fourteen years ago today was the best day of my life!" said Minah Yacher, special education teacher at Lake Windward Elementary School. "It is 14 years ago today that I officially became cancer free and understood like the word SURVIVOR was the best word in the world."

"When I was just three weeks out of treatment, I attended my first Relay event in Athens and was instantly hooked. The atmosphere helped me feel so alive. I was able to connect with fellow survivors and talk with people still going through treatment. Little did I know that I could possibly help people," Minah said.

The American Cancer Society's Relay for Life of North Fulton will honor cancer survivors and caregivers at its 2016 Relay to be held May 14th from 4 - 11 p.m. at Webb Bridge Middle School in Alpharetta. Relay for Life of North Fulton will honor cancer survivors and caregivers at a Welcome Reception at 4 p.m. the day of Relay, followed by Opening Ceremonies, a Survivors Lap, and dinner under the Survivors tent. To register as a survivor for this year's event call 877-957-7848 and specify Relay for Life of North Fulton.

"We want all local cancer survivors and caregivers to come to the Survivors Dinner at Relay on May 14th," said Natalie Matthews,

Survivor Lead for the North Fulton Event Leadership Team and herself a five-year breast cancer survivor. "Being a cancer survivor can be an intensely personal thing; everyone's experience is different," she said. "But we want this community of people to know we are here to celebrate them, as well as caregivers, if they can attend. It's an amazing experience to see and hear firsthand what American Cancer Society donations can do."

Relay is an open event in which anyone is free to come and go. The North Fulton Event Leadership Team provides a carnival-type atmosphere with live music, games and activities for all ages, food and beverages for purchase to benefit the American Cancer Society, and Relay's trademark Luminary Lap just after dusk.

Relay For Life is a community-based, volunteer-driven event held annually in cities throughout the world. Teams fundraise over several months in advance of their Relay by reaching out to friends and family for donations and by organizing mini-fundraisers. On May 14th, North Fulton teams will set up sites around the Webb Bridge Middle School track and take turns walking or running laps in memory of those they've lost to cancer, in honor of those currently in a fight against the disease, and in celebration of survivors.



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