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Happy New Year, Alpharetta

I'm not going to hammer you with New Year's resolution guilt in this letter, or urge you to forgive and forget. I'm sure you're getting that at every turn. Personally, I set my goals every summer when I head to the lake and review and reset with my friends while sailing and gazing out into the clear deep water. (Uh oh, I just realized I only have six more months to get my act together!)

This month, we bring you stories of local entrepreneurs working to make their dreams come true while honing ideas and products for the modern marketplace. Inspiration came from the fellows at Jekyll Brewing Company. By now, you've probably tipped back a local beer. What do you think? Get to know the team in our story and stop by, telling them we sent you!

I was introduced to the smooth, rich hummus from Alpharetta's House of Hummus when I escaped for the weekend with girlfriends for my friend, Amy's bachelorette party weekend on the Cartecay River. We had the hummus for breakfast, lunch, happy hour and dessert. I had to get the story and our writer Christopher Hassiotis met the owner, Samar, who shared her story.

The inspiration continues all month, with an introduction to the moms and sons who make change happen by working together in and around our community. Read the story about the Young Men's Service League on page 12.

There are big ideas all around us. What's yours? We hope this issue inspires you to listen to your creative voice in 2016.

Cheers!

Sue G. Collins, Editor

ON THE COVER Our own Jekyll Brewing Company.
PHOTOGRAPHY BY DENNIS MALCOLM BYRON,
AKA ALE SHARPTON.
AleSharpton.Blogspot.com

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TALK TO US



Alpharetta

L I F E S T Y L E

JANUARY 2016

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Lifestyle Publications

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Happy New Year!

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Wellness Forever

Wellness Within Your Walls is a locally-launched initiative to bring sustainability to the interior design and home building trades. Laura Turner Seydel and her husband Rutherford Seydel hosted a reception for the newly appointed British ambassador for the initiative, based in Buckhead. Jillian Pritchard Cooke co-hosted. WellnessWithinYourWalls.com

KIM LINK PHOTOGRAPHY





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AROUND TOWN



AN EYE FOR BEAUTY

Johns Creek Beautification has installed two sculptures of its newly approved public art program, ArtSpot. ArtSpot is dedicated to the use of art in public outdoor places as a means to strengthen and enrich the identity and culture of the City of Johns Creek community. The first sculpture, called "He Stopped and Turned to See and Listen..." was created by Charlie Brouwer of Floyd County, Va. The second is called "Teak Bench Watcher", by Tennessee artist Jim Collins. With more to come, we encourage our readers to take your family out for a picnic

at Newtown Park and check out the cool new sculptures brought to you by ArtSpot. **NewtownRec.com**

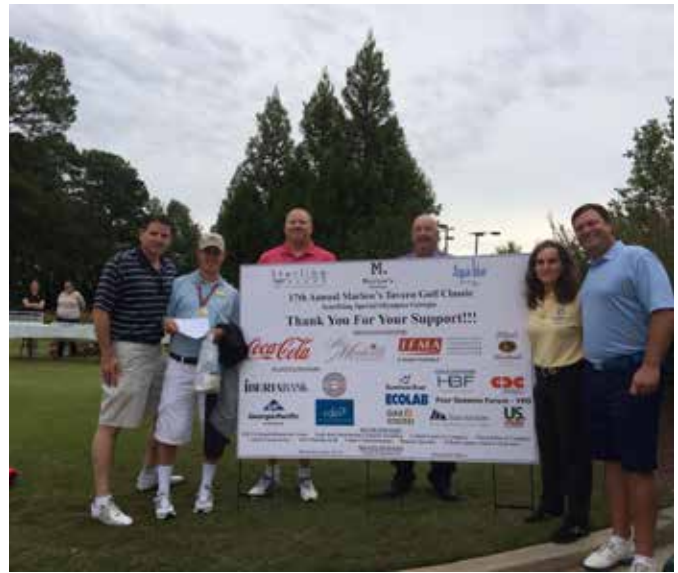
TOOTING THEIR OWN HORNS

The Alpharetta High School Orchestra, under the direction of Sheldon Fisher, has been accepted by the Georgia Music Educators Association to perform as an honor orchestra at the annual GMEA In-Service Conference in January 2016. Congratulations AHS Orchestra! We hear it is shaping up to be a busy year for the orchestra, AHS has also been selected to play at Carnegie Hall in New York City in March! **AHSOA.org**

YOUNG AT HEART AND MIND

Around this time last year Dr. Rolf Meinhold, an MDVIP physician here in Alpharetta, gave a presentation at the Cobb County Senior Center on the subject of Brain Health. Do any of you remember it...? He began by talking about how important it is to keep our brain healthy and how we need to be very cautious of "public enemy number one:" obesity. Dr. Meinhold then went on to give a list of foods that support brain health - salmon, berries and walnuts, as examples. He also notes that sleep and exercise are crucial to brain health and the latter is statistically shown to stave off dementia for 5-10 years. So rest up, join in on a race (we have some listed for you) and maybe try a different "red

meat" this year. Dr. Meinhold's practice is located at 2702 Abbey Court Alpharetta. 770.772.9195 **MeinholdFamilyPractice.com**



BRINGING HOME THE GOLD

Marlow's Tavern, Aqua Blue and Sterling Spoon Culinary Management bring home the gold again to drive up much-needed funds for Special Olympics Georgia (SOGA). The restaurants and hospitality management company hosted their 17th Annual Golf Classic in September, as well as two Marlow's Tavern grand opening parties in Woodstock and Roswell that benefited the charity. The combined amount raised from all three events this fall was \$100,000, putting the partnership's grand total well over \$600,000 since inception! Has your family, business or organization raised funds for something special? We love to spread the good news, email Darce.Richardson@LifestylePubs.com with great accomplishments like this one. **MarlowsTavern.com**

DON'T DRY OUT THIS WINTER

Humidity or air moisture content of your home is very important for keeping your family healthy during cold and flu season when more time is spent indoors. Dry air produced by heating systems can increase your chances of getting a cold, or flu and can significantly increase upper respiratory ailments. Viruses that cause colds and flu thrive in low humidity and physicians have identified humidity as one of the easiest methods of reducing your susceptibility to infection. Dry air also negatively impacts your home's interior by drying out your walls, woodwork, and hardwood floors and can damage expensive electronics through the increased likelihood of static electricity. Increasing the humidity in your home can bring back that warm feeling without turning the temperature up and increasing your heating bills, according to the pros at Milton Mechanical Service who offer a range of solutions to control humidity in your home during the winter. Free estimates and 10% discount on all dry air and insulation services for readers. **MiltonMechanicalSvc.com**. 770.360.1297

HAVE LOVE, WILL TRAVEL

When the temperature is expected to drop below freezing the team of Project Live Love®, based here in Alpharetta, hits the streets of downtown Atlanta armed with blankets, hand-warmers, hats, gloves and LOVE. This unique winter homeless rescue program sends out an alert (via txt or email) to team members when the local forecasts predict temperatures below 30°. On these "GO-Nights" the team of volunteers assemble together at Safehouse Outreach, gather their supplies and head out. Get active and join the team, or help them to keep fighting the freeze by donating your winter items. Visit **ProjectLiveLove.com** for the details.

YOUNG ENTREPRENEURS - APP COMPETITION

Johns Creek is in need of an app that would help promote small businesses and since the students in the area are some of the brightest in country, Johns Creek Advantage (JCA) thought they could showcase some of their talents by asking them to create the app! Students can participate individually or in teams of up to five; The majority of team members must be Johns Creek residents and apps will be due by January 29. The schools serving the city of Johns Creek say this is the perfect way to get students truly interacting with the business community and for businesses to interact with their future workforce. Fulton County Schools Area Superintendent Clifford Jones said he is "very excited" about this project. For further info and to register, visit **JohnsCreekAdvantage.org**.



START 2016 OFF ON THE RIGHT FOOT (OR LEFT)

Alpharetta Lifestyle has compiled a list of challenges for you to start the year off on the right foot--LITERALLY! Get up and get going, and have some fun while your at it.

Jan 1 - Commitment Day - 5k, Lifetime Fitness, Johns Creek.

CommitmentDay.com

Jan 1- Dirty Spokes Mayhem on the Mountain - 3M and 5M, Cumming.

DirtySpokes.com

Jan 2 - Stamp Out Poverty - 5K Run Walk, Atlanta. **PlanetReg.com**

Jan 3 - Indoor Triathlon - Mini Triathlon, Lifetime Fitness, Alpharetta.

IndoorTri.com

Jan 9 - Chilly Willy- 5k and Fun Run, Sugar Hill. **FiveStarNtp.com**

Jan 10 - Rock The New Year - Half Marathon, 10K and 5K, Stone Mountain. **DeborahMontgomeryRacing.com**



Jan 16 - MLK Day - 5k and Fun Run, Piedmont Park, Atlanta.

MLKDay5K.com

Jan 24 - Hot Chocolate Run - 15k and 5K, Turner Field, Atlanta.

HotChocolate15k.com

Jan 30 - Polar Bear Run - 5k, 2k walk | run and Cub Run, Marietta.

PolarBear-Run.com

Jan 30 - School House Rock - 5k Run - Georgia State Capitol Building, Atlanta. **EventBright.com**

FACE THE NEW YEAR

Atlanta Face and Body Center was founded last year by Dr. Elizabeth Whitaker who has practiced facial plastic surgery in the metro-Atlanta area for more than a decade. Her new practice offers the latest technologies in nonsurgical and surgical face lifting and body contouring. Having performed thousands of facial cosmetic surgeries, including 4,000 facelifts alone, she is one of the most experienced facial plastic surgeons, not just in Atlanta, but the entire country. Dr. Whitaker provides her patients the benefits of world-class education combined with this unparalleled experience. After receiving her Doctorate of Medicine from Duke University, she was the first woman to complete her specialty residency training program at Emory University. Her academic experience includes serving as Chief of Facial Plastic Surgery at the Medical College of Georgia where she trained residents and remains a Clinical Assistant Professor. Dr. Whitaker specializes in a natural result and individualized treatment.

AtlantaFaceAndBody.com 678.888.FACE (3223)

SERIOUSLY SILLY

The High proudly presents this retrospective of illustrations by the best-selling children's book artist and author Mo Willems. This exhibition features more than 100 works by Willems – from preliminary drawings to completed illustrations – that chronicle the past 12 years of his whimsical world, populated by the beloved characters Knuffle Bunny, Elephant and Piggie, The Pigeon, and many more. The exhibition gives viewers a glimpse of Willems' creative process and reveals the comedic genius of his books, which have become instant hits with young children in the new century. This exhibition will close January 10, so don't miss out! **High.org**

Helping Out With **Mom**

ARTICLE LAURA MILLER
PHOTOGRAPHY PROVIDED



The new year is upon us, and with the turn of a new calendar comes resolutions – to lose weight, to fall in love, or to give back to the community.

The Young Men's Service League of Alpharetta exemplifies this spirit of giving year-round.

The YSML, a nationwide mother/son philanthropy organization, strives to improve both the surrounding community while strengthening the mother-son relationship. Each mother and son commits to a four year program that includes philanthropy, education, and leadership. Currently, there are five chapters in Georgia, each of which has their own group of organizations and charities that it regularly works with.

Once accepted into YSML, members have a minimum amount of service hours that must be completed at approved charities and organizations, as well as required attendance at monthly meetings. Members learn skills including college planning and resume writing, public speaking, leadership training, goal setting, budgeting, nutritional eating, cooking, and other practical skills that every young man should know.

The Alpharetta chapter serves more than 15 charities and organizations each year and hosts special programs and functions. The Ultimate Gift Service Project is a much-anticipated annual fall event where YSML partners with other local non-profit organizations to serve the homeless and begin the holiday giving season on a positive note. In 2015, YSML partnered with Habitat for Humanity to initiate Hall County's first Habitat development, Copper Glen.

YSML built half of the neighboring nature trail, installed wood flooring piers, a joist framing system, and completed two-thirds of the flooring, as well as extensive landscaping. More than 100 members worked 522 volunteer hours and donated \$7,700 in one day.

"YSML Alpharetta has been in existence since April 2007, and making a difference in the relationships between moms and their high-school aged sons ever since – but what's really meaningful is when we come together as an organization to make a difference in the lives of others. I think we accomplished that at Copper Glen," notes Rhonda Agnew, chapter president of YSML Alpharetta.

The Young Men's Service League of Alpharetta exemplifies the kind of philanthropic-driven life that we all strive for. With increasing interest, YSML will continue making Alpharetta and North Fulton an amazing place to call home.

YMSLAlpharetta.chapterweb.net



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The Story of Alpharetta's Own Jekyll Brewing

Co-Owners Josh Rachel and Michael Lundmark discuss the origin and community goals of their successful craft brewery.

ARTICLE AND PHOTOGRAPHY DENNIS MALCOLM BYRON AKA ALE SHARPTON



Inside the currently expanded wing of Jekyll Brewing Company based in a small business district of Alpharetta, six employees are diligently working to bottle and package the brewery's highly anticipated Red Neck Christmas Stout in time for the festive month of December. Brewery Co-Owner and Brewmaster Josh Rachel—garbed in overalls, a long-sleeved company shirt, work boots, and a skullcap—is operating the controls of the recently installed, state-of-the-art bottling line. The newest addition to the Jekyll family, Derrick Atkinson—formally of Atlanta's SweetWater Brewing Company—proves his worth as the “Tap Room and Ballyhoo Director” handling calls and emails on his mobile device. Their current objective for their steadily burgeoning fan base is simple; to add more experimental, inventive concoctions to an already impressive portfolio of beers including the top seller, the citrusy Hop Dang Diggity India pale ale. It's the goal every craft brewery wants to achieve, and Jekyll has earned the right since its inception in 2013 due to the leadership, hard work, and dedication of the co-owners, Josh Rachel and Michael Lundmark.

Since the boom of craft breweries opening up throughout Georgia in 2004 thanks to the passing of House Bill 645 which allowed the alcohol limit of beer to jump from six percent alcohol by volume to 14 percent. Since then, there has been a steady growth of consumers who have become receptive to more complex beers boasting everything

from hoppy IPAs to silky smooth, desert-like imperial stouts. Lundmark and Rachel wanted to be a part of this trend and realize a mutual dream.

“Both Josh and I had always had an idea to open a brewery, but we didn't realize it would be together,” Lundmark, says. “Josh was working at the homebrew supply shop and got to hear every homebrewer's dream of ‘going pro,’ but was waiting for the right timing and concept to move forward. I was a homebrewer and business developer in corporate America, ready for a change.”

The first course of action was developing a business plan that included the location of the brewery, styles of beer, projections, and, of course, the name. As a self-proclaimed lover of US history, Lundmark christened his proposed venture “Jekyll” in honor to the first craft brewery founded in the “Deep South” by Major William Horton on Jekyll Island in 1738. After finding the proper investments, he approached Rachel to join the team as the official



CONTINUED >



Derrick Atkinson

brewmaster. Almost simultaneously however, their main investor backed out, so terms were altered and both Rachel and Lundmark became 50/50 partners, approached family and friends—plus a Kickstarter campaign—to collect financial support, and eventually made Jekyll a reality. The brewers are young, Lundmark is 43 and Rachel is 30.

“With me as the founder and president, and Josh as the brewmaster and co-owner, we were a perfect team of quality operations and business acumen,” Lundmark explains. “Fueled by the reality that we had families

And since opening their doors in 2013, Lundmark and Rachel have been highly successful. Besides the new, high-gravity beers set to warm up their fans during the winter season including their Copious Imperial Stout and Off the Grid English Barleywine, a long list of advancements are in the works: There is now an aging program established featuring bourbon, rum, Canadian whiskey and red wine barrels; a variety of hard-to-find hops on the way; and a recent bank approval for expansion, including new grain silos, a brew house, ferment-

Institute in Macon, GA, while their children receive radiation treatment.

Ultimately, with their tap room consistently filled with smiling imbibers, a growing portfolio of award-winning beers to pour, and an overall mission to give to those in need, Jekyll Brewing has reinvented the meaning of “southern hospitality” one keg at a time.

DETAILS

JekyllBrewing.com

2855 Marconi Drive, Suite 350



Josh Rachel

relying on us providing for them, failure was no option. We worked hard to bring fresh, high quality beers to market without an extra dime for anything.”

So why Alpharetta? Rachel answers, “It was clear that we needed to not only have the ability to grow in square footage, but to also be a part of the community. Along with the City of Alpharetta providing us with that, they also have been very supportive and welcoming.” Smiling, he admits, “It didn’t hurt that I already lived in Alpharetta and wanted to be as close as possible to the brewery since I knew I would be spending countless hours there.”

ters, brite tanks, a packaging line, and the addition of 5,000 more square feet for cold storage. “We think the quality of the beer can only get better with better equipment,” Lundmark says with a smile.

But Jekyll’s main objective is the most commendable. Lundmark shares, “My wife, Erin and I have always been involved on our community and charity work, so we wanted to create a brand that would allow us to bring a new level of charitable work to the community.” Their favorite charity is Radiation Vacation, geared to provide recreation for families attending the Winship Cancer





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HAPPY HUMMUS

ARTICLE CHRISTOPHER HASSIOTIS | PHOTOGRAPHY JONATHAN PHILLIPS,
CAPTURE LIFE THROUGH THE LENS

We could say that if you don't know House of Hummus yet, you're not alone, as the modest storefront in a North Point satellite shopping plaza is tough to spot from the road. But plenty of north metro Atlanta diners have found this flavorful gem, and it's quickly become a must-visit (lunch is more bustling than dinnertime) for fans craving the rich flavors of the Eastern Mediterranean.

Specializing in Palestinian and Lebanese cuisine, House of Hummus is owned by Samar Hadlow. She opened the restaurant in March of 2014, relying on her experience in family restaurants — her family emigrated from Jerusalem in the 1960s, first going to Kuwait, then Canada, and then the United States. Hadlow and her husband moved to Alpharetta four years ago. She tweaked some family recipes and opted for a quick-service format rather than a more traditional, seated restaurant.

"Being a mom, I know that sometimes it's hard when you're looking for something quick and easy and healthy," says Hadlow.

After looking for a location for about eight months, Hadlow decided to set up shop near North Point Mall. She's created jobs for "about seven or eight" employees, depending on the season (but is always looking for good help, she adds). Plans of expanding and franchising are

definite aspirations in the next five years or so, but for now Hadlow is focusing on constant improvement.

"I'm so glad that I chose North Point Parkway," says Hadlow. "A lot of our clientele happen to be business clientele, especially at lunch time, and it seemed like a perfect decision."

It was a bold move for a small business to open surrounded by big-name chains, but the differentiation has paid off for House of Hummus. Nothing against chain restaurants, of course — they have their place, and many turn out good food at good prices. But the money we spend there gets turned into profits that head back to the corporate offices in New York, Phoenix or wherever. Dining locally keeps profits local, meaning more success for our community. And a place like House of Hummus definitely counts as a success — but you'll know that after the first bite.

And though "hummus" is in the name, one of the true stars on the menu at House of Hummus? The falafel. Too often dismissed due to bad experiences in the past with dry, over-fried balls of bleh, falafel can get a bad rap. But when done right — and House of Hummus does it right, by far — falafel are a true delight. House of Hummus mashes chickpeas with a blend of spices and herbs including parsley, cumin, garlic and cilantro.

The tabbouleh at House of Hummus, too, is particularly noteworthy. The traditional Lebanese salad is a zippy mix of parsley and bulgur wheat tossed with lemon juice, olive oil, tomatoes and onions. It's fresh where other tabbouleh taste boring, and different with every bite rather than same-old-same-old like lesser varieties.

When Hadlow isn't working at House of Hummus — she only takes Sundays off — she and her husband love exploring the Korean food options in nearby Duluth. 678 Korean BBQ is a favorite, as is Crust Pasta & Pizzeria in Alpharetta.

House of Hummus should be an Alpharetta essential in 2016, and beyond. Why? Because it's a small, independent



local business surviving in a sea of chain restaurants; variety on the Alpharetta dining scene is always a good thing; and most importantly, because you will be fed well by Samar and her team, happy and satisfied but somehow already ready to return and dine again.



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Meet You at *Coletta*

ARTICLE KARYN SLOVIN | PHOTOGRAPHY KELSEY SCHULZ AND HEIDI GELDHAEUSER

Rustic Italian meets hip, urban loft. Here in Alpharetta? Most definitely. Right here, nestled on one of the side streets at Avalon, Colletta makes you feel like you've entered a sleek, upscale in-town hotspot.

Colletta, Italian for "collection, a meeting place," is all that and more, with the soundtrack of chatter from happy customers and hustle and bustle of the waitstaff serving up fabulous dishes.

Executive Chef Michael Perez wants the dishes served at Colletta to be as authentic as possible, yet not just the typical Northern Italian dishes Alpharetta diners might expect. The menu offers choices from Central to Northern Italy, and Chef Perez considers the cuisine style, Modern (Dixie) Italian because of the splash of Southern flare he adds to some of the dishes. He takes pride in curing his own meats in-house and cooking with local produce and ingredients.

Nothing less than amazing, the Sorrento appetizer made its way to our table first: a giant Alaskan king crab claw as the centerpiece, along with toasted ciabatta bread, cured salmon belly, tasty snapper Tufo, house-made whole grain mustard, and rich whipped ricotta topped with a Calabrian chile to infuse a little heat. All atop a large, thick wooden cutting board which complementing the feel of the restaurant.

The polenta meatballs, which my guest quickly named "melt in your mouth meatballs" brilliantly combined beef and pork braised in San Marsano tomato sauce with fresh basil, polenta and pecorino romano cheese.

The prosciutto di parma board was presented to our table adorned with 17-month aged prosciutto, a wedge of honeycomb from Savannah which balanced the sharpness of the fresh parmesan, topped off with fried bits of their very tasty home-made pizza crust.

For those interested in a little vino, Colletta's very knowledgeable wine steward will help you navigate an extensive selection of wines from all regions of Italy.

The pumpkin risotto and pickled butternut squash had just right hint of pumpkin, sprinkled with hazelnuts. The

fork-tender smoked and braised short ribs were roasted in the wood fire oven and served with a carrot purée, fingerling potatoes and a giant onion ring. One of our favorites was the farfalle, house-made fresh pasta with gulf coast crab and shrimp, and topped with savory garlic. Simplicity wins, says Chef Perez.

The meal was nicely paced so we had time to enjoy the variety of dishes, flavors and soak in the atmosphere.

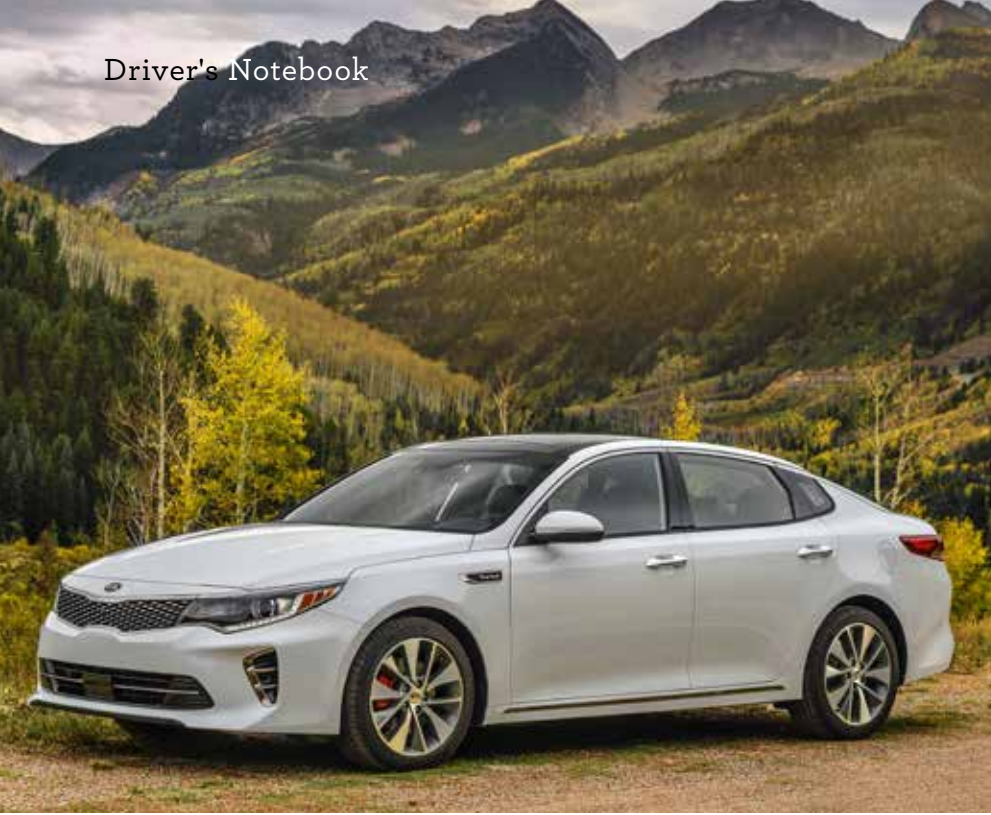
And just when we thought we couldn't eat anymore, out came a colorful assortment of homemade gelato that actually made us feel like we were on the streets of Florence. The pistachio gelato was a hands-down favorite, adorned with a crisp macaroon. The almond budino is an almond custard with salted caramel topped with a scrumptious shortbread crumble, named as Charleston's best dessert at the first restaurant owned by Indigo Road Restaurants, Indaco where GM Jon Murray previously worked. The subtle richness of the almond budino was a perfect finish to a wonderful meal.

Reservations recommended, valet parking. 900 Third Street. 678.722.8335



Mike Perez, Collette Chef photo





The 2016 KIA Optima SX LTD Ushers in 2016 in Style

ARTICLE DENNIS MALCOLM BYRON |
PHOTOGRAPHY COURTESY OF KIA

temperature controlled, and Harmon Kardon's QLS premium surround sound system puts ears in bliss. Bluetooth wireless technology, Sirius XM capability (the first three months are free), dual-zone climate control, and electronic stability control leave the passengers with little to be desired.

As for the driving experience, everyone will have to draw straws in order to get behind the wheel thanks to the extensive list of amenities such as the front collision warning system, rear parking assist, a brilliant eight-inch monitor with navigation, advanced smart cruise control, blind spot detection, and surround view monitor for full awareness of anything near. Activating the push-button start, the 2.0-liter turbo engine controlled by a six-speed automatic transmission is set to push out 245 horses, which is more than satisfactory for four cylinders and of equal importance, gas conservation at a combined 25 miles per gallon. Its value seals the deal at a generous \$36,615 with all the fixings.

Ultimately, 2016 is destined to be an even more impressive year drivers will be happy to embrace thanks largely to KIA.



2015 was a great year in the automotive industry with the debut of new models, high-tech gadgetry, and more engine power, while answering the challenges of gas conservation and the demands for all-electric. KIA's 2016 Optima SX LTD successfully proves that there still can be room for improvement on last year's already sound four-door sedan with enhancements to the body and cabin, and refinement of numerous driver-friendly features.

KIA's extraordinary surge over the last decade has made them one of the top brands with no signs of regression; their 2016 KIA Optima SX LTD solidifies this position. Its sleek body is beautified with HID headlights boasting auto leveling and dynamic bending; a full panoramic sunroof to provide both the front and backseat passengers with optimal stargazing; 18-inch alloy wheels; and sport LED rear tail lights collectively spell "sexy" effortlessly.

The interior is equally impressive. The cushy, quilted "Aubergine Nappa" leather seats are

THE BASICS:

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MPG: 22 city/32 highway, 25 combined

For more information, visit Kia.com.



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Recently **SOLD** Alpharetta Properties

Community	List Price	Sales Price	Days On Market	SP/OLP%	Bedrooms	Full Baths	Half Baths
Alpharetta	1,299,900	1,300,000	104	100.07	5	4	2
Alpharetta	1,297,000	1,163,000	37	89.66	5	4	1
Milton	1,161,520	1,115,000	35	95.99	5	4	1
Alpharetta	1,125,000	1,100,000	40	97.7	6	4	1
Johns Creek	1,099,000	1,050,000	193	95.54	5	5	1
Alpharetta	1,095,000	1,043,000	142	95.25	5	4	1
Johns Creek	1,125,000	985,000	133	87.55	6	5	2
Milton	890,000	884,000	25	99.32	5	4	2
Alpharetta	879,000	879,000	183	100	5	4	1
Johns Creek	875,000	835,000	81	95.42	4	4	2
Alpharetta	799,900	775,000	44	96.88	5	4	0
Johns Creek	750,000	725,000	16	96.66	5	4	1
Milton	710,000	702,000	98	98.88	5	4	1
Milton	705,000	697,000	23	98.86	5	3	1
Johns Creek	695,000	685,000	5	98.56	4	4	1
Milton	692,295	653,280	175	94.36	4	3	0
Alpharetta	649,900	625,000	88	96.16	4	4	0
Alpharetta	649,900	620,000	64	95.39	5	3	1
Johns Creek	629,900	610,000	66	96.84	5	4	1
Alpharetta	599,900	590,000	16	98.34	4	3	0

MLS Statistics from 12/1/15 - 12/31/15. All information herein has not been verified and is not guaranteed.





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January



ALL JANUARY LONG

TASTY COOKING CLASSES

SALUD! WHOLE FOODS

MARKET AVALON

Whether you're new to the kitchen, want to sharpen your culinary skills or just want to have a fun night out with your spouse or friends, they have the cooking class for you at Salud! Cooking School in Avalon. Some of January's classes include: Cupcake Wars (for the kiddos), Superfood Essentials, Couples Pasta, Sushi Workshop, and Classic Thai. WholeFoodsMarket.com

JANUARY - TBD

AMBUSH WINTER PRE-SEASON

SOCCER CAMP

WEBB BRIDGE PARK TURF FEILD

All Rec and Select players U8 to U14 (7 yrs. old minimum) get ready to knock the rust off of the long winter and holiday season.

The camp will be conducted by Ambush DOC, David Eristavi and other Ambush coaches. Players from other teams and areas are welcome. Tell your friends and spread the word! AlpharettaAmbush.org for exact dates.

JANUARY 4

DAY CAMP FOR THE KIDS

MAGNOLIA FARM

Who says all the fun of Summer Day Camp can only be in the summer?! Bring your campers (ages 5-12) to Magnolia Farm to enjoy a led horse ride, archery, barnyard friends, arts and crafts, field games and more! Please send your camper with a re-usable water bottle, a snack, and layers for the weather! \$59 CampMagnolia.com

JANUARY 7

THIRSTY THURSDAY!

VILLAGE TAVERN

Join the Alpharetta Chamber at Village Tavern for their monthly Thirsty Thursday! networking event. Go enjoy delicious food and drinks, and meet professionals in the Alpharetta area. This is the perfect opportunity to catch up with friendly faces, meet new business prospects, and pitch your business. \$15 for Members \$20 for Non-Members. AlpharettaChamber.com

JANUARY 9

WESLEYAN SCHOOL

FAMILY OPEN HOUSE .

WESLEYAN SCHOOL

You're invited to join Wesleyan School at this interactive event where families can tour classrooms, art studios, and athletic facilities while visiting with faculty, coaches, parents, and students. The school is now offering new bus routes, new before and after school options, and new STEAM initiatives. Visit WesleyanSchool.org/events for more information.

JANUARY 23

FAMILY REUNION WORKSHOP

ATLANTA MARRIOTT ALPHARETTA

The bureau's family reunion specialist will help attendees gain insight into the reunion planning process for families, schools, military units, corporate groups and professional organizations. The workshop and lunch are complimentary and one lucky attendee will receive a digital camera, perfect for capturing those memories soon to be made. AwesomeAlpharetta.com

JANUARY 23

ALPHARETTA CHAMBER GALA

RUTH'S CHRIS STEAK HOUSE

This upscale event draws a large crowd of who's who in Alpharetta, including notable elected officials and local celebrities. Experience an evening of elaborate dining, awards, and entertainment at one of Alpharetta's finest establishments, Ruth's Chris Steak House. Tickets \$125/ea. Tables \$1,500/12 seats. AlpharettaChamber.com



JANUARY 23

CHRIS SPHEERIS CONCERT

COUNTRY CLUB OF THE SOUTH

Emmy Award Winning Recording Artist Chris Spheeris performs "OPEN," a solo concert

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JANUARY 30

SUPER CPR SATURDAY

EMORY JOHNS CREEK HOSPITAL

Johns Creek's "Super CPR Saturday" returns with free, certification lifesaving classes for residents and businesses in how to perform cardiopulmonary resuscitation (CPR) and use automated external defibrillator (AED). The classes, part of the city's Heart Ready program, are taught by Johns Creek firefighters/paramedics 678.512.3221 or **JohnsCreekGa.gov**.



JANUARY 30

BUBBLES & BLING COCKTAIL PARTY

THE FOUNDRY AT PURITAN MILL

The 3rd Annual Bubbles & Bling is an eclectic cocktail party with all proceeds from the event benefiting the Susan G. Komen Greater Atlanta Foundation. So break out your best 80's attire and get your tickets to this rad party at

KomenAtlanta.org/Bubbles

JANUARY 31

GEORGIA BRIDAL SHOW

INFINITI ENERGY CENTER

Join all the brides-to-be for the South's Elite Bridal Event since 1990. Brides are able to meet face to face with wedding professionals and find everything they need to create the wedding of their dreams all in one location! Tickets are \$10 at **EliteEvents.com** (or \$15 cash only at the door).

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THE GREAT PURGE & CLEAN OF 2016

WORDS LISA COOKE HARRISON

Happy New Year! Now that you've got your fitness and wellness goals firmly in place, it's time to look closely at the space around you and ask yourself, "Are things looking a little cluttered?" or "Are my closets bursting at the seams?"

Why not set a goal to de-clutter and, more importantly, to simplify this year?

Several years ago, I was inspired by a book called *Simple Abundance* to set a goal to clean, sort and rid my home of much of the stuff that was being stored but rarely (or never) used in spare drawers, closets, cabinets and bookshelves around my home. Finding truth in the idea that 'we fill the space we have' meant that my home-sweet-home was filled to the brim. Like many of you, I'm blessed to live in a house with extra closets, an extra bedroom and lots of built-in cabinets and bookshelves. I realized in the 12 years we'd lived in our home, we'd filled all of these spaces. It was time to attack them and I needed a plan.

My goal? To get rid of something nearly every day.

As I sit and watch television in the evenings, I try to use that time to clean out a drawer or two or a shelf in one of the nearby closets. (Commercials are the perfect time to put things back.) During one evening of binge-watching three episodes of my favorite show I carried all of the plastic shoe boxes that make up our first aid and medicine closet supplies to the floor in front of the television. It's amazing how many nearly empty bottles of cough syrup and Tums we'd accumulated. An hour later my waste basket was full and I'd easily pitched more than a dozen items and so my goal for that week was met.

Once upon a time I thought every bookshelf should be lined with books and so I collected and I kept every book I finished. Now I take pride in half empty bookshelves that provide me with space to show off pretty collectibles and a few framed family photos.

My beloved got involved at a different level. He started selling things on Craig's List and eBay. Suddenly the wood chipper and junior golf clubs in the garage had each brought in fifty dollars. That alone was motivation for him to keep posting. We agreed this method was significantly easier than a garage sale since we both work full-time.

Twice a year I go through my son's closets and dressers. It doesn't take more than 20 minutes of playing "Keep or toss?" with my growing teens to whittle down their t-shirt collection and get rid of clothes that no longer fit. Since they seem to come home with a t-shirt a week from one activity or another, it's common for them to have 10 favorites and ignore the rest.

Do you ever find yourself watching an episode of something on your computer? Use that time to organize and purge from your desk, home office space or kitchen, depending on where your computer lives.

The organizational experts all seem to agree—if it isn't *useful, sentimental or beautiful*, it might be time to let it go.

Lisa is the editor of our sister magazines, Leawood Lifestyle, Lee's Summit Lifestyle and Johnson County Lifestyle in the Kansas City market.

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