Enjoy!
CHEROKEE
MAGAZINE
VOL. 9 | ISSUE 2 | MARCH / APRIL 2021

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American chestnut trees once accounted for up to a quarter of the trees in American forests, but today they have largely vanished, decimated by blight and root rot. A couple small orchards on a hillside in western Cherokee County are part of a national effort to restore the American chestnut to the eastern U.S. forest ecosystem.

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A good Samaritan stopped her car and scooped up a wet, matted pup dragging himself across South Cobb Drive. He was badly injured, but his courage shone through. Dive into the inspiring story of Cobb, an adorable little pup with a big heart and even bigger spirit.

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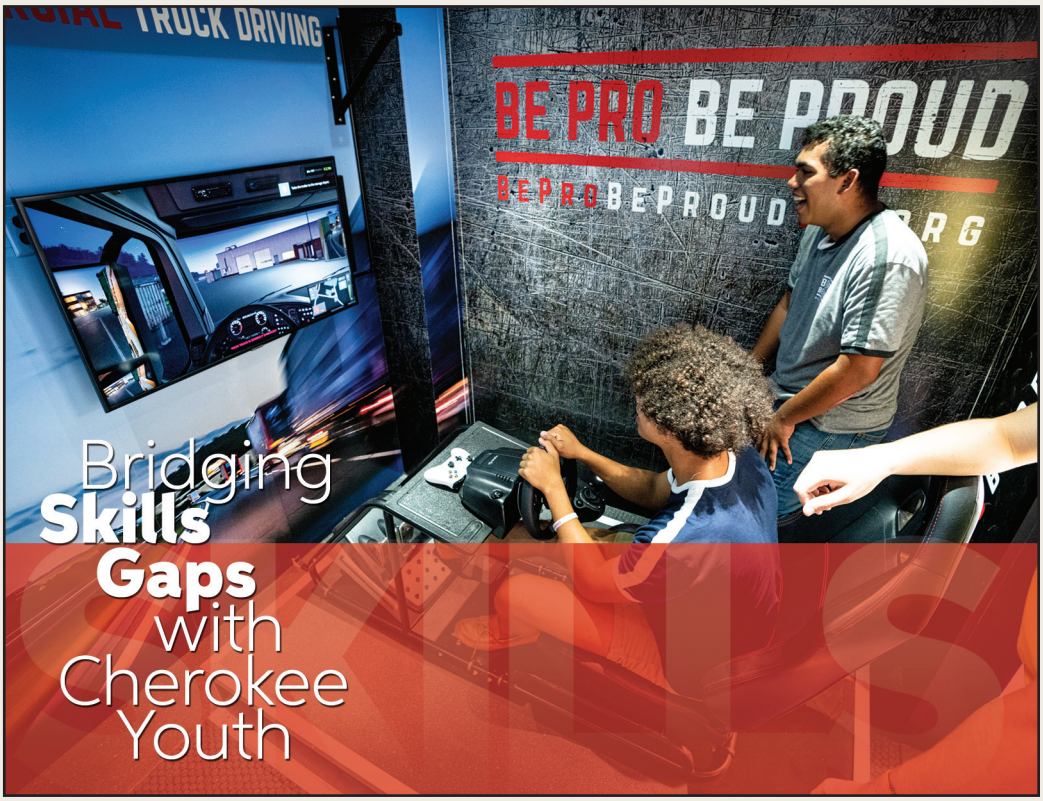

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Be Pro Be Proud

Cherokee County is the headquarters for a new initiative in Georgia, Be Pro Be Proud. The Be Pro Be Proud program explains the importance of skilled professions and attracts young people to them. The Cherokee Office of Economic Development works with business and industry leaders to build a local workforce ready to support the continued growth of Cherokee County.

J. Thompson Ross Investments:

Asset Protection in Estate Planning

You're beginning to accumulate substantial wealth, but you worry about protecting it from future potential creditors. Various tools exist to keep your personal or business property safe from tax collectors, accident victims, healthcare providers, credit card issuers, business creditors, and creditors of others.

Liability insurance is your best line of defense

Consider purchasing or increasing umbrella coverage on your homeowners' policy or liability coverage under your business insurance policy. Generally, premiums for this type of coverage is minimal compared to potential court judgments should you ever be sued.

Protect the family residence

State law determines the creditor and judgment protection afforded a residence by way of a Declaration of Homestead, which varies from state to state. For example, a state may provide a complete exemption for a residence (i.e., its entire value), a limited exemption (e.g., up to $100,000), or an exemption under certain circumstances (e.g., a judgment for medical bills). A Declaration of Homestead is easy to file, is inexpensive, and filed where your deed is recorded.

Dividing assets between spouses can limit exposure to potential liability

Perhaps your occupation exposes you to greater potential liability than your spouse's job does. If so, consider dividing assets between the two of you. You keep only your job's income and assets while your spouse takes sole ownership of your investments and other valuable assets.

Certain trusts preserve trust assets from claims

The key to using a trust as an asset protection tool is that the trust must be irrevocable and become the owner of your property. Once given away, these assets are no longer yours and are not available to satisfy claims against you. To properly establish an asset protection trust, you must not keep any interest in the trust assets or control over the trust.

Trusts can also protect trust assets from potential creditors of the beneficiaries of the trust. The extent to which a beneficiary's creditors can reach trust property depends on how much access the beneficiary has to the trust property. The more access the beneficiary has to the trust property, the more access the beneficiary's creditors will have. Thus, the terms of the trust are critical. There are many types of asset protection trusts, each having its benefits and drawbacks. These trusts include:

- **Spendthrift trusts**
- **Discretionary trusts**
- **Support trusts**
- **Personal trusts**
- **Self-settled trusts**

Since certain claims can pierce domestic protective trusts (e.g., claims by a spouse or child for support and state or federal claims), you can bolster your protection by placing the trust in a foreign jurisdiction. Offshore or foreign trusts are established under or made subject to another country's laws (e.g., the Bahamas, the Cayman Islands, Bermuda, Belize, Jersey, Liechtenstein, and the Cook Islands) that do not generally honor judgments made in the United States.

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Runners have many reasons for taking up the sport. Dale Morrissey and Patty Baker, two local women, share their passion for running and tell how you can spark an interest in running too.

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Vacations relax and rejuvenate us, and you can have a staycation right here in Cherokee County. Here you'll find fine dining, art, culture, nature, and outdoor sports. Get the most out of your hometown and find adventure near you in Cherokee County.

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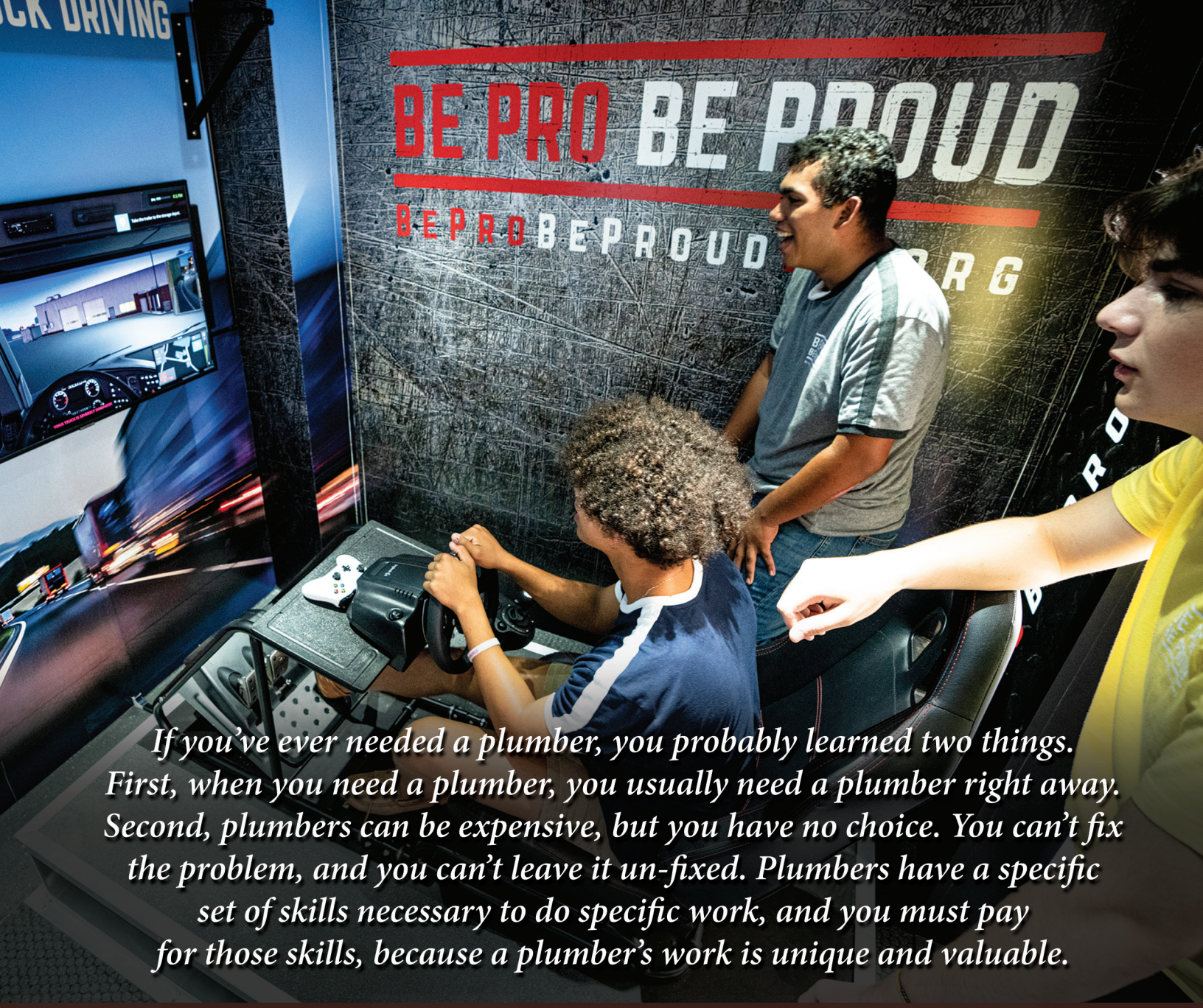
Students are able to see their strengths at work in the hands-on environment of the mobile workshop. Here, two students experiment with robotics technology.

Virtual simulations are used to represent jobs such as commerical truck driving. This feature allows users to test their skills and consider new career paths.

Bridging Skills Gaps with Cherokee Youth

Michael Mullet, Ball Ground Resident

"Skilled professions—what we used to call skilled trades—are important, valuable, and often critical jobs. That's the most important message I want students, parents, and everyone to understand," says Misti Martin, president of the Cherokee Office of Economic Development (COED). "Skilled professionals keep our businesses, schools, hospitals, and workplaces running. Really, these professionals keep our communities functioning." She and others are addressing the myth that skilled professions are merely jobs for people without college degrees. Not so, she says. Recent events bear her out.



If you've ever needed a plumber, you probably learned two things. First, when you need a plumber, you usually need a plumber right away. Second, plumbers can be expensive, but you have no choice. You can't fix the problem, and you can't leave it un-fixed. Plumbers have a specific set of skills necessary to do specific work, and you must pay for those skills, because a plumber's work is unique and valuable.

In spring 2020, as Georgia Governor Brian Kemp and his colleagues in other states were issuing temporary shutdown orders in response to COVID-19, almost all the executive orders contained exemptions for critical infrastructure and essential business, which included healthcare obviously, but also energy, agriculture, transportation, information technology, communications, and water, among others.

"Take a closer look at any of those broad categories, and you'll see that the truly essential workers are those who keep those industries running," Misti says. "Lab technicians, pipefitters, linemen, welders, truck drivers, electronics and computer technicians—professionals who may be more likely to have had technical training rather than a college degree."

Students and parents often ask whether skilled professionals can earn a decent living without a college degree. She has a ready answer for those questions too. "In the Atlanta area, the top ten percent of earners in plumbing make more than $71,000 a year," says Misti. "The top ten percent of diesel technicians earn almost $70,000 a year, automation and robotics professionals earn more than $85,000, linemen more than $82,000, and computer programmers more than $130,000 a year. So yes, these jobs pay very well."

As COED works with business and industry leaders to build a local workforce ready and able to support the continued growth of Cherokee county, the Be Pro Be Proud program promotes the critical importance of skilled professions and attracts young people to them. ▶▶▶

ABOUT THE SKILLS GAP

- The United States is experiencing a skilled-labor shortage because of a gap between the skills that workers have and the skills that employers need.
- More than 82 percent of manufacturers report a moderate or serious shortage of skilled production workers.
- Georgia has a middle-skills gap. Middle skills are those that require more than a high school education but less than a four-year college degree.
- Middle skills make up 55 percent of Georgia's labor market jobs, yet only 43 percent of Georgia workers are trained at the middle-skill level.
- To close Georgia's skills gap, it is crucial to have an increase in workers with associate degrees in high-demand fields.
- Mobile initiatives such as **Be Pro Be Proud** are doing their part to educate and support students in securing associate degrees.

This information comes from NationalSkillsCoalition.org and BeProBeProudGA.org.

▶▶▶ Created in Arkansas in 2016 with the expectation that the program could be duplicated in other states, Be Pro Be Proud links students with local industries, employers, and training. Misti and the COED team were integral in bringing the program to Georgia.

> *"We started Be Pro Be Proud Georgia in Cherokee County with a plan to scale it regionally and statewide," Misti explains. "This initiative is bigger than one county or one state; it is intended to dispel the myths about skilled professions."*

The centerpiece of the program is a nearly $300,000 mobile workshop that features stations devoted to several skilled professions that appeal directly to students who prefer hands-on learning. To date more than 3,350 students have toured the Be Pro Be Proud mobile workshop, according to COED.

"The mobile workshop brings interactive experiences to students, coupled with learning about opportunities to find a career in the skilled professions and earn great money," Misti explains. "In October we kicked off a tour at River Ridge High School in Woodstock and then spent a week at each of the six Cherokee high schools." She reports a robust response.

Annie Axelsson, one of the students at River Ridge to tour the workshop, says she learned a great deal, which is what sponsors hope will be the case with every student. "Be Pro Be Proud was an extremely valuable experience for me," Annie says. "It opened my eyes to all the careers available in the skilled workforce and showed me that I don't have to go to a prestigious college to be successful in life."

In addition to the students who are embracing the program, Cherokee business leaders have also gotten onboard. Be Pro Be Proud counts among its partners and sponsors the Construction Education Foundation of Georgia, Georgia Power, United Federal Logistics, and Cherokee By Choice, a public-private partnership among COED and local businesses that provided seed money to bring the program to Cherokee County.

Another partner, Shottenkirk Chrysler, Dodge, Jeep, Ram in Canton, provided a Ram 4500 truck with a custom bed to pull the mobile workshop trailer, largely because of the importance of skilled professions to its business. General Manager David Booth has a keen understanding of the issues. "Skilled trades are one of the most important things we can support. Not all kids are destined for college," says David. "It's the type of people we look to hire for our service centers. Awareness of the types of jobs and careers that are available is very important, not only for my dealerships, but for other industries as well."

David continues, "Most kids don't realize that a lot of skilled jobs are available and are not aware of the type of income they can earn. Many people providing skilled labor today are moving toward retirement age."

The growth in skilled-profession jobs and the lack of people to fill those jobs work together to drive the need for more skilled professionals. All fifteen professions listed on the Be Pro Be Proud Georgia website are projected to have double-digit growth.

"The skills gap isn't just a Georgia problem; it's a national problem, and it is widening," explains Misti. "Right now seventy-two percent of skilled trade workers are forty-five and older, edging toward retirement. More than eighty-two percent of manufacturers report a shortage in skilled production workers. Clearly there is opportunity out there, more than ever."

Students and parents who want to learn more can visit the Be Pro Be Proud Georgia website and "join the movement" to be connected with training and job opportunities. COED reports that nearly one thousand people have already signed up to learn more about careers in skilled professions.

As someone who hires skilled professionals and provides a workplace where they can build a solid, satisfying, and well-paying career, Shottenkirk's David Booth provides a knowledgeable last word: **"The future of our country and the future of our workforce in skilled jobs are both on the line. This program will become the gold standard for what can be done when children get excited about these workforce opportunities."** *Enjoy!*

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C O P

Joni and Paul Gommo, Cobb's owners, opted for a special photoshoot to announce the adoption of their new furry friend.

From Paralyzed Pup to Able Ambassador

Joni Gommo, Holly Springs Resident

A good Samaritan stopped her car and scooped up a wet and matted pup dragging himself across South Cobb Drive. In the early morning hours of the stormy July day, she took him to the Cobb County Animal Shelter.

THE animal had been badly hurt; his hind legs were limp. He had no collar, tag, or microchip. The poor pup had obviously survived an accident, and he was all alone in the world. The good-natured boy resembled a schnauzer, so someone from the shelter called a local schnauzer rescue to see if it wanted to assume responsibility for the pup. If not, the shelter would have to euthanize the wounded canine.

For the better part of the past fifteen years, my husband and I have been owned by miniature schnauzers, so I naturally follow many schnauzer pages on social media, particularly a rescue called Schnauzer Love Rescue. In late July 2017 I saw that a severely injured little guy had been taken in after narrowly missing a date with euthanasia. The rescue folks had put him through intensive rehab to see if he could recover enough to be adopted and have a good quality of life.

For his medical records and treatment, the pup needed a name and birthdate. He had been found on South Cobb Drive in Cobb County, Georgia, so someone along the way decided to call him Cobb. He was assigned the birthdate of March 10, 2016, because his initial veterinarians estimated him to be about a year old. ▶▶▶

▶▶▶ As I read through his posting on the rescue site, I recognized myself in that little guy. In 2012 I suffered spinal cord compression after a disc in my neck ruptured. It would be impossible to describe the type and amount of pain I suffered, including the pain of recovery after surgery. At that time I believed my life as I had known it was over.

Thankfully I am much better now and deal only with occasional aftereffects of having had my spine altered from surgery. I wondered if that little dog was feeling anything like I had felt. Inexplicably drawn to him, I reached out to his foster family to find out more. Before the conversation ended, I had set a time the next day to meet him. All I needed to do was convince my husband, Paul, that we were only going to meet the little guy and nothing more. To my surprise he readily agreed.

At the appointed time the next day, we met the couple fostering Cobb. The veterinary neurologist had given the furry baby strict orders for limited movement, so he was in a pen in the living room. The couple invited us to get in the pen if we wished, and Paul hopped in. Despite Cobb's injuries, the pup happily climbed all over Paul.

I discussed with my husband the idea of becoming canine foster parents. Surprising me once again, he agreed that we should offer our help to Cobb's foster mom, who eagerly agreed to the idea. In August we began fostering Cobb part-time, and by the time December rolled around, he was with us full time and even traveled with us in our motorhome.

Cobb graduated from obedience class. Next stop: his Canine Good Citizen certification!

Cobb has two schnauzer sisters that he loves to play with.

FOLLOW COBB

Holly Springs is home to the happy handicapable hava-poo named Cobb. The spunky pup enjoys adventures in Cherokee County with his owners, Joni and Paul Gommo. Follow Cobb's story through social media at CobbsPurpose on Facebook and Instagram.

The longer Cobb was with us, the more I wondered if anyone would ever have any interest in adopting him. At the same time, I worried that someone might want to do it, and that thought terrified me. Cobb had become a natural part of our lives and our family, and I could not imagine life without him. As a nurse for many years, I was also comfortable caring for Cobb's many medical needs, including emptying his bladder, which he cannot do on his own.

By the time the holidays arrived, there was no denying that Cobb belonged with us. He completely owned our hearts. While I was waiting on our adoption application to be approved, I arranged a photo shoot with a local photographer. We did a "Cobb reveal," with him poking his little head out of a box with blue balloons. We sent the photos to family and friends as adoption announcements. We also had an adoption ceremony and pet blessing and invited all of our family members and friends to attend. It was a beautiful day.

That night was the first time Cobb ever initiated play with our other two dogs. Watching, I was so astonished that it moved me to tears. I was convinced that once we announced his adoption, he knew he was truly home, where he would always be loved and cared for.

Not long after we adopted Cobb, he starred in a commercial, a collaboration between Sam's Club and *The Today Show* for National Pet Adoption Month. We were chosen based on an essay I entered telling the story of Cobb's rescue and success story. After the commercial aired, people viewing the rescue page paid a great deal of attention to Cobb, which meant the dogs that still needed homes were getting less attention. I decided to start social media pages specifically for him and titled them "Cobb's Purpose," because I believed he had a mighty one. He has since also been featured on a television show called *To the Rescue,* set to air this winter. ▶▶▶

The Gommos love posing with their three furbabies. The couple hold their two schnauzers, Daisy and Lily, and Cobb sits below.

Tough terrain can't stop Cobb from enjoying the views. He has a specially made set of wheels that allows him to get around easily and quickly.

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- Scrubbing Bubbles bathroom cleanser

You can find their Amazon Wish List on the shelter's donation page.

Sponsor an upgrade for the kennels by donating new bone door pulls for $50 each. Donors will be honored or memorialized with a "dog tag" inscribed to hang on each bone.

You can donate by mail by sending your donation to Give a Dog a Bone at Cherokee County Animal Shelter 1015 Univeter Road, Canton, Georgia 30115

▶▶▶ Between all our travels across the country and Cobb's newfound celebrity status, our sweet baby was gathering more and more fans on his social media sites. We made it a point to tell his fans when we were in their towns so they could meet him. On one visit to Florida, the wife of one of Cobb's longest followers and I connected. She told me that her husband, a hospice patient, would be thrilled to meet Cobb. She also asked if I thought Cobb might snuggle with her husband. I said a silent prayer and told her I thought that he would. On the way to visit the husband, I told Cobb what a special visit he was about to have and that he needed to be on his best, most gentle behavior. The look in his eyes told me he understood. When we arrived and I placed Cobb in the man's bed, it was as if he was meant to be there. I knew then that Cobb had a purpose that even I hadn't realized.

That visit made me see that as a pet-therapy dog, Cobb had great potential to help others. We completed one course, but further classes have been postponed for now, because of the pandemic.

Always curious about Cobb's unknown past, I sent for a DNA test kit to discover any unknown medical issues. Imagine my astonishment when the most shocking thing about the results was not his medical traits, but his breed. It turned out that Cobb, rescued by Schnauzer Love Rescue, was not a schnauzer at all. He was a Havapoo, an equal mix of Havanese and poodle. It took me a few days to absorb this information, and I didn't even post it on his social media pages for several days. I wondered how his fans, many from other schnauzer sites, were going to take the news.

When I finally posted the results, the reactions were mixed. Some people were as surprised as me yet happily accepted Cobb's newfound identity. A few others were angered. A few fans said, "Just leave him a schnauzer," and others pleaded, "Please don't change the name of his pages." In the end, though, I couldn't leave things as they were. Cobb was not a schnauzer, but more importantly, he was still the same pup that my husband, Cobb's fans, and I had fallen in love with. He was the embodiment of unconditional love, and that fact will never change.

Cobb has been a cherished member of our family for three and a half years, and we can't remember our lives without him.

Because of his paralysis and a few related medical issues, though, we are not sure if he will have the lifespan of a normal, able-bodied dog of his size. We just know he wakes up with pure joy every morning and goes to bed every night knowing he is loved beyond measure. *Enjoy!*

Now that's one photogenic pup! Cobb sports his wheels in this playful photoshoot.

My husband likes to say, "Dogs are only with us for a short time, on loan from God." We thank God every day for the gift of Cobb.

–Joni Gommo

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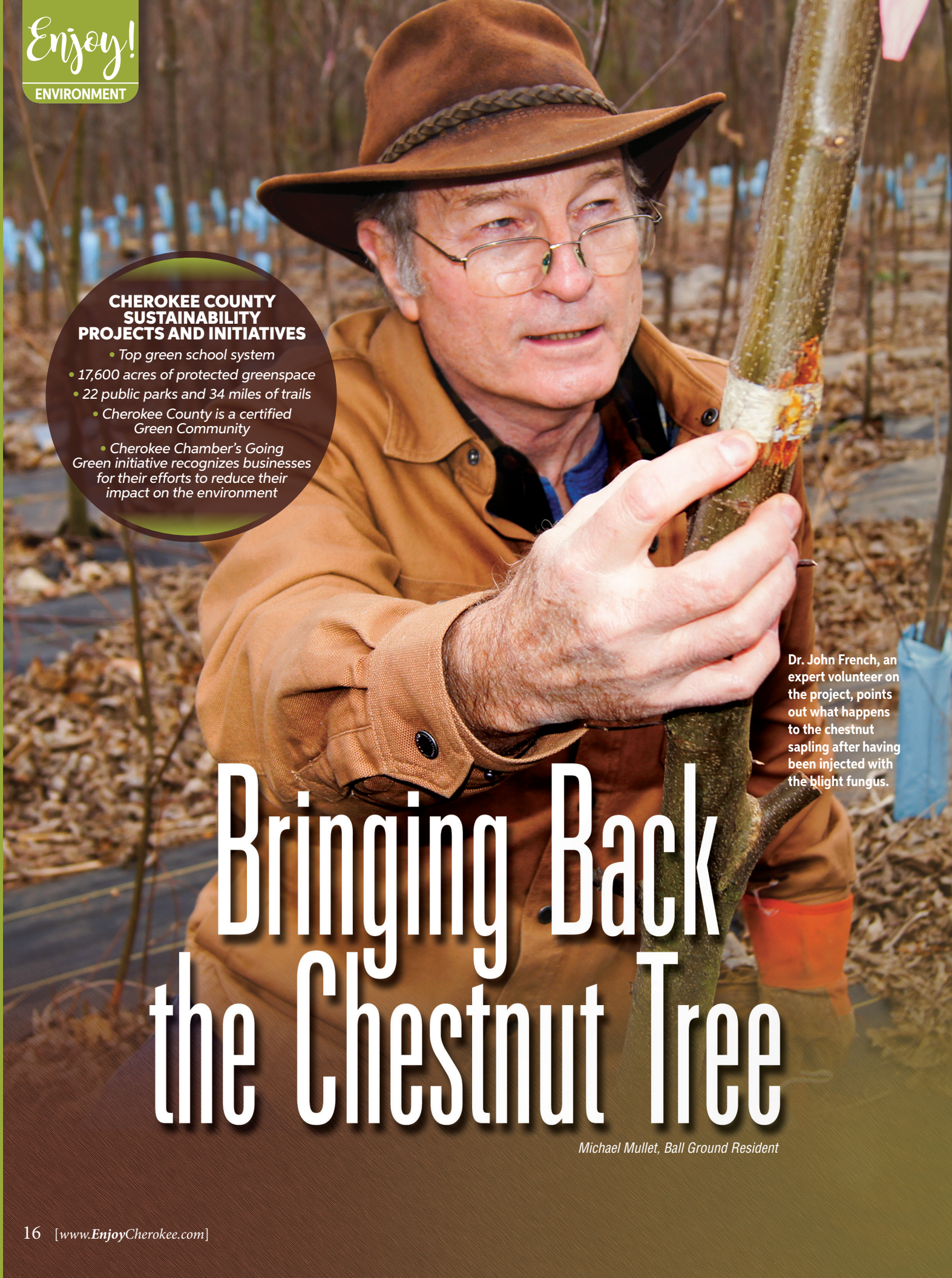


CHEROKEE COUNTY SUSTAINABILITY PROJECTS AND INITIATIVES

- *Top green school system*
- *17,600 acres of protected greenspace*
- *22 public parks and 34 miles of trails*
- *Cherokee County is a certified Green Community*
- *Cherokee Chamber's Going Green initiative recognizes businesses for their efforts to reduce their impact on the environment*

Dr. John French, an expert volunteer on the project, points out what happens to the chestnut sapling after having been injected with the blight fungus.

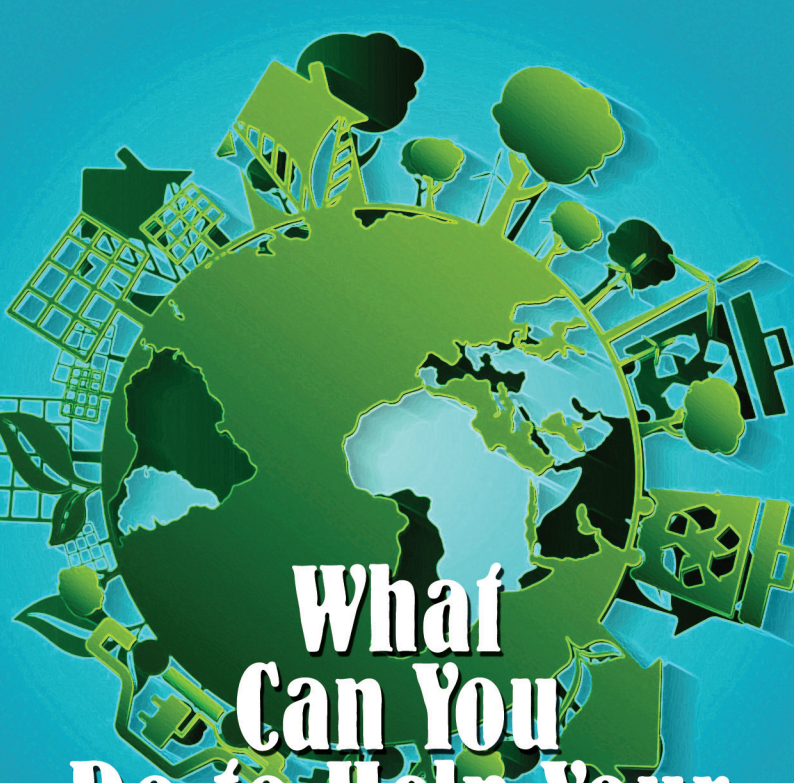
Bringing Back the Chestnut Tree

Michael Mullet, Ball Ground Resident

American chestnut trees were once a dominant native. Its nuts fed wildlife, provided a cash crop, figured prominently in tales of the first Thanksgiving, and became a feature in a favorite Christmas carol, roasting on an open fire. By some estimates the American chestnut once accounted for up to a quarter of the trees in American forests, but today it has largely vanished, decimated by blight and root rot. Help is on the way. A couple small orchards on a hillside in western Cherokee County are part of a national effort to restore the American chestnut to the eastern U.S. forest ecosystem.

"It was about 2005 that I found the tree," Dr. Austin Flint says. "I saw a chestnut on the ground and looked up. I saw the leaves; they're pretty distinctive, and then I saw the blight on the trunk. It wasn't a very big tree, but I was almost certain I had found a wild American chestnut." He describes the first in a series of events that in 2017 culminated in the planting of two experimental American chestnut orchards on land he owns in Waleska, where he discovered the tree. He has become a leading local advocate for chestnut restoration.

"There happened to be a meeting about the American chestnut that very day at Reinhardt University," Austin recounts, "so I drove over and showed the chestnut to a man named Dr. Martin Cipollini, a biology professor visiting from Berry College. He came right out to the land and confirmed the tree was in fact a wild American chestnut. We were both thrilled." ▶▶▶



What Can You Do to Help Your Environment?

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REDUCE, REUSE, RECYCLE.
Cherokee County recycling centers are located at 470 Blalock Road in Canton and Hobgood Park at 6688 Bells Ferry Road, Woodstock. Cities in Cherokee also have their own recycling initiatives.

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Turn off the faucet while you brush your teeth or wash dishes. The less water used, the less runoff and wastewater ends up in rivers and lakes.

VOLUNTEER.
Participate in local cleanups and recycling events that protect the community.

SHOP SMART.
Bring reusable shopping bags and avoid using plastic.

EDUCATE.
When you educate yourself and others, you share the importance of environmental protection so our natural resources can be preserved and enjoyed for years to come.

▶▶▶ Not that long ago, finding an American chestnut in the wild was neither novel nor a cause for excitement. According to the American Chestnut Foundation, a little more than a century ago the trees numbered more than four billion, with a range that extended across the eastern half of North America, from Florida to Ontario.

The trees were an excellent source of food for wild animals, Native Americans, early settlers, and their livestock, and the tree's rot-resistant, straight-grained wood was in high demand for furniture and building.

"My father was born in 1888, and I came late in his life, so I remember him telling me about chestnut trees," recalls Austin, a Georgia native who moved to Cherokee County with his wife and three young sons in 1968. "He told me the trees would get huge, more than six feet across, and they were everywhere."

Around 1900, however, to meet demand for chestnuts among a growing American population, Chinese chestnut trees began to be imported to the U.S. Those trees brought with them the fungus responsible for blight, essentially wiping out the American chestnut population in about forty years. ▶▶▶

On top of a ridge in Waleska, hundreds of chestnut saplings, pictured left, are being tested and studied in an outdoor laboratory. Pictured above, Reinhardt instructor Keith Ray, Dr. John French, and Dr. Austin Flint explain the process and purpose of the experiments being conducted in this project.

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The team from left to right: Keith Ray, Reinhardt instructor; Dr. Zach Felix, coordinator of biology at Reinhardt; Dr. Austin Flint, landowner and Reinhardt trustee; Dr. John French, Executive Board member, Georgia Chapter of the American Chestnut Foundation; Johnny Paollozzi and Madison Obarsky, Reinhardt students and interns. Many others have been involved with the project as well.

In spring and summer, the chestnut saplings are in full bloom—a beautiful sight for those working hard to restore the trees to our forests.

▶▶▶ Even as Asian chestnut species introduced blight to the U.S., however, some of the imported trees were themselves resistant to it. Efforts today to restore American chestnuts, therefore, focus on crossbreeding the American chestnut with the Chinese variety to introduce genes that protect against blight, which is exactly the science being used on Austin's land in Waleska. It's a collaborative effort that includes Dr. Martin Cipollini from Berry College, the Georgia chapter of the American Chestnut Foundation, and faculty and students at Reinhardt University, where Austin is also a trustee.

> *"My contribution to this project is that I let them use my land," Austin says of the acreage just north of Reinhardt University that he bought in 2001. "I don't get paid for it, but I am proud to be a part of the effort to restore what is part of our American heritage. That's what the American chestnut tree is."*

A (mostly) retired radiologist who at one time led a large radiology practice that served numerous hospitals in north Georgia, Austin at age eighty-three finds the restoration initiative both intriguing and heartwarming. He also enjoys being able to work with some of the foremost experts in chestnut restoration.

Dr. John French, a retired plant pathologist who is a volunteer consultant for field studies undertaken by the American Chestnut Foundation's Georgia chapter, is one of the experts involved in the restoration project. He explains how the work is being done in Waleska and in similar field studies all over the eastern U.S. "A lot of people think of a laboratory as being indoors and filled with test tubes and beakers," John says, "but these orchards are laboratories. Our objective is to develop a population of American chestnuts that are resistant to both blight and root rot, so we can restore this tree to American forests, and these trees are the experiment."

Reinhardt University associate biology professor Dr. Zach Felix, his colleague Keith Ray, and a handful of student interns have planted and maintained about one thousand chestnut hybrid saplings on Austin's land over the past three years. The workers have braved winter cold and summer heat. They fought insects and killed weeds that would jeopardize the experimental plants.

"The Reinhardt folks who tend these important orchards are, most importantly, gaining hands-on experience in the sciences that underpin the entire forest ecosystem," John explains. "They will take what they learn here and use it to build greater understanding of how all living things fit together. We're not just growing trees; we're growing people."

In the experimental orchard for studying blight, the planted saplings are 94 percent American chestnut and 6 percent Chinese chestnut. Some develop blight and die, but others continue to grow. Some have been intentionally inoculated with blight—a small hole drilled in their trunks

and the fungus inserted—something that will eventually be done to all of them. The trees that don't develop blight, even when infected with it, likely contain the genes that make the trees resistant.

The other orchard laboratory is for studying root rot. Even though the root-rot organism, called Phytophthora, occurs naturally in the soil, all the trees are intentionally inoculated multiple times so they cannot escape becoming exposed to it. Eventually the trees resistant to blight will be crossbred with those resistant to root rot, in hopes of creating a population of American chestnut that can be reintroduced into the wild to grow and propagate naturally.

Even as the goal of the project is clear and the science of crossbreeding trees resistant to blight with those resistant to root rot logical and simple to explain, restoring a tree species takes time—likely decades, in the case of the American chestnut. *Enjoy!*

> *"I know this effort is going to take years. It may not come to fruition until long after I am gone," says Austin wistfully, "but when this great tree is restored and its beauty is a part of our American forests once more, I will be honored to have played a part in it."*

Unique drawings like this one are an example of Edvique Shaver's work with Living My Now. The piece's detail comes from simple repeated lines and shapes and is made vibrant with watercolors.

"For most of my life, I was who I thought others wanted me to be, who I thought I had to be, and focused on what I believed needed to happen in my life for me to be happy. Everything and everyone I was trying to control was actually controlling me. Yikes! Not a fun way to live." Edvique Shaver explains how her life used to feel unruly. Many of us have felt this way, but she learned how to take control of her happiness and reduce her anxiety.

Finding peace in ART

by Leana Conway, Woodstock Resident

As soon as I joined Edvique's free meditative drawing class online, she met me with a smiling face and a cheery "Hello! Welcome!" I felt as if I were entering a friend's home.

After waking up late, rushing to get ready for work, and bustling into the office, I had signed into the Zoom meeting. Feeling hurried, uncaffeinated, and cranky, I didn't feel ready to spend an hour drawing. Nonetheless, Edvique invited us to begin. She started with a breathing exercise and encouraged us to let go of our stress, our thoughts, and what may have been going on in our lives and connect with ourselves through our breath. "Relaxing before beginning will help transition you into the meditative state," she told us.

Immediately I felt calmer and more open to the idea of creating art that morning.

We began with a simple shape, a loosely drawn flower. We added a few more flowers to the page. We then added petals around the petals we had drawn initially. We added more and more until our petals filled the page, a repetitive process with no timetable or rules. Edvique guided us as we added line after line, advising us not to worry about crooked lines or imperfections. She walked us through common feelings we might have while creating. "If you think you're messing up, don't worry; there is no right way. If you don't like the way it looks, sit in the discomfort of letting go of your expectations for the piece," she said. "Meditative drawing is largely about relinquishing control and letting your pen flow on the paper without a predetermined destination."

I found myself lost in my creation. I filled up one sheet. I began another. Edvique gently reminded us that there were no rules. We could experiment with our design in whatever way our creativity led us. I ventured from the repetitive lines and added dots around my flowers. Edvique encouraged playing with colors, textures, and media.

Mindful meditative art is about the process, not the product. Before long I was lost in the design, an hour had gone by in a matter of minutes, and I felt relaxed. Without consciously trying, I experienced the meditative state that Edvique talked about. ▶▶▶

Health Benefits of Mindfulness-Based Art Therapy

Creating art gives your brain a break from your usual thoughts. It promotes creative thinking and stress relief. Artistic activities help with challenges such as aging and loneliness. Creating art boosts confidence, alleviates anxiety, and combats depression. Making art can benefit coordination and problem-solving skills as we work to sculpt, paint, or draw a work of art. Art can express emotion and allow us to connect with others. Anyone can take advantage of the many ways to get involved with the art community.

In addition to venues that offer art-related activities, Elm Street Cultural Arts Center in Woodstock and many other places hold virtual art classes. Search the Internet for tutorials and create your own art studio at home.

Information on the benefits of arts can be found at MentalHealth.org.uk.

Each Friday Edvique hosts a free Zoom class right from her studio for those wanting to practice meditative art. Visit LivingMyNow.com for information on classes.

▶▶▶ Edvique Shaver's professional career in education was but one of the paths that led to her life's soul work. She originally taught inner-city kids in Alabama. Many of the high school students had trouble focusing, but Edvique realized when their hands were busy, their minds were quiet. Edvique, a self-described highly functioning, anxious person, says that when she saw the correlation between busy hands and quiet minds, she began a quest to find a peaceful mind for herself and others.

Traditional meditation may not always work for folks who are young, anxious, or going through a lot in life. Sitting quietly and trying to meditate has the potential to make some people even more nervous. Studies show that 85 percent of those who start a meditation practice quit because they find it boring or too hard. Edvique's goal is to demystify meditation and simplify mindfulness.

Edvique recalls one particular moment that brought many threads together for her. While traveling in Portugal, Edvique was waiting for her husband at a café. She examined the hand-painted tiles on the walls that are common in that country. She took out a pencil and her journal and sketched the image that appeared on one of the tiles. The next thing she knew, the waiter was nudging her back to awareness, asking if she was okay. She had been drawing for more than an hour, absorbed in the process. Edvique says, "It was such an aha moment; I had just meditated. I had tried hard to reach a meditative state before, and I failed." Concentrating on drawing, however, put her into a meditative state. "I began to practice drawing meditatively, and it began to change my life."

In 2006 Edvique started her company, Living My Now, a Mindfulness Art Studio, offering various forms of art. Edvique defines work at the studio as connecting with your unique creativity through making art. Making art is a way to practice self-care and spiritual renewal. Edvique notes that meditation alone is like sharpening a pencil and putting it in a jar. A mindfulness practice is also needed—the pencil needs to be used, for a person to reach full potential.

Life experiences and formal studies in education and certification in both mindful meditation and life coaching helped Edvique create her programs. She hosts classes at her farm and art studio in Canton as well as on online.

Part of Living My Now is Shift, a coaching program based on mind rewiring and manifestation through meditation and mindfulness. Put another way, an energy shift pushes us toward

Bright pieces line the walls that are sure to spark your inspiration.

Edvique's studio is a creative haven.

SHIFT happens

In the first few months of 2020, 3.4 million Internet users in the United States searched for subjects related to severe anxiety and panic attacks, according to an August 2020 study from *JAMA Internal Medicine*.

growth in understanding and love for who we are and love for one another as well as growth to discover our unique gift. Shift includes taking mindful breaks throughout our days to pause, breathe, notice, and smile. Edvique says the program is for tweens, teens, and women on a journey into self-awareness, mindfulness, and self-love through intentional creativity. Edvique has also taught the program at the Cherokee County Family Violence Center and hopes to take the program wherever she can. Edvique playfully says, "Shift happens." One goal of the Shift program is to activate your right brain and become more creative with solutions for the problems in your life. The program takes around twelve weeks, depending on the participant.

Living My Now hosts a variety of workshops, including journaling, watercolor and acrylic painting, creating vision boards, and meditative drawing. Meditative drawing, or slow doodling, shifts the brain from the left side—the critical side—to the right side—the creative side. As Edvique says, "It moves your thoughts from your head to your heart and rewires your mind through meditation and mindfulness."

Being able to meditate through art has changed Edvique's life; however, the best meditation process is the one that works for the individual. Edvique explains, "In meditation we learn to befriend our minds and our anxiety. The anxiety does not go away completely; we just move into the driver's seat. I have embraced my anxiety, and we have become friends."

Edvique is passionate about paying her experience forward, so she offers a free meditative drawing class online on Fridays. Her partnership with the Cherokee County Family Violence Center is also free to those who need it. All of Edvique's students at Living My Now programs are encouraged to pay their knowledge forward to help others learn mindful meditative art.

Edvique wants people to know they are ready and worthy of peace and happiness. "Creativity is not something we are; it is something we do." She has embraced her anxiety, and it is no longer her debilitating enemy. "You can do the same," she tells everyone. "You have the power within yourself to rewire your old beliefs and create the life of your dreams." *Enjoy!*

> *"I have embraced my anxiety, and we have become friends."*

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OSTEOPOROSIS

Osteoporosis is a common disease characterized by low bone mass, changes in bone architecture, and disrupted bone growth resulting in increasing fragility and fracture. It is a serious disease most commonly seen in the spine, hips, and wrist. Many people are unaware they have osteoporosis until picked up on an X-ray. Most osteoporosis fractures require hospitalization and elevate the risk of decreased independence and re-hospitalization. However, osteoporosis is preventable and reversible. It's important to have routine check-ups, especially if you're already at high-risk of osteoporosis.

MEET THE **DOCTOR**

Dr. Nokuthula Msimanga

Medical Associates of North Georgia - Cherokee

Dr. Nokuthula Msimanga is a board-certified physician in family medicine and geriatrics. She is also a member of the American Geriatric Society and the American Board of Family Medicine. After completing her residency in family medicine at Palmetto Health USC, she went on to her fellowship in geriatric medicine at Emory University School of Medicine. Currently, she specializes in primary care with a focus on adults and senior patients.

Her certifications and education speak for itself, but what is most important to Dr. Msimanga is her patients. She prides herself on promoting preventative care, talking patients through their disease management, and navigating health systems to improve their care. Her passion and drive for medicine was inspired early in her life when she witnessed unfortunate outcomes of those without access to healthcare.

Dr. Msimanga is welcoming new patients at our Cherokee location.

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ASK THE **DOCTOR**

What does osteoporosis mean and are only women at risk?

By definition, osteoporosis means "porous bone." It is one of the most common diseases and a leading cause of morbidity and mortality in the elderly.

According to the CDC, osteoporosis affects 25% of women over age 65 and 5% of men aged 65 and over. The National Osteoporosis Foundation recommends assessing risk factors for fracture in all adults, especially women over the age of 50, and men or women who experience a fragility or low trauma fracture. It is recommended for women to begin screening for bone mineral density at age 65 or older.

Outside of gender and age, what are other risk factors for osteoporosis?

Other factors for higher risk of osteoporosis include:

- White women or women of Asian descent
- A family history of hip fractures or a previous fracture
- Low body weight
- Secondary osteoporosis
- Smoking and excessive alcohol consumption
- Use of chronic steroids, seizure medications, and medications used in the treatment of reflux
- Reduction in estrogen and testosterone levels
- Overactive thyroids, parathyroid, adrenal disorders
- Dietary factors including low calcium and vitamin D intake, eating disorders, history of GI surgery, and absorptive disorders like celiac disease
- Underlying medical conditions like rheumatoid arthritis, multiple myeloma, history of transplant

What should we know about it? And despite its severe impact, does it remain vastly underdiagnosed and treated?

Osteoporotic fractures are responsible for more hospitalizations than heart attacks, strokes, and breast cancer. In patients who were previously independent prior to hip fracture, approximately 40% regained their previous level of functionality after their hip fracture and 20% required long-term nursing home placement.

- Only 1/3 of vertebral fractures come to clinical attention because most are undiagnosed, resulting in chronic pain. Patients with vertebral fractures should be screened appropriately and managed with appropriate pharmacologic therapy.
- Even after hospitalization from an osteoporotic fracture, elderly patients often require rehabilitation, followed by home health services with physical and occupational therapy.
- 20 to 60% of hip fracture survivors require assistance a year later and ongoing support from family, caregivers and therapists. Some may need to find a higher level of care such as independent living or assisted living for continued support.

What are complications of osteoporosis?

A fracture can occur from falling, mild stresses such as bending over, or even sneezing. The most serious are bone fractures in the spine and hip. Osteoporosis can lead to falls but it can also lead to increasing pain. For older patients, experience with a vertebral or hip fracture places them at risk for recurrent fractures, hospitalization for falls, infections such as urinary tract infections and pneumonia, and increased risk of blood clots.

Is it safe to exercise with osteoporosis?

Patients with osteoporosis should be encouraged to exercise on a regular basis with weight bearing exercise at least five times a week for 30 minutes. Walking is also a form of weight bearing exercise. It's recommended to start slowly and gradually increase the amount of time and number of days spent walking.

How do we treat osteoporosis?

Patients are counseled on osteoporosis and receive fall prevention counseling, lifestyle modification, and even pharmacologic intervention. They are also encouraged to intake calcium and vitamin D every day, quit smoking, and avoid excessive alcohol consumption. Patients should continue to evaluate medications, supplements, and changes in diagnosis and conditions with their primary care doctor on a regular basis.

Remember, osteoporosis is preventable and reversible!

Follow up with your doctor and don't ignore the importance of prevention and routine screening.

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ASK THE **DOCTOR**

Dr. Cheney Wilson
Carotid Artery Disease

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REVIVAL

REVIVAL 356

Where Does the Name Revival 356 Come From?

Revival—a reawakening to life, coming to consciousness

356—Proverbs 3:5-6, "Trust in God with all your heart and lean not on your own understanding; In all your ways acknowledge him, and he will make your paths straight."

Reynolds' Place

No story about Revival 356 would be complete without a tribute to lifelong Cherokee County residents Faye and Jimmy Reynolds. Eric and Vikki's neighbors, they assisted the couple with many things they needed when they first moved to the farm. Mr. Jimmy, as Eric and Vikki call him, knows everything about water flow and is familiar with every dip on the property. The farm features a recently constructed cabin named Reynolds' Place, in honor of the couple who helped make Revival 356 possible. Vikki says, ***"God knew we would need the Reynoldses to make this whole thing work. They are like parents to us, and we even eat supper together like a family. We love and appreciate them."***

Barn in Ball Ground CHANGES LIVES

by Leana Conway, Woodstock Resident

"You are loved. You are worthy. You are enough."

These words form the mantra at Revival 356, a retreat sanctuary in Ball Ground. Life coach Vikki Frakker and her husband Eric own Revival 356, where they have nurtured twenty-seven acres of idyllic rolling countryside since 2012. Vikki describes Revival 356 as "a place for women to connect with their spirit and heart and share the truest, deepest parts of themselves."

The tranquil farm is also Vikki and Eric's home, and it is a long way from the dark bottom Vikki had to hit to get there. Vikki is a delightful, quirky mix of Elly May Clampett, with critters following her everywhere, and Maya Angelou, because of her wit and wisdom. A luminous woman full of joy and purpose, she often has mud on her boots while the occasional goat drinks from the toilet in the barn where counseling takes place. Vikki's story is full of the grace she carries through to each interaction on the farm. ▶▶▶

Vikki Frakker and her husband, Eric, began the journey together to create Revival 356 as a haven for retreats, workshops, and life coaching.

The farm is home to many animals that bring both joy and peace to visitors.

▶▶▶ Vikki's lowest point was finding herself face down in a rubber room in the New York State Psychiatric Institute. Vikki says, "I had been living a worldly, watered-down version of who I was born to be." Addicted to steroids, which stemmed from competitive weightlifting, she also battled alcoholism and bulimia. "I was living a completely external life, desperate for people to see me and love me, because I did not see and love myself." Her addictions, lies, and self-hatred landed her on a rubber mat in a suicide room.

Vikki hosts many group sessions in her barn, a space that she calls sacred. Her coaching invites women to be vulnerable, renew their spirit, and have a safe space to process all aspects of their life's journey.

The only thing that tethered Vikki to earth was her mother. Vikki recalls feeling desperate for death yet unsure and mindful of her mother. Vikki's mother had raised Vikki and her sister alone and sacrificed so her daughters could have a better life. Like the umbilical cord that connected them when Vikki was in the womb, her mother's love and sacrifice gripped Vikki, even when she thought she could no longer tolerate the pain of the world she had created. Lying in the psychiatric institute, Vikki felt her life burst open, her internal mess displayed to the world, and she was emotionally leveled. That devastation allowed her to reconstruct her life with truth. Pat, the counselor at the psychiatric facility, entered Vikki's life at that pivotal moment. Vikki says she could write a novel about what Pat has meant in her life. ▶▶▶

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Pat went so far above and beyond her job description that it is safe to say she saved Vikki's life. When Vikki expressed this sentiment, Pat explained that her own mentor had said, "One day you will meet a woman, and you are to give her everything I gave to you." Pat saw Vikki's name on her chart and sensed that Vikki was the woman to whom she should bestow that gift.

After Vikki was released from the hospital and able to return to Atlanta, Pat committed to visiting Vikki for five days every eight weeks. Pat kept coming to Atlanta for as long as it took for Vikki reach stability, both mentally and in her sobriety. Vikki has generous friends willing to pay the expenses for Pat to travel back and forth from New York. Pat, however, insists that her visits are gifts and refuses to take any money. Pat and Vikki are still working together.

The serendipitous meeting and many other acts of God's grace have helped Vikki move forward in her recovery. At forty-two, she married Eric. Vikki describes Eric as the love of her life and the rock that grounds her. Eric works in corporate America and qualifies as a "city boy," but since he has been with Vikki, that description has changed.

A. Vikki loves sitting one-on-one or in small groups helping women connect with themselves.

B. The open-air chapel is a great spot for yoga and meditation.

C. Guests are encouraged to visit with the goats, chickens, and horses around the property.

Women's retreats often include group yoga sessions surrounded by beautiful natural scenery.

Vikki continued on the path of sobriety with a goal of honoring her spirit and sharing it with the world. Part of Vikki's recovery has been rediscovering who God has created her to be. Stripping away the addictions and need for external validation, Vikki once again could hear what made her heart sing—animals, nature, and creating. Vikki needed a space where those things could thrive.

In 2012 Vikki and Eric looked for a location in the country where Vikki could offer life/spiritual counseling. They found property in Ball Ground but were leery of all the work it needed to become a farm that suited their purposes. The owner was in desperate need to sell the property, though, and both Eric and Vikki felt led to buy the space that is now Revival 356. When the couple moved into the house, it had mold and no air conditioning. The barn was not visible from the house, and six horses huddled inside a crumbling fence. The journey began. Bringing Revival 356 to life was a massive struggle emotionally, physically, and relationally.

Even today managing the property is a struggle, but with prayers, hard work, miracles, and tons of volunteers, the farm has come far. Today Revival 356 provides life coaching, book studies, workshops, event rentals, and women's retreats. In these uncertain times Vikki had to change her approach. Vikki and her kindred spirit and cocreator Amber Davenport created Farm 2 Souls, an online platform for book studies, online group coaching, and daily digital encouraging words and images to elevate the soul.

Anybody in recovery will say they are always actively in recovery. Vikki's philosophy is that God brings people together who need each other equally. Her work is a mutually beneficial conversation with people who come to the farm. Vikki continually works on being in harmony with what God meant her to be. She senses that her divine purpose is to help other women connect and find harmony with their own truest selves. *Enjoy!*

"Vikki wants Cherokee residents and beyond to know Revival 356 is a safe place where people can show up and be seen where they are. You don't have to clean up or scrub up. You can come exactly how you feel and as you are."

Ways to Stay Active

With the arrival of spring, most of us want to get out of the house and enjoy the warmer weather. After you've spent months indoors, your activity level may not be what it used to be, and maybe it wasn't great before that. ***Keeping your body and mind active is crucial to your overall health.*** *You can enjoyably achieve your activity goals in ways that don't include a gym membership.*

> TAKE A WALK!

One of the easiest and most common ways to increase your activity level is by walking. Walking is a versatile exercise that can be adjusted to fit your goals. We Cherokee County residents have an extensive parks system available to us. Warmer weather encourages us to visit these parks and enjoy the natural beauty they offer. By changing pace, choosing hilly or flat terrain, and walking with weights, you can create a walking exercise suited to your needs. With many parks to choose from, you can keep your walks interesting by seeing new parts you might have missed before. Visit PlayCherokee.org for a list of county parks.

> DIVE IN!

Swimming is an excellent form of exercise but can seem impossible without a pool in your backyard. Fortunately the Cherokee County Aquatic Center has two indoor pools and an outdoor leisure pool. The indoor twenty-five-yard and fifty-meter pools are open year-round, while the outdoor pool is open seasonally. Fitness classes are available that use swimming as exercise. G. Cecil Pruitt Community Center Family YMCA in Canton also has indoor and outdoor swimming and fitness classes available for members.

> GET STRONG!

Strength training may look overwhelming, filled with images of buff body builders. Strength training, though, is one of the most beneficial components of exercise, and it doesn't have to involve powerlifting to have an impact on your overall health. While you can purchase five- or ten-pound dumbbells online, you can also use textbooks, soup cans, or heavy water bottles for strength-training purposes. Strengthening your muscles supports mobility and joint health, which aids in all aspects of life.

> HIT THE DIRT!

Spring brings flowers and fresh vegetables. Gardening is fun and allows us to soak up vitamin D, breathe fresh air, and boost the immune system. It may also result in reaping fresh fruits and vegetables that aid in nutrition. Many books and online articles help novice gardeners get started. If you can't bend over to plant seeds, bulbs, or seedlings, set up a gardening table for easy working and use flowerpots instead of putting your plants in the ground.

> BREAK OUT THE BIKE!

As seasons change, biking is a great way to enjoy nature while exercising. It can be done solo or with the family. For more adventurous types, mountain biking trails are available at Blankets Creek and Olde Rope Mill Park in Woodstock. If you prefer flatter routes, some parks, including Heritage Park in Canton, offer paved biking paths. Biking strengthens muscles while improving balance and mobility. Enjoy!

LIVE This Spring

Staying active is critically important to health and well-being. Embrace the warmer weather and enjoy a new activity. Reframe your thinking about exercise and focus on practical ways to incorporate more activity into everyday life. Make spring the season to *Enjoy Cherokee!*

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Running for Good

by Shannon Sickmon,
Woodstock Resident

Runners have many reasons for taking up the sport. Some want to get in better shape. Some want to enjoy the outdoors. Some like to meet new people. Running fulfills all these things for Dale Morrissey. It also satisfies her charitable nature.

For Patty Baker, the clerk of Cherokee County Courts, running is all about the camaraderie and competition.

I spoke with Dale and Patty, who have been running for decades, and asked them to reveal their best training tips and ideas on how to stay motivated.

Dale works full-time as the senior director of Community Engagement at Reinhardt University, yet she makes time every day to train. She spent thirty-five years in the banking industry before she decided to make a career change. Before starting in her current role at Reinhardt, she worked as a volunteer at the university scholar program, which provides scholarships to local students. A pretty, trim woman in her sixties, Dale does more in one day than most people do in one week.

Running is not a hobby to Dale; it is a lifestyle and an opportunity to contribute to the community she loves. Dale even finds time to run while on vacation and completed a virtual 5K while visiting her daughter in Missoula, Montana. She went to the Reinhardt football championship in Daytona Beach several years ago and decided to take part in a run while there. "Supporting the community; that's what I love," Dale says, which is why she oversees the Guns and Hoses event in Cherokee County every year. Guns and Hoses sponsors charities chosen by Cherokee County Fire and Emergency Services. In 2021 the proceeds will go to the Goshen Valley Boys Ranch, a nonprofit home for young men in the state foster-care system.

Patty has one of the highest stress jobs in the court, but still finds time to train for marathons. She has finished several, including the inaugural Savannah Marathon. Patty also helps organize the Georgia National Guard Family Support Foundation Half Marathon and Ruck March each year to raise funds to help soldiers in need as well as their families in the event of natural disasters and other difficult situations.

Patty, a breast cancer survivor, is just getting back into running after finishing her treatments. She says, "Running is about the end goal." She hopes to participate in at least one more marathon before hanging up her running shoes.

Dale sports her race bib and medal from the Rock and Roll 5K and Marathon in Nashville.

There's nothing like the satisfaction of completing a run. Be sure to cheer yourself on!

Dale supports local charities by participating in the Chick-fil-A Cherokee County Moo've It 5K.

Why Run?

For both Patty and Dale, fitness was the main motivator to begin running.

Dale's husband, Todd, was a coach at Sequoyah High School, and he motivated his students by training alongside them. Dale wanted to live a healthy lifestyle, and with her three children grown and out of the house, she had time to concentrate on a fitness program.

Patty has been running marathons for twenty years. The only time she took a break was when her children were small.

The benefits of daily cardiovascular exercise are well-documented. Weight loss, lower blood sugar, and lowered risk of heart disease are just a few. I asked Patty and Dale how they got started and what they would tell beginning runners.

Dale says, "Start slowly. I began on the track at the high school, and I walked a lap and then ran a lap. I got up to running twelve laps. Now I do twelve 5Ks for charity, one a month."

Patty relates, "Just get out there and do it. Work through the pain. You'll get achy muscles. You might get shin splints. The runner's high is a very real thing, though, and the euphoria is worth it." ▶▶▶

Spring 5Ks in the Area

March 13–21, 2021:
Children's Haven CASA Superhero 5K—Canton, Georgia—Virtual
Find details about the run at CASASuperheroRunCherokee on Facebook.

March 13, 2021:
Lucky 5K/10K— Etowah River Park—Canton, Georgia
Find details about the race at FiveStarNTP.com/Main-Race-Calendar

March 19, 2021:
Color Me Shamrock 5K—Kennesaw, Georgia—Virtual
Registration and event information can be found at LocalRaces.com/Events/Kennesaw-GA/Color-Me-Shamrock-5K

March 20, 2021:
Water Drop Dash—Roswell, Georgia—Virtual
Find details about the race at WaterDropDash.com

March 20, 2021:
Cartecay Wine Run 5K—Cartecay Vineyards
Visit WineRun5K.com/Events/Cartecay-Wine-Run-5k for more information on race times.

April 3, 2021:
Blankets Creek Trail Run—Woodstock, Georgia
Visit MountainGoatAdventures.com/BlanketsRun for more information on registration and times.

April 18, 2021:
Run Your Bundts Off—Half Marathon & 5K—Cumming, Georgia
RunSignup.com/Race/GA/Cumming/RunYourBundtsOff has details and registration forms.

DID WE MISS A RACE?
Send it to us! Email race information to katie@enjoycherokee.com to be included in our weekly Calendar of Events emails.

What is a **Virtual Race?**

Some race organizations are allowing runners to participate in races without having to attend in person. Runners still run the allotted distance and record their route and time. Virtual running of a race allows participants to avoid running in a crowd and provides safety during a pandemic. You may wonder "How can I run a virtual race?" Here are some tips:

- **Plot a safe, easily manageable route.**

  You have the ability to choose your route. Run a path you're familiar with or choose a new course. Either way, know your plan!

- **Record your distance and time.**

  There are many applications and smartwatches available to achieve this goal.

- **Get pumped!**

  Run with friends or family or choose a route that inspires you to keep going.

- **Make it your own.**

  Dress up in costume, have family cheer you on along the way, or set up your own finish line to make your virtual race as exciting as it would be in person.

Patty, third from left, supports local charities by running in the 2015 Guns and Hoses 5K.

As spring weather sneaks in, finding new trails and paths may inspire your running journey.

Patty displays her many medals proudly.

▶▶▶ If fitness is your main goal, running can help you achieve it. Whether you want to shed pandemic poundage or simply need a break from the chaos of work, running will give you the opportunity.

Running is great stress relief. We all live crazy-busy lives. We need to take a mental health break to decompress and not think about the mortgage or the kids' next practice. Dale says that running is a chance for her to get out of her head and enjoy her surroundings. "I see two horses and two donkeys every day when I run near home."

Getting outside and getting away from work for fifteen minutes elevates your mood and boosts creativity, productivity, and the quality of your work. Running is also an activity you can do alone. You don't need a gym or special equipment. You need only a good pair of shoes. Running is the ultimate social-distance sport.

5K in 5 Weeks

Want to push yourself in 2021? Considering taking up running? Want the satisfaction of completing a 5K race? We've curated a 5K training plan as a general guide to prepare you to crush your 5K goals.

Week 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Miles Run 30 sec/ Walk 1 min	**Stretch**	**2 Miles** Run 30 sec/ Walk 1 min	**Strength Training** 30 mins	**2 Miles** Run 45 sec/ Walk 1 min

Week 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2.25 Miles Run 1 min/ Walk 1 min	**Stretch**	**2.25 Miles** Run 1 min/ Walk 1 min	**Strength Training** 30 mins	**2.25 Miles** Run 90 sec/ Walk 1 min

Week 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2.5 Miles Run 2 min/ Walk 45 sec	**Stretch**	**2.5 Miles** Run 2.5 min/ Walk 45 sec	**Strength Training** 30 mins	**2.5 Miles** Run 3 min/ Walk 30 sec

Week 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2.75 Miles Run 3.5 min/ Walk 30 sec	**Stretch**	**2.75 Miles** Run 4 min/ Walk 30 sec	**Strength Training** 30 mins	**2.75 Miles** Run 4.5 min/ Walk 30 sec

Week 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Miles Walk 30 sec if needed	**Stretch**	**3 Miles** Run as long as you can/ Walk 30 sec if needed	**Strength Training** 30 mins	**3 Miles** Run as long as you can/ Walk 30 sec if needed

Dale notes, “Even with a pandemic going on, you can still get out and run. Just get out. Make the effort.”

Patty especially loves trail running.

Running gives social butterflies the chance to connect with like-minded people. Like most sporting events, virtual runs are available, but if seeing other people is something you enjoy, a 5K is a chance to bond with other runners. Dale says that meeting people is the best way to stay encouraged, particularly on longer runs. She picks someone out each race and acts as a coach. “I was doing the Move It on Over Run, and a young girl about seven years old got separated from her family. She was scared at having to cross a four-lane road. I told her, ‘You can do it. Run with me,’ and she did.”

Patty tells about the final miles of the Savannah Marathon. “I was done. Exhausted.” A bystander in the crowd saw her distress and started running beside her and cheering her on. It inspired her to finish the race.

The whole family can enjoy running. On March 13 through 21, Children’s Haven in Canton is hosting it’s ninth annual CASA Superhero 5K. The Children’s Haven’s mission is to promote the health and happiness of children impacted by abuse.

Running as a form of exercise and self-care is something you can add to your daily life that will benefit you in a multitude of ways. Start small and keep going, even when it’s tough. If you don’t think you have the time, let Dale and Patty be your inspiration. Get out there, try something new, and make 2021 a year of healthy practices. *Enjoy!*

FRIDAY	SATURDAY
Rest Day	**2 Miles** Run 45 sec/ Walk 1 min
FRIDAY	**SATURDAY**
Rest Day	**2.25 Miles** Run 2 min/ Walk 45 sec
FRIDAY	**SATURDAY**
Rest Day	**2.5 Miles** Run 3.5 min/ Walk 30 sec
FRIDAY	**SATURDAY**
Rest Day	**2.75 Miles** Run 5 min/ Walk 30 sec
FRIDAY	**SATURDAY**
Rest Day	5K

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Kayla Gray
Valedictorian, 2019

While on vacation in Costa Rica, Kayla suffered a tragic accident that left her wheelchair bound for months. Facing mountains of homework absentee days, Kayla chose to enroll at MECHS. Here she was able to work at her own pace during her recovery schedule.

Kayla also took advantage of the Dual Enrollment program and began earning credits at the University of North Georgia.

Kayla graduated a semester early and at the top of her class. She holds a SACS accredited high school diploma and college credits.

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Various music makers and building blocks are available and fun for all children, whether they have a disability or not.

The park features a large pipe tunnel embedded in a grassy hillside for children of most abilities to play in.

Music makers such as this upright xylophone are very beneficial to children with cognitive disabilities.

Park With Heart

by Leana Conway, Woodstock Resident

Neighborhood parks are the heart of any community. Places to play outdoors are a good part of the answer to the problems of obesity, depression, anxiety, and isolation. The new and unusual Downtown Playground is already popular with Woodstock's younger generation.

It not only fits the environment; it also provides accessibility to all. The kids just know it's fun, but a great deal of thought and research went into its layout and elements.

Completed this summer, the playground incorporates natural elements and textures of the landscape, with climbing mounds and tunnels that lure children into playing and exploring. The ADA-accessible ramp and boardwalk lead to a play area that allows children with physical challenges to enjoy the park and engage with music and building pieces. Hammocks and a twenty-foot-tall jungle gym lure children to climb, play, and interact with the structure in various ways.

Brian Stockton, director of Economic Development Woodstock City, explains the inception of the park on the corner of Elm and Market streets. "The mayor and the City Council prioritized the park for design and funding in response to overwhelming requests from the public, whose comments were also considered in the process. The location lent itself to be designed as a natural playground." The funds for the project came from SPLOST money and Parks and Recreation Impact Fee funds.

The natural playground incorporates elements not typical of playground structures. Organic materials such as earth, stones, and wood give the park the feel of a natural forest. Its accessible play areas allow people with special needs to use the park features while they encourage play among children with

different abilities. Elements such as building pieces, tunnels, and music makers also provide a sensory-rich environment that engages children and promotes inclusion. Music creates a common language for nonverbal children and children with cognitive disabilities.

"Our special-needs students love the downtown park," Anna Angalet reports. She is the special-needs coordinator at Woodstock City Church. "From the foam blocks to the music makers, the students are able to be just kids and use their imagination." She notes another benefit: "The parents are able to sit back, knowing that the playground is safe for their children."

The benefits of socialization for children with special needs are many. Interaction with other kids helps them develop social and communication skills; they receive all the physical activity benefits and also build problem-solving skills.

Parks are important for the children who play there, plus they provide a vital connection for the people who care for the children. The number of friendships formed and amount of advice and support given at city parks is immeasurable. Parks are the meeting place for caregivers of the next generation. Peer support is even more critical for those who are dealing with children with special needs. Parents in the special-needs community are often isolated, which can lead to depression and anxiety. A healthy community takes care of everyone.

The director of Woodstock Parks and Recreation, Michael Huffstetler, says the park has already become a destination. He sees visitors from other cities enjoying the park regularly. He adds, "We are planning for Little River Park on Rope Mill Road, and we have heard from many citizens who would love to see something similar to the Downtown Playground."

David M. Martinez, head of Special Education Olympics Cherokee County, notes, "Many individuals with disabilities face multiple barriers to participation in physical activities and are nearly half as physically active as nondisabled peers." The accessible, inclusive Downtown Playground changes everything, though. The park in the heart of Woodstock validates that Woodstock is a community with a heart. *Enjoy!*

Benefitting from the downtown park are families like the Tapley family with two cognitively disabled daughters, and Dennis Conway who uses a wheelchair but can easily access and enjoy the area as well.

Accessibility in the Community

While the Downtown Playground in Woodstock provides accessibility to children of all abilities, the nearby Elm Street Cultural Center also serves the whole community at the theater on Main Street.

Some Sunday matinee performances at the **Elm Street Theatre** provide American Sign Language interpreters to provide the deaf community with engaging and enjoyable theater experiences. The theater also offers sensory-friendly programming with less noise and light, safe places, and headphones. Such a setting gives people with social and cognitive disabilities an engaging and safe theatrical experience. For such performances half the chairs are removed so wheelchairs have room and children have space to pace, if needed. Pillows, blankets, and stress balls are also available on the floor.

Siobhan Brumbelow, education director at Elm Street Cultural Arts Village says, ***"As we grow, we hope to provide hands-on visual arts experiences for families who have members with social and cognitive disabilities."***

As executive director of Elm Street Cultural Arts Village, Christopher Brazelton recounts one of the first sensory-friendly theater shows. ***"I observed a mother taking video of what I thought was the show. Looking closer, I realized she was recording her daughters watching* A Christmas Carol *together. It was the first time they were able to watch a live theater show together."***

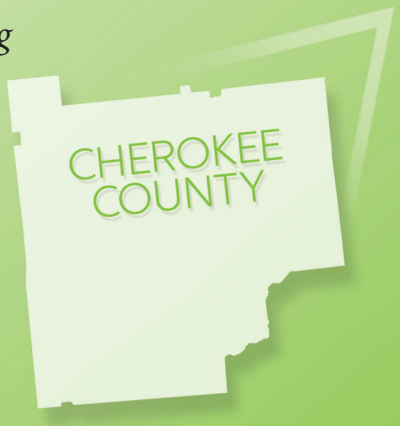
Staycation
CHEROKEE COUNTY

by Shannon Sickmon, Woodstock Resident

Vacations relax and rejuvenate us, but current events and limited budgets may have you hesitant to travel. Cherokee County offers the solution: a staycation.

Cherokee County provides the best of all worlds. If you want fine dining, art, and culture, it's here. If you enjoy stunning scenery, we are in the foothills of the Appalachians and a stone's throw from scenic trails, parks, and camping areas. Our county is paradise for outdoor sports aficionados too, with hiking, kayaking, horseback riding, hunting, and fishing.

For those who crave the social scene, the downtown Woodstock and Canton entertainment districts offer myriad drinking and dining options, from snacks to fine southern cuisine. The amphitheater in Woodstock attracts nationally renowned music acts, and Reinhardt University's Falany Performing Arts Center provides entertaining shows year-round. Get the most out of your hometown and find adventure right here in Cherokee County. ▶▶▶



1. Sip on a margarita at Pure Taqueria's rooftop bar in Downtown Woodstock.
2. Ball Ground features an old school bus turned burger joint. Now that's a unique dining experience!
3. Downtown Woodstock has a bustling night life and restaurant scene.
4. Falany Performing Arts Center in Waleska has a variety of shows for all ages.
5. Field's Landing is one of many parks around Lake Allatoona perfect for enjoying the outdoors.
6. Need fresh air? Hiking trails are found at many Cherokee County parks.
7. Horseback riding is fun for the whole family on a warm spring day.
8. For water sports, Cherokee County boasts Lake Allatoona, the Hickory Log Reservoir, and Etowah River.

▸▸▸ Sports and Outdoors

For golfers, Bradshaw Farms has a newly renovated twenty-seven-hole course with tasty food and some of the best ice cream in Georgia at its grille. Fairways in Canton and Cherokee Golf Center offer competitive golfing and lessons to improve your game.

Cherokee County has always been a mecca for outdoor sports, with Lake Allatoona, hiking trails aplenty, and rivers galore. Be sure to check out Garland Mountain for magnificent views. You can go horseback riding at Georgia Frontiers, Breezy Hill Stables, or Fieldstone Farms in Canton. Hikers shouldn't miss Pine Log Trail, Avalanche Trail, or Etowah Trail. Kayakers enjoy the Etowah River Water Trail as well. Rated Class I, it's perfect for families and novice paddlers.

Ride challenging mountain bike trails in Woodstock at Olde Rope Mill Park or the SORBA trail at Blankets Creek. For a quick ride, Dupree Park has a short mountain bike trail and even offers Frisbee golf.

For the ultimate outdoor adventure, take a hot-air balloon ride. Visit Balloon Atlanta in Woodstock and get an aerial tour of north Georgia.

Culture

You don't have to travel to the Fox or Alliance Theatre to see a great performance or check out new art. Elm Street Cultural Arts Village offers theatrical arts, visual arts, and performances that include comedy, dance, and music. Its Lantern Series in particular provides world-renowned musical acts in an intimate setting. Falany Arts Center at Reinhardt University has entertaining plays, as do local high schools. You'll get a live performance at a bargain price and support the school while you do.

For fine arts, visit Jamie Foreman's gallery, Menagerie on Main, in downtown Canton. It offers painting classes, with new classes coming soon. The Cherokee Arts Center in Canton displays rotating exhibits that change often. It also offers musical performances, theater, and classes in the arts. To feed the muse, Sips n Strokes in Towne Lake offers budding Van Goghs the chance to create a masterpiece while enjoying adult beverages.

Drinking and Dining

One of the best parts about living in Cherokee is that we have great food. Whatever you are in the mood for, Canton, Ball Ground, and Woodstock have an almost endless variety of culinary experiences sure to please even the most discerning palate.

In Canton, R & M Sandwich Shop is a classic. The fast-casual café has some of the best hoagies in the area and boasts fifty years of history, to boot. When you're ready for more upscale dining in Canton, don't miss Goin' Coastal. With sustainable, seasonal seafood choices and a bourbon

and wine list that rival any Buckhead eatery, the airy, brick-lined space offers impeccable service and delectable food.

Downtown Woodstock has an large array of choices. Be sure to check out Rootstock and Vine, with a wine list that is a sommelier's dream, or Century House for upscale Southern cuisine in a house built in 1894.

In Ball Ground, the Burger Bus offers gourmet burgers worth every calorie, while Le Bon Temps Louisiana Kitchen provides Cajun comfort food at its best. Holly Springs has a growing list of new eateries as well.

The north Georgia climate is perfect for wine grapes, so wineries have popped up like mushrooms. Here in Cherokee County we have Big Door and Feather's Edge Vineyards. Head out on a Saturday afternoon and enjoy a variety of local vintages as well as live music and even art exhibits. Culture and music and hooch, oh my!

Be sure to look at the Cherokee County Chamber of Commerce website for updates on fun-filled events throughout the county, such as First Fridays in downtown Woodstock, starting in March, or Bacon and Banjos, on the docket for May. First Fridays will also begin in downtown Canton in May.

Shopping

Cherokee County offers a shopping experience unlike any other. For those that crave couture, the Outlet Shoppes at Atlanta in Woodstock is an open-air outlet offering high-end brands such as Sak's, Coach, and Kate Spade at discount prices. A wide selection of great dining and drinking venues are within walking distance of the mall.

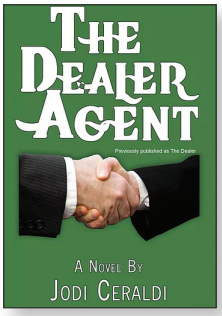
If you want eclectic art, one-of-a-kind home goods, or boutique clothing, stroll through downtown Woodstock or Canton. The brick paths offer shops, restaurants, spas, and entertainment, all housed in a mix of historic buildings and charming new construction. Enjoy hot yoga at Ember in Woodstock and then head to Pure Taqueria for margaritas on its lively rooftop bar. In Canton chill out with great music and craft beer at the new Reformation Brewery, followed by mouthwatering steaks at Branchwater.

Traveling can create stress and anxiety. It can put high mileage on a car or cost a fortune in airfare. Staycations, however, do none of those things while they still deliver variety, relaxation, and entertainment. Forget packing and dragging around suitcases, staying in hotels, and breaking the budget. Plan a staycation right here in Cherokee County. It offers activities, events, and destinations that entertain the entire family. *Enjoy!*

Enjoy!
LOCAL AUTHORS

Your Favorite bookmark

The Dealer Agent
by **Jodi Ceraldi**

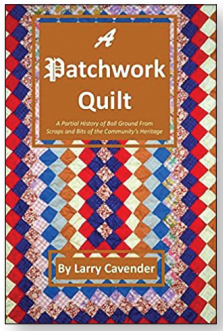


Never say dead! Even after Nick Salvatoro, aka Nicky-Two-Fists, fakes his own death and skips out of the Witness Protection Program, the FBI managed to find him. His old nemesis, Joe Gaetano, fed the FBI information on how to con Nick into helping them build a case against a suspected crime boss. Soon Nick finds himself in a political snafu involving the United States, Belize, India, and Canada. None of the narcotic squads are doing their job, but all want the glory of bringing down the drug cartel kingpin. Forget the glory. Nick just wants to make it out alive.

Jodi Ceraldi is a local writer who started her writing career after retiring in 1999. She also became a successful country ballroom competitor. Jodi has written several novels based on real experiences in the realm of organized crime.

Jodi was featured in the January/February edition of *Enjoy Cherokee Magazine* as an award-winning ballroom dancer. Follow the link above for the full story.

A Patchwork Quilt
by **Larry Cavender**



A Patchwork Quilt is a partial history of Ball Ground from scraps and bits of the community's heritage. The "scraps" are taken from articles published in the *Pickens County Progress* of Jasper. In *A Patchwork Quilt* you will discover Ball Ground's Indian heritage and how the town got its name. You will relive its ancient past through stories about one of the community's founding fathers, A. W. Roberts, as well as the recent past in a profile of one of its best-known citizens, Oscar "Rock Man" Robertson. Whether you're a lifelong resident of Ball Ground, a recent arrival, or just curious about one of the quaintest and most exceptional small towns in Georgia, *A Patchwork Quilt* will have you turning page after page in anticipation.

Ball Ground native Larry Cavender is a graduate of Cherokee High School who also attended Reinhardt University, West Georgia State University, North Georgia College and State University. Although he has enjoyed writing his entire life, A Patchwork Quilt *is his first published book.*

Lifeline
by **Judy McDonough**

With her nursing degree and a blossoming new relationship with Cade, Caroline Fontenot is finally happy. Her mother has come to New Orleans, and the ghost of her grandmother hasn't made an appearance since Caroline moved back to the bayou. Life seems perfect, until a tragic event confirms her family is still in danger.

Cade becomes increasingly secretive and evasive about his past. While Caroline battles her serious doubts about him, her ex-fiancé pops in for a surprise visit at the worst possible time, raising her suspicions. Her rotten luck escalates when a freak accident prefaces an encounter with a voodoo woman who reveals two dark spirits haunting Caroline, feeding off her energy and fear. It's only a matter of time before her heart gives out or some other mysterious "accident" robs her of life. She must take immediate action to rid herself of the evil darkness before it overpowers her.

Judy McDonough is originally from Arkansas and has a deep love for the South. After moving to various states with her family, she and her spouse settled in Cherokee County with their three sons. Judy is the author of The Bayou Secrets Saga, *a collection of three paranormal romance novels.* Lifeline *is the second in The Bayou Secrets Saga.*

Interested in submitting recommendations for *Your Favorite Bookmark?* Local authors are encouraged to submit a book summary, personal photo, and book cover image. Contact Katie@EnjoyCherokee.com for more information.

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recipes
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Spring Pasta with Asparagus

Ingredients

- ¼ cup shallot, thinly sliced
- 2 tablespoons butter
- 2 tablespoons extra virgin olive oil
- ½ pound asparagus, trimmed and cut on diagonal in 1-inch pieces
- ¾ cup fresh English peas
- 2 cloves of garlic, minced
- 1 lemon, zested and reserved juice
- ⅓ cup heavy whipping cream
- ⅔ cup parmigiana-reggiano cheese
- 2 tablespoons tender herbs such as basil or parsley
- 12 ounces pasta (tagliatelle, fettuccine, etc.)
- Salt and pepper to taste

Begin the Fun

1. Bring a pot of salted water to a boil. Prep vegetables as it is coming to a boil. Add pasta and cook until al dente.
2. Melt butter and olive oil in a larger saucepan, add shallots and cook for 2 minutes until lightly softened. Add English peas and asparagus and cook for 3 more minutes. Add garlic and cook for one more minute. Season with salt and pepper. Next, add the lemon zest, lemon juice, and cream, allow to heat through for a minute or two and then set aside.
3. Drain pasta and add to the cream sauce. Add parmigiana-reggiano and toss to coat. Serve with an extra grating of parmigiana-reggiano, chopped herbs, a drizzle of olive oil and season with salt and pepper.

Asparagus & Brie Puff Pastry with Thyme Honey

Ingredients for Pastries

- 1 bunch asparagus, ends trimmed
- 1 tablespoon extra-virgin olive oil
- 2 sheets frozen puff pastry, thawed
- 8 ounces brie, cut into 8 slices
- 1 egg, beaten
- 1 pinch crushed red pepper flakes
- Kosher salt and black pepper

Ingredients for Thyme Honey

- ¼ cup honey
- 2 tablespoons salted butter
- 1 tablespoon fresh thyme leaves

Begin the Fun

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
2. Toss together the asparagus, olive oil, salt, and pepper.
3. Roll the pastry sheets out on a floured surface and cut into eight squares. Place a piece of brie on each square and add a handful of asparagus. Take two corners of the pastry and wrap up and over the asparagus to enclose. Transfer to the prepared baking sheet. Repeat with remaining squares. Brush each pastry with egg. Transfer to the oven and bake 20 to 25 minutes or until golden brown.
4. Meanwhile, melt together the honey, butter, and thyme in a small saucepan over low heat.
5. Drizzle pastries with thyme, honey, and crushed red pepper. Serve the pastries warm.

Mediterranean Chickpea Salad

Ingredients

- 1 tablespoon olive oil
- 1 15-ounce can no-salt-added chickpeas, rinsed and drained
- ½ red onion diced
- 1 red pepper sliced
- 2 cloves garlic minced
- ½ cucumber diced
- 2 cups halved cherry tomatoes
- 1 large handful parsley leaves finely chopped
- Juice of half a lemon
- ½-1 teaspoon red pepper flakes
- ½ cup light feta cheese
- Salt and pepper to taste

Begin the Fun

1. Heat olive oil in frying pan.
2. Add onion and red pepper and cook, stirring over medium heat for 6 to 8 minutes.
3. Stir in chickpeas.
4. Squeeze lemon juice and add parsley, salt, and pepper to taste.
5. Warm the chickpeas through and then pour them into a large bowl.
6. Allow to sit for a few minutes.
7. Add feta cheese and toss lightly.
8. Serve alone or over a bed of spinach, lettuce, brown rice, or quinoa or with crispy whole-grain pita chips.

Irish Butter comes from grass-fed cows, giving it additional nutritional benefits.

- Grass-fed butter is higher in Omega-3 fatty acids, which are linked to many health benefits.
- Irish butter is a better source of vitamin A and the antioxidant beta carotene, both crucial to overall health.
- It is higher in unsaturated fats than regular butter, which may help reduce your risk of heart disease.

Artichoke Burrata Pizza

Ingredients for Crust

- 3 teaspoons active dry yeast
- 1⅛ cups warm water
- 1 tablespoon honey
- 1 tablespoon olive oil
- 3 cups all-purpose flour
- 1 teaspoon salt

Ingredients for Pizza

- 4 cups fresh basil
- 3 garlic cloves
- ¼ cup toasted pine nuts
- ½ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 lemon zest freshly grated and juiced
- ½ cup finely grated asiago cheese
- ¼ teaspoon crushed red pepper flakes
- 4 ounces freshly grated provolone cheese
- 2 balls of burrata cheese
- 1 12-ounce jar of artichoke hearts, drained
- Fresh basil leaves for garnish

Create the Crust

1. In a large bowl combine water, yeast, honey, and olive oil. Mix with a spoon and then let sit until foamy, about 10 minutes.
2. Add in 2½ cups flour and salt, stirring with a spoon until the dough comes together but is still sticky. Using your hands, form the dough into a ball and work in the additional ½ cup of flour, kneading it on a floured surface for a few minutes.
3. Rub the same bowl with olive oil and place the dough inside, turning to coat. Cover with a towel and place in a warm place to rise for about 1 to 1 ½ hours. After the dough has risen, punch it down and place it back on the floured surface.
4. Using a rolling pin or your hands, form it into your desired shape. (The dough yields one pizza large enough to feed about 3 to 4 people.)
5. Place formed dough on a baking sheet or pizza pan. Place the towel back over the dough and let sit in the warm place for 10 minutes.
6. Heat the oven to 425ºF.

Create the Pesto

7. Combine the basil, lemon zest, juice, cheese, pine nuts, and garlic in a food processor. Pulse until small crumbs remain. With the processor running, drizzle in the olive oil. Add the salt, pepper, and pepper flakes and blend again. Spread the pesto over the dough. Top with grated provolone.
8. Tear apart the balls of burrata cheese and place evenly over the dough. Add the artichokes.
9. Bake for 20 to 25 minutes until the cheese is golden and bubbly. Remove and top with the extra basil and Parmesan if you wish. Slice and serve immediately.

Irish Soda Bread

Ingredients

- 4 cups all-purpose flour, plus 1 tablespoon for currants
- 4 tablespoons sugar
- 1 teaspoon baking soda
- 1½ teaspoons kosher salt
- 4 tablespoons (½ stick) cold unsalted butter, cut into ½-inch dices
- 1¾ cups buttermilk, cold and shaken
- 1 extra-large egg
- 1 teaspoon grated orange zest
- 1 cup dried currants

Begin the Fun

1. Preheat your oven to 375°F.
2. Cover a baking sheet with either parchment paper or a baking mat.
3. In the bowl of an electric mixer, add the flour, sugar, baking soda, and salt. Use the paddle attachment for mixing.
4. On a low speed, mix the butter into the mixture.
5. In a smaller bowl, combine the buttermilk, egg, and orange zest. Lightly mix with a fork.
6. Slowly add this mixture to the mixer bowl of flour and butter. Mix slowly until just combined.
7. In a small bowl, toss the currants in 1 tablespoon of flour (this keeps the currants from sticking together). Once coated, gently combine with the dough.
8. Put a good amount of flour onto a cutting board or your counter. Scrape the dough onto the floured surface.
9. Rub flour on your hands and gently knead the dough only a few times. Form into a round loaf.
10. With the tip of a sharp knife, lightly score an X into the top of the bread.
11. Place on prepared baking sheet and bake for 45 to 55 minutes.

Warm Lemon Pudding Cake

Ingredients

- 1 cup granulated sugar
- 2 tablespoon unsalted butter at room temperature
- 3 large eggs, separated
- 1 heaping tablespoon lemon zest from 2 lemons
- ¼ cup all-purpose flour (for a gluten-free option use almond flour)
- Pinch salt
- 1 cup cultured buttermilk; shake before measuring
- ½ cup fresh-squeezed lemon juice
- ¼ teaspoon cream of tartar

Garnish

Powdered sugar
Berries, optional

Begin the Fun

1. Preheat oven to 350°F.
2. Lightly butter six to eight oven-safe bowls, ramekins, or mugs. Arrange them in a baking pan or roasting pan with sides. Put a large pot of water on the stove to simmer for a water bath.
3. Cream the soft butter and sugar together until light and fluffy. Beat in the egg yolks, one at a time, ensuring each is incorporated before adding the next and scraping down the sides of the bowl as necessary.
4. Blend in the lemon zest, flour, and salt and then mix in the buttermilk and lemon juice until everything is well combined.
5. In a separate bowl beat the egg whites with the cream of tartar until the whites hold stiff peaks.
6. Fold the egg whites gently into the batter until no more white streaks or large lumps of egg white remain. Do it gently so you don't deflate the beaten whites.
7. Into the pan holding the ramekins pour boiling water to a depth of about halfway up the ramekins.
8. Ladle the batter into each ramekin, filling almost full.
9. Bake for about 45 to 50 minutes or until the cakes are set on top. Remove from the oven and let cool for 15 minutes before dusting with powdered sugar. Garnish with berries, if you like. Serve warm.

[calendar of events]

March 2021

2 Tuesday

The Market
The Mill on Etowah
225 Reformation Pkwy, Canton
5:30–8:00 p.m.; FREE
EtowahMill.com/TheMarket

Bingo
Reformation Brewery Canton
225 Reformation Pkwy, Ste 500, Canton
7:00–9:00 p.m.; First Card is FREE
ReformationBrewery.com

Sensory Bag Take-N'-Make
R.T. Jones Memorial Library
116 Brown Industrial Pkwy, Canton
Normal Business Hours; FREE
SequoyahRegionalLibrary.org

3 Wednesday

Wind Catcher Take-N'-Make
Ball Ground Public Library
435 Old Canton Rd., Ball Ground
Normal Business Hours; FREE
SequoyahRegionalLibrary.org

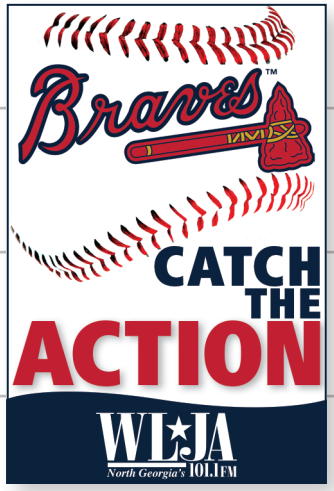
Team Trivia
Sidelines Grille Woodstock
300 Village Center Dr, Woodstock
7:00–9:00 p.m.; FREE
TeamTrivia.com

Unwind Wednesdays
Cherokee Veteran's Park
7345 Cumming Hwy, Canton
5:30-8:00 p.m.; FREE
PlayCherokee.org

5 Friday

'84–Van Halen Tribute
MadLife Stage & Studios
8722 Main St., Woodstock
7:00 p.m.; $27.50–$32.50/person
MadLifeStageandStudios.com

Karaoke
Reformation Brewery Canton
225 Reformation Pkwy, Ste 500, Canton
8:00–11:00 p.m.; FREE
ReformationBrewery.com



9 Tuesday

The Market
The Mill on Etowah
225 Reformation Pkwy, Canton
5:30–8:00 p.m.; FREE
EtowahMill.com/TheMarket

Bingo
Reformation Brewery Canton
225 Reformation Pkwy Ste 500, Canton
7:00–9:00 p.m.; First Card is FREE.
ReformationBrewery.com

11 Thursday

Trivia Night
Reformation Brewery Canton
225 Reformation Pkwy, Ste 500, Canton
7:00–9:00 p.m.; FREE
ReformationBrewery.com

Gluten Free Dinner with Chef Oakley
Leaning Ladder Olive Oil
105 East Main Street Ste 126, Woodstock
7:30–9:30 p.m.; $75/person
LeaningLadderOliveOil.com

13 Saturday

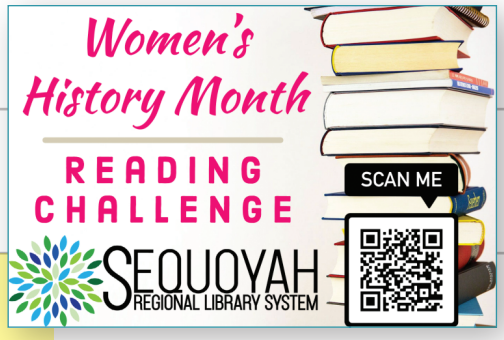
CASA Superhero Run
The Children's Haven
Virtual Run
March 13–March 21, 2021; $30/runner
Facebook.com/TheChildrensHaven

Angels & Doodles Class
Living My Now at Menagerie on Main
351 West Main St., Canton
2:30–4:30 p.m.; $50/person
MenagerieOnMain.com/Events
See Article on Page 22!

15 Monday

Bingo
Reformation Brewery Woodstock
105 Elm Street, Woodstock
7:00–9:00 p.m.; First Card is FREE
ReformationBrewery.com

Spring Cornhole League
Reformation WDSTK & Elm Street Green
111 Elm Street, Woodstock
Mondays March 15–May 10 6:45, 7:30, 8:15 p.m.
Early Bird Registration $47/player
CornholeATL.com



St. Patrick's Day

17 Wednesday

Goshen Valley Info Session
Foster Family Virtual Info Session
6:30 p.m.
Register at: scoppiano@goshenvalley.org

St. Patrick's Take-N'-Make
Hickory Flat Public Library
2740 E Cherokee Dr., Canton
Normal Business Hours; FREE
SequoyahRegionalLibrary.org

20 Saturday

Flashlight Egg Hunt
Cherokee Veteran's Park
7345 Cumming Hwy, Canton
6:00 p.m.; Egg hunt at 8:00 p.m.; $10/child
PlayCherokee.org

Rumours
The Ultimate Fleetwood Mac Tribute
Falany Performing Arts Center
7300 Reinhardt College Pkwy, Waleska
Reinhardt.edu/Falany/Tickets

27 Saturday

EGGS-Traordinary Extravaganza
Aquatic Center
1200 WellStar Way, Canton
3:00–5:00 p.m.; $10/child
PlayCherokee.org

Mini Bookbinding Class
Menagerie on Main
351 West Main St., Canton
3:30–5:30 p.m.; $25/person
MenagerieOnMain.com/Events

7 Bridges: The Ultimate Eagles Experience
Falany Performing Arts Center
7300 Reinhardt College Pkwy, Waleska
3:00 p.m. & 7:30 p.m.; $35-$40
Reinhardt.edu/Falany/Tickets

UNWIND
Wednesdays
FOOD TRUCKS

FIRST WEDNESDAY OF THE MONTH
(MARCH–NOVEMBER)
5:30 – 8:00 p.m.
Cherokee Veterans Park

Unwind at the park with a variety of food trucks, live music, and plenty of state-of-the-art playground equipment. Special monthly activities might include axe throwing, bounce houses, cornhole tournaments, archery, and more.

CHEROKEE RECREATION & PARKS

Follow our event page at PlayCherokee.org for the latest details.

April 2021

15/30 Mi. Mountain Bike Race
Blankets Creek Trail System
2261 Sixes Rd., Canton
6:00 a.m.–12:00 p.m.; Race Entry $45
MountainGoatAdventures.com

Bluegrass Jam
Reformation Brewery Canton
225 Reformation Pkwy Ste 500, Canton
2:00–5:00 p.m.; FREE
ReformationBrewery.com

The Wildflowers Tribute Band
MadLife Stage & Studios
8722 Main St., Woodstock
7:00–8:30 p.m.; $27.50–$32.50/person
MadLifeStageandStudios.com

3 Saturday

Healthy Kids Running Series
Dupree Park
513 Neese Rd., Woodstock
4:00 p.m.; $35 Race Entry
HealthyKidsRunningSeries.org

Maker's Mash
Reformation Brewery Woodstock
105 Elm Street, Woodstock
1:00–6:00 p.m.; FREE
TheMakersMash.com

11 Sunday

Goshen Valley Info Session
Foster Family Virtual Info Session
6:30 p.m.
Register at: scoppiano@goshenvalley.org

14 Wednesday

Banks and Shane
Falany Performing Arts Center
7300 Reinhardt College Pkwy, Waleska
3:00 p.m. & 7:30 p.m.; $30-$35
Reinhardt.edu/Falany/Tickets

Trevor Startt
Rock Solid Brewing Co.
345 Gilmer Ferry Rd., Ball Ground
7:00–10:00 p.m.; FREE
RockSolidBrewingCo.com

16 Friday

MAY 1
SEE AD ON PAGE 46

18th Annual Kentucky Derby Day
SATURDAY, MAY 1ST ★ 4 – 7:30 PM ★

Little Texas
Elm Street Cultural Arts Village
8534 Main St., Woodstock
Sat., April 24, 7:30–9:30 p.m.
General Admission Lawn Ticket $25
ElmStreetArts.org/Events

24 Saturday

2020 FOLIO: EDDIE AND OZZIE AWARDS WINNER

SIMPLY THE BEST

Enjoy Cherokee Magazine is the **Best Community Magazine** in **the nation.** The Folio: Eddie & Ozzie Awards recognize excellence in engaging content and outstanding design in the publishing community. ***Enjoy Cherokee Magazine*** was awarded first place in the national category of Full Issue: Consumer, Culture/Community.

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