

# FoCo Woman

Women Leading Forsyth



NATURAL & HOLISTIC  
*Hollywood Feed*  
PET FOOD MERCHANTS

ISSUE 2  
SUMMER 2019





# THAI BASIL KITCHEN

FRESH INGREDIENTS • FRESH FOOD • AUTHENTIC TASTE



MONDAY - THURSDAY 11:30AM - 2:30PM 5:00PM - 9:30PM

FRIDAY 11:30AM - 2:30PM 5:00PM - 10:00PM

SATURDAY 5:00PM - 10PM

**470-695-7377**

1475 PEACHTREE PKWY #5

CUMMING, GA

Visit [www.ThaiBasilKitchen.com](http://www.ThaiBasilKitchen.com) for full menu, specials and promotions

**SAVE \$8**

SEE COUPON ON PAGE 21



# Thai Basil Kitchen

Most people would think you would have to travel down the dreaded 400 to get a great Thai meal. Not true at all! For the past 4 years Thai Basil Kitchen has brought authentic Thai food with only fresh ingredients to Cumming.

Owners Nicha Pramrutairat and her husband and Executive Chef Carlos bring years of experience to the kitchen and combine traditional cooking methods with only THE FRESHEST Ingredients. Thai Basil's passion to create fresh and flavorful dishes makes every plate a tasty treat. To ensure freshness as well as taste, everything is made daily to enhance your food experience. Thai Basil knows that everyone's spice level is different, so every dish is prepared specifically to the individual's desired taste. There are levels of mild, medium, hot and Thai hot. If you are that person who wants extra flavorful, ask for a spice tray. Everything they serve



You certainly do not want to miss out on the outstanding Chef specials. You can choose from Pla Sam Rod - a whole red snapper with three flavor sauce, or Beef Short Ribs with Panang Curry - a braised tender short rib in a creamy Panang sauce. The newest item Kra Pow Steak, which is a ribeye steak grilled to perfection with Thailand favorite street food "Pad Kra Pow".

Don't think the dessert is any different from all the other fresh dishes. The coconut cake is out of this world. The cake is made from scratch with 100% coconut milk. It is served with whipped cream, chocolate syrup and strawberry and biscuit stick. This coconut cake is the winner of Best Dessert in the Taste of Forsyth.

Want to enjoy all this in the beauty of outdoors? No worry! With a cozy patio you will feel you have stepped into your private hideaway. Not the outdoor type? The restaurant's interior is relaxing, beautifully decorated and is sure to provide an upscale relaxed atmosphere. From the minute you walk in the door, no matter where you sit, Thai Basil makes your visit whether lunch or dinner an experience "all about you".

Thai Basil is truly an experience. Sit back, relax and enjoy the journey - no matter the occasion. With an extensive wine and drink menu, this is date night material. Thai Basil Kitchen is located at the intersection of Peachtree Parkway and Sharon Road, just 2 miles from The Collection. It is sure to treat you to a cultural and culinary adventure you won't soon forget.

Take out and delivery available.



allows you to enjoy the rich, complex flavors of their home at its finest.

At Thai Basil you will find traditional dishes like Pad Thai, which is a stir-fried rice noodle dish commonly served in most Thai restaurants. You will also find Green Curry and Pad Kee Mao, which literally translates to "fried drunkard". Rest assured this dish does not contain alcohol, but rather gets its name from the random assortment of fine ingredients. Last but not least, the noodles have an addictively chewy texture, absorbing the intensely savory and pleasantly sweet sauce like a thirsty sponge.

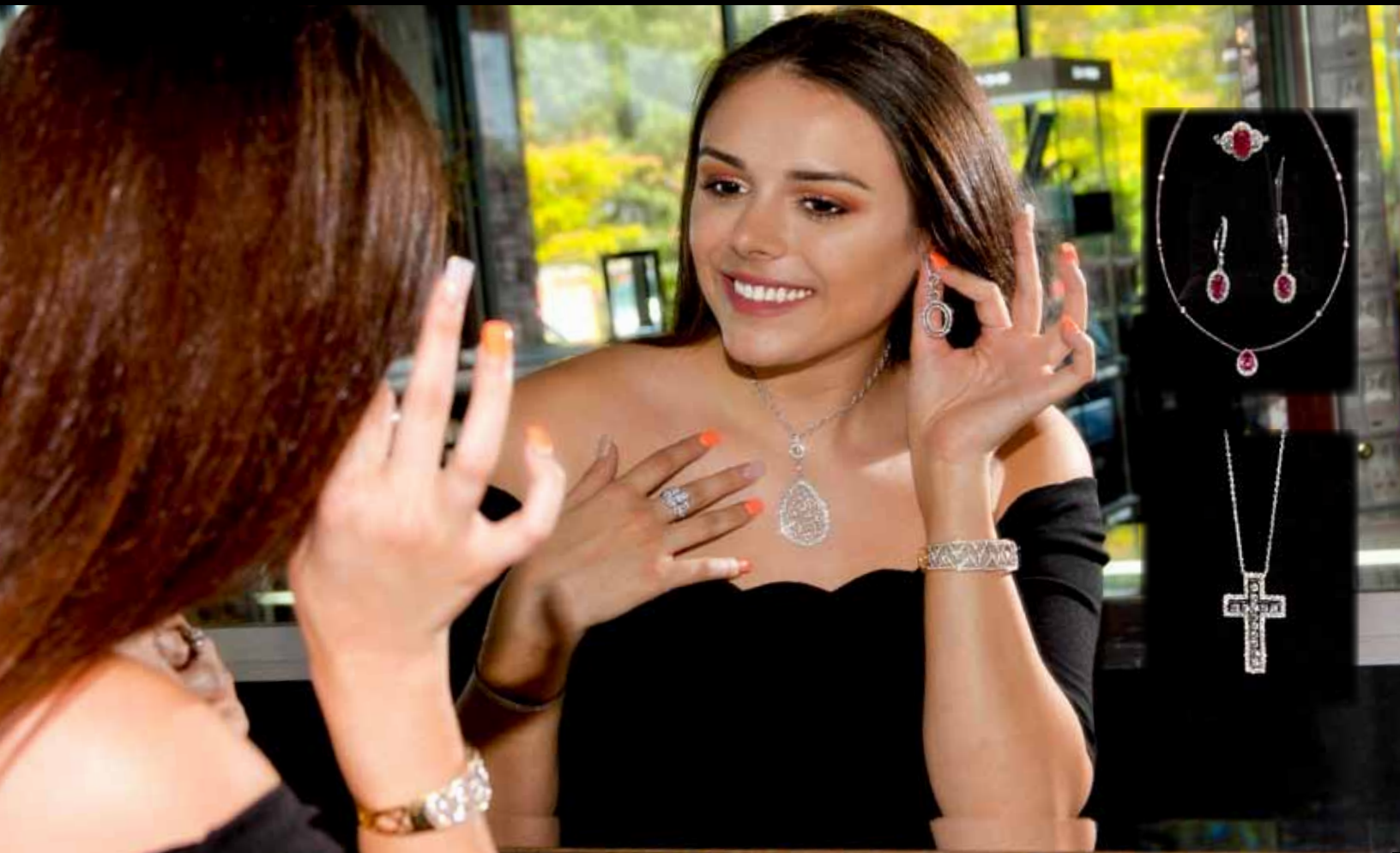
[www.ThaiBasilKitchen.com](http://www.ThaiBasilKitchen.com) 470.695.7377



FoCo Woman

Shop with Alex

LANCE'S JEWELRY





# LANCE'S JEWELRY



CUSTOM WORK | GEMSTONES | BRIDAL SETS | RINGS | NECKLACES

LANCE'S JEWELRY HAS A TWENTY-SIX YEAR TRADITION OF EXCELLENCE IN SERVICE, JEWELRY DESIGN, AND COMMUNITY SERVICE. WE ARE CUMMING'S OLDEST FULL-SERVICE JEWELRY STORE STANDING OUT ABOVE THE REST.

HOURS: MONDAY-FRIDAY 10-6 | SATURDAY 10-5 • SUNDAY CLOSED

1705 MARKET PLACE BLVD, CUMMING, GA 30041



(770) 781-5500 | [WWW.LANCESJEWELRY.COM](http://WWW.LANCESJEWELRY.COM) 

## HOTWORX<sup>®</sup>

24 HOUR INFRARED FITNESS STUDIO

**\$1 ENROLLMENT SPECIAL**

\* BRING IN A COPY OF THIS AD TO REDEEM OFFER \*

**770-322-4289**

3245 Peachtree Pkwy  
Next to Los Hermanos and Publix



HOTWORX, the 24-hour infrared fitness studio, located at The Shops at Laurel Springs on 141, has been open in south Forsyth county for one year. HOTWORX offers a total of 9 different classes that can be taken every 45 minutes throughout the day and night. The variety of workouts lets members work towards their personal fitness goals. Workouts are in an infrared sauna set at 125 degrees. Members follow along with the virtual instructors on a flat panel in each sauna.

Owner, Katharine Francis, found HOTWORX to be life changing in eliminating the pain from a number of surgeries over the years. "I've had a double fusion back surgery; I've had two shoulder surgeries, you know, I was an athlete and I just beat the crap out of my body. The proven detox effects from Infrared Saunas help me to sleep better and have more energy."

After hearing about the studio for the first time from a physician, when the only location was near Ole Miss, she decided to try a class for herself. After one class, she was hooked. Not long after, she opened the south Forsyth location and this April opened her second in Athens.

"So, when I opened my first studio, I maybe could hold a plank for 15 seconds; it was pretty pathetic. And now I can hold a two minute plank."



# HUMANE SOCIETY

OF FORSYTH COUNTY

a NO KILL shelter



## What About Me?

Hi FoCo people! My name is Helen and I am six and a half years old. I am a Terrier mix, I only weigh about 25 lbs. so I don't take up much room. I am not really sure how I got here. I was found wandering the streets and from what I understand, no one was looking for me. Did I get lost? Did my family move away? I just don't know; I guess it doesn't matter.



I'm just so happy that through the kindness of some loving people, I now have the chance to find my forever home. When I got here, they had to give me medicine. I had something called Heartworms. It sounds pretty yucky, but I'm all better now. I had a full

recovery and now, I have so much energy! I am also spayed and microchipped. All of the people at the shelter say that I am a very sweet girl. Two of my favorite things are playing outside and playing with toys. Will you play with me? Will you buy me some toys? I'm not very good at walking on a leash, but they're working with me. No one ever bothered to teach me that before, so I'm a little behind in this. I'm pretty good with cats and other dogs, but little children are a bit too much for me. I have to confess one other thing. I really do not like to share my treats...or anything! I guess that I never had a lot of nice things before and now that I do, I want everything to be all mine! Does that make me selfish? I don't want to be selfish, but I was never taught how to share. Will you teach me? I hope someone thinks that I'm worth teaching and loving. I really want my own family...a family that will love me and never let me go. I was really scared wandering the streets and I don't ever want to have to do that again. If you've been thinking about adopting a dog, would you come and visit me and get to know me better? We might just fall in love with each other! I'm not a puppy, but I am very cute and very sweet. So, what about me?

### **SPIKE UPDATE:**

*As you can see, Spike Havins is in Havins Heaven! He is loved and adored by his forever family. His sister Sloane spoils him rotten! Much love and thanks to the entire Havins family for adopting Spike and becoming true Rescue Heroes!*



**Here is my info!**

**Helen Ineedalastname**

**770-887-6480 • [www.forsythpets.org](http://www.forsythpets.org)**

**4440 Keith Bridge Rd. Cumming, GA 30041**



# Reframe Your Thoughts

A reframe is a strategy that can be used to train your brain to see from a different point of view. Our thought patterns have a big influence over our mood and general sense of well being. To shift your reality, you need a stronger relationship with your imagination than with your memory.

New research shows just how powerful the mind is when we are trying to alter our reality. Dr. Helena Popovic, an Australia-based medical doctor, researcher, fitness trainer, international speaker and author, states, "The human brain is continually altering its structure, cell number, circuitry and chemistry as a direct result of everything we do, experience, think and believe. This is called neuroplasticity."

There are always life situations that we have no control over. We can, however, control our mental reaction to the situation. We can choose how we decide to react, feel and think about the things that happen around us in the world.

Our brains will learn to shape our common thoughts and opinions, based on our most common choices and behaviors. If we are constantly focused on sadness and frustration, the brain will search for things to be sad and frustrated about. Conversely, if we are

appreciative and joyful, our brains will search for things to be appreciative and joyful about.

Here are 4 frames to put around life situations for a more positive outlook.

- 1. An attitude of gratitude.** Choosing to be grateful in life will help you shine a light on just how much of your life is good. If you have neglected this frame, you may notice more of the negative things that happen than the positive things.
- 2. Curiosity.** When you get curious, you begin to wonder why things happen the way they do. With a sense of curiosity, you will seek the lesson or deeper meaning behind life's outcomes. There is always a lesson to be learned, and it will often help you make better decisions in the future.
- 3. Another's point of view.** When life deals you something stressful, consider what this would be like from someone else's point of view. Would someone less fortunate than you find the situation stressful?
- 4. Five Years later.** Zoom out from the situation at hand. In 5 years, would this moment really matter? Would you even remember this moment? What path can you take now that your future self will thank you for?

Try reframing your thoughts. If you diligently work at teaching your brain these new outlooks, you will notice a shift in your overall well being and happiness in just a few days. The more we teach ourselves to view life in a positive light, the better and more enjoyable our lives will be.

Cheers to a happier life!



Jennessa Sabella, Owner

Bliss Mama Wellness

**Holistic healing services for all women**  
**~Massage~Advanced facials~Spa services~**

Gift certificates, spa menu & online scheduling available at  
[www.BlissMamaWellness.com](http://www.BlissMamaWellness.com)



(770) 722-2711

110 Samaritan Dr. Suite 202

Cumming, GA 30040

# Hollywood Feed

*A different breed* OF PET SUPPLY STORE.

## Our Story

Forsyth County residents are serious about their pets and the stores that they shop. Change is often hard, and you are always under the microscope.

It's not easy being the new name in town. Hollywood Feed has pulled it off! In September 2018, Hollywood Feed became an integral part of the place we all call home. Hollywood Feed is committed to the communities they serve. Walking into one of the four stores in Forsyth County is like seeing old friends. The friendly and relaxed atmosphere makes shopping a pleasure. Hollywood Feed has been perfecting their business since 1950 when it all began.

Hollywood Feed was first located at the corner of Hollywood Street and Chelsea Avenue in Memphis, Tennessee, with one goal in mind: to improve the lives of pets in our community. We counted the Memphis Zoo and the Memphis Police Force as some of our very first customers.

Over the next three decades, Hollywood Feed was the place to get pet food, good advice, and friendly service. After being customers for many years, the current owners acquired Hollywood Feed in 2006 with the intention of building on the legacy of helping pets, their owners, and people in the community.

Today, Hollywood Feed continues our commitment to help pets and people by offering our four-legged friends high quality foods, USA-made treats, toys, beds, and more. Our Feed Team sales associates



receive over 40 hours of training from veterinarians, nutritionists, vendors, and behaviorists every year. We believe the best customer service involves helping pet owners make informed decisions about pet products.

At Hollywood Feed, we have always believed in doing what is right for our customers. We take pride in the services we offer, the products we sell, and the pets and people we help every day. That's why we stand by our Hollywood Feed Promise: "If your

pet doesn't love it, or you don't love it, we'll gladly replace or refund it."

## Meet the Locals

Our cover this month introduces you to some of the managers that help every day in keeping the traditions of Hollywood Feed alive in Forsyth County. Lizzie Duvall at the Keith Bridge

Road location states "my idea of a good day is sitting on the porch with my fur babies." Madison Woodruff at the Lakeland Plaza store, "just loves all types of animals." Angi Padgett at the Bethelview store smiles every time a fur customer enters the store. And Kelsie Pederson, Regional Manager,





feels that part of the reason you leave Hollywood Feed with a smile on your face and a wag in your tail is because of these team members. They are all part of the "Pack" that is committed to making the customer's experience always fun and a place you want to go back.

## **How Does Hollywood Feed Support My Community?**

Hollywood Feed is committed to the communities we serve. Our "Made In" products are sourced 100% from the United States and produced by American hands. We're also committed to the animals in our communities. We donate over 100,000 pounds of dog food and other supplies every year. Each of our retail locations hosts regular adoption events with local shelters and rescues.

Our Keith Bridge location at 3540 Keith Bridge Road works closely with the Forsyth Humane Society. They donate food monthly for their in-house rescues and puppies in foster care. The Keith Bridge location also participates in local events and donates to other

rescues such as Angels Among Us and Released Rescue.

The Bethelview store has worked with several local rescues including Angel's Among Us, Hero Dog Rescue, and You Lucky Dog. They also donate to Forsyth County Humane Society and sponsor food for the K9 dogs from Forsyth County PD.

At the Windermere location, in addition to giving donations to area rescues, the store hosts low cost vaccination clinics monthly. The employees love hosting these events because it gives customers access to quality pet care. The clinics also offer microchipping which prevents the long-term displacement of pets.

As you are thinking of your pets, keep in mind that by shopping local you are helping thousands of other animals get fed, find homes and receive much needed medical care. Doesn't this make you just "wag" your tail?



YOUR LOCAL  
**Pet Food**  
EXPERTS

# Hollywood Feed



★ COME SEE WHY WE'RE ★  
**A DIFFERENT BREED**  
of Pet Supply Store

Find a Hollywood Feed Near You: [locations.hollywoodfeed.com](http://locations.hollywoodfeed.com)

*Our Promise*

IF YOUR PET DOESN'T LOVE IT OR IF YOU DON'T LOVE IT, WE WILL GLADLY REPLACE OR REFUND IT.

*Sharon McMillan, Doghouse*



# The Art of making ICE CREAM



**D**iscover how easy it is to make delicious homemade ice cream that rivals what you'd stand in line for at the best ice cream shops. Once you learn the basics, you can turn out your own small-batch artisanal frozen desserts (you could totally call it that) in any flavor imaginable. Get ready, here's how to make ice cream at home!

There are several types of bases to use. Homemade ice cream comes in two basic styles: Custard style (also called *French*) and Philadelphia-style (also called *New York* or *American*). We are concentrating on Custard-style base. **Custard-style ice cream** starts with a cooked base enriched with egg yolks, sugar, and cream. This style of ice cream has the smoothest, creamiest, richest texture and flavor.





To make a classic cooked custard ice cream base you'll need:

### Ingredients

- 8 egg yolks
- 1 cup granulated sugar, divided
- 1 cup heavy cream
- 3 cups half-and-half
- Pinch salt
- 1 tablespoon vanilla extract (optional)

### Equipment

- Bowls
- Measuring cups and spoons
- Saucepan
- Whisk
- Heatproof spatula
- Fine-mesh sieve
- Ice cream maker
- Freezer container

### Directions

1. In a medium bowl, whisk together the egg yolks and half of the sugar. Set aside.
2. In a medium saucepan, stir together the cream, half-and-half, salt, and remaining sugar. Heat the mixture over medium-high heat, stirring often until it comes to a simmer, then reduce heat to medium.
3. Add about 1/2 cup of the cream mixture to the egg mixture while whisking constantly (this helps prevent the eggs from cooking). Repeat with another 1/2 cup of the cream mixture.

Churning (by hand or in a machine) prevents large ice crystals from forming in the ice cream and produces the smooth texture that makes ice cream feel so luxurious when you eat it. Ice cream churned in a machine will generally have more air whipped into the mixture than hand-churning can achieve.

If you're using an ice cream machine, churn following the manufacturer's instructions. When the mixture has thickened and is hard to stir, remove it from the ice cream maker and transfer it to a freezer container. If you can resist the urge to devour it while it's still in this "soft-serve" stage, let it harden in the coldest part of your freezer for several hours or overnight. If you don't have an ice cream machine, pour the chilled ice cream mixture into a freezer-safe container and place in the freezer. After an hour, stir vigorously (spatula, whisk or electric hand mixer) in order to break up any hard ice crystals. Repeat every 30 minutes for



the next 2-3 hours or until frozen. If not eating immediately, cover until ready to serve.

Tip: To keep your ice cream from becoming super-hard in the freezer, make sure both the ice cream maker and the mixture are kept ice cold as you're making the ice cream.

Store leftover ice cream in the freezer, in an airtight container with a layer of plastic wrap pressed onto the surface to prevent it from absorbing odors or forming ice crystals.

Now the fun part, the flavors...

### How to Add Flavors to Ice Cream

Infuse herbs and spices into the mixture as you heat the milk. Strain them out before proceeding with the recipe.

If you're cooking a custard base, let it cool slightly before adding extracts, liqueurs, and flavoring oils (citrus, peppermint, cinnamon).

To get the most flavor from a vanilla bean, split it lengthwise with a sharp knife and scrape the seeds into the milk. After the bean has steeped, remove the pod and rinse in cold water and pat dry. "Used" vanilla beans are still powerfully aromatic, and can be stored in a canister of plain granulated sugar to make vanilla sugar.

Add perfectly ripe fruits and berries to your ice cream base: sprinkle fruit with sugar and crush it with a potato masher before mixing it in. This adds much more flavor than plain chunks of fruit stirred into the mix.

To add nuts, chocolate, crumbled cookies, or whole berries, let the ice cream reach the consistency of soft-serve, and then stir in the garnishes; pack in airtight containers and freeze until firm.



# HEMPWORX

INDEPENDENT AFFILIATE

**DOES NOT GET YOU HIGH!**

**Stephanie Coffey**

**678.793.3776**

**happyhempday@yahoo.com**

**www.happyhempday.info**

Full line of products including:

Oils, Creams, Coffee,  
Coffee Creamer, Pet products,  
Bath Bombs and more!

*Samples Available*

*These statements have not been evaluated by the food and drug administration (FDA).*

*These products are not intended to diagnose, treat, cure or prevent any disease.*

## HEMP OIL BENEFITS

- Promotes healthy joint function
- Provides feelings of ease
- Supports overall well being
- Supports optimal cardiovascular function
- Helps with occasional sleeplessness



Engaging. Inspiring. Empowering.

## HELPING SENIORS GRANT PROGRAM

Age Well Forsyth has been on the go the past few months and has more places to see for 2019. The group went to Savannah, Georgia. What a great time everyone had, and you can tell by the pictures everyone enjoyed themselves. From April 25th to May 4th, off to Switzerland, Austria/Bavaria they went. Check out Albert Einstein! The next trip is December 8-16, Christmas on the Danube \$3,139 per person DO.

Age Well has numerous trips and events each year. Go to the website [agewellforsyth.com](http://agewellforsyth.com) or call (770) 886-9400. You can find out about the many opportunities to volunteer, attend events and trips and the various Grant programs they offer.

**Stop surviving and start thriving!**

**Get your life back with HEMPWORX life changing CBD oil!**



**NANCY A. DAVIS**

**Medicare Advisors GA**

Ask me about Medicare!

**770-990-9721**

[nancy@medicareadvisorga.com](mailto:nancy@medicareadvisorga.com)

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



PHOTO • GRAPHIC • DESIGN • SERVICES

*Lisa*  
ISON



[WWW.LISAISON.COM](http://WWW.LISAISON.COM)

770.833.8606

[LISA@LISAISON.COM](mailto:LISA@LISAISON.COM)





# Dear Harper,

*In* the tradition of the personal advice columnists, FoCo Woman's **Dear Harper** is a plainspoken straight shooter. She can relate to women of all ages on real life questions. Our reporter will research topics of interest to our readers and then answer your questions with empathy and humor. Her opinions and straight to the heart precision will quickly make **Dear Harper** one of your favorite advice columns.

You can submit your questions to:

**DearHarper@forsythcounty.com**

You can also text your questions to: (404) 434-3843. Questions will be answered throughout the month on our website and social media site. All advice seekers will remain anonymous. In each edition of Foco Woman, we will have a page devoted to some of our questions that reach out to a wide range of readers.

*Dear Harper,*

*I have a crush on a man at work. Let me be honest he is my boss. We are both married. He has a great sense of humor and is always easy going. Other than our jobs we don't have anything else in common. We don't go out to lunch or after work. Going to work and seeing and talking with him are the best part of my day.*

*My husband and I recently had a baby. Since, then my husband has been crabby and seems to resent me being so busy at home now. He seems to find fault in everything I'm doing at home, from meals to house cleaning, etc. If I try to explain I don't have time with my job and the baby, it just seems to anger him. He will backtrack later and apologize. I want to be able to come home and enjoy my family and home, but lately I just try to avoid it. I am making excuses to stop by the store or go by my Mom's anything to limit the waking hours.*

*I want to work on repairing our home life, but in the meantime, please tell me if I continue with my colleague, am I making a stupid mistake?*

*Thanks,*

*Confused and Tired*

*Dear Confused and Tired,*

*In a simple answer it would be "stupid" to move into anything with this colleague. In fact, this could be a lifestyle change/ending move. Even though it might seem tempting, this has potential for explosive issues.*

*It is obvious that both your life and your husband's has changed drastically. We could never image how a small little thing that we love so much can turn our world upside down. Think about all the things that have changed, make a list. Now try to get some of the "old" things back that made you two a fun couple. Talk about sharing some of the responsibilities that maybe only you did in the past. Pick a night to have a date night. You said you go by your Mom's maybe she can give you two a few much needed times to just enjoy you. When we have the new role of parents, we often forget we are still the same people. Everyone needs a break and some "fun" time.*

*Don't make the horrible mistake of seeking fun at work. This may sound good and the easy way now, but this can only end up in a disaster. Not only may you ruin your home life but lose that job in the process.*

*Take a deep breath and think about what made you happy before the changes. Most importantly TALK to your husband.*

*Harper*



4345 GA-400, CUMMINGS, GEORGIA 30028

# SERVICE WITH A SMILE

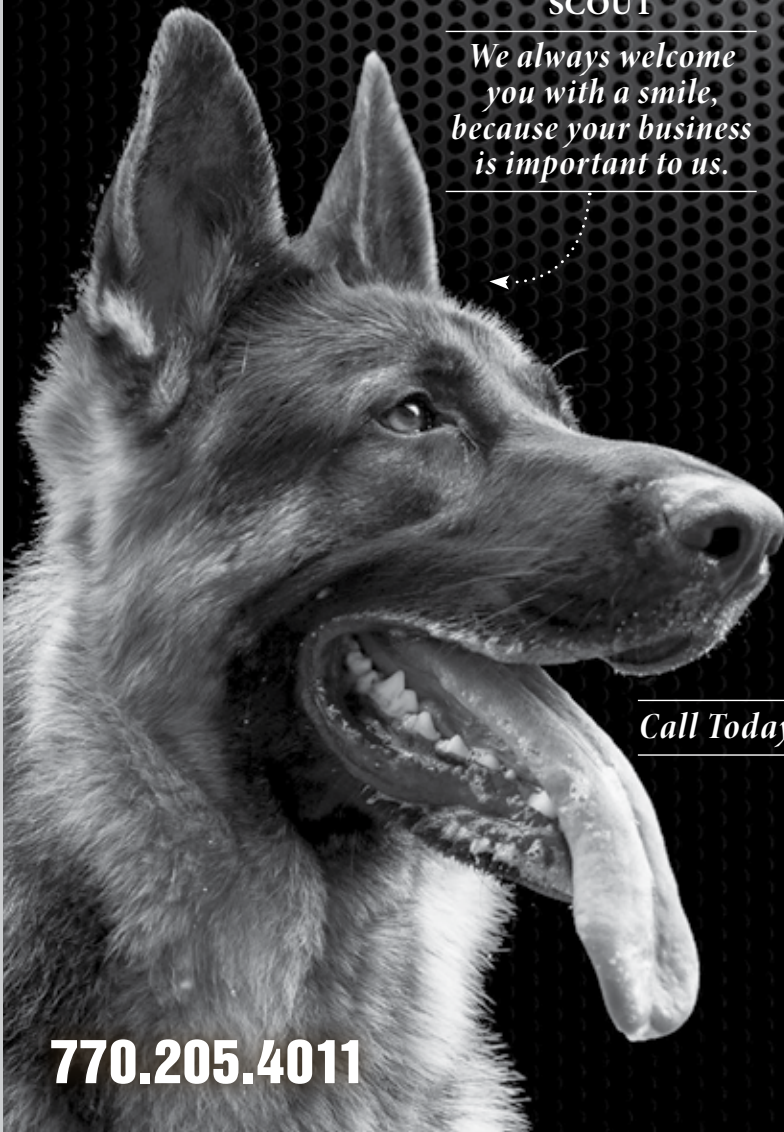


## SCOUT

*We always welcome you with a smile, because your business is important to us.*

## MAUSER

*Are you dog tired of being taken advantage of? Not at My Place! We provide the Best Service at an affordable price.*



*Call Today!*

**770.205.4011**

**[mymercedesplace.com](http://mymercedesplace.com)**



# WHAT IS THE GOKHALE METHOD?

The Gokhale Method is a system of healthy posture and movement to help restore your structural integrity, so you can live an active and pain-free life. You will learn how to comfortably alter the way you stand, sit, and move, to heal from pain and return to a posture that builds strength and resilience, and minimizes compression, tension, and degeneration. We are marvelously designed beings, with an inherent grace and strength like every other creature on the planet. If we respect our natural design, we can function well for close to a century.

The Gokhale Method uses gentle hands-on instruction, reinforced by theory, to return you to your primal posture. Effects are often immediate and last a lifetime.

## MEET MARIE DAY

Marie Day lives in Cumming, Georgia, where she earned her master's degree in library and information science. She became interested in good posture through her long-time practice of Chinese martial arts. She was pleased to find and experience this explanation of good posture that is so well suited to our culture and yet incorporates the same ancient wisdom of meditation practitioners worldwide, whether they practice qigong, yoga, or the always popular "I'm going outside for a while." She is excited to pass along the practical wisdom of Primal Posture™ to her students so that they too can experience alignment, stability, and balance.

Don't suffer any more, call Marie Day to get started on a healthy, pain-free posture!



# GOKHALE METHOD®

*Primal Posture™ for a pain-free life*

## OUR MISSION

Address the root of musculoskeletal pain, including people:

- ... **Injured** by everyday activities such as bending and lifting
- ... **Exhausted** from common positions like sitting and standing
- ... **Uncomfortable** even in the stillness of sleeping

## THE FIX

The Gokhale Method works to realign and restore the spine to its natural shape, bringing you back to a pain-free life. Using healthy posture and everyday movements, like sitting, standing, sleeping, walking, and bending, you will strengthen your muscles, protect your spine, nourish your joints and prevent injuries.

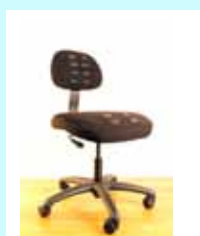
## BENEFITS

- **Reduce or eliminate back pain**, neck pain, and other muscle or joint pain
- **Prevent** muscle and joint **degeneration** and injury
- **Increase** your **energy**, stamina, and **flexibility**
- **Save time** by incorporating exercise and therapy into your everyday life
- Reduce stress and **improve your appearance**

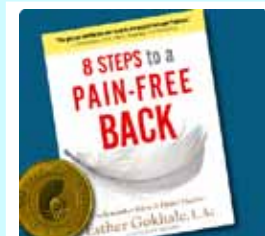
### Find relief for:

Lower back pain  
Sciatica  
Knee pain  
Disc herniation

Stenosis  
Neck problems  
Scoliosis  
Osteoarthritis



Pain-Free™ Chair



Book



DVD





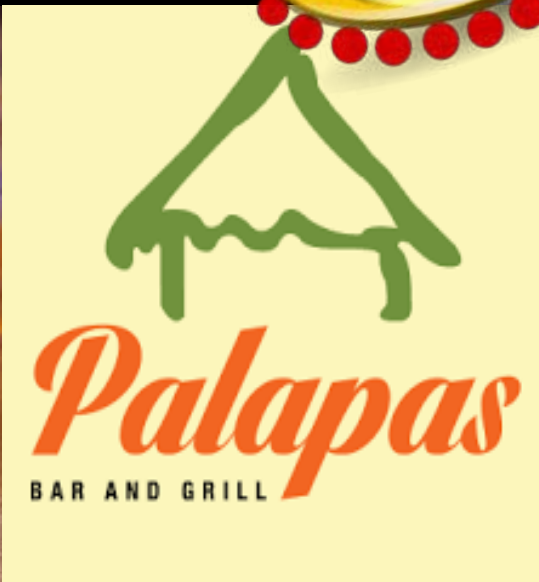
# Girls Night Out!

## Palapas

is a Spanish word used to describe a thatched-roof tiki hut that provides shelter

from the sun and cool place to have some cold drinks and a good time. Since 2014, Palapas family-owned restaurant's been just that, so we decided to check out the new location on Brown's Bridge Road in North Forsyth. Foco Woman was thrilled with the friendly atmosphere and the wonderful food and drinks. Everything from the great street tacos, to the best Margarita's around made this a spot to select for a Great Girls Night Out! Our top pick is the Flan.

So if you are in the mood for a neighborhood meeting place, go to Palapas with two locations in Forsyth County. The original location at 2950 Buford Hwy or the newest at 3647 Browns Bridge Rd.





# 90 & STILL GOING STRONG! Years YOUNG

Known as "Mama" to all that see her at Cherry Street Taproom, Sibyl Elliott Johnson celebrated her 90<sup>th</sup> birthday in style. From the Fire Engine to the Sheriff to County Commissioners, this little lady commanded the stage. Her fun attitude and direct way with words kept all the boys in uniform straight. As a Mom of five boys herself, dealing with the bunch at her birthday was just old hat.



We at **Foco Woman** and ForsythCounty.com were proud to be included in her celebration. There is so much we can learn from "Mama". She worked hard, played hard, and with a great sense of humor.

Life is about trusting your feelings, taking chances, finding happiness, appreciating the memories, and learning from the past. In our next issue we will tell you more about "Mama". If you are lucky enough to have or have had a "Mama" in your life, you will enjoy the stories about growing up from 1929. If you have not had this experience you will enjoy seeing how much a spirited woman can accomplish. So look in

August for the complete story and pictures of Sibyl Elliott Johnson.  
-Tammy Gravitt-Pace

Event Services  
OF GA

**LUXURY RESTROOMS**

FOR ALL OF YOUR EVENT, SITE,  
AND PRODUCTION NEEDS

**678.333.4155**

**INFO@ESOG.BIZ**



**CALL US TODAY TO SCHEDULE YOUR EVENT!**







A group of friends and I were having lunch recently and at some point during our meal, our conversation moved onto the subject of ride services such as Uber and Lyft. The topic was on all of our minds because of the untimely and tragic death of the USC college student who mistakenly got into the wrong car believing that the man was her Uber driver. One of my friends echoed what so many have said recently, “The whole concept of getting into a stranger’s car is so foreign if you think about it. I remember my parents telling me constantly ‘don’t talk to strangers’, and I’ve had the same conversations with my girls. Yet, here we are.”

Thousands of people use ride services every day in the Atlanta area, and in areas such as Forsyth County where public transportation isn’t an option, “uber-ing” is a common occurrence. I even use Uber delivery when I don’t feel like cooking dinner (which according to my husband is way too often). With so many people using ride services, the need for good common sense and extra safety measures has become even more important.

Recently, you may have heard about the campaign to ask “what’s my name” before entering a vehicle you believe to be your ride. While this is an important catch phrase to remember, there are a few other safety tips to keep in mind that are just as valuable. Deputy First Class Jenny Belafi with the Forsyth County Sheriff’s Office offers the following tips:

1. A person’s safety is ultimately their responsibility. A person should never become so impaired that they look like an easy target to anyone with bad intentions. If you plan on using a driving service after a night on the town, do not drink to the point that you are unable to protect yourself; you need to be able to walk and think clearly.
2. There is always safety in numbers. If you can travel with friends that is always the better option.
3. Summon your Uber/Lyft while inside. A woman on the sidewalk looking around for a ride can bring you unwanted attention.

4. Once a Lyft/Uber driver is on the way to pick you up, familiarize yourself with their vehicle description/tag number/photo of your driver. Also, check the driver’s overall rating and read posted reviews. If you are uncomfortable with the driver’s rating or reviews, cancel the car and choose another.
5. Send a text to a friend or family member with your travel details. Lyft and Uber provide this service on their app which includes information such as the car description, a photograph of the driver and your estimated time of arrival to your chosen location.
6. Always sit in the rear seat if you are by yourself.
7. If you are unsure of the route to your desired location, use a mapping feature on your smart phone which would allow you to see where you are and where you are going on the map.
8. Check to make sure the child safety door locks are not switched on so you can exit the car on your own.
9. Follow your intuition. If something does not feel right, ask the driver to stop and let you out.
10. At any time, if you feel threatened, call 911.

Deputy Belafi also shared that the Sheriff’s Office has seen several incidences where juveniles have ordered a ride using the app and a parent’s credit card and asked the driver to take them wherever they wanted to go. Uber and Lyft both have policies against transporting anyone under 18; however, some drivers will agree to the ride in order to avoid negative ratings. As tempting as it may be to order a ride to take your child to practice or dance class, it’s something we shouldn’t be doing. The risks to the driver and the underage rider are huge, and should something unexpected happen, the driver’s insurance may not cover the liability.

An important thing to remember, though, is that you’re still getting into a stranger’s car. Common sense and the ability to protect yourself are some of the most important things you can do when using ride services.





ADDING THE  
FINISHING  
TOUCH

CREATIVE  
WINDOWS  
*By Carol*



At Creative Windows By Carol we specialize in custom window covering, curtains, draperies, bedding and furnishing. For 30 years we have been working with businesses and residential clients by helping to add the finishing touches to their home and offices. We not only meet your expectations, but exceed in making sure every detail is perfect. Creative Windows

by Carol is not here just for the design and sale, but with you until the job is complete. We have many homes and businesses we have decorated and redecorated as the times have changed, they have moved, what ever the occasion Creative Windows by Carol has been there.

4820 ATLANTA HIGHWAY 9 N ALPHARETTA, GA 30004  
(770) 753-0977  
WWW.CREATIVEWINDOWSBYCAROL.COM



**SIGNATURE**  
TOTAL CAR CARE

**Family Owned!**  
**25 Years in Forsyth!**

**"We treat your vehicle like our own"**



**Paying for Expensive  
Dealer Repairs!**

**Call 770-889-5959**

**2725 Northgate Court Cumming, GA**

***Schedule Your Car Maintenance Today!***



# From the Publisher

*"It's a smile, it's a kiss, it's a sip of wine...it's summertime!"*  
The lyrics from Kenny Chesney really sums up the feeling of this time of the year. The lyrics certainly represent the feelings I have for **FoCo Woman**.

*These past 6 months working with a fabulous group of people, being given so much support from friends and family and meeting so many wonderful people in Forsyth county have made this new journey a great adventure and a glimpse of a great future ahead of us.*

*I look forward to introducing you to some heartwarming, fun filled stories of the life and times in Forsyth county. Not only do we have extraordinary residents, but I am thrilled to be able to introduce you to the people that make **FoCo Woman** a magazine that touches homes and lives in our community. Look for more about our team in our next edition.*

*We are moving into courier route distribution with this issue, as well as our racks in the Forsyth county Kroger stores. So please pick one up, read about your community but most of all visit our advertisers and see what small business is offering up. Look for our next issue in August 2019, as we learn about a local nonprofit doing big things, a spirited 90-year-old, and how one community got its name.*

*Enjoy this time of the year and get out and see the many things we have in our own backyard!*

*Lou Ann*

*Our mission is to celebrate the lives of women in Forsyth County, Georgia. Each issue is filled with content that is insightful, heartwarming, educational, inspiring and positively local! You will meet women in each issue that are changing the lives and places of the people in this community.*



## CONTRIBUTORS

Publisher - Comsen, Inc., Lou Ann Brownlee

Editor - Lauren Schultheiss

Business Development - Candice Skinner

Graphic Design/Photography - Lisa Ison

Web Content - Media Guys, Inc.

Marketing/Sales Intern - Alex Levent

Printing - Print Safari

## Featured Writers

Lauren Mullinax

Dr. Linda Ledbetter

Amy Comstock

Lauren Schultheiss

Lou Ann Brownlee

Tammy Gravitt-Pace

Janessa Sabella

## Magazine Contacts

(404) 434-3843 Office

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

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

[focowoman@forsythcounty.com](mailto:focowoman@forsythcounty.com)

# FoCo Woman

WOMEN INSPIRING FORSYTH COUNTY



*FoCo Woman, a publication of Comsen, Inc.*

*Bi-monthly copies are distributed throughout Forsyth County in over 30 rack locations as well as local businesses. We welcome your comments, articles and advertisements. Subscriptions are available for \$40 per year. The viewpoint of the advertisers, writers and submissions are not necessarily those of Comsen, Inc. The Publisher makes no claims as to the validity of any Charitable organizations mentioned. FoCo Woman nor Forsyth County.com are not responsible for errors or omissions.*



Big Creek

Travel



We Focus on the Details So You Can Focus on the Memories

Lauren Schultheiss

Owner/Travel Advisor

lauren@bigcreektravel.com

Office: 678-942-6710

Cell: 404-895-5479

www.bigcreektravel.com



FoCopon

Special Local Deals

LANCE'S JEWELRY

\$3.00 OFF

WATCH BATTERY  
(with coupon, not valid with any other offer, one offer per customer)



Monday-Friday 10am-6pm | Saturday 10am-5pm | Closed Sunday  
1705 Market Place Blvd. | Cumming, GA 30041 | 770.781.5500



5772 N. Vickery Street  
Cumming, GA

770-886-8999

www.villageitalian.com

DINE IN • CARRYOUT • CATERING

Visit our website and Facebook page for nightly food and drink specials!

Celebrating Life, Work & Play In Forsyth County!

Contact us to be part of this great media group:

info@forsythcounty.com

THAI BASIL KITCHEN

Free Dessert with Meal Purchase

\$8 max. Exp. 7-31-19





## SENIORS FOR SENIORS

Research has shown that living with pets provides certain health benefits. Pets help lower blood pressure and lessen anxiety."

-Jeanine Lerche Davis; [webmd.com](http://webmd.com)

SENIORS CAN ADOPT A SENIOR DOG OR CAT FROM THE FORSYTH COUNTY ANIMAL SHELTER AND THEY WILL RECEIVE FREE ROUTINE VACCINES FOR LIFE.

Forsyth County Animal Shelter  
4065 County Way, Cumming, GA 30028  
Tuesday-Saturday 10:30 am to 5:00 pm  
(678) 965-7185



# Forsyth County Animal Shelter



*by Forsyth County Commissioner Todd Levent*

**T**he Forsyth County Animal Shelter is dedicated to maximizing the adoption of animals, as well as providing high quality care for them while they are in our facility.

As the human population in Forsyth County continues to increase, so does the population in our Animal Shelter. From 2016-2018, the shelter saw an increase of 35% in the number of animals they received. In 2018, the shelter received 1,815 animals – and 2019 is on track to be even higher. Because we are the only open-admissions shelter in the county, we are obligated to accept every animal in our jurisdiction, regardless of age, behavior, medical condition or breed.

And while received animal numbers are going up, so are our adoptions. Through our work with various partners, the shelter is on track to meeting our goal of being recognized as a “no-kill” shelter. Once this is achieved, we would have a Living Release Rate of 90%. (This is a recognized standard among shelters.)

But we don't do this alone. It takes help from our community to care for and adopt out the stray and surrendered animals. We appreciate and value our volunteers and partners in the animal shelter and care community!

One of the exciting things that Forsyth County is doing in conjunction with the community is the creation of the new Coal Mountain Dog Park - right across the street from the animal shelter – on County Way, just off Georgia 400, north of Highway 369. This dog park is designed to be a place where park visitors can learn about adoptable animals, as well as a place where those considering adopting can experience one of the joys of pet ownership.

Design for the dog park should be completed later this year, with construction beginning in 2020, pending funding. The county has allocated funds to cover approximately two-thirds of the cost to build this park, including funds from SPLOST VIII. The Board of Commissioners will be working with our community to raise the remaining funds – approximately \$263,000 – through multiple fundraising activities.

In addition to donations for the dog park, the animal shelter is always looking for volunteers and donation of items for the animals in our care. These items include: Fancy Feast Kitten Food (wet), baby food (chicken and turkey only), clay litter (any brand), Kitten Milk Replacer (KMR), leashes, facial tissues, floor fans, puppy pee pads (all sizes), catnip, baby pools and sprinklers.

If you would like to volunteer or donate, please contact the shelter at 678-965-7185. And be sure to follow the shelter's Facebook page, @ForsythCountyAnimalShelter, where they share information on adoptable animals and other pet-centric information.



*Someone  
you should meet!*

**Michelle Wilson is a Forsyth County native committed to making legal services more accessible to her neighbors. She's a frequent supporter of our local Forsyth County charities including the Baldrige Lodge, The Place and Jesse's House. She's a mom, a new aunt of twin nephews, a rotarian and a member of the United Methodist Church in Cumming.**

**Michelle focuses on elder, special needs and probate law.**



**WILSONLEGAL**

where preparation meets peace of mind

<b>DATE</b>	<b>TIME</b>	<b>TOPIC</b>
June 14	3p-4:30p	The 411 on Medicare
July 12	3p-4:30p	Are You A Caregiver Missing Out On Vacation? Stop Missing Out
August 9	3p-4:30p	Dog Days of Summer - Planning For Your Pet

**You can meet Michelle at one of her community seminars or by appointment:**

**770.205.7861**

**WILSON LEGAL, PC. • 407 E. MAPLE STREET, #105 • CUMMING, GA 30040**

**[www.wilson-legal.com](http://www.wilson-legal.com)**