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Sue G. Collins, Editor

LEA MCMONIGLE’S BAKED CORN CASSEROLE
American Women’s Association of Hong Kong
South China Seasons Cookbook, Vol. II
1/2 cup margarine, melted
1 17 oz. can cream-style corn
1 1/2 cup corn- about 6 ears roasted in the husk for 45 min in a 450 oven or on the grill, husked and cut from cob, or 1 x 17 oz sweet kernel corn
8 oz sour cream
2 eggs, beaten
1 box Jiffy cornbread mix

Preheat oven to 350F. Mix all ingredients together in a casserole dish. Bake for 45 minutes. To prepare the night before, mix all except cornbread mix and add before baking.

ON THE COVER Summer friends are the best friends. These little swimmers take lessons together at Goldfish Swim School, 6000 Medlock Bridge Pkwy Ste. C-200 | Johns Creek. Photo by Oana Hogrefe, Shutterview.com. Check out this month’s classes and family swim schedule at JohnsCreek.GoldfishSwimSchool.com
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18 Atlanta Braves’ SunTrust Park Fare hits a home run
Our own Ale Sharpton takes one for the team and tastes stadium grub.

20 Parc Celebrates Independence
Veterans pause to reflect at Parc at Duluth.

24 Summer in Our City
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A BRIGHT NIGHT
The 2017 Atlanta Light The Night Walk is set for Saturday, October 7th at Piedmont Park. When you or someone you love hear the words, “You have cancer,” it’s one of the darkest moments in your life. At Light The Night (LTN), their aim is to bring light to the darkness of cancer through research and cures. LTN is an evening community event supporting The Leukemia & Lymphoma Society’s research funding. They bring hope in time of despair, community in place of loneliness and life-saving research and support for cancer patients and their families. LTN brings communities together to celebrate those who are fighting, honor those we have lost, and raise funds to cure blood cancers once and for all. They are taking steps to end cancer: we Light The Night! The Goal: More Cancer Survivors. Join Us! Walk * Sponsor * Volunteer. LightTheNight.org or call 404.720.7841.

SAYING THANKS
Top sponsors of the 2016 Milton Tour of Homes recently received recognition from the Friends of the Milton Library (FOML) for their support of the Tour, which raised money for the organization and its outreach programs. FOML is a 501(c)(3) non-profit organization dedicated to the financial support and program enhancement of the Milton Library. The top-level Tour sponsors each received their own engraved gold leaf that will be placed on the Library’s Giving Tree located in the building’s atrium. “This allowed us to say thank you once more to our generous sponsors,” says Marsha Spear, Friends of the Milton Library board member and 2017 Milton Tour of Homes chair. “The Holiday Tour of Homes was very successful and we hope our sponsors, and others in the community, will support the Tour once again this year so we can raise even more money for these valuable FOML programs.” More than $20,000 was raised from the Tour in 2016 and went toward supporting some of the library programs, including: STEM and STEAM programs, Lego Club, Astronomy Club program supplies, chess boards and timers, Teen Advisory Board meetings, Youth Book Club, Wildlife Program, Children’s Music Performance, Atlanta Audubon Youth programs, Summer Reading, as well as capital items such as additional shelving and chairs.

GET FRESH
The Johns Creek Farmers Market is back by popular demand running through August. The market, located at the Mark Burkhalter Amphitheater at Newtown Park on Saturdays from 8 a.m. to noon, features local farmers and vendors with organic and/or sustainable foods and produce. In addition to healthy things like tomatoes, lettuces, and squash, vendors sell a variety of hand-made goods and natural produce, such as flavored balsamic vinegars, free-range eggs, artisanal cheeses, jams and jellies, and pastas. Subscribe to the weekly Farmers Market newsletter (sent during market months), to learn about special demonstrations, offerings, and children’s activities planned for the next market day. Details at JohnsCreekGA.gov. POLO IN THE PINES BENEFIT
Kendra Scott is a fashion accessories and lifestyle brand of big dreams, colorful confidence, and inspired design. Founded on Family, Fashion and Philanthropy, they believe giving back is the truest form of success. A national charity, a hometown crisis, a local organization, or a friend in need, Kendra Scott always has something to give. The Kendra Scott Avalon team recently heard about sisters Saville and Lilia Sullivan of Albany (pictured above with their parents). Saville, a sophomore at the University of Alabama, and Lilia, a high school junior, were each diagnosed with separate forms of brain cancer within weeks of one another. Immediately wanting to support the sisters and the research taking place at Children’s Healthcare of Atlanta where they are being treated, Kendra Scott is hosting a Kendra Gives Back party at their Avalon store in Alpharetta Friday, July 14 from 5 – 8 p.m. Twenty percent of all proceeds from the evening will go to Polo in the Pines, a local nonprofit that funds research for specific kinds of cancer. The 2017 Polo in the Pines event, being held at the Atlanta Polo Club October 7-8, will benefit Children’s Healthcare of Atlanta in honor of the Sullivan sisters. Supporters are encouraged to visit or call the Avalon store to support brain cancer awareness and stay “Sullivan Strong.” 3150 1st Street Alpharetta

SUMMER AT THE BEACH
Cape San Blas, Florida will be your new favorite ‘under-the-radar’ beach destination for the whole family! Plus, vacation rentals in Cape San Blas are as luxurious and unique as its beaches. Experiential travel company Sunset Reflections by Natural Retreats offers a wide selection

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of oceanfront and beach access homes, most of which are pet-friendly, and all of which are highly regarded in the area as 4-5 star accommodations. This summer, when you rent a Cape San Blas home through Sunset Reflections by Natural Retreats, and mention this magazine, you'll receive $250 worth of free beach and water sports equipment from VayK Gear. Guests will also be able to enjoy the complimentary Xplorie Program, which provides them with one complimentary ticket to the participating partner activities per day of their stay in Cape San Blas. From golfing and horseback riding to a boating trip on the water, they've got you covered this summer!

SunsetReflections.com

BANK PERFORMS

BankSouth, a family-owned community bank serving customers in the Lake Oconee, Greensboro, Watkinsville, Athens, Atlanta, and Savannah areas, was once again named a "Top Performing Community Bank in the Nation" by Independent Community Bankers of America for the fifth consecutive year and is featured in Independent Banker’s "ICBA’s 75 Best-Performing Community Banks,” May 2017 issue. BankSouth ranked in the top 25 for financial performance measurements for community banks with $300 million - $1 billion in assets. This year the ICBA changed its methodology to reflect average performance over a three-year period as opposed to a one year period, making those ranked well established in their proven, consistent top performance. Rankings are based on call report data and industry
ratios from an average of the past three years. For more information about BankSouth, please visit BankSouth.com. For more information about the Independent Community Bankers Association, please visit ICBA.org.

**HOME TOUR SET**

The local chapter of the National Association for the Remodeling Industry will present its Eighth Annual Tour of Remodeled Homes on September 16. A number of private homes transformed by NARI Atlanta members throughout Atlanta’s northern suburbs will be open to the public, with the remodeling teams on hand to discuss each project and answer questions. The tour is self-guided and will be held rain or shine. Tickets are $20 in advance and $25 the day of the tour, and are available at AtlantaRemodelingTour.com.

**JUICE FOR GOOD**

Come and experience a new and exciting juice bar in the Milton/Alpharetta area, 3:8 Juice & Eatery. They offer Cold Pressed Juices in unique flavors, Smoothies using fresh juice from apples or oranges, Acai & Pitaya Bowls. They also make custom created grab-n-go salads and soups using no oil or salt, only select spices and seasonings. The owner, Leslie Graham, wanted to share her and her husband John’s experience in weight loss from juicing and whole food plant-based diet with others to help them understand that you don’t have to go on medications for high blood pressure or cholesterol if you are willing to make a few changes in your diet. In the store, they play the documentaries that inspired them and also have many books to help guide people who are ready to make a lifestyle change. Call them at 770.680.2411 or stop by at 5250 Windward Pkwy, Ste 113, Milton.

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Wisely capitalizing on Atlanta’s steady growth economically, socially and physically inside and outside its perimeter, Scott Csaszar made a drastic career change and became an entrepreneur in an industry that had a future just as promising; he became the founder and CEO of Flawless Painting in March of 2000. Now completing its 16th year of not only beautifying homes and business spaces throughout Georgia, Flawless’s golden reputation, numerous awards, and accolades (including Best of Houzz 2015, 2016 and 2017) has enabled Csaszar to expand his business in multiple states.

Originally from Philadelphia, Pa., Csaszar, 49, recounted how life’s misfortunes sometimes help pave the way for other opportunities. Flawless, based in Roswell, was certainly the most life-altering one.

“Unfortunately, I was downsized in corporate America and I fell back on a skill I love to do, which was transforming homes and businesses,” Csaszar says. “I learned this trait as a teenager working alongside my brother. I started this company to cover my expenses and survive. After assisting many customers for over a year and a half on my own, I quickly realized Atlanta really needed a reputable painting company.”

From taking on single-home jobs in the early stages, Flawless now specializes in a plethora of services including all aspects of residential and commercial painting for both interior and exterior projects; deck staining and painting; wood-rot repairs; kitchen cabinet transformations; and color consultations to list a few. And while the work Flawless does is often very demanding and meticulous, the rewards make it all worthwhile.

“The greatest challenge is making sure we take care of each customer’s home the way I expect my painters to take care of my own home,” Csaszar explains. “Another tough task is accommodating all needs and expectations. And last, the challenge of being flexible and able to adapt to changing weather conditions. However, in the end, what I enjoy the most is getting repeat satisfied customers. After all the work and effort which goes into completing a project, I specifically enjoy hearing a customer say, ‘I appreciate the work done and thank you!’”

When asked about some of the most memorable projects he has taken on, Csaszar initially listed projects with renowned builders, architects, and a major hotel chain based in Florida. And then he
laughed and added one more: “The most extravagant and eccentric project we have done to date is painting a mansion for the number one TV series on the Oxygen network called Bad Girls of Atlanta.”

Along with implementing the numerous current trends including everyone using “crisp, fresh, and bright colors” using eco-friendly paint, Csaszar is looking forward to what the warm months of Georgia’s capital and beyond have in store. “With beautiful Atlanta weather, spring and summer really represent our busy season for exterior projects,” he says. “To name one in particular, we recently have just been awarded the opportunity to paint 55 customer homes.”

Ultimately, Csaszar welcomes the consistent business and plans for an extremely busy summer, but he was quick to emphasize the overall goal. “No matter how successful we are, Flawless plans to continue to grow by using the same philosophy—taking care of one customer at a time.”

For more information, visit FlawlessPainting.com. 678.386.7899
BEST SUMMER READS

After you’ve packed the cooler and the sunscreen, you’re probably looking for a great summer read to add to your beach bag. Whether you want lighthearted humor, heart racing thrills, or Old Hollywood glamour, we’ve got the perfect book for you. Here are six new releases that everyone will be talking about this season.

RICH PEOPLE PROBLEMS BY KEVIN KWAN
From the bestselling author who brought you Crazy Rich Asians and China Rich Girlfriend, Rich People Problems is a wickedly fun novel about the privileged Shang-Young family. As relatives descend from all corners of the globe to stake a claim on the family’s great fortune, their unique personal problems complicate matters.

THE SEVEN HUSBANDS OF EVELYN HUGO BY TAYLOR JENKINS REID
Born to Cuban immigrants in Hell’s Kitchen, Evelyn Elena Herrera became Hollywood film star Evelyn Hugo through a series of gambles. Now nearing the end of her life, major publishers and media outlets beg her to share her life story. Instead, Evelyn chooses unknown magazine writer, Monique Grant. She gives every juicy detail of her ruthless ambition and, of course, about her seven husbands. She also divulges her great forbidden love and a long-held secret that reveals why Evelyn really chose Monique for the coveted job.

THE PEOPLE WE HATE AT THE WEDDING BY GRANT GINDER
The People We Hate at the Wedding is funny family drama at its finest. In the Chicago suburbs, widowed matriarch Donna spends her evenings drinking wine and watching her favorite television shows. Two of her children, Paul and Alice, are struggling with relationship and career issues, while her eldest daughter from a previous marriage, Eloise, lives the pampered life in London. When the dysfunctional clan gathers for Eloise’s spectacularly fancy wedding, small details like embroidered napkins stir up a handful of underlying resentments.

THE IDENTICALS BY ELIN HILDERBRAND
Identical twin sisters, Harper and Tabitha Frost look alike, but lead wildly different lives. Laid-back and easygoing Harper can’t hold down a job or a relationship on Martha’s Vineyard. On Nantucket, Tabitha has a taste for fine wine, owns a fashion boutique, and is mother to a rebellious daughter. After more than a decade apart, in an attempt to end their sibling rivalry, Harper and Tabitha swap islands and identities for an unforgettable summer that will change their lives forever.

IT’S ALWAYS THE HUSBAND BY MICHELE CAMPBELL
Twenty years after three women become college friends, one of them is standing at the edge of a bridge while someone urges her to jump. With a storyline alternating between the women’s college and adult lives, the layers are peeled back on their complex relationship. Filled with lies, betrayal, bribery, infidelity, and murder, this page turner will have you on the edge of your seat right up to the finger pointing finale.

CRIMES AGAINST A BOOK CLUB BY KATHY COOPERMAN
Between expensive IVF treatments and a child’s therapy, best friends Annie and Sarah are both in desperate need of some fast cash. Teaming up, the two decide to sell a “luxury” anti-aging face cream to the members of Annie’s wealthy La Jolla book club. The scheme goes off without a hitch, until Annie adds an illegal ingredient.

Be sure to grab an icy drink before you escape into one of these sizzling summer reads, because the only thing hotter than these novels is an Atlanta summer!
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Fun, affordable and educational youth programs can be a challenge to come by, but not with the Georgia State Parks and Historic Sites’ Junior Ranger program. Children ages 6-12 may earn three levels of Junior Rangers badges this summer, either at their own pace or at day camps in the parks.

Some of activities include identifying trees or wildlife, hiking, swimming, learning about history and camping. The program supplies up to 16 activities to choose from, creating endless learning opportunities for your child. Junior Ranger books may be picked up at Georgia State Park and Historic Site office or download it online for free. This program is a great way to keep kids busy during the summer while learning about Georgia’s outdoor offerings.

This summer explore and expand your family’s horizons with the help of Georgia State Parks and Historic Sites. Below is a sampling of upcoming Junior Ranger events. A complete listing of opportunities through August are available online at GaStateParks.org/Events.

JUNIOR RANGER CAMP AT SKIDAWAY ISLAND STATE PARK
SAVANNAH, GA.
A week of hikes, crafts, games focused on the natural and cultural heritage of Georgia. During the week your child will work to earn a Junior Ranger patch. Registration is limited. Please call 912.598.2300 for additional details.
WEEK OF JULY 10 FROM 9 A.M.TO 5 P.M.
FOR AGES 6-11 YEARS OLD
Registration is limited and at a cost of $125

JUNIOR RANGER CAMP AT SEMINOLE STATE PARK - DONALSONVILLE, GA.
Children ages 7-14 are invited to this multi day camp to learn how to become a Junior Ranger. Some activities will include canoeing, hiking, aquatic exploration and crafts. To earn their Junior Ranger Badge, children will learn about a variety of topics such as animals, wilderness survival, and much more. Register in advance. Please call 229.861.3137 for additional details.
JULY 10, AUGUST 7 FROM 9 A.M. TO 4:30 P.M.
FOR AGES 7-14 YEARS OLD
$40 plus $5 daily parking

JUNIOR RANGER CAMP AT VOGEL STATE PARK - BLAIRSVILLE, GA.
You will learn how to identify different plant and animal species, go on hikes and boat rides, learn how to be safe in the wilderness, and so much more. Please call 706.745.2628 for additional details.
JULY 15-16 AND AUGUST 5-6 FROM 10 A.M. TO 4 P.M.
$20 plus $5 daily parking

About Georgia State Parks & Historic Sites
Georgia's State Parks & Historic Sites are affordable destinations for vacations and quick getaways. Waterfalls and lakes, salt marsh and mountains are just some of the beautiful environments of the state parks. Georgia State Park Golf Courses offer the best variety and value around. With eight golf courses to choose from, each features natural settings and picturesque surroundings, as well as fun and challenging play. Most state parks offer fishing, boating, hiking, camping, geocaching, birding and more. Accommodations include campsites, cabins, lodges, even yurts, and vary by park. Among the Georgia State Historic Sites are presidential homes, ancient Indian mounds, battlefields, plantations and even a gold museum. Georgia’s public libraries have ParkPasses and Historic Site Passes that can be checked out like a book. GaStateParks.org
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Here is a breakdown of what's available to chomp on at the all-new Braves Stadium.
Having a ticket stub to prove you were one of the first to attend the all-new Atlanta Braves SunTrust Park certainly provides invaluable sports memorabilia, but leaving with a content stomach could be just as unforgettable. To complement the experience of witnessing home runs, singing "Take Me Out To the Ballgame" in the seventh inning, hoping to catch a fly ball, and overall gawking at the Park's 1,114,400-square-foot splendor, global food service provider Delaware North Sportservice has made a valiant effort to embrace especially Atlanta's dining scene with a plethora of Southern-inspired items to choose from.

The strategy has been well received by Braves fans and gourmands alike. Brilliantly acknowledging the local favorites, Delaware North has ushered in some of the best eateries Georgia's capital has to offer, including the world-renowned burgers of Chef Linton Hopkins' H&F; lip-smackin' barbecue from the Fox Bros.; Gu's Dumplings' Asian flare at Intentional Wok; Hugh Acheson's 1st & 3rd Hot Dog and Sausage Shack; and, of course, the classics—Chick-Fil-A and Waffle House—to name a few. And no worries, sweet teeth are also recognized thanks to King of Pops, Mayfield Creamery Ice Cream, and High Road Craft Creamery's signature Tomahawk Ice Cream Bar serving as delectable clutch hitters.

Then there is the "Taste of Braves Country" program where surrounding states of Georgia collectively making up "Braves Country" get some representation. This means participating concession stands offering mouthwatering selections such as the Nashville Hot Chicken to represent Tennessee; Taco Factory's Blackened Catfish Po' Boy Taco honoring Mississippi; Alabama getting some love with the enormous Fried Tomahawk Pork Chop complete with collard green slaw and white barbecue sauce served on an enormous potato roll; and South Carolina loyalists certainly not balking on the Pimento Cheese Patty Melt.

The dietary conscious also gets some taste bud love. Look for the "Farm to Fan" logo, an initiative featuring produce from a cooperative of more than 40 local farms and vendors; gluten-free food items including beer; and Field Of Greens' stand offering an extensive menu of vegetarian options.

Other notable specialties to strongly consider include the hand-cut fries at Potato Cutter, the Kevin Rathbun Steak Sandwich, and The Slice's imposing "Burgerizza"—two, eight-inch pepperoni pizzas serving as the "bun" of 24 ounces of ground beef, a quarter-pound of hickory smoked bacon and six aged cheddar slices.

When looking at the score sheets, Delaware North and the SunTrust Park have hit a grand slam when it comes to providing baseball fans with an unforgettable eating experience.

For more information, visit Atlanta.Braves.mlb.com/atl/ballpark/suntrust-park.
To celebrate Independence Day, we asked some of the residents at Parc at Duluth to share a memory of their time serving our great country. These men remain busy and engaged at this lovely community, and we were lucky to catch up with them one afternoon. Meet these heroes, who live among us.

Serving families in Duluth, Johns Creek and Gwinnett’s finest neighborhoods since 2003, Parc at Duluth is a premiere lifestyle choice for active seniors. From elegant fine dining in the warm company of friends, to the state-of-the-art wellness programs that support vibrant independent and assisted lifestyles, Parc at Duluth affords active seniors the opportunity to live better, now.
TED UNDER, 91  
4 years at Parc  
PARATROOPER IN WWLL PCF 17TH AIRBORNE DIVISION  
Best Memory: Coming down the last jump of my WWII service in Germany over Rhine River.

JOHN HOWARD, 83  
2 ½ years at Parc  
101ST AIRBORNE-SPECIALIST 3 ARMY  
Best Memory: Being sent by President Dwight Eisenhower to Little Rock, Ark., during desegregation and help protect the ‘Little Rock Nine’ with the 101st Airborne Division.

CONNIE O’SULLIVAN, 88  
2 ½ years at Parc  
CORPORAL 5TH GRADE COMBAT ENGINEER ARMY  
Best Memory: Being lucky enough to get out of infantry and promoted to combat engineering. I loved the responsibility, the work, and I got to go to college on the G.I Bill.

GARY ALWORTH, 71  
8 Months at Parc  
CAPTAIN UNITED STATES AIRFORCE  
Best Memory: The connections I made and the people I met who turned into lifelong friends.

CHARLES MILAM, 80  
7 months at Parc  
1ST LIEUTENANT ARMY  
Best Memory: Entering North Georgia Military College—the best kept secret in Georgia.

KUI PIN MOW, 92  
5 years at Parc  
CHIEF WARRANT OFFICER 3 ARMY  
Best Memory: Too many to name during 22 years of service.

BILL MATTOX, 76  
5 years at Parc:  
SPECIALIST 4TH CLASS DURING ACTIVE DUTY // SERGEANT IN THE RESERVES ARMY  
Best Memory: My best memory was during my time of discharge; that was the time when the U.S. sent troops over to Vietnam and I was so fortunate that I did not have to go.

PAUL ENDERS, 91  
4 years at Parc  
PERSONNEL ONE FIRST CLASS NAVY  
Best Memory: Stationed on shore duty in Little Creek, Va. I loved sight-seeing, the museums, and being fortunate enough to not have to be on a ship.
RONALD KISSEL, 80
1 year at Parc
CHIEF WARRANT OFFICE 4, LISTED MASTER CHIEF PETTY OFFICER NAVY
Best Memory: Going after hostages in Iraq as a Tactical Officer; the hostages were held for a total of 444 days. We were at sea preparing for 144 days.

ENGWALL ‘ANDY’ OLSON, 80
6 years at Parc
CAPTAIN NAVY
Best Memory: During my 28 years of service, my best memory is the flight out of Vietnam and finally being able to go home.

CHARLES NEILLY, JR., 89
2 ½ years at Parc
AIRCORE SERGEANT IN ARMY; COLONEL IN AIRFORCE
Best Memory: Receiving the top award for having the top unit in primary base engineering. We were also the first non-flying unit to be on the cover of Airforce magazine.

ALAN PETERSON, 89
1 year at Parc
2ND CLASS PETTY OFFICER AVIATION & ELECTRONIC TECH NAVY
Best Memory: The education in the Navy stands out the most. The courses they put me through fully prepared me to repair radar for aircrafts better than any college could.

CHRISTOPHER TRULL, 94
2 ½ years at Parc
MAJOR SURGICAL TECHNICIAN ARMY
Best Memory: While in Burma, I assisted a Burmese surgeon. Also, being second in command of a 10 man team behind Japanese lines.

MIKE JONES, 87
4 years at Parc
3RD CLASS PETTY OFFICER NAVY
Best Memory: During my 8 years in the Navy, I did not see active duty except for a summer Naval Cruise in the Caribbean.

LARRY BYRD, 81
2 years at Parc
SPECIALIST 3 ARMY BAND
Best Memory: While in Panama with the Army band, I played back up for Ella Fitzgerald and Oscar Peterson during a concert for the troops.

LAUREL SVEUM, 87
New to Parc
CHIEF MASTER SERGEANT E9 AIRFORCE
Best Memory: Being stationed in Germany for 4 years with my wife and 4 children. Whenever I had a long weekend, the car was packed and we were off sightseeing and traveling Europe.

BOB MINTON, 84
1 year at Parc
PETTY OFFICER 2ND CLASS UNITED STATES COAST GUARD
Best Memory: My one year of lighthouse duty in San Diego.
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Get outside! Sunset at Panola Mountain State Park. So much do to at GAStateParks.org
ALPHARETTA ART IN THE PARK
Engage the entire family at this Saturday event on July 29 to see art come alive, right before your little one’s eyes. Fun for the whole family, this activity features artists making pottery, jewelry, children’s clothing, soaps and lotions and so much more, all in real time and available for purchase on-site. Visit the Corner of Main Street & Milton Avenue between 9 a.m. and 4 p.m. to check out all of the upcoming excitement in your neighborhood. Contact Buddy Gash at 678.296.2829 AwesomeAlpharetta.com

SUMMER CONCERT SERIES AT THE MARK BURKHALTER PARK AMPHITHEATER
Stomp your feet and find your beat at the Summer Concert Series at the Mark Burkhalter Park Amphitheater this summer. Nothing quite beats a free fest filled with tunes and the fam, so head towards this park in at 3150 Old Alabama Rd. to greet your pals, your furry friends, and the band. A special bonus includes local food trucks readily available for a family-friendly outing that start at 7 p.m. Saturday, July 22 - Stooges Brass Band & AJ Ghent Band (Jazz) JohnsCreekGA.gov

CONCERTS IN THE GARDEN
Join the go-to location for beautiful views and plentiful funtivities for even more family-friendly adventures with this summer’s Concerts in the Garden. The Atlanta Botanical Gardens invites everyone short and tall, near and far, to attend their events, happening during the following arrangements: Michael Feinstein: Songs of Sinatra on Friday, July 7 - $55.50 (Member $53.50) and the Barenaked Ladies on Friday, July 21 for $65.50 (Member $63.50). Located at 1345 Piedmont Avenue, this series will feature top-notch entertainment throughout the entire summer. AtlantaBG.org

ATLANTA ICE CREAM FESTIVAL
On Saturday, July 22 from 11 a.m. to 6 p.m., indulge and engage with your pals at the Atlanta Ice Cream Festival, held at Piedmont Park. Not only can you sip and slurp on the goodies, but you can also enjoy health and wellness programs around the area or even participate in the morning 5K Lead Dorsch Fight Cancer Walk. This year’s initiative is Fight Cancer, and proceeds from the walk and event can work towards promoting a healthier lifestyle in our favorite town. Contact information can be found on the website. AtlantaliceCreamFestival.com

CONFIDENT COOKING FOR KIDS
Join Sur la Table for a tasty time at their North Point location for a 5-day feast that both kids and adults can enjoy! Young ones ages 8-12 are welcome to join their classmates for an educational and yummy time as they learn to master the fundamentals of cooking and seek all the tips and tricks in the kitchen. Classes run about 2 hours each for the week, and the price for the week of classes is $250. Take home your packet of recipes once the week is over and, of course, taste those delicious bites during the class to ensure you’ve locked in just the right mix of ingredients! Reserve your spot today by phone: 800.243.0852. SurlaTable.com

MOONLIGHT MOUNTAIN HIKE
For an outdoor adventure that you don’t have to see to believe, wander into the great outdoors of the Panola Mountain in Stockbridge, just outside of Atlanta, for a ranger-led hike. Utilizing the guidance of the moon and your instincts, anyone and everyone ages 10 and above is welcome to join the pack for $15 admission. Contact the local park, located at 2620 Highway 155 SW, 770.389.7801. GAStateParks.org

HOOTCH HIKE AND PADDLE
You can’t leave out an opportunity to be on the water with your favorite pup! With $12 admission plus $30 per boat rental if needed, anyone ages 10 and up can spend a day enjoying the Chattahoochee from the launch location in Newnan. Contact 770.254.7271 for booking, and the address of the launch will be 425 Bobwhite Way Newnan. Dates for this family- (and pup-) friendly event are July 29 and August 26. GAStateParks.org
2017 MAZDA MX-5 RF AND 2017 FORD FOCUS RS

2017 MAZDA MX-5 RF

Even more sexy and powerful.

Mazda’s Miata has a cult following and for good reason. Their attractive two-seaters are not only reliable, but attractive, inexpensive and simply a joy to drive. The latest edition—the 2017 Mazda MX-5 RF—is loaded with options, rests on 17-inch alloy wheels, and gets 155 horses darting out of its SKYACTIV, 2.0-Liter, 4-cylinder engine. Graciously, all of this power still won’t make this two-seater constantly thirsty thanks to a combined 29 miles to the gallon.

Inside, a booming BOSE nine-speaker sound system, push-button start, Bluetooth technology, leather-trimmed sport seats, and convertible roof with automatic activation further justify its loyal fan base. Need we say more? At $34,310 with all the bells and whistles, the RF is even harder to pass up.

Fuel Economy: 26 city/33 highway/ 29 combined
Base Price: $32,620
MazdaUSA.com

2017 FORD FOCUS RS

Unleash the beast!

Even Waldo is easier to find than a new American automobile boasting manual transmission, but thankfully the beastly 2017 Ford Focus RS hatchback has saved the day. Flexing a road-terrorizing 350-horsepower engine from its 2.3L EcoBoost engine, the signature Ford Performance All-Wheel-Drive System for optimal maneuverability, and different power modes including Normal, Sport, Track, and Drift are just a few of the mouthwatering performance options lighting up the auto industry.

While its muscular exterior complete with a menacing front grille, rear spoiler, custom fog lamps, dual exhaust, and optional 18-inch RS Sparkle Silver-painted alloy wheels turns heads, the interior is just as attractive. The high-performance RECARO seating; leather and alloy stick shift; advanced, yet user-friendly SYNC3 interface; 10-speaker Sony sound system; and rear view camera further enhance the riding experience.

Ultimately, this Ford is a monster any thrill seeker would love to unleash.

Fuel Economy: 19 city/25 highway/ 22 combined
Base Price: $36,120
Ford.com

Here are two automobiles—the 2017 Mazda MX-5 RF and 2017 Focus RS—that are not only stellar buys, but come with a manual transmission for the true driving experience.
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“It’s like having a gym membership for your brain.”
-Z.A.
Summer officially kicks off June 21, when days get longer and the sun's rays get stronger. We asked some local experts the latest and most effective ways to protect, improve and repair our skin, hair and body for a smooth-sailing summer.

Dr. Mark Beaty, double board-certified facial plastic surgeon of Beaty Facial Plastic Surgery in Suwanee, sees the aging effects of sun-damaged skin on a daily basis, including wrinkling, sagging and sunspots. He recommends several non-invasive treatments to improve skin quality, texture and tone. Microneedling is a non-surgical treatment that involves using a tool with microscopic needles that penetrate the superficial layer of skin and creates micro-punctures in the treated area. Your body recognizes and treats these mini wounds by sending fibroblast receptors and growth factors to create more collagen and elastin in the area. “In essence, we are stimulating the body's natural ability to heal itself, and as a result, thickening the skin and improving the overall tone and texture,” says Dr. Beaty.

Other non-invasive treatments that stimulate new growth of collagen are Profound and Ulthera. Ultherapy is the only FDA-approved procedure that is clinically proven to lift, tighten and tone skin naturally with your own collagen. Using focused ultrasound energy, Ultherapy tightens and lifts loose skin and stimulates collagen production in the deeper layers of skin. “The best candidates for Ultherapy are individuals with mild to moderate skin laxity, who notice loss of firmness of skin on jowls, under chin, neck and chest,” says Shawndelle Carter, Beaty Facial Plastic Surgery Clinical Care Coordinator.

Now that you’ve repaired and improved your skin, protect it. Dr. Beaty tells his patients to use a sunscreen that provides protection from both UVA and UVB rays, like EltaMD UV physical broad spectrum sunscreen, SPF 41, and the three-in-one Revision Intellishade Matte Tinted Moisturizer with Sunscreen, SPF 45. “To get a nice glow and to moisturize we recommend the Ultra Facial, which is a microdermabrasion and a facial,” says Beverly Hart, owner and CEO of Beauty Skin Laser on Medlock Bridge in Johns Creek. Microdermabrasion is a treatment that gently sands the skin to remove the thicker, uneven outer layer. It uses microparticles to eliminate dead skin cells and stimulate new skin growth. “This technique also thickens collagen, and can treat scars, wrinkles, sun damage, discoloration, acne and sunspots.”
For the brow-challenged, microblading expert Milly Marques of Brows by Milly transforms scarce eyebrows into full, natural-looking brows in just two hours. You can swim and sweat without worrying about your brows washing off. A semi-permanent procedure that lasts a year or more, microblading is the application of pigment under the skin with a very small blade, giving the appearance of natural hair. Milly trained in Europe, Brazil and the U.S., and is among the most educated and experienced microblading experts globally. Located in Sweet Peach Wax & Sugaring Studio in the Medlock Crossing Shopping Center in Johns Creek.

"Why does hair color fade faster in summer?" This is the question Stylist/Colorist/Beauty Influencer/International Educator Daniel Mason-Jones of Johns Creek’s Muse Salon and Spa gets asked routinely. The main culprit is the sun. Color has a tendency to fade a bit faster in the summer due to the intensity of the sun. Just like sun affects our skin tone, it affects our hair. Hair color can be protected with the guidance of a professional colorist. “We are highly trained to know what ingredients preserve and protect color molecules inside the hair. We have a large variety of professional colors and hair care to help solve these issues," says Mason-Jones.

Enjoy your summer’s slower pace and take time to love yourself!
JULY 1
STAR SPANGLED BEACH PARTY
CALLAWAY GARDENS
The celebration begins early and lasts well into the night at our annual July 4th Star Spangled Beach Party at Robin Lake Beach. Highlights include beach activities, live music, the FSU Flying High Circus and our annual Fireworks Extravaganza. Be sure to pack plenty of red, white and blue for this all-American Weekend!
CallawayGardens.com

JULY 1
RED WHITE & BREW
GEORGIA AQUARIUM
Celebrate Independence Day a little early at Georgia Aquarium on Saturday, July 1, with unlimited beer sampling, classic barbecue, live music from “The Regulars Band,” and 500+ aquatic species! Red, White and Brew will be held in the magnificent Oceans Ballroom with views of beluga whales, manta rays and whale sharks.
GeorgiaAquarium.org

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JULY 31
ATLANTA YOUTH ORCHESTRA ANNOUNCES WEEK LONG SUMMER ORCHESTRA CAMP
JOHNS CREEK UNITED METHODIST CHURCH
Atlanta Youth Orchestra (AYO) will hold their inaugural 2017 Summer Training Camp, July 31st to August 5th. Students aged 13 and older, who have at least one year of instrument instruction, are eligible. Johns Creek United Methodist Church. For tuition, fees, audition information, to download application, and other details, visit WPMusicAcademy.com or call 404.518.8891.

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Parting Thoughts

**SOPHMORE'S summer playlist**

I made this playlist two days after completing my second year at college. Sitting in the passenger seat on the way home, I added more than 70 songs to a playlist as the 1996 Chevy Suburban, that would later break down in Indianapolis, schlepped along the weathered Midwestern freeway. With each song I placed, I remembered the moment that was eternally attached to it.

**I'M SORRY - SWELL FT. SHILOH**
I played this song on repeat as I spent the better part of April in the basement of the library studying for my Woman & Lit. final.

**NIGHT - MURA MASA FT CHARLI XCX**
The first time I heard this song was after my roommate and I watched all Britney Spears music videos in one night and fell into existential crisis.

**EVERYBODY WANTS TO LOVE YOU - JAPANESE BREAKFAST**
I heard this song for the first time by accident. I was looking for “Turning Japanese,” and found this song instead.

**OCEAN BED - KING KRULE**
My best friend showed me this song on one of our long walks around our small college town. We were sitting in the bleachers at an abandoned baseball field. Very picturesque.

**EASY - CRO**
I first heard this German rapper when I was up late looking for Wes Anderson-style music videos.

**WHATCHA SEE IS WHATCHA GET - THE DRAMATICS**
The first time I heard this song I was walking back from the March for Science in Ann Arbor, Michigan. It was blaring out of a local record store.

**NO LIE - GLOWIE**
This song was recommended by a YouTuber (Mitch Grassi) on his channel Superfruit.

**DOLCE VITA - RYAN PARIS**
My friends and I blasted this song as we hiked up Horsetooth Mountain on spring break in Colorado. There were 70 mph winds at 40 degrees, and we had packed for warm weather.

**NEW MISTAKE - JELLYFISH**
I can’t really remember the first time I heard this song, but everytime I hear it I think of the fish I got that died after one day. RIP Chaz Sue Gay.

**SUEDEHEAD - MORRISSEY**
I distinctly remember hearing this song for the first time when my dad and I were driving up to Northern Michigan together last year and looking out the window to see our first glimpse of Lake Michigan.

**WHO DO YOU THINK OF - M.O**
My popoholic suitemate showed me this song along with the choreographed dance she had to it one night. It was both scarring and wonderful.

**JO - MR. OIZO**
The first time I heard this song was when a friend and I were sitting on her bed making a comprehensive list of the best Jimmy Neutron episodes.

**RIGHT HERE - MAXWELL YOUNG**
I first heard of this artist when I got really into lo-fi hip hop. His album "Spark" is one of my all time favorites.

*Listen to this playlist in order and get the full playlist on my Spotify @mollycollins27*.
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