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magazine

Spring/Summer 2017

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The Bunny Trail Ends at White Rabbit Cottage



White Rabbit Cottage opened in November of 2002 with only the Cottage building and it's gravel parking lot. This beautiful cottage was built in the early 1920's on 28 acres of farmland in the rural Due West community by Dan Cantrell. The Cantrell family also had a general store on the property which began the retail tradition that White Rabbit Cottage has continued. The Cottage still features the original bead board walls and pine floors.



A couple of years after White Rabbit Cottage opened its doors, the Cottage was expanded by finishing what was the front porch and the parking lot was paved. In October of 2006, White Rabbit Cottage expanded again by adding the Gallery building, using the same craftsman architecture as the Cottage. Inside the Gallery you'll find real pine floors and a tin ceiling, plus three chandeliers with rabbits running around them.

The Cantrell-Huggins house and the remaining 1.3 acres was purchased in 2001 from Aileen Huggins. The vision was to transform the house into a quaint shopping boutique unlike anything else in the area. In doing so, they wanted to maintain its historic charm and architectural integrity. In fact the mascot rabbit sits at the sales counter in the Cottage – it's the white rabbit from Alice in Wonderland who's "late for a very important date."





In addition to White Rabbit Cottage's unique setting, we strive to offer a distinctive line of merchandise along with excellent customer service. Our product line includes everything from jewelry, candles & soaps, books and greeting cards to furniture (including Wesley Hall upholstery), lamps, artwork, signs, rugs and decorative accessories. We also offer seasonal décor for fall, spring, summer and especially Christmas. While we have large displays for all seasons, the store is closed for four days in October while we transform it for Christmas which is revealed at our annual Holiday Open House.

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Visitors to White Rabbit Cottage love its charm. Many times we have our regular customers say they just needed a “mental health break” and wanted to come spend some time in their “happy place.” We’re also a regular destination for locals to bring their out-of-town guests. The cozy atmosphere combined with the wonderful array of merchandise makes for the most unique shopping experience in west Cobb – one not seen since the Cantrells first opened their general store.

Tips for incorporating this season's décor: We have a large selection of floral stems and greenery that look amazingly real and can be easily added to a vase or other container to bring the colors of spring and summer into your home. We also have LOTS of rabbits that can be added to any surface for a fun accessory. Although we have more rabbits during spring and Easter, at White Rabbit Cottage, rabbits are a year round accessory!





White Rabbit Cottage

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Remodeling is Easy for TLBL Solutions

designPRO



Q. What is your name and title?

A. Brian Ledford and I am the owner and project manager for TLBL Solutions.

Q. What is your area of expertise?

A. I find I'm best on the management side of a project because I easily connect with people.

Q. How long have you been in business?

A. I started in the remodeling industry about 6 years ago. I have learned that managing a crew with experience is best so I only use teams with at least 10 years in the business.

Q. Who is your greatest influence?

A. My father has been my greatest influence. He worked as a regional manager for IBM for over 30 years. His work ethic is reflected in me. He is indeed my hero.

Q. From where do you gather inspiration?

A. My faith in God. I am blessed with a beautiful wife and children so doing good work provides for my family and honors our heavenly father.

Q. What experiences in business lead you to your current position?

A. I've worked with a variety of larger designs firms and remodeling companies that have

lacked the personal touch I believe to be important. I wanted to open a remodeling company that offered that personal connection. I think you get a better result when you understand the clients true needs.

Q. Is there one thing in particular that sets you apart from others in your industry?

A. Honesty! I think doing the right thing should always be the standard and that will separate my business from so many others.

Q. What is your most popular design or product?

A. We are very versatile, but creating a custom design for the space allows our customers to see what they are getting before it happens.

Q. Do you have one or two favorite design tips for our Readers?

A. My best advice for anyone thinking about a remodeling project is to check out the contractor. Make sure you get referrals. Call the referrals and ask how the work was performed. That is the best way to guard against the crooks.

How does a reader contact you for a business consultation?

If you would like a free consultation, please call, text or email us.

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Rose Lawn

Victorian Home of Sam and Laura Jones



A grand Victorian house museum, Rose Lawn is the Crown Jewel of Cartersville, Georgia's historic district. This marvelous structure began as a one story cottage, built between 1850 and 1860 and was the home of the Gilreath Family. In 1885, the cottage became the home of renowned evangelist, Sam P. Jones, who is compared to the famed evangelist, Billy Graham.

On November 27, 1872, Sam Jones was appointed to the Van Wert Circuit and humbly began his ministry as a Methodist circuit rider and evangelist to the Georgia Orphanages. By 1885, his evangelistic work brought him to the attention of the national press with a citywide revival

in Nashville, Tennessee. It was during that memorable meeting that Tom Ryman was converted to Christianity. Ryman subsequently built the Ryman Auditorium, home of the "Grand Ole Opry", specifically to host Sam Jones' preaching.

Needing more space than the cottage could provide, in 1895, the Jones family had the original cottage renovated. The first and second floors were jacked up 11 feet to allow the creation of a High-Victorian masterpiece. Along with significant additions onto the rear of the house, stained glass, fretwork, and lead lace panels helped transform Rose Lawn into a twenty room,

elegant architectural wonder that stands today. A large greenhouse was built for Mrs. Jones out on the east lawn so that she could keep fresh flowers in the house year round. Laura loved roses, and the grounds at her home were known far and wide for her beautiful flower beds full of all different colors.

Mrs. Jones outlived Sam Jones by twenty years and remained at her beloved Rose Lawn till 1926. As time marched on, the once proud estate became a historic district “eye sore”. Plaster peeled away from the wall like large pieces of an intricate puzzle. The shrubbery and weeds had grown like cancer, reclaiming the spacious green lawn and rose bushes that Laura had once cared. Vagrants and vandals found the disserted mansion inviting and helped themselves to the mere shelter that remained.

In 1973, Sam P. Jones Museum Committee asked for community support to save Rose Lawn, One of the most ingenious fundraisers involved selling one-inch squares of the property for fifty cents each. In return, the students received a small mock deed to their tiny property. Presently, all three floors of this elegant house museum and event home are open for tours. The grounds cover 3.5 acres, featuring a one-room school house where the Jones children were educated, a brick smokehouse, restored rose gardens, and an impressive carriage house.

In 2004, Bartow County Master Gardeners began restoration of the rose gardens with a \$500 grant from the Georgia Master Gardener Association. Because of their efforts, presently, there are over 200 heirloom roses and



markers that identify the plants that grace Rose Lawn’s grounds. In addition, several rose bushes were also funded by donations from the Jones family, and 6 heirloom roses were given by Barnsley Gardens.

As fate would have it, the garden restoration project was enhanced when an original historic rose was returned to its home by Howell Jones Jr., great-grandson of evangelist Sam P. Jones. The pink sweetheart rose, also known as the Cecile Bruner rose, is a lone survivor from the original 200 rose variety once planted at Rose Lawn. This sweetheart rose was removed from the property in the 1920’s and returned 80 years later.

The Master Gardener volunteers have tended the rose gardens for many years – pruning, mulching, dead-heading, and fertilizing. Many of the roses date back to the late 1800’s and early 1900’s and Rose Lawn is becoming recognized as having more vintage roses than any other rose garden within a several hundred mile radius of Cart-

ersville. Rose clippings have been rooted over the past years thus ensuring the continuance of beautiful vintage gardens in the future.

Listed in the National Register of Historic Places in 1973, this museum is now owned by Bartow County government and operates as a house museum and event home and is available for the public to visit, as well as rent. The reopening of our very popular 1895 carriage house has been a favorite this past year. Shortly after its completion, magazine articles celebrated it as the finest carriage house in Georgia. This unique structure has more than tripled our business. Today's brides and grooms are looking for venues much different from the traditional choices of their parents. The architectural design, original horse stalls, coachmen's quarters and lofty ceilings with balconies catches the eye of all who pass our way.

With 3 ½ acres to play, our grounds accommodate large tents, bands and dance floors which is in much demand at this time. Our serene lower back area consists of Laura's Garden and is always a favorite location. A pecan orchard, dogwoods, and azaleas cascade the entire lower area. With the trend of having outdoor weddings, we are able to draw wedding couples our way.

The first weekend in May, Rose Lawn celebrates the blooming of our prolific roses by hosting our annual May Market at Rose Lawn. The third weekend in September, we will be hosting another Cartersville Tradition

since 1976; The Arts Festival at Rose Lawn. Both heritage crafts and art shows are well attended and offer great food, entertainment, high quality arts and crafts and tours of the home.

Rose Lawn is also the home to the non-literary collection of Rebecca Felton, who labored tirelessly on behalf of women's suffrage, and helped spearhead the early temperance movement in Georgia. In 1922, this former teacher of Sam Jones

became the first female U.S. Senator.



Contact Information

www.roselawnmuseum.com

Email: roselawnga@comcast.net

Phone: 770-387-5162

Tours of the house and grounds are as follows:

Tues. -Thurs. 10 AM to Noon, and 1PM till 5 PM.

Closed daily for lunch.

Fri. 10 AM – Noon; Event set-up 1:30 – 4:30

Admission: \$7.00 adults, \$2.00 children (12 & under)

Submitted by
Chris Yurchukonis.



Submitted by Kaitlin Baumgart



The Pier is from St. Simons sent in
from Melissa Hansen.



Submitted by Nikki B. Makonnen
from Atlanta, Georgia - Gatlinburg,
TN

*Send us your one tank destinations through email:
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Ed Voyles Honda in Marietta, Georgia is sponsoring our reader contest, (One Tank Destination). Readers send in their best vacation photos from a destination that can be reached by car on ONE TANK OF GAS. The starting point must be in the Atlanta area. 1st place winner will receive a \$500.00 gas card from Ed Voyles Honda. 2nd place wins a \$250.00 gas card. Email your photos today!

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dreamHOME



Brookhaven Classic

This breathtaking home in Historic Brookhaven is a study in home evolution...



In 1939 a modest two story home was built on the extra wide, almost acre lot. Through the years, the owner decided to add a new two story wing that could house a garage and bonus room. Then in 2011 the home was sold to a buyer with vision. This new owner kept the dramatic two story vaulted great room addition with its mammoth granite fireplace and garage wing, but

demolished much of the original two story home. He built on the original foundation and basement to create a sophisticated new foyer, dining room, main level master suite and added new secondary bedrooms and second den to it's upper level. The kitchen was expanded and opened up and the result was a home flooded with light and high ceilings. Drama, light and easy living all in one.



In 2013, the current owners came to Atlanta from California looking for a home with a less traditional floor plan than the customary Atlanta home. After long searches, they found this home. It was wonderful but they had plans to make it even more spectacular. This exceptional home has every feature one could want. The main level master suite overlooks a dreamy pool and has a sleek master bath with fireplace. The heated pool has a new beautiful gazebo complete with a fireplace and outdoor flat screen. They created, a private executive worthy office, a delightful guest suite and more.

Perhaps the feature that makes this home so unique was the vision and execution of the creation of a European Pub in the basement. What was once an "old house basement" complete with metal support poles every few feet became the dream. The basement had disappeared. Now stands a circular metal staircase cast in the 1800's in England, one descends into a stone lined passage and enters through ironwork doors into the ultimate escape. Walls are lined with limestone cobbles that came from a road in Provence, antique hardware on doors and





gates come from France and England. Light fixtures are antique sconces that have been electrified and outfitted with special bulbs. No electrical outlets or switches in sight. All is controlled remotely for best effect. The gas fireplace has a mantle from France dating for mid-1500 and switches on with a remote. The wrap around bar is covered in pewter and has a one piece old stone sink with unique antique faucets from England. The ceiling in the bar area is composed entirely of old small bricks from England, as is the flooring. The remainder of the ceiling is hand hewn wood from Amish country. The Wine Cellar itself has wonderful antique doors and holds about 2500 bottles.

Whether you want light filled open spaces, magical



relaxing retreat areas indoors or out, or highest quality unique finishes all on a beautiful private lot, you will find it in this home.



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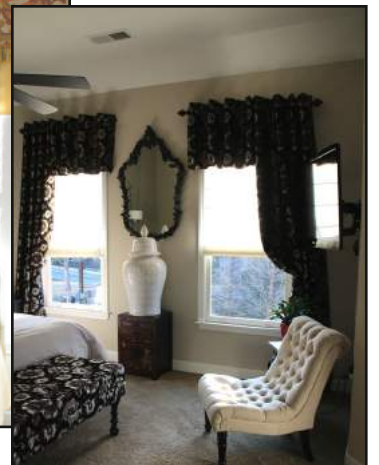
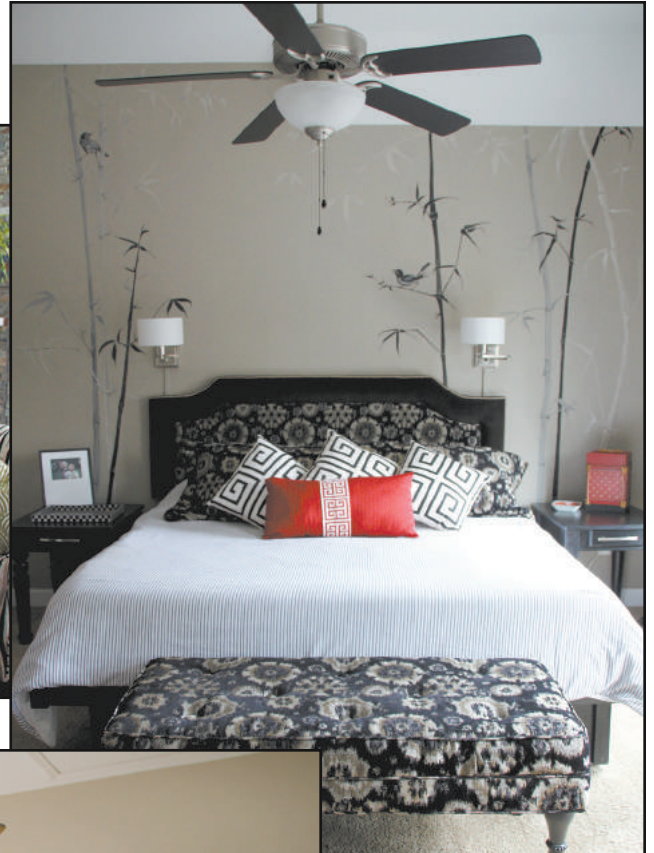
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Lorraine Fletcher sent in photos of her own interior design work.

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From Homeless to Home:

Cozy decorating tips on a shoestring budget

By Kaye Cagle

I imagine you, your spouse and children have no place to live. You have bounced around between friends, family and even slept in your car. Your spouse is disabled and you are doing all you can to simply feed your children and live another day.

Then MUST Ministries hears of your plight and offers you a place to live. It's a beautiful two-bedroom apartment, fully furnished with a walk-in closet, washer and dryer, fireplace and even a little patio near a playground.

Thanks to a Housing and Urban Development grant, MUST is opening 10 apartments this spring to house three families and 14 individuals. The challenge was how to make these sterile, empty apartments feel like home. That's when Rachel Castillo, MUST VP of Programs, teamed up with Marcie Millholland, a designer and youth minister, to change everything.

"We started at the MUST Donation Center and found artwork, mirrors and bedding. We found lamps at the MUST Marketplace thrift store and started searching for furniture. The grant covered some furniture and some was given to MUST.

Marcie took donated sheets and made them into bright, white curtains with teal stamps. She covered pillows and spray painted picture and mirror frames for the mantle. Candles added ambiance and plants, fruit and other accents made the apartment smell inviting.

"Being creative with what you find is the key to decorating on a budget and it's so satisfying to design with a frugal spending budget. When you see the finished work, it's amazing what you can do from thrift store finds!"

She spray painted an old metal typewriter table to add a "pop" of color to the patio! Perfect for outdoor living. She used a bowl of oranges for the dining room table, adding the color with fruit to create an inviting place to dine.

A throw pillow on the desk chair and a wall of artwork in the living room all gave the environment a welcoming feel. Marcie's Bachelor of Visual Art degree from Georgia State University and experience as a designer certainly helped her find unique ways to upgrade the space.

This project was a ministry of love, she said. "If I can use my gifts and talents to help others, I want to do that." She's already planning to help others in the MUST housing program to make their environments more comfortable and inviting. "It adds a sense of dignity," she said.

Can you imagine walking into a fully designed apartment after not having a place to call home in more than a year? "This place will quickly become home and be a life-changing second chance."

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restaurantFLAUNT



Vespucci's Italian Kitchen brings a metropolitan dining experience to the suburbs of Marietta, Georgia.



Ray Atlaschi is the GM and owner of this Italian treasure which has been serving mouth-watering cuisine for five and a half years. Ray has 33 years of experience in the restaurant industry. He cooked at the Vespucci's mid-town Atlanta location which has been in business for over 20 years. The mid-town location keeps the fast paced NYC restaurant style, while Vespucci's in Marietta has a more elegant feeling.

Ray easily retains his customers by offering a comfortable ambiance, trendy décor and delicious food. Vespucci's Chef, Jose Dejesus studied at New England Culinary Institute (NECI) and trained in French and Italian classic

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Appetizer - Vespucci's Gorgonzola Chips

Yields: 6 servings

Ingredients:

- 1 cup heavy cream
- 2 cup half n half
- 8 oz. cream cheese
- 12 cloves of roasted garlic
- 6 oz. grated parmigiana cheese
- 6 oz. Italian gorgonzola or crumbled blue cheese
- 3 oz. fresh chopped Italian parsley
- 2 russet potatoes
- 1 qt. of vegetable oil

Method:

Have all ingredients ready, put heavy cream to the side.
 Cube your cream cheese, place in blender and add parmigiana cheese,
 1 cup half n half and blend until smooth.
 Remaining cup of half n half blend with garlic until smooth.
 Add your cream to blended mix and heat to a simmer.
 Wash the potatoes and slice thinly on a mandolin.
 Pat the potatoes dry and then fry them to a golden brown.
 Place them on a paper towel to drain the extra oil from frying.
 Arrange the chips on a serving tray and pour your sauce over the chips and garnish with fresh, chopped parsley and crumbled gorgonzola.
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along with pastry. Jose uses the sauce recipes created by Ray's family in the many traditional and unique dishes he prepares. Ray and Jose collaborate on the menu to ensure the best quality and flavor of the food they serve.

If you enjoy a good cocktail, Vespucci's has a fabulous bar and a wonderful wine selection. Vespucci's offers over 70 different wines by the bottle and 24 by the glass. For the connoisseur,

they have a special event called "Wine and Dine". This is a reserved gathering of 24 people sampling wine with food pairings provided by Chef Jose. Call Ray for details.

So, if you are looking for a romantic evening dinner or a casual lunch with friends, Vespucci's in Marietta is the place.



Vespucci's Italian Kitchen
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Clean Eats

Smita Daya, Proprietor of Olea Oliva shares her "Clean Eats" culinary style.

Olea Oliva! ("The Olive Tree") is a family owned and operated business. We pride ourselves on selling only the finest olive oils and balsamic vinegars from all over the world. We prepare fused, infused and flavored olive oils, 25 Star Dark and White balsamic vinegars. Flavored balsamic vinegars and super spices which include Paleo blends, Spice blends and spices.

After 25 years in the corporate structure, my heart lead me down a new path. I started my own business selling the finest olive oils, balsamic vinegars and spices. Olea Oliva believes in using pure, clean ingredients for healthy eating. My husband, is a certified Olive Oil Sommelier from University of California-Davis at Robert Mondavi Institute for Wine and Food Sciences with 8 years of additional experience from Florence, Italy with the Calamai family. He is also an Industrial Chemist. All of this combined knowledge allows us to blend and grade our own olive oils from all over the world.

I have created my own easy cooking style using only the healthiest ingredients. I offer lessons from Olea Oliva on food preparation and flavor combinations. Clean eating is about choosing fresh, whole foods and plant based foods with all of their nutrients intact. No processed foods or added sugar. My recipes use high fiber, high protein and low fat ingredients. My hope is to publish these wonderful recipes in a cookbook but until then, try preparing "Mung Bean and Kale Soup". This is an

easy recipe and will get you started eating clean.

My name is Smita Daya and I invite you to come to Olea Oliva and experience flavor as you never have before! Bon appetite!



Olea Oliva!

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Clean Cooking

culinarySCHOOL

Olea Oliva shares the power of clean herbs and spices for delicious food and a healthy life!

Cooking without spice is like breathing without air. But did you know that the very same spices flavoring your food can add healthy years to your life? Olea Oliva has shared the culinary uses and health benefits in several of their most commonly used spices for clean and pure eating.

Cinnamon: it is used for seasoning food and preparing Masalas (a mixture of spices). It is a natural producer of insulin and reduces cholesterol.

Cumin: it is a popular spice most commonly used in Mexican and Indian cuisine and can be found in many mixed seasonings such as curry powder. Cumin is a good source of iron. It is a natural aid in stomach discomfort, diarrhea and flatulence.

Fenugreek: this green leafy vegetable produces seeds that are used for seasoning and preparing Masalas. It can help lower blood sugar, cholesterol and triglycerides.

Ginger: this root is used to flavor food from many cultures. It soothes digestion, supports blood platelet health and aids in reducing joint inflammation.

tion.

Turmeric: most often found in Asian and Indian food, this magical spice reduces inflammation in ligaments and joints. It reduces swelling and pain from minor injuries or sprains. It is a blood purifier and helps reduce oxidized cholesterol and regulates blood sugar. It helps correct anemia and restores poor circulation.

Balsamic Vinegar: Originating in Italy, Balsamic vinegar is a thick, aromatic, syrup-like vinegar created by cooking grapes down to a reduction. The remaining grape juice is then pressed and aged 3 to 12 years. The best Balsamic vinegar comes from the Modena hills in Italy. Balsamic vinegar offers many health benefits. It is an antioxidant which destroys free radicals helping to protect the destruction of cells. Quercetin which is a bioflavonoid containing antioxidant properties helping to strengthen the immune system which helps fight cancer. It is low in fat and sodium for heart health. It can help reduce pain from headaches and improves digestion. Balsamic vinegar will enhance your

insulin sensitivity which helps you chances of diabetes control. It contains acetic and pepsin which help improve the absorption of minerals such as magnesium and calcium supporting bone health.

Olive Oil: Used for cooking, this oil not only appeals to the taste but it protects your health. The European Union Commission Regulation (EU) No. 432/2012 allows an important health claim about olive oil which states, "Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress. For this claim to be valid, 23 grams of the olive oil must contain a minimum of 5 milligrams of hydroxytyrosol and its derivatives such as oleuropein and tyrosol. The label must specify that 23 grams should be consumed daily. The USDA and literature reviewed by the FDA has shown that replacing saturated fatty acids with monounsaturated fatty acids (found in olive oil) reduce the levels of serum total cholesterol and serum LDL cholesterol. Both contribute to heart disease. Two table spoons per day is the recommend amount to improve overall heart health.





Couscous and Vegetable – Stuffed Tomatoes

Serves 6

Ingredients:

½ cup water

¾ teaspoon salt

1/3 cup whole-wheat couscous

6 large tomatoes

1 tablespoon extra-virgin olive oil

1 zucchini, cut into ¼ inch dice

1 small red onion chopped

15 ounce can cannellini beans, rinsed and drained

8 ounce can tomato sauce

1/3 cup crumbled feta cheese

Method:

1 Bring the water and ½ of the salt to a boil in a small sauce pan. Add the couscous; cover and remove from the

heat. Let stand 5 minutes then fluff with a fork. Set aside.

2 Meanwhile, cut a thin slice from the top of each tomato and reserve. With a spoon, carefully scoop out and discard the seeds and pulp.

3 Heat the oil in a non-stick skillet over medium-high heat. Add the zucchini and onions; cook, stirring until crisp-tender, about 4 minutes. Add the beans and tomato sauce; cook until the sauce slightly thickens, about 2 minutes. Remove the skillet from the heat and stir in the couscous, feta and remaining salt. Spoon ¾ cup of the filling into each tomato shell and cover with tomato tops.



Sausage, Mushroom and Tomato Stew

Serves 4

Ingredients:

6 ounces fully cooked turkey sausage, sliced

10 ounce package sliced white mushrooms

1 zucchini, halved lengthwise and sliced

15 ounce can red kidney beans, rinsed and drained

14 ounce can diced tomatoes

¼ cup water

1 teaspoon garlic powder

1 teaspoon Italian season

2 cups lightly packed fresh, baby spinach

Method:

1 Spray a large non-stick skillet with non-stick spray and set over high heat. Add the sausage, mushrooms and zucchini; cook, stirring until lightly browned, about 3 minutes.

2 Stir in all the remaining ingredients except the spinach and bring to a boil. Reduce the heat and simmer about

2 minutes. Add the spinach, stirring gently until it wilts, about 30 seconds longer.



Grilled Chicken and Blood Orange

Salad

Serves 4

Ingredients:

½ cup blood orange or regular orange juice

2 Tbsp. lemon juice

2 tsp. chopped fresh thyme

2 garlic cloves minced

1 Tbsp. olive oil

¾ tsp. salt

¼ tsp. black pepper

4 chicken breast cutlets

1 cucumber, peeled, halved and sliced

1 blood orange or regular orange, peeled and sectioned

1 orange bell pepper, cut into strips

¼ cup pitted Kalamata olives

Method:

1 Whisk together the orange juice, lemon juice, thyme, garlic, oil, salt and black pepper in a small bowl. Pour half of the mixture into a medium bowl and add the chicken, turning to coat.

2 Spray a nonstick grill pan with non-stick spray and set over a medium-high heat. Remove the chicken from the marinade; discard the marinade. Place the chicken on the grill pan and cook until cooked through, about 3 minutes on each side.

3 Meanwhile, put the cucumber, orange, bell pepper and olives in a serving bowl; drizzle with the remaining orange juice mixture and toss to coat evenly. Serve with the chicken

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Serving Guests Properly:

Banquet professional goes from poverty to management

By Kaye Cagle



Quenton Harrison and Tim Tebow

Quenton Harrison is an energetic man with a mission to move forward and help others along the way, but life wasn't always like this for the outgoing banquet professional.

He grew up in Queens, NY with his brother and single mom, following the death of his father. Life wasn't easy and he struggled. "I had no direction for years... but

MUST Ministries changed all of that."

"I worked in Job Corps and Fed Ex and while I enjoyed the people, I still had no real direction. I got married and came to Atlanta to pursue more," he said. "I let my wife have the car and I walked everywhere or took the bus."

Harrison said he kept walking up and down Highway 41, right by the MUST Ministries Marietta program office. For some reason, he felt drawn to the MUST building and thought "maybe there's a job there". "One day, my internal voice – the God within me – drew me and I went up the hill and walked through the front door."

"When I walked into MUST, I felt shallow. When I walked out, I felt like a champion. Leaving MUST with food, paperwork for a job and clothing was a turning point. "I felt like I could do anything. MUST made me feel like a man. I am capable! I am confident! I had never felt like that in my life."

Quenton learned that thoughts lead to feeling and feelings lead to actions. He thought about working in the food industry and got excited about that idea. He started serving and working in catering. Eventually, he spent three years at St. Regis Hotel and gained valuable experience.

Three years ago, he received an incredible opportunity. He became the Assistant Banquet Manager for Omni Hotels. This job spanned the renowned hotel, CNN Center and College Football Hall of Fame. He now oversees 40 people, plus a 15-person stewarding crew.

The \$20 million Omni banquet division supports an amazing 1,200 events a year. "We serve three to five events a day, Quenton said. Sometimes he reflects on where he came from and how he got to a role with so much responsibility. "You have to ask and seek," he said.

Recently, he came back to MUST. This time, he wanted to give back. "Six years ago, I walked into MUST and it changed my

life. Now I want to teach others that they can have the same outcome." He wants to give hope. Quenton reminds others that tomorrow is a promise!



Omni Hotel Banquet Room

Harrison approached MUST Employment Services and began teaching a comprehensive course on banquet serving. His classes include hands-on demonstrations and role play, appropriate demeanor, approaching a guest, event etiquette and the fine points of properly serving. He even teaches self-empowerment

and character perfection that help clients become outstanding in their field of serving.

In addition, he comes to the Elizabeth Inn homeless campus and recruits participants during the week before the classes. Beyond teaching, he has reached out to his friends in the food service field and has asked that they hire people who have been certified through the MUST course he teaches.

His efforts have already benefitted many seeking employment. "Food service is a good business. There is always work and people with skills can create a stable lifestyle," he said. "I love what I do and I love what MUST does. Now I have a chance to blend those together and help others."

Java Smack

"Coffee – the favorite drink of the civilized world." – Thomas Jefferson

javaSMACK

Coffee origination:

Coffee is a brewed drink prepared from roasted coffee beans which are the seeds of berries from the *Coffea* plant. The "Genus Coffea" is native to tropical Africa and Madagascar. The plant was exported from Africa to countries around the world and coffee plants are now cultivated in over 70 countries, primarily in the equatorial regions of the Americas, Southeast Asia, India, and Africa. The two most commonly grown are the highly regarded Arabica and the less sophisticated but stronger and hardier Robusta. Once ripe, coffee berries are picked, processed and dried. Dried coffee seeds (referred to as beans) are roasted in varying degrees which creates the different flavors. Roasted beans are ground and brewed in near boiling water to produce coffee as a beverage.

In each issue of simplyCuisine, "Java Smack" will share the trendiest coffee bistros and delicious new recipes. Here's something simple and refreshing - weather you like your coffee dark or light, black or sweet - adding a sprig of fresh mint will boost your pleasure. Enjoy!



marketPLACE

Marketplace

is coming soon!

See details about local farmers market finds and delicious home grown delicacies in the Summer issue of simply**CUISINE**.



PREVENT PRESCRIPTION DRUG ABUSE

DON'T BE AN UNINTENTIONAL DRUG SUPPLIER
by allowing others access to your medicines.



THE FOUR STEPS to Reduce Prescription Drug Abuse

1

Take Only as Prescribed

- Do not mix medications except as directed by physician
- Do not take these medicines with alcohol - it could be deadly

2

Do Not Share Medicines

- Taking another person's prescription is both illegal and dangerous
- Medicines that you take could have a very different effect on others

3

Store Your Prescriptions Safely

- Do not allow others to gain access to your prescriptions
- Addicted persons will take pills from your home
- Children are particularly at risk for accidental overdose
- A drug lockbox with a key or combination is the best security

4

Dispose Promptly

- Dispose of unused medications promptly when no longer needed
- Take to a drug drop box at the local police or sheriff's office.
For prescription drug drop boxes around the state go to www.stoprxabuseinga.org/prescription-drug-disposal.
- Turn in at a DEA take-back event
- Take pills from bottle and mix with food waste garbage
- **Do not flush in toilet** - medicines may stay in the water supply

More people now die each year
from accidental drug overdose than
in auto accidents.

Prescription drug abuse is a national epidemic with well over **16,500 deaths a year from pain killer overdose.**

Friends and family "unintentional drug suppliers" are the source for 70% of misused prescription drugs.



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Simply Décor magazine contest rules:

Simply DÉCOR magazine is hosting two exciting reader contests in 2017.

THE ONE TANK DESTINATION!

The first contest is from our section of the magazine entitled ROAD TRIP. This contest is sponsored by Ed Voyles Honda in Marietta, Georgia. Readers send in their best vacation photos from a destination that can be reached by car on ONE TANK OF GAS. The starting point must be in the Atlanta area. 1st place winner will receive a \$500.00 gas card from Ed Voyles Honda. 2nd place wins a \$250.00 gas card.

SHOW OFF!

The second contest is from our section called SHOW OFF. Readers send in photos of their own decorating projects. 1st place winner will receive a \$500.00 shopping spree from any one of Simply DÉCOR magazine's advertisers and 2nd place wins a \$250.00 shopping spree with any one of our advertisers. Both winners will get to put their winning project in the magazine.

Participation is easy! Simply email your name, address, phone number and photo with a 100 word or less description of the decorating project or vehicle destination to sdsc.magazine@gmail.com. If you would rather correspond via the U.S. MAIL, please send the above information to Simply Décor Magazine – 4290 Bells Ferry Rd., Suite 134-71, Kennesaw, GA 30144.

All photos sent in for either contest are subject to being posted online and in print in Simply Décor Magazine.

Disclaimer:

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WOULD YOU HELP IF YOU KNEW CHILDREN IN YOUR NEIGHBORHOOD WERE HUNGRY?



THEY ARE.

The Statistics

3 in 5 Georgia children receive free/reduced lunch

475,450 people in MUST's service area are "food insecure"

In the 7 counties MUST serves, food insecurity averages **14%** the population

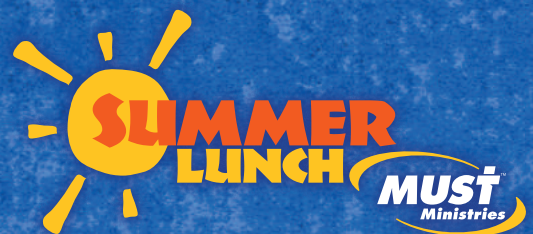
Cobb ranks only **68%** of 100% on a comprehensive child wellbeing index.

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2. Donate online at www.mustministries.org. You can sign up to be a monthly donor, too! Become a MUST Valuable Partner (MVP)!
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simply**CUISINE**

magazine

Spring/Summer 2017

The art of cooking and the joy of entertaining is the spirit when breaking bread.

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