Meet the
LUSTER
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(See pages 28-29)

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**Lights Out On The Lake** appeals to your softer side. Join us Sunday through Friday night starting at 8 to wind down and relax at the end of the day.

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Saturday morning should be your stress-free start to the weekend. From 6a to noon, “Coffee and A Classic” features the great singer songwriters of the 70s and 80s like James Taylor, Elton John, Carly Simon, Billy Joel and more. So brew up a pot for your favorite coffee and we’ll provide the classic songs.

There’s a show for the country fans too! Saturday night, we dig out our rhinestones and boots and saddle up in **RedCup Country**. From 8p to midnight, it’s four hours of great variety from the 90s to Now! So raise a cup (or a glass if you prefer) and join us for some great country music.

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You can also tell Alexa to play Reynolds Community Radio just by activating the skill in your Amazon Alexa app. Open the app, click on “More” in the lower right hand corner then click on “Skills & Games”. Search Reynolds Community Radio and enable the skill! Alexa will then play the channel whenever you tell her to!
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Have you downloaded our neighborhood radio station yet? With literally thousands of listeners in July, what are you waiting for? Give it a try, and you will not be disappointed!

Reynolds Community Radio is amazing! The new radio station has been crafted around the idea of having a voice for the neighborhood while playing a great mix of classic songs from the ’70s, ’80s, ’90s and ’00s that have been hand-selected for our neighborhood. You asked, and we listened! You wanted fewer commercials, and on your community station, you will hear more music than any other option available in the area, including both local stations and even Pandora.

Here’s the breakdown of the weekly programming:

- Seventies, ’80s, ’90s and ’00s classic song mix, Monday through Friday from 6 a.m. to 8 p.m.
- Lights Out On The Lake, a playlist of relaxing songs, every evening from 8 p.m. to 1 a.m.
- Coffee & A Classic, Saturday mornings from 6 a.m. to noon
- Sandbar Social, every Saturday and Sunday, up-tempo lake music from noon to 8 p.m.
- Bed Cup Country, Saturday night from 8 p.m. to 1 a.m.
- Smooth Jazz, Sunday mornings from 6 a.m. to noon

This station is new and innovative and one of the first of its kind in the country designed specifically for a neighborhood. The station includes updates on events and happenings in our neighborhood and local community. If you have something you want to share with your neighbors, please reach out to me at tom.hanscom@n2co.com.

Still not sold? Here’s what some residents have to say about the station:

“This station is terrific! I have been listening while I do yard work and will continue by the pool and tomorrow on the boat! GREAT addition to our community!”
- Melanie M.

“We downloaded the app and listened all day by the pool. The music was a great mix. Loved the idea of the Sandbar Social. We’ll definitely use it out on the boat! Great idea and well done!”
- Doug M.

“Tom, this is so cool! We are enjoying Sandbar Social at home on the whole house feature. Great mix of music! Thank you!”
- Susan S.

I am sure you’ll love it too, and I would love to hear from you with your thoughts! For easy app download, scan the QR code on this page or go to your app store and type in “Reynolds Radio.”

Have a great September, and enjoy the start of college football!

Tom Hanscom
Area Director, Lake Oconee
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In this article placed in the July issue submitted by Andrea Wuori, a disclaimer was inadvertently placed at the end of the article, stating, “The business reviewed in this section provided products and/or services free of charge in exchange for this review.” This was not the case. Dick and Andrea Wuori, David and Tracy Tvrdy, Dave and Kathleen Douglas, Nancy and Tim Forrester, and Sheryl and Dennis Bailey visited Bonner’s Triple B Restaurant in Buckhead, GA, as an alternative to Great Waters, which was closed for a special event. They loved their experience at Bonner’s that evening and wanted to share it with the residents. No compensation of product or services was given to them for their review of the restaurant or the food.

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Living at Presbyterian Village has brought us a sense of peace, contentment, and enjoyment as we enter this “retirement plus” stage of our lives."
Meet the LUSTER FAMILY

This month, Stroll Reynolds Lake Oconee highlights the Luster family. Pete and Mary Luster met by chance in Orlando, FL, which was home to Mary for most of her life. After attending the nursing program at Valencia College, she quickly learned that she was an “entrepreneurial spirit,” leading her into a lifetime career of selling real estate. Mary owned and operated a small boutique-style real estate company in Orlando for more than 25 years, which allowed her to transition into her role as an associate broker here at Reynolds Lake Oconee Properties.

Pete, born and raised on a small farm in Indiana, received his commission in the USAF upon graduation from Purdue University. He served 20 wonderful years as a fighter pilot and then transitioned into the civilian world as a corporate pilot. He became chief pilot for Arnold Palmer in 1996 and remained with him until he passed in 2016. Pete met Mary while wintering in Orlando with Palmer, and his blessed life got even better!

Mary and Pete have a wonderful, blended family, along with their fur-baby named Lizzie, who has been a part of their family for the last 12 years. Lizzie loves the walking trails at Reynolds and playing with her toys. Pete’s daughter, Audrey, and her husband, Doug, live in Poulsbo, WA; their daughter, Geneva, attends Cal Poly. Pete’s son, Pete, lives in Chapel Hill, NC, with his two children, Vance, a fantastic Equestrian, and Brennan, a rising golfer and tennis player. Both grandchildren will be starting high school this fall. Mary’s son, Logan, graduated from the University of Florida and sells real estate in Orlando. Mary’s daughter, Tara, graduated from Florida State University and works for Bank Trust of Tampa.

“We first learned about Lake Oconee while reading through a Delta magazine on a flight from Norfolk, VA,” Mary recounts. “At the time, Pete and I had recently purchased a small farm in Ocala, FL, and Reynolds was just 5 hours away, so my thinking was, ‘Wouldn’t this be a great weekend place?’ After our second visit, we fell in love with Reynolds and decided this is the place we want to live. Forty-five days later and we were calling Reynolds Lake Oconee home (January 2020)! “We truly love the friendships that we have cultivated in the time that we have been here,” states Mary. “Everyone is so happy and eager to welcome you to the Reynolds family. There are also so many wonderful activities and events here at Reynolds. There is never a dull moment, and you can do as much or as little as you want to do.”

To stay active in the community, Mary is involved with 100 Women Who Care, The Thillen Education Foundation and The Reynolds Ladies Club Programs Committee. She is also currently serving as vice president for the Lake Country Board of REALTORS®.

“We enjoy playing golf when time allows, and we love spending time on our pontoon boat with friends and family,” Mary adds. “My favorite hobby is cooking and entertaining, but with my work schedule the last couple of years, this hobby has taken a back seat. We enjoy dining at the Reynolds Lake Oconee restaurants, of course, and one of our local favorites is The Silver Moon. Some of my favorite shopping destinations are Bend the Trend, Olive & Hive and CJV Art Gallery. In Madison, I love going to Madison and Grace, The Madison Market, Zeb Grant Designs and Town 220 for dining.”
The income tax created more criminals than any other single act of government." — Baruch Goldwater

In February of 2022, the IRS and Department of Treasury released 275 pages of proposed regulations to implement the SECURE Act (Seeing Every Community Up for Retirement Enhancement). The SECURE Act was initially enacted in December 2019. Congress designed the SECURE Act to increase access to retirement plans and encourage retirement saving for many Americans. It also changed the rules for retirement withdrawals after the original owner’s death. The proposed regulations clarify some of the outstanding technical questions on rules and definitions, including:

- The definition of eligible designated beneficiaries.
- The required minimum distributions (RMD) starting age for surviving spouse beneficiaries.
- Providing non-eligible designated beneficiaries are subject to all annual RMDs and the 10-year rule.

One of our goals in these columns is to keep you aware of any updates to fiduciary or tax laws that we feel may affect your unique situation. The SECURE Act is a very complex tax code area. Those affected by it should always seek the guidance of a qualified financial and tax professional.

The Elimination of “Stretch” IRAs and The 10-Year Rule

The SECURE Act made the Stretch IRA only available to eligible designated beneficiaries. If the original owner of an IRA passes away after Dec. 31, 2019, fewer beneficiaries will be able to extend distributions from the inherited IRA over their lifetime. Many will instead need to withdraw all assets from the inherited IRA within 10 years following the death of the original account holder.

The proposed regulations clarify post-mortem distribution requirements. A “non-eligible, qualified designated beneficiary” is subject to the 10-year rule. If death occurred prior to the required beginning date (RBD; age 72), no annual RMDs are required; the account merely must be fully distributed by year 10. However, if death occurred after the RBD, the beneficiary must take the required minimum distributions based on their life expectancy, and the entire account must be fully distributed by year 10.

The rules are also different for a non-qualified designated beneficiary, such as an estate. In that case, if death occurs prior to the RBD, the account is subject to the five-year rule; that is, it must be fully distributed by five years after death. If death occurred after the RBD, post-mortem distributions are made according to the “ghost life expectancy rule.” In that case, RMDs are calculated using the deceased owner’s life expectancy. Since the period for “ghost” distributions may exceed the 10-year rule, this may be a prudent option for some families.

Please note that this rule applies to deaths that occur after Dec. 31, 2019. Anyone who inherited an IRA before 2020 is generally grandfathered under the old rules. The major exception is that a beneficiary dies before the entire inherited IRA is distributed; the 10-year rule now applies. (Under the old rules, distribution continued according to the deceased beneficiary’s schedule.)

The 10-year rule reminds us that a proactive planning approach could reap rewards. To maximize your situation under the new 10-year rule, you may consider Roth IRA conversions and possibly spreading distributions over many years and lower tax brackets. Unlike distributions from regular IRAs, Roth IRA qualified distributions are not taxed. There are potential benefits to converting to a Roth IRA, including:

- Lowering overall taxable income long-term.
- Enjoying tax-free compounding.
- Having no RMDs at age 72.
- Allowing tax-free withdrawals for beneficiaries.

There are limitations to who and how you can convert to a Roth IRA. Making any changes to your retirement plan could have tax and other implications that could be costly. If you are interested in learning more about the 10-year rule, please consult with us so we can determine if this is a good strategy for you.

The Required Minimum Distribution Age Increased

The SECURE Act increased the required minimum distribution (RMD) age to 72 from 70½. Required minimum distributions were created to ensure that individuals spend their retirement savings during their lifetime and not use them for estate planning purposes to transfer wealth to beneficiaries. The change from 70½ to 72 reflects the increasing life expectancy of Americans. Under the SECURE Act, distributions are required to begin by April 1 of the year after you reach 72.

You Win, Charity Wins and Uncle Sam Loses

Qualified charitable distributions (QCDs) are often used as a proactive tax planning strategy for anyone over 72 taking RMDs. QCDs of up to $100,000 are available to an IRA owner over 70½. An amount directly given to an eligible charity processed as a QCD counts toward your RMD requirement and reduces the taxable amount of your IRA distributions.

This QCD lowers your adjusted gross income AND your taxable income, resulting in a lower overall tax liability. It also reduces your income for purposes of calculating if your social security is taxable. By using, or preparing to use, a QCD, you can potentially meet your RMD requirements and satisfy your charitable intents, all while reducing your taxes.

Proactive Retirement Wealth Planning

The SECURE Act brought about changes that directly affect how we view retirement fund distributions and how beneficiaries should distribute their benefits. A solid retirement plan should always take tax efficiencies into consideration.

Accumulating wealth in tax-deferred accounts such as 401(k)s, traditional IRAs and Roth IRAs is just one part of building your retirement wealth. Another critical factor that can be more complex is knowing the best strategy for withdrawing those assets in the most tax-efficient manner. Proactively planning a method from your retirement accounts to minimize your tax liability is a wise practice that can help you retain your hard-earned money.

Today is an excellent time to review your retirement plan, including yours and your beneficiary’s tax brackets. We can help you understand and devise a well-thought-out plan for not only your retirement but for your heirs as well. As your financial guide in those columns, we strive to provide you with proactive tax planning ideas.

We understand those planning decisions can be complex and confusing. If you would like help with your unique situation, we would be happy to offer you a complimentary, one-hour private consultation at absolutely no cost or obligation to you. To schedule your financial check-up, please call 706-454-0790, and we would be happy to assist you.

Plan Well, Invest Wisely. Rest Easy.

Hank Hankinson is the author of The Rest Easy Retirement. Go to www.HanksPreRetirement.com to get your free copy of the book and discover how to have a more successful and less stressful retirement. Hank is a certified public accountant (CPA), Certified Financial Planner™ professional (CFP®), a chartered financial analyst (CFA), and earned a Master of Taxation (MTax) degree. He has advised financially successful people just like you for over 25 years.

Want to avoid surprises that derail even the most cautious retirement plans?

Unfortunately, even the most cautious retirement plans can get derailed by avoidable surprises. Even when you think you have “enough.”

If you have $2,500,000 or more of financial assets, get the book written by CPA advisor Hank Hankinson. It’s called “The Best Easy Retirement”

This must-read book is a FREE guide full of thought provoking ideas and solutions to today’s pressing issues. The book reveals 10 insider secrets to a more successful and less stressful retirement. Even if you have something else in place, it still makes sense to request your quote. Don’t miss it!

To get your free copy of “The Best Easy Retirement” go to HanksPreRetirement.com or text your email address to 706-623-0782.

The 10-year rule

One of the biggest changes from the SECURE Act was the creation of the 10-year rule.

PREVIOUS RULE

Most non-eligible beneficiaries were able to maximize two-year through a strategy known as the “Stretch” IRA.

The Stretch IRA allowed beneficiaries such as children or grandchildren to take required minimum distributions from an inherited IRA based on their own much younger life expectancies.

NEW RULE

The SECURE Act makes non-eligible beneficiaries subject to the same rules as regular IRAs. The required minimum distributions are made according to the deceased owner’s life expectancy. Here’s the 10-year rule for eligible designated beneficiaries.

For some beneficiaries, the Five-Year Rule may apply. Talk with a tax professional to ensure your situation. Also, remember that the plan document of an annuity retirement plan can override the longer rule.

Your objective should be to reduce your taxes and take advantage of tax deferral as long as possible.

The Rest Easy Retirement

By Hank Hankinson, CPA, CFP, CFA, Reynolds Lake Oconee resident

Proactive Retirement Strategies

Using the SECURE Act

September 2022 Stroll Reynolds Lake Oconee

32

33

Stridl Reynolds Lake Oconee
SOLD! $7,250,000
1451 Jackson Ridge Road

SOLD! $3,300,000
1290 Armor Point

SOLD! $3,300,000
1451 Jackson Ridge Road

SOLD! $2,955,000
1451 Howells Grove Road

SOLD! $2,885,000
1610 Dogwood Drive

SOLD! $2,825,000
1721 Lighthouse Circle

SOLD! $1,950,000
1331 Oconee Landing Drive

SOLD! $1,925,000
1170 Dogwood Drive

SOLD! $1,925,000
1146 Neary Ridge

SOLD! $4,675,000
1030 Wooten Hill Court

SOLD! $4,300,000
1451 Jackson Ridge Road

SOLD! $3,975,000
2950 Linger Longer Road

SOLD! $3,500,000
189 Reynolds Drive

SOLD! $3,100,000
1031 Flintlock Fork

SOLD! $2,955,000
1451 Howells Grove Road

SOLD! $2,925,000
132 Hawks Ridge

SOLD! $2,885,000
1610 Dogwood Drive

SOLD! $2,825,000
1721 Lighthouse Circle

SOLD! $1,950,000
1331 Oconee Landing Drive

SOLD! $1,925,000
1170 Dogwood Drive

SOLD! $1,825,000
1060 Thorton Creek

SOLD! $2,025,000
1721 Lighthouse Circle

SOLD! $1,995,000
1151 (lot 30) Broadpoint Drive

NOTE: The properties below were either our listings or we brought the buyer.

OFFERED AT $5,544,000
1146 Neary Ridge

OFFERED AT $3,100,000
1031 Flintlock Fork

OFFERED AT $4,875,000
1060 Thorton Creek

OFFERED AT $1,325,000
1041 Quail Hollow Drive

OFFERED AT $2,070,000
1641 Flemings Knoll

OFFERED AT $1,395,000
1020 Westchester Drive

OFFERED AT $2,070,000
1041 Quail Hollow Drive

OFFERED AT $5,544,000
1146 Neary Ridge

OFFERED AT $3,100,000
1031 Flintlock Fork

OFFERED AT $4,875,000
1060 Thorton Creek

OFFERED AT $1,325,000
1041 Quail Hollow Drive
With inflation hitting its highest level in decades, many businesses are concerned about how raising prices — and the potential dip into a recession in the near term — will affect the bottom line. Although economic growth is slowing, there are ways to counter the impact of inflation and maintain your business’s financial health.

Here are four things you can do right now.

Balance cost and value. According to the U.S. Bureau of Labor Statistics, the consumer price index increased 9.1% for the 12-month period that ended in June 2022. That’s the largest increase of its kind since November 1981.

For cost-conscious consumers, the focus on price will be significant. They’ll cut discretionary spending and keep watchful eye for which companies are raising their prices. Although it’s gotten more expensive for you to do business, and you’ll likely be inclined to pass those costs on to your customers, you risk losing some clientele if competitors have a better price-value ratio than you do. Be sure to deliver exceptional service to surprise and delight your customers, and incorporate inflation considerations in your modeling to find the right balance that will see you through the next phases of cost increases followed by an expected economic downturn.

Rethink debt. The Federal Reserve started raising interest rates in March to counter inflation. It did so three more times by July, when it reached a 150 basis-point increase (also for the first time since 1981). One way to protect against further increases is to convert your business’s variable-rate loans into those with a fixed rate.

Or you might consider restructuring your debt. Seek the input of financial and tax professionals to help ensure you can maximize the benefits of any moves you make and mitigate the impact of the economic factors you face.

Manage inventory. While ongoing supply chain issues make it difficult to meet consumer demand with sufficient inventory in various industries, you’ll want to take a look at your inventory and consider how it can help you position your business for future success. Is there additional inventory you can purchase now, before prices increase further, so you don’t have to pass additional costs on to your customers? Or does your business rely on a just-in-time inventory, and that’s still working for you? Consider what’s best for your business, and yet be sure not to create the type of situation many large retailers have right now: A glut of products they ordered during the recent expansion in demand. Big-box stores don’t necessarily want to affect their brand by slashing prices, so they are offloading more to discount retailers.

Additionally, the inventory method you select to use under U.S. Generally Accepted Accounting Principles can affect profits and taxes. Consult with one of our accounting and tax advisors to consider the best choice for your business.

Keep cash flowing. Staying on top of your payables and receivables can make a discernible difference in your cash flow. If an account goes past due, contact the customer promptly and make arrangements to get as much of the bill paid as possible. Then arrange a time frame for the remainder of the payment. Focus on other ways of optimizing cash flow, too, like offering discounts for early payers and adding interest charges for those who pay late.

In addition to helping keep your company profitable, positive cash flow will be critical if you are near to selling your business or retiring. Even if that’s not the case for you right now, maintaining best practices like cash flow optimization put your business in a healthier financial state to withstand an economic storm.

Although inflation is high and concerns about a recession abound, some strategic moves will help your business remain on track for profitability now and in the long term. It will likely take ingenuity, innovation and professional guidance, but you can keep operating effectively and efficiently despite economic challenges.

About the Author: Chris Smith, CPA, CGMA, is a partner of CB Smith & Associates P.C. He leads a staff of certified public accountants and other professionals who offer business and individual services to clients throughout Georgia, CB Smith & Associates is a business advisory and full-service accounting firm with offices in Lake Oconee, Alpharetta and Macon that works in tandem with its sister company, Reliance Payroll LLC, a full-service payroll and human resources outsourcing firm. Visit CBSmithCPA.com or call 706-923-2313 for more information.

Our dedicated team of CPAs, tax managers, staff accountants, human resource and payroll experts help you understand your business’s financial road map from startup to sale.

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Hi, my name is Doctor Michael Kelly, and I am excited to be moving to the Lake full time in October! My wife, Ilyse, and I have owned a condo in Reynolds for four years and are currently building a home on the lake. We are both boaters, golfers and tennis players, and the lake’s active lifestyle is a perfect fit. Ilyse and I love it here, and we can’t wait to be here full time.

As a board-certified plastic surgeon in Miami, I have practiced cosmetic surgery for over 30 years. In December, I downsized my practice and stopped doing cosmetic surgical procedures under general anesthesia. My focus now is to achieve facelift-like results without surgery using injectables such as Botox, Dysport, Juvederm and Restylane. In addition to injectables, I believe daily skin care with medical-grade products and monthly DiamondGlow facials are essential to keeping your skin looking its best. Finally, I appreciate the role that non-invasive modalities such as microneedling with radiofrequency and lasers can play in improving one’s appearance. The combination of these techniques really allows us to achieve facelift-like results without surgery.

The patient on this page is one of my facial transformation patients. In her case, I did a combination of Botox, Voluma and Juvederm to rejuvenate her entire face and neck. She also incorporated a daily skin care routine to help her skin look its best. I actually did her procedure live on camera during one of my seminars at Miami Plastic Surgery. You can watch her transformation online at https://www.youtube.com/watch?v=Ja5BC3PDTCU.

In addition to cosmetic injectables, I will also do surgery under local anesthesia for problems such as scar revisions, torn ear lobe repairs, lacerations, skin cancer removals and Moh’s reconstruction. I still get great satisfaction in using my plastic surgical skills to help people with these small but important surgical problems.

I am very excited and feel extremely lucky to be joining Dr. Ross Campbell and Dr. Kristen Thomas at Georgia Skin Cancer & Aesthetic Dermatology at The Cowles Clinic. Whenever I tell someone I am joining GSC, they always respond, “Oh, I go there. They are the best!” I am very honored to become part of such a great practice with such a fantastic reputation.

My first day at GSC will be Oct. 17, and I can’t wait to meet you. Please call (706) 543-5858 for an appointment!
Reynolds Lake Oconee hosted the Little Big Town Performance at Sandy Creek Barn Amphitheater on July 13 with over 2,000 attendees. Little Big Town is a multi-platinum-selling country supergroup founded in 1998. The concert was a made-for-television special that aired Friday, Aug. 12, on Country Music Television (CMT).

The fans were treated to the ultimate concert experience with good music, food, beverages and summertime fun — fireworks included!
On July 15, 2022, Reynolds Lake Oconee unveiled the start of a new pickleball campus at Linger Longer Park. This campus now has eight new dedicated pickleball courts to go along with three dedicated courts at The Landing. Around 100 people stopped by the grand opening to enjoy the opening of our new campus. Reynolds now has a weekly pickleball program comprised of open play, clinics, drill sessions, lessons and special events!

Drew Hebert was named head pickleball professional at Reynolds in May 2022. We all thank Drew for showing up at 6 a.m. many mornings to dry off the courts for play, just one of the ways Drew has shown his hard work, enthusiasm and leadership.

Thanks also go out to Russ Fleming for giving his time and consulting with his son Dave, a national professional pickleball player, and we would like to thank Dave Woodyard for his time and sharing his love of the game with so many others who are now playing and loving it. “It is fun, social and friendly,” says the USA Pickleball Association (usapickleball.org). “The rules are simple, and the game is easy for beginners to learn, but it can develop into a quick, fast-paced, competitive game for experienced players.” Pickleball is the fastest-growing sport in America. You can start as a complete novice and be instructed and encouraged by the entire Reynolds pickleball community.

With the growth of pickleball at both Reynolds and in Lake Country, this is only the beginning of bigger and better things for pickleball in this community!
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Handling your home’s needs so you don’t have to!
Recent Gatewood Schools graduate Landon Burner is off to a new and exciting chapter in his life. He is beginning the age of increased responsibility and freedom as he charters the waters of college life.

Attending the University of North Georgia, Landon plans to major in marketing with a focus in electronic marketing. Before graduating high school, Landon was an active member of the Anchor Club, Key Club and Interact Club. He served as a member of the Farmers and Merchants Bank Junior Board of Directors. He was inducted into the National Honor Society in 2020. His senior year, Landon was voted as a senior favorite by the faculty of Gatewood and most dependable by his classmates. He also took dual enrollment courses, giving him six college credits going into his first year at UNG.

Landon is the son of Terri and Troy Burner. While in high school, Landon always had a love of basketball. He was a member of the Gatewood basketball team all four years. In fact, the highlight of his senior year was Senior Night for basketball. He continues to enjoy playing basketball and looks forward to playing intramural sports while at UNG.

While transitioning from high school to college, life is something Landon is excited about. The anticipation also comes with some nerves, understandably. Landon is eager to have the opportunity to be more responsible and start to live like an adult, while the thought of living on his own also makes him a little anxious but still excited.

Landon is the son of Troy and Terri Burner and has three brothers. Just recently, he added to his family title by becoming an uncle to his newly born niece.

FAVORITES:

Song: “Count on Me” by Bruno Mars
Movie: Kicking and Screaming
Show: All-American
Restaurant: El Sitio
Scripture: “Seek His will in all you do, and He will show you which path to take.” (Proverbs 3:6)
Place to visit: Hawaii

Meet LANDON BURNER

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ABACO
AT LAKE OCONEE

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(Located near to Amis)
My name is Lowell White. I’m a retired custom home builder and the developer of Harmony Crossing Shopping Center. My wife, Toni, and I relocated from Atlanta to Lake Oconee with our young family in 1990. We built our home in Great Waters, where we lived for 20 years. My initial plan was to simply replant the pines and get the kids back after college to make their homes here. My wife, Toni, and I were both from rural Michigan. We had a mutual desire to live in a similar environment, and Lake Oconee was exactly what we were looking for.

I relocated from Atlanta to Lake Oconee with my family, these have been some of the best trips I’ve taken. It’s amazing that one piece of land could be the catalyst for the most awesome social club that I’ve ever been involved with. Over the last few years, my wife and I, our son and his family, the guy friends that I’ve brought to the area, the neighbors that I’ve built custom homes for over the years, and our communities, who I’d built custom homes for over the years, and showed them the land. They said they were willing to “bail me out” on the time-consuming part of the property. We formed the club, and it grew to 12 members over the next few years. The guys really enjoyed having a safe and close place to hang out, fish, hunt, and bring their families to enjoy the cabin and the outdoor activities. This bonding led to routine social outings with our spouses and large gatherings at the property. Before long, our club activities included fishing, hunting quail, turkey, and deer, dove hunts, and socializing with our spouses and families. Some of us planned a fishing trip to Florida, then another fishing trip to Canada. Over the years, members of our club have taken trips together to South Dakota, Argentina, and Mexico. We’ve fished from Alaska to the Amazon River, and lots of places in between. Our families and spouses have also taken trips together from Europe to New Zealand. It’s easy to say that, other than traveling with my family, these have been some of the best trips I’ve ever taken. It’s amazing that one piece of land could be the catalyst for the most awesome social club that I’ve ever been involved with.

We hope you can join us on Pea Ridge Road! For more information, please contact Lowell at lwatkinswhite@gmail.com or 706-473-0769.

Exceptional Opportunity to Own 150 +/- Turn-Key Acreage in the Lake Oconee/Lake Sinclair Area that’s Perfect for Hunting & More! MLS 10060705 Offered at $2,565,000.

Perfect for Hunting & More!
Exceptional Opportunity to Own 150 +/- Turn-Key Acreage in the Lake Oconee/Lake Sinclair Area that’s Perfect for Hunting & More! MLS 10060705 Offered at $2,565,000.

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September 2022

It’s not very often that you can give a piece of land 110% credit for creating friendships, let alone friendships that lead you to travel together all over the country and across the globe. I’d like to tell you a story about just that: how a tract of recreational land ten miles from Lake Oconee became such an important part of my life.

My name is Lowell White. I’m a retired custom home builder and the developer of Harmony Crossing Shopping Center. My wife, Toni, and I relocated from Atlanta to Lake Oconee with our young family in 1990. We built our home in Great Waters, where we lived for 20 years. I was raised in rural Georgia, while Toni is originally from rural Michigan. We had a mutual desire to live in a similar environment, and Lake Oconee was exactly what we were looking for.

I relocated from Atlanta to Lake Oconee with my family, these have been some of the best trips I’ve taken. It’s amazing that one piece of land could be the catalyst for the most awesome social club that I’ve ever been involved with. Over the last few years, my wife and I, our son and his family, and our neighbors have all moved to the Pea Ridge property. We enjoy what has grown to 25 miles of roads and trails, seven ponds, and much more. In a recent family planning meeting, we decided it was time to sell 300 of the 900 acres we’d accumulated, each keeping 200 acres. We sold the first 150 acres tract last year to a wonderful family that is building their home on the property. Their property boasts a cabin, a 10 acre pond, and a 300’ high pheasant tower; they’ll share the continental pheasant hunts with us.

In turn, we’ll share our dove field with them. The remaining 150 acres are currently for sale. This property boasts a well-stocked 15 acre lake, five miles of roads and trails, several deer stands with food plots, and a hardwood bottomland (full of turkey) with walking paths along beautiful creeks. The property has five acres of fenced pasture and a small barn perfect for horses. Trail rides over the family property are a routine for my wife and daughter, and our neighbors are always invited. Plus, the property features a beautiful 3500 sq. ft. custom built home with 3 bedrooms, 3 full baths and 2 half baths, a kid’s bunkroom, and lots of room to expand. The home is nestled on the shoreline of a 15 acre pond (managed for trophy bass) and includes a dock & boat lift.

This property would make a great home for kids and our grandkids to stay when they visit, and it would also make a perfect gathering place for a hunting & fishing club. It’s a true outdoorsman paradise, rich in biodiversity that lends itself to excellent fishing, hunting, and tranquil privacy.

The effort put into this property over the years does not go unnoticed. Across the drive is a smaller stocked pond with a beach and wooded acres ideal for hunting deer and turkey. Those who are familiar with the drive will enjoy this piece of paradise the way that we have. This land was certainly the cause of more trips for me than one lifetime deserves. We are only relocating to a different part of the property, so we’ll still be your neighbors. The best neighbors we could ask for are ones that can enjoy this land the same way we have for the past 30 years.

I want to thank Stroll Reynolds Lake Oconee for giving me the opportunity to let you know about this very special life-changing piece of land. Could owning property just 10 miles away from the gates possibly enhance your life as it did mine?

We hope you can join us on Pea Ridge Road! For more information, please contact Lowell at lwatkinswhite@gmail.com or 706-473-0769.

Exceptional Opportunity to Own 150 +/- Turn-Key Acreage in the Lake Oconee/Lake Sinclair Area that’s Perfect for Hunting & More! MLS 10060705 Offered at $2,565,000.

Contact Lowell for more information: lwatkinswhite@gmail.com or 706-473-0769.

September 2022
Well the wait is finally over! Dr. Michael Miller and his wife, Tonya, have completed construction of their highly anticipated new dental office and WOW! what a gorgeous place!

You’ve most likely seen it perched perfectly on the corner of Linger Longer and Founders Row. While it’s been a long awaited completion, the Millers are certain you will agree the wait was worth it. The new office is much more spacious, bright and new. Dr. Miller has also added a ton of new, more modern equipment to include to high-end scanners and panoramic equipment to ensure patients experience more comfort during their dental visits.

Dr. Michael Miller has been practicing dentistry for 30 years and his team includes hygienists and dental assistants that have also been in the dental field for decades themselves. You will not find a more qualified team to meet you and your family’s dental needs.

Dr. Miller and the Lake Oconee Family Dental team is now accepting new patients. They are well versed and experienced with most dental insurances and will gladly complete courtesy filings for you. He always offers a new patient special and of course, a no strings attached, FREE second opinion if you need one. Call 706-454-3040 to schedule your appointment or feel free to just pop in to their new, convenient location and they will greet you with a SMILE!!!

Good Things Really DO Come To Those Who Wait!!!

Gorgeous New Facility For Our Wonderful Patients To Enjoy
Same Phone # 706-454-3040
Same Smiling Faces with a Few New Additions!!
Kim and Lin Logan Real Estate would like to introduce the team’s newest Luxury Lakefront listing, 1140 Neary Ridge, in Reynolds Lake Oconee. “We are so excited to partner with Freedom Construction on this project, as we get to bring someone’s DREAM home to the real estate market,” exclaims Traci Nelson, REALTOR® with the Kim and Lin Logan Team. “When we were looking for our next home, we wanted a home to offer EXCELLENT views and we definitely found it with 1140 Neary Ridge,” remarks Aaron Burgess of Freedom Construction. The way the house is positioned is very important and is something to which Aaron pays close attention. This home is elevated and takes advantage of LONG views of Lake Oconee. This is especially exciting in Richland Pointe, where Georgia Power only allows 20% of trees to be removed. This area will be left in a more natural state and, with no seawalls, will make this location special and unique as compared to other parts of Reynolds.

“As we meet newcomers to Lake Oconee, we ask them to provide us with a wish list. Almost always, we hear the following three features: 1.) GREAT views, 2.) updated home, 3.) open floor plan features a game room and an entertainment bar with a pool overlooking the lake. “It’s both EASY to live in and FUN to entertain in. It’s perfect,” she adds. We know it’s sometimes hard for buyers to visualize what a home will look like in the end. Not to worry! Maggie Griffin Design, a full service interior design studio based out of Gainesville, GA, has created a gorgeous interior design plan for 1140 Neary Ridge. You can expect stained beams, tongue and groove ceilings, shiplap accents, and board and batten.

This extraordinary home is offered at $5,595,000. If you would like to schedule a private showing or to get more information, call the Kim and Lin Logan Real Estate office at 706-454-1621.

1610 Dogwood Drive

Local builder Aaron Burgess and his team at Freedom Construction have brought to the market another luxury NEW CONSTRUCTION home in Reynolds Lake Oconee. REALTOR® Traci Nelson explains, “As I work with buyers who are moving to Reynolds to raise their families or to retire here in the community, they seem to desire ‘the perfect size home’, which to many means ‘not too big and not too small.’ This floor plan will have two-bedroom suites on the main floor, an entertainment walk-out terrace, and a level lot as well, so I’m so excited about this one because it’s just the PERFECT wish-list package!”

1610 Dogwood Drive is nestled on a wooded LAKEFRONT setting in Reynolds Lake Oconee, with wide cove views, deep water and a private Maximum DOCK! It has a very desirable floor plan with an EST 3,500 square feet, an open layout and vaulted ceilings. There’s a master bedroom AND an additional en suite on the main floor. The terrace level features TWO additional bedroom suites, a BUNK room and a bonus or second living room area. The terrace level walks out to a private shady lot and gorgeous lake views with multiple lakeside living space and a grilling deck to enjoy. In addition, there’s a three-car garage, and Aaron has left it up to the buyer whether or not to add a pool. “We wanted a pool to be an option, just in case, so it’s permitted and ready should the new owner want to add it at an additional cost,” adds Traci. “I also find it’s really hard to obtain new construction with private water frontage in Reynolds under the $3 million price tag. The price on this one is just another perk.”

This extraordinary home is offered at $2,898,000. If you would like to schedule a private showing or to get more information, call the Kim and Lin Logan Real Estate office at 706-454-1621.
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By David C. Harkins, DO, FAOAOS, is a Board-Certified Orthopedic Surgeon at Athens Orthopedic Clinic (AOC)

May Be a Part of Aging, but You Don’t Have to Live with It!

According to the American Academy of Orthopedic Surgeons, nearly half of American adults will develop osteoarthritis in at least one knee in their lifetime. More than 80% have some degree of movement limitation caused by pain, stiffness and swelling. Lack of mobility and loss of quality of life does not have to be an inevitable part of the aging process. There are many treatment options that can relieve pain and get you moving again.

“Osteoarthritis is common in the knees because the knees bear the weight of the body. Over time, the cartilage in the knee wears down and stops protecting the ends of bones in the joint,” says David Harkins, DO, FAOAOS, FAOAOS Orthopedic Surgeon at Athens Orthopedic Clinic. “At Athens Orthopedic Clinic, our team of orthopedic specialists, fellowship-trained surgeons and skilled therapists offer complete, well-coordinated care for knee pain caused by osteoarthritis.”

“In many cases, symptoms of osteoarthritis can greatly be reduced by weight loss, orthopedic aids, physical therapy or pain management using cortisone shots or platelet-rich plasma,” says David Joslyn, PA-C at Athens Orthopedic Clinic.

If these nonsurgical options stop working, patients have the option of traditional and minimally invasive surgery. Studies indicate that by 2030, doctors will be doing more than 3.5 million knee replacement procedures per year. As the need for joint replacement surgery grows, new techniques and surgical approaches are evolving to improve patient outcomes.

“At Athens Orthopedic Clinic, we are one of the only providers in Northeast Georgia to offer total and partial knee replacement using the Stryker Mako® robotic technology. The technology uses a surgeon-controlled robotic arm guided by planning software. This minimally invasive approach provides extreme accuracy for implant placement and preserves healthy bone,” says Dr. Harkins.

Athens Orthopedic Clinic has imaging centers, outpatient surgery centers, rehabilitation therapy centers and orthopedic urgent care clinics throughout Northeast Georgia. For more information or to schedule an appointment with an orthopedic specialist, call 706-549-8683 or visit www.aocjoints.com.
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Neighbors Helping Neighbors is a unique group organized to appeal to men and women who want to contribute to their community by giving some time and some money without having to commit to meetings, specific involvement and unworkable time expectations. Everyone in the community is invited — and encouraged — to join and help make a difference in the community in which they live.

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OPAS kickstarted their 15th season with one of the most prolific singers in the country. We proudly announce that Lisa Vroman will continue her OPAS Artist-in-Residence collaboration after thrilling the audience in a magical evening called Broadway Sings for OPAS. The concert took place on Sept. 16 and also featured the impressive vocals of Broadway sensation Mamie Parris.

Lisa has become an active mentor and sought-after voice clinician with many colleges and universities across the country and around the world. This fall will find her teaching a masterclass for local students and instructing virtual voice lessons for youth chorus members. Lisa will end her tenure by bringing holiday cheer to the Reynold’s Ladies Club and starring as the featured soprano in the ever-popular Fa-La-La.

Ms. Vroman has long since established herself as one of America’s most powerful and versatile voices and has enchanted audiences for many years. The San Francisco Chronicle called her a “musical and theatrical marvel,” and Sir Cameron Mackintosh named her “one of American musical theater’s most beautiful voices” — which is high praise indeed. Legendary American Director Harold Prince said, “Few ladies today possess the exquisite voice, clarity of range of Lisa Vroman.”

Lisa is best known for her nine-year stint as Christine in Broadway’s Phantom of the Opera, but that barely scratches the surface of a career that has soared thanks to her sparkling vocals and magnetic personality. She made her Broadway debut in Andrew Lloyd Webber’s Aspects of Love and became the first actress to perform both Fantine and Cosette in Les Miserables. Over her career, she has sung for Queen Elizabeth II, Gerald Ford, George H.W. Bush, Bill Clinton, Al Gore and the Library of Congress, putting her in rather esteemed company.

We are very grateful to share her talents with audiences who are bound to walk away from the concerts with a bounce in their step and a genuine appreciation of what OPAS Artistic Director Doug Lefrereque called “one of the greatest Broadway sopranos of this or any generation.”

Join us during this exciting new season to enjoy the spectacle that is Lisa Vroman, along with all our other performers and events.

Broadway Sings for OPAS took place at Festival Hall on Sept. 16, and Fa-la-la returns on Dec. 16 at 7:30 p.m. Lisa will be accompanied by a symphony orchestra and will share the holiday stage with the legendary Capathia Jenkins.

The Oconee Performing Arts Society is a 501(c)(3) nonprofit organization based in Greensboro, GA. OPAS fosters a sense of shared community through high-quality performing arts experiences and live events, arts education and community outreach. To become a member and support local arts, log onto www.opas.org or call 706-467-6000.
Colquett, Zen features an infrared sauna spa, an ionic foot detox, a cryotherapy chamber, a float room, and a capstiving salt room, all located in tranquil, private suites. When asked why she chose to open Zen in Madison, Feba stated, “I spent two years taking care of my mother, who succumbed to leukemia. It was during this time that I began to research holistic medicine and a healthier lifestyle. It is our mission at Zen to offer an array of modalities to help you achieve your goal of wellness and relaxation at an affordable price.”

4. Removes toxins such as dead skin cells, oil and bacteria that clog your pores and can lead to many health issues.
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3. This helps athletes to breathe easier during periods of exercise, increases their endurance and reduces recovery time. It provides them with better lung function and greater oxygen saturation, thus allowing them to perform at a higher level.
4. Spending time in a salt room can provide relief from eczema, psoriasis and acne.

The Float Tank
1. Provides sensory benefits for those with ADHD, autism and PTSD.
2. Enhances creativity and improves performance and concentration.
3. Enhances brain calmness.

Ionic Foot Detox
1. Increases energy.
2. Boosts immune system.
3. Improves sleep.
4. Fewer aches and pains.

Certified Traditional Naturopath Fran Hardman-Garcia offers non-invasive lifestyle consultations at the Wellness Center. She relies on lifestyle therapy and nature’s whole foods and herbs for wellness care. Sheree Hawkins, licensed professional counselor, offers hypnotherapy, EMDR trauma therapy, nature-based therapy and forest therapy walks.

Zen also offers yoga and Pilates classes taught by Taylor Faust, as well as massage therapy with LMT Lisa Bowers. Stop by their location at 271 W. Washington St. (downstairs from Ricardo’s) for a personalized tour and discover the healthy alternative to less wholesome practices.

Recommended Testimonials
- “A friend and I tried out the new Zen Wellness Center in Madison, and we came out of there feeling like we were floating on air, SO stress-free and relaxed. We did three services, the infrared sauna, the salt room (amazing; so relaxing that Beth fell asleep), and the reflexology foot therapy. Can’t wait to go back to try the float room. Oh, and they have boxed H2O that says hello!” — Traci N.
- “My work schedule is challenging, so I was ready for some real relaxation. I called on a Tuesday and asked if there was any way I could book an all-day experience for my daughter and me that Friday. I literally said, “Just give us one of everything and let me know what time we need to be there.” We got massages, did the float room, foot detox, lunch (SO GOOD!), salt room, infrared sauna and cryotherapy. At the end of the day, I told Carla it was nice that we had the whole place to ourselves. She smiled and said that they actually had a lot of people booked. They ushered us so gently from space to another we thought we were alone! It was FANTASTIC! I left the planning to Carla, and she knocked it out of the park. The time I got to spend with my daughter was relaxed, fun and meaningful. The facilities were clean, thoughtfully prepared and quiet. I’m planning to do the exact same experience with my husband, and I know he’ll love it, too. I’m not easy to please, and I don’t have a single thing I would change about my day at Zen. HIGHLY RECOMMEND!” — Susan K.
- “I was amazed and delighted when I walked into Zen. The atmosphere was very serene and the staff were so friendly and welcoming. I relaxed with a foot detox and the infrared spa. I was amazed to see the toxins that were released from my feet, and I must say that I slept like a baby that night. I highly recommend this Lake Country gem and plan to go back soon.” — Lynn K.
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- Dr. Omar Mushfiq, MD MPH

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Lake Oconee, GA, is such a delightfully picturesque place that it looks like it belongs on a postcard or in a television show. Sweeping expanses of greenery, softly rippling water and vast skies of varying moods and colors are sure to stir your heart and bring a smile to your face.

As a REALTOR® working with buyers and sellers for over 20 years, I have worked with many families from Florida who discover our community and end up buying a second home or moving here full time. Of course, one of the main reasons Floridians love Lake Oconee is the water. There is nothing like the clear, crisp water surrounded by magnificent trees and gorgeous shoreline that makes people want to keep coming back again and again, as well as opportunities for a multitude of water sports and activities. Lake Oconee also offers great golf every day or moving here full time. Of course, one of the main reasons Floridians love Lake Oconee is the water. There is nothing like the clear, crisp water surrounded by magnificent trees and gorgeous shoreline that makes people want to keep coming back again and again, as well as opportunities for a multitude of water sports and activities. Lake Oconee also offers great golf every day.

It is a tapestry of culture, sunshine and fun. Here are a few of my friends who found their way here from the sunshine state. We now carry amazon returns!

Elisa Frechter will join the team as a licensed REALTOR®. Prior to moving to Lake Oconee, Elisa spent many years exploring vast careers across the country in New York, Colorado and Florida. Originally from a suburban neighborhood of Fresh Meadows, Queens, Elisa spent most of her early career in New York as a coder and programmer for The New York City Department of Environmental Protection, which led to a lifelong passion for technology and its effect on future generations. Elisa’s career background includes stints in software education, HR development, web design, program implementation, management analysis and financial operations.

In the late ‘90s, Elisa relocated with her husband, Glenn, and three children to Boca Raton, FL. As a partner in Creative Restaurant Concepts, a hospitality and real estate development group specializing in restaurant and real estate acquisitions in New York and South Florida, she found her love for real estate. She enjoys the many stages of real estate development, including the process of visualizing a property’s potential and managing the stages of construction and design. Her positive attitude and tireless energy inspire those around her. She prides herself on being organized, dependable and detail-oriented.

“We feel we will be able to provide insight to my clients while we navigate their search for the perfect home or residence. Elisa enjoys the year-round lake lifestyle, tennis, golf and playing mahjong with friends.

We are very proud to have Elisa on our team,” said Ted Baker, managing broker. Elisa and Glenn met and worked with Riezl during the purchase of their lake property in Reynolds Lake Oconee in 2016. Their beautiful home was a part-time vacation destination until their recent decision to make Lake Oconee their full-time residence. Elisa enjoys the year-round lake lifestyle, tennis, golf and playing mahjong with friends. “We are very proud to have Elisa on our team,” said Ted Baker, managing broker. “Her extensive background will enrich our brokerage and our community. She is a great addition as we continue our commitment to provide luxury service to our clients.”
France is a country full of wonder. From its rich history and language to the amazing people and food, there is much to love about the country. The French have a particular set of skills and tastes in their cuisine that have been passed on from generations. If there is one thing that you take away from France, it should be the wine.

Sure, the Eiffel Tower and Palace of Versailles are incredible places, but nothing beats a good glass of wine and a baguette. France is second to none with its incomparable wine varieties that give different flavors, smells and tastes. The magic of these wines is that they provide the perfect combination of fun and elegance. If you want to know the best wine regions in France, then simply read on!

BORDEAUX
Famed throughout the world, Bordeaux is celebrated for its wine — especially its reds. For centuries, this area of France has been producing rich and refined wine with a seamless blend of Cabernet Sauvignon, Merlot, Cabernet Franc, Malbec and Petit Verdot grapes.

The other famous wines of this region are Château Lafite-Rothschild, Château Margaux, Château Haut-Brion and Château Mouton Rothschild.

BURGUNDY
The Burgundy region of France is known for its many vineyards that produce high-quality and popular wines, including some of the world’s most expensive wines.

Burgundy is also home to many of the best vineyards and finest winemakers in the world. The climate in this area is particularly good for growing grapes, which produces wines that are rich in color, flavor and enticing aroma. Both reds and whites are produced in the region, but it is famous for its Pinot Noir and Chardonnay wines.

CÔTES du RHONE
To get a sense of the diversity of French wines, take a look at the Côtes du Rhône region. Located in the south of France, bordered by the Rhône River in the east and Provence to the west, it’s a well-known region for producing the finest red wine that’s great for everyday drinking.

The rich wine is made from the perfect blend of Grenache, Syrah and Mourvèdre grapes and has a fruity flavor with just a hint of spice. You can try this wine with grilled steaks or lamb chops; roasted chicken or game birds; cheeses like Gorgonzola, Roquefort or goat cheese; pasta dishes with tomato sauce; or poultry dishes with cream sauce.

PROVENCE
Provence encompasses the southeast corner of France, and it includes several wine-producing subregions. The diverse geography and Mediterranean climate make it home to many different grapes and grape varieties.

The wine in this region is made from a wide variety of grapes, including Grenache, Syrah, Roussanne, Cinsault and Sauvignon Blanc. This is the kind of wine you want to sip with a good book or enjoy on a long train ride. The wine can be sweet and light or heavy and dark, depending on the grapes used.

Provence wines are known for their high alcohol content, which can be as high as 16%.

TAKEAWAY: This isn’t a wine region, but you definitely can take some away with you.

These wines represent exciting styles that you don’t see every day, and they come from some of France’s most diverse and interesting regions. So, pour yourself a glass of your favorite white or red and discover the taste of France!

Or better yet, go visit these regions and taste for yourself. I’d be honored to help you plan.

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Sunshine Village Art Gallery opened its doors 25 years ago in historic downtown Watkinsville, GA. The Gallery features over 15 artists from all over the USA, who have emerged through hours of their heart and soul in mediums that uplift and show diversity.

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Sunshine Village Art Gallery opened its doors 25 years ago in historic downtown Watkinsville, GA. The Gallery features over 15 artists from all over the USA, who have emerged through hours of their heart and soul in mediums that uplift and show diversity.
Homeowners often overlook septic tanks until a problem arises. Proper septic tank maintenance is important for preventing sewage disasters in your home and yard.

We recently had the opportunity to talk with Cameron from High Priority Plumbing about the importance of preventative maintenance for your septic tank.

Reporter: Cameron, How often should a homeowner have their septic tank pumped?

Cameron: Good question. There are several variables that can determine how often a septic tank should be pumped. How much use does it get? Is it a primary residence or a second home? Typically, we suggest having your septic tank inspected and pumped every three to five years.

Reporter: Let’s say someone just moved into a new home. Would it be wise to have the septic tank pumped?

Cameron: If you have moved into a new home, pumping the septic tank would be a wise plan as you may not know how the septic system has been maintained previously.

Reporter: How does a homeowner find where their septic tank is located?

Cameron: We will find your septic tank. Our technicians can follow the sewer line from your house to locate the septic tank. However, if you are curious where your septic tank is located, your county office may have an as-built diagram on hand to act as a map.

Reporter: What will High Priority Plumbing do when they come out to my home?

Cameron: There are three main things our technicians will do:

• We will pump away the waste. Your septic tank separates waste, where solids are at the bottom, liquid sewage in the middle and scum floats to the top. Our technician will insert a hose into the access hole to begin the pumping process. Although we will pump out the liquid sewage in the process, we are mainly concerned with removing the solids and scum. Liquid waste will eventually filter out and be processed into your soil, but solids and scum remain in your septic tank.
• We will perform an inspection. After the pumping, we will clean and evaluate your filter as needed. Our technicians can also let you know about the condition of your septic tank lid. If we notice anything problematic with your septic tank, we will let you know and offer a solution.
• We will haul away your waste. Your waste will be hauled away to be treated in an eco-friendly wastewater facility. Through the treatment processes, your waste could end up benefiting agriculture through being reused as fertilizer.

 Reporter: What is some day-to-day steps someone could take to help keep their septic system in proper working order?

Cameron: Here are some ways they can help with their septic system:

• Schedule your routine inspection and pumping on time. Your septic tank should be inspected and pumped at least every three to four years. If you allow your tank to become too full, your drain field could become backed up with solids and waste. Your drain field is a series of pipes and a box which separates and releases the right amount and right type of materials into your release field. An overabundance of waste will prevent your septic system from sorting and treating your waste properly. The result could be a backed-up system, poor performance from your septic tank and/or excessive repairs or replacement. Routine care for your septic tank will be much more affordable than repairs/replacement.
• Only flush septic tank-friendly toilet paper. Any brand of toilet paper should be marked as septic tank-friendly, but it never hurts to double-check your toilet paper. Do not flush anything else down your toilet besides toilet paper. We have witnessed so many plumbing issues from flushed feminine products and “flushable” wipes. Stick to toilet paper and throw any other products away in your trash can.
• Avoid putting oils or harsh cleaning products in your drain. Your drains are not designed to handle greasy cooking oil. After you finish cooking, dump your oil into a jar that you can throw in your trash later. Even a small amount of oil down your drain can cause a clog. Your drain and pipes are not designed to handle great amounts of bleach, Windex or similar products. Also, using drain clearing products when you have a slow drain or clog can cause more harm than good. If you have a clogged drain, give us a call and please skip the Drano!
• Pay attention to small things. Plumbing and septic issues can often show subtle signs of a problem before it becomes catastrophic. Use your senses to detect problems early on. Watch out for slow drains in your home and wet spots in your yard. Sniff out any unpleasant smells. Listen for unusual gurgling sounds in your pipes.

• Avoid a buildup of sludge
• Prevent tree roots from breaking through your septic tank cover
• Keep your drain lines from failing prematurely
• Avoid grease capping inside of your septic tank
• Minimize clogs in your filtration
• Prevent your waste from leaving your septic tank without proper treatment
• Keep your drain field piping from busting

The Importance of Proper Septic Tank Maintenance

High Priority Plumbing about the importance of preventative maintenance for your septic tank.
FIGHTING INFLAMMATION

Last month we discussed three common myths about inflammation. This month we would like to share some practical and easy ways to fight inflammation.

Inflammation is a biological response of tissues in the body to harmful stimuli, such as pathogens, damaged cells or irritants. Its purpose is to restrict and eliminate the harmful stimuli and to remove damaged tissue components so that the body can begin to heal. The response consists of changes to blood flow, an increase in permeability of blood vessels and the migration of fluid, proteins and white blood cells from the circulation to the site of tissue damage.

Some think that inflammation is always bad. In fact, when inflammation becomes chronic, or long term, it can start to cause serious damage to the body, such as severe damage to joints with pain and deformities. Inflammation also plays a role in plaque buildup in your arteries, which increases risk of heart disease and stroke. It is also associated with the development of leading causes of death in the U.S. That could be because some foods like processed sugars help release inflammatory messengers that can raise the risk of chronic inflammation.

Chronic inflammation can be hard to spot. Usually, it comes with the following symptoms: abdominal pain, chest pain, consistent fatigue, joint pain, mouth sores and skin rashes. Due to the harm it can do to your body, it is important to communicate with your provider if you have lingering symptoms. Sometimes inflammation can have no symptoms at all.

Research shows that following people who follow the Mediterranean diet have shown lower levels of inflammation in their bodies. As the name suggests, this diet follows the eating patterns of those who live near the Mediterranean Sea. This includes eating mostly fruits, vegetables, potatoes, whole grains, beans, nuts, seeds and extra-virgin olive oil. It also includes eating lean meats, seafood, fish and eggs.

There are some foods that have been shown to increase inflammation. If you struggle with chronic inflammation, you should avoid fried foods, cured meats, red meat, refined oils, trans fats, sugar and white bread.

When trying to fight inflammation, it is also important to take a look at your lifestyle choices. The Cleveland Clinic recommends those who are struggling with inflammation to follow the following habits:

• Achieving and maintaining a healthy weight.
• Avoiding or quitting smoking.
• Exercising three to five times per week at least (daily exercise is best).
• Limiting your alcohol intake (maximum 2 ounces per day).
• Managing stress with healthy tools such as meditation or journaling.

To make the vinaigrette, in a small bowl, whisk together the balsamic vinegar, parsley, garlic and pepper. While whisking, slowly add the olive oil. Stir in the remaining ½ teaspoon pepper. Return the fish to the pan. Cover and simmer until the fish is opaque throughout. Stir in the remaining ½ teaspoon pepper. Serve immediately.

Chronic inflammation may play a significant role in the development of leading causes of death in the U.S. Because of this, it is important that you have a doctor that understands the signs of inflammation and the knowledge to help lower inflammation.

A Mediterranean Diet Dinner You Can Have The Neighbors Over For!

Grouper With Tomato and Olive Sauce

Ingredients
• 4 grouper fillets or steaks, each 5 ounces
• ⅛ teaspoon freshly ground black pepper, divided
• ½ tablespoon extra-virgin olive oil
• 1 yellow onion, finely chopped
• 2 cloves garlic, minced
• 3 tomatoes, peeled and seeded, then diced
• 5 large pimento-stuffed green olives, sliced
• 1 tablespoon capers, rinsed
• 1 jalapeno chili, seeded and cut into 1-inch julienne
• 2 tablespoons fresh lime juice

Directions
Sprinkle the grouper steaks on both sides with ⅛ teaspoon of the pepper. In a large, nonstick frying pan, heat ½ teaspoon of the olive oil over medium-high heat. Add the fish to the pan and sear on both sides until lightly browned, about 2 minutes a side. Transfer to a plate and keep warm.

Reduce the heat to medium and add the remaining 1 tablespoon olive oil to the pan. Add the onion and saute until soft and lightly golden, about 6 minutes. Add the garlic and saute until softened, about 1 minute. Add the tomatoes, olives, capers and jalapeno and simmer for 10 minutes to allow the flavors to blend. Stir in the remaining ⅛ teaspoon pepper. Return the fish to the pan. Cover and simmer until the fish is opaque throughout. Serve immediately.

Bean Salad With Balsamic Vinaigrette

For the vinaigrette:
• ⅛ cup balsamic vinegar
• ⅛ cup fresh parsley
• ⅛ cup extra-virgin olive oil
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What a great weekend we had for this year’s MGA Championship! The weather was perfect both days, and the Preserve was in great shape. All the stars aligned to give us a terrific tournament.

We had six flights. On day one, the best gross score was carded by Dave Scherer with a 73, and our best net score was -4, which was earned by Keith Will. The greatest number of skins won was three by Terry Massey, and the best closest-to-the-pin shot was made by Hyun Kang at 6 feet, 4 inches on hole eight.

On Sunday, day two, the real fireworks started. There were some incredible efforts made to win the overall titles as well as the individual flight titles. Flights one and two had playoffs to determine the winners. In flight one, Kade Lyons tied Jerry Keyes with identical total to par net scores of +3; Kade Lyons won that playoff match. In flight two, both Keith Will and Kevin Rostovsky had total to par net scores of +2; Keith Will won that playoff match. The flight three net winner was Brian Soderholm, with a total to par net score of -6. Terry Massey won the fourth flight with a total to par net score of even. Flight five was won with a total to par net score of +1 by Skip Adams. And finally, in flight six, Eric Hughes was the winner with a total to par net score of +5.

On Sunday, Tim Minor, Bill Necel and Jeff Burt won two skins each. The overall closest to the pin winner that day was Jerry Over with a shot that landed 2 feet, 4 inches from the pin on hole three. Tim Minor and Kevin Murphy had honorable mention shots of 4 feet, 1 inch and 4 feet, 7 inches, respectively.

The overall gross score champion was David Scherer, with a tournament total to par gross score of +5. The overall net score champion was Brian Soderholm, with a tournament total to par net score of -6. Congratulations to all of our tournament champions.

At the conclusion of play, eventually the keg of beer was tapped, and we enjoyed our preferred beverages with a nice meal. Trophies were presented to each champion and our usual raffle took place, but as always, you had to be there to win.
It’s been a really hot summer so far. In keeping with the weather and the July Fourth holiday, WGA18 played a Firecracker Shamble on July 5 — a lot of fun and a little lower stress than regular play days. Winning teams were flight one — Hitchings, Dickey, Cline, Tate; flight two — Santee, Pineda, Rogers, Mauldin; flight three — Scott, Shanteau, Schuler, Tilberg. Team Day competition is rocking along, and at the midway point, the Flamingos are ahead with 34.70 points, aided by Bic Chu Wong’s July high point total of 46. In 2nd place are the Swans with 34.65 and the Peacocks with 34.33. Three months left before the winner is declared. Participation has been enthusiastic, pace of play has been excellent, and with discounted can drinks and an extra percentage off merchandise in the pro shop, what’s not to like about Tuesdays at Preserve? If you are new to Reynolds, it’s not too late to join WGA18 for the rest of 2022. Call the Preserve pro shop for details and join us. See you on the course!

The flight two team of H. Kennedy and A. Nelson won this format with the lowest score to win. Congratulations to all the winners! The flight two team of H. Kennedy and A. Nelson with the lowest score to win this format. Nancy Formaker (Flamingo), Jenny Santee (Peacock) and Deb Denney (Swan) attempt to beat the heat with a cool one after Team Day. The two Julies tied for 1st in flight one. Nancy Formaker (Flamingo), Jenny Santee (Peacock) and Deb Denney (Swan) attempt to beat the heat with a cool one after Team Day. The flight two team including L. Michelich shot an impressive 33 gross score — par every hole and birdies on 16 and 18. Way to go! Flight one team of R. Wilkerson, J. McCann, D. Boltz and R. Neel came right in at 36. They bogeyed 12 and 13, birdied 17 and then parred everything else; quite the team players. A special shout out to K. Chicoine, who had a natural eagle on No. 16. The team used her drive, her second shot on the green, and she putted it in from 15 feet for a three. Nice job! July 14 was a nonplay day, but about 12 of us joined together at the 88 Happy Hour to talk good stories and meet some new members. July 21 was a team scramble. There were forecasted storms, so we hustled to get in the round and then only a few drops teased us. Watch for details on the October Fall Fling and the Masters Championship Round and Luncheon. If anyone wants to be an officer for next year, please see one of the current officers or inquire with the pros.

The temperatures for our July dates were hot, humid and sticky, with some rain scheduled, but it allowed us to get in our rounds of golf at the Preserve Course. After the holiday weekend, we gathered again on July 7 to play our fun round format game of three clubs to use along with our putter. Some of us did well with our selection, and others didn’t like the format at all. We had lots of fun and laughs, and some of us even attempted using a driver off the deck. Four flights put up reasonable scores with even some ties. Congratulations to all the winners, C. Dodson, C. Pavey, D. Boltz, K. Hein, V. Fuller, G. Nicholson, C. Jones and J. O’Kelley.

The flight two team of L. Michelich, T. Shepherd, S. Connell, R. Neel, L. Partalis, J. Klotz and L. MichelichThe two Julies tied for 1st in flight one. The flight two team of H. Kennedy and A. Nelson with the lowest score to win this format. The flight two team including L. Michelich shot an impressive 33 gross score — par every hole and birdies on 16 and 18. Way to go! Flight one team of R. Wilkerson, J. McCann, D. Boltz and R. Neel came right in at 36. They bogeyed 12 and 13, birdied 17 and then parred everything else; quite the team players. A special shout out to K. Chicoine, who had a natural eagle on No. 16. The team used her drive, her second shot on the green, and she putted it in from 15 feet for a three. Nice job! July 14 was a nonplay day, but about 12 of us joined together at the 88 Happy Hour to talk good stories and meet some new members. July 21 was a team scramble. There were forecasted storms, so we hustled to get in the round and then only a few drops teased us. Watch for details on the October Fall Fling and the Masters Championship Round and Luncheon. If anyone wants to be an officer for next year, please see one of the current officers or inquire with the pros.
Speaks At National Empowerment Conference In Las Vegas

Riezl Baker, co-founder and principal owner of Luxury Lake Oconee Real Estate Group, spoke at the 14th National Empowerment Conference of the National Federation of Filipino American Association, the largest nonpartisan, nonprofit organization and affiliation of Filipino American institutions, businesses and individuals. NaFFAA has thousands of members in 13 regions that cover the continental United States, Alaska, Hawaii and the Pacific Islands. The conference theme was “Navigating the Present, Shaping the Future.”

Riezl was invited to speak about successful entrepreneurship in America and making a difference as an immigrant. She shared positive turning point stories that led her to where she is today. One of those stories she named “11 at 11.”

“I was a night manager for a hotel company for two years working from 11 p.m. to 11 a.m. most days, making $11 an hour. I wouldn’t trade it for anything because it taught me the essential trait necessary to run a business, and that is hard work,” said Riezl.

She also joined a panel of distinguished business owners and executives for a general session on how to build a successful business and navigate through downturns and challenges.

“Building an honest, long-term business one customer at a time.”

“To be a successful entrepreneur, you must have the ability to adapt to change and adjust to different conditions brought about by the economy or the market. You have to be agile,” said Riezl as she narrated launching Luxury Lake Oconee Real Estate Group with her husband, Ted, during the pandemic in 2020.

The company had record sales volume for the past three years, and Riezl was recognized as Top Luxury Real Estate Industry Leader in 2021 during an event in Atlanta. Riezl and Ted were also recognized as Best Community Impact for all their contributions to the Lake Oconee community. They moved to the lake in 1997 and have a combined experience of over 40 years in real estate. They also have been involved in various organizations that have positively impacted the community.

When asked about her role model, Riezl spoke about her “Lolo” (grandfather), the late Ramon Bagatsing, who was the longest serving mayor of Manila Philippines. A WWII veteran with the U.S. Armed Forces of the Far East and a survivor of Bataan Death March, he was awarded the American Defense Ribbon and was posthumously honored with the Congressional Gold Medal during a ceremony at the Capitol attended by Riezl and her son.

“Lolo lived his life serving others,” added Riezl. “He was an amputee, and I would watch him swim with one leg while we talked about life lessons and how he overcame adversities. I learned about empathy and compassion at a very young age. My family always believed that you should share your talents to enrich the quality of lives of others wherever you live and work.”

During her speech, Riezl talked about the journey that many immigrants go through to get to this country, which strengthens their resilience and patience that prepares them for the challenges of starting a business.

“Entrepreneurship is one of America’s most celebrated emblems,” Riezl stated. “I am proud of my Filipino heritage. I am also proud to be a citizen of this great country and call America my home, where you have the opportunity to pursue your passions, start something out of nothing, make an impact in your community and thrive in the midst of uncertainties.”

Riezl has been married to her husband, Ted, for 25 years and they have two children, Stuart, who is a sophomore at Yale University majoring in history and economics, and Remi, a junior at the prestigious Interlochen Academy for the Performing Arts.

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Ten years ago, my husband accepted a job that required us to live in Southern Bavaria for a year, near where The Sound of Music was filmed and not far from Neuschwanstein, the real-life inspiration for Cinderella’s Castle at Walt Disney World. We lived only minutes away from the world’s longest castle, lesser known but quite impressive, and I regularly pinched myself because life felt like a dream. Ancient architecture in charming villages, frosty Alps against impossibly blue skies, a spectacle of festivals every other week and friendly people who quickly embraced us.

Early on, an older friend suggested, “You’ll spend the rest of your life chasing the memories you’ll make here,” and it rattled me. There was a weight and odd grief to her words; I think because life felt like a dream. Ancient architecture in charming villages, frosty Alps against impossibly blue skies, a spectacle of festivals every other week and friendly people who quickly embraced us.

Well, as the insight of John Lennon goes, “Life is what happens to you while you’re busy making other plans.” When my husband’s company extended the length of time it happens to you while you’re busy making other plans. Though we loved living there and the idea of moving to the better life that awaited, one that offers priceless security and peace of mind and includes an attentive and friendly staff, a welcoming community eager to help you adjust, delicious dining options, a robust calendar with hundreds of opportunities every month and three healthcare neighborhoods right on the same campus to meet short- or long-term needs. It is our joy to educate visitors about their retirement options. We know it takes a little while to understand how a life plan community, by design, makes your life so much better. Given a chance, resident after resident will tell you that moving to Carlyle Place is the best decision they’ve made in a long, long time ... maybe ever. In fact, many residents say they wish they had moved to our community sooner. They’re surprised but delighted to discover how much they love living here.

John F. Kennedy once said, “Change is the law of life. And those who look only to the past or present are certain to miss the future.” Whether you’re a high school student facing your senior year, middle-aged and considering a career move or an active retiree weighing your options, you’ll have to let go of what was or what is in order to grab what will be. Change is inevitable, and it will be remarkably helpful for you to consider that the next big transition you’re facing might just be the best thing that could possibly happen.

Looking for silver linings in all of life’s transitions, Robin Dance is a life plan advisor at Carlyle Place, a life plan community of Atrium Health Navicent. Call 478-405-4500 to continue this conversation or to schedule a fun, no-pressure tour and complimentary lunch with Laura McMaster, Linda Hayes or Robin today.
How Your Smart Home Can Make You Healthier

NEW BLEEDING-EDGE TECH THAT GOES BEYOND CONVENIENCE, POTENTIALLY SAVING LIVES

For a lot of people, the smart home is all about convenience. It’s a way to integrate all of your gadgets so you can control lighting, temperature and music with the sound of your voice. Even further, you can lock and unlock your doors and keep an eye on your home when you’re away. But there’s much more to a smart home than convenience and security. If the next wave of gadgets and patents are any indication, your smart home could just end up saving your life.

Already we’ve seen the first iterations of health-centric devices, like the Fitbit, which can track things like total steps taken, amount of time spent active and estimated calories burned. And Samsung has integrated a heart monitor into every Galaxy since the S5.

More and more, we’re seeing interconnected devices that take smart health to the next level. The Nokia BPM+ is a blood pressure monitor that works wirelessly, integrating with the Health Mate app to let you track your levels in real-time. There are also devices built to work with your smart devices, from pain-relief pads that emit low-voltage charges to ultrasound monitors and EKGs.

The real excitement seems to be coming with the next wave of health-focused devices, which integrate seamlessly with your home to provide healthcare you might not even realize. Google has let hard on the future of smart health devices, filing 40 patents over the last year in that space. Their latest is an optical sensor, small enough to be embedded within a mirror, that would check for things like skin color changes to assess blood flow. Any negative change could trigger additional monitoring from other sensors or wearable devices, creating a more complete picture of your body’s blood pressure and dynamics than what a single visit to the doctor could capture.

A team of researchers at Oklahoma State University recently unveiled their concept of a healthcare-monitoring smart home platform, which would combine sensors throughout the home with data from a wearable smart garment to analyze everything, from hydration levels to mental stress. To drive home just how futuristic the whole platform is, the centerpiece of it is a robotic assistant which can offer guidance on staying healthy.

Smart homes have already revolutionized the way we live. Now, it seems like they’re poised to help us live even longer, healthier lives.
Septic issue? No problem. Chad is your guy. He has years of septic experience and is known for making customers feel comfortable and for efficiently completing each job. Septic and plumbing are not everyone’s specialty, so we want to ensure our customers understand our work and not upsell unnecessary services. High Priority Plumbing is a company you can trust. Our Lake Country will have a larger team dedicated to septic work and keeping your tanks functional.

Meet our general manager, Corry Malcolm. He is a cherished member of our team and can answer even the most challenging plumbing questions. Corry is a trusted leader and ready to take on the manager role to share what High Priority Plumbing is all about. Under Corry’s leadership, our team will serve and care for each customer individually, ensuring all services are completed successfully.

High Priority Plumbing is your one-stop shop when it comes to plumbing. If you need plumbing service, don’t hesitate to call us. We are excited to join the Lake Country neighborhood.

Meet your local plumber, Cameron. He is the one to call when it comes to residential and commercial plumbing needs. Cameron receives continual five-star reviews from clients. With Cameron and his team, you can rest assured your plumbing is fixed the first time.

Next up is Katie. She is a dispatcher and part of our outstanding customer service team. Katie is ready to assist you with any plumbing emergencies or questions you may have. At High Priority, we have an in-house dispatch team that is here for you 24/7. We pride ourselves on our customer service. Let us show you why.

Meet our local plumber for the Lake Oconee area, Cameron. He is the one to call when it comes to residential and commercial plumbing needs. Cameron receives continual five-star reviews from clients. With Cameron and his team, you can rest assured your plumbing is fixed the first time.

Our Customers. Our Lake Country Community.
A Remarkable Record Of Rescues

By Cheryle Turner

September 2022

Stroll Reynolds Lake Oconee

September 2022 Stroll Reynolds Lake Oconee

96 97

RECORD

throughout America and affects black dogs as well as cats. It
dog syndrome (BDS) is observed by shelters and rescue groups

dog, and fewer are seeking black dogs in particular. In fact, black

adopter come to ORHS specifically looking for a “large” breed

was suspected that they would be large dogs when fully grown.

Tucker. Not much was known about this litter of puppies, only that

were available and urged them to come in to meet one in particular:

who volunteers at ORHS made them aware of a litter of pups who

it was time to consider adding a puppy to their family. A friend

Norwegian Elkhound, and Isabelle, a retired racing Greyhound.

years, have always been rescue pet owners, including Zachary, a

were reading about

most days find Marshall and Tucker going on walks, versteering, watching TV and playing by the lake. What a

life for these two — Carol and Randy, too! Thanks to the

for their support of Oconee Regional Humane Society!

www.orhspets.org.

Top Dogs: Biscuit, Lucy, JJ

Parks Leckie, Three Dog Wines, Cobb County Toyota,

Southern Luxury Homes

Best Friends: The Oconee Cellar, RF Designs,

Amelia Davidson (musician), Helicopter Advertising,

Sarah Yerger Advertising, Pedigee Lake Oconee,

Cindy Lutini Catering, Bend the Trend

Pick of the Litter: ProMotion Physical Therapy, Siux Hair Studio,

Ann Foster/Coldwell Banker, Alliance Homes and Land Group

Auction Sponsors: Oconee Classic Boats, Singleton Marina,

Reynolds Lake Oconee, Taylor Crosby (lead instructor at the

Kingdom of Golf), Harmony Pet Resort, Tara Rogers Agility

Training, Harbor Club on Lake Oconee, Ballinasimo Baker,

Robert Lawrence Fishing Guides, Adam Hart Dog Training

hfeedandtack@gmail.com | www.hfta-ddb.com

Rescue Dog Wines, Cobb County Toyota,

Authorized Seminole Feed Dealer

Stephanie Griffin - Owner

478-841-0155 | 800 Harmony Rd Eatonton, Ga 31024

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Horse Tack

Hay - Alfalfa, Bermuda,
This month, Stroll Reynolds Lake Oconee recognizes Therapeutic Massage & Wellness Spa LLC, formerly Pure Vida Spa, this Lake Oconee-based wellness center includes massage therapy, spa treatments (such as “Sample the Spa” and “Treat My Feet”), assisted table-top stretches and lymphatic drainage. They also sell a plethora of products aimed at relaxation and wellness, including Doterra essential oil products and diffusers, CryoDerm topical products, Soothing Touch bath salts and other self-care essentials.

Veleanar Horton is the owner and a licensed massage therapist of Therapeutic Massage & Wellness Spa LLC as of January 2020. She graduated from the Atlanta School of Massage Therapy and Aesthetics, and she is currently licensed in the state of Georgia. Veleanar’s passion for massage therapy and wellness came as an epiphany. With a background in foreign exchange and financial services, her purpose and passion changed to help people with their overall well-being. “Helping you to feel better is my mission,” states Veleanar. “At Therapeutic Massage & Wellness Spa, I aim to facilitate the healing of soft tissue injuries, help relieve chronic pain, help with relaxation with a compassionate touch for therapeutic benefits and continue with my education in order to better serve my clients and the community.” Her certification is in a variety of modalities, such as reflexology, myofascial release, deep tissue, orthopedic massage, lymphatic drainage massage and many others. Veleanar is also a member of the American Massage Therapy Association (AMTA), which is the largest nonprofit, professional association serving massage therapists and massage schools.

Therapeutic Massage & Wellness Spa also employs another full-time therapist, Kevin Belcher. Kevin was first drawn to massage therapy because he loved the idea of helping others through touch. Like Veleanar, he also graduated from the Atlanta School of Massage Therapy, and he has been practicing since January of 2011. Kevin specializes in therapeutic deep tissue and trigger point massage, and he likes to customize each treatment to create an individualized experience. Prior to his work with Therapeutic Massage & Wellness Spa, Kevin was a self-employed massage therapist who provided in-home therapy sessions and on-site chair massages. Kevin was also previously employed with Facelogic in Roswell and Massage Envy in Alpharetta.

Therapeutic Massage & Wellness Spa was first started in 2020 after being rebranded from the original business that used the facility, Pure Vida Spa. In the two years since its genesis, the business has flourished and even has plans to expand the variety of services offered. Currently, their staff includes Veleanar, Kevin and an additional contractor who works when her schedule allows, though they plan to hire additional employees to meet their growing demand.

In order to give back to their community, Therapeutic Massage & Wellness Spa has participated in numerous fundraisers by donating money or services. Here are some of the local charities and nonprofits they support: Habitat for Humanity, The Lydia Project, Circle Ranch, The Vining Group and the Savannah Court Nursing Home at Lake Oconee. They intend to further their community involvement and outreach as the business continues to grow and they hire additional staff. “I give God all the Glory for what He has done and what He is continuing to do,” adds Veleanar. “I am also so grateful for the continued support from the community!”

Testimonials

“My massage was fantastic! Vel was amazing, and she is extremely knowledgeable and very thorough. I came into my massage with extreme muscle tension. By the end, I felt relaxed and so much better. Very professional atmosphere and the facility is beautiful. Definitely coming back!” — Cheney

“My husband and I spent the weekend at the Ritz and decided to venture out for a massage. Wow! We both had an amazing experience. They gave a law enforcement discount too. Very accommodating and catering to our needs. We love this place and will come back very soon!” — Melanie

“This was such a great experience! My job causes a lot more muscle tension and knots than I realized. The therapists here are great and took care of a lot of my pain.” — Dan

The Vining Group at Keller Williams Lake Oconee is the proud sponsor of this “Sponsor Spotlight” article.
“CELEBRATES 17 COLLEGE GRADUATES”
$270,000 PLEDGED FOR COLLEGE SCHOLARSHIPS!

The “College Student Picnic” was a celebration of the accomplishments of 17 college graduates supported by LOYA. Of the 29 students awarded scholarships since 2018, LOYA is proud of the 98% retention rate of LOYA scholarship students with an average 3.5 GPA. The picnic was an opportunity to introduce the 13 new 2022 LOYA scholarship recipients to their supporters. The new 2022 scholarship students were able to meet and spend an evening with their mentors.

The event was hosted at the Christ Our King Catholic Church pavilion. The picnic featured Publix’s famous fried chicken and included students and their families, supporters, donors and mentors. The educational investment for local Putnam and Greene County students was definitely a reason to celebrate college graduates representing many colleges throughout Georgia. The program that began in winter of 2017 as an idea to assist high school students with college applications has grown into a program that includes advisement, counseling, a mentoring program and four-year college scholarships following students through their college journey, along with various financial assistance packages. Each package is uniquely crafted for each student, with ongoing academic reviews and coaching to ensure grades and hours continue to meet HOPE and PELL eligibility guidelines. Minimizing student loans and maximizing the opportunity to successfully graduate from college in four years is LOYA’s goal for each student.

At the picnic, LOYA college students Jake Morris, a graduate of GCSU, and UGA graduate Laila Pettigrew shared their stories of success with new LOYA high school graduates and thanked the volunteers for their guidance and support. LOYA’s investment and ongoing commitment to our local area students will pay dividends in the lake country for generations to come.
Sheila I.M. Smith of Castle Home Management in Reynolds Lake Oconee, Greensboro, GA, has been appointed to serve on the National Home Watch Association’s advisory board for another year. Sheila has served on the board since 2018. The advisory board helps to steer the direction of the Home Watch industry throughout North America. Sheila can be reached at info@castlehomemanagement.com.

WaterSports Central
ANNOUNCES PARTNERSHIP WITH CHRIS-CRAFT

WaterSports Central LLC announced a partnership with Chris-Craft Corporation as Georgia and upstate South Carolina’s exclusive servicing dealer for Chris-Craft boats. Chris-Craft brings luxury sterndrives and outboards that accentuate the level of quality and excellence that WaterSports Central clients have come to expect.

Chris-Craft Corporation, headquartered in Sarasota, FL, is a storied brand with a reputation that precedes itself. Chris-Craft boats are designed, engineered and built to the highest standard of quality, employing the most skilled craftsmen and technicians. Unmatched in performance with attention to detail that is second to none, Chris-Craft brings a purposeful mold mix of stern drives and outboards with options set to exceed expectations.

WaterSports Central CEO Jeff Husby said, “I am thrilled to partner with Chris-Craft. The brand is iconic and aligns with our clientele values at WaterSports Central. It will be exciting to watch this brand grow in all five of our locations.”

Whether it’s a Catalina 24 or a Cabo 35, the same Chris-Craft quality and attention to detail can be seen throughout each boat. But it’s more than Chris-Craft’s acute desire for product perfection that WaterSports Central is excited about; it’s the mutual desire for customer commitment that exceeds anything in the industry. Sharing the same vision for an unmatched customer experience has both brands eager for the future.

Chris-Craft VP of Sales Gavan Hunt commented, “The team at Chris-Craft is excited to build on our customer base in Georgia and South Carolina. WaterSports Central’s reputation for creating excellence in the customer experience fits perfectly with our brand’s core values. We look forward to success as we grow together in the future.”

Effective immediately, 2023 Chris-Crafts are available for order with stock inventory arriving later this fall. Stop by WaterSports Central, located at 1011 Park Trace in Greensboro, to check them out and learn more.
PHOTO OF THE MONTH

The local photo club at Lake Oconee, APLO, meets every fourth Thursday in the lower community room at Peoples Bank, across from the pyramid (991 Lake Oconee Parkway, Eatonton). The club is open to the public, and if you have an interest in learning more about photography or just hanging out with others who enjoy photography, then come check us out. The meetings start at 7 p.m., with a social hour from 6:30 to 7.

We have a speaker each month and try to alternate between outside speakers (often professional photographers) and member presentations. We also have a monthly photo challenge where each member shares their photos on the monthly topic with the club. We review and critique these photos. We do field trips together and have social activities. Our membership is made up of professionals, semiprofessionals, beginners and everything in between. The thing that we all have in common is a love of photography. If you have an interest in photography, please come check us out.

The photo of the month this time was taken by one of our new members, Tracy Perkins. The assignment for the month was “Reflections.” Tracy took this photo of Horton Pond at Jekyll Island. She said, “I tried to capture the reflection of the trees and sky in the pond.” I think she did a fine job of that! Thanks for sharing with us, Tracy. Tracy was using a Nikon D5600 with a Tokina f2.8, 11 to 16-millimeter lens. The focal length was 16 millimeters, f-stop of 10.0, shutter speed of 1/320 second and ISO of 400.

You can keep up with our club activities on our website: www.aploclub.org.

By Ken Johnson
Regent Seven Seas Cruises®
Unveils New Legendary Journeys with the Launch of its 2024-2025 Grand Voyages

Regent Seven Seas Cruises® unveils its four new Grand Voyages for 2024-2025. The four mesmerizing voyages on Seven Seas Explorer®, Seven Seas Mariner® and Seven Seas Voyager® will sail itineraries across Northern Europe, the Mediterranean, Asia and Africa. Reservations open on July 20, 2022.

The Grand Arctic Adventure on board Seven Seas Mariner® departs from New York and takes guests on an 83-night adventure to Barcelona. Travelers on the Grand European Sojourn voyage will embark on a 79-night Lisbon roundtrip through Northern Europe and the Mediterranean onboard Seven Seas Voyager®. On Seven Seas Explorer®’s Grand Asia Exploration, guests will experience an 83-night itinerary from Tokyo to Sydney. The final voyage is the Grand Spice Route Quest, which will take intrepid travelers on a 70-night voyage from Auckland along Australia’s sublime east coast before crossing the Timor Sea to Indonesia. Guests can unleash their foodie spirit on overnights in Bali, Singapore, Ho Chi Minh and Bangkok; visit the spice capitals of Sri Lanka and India; and marvel at the treasures of Luxor in Egypt. All-inclusive fares from $66,999 per guest.

Included in Regent’s Legendary Journey Collection is its 2025 World Cruise — Away in Wonder — which embarks Jan. 7, 2025, from Miami to San Francisco and retraces trade routes of old. Experience the unforgettable trek from Auckland along Australia’s sublime east coast before crossing the Timor Sea to Indonesia. Guests can immerse themselves in beautiful cultures, captivating aromas and delicious sights on the 70-night Grand Spice Route Quest. Departing from Auckland on March 25, 2025, onboard Seven Seas Voyager®, true seafaring adventures abound on a fascinating journey that retraces trade routes of old. Experience the unforgettable trek from Auckland along Australia’s sublime east coast before crossing the Timor Sea to Indonesia. Guests can unleash their foodie spirit on overnights in Bali, Singapore, Ho Chi Minh and Bangkok; visit the spice capitals of Sri Lanka and India; and marvel at the treasures of Luxor in Egypt. All-inclusive fares from $66,999 per guest.

Regent Seven Seas Cruises®
2024-2025 Legendary Journeys:
Cinematic landscapes, Nordic wonders and the great cities of Northern Europe enrich the 83-night Grand Arctic Adventure on board Seven Seas Mariner®, departing from New York on June 28, 2024, on a 70-night voyage from the British Isles and throughout the glittering shores of the Mediterranean on board Seven Seas Voyager®. An astounding nine overnights allow guests to savor the flavors of France, Belgium, the Netherlands, Spain, Turkey and Israel. Discover the shimmering green British Isles before visiting new ports in Italy, Greece and Turkey. From Tangier to Istanbul, take in the centuries of history, art and cultural riches that flourish on Mediterranean islands and coastlines. All-inclusive fares start from $82,999 per guest. With 10 port overnights, Grand Asia Exploration reveals a myriad of marvels, from the jewels of Japan to idyllic Southeast Asia shores, to Australia’s wilds on a 63-night voyage from Tokyo to Sydney. Departing Oct. 18, 2024, guests will enjoy extensive exploration of Japan with 11 remarkable ports that include overnights in Kyoto. Delight in breathtaking scenery, local cuisines and Eastern culture in Taiwan, China, Vietnam, Thailand and Indonesia. Cruise Australia’s east coast before the voyage ends with an overnight in Sydney. All-inclusive fares from $45,999 per guest.

Guests can immerse themselves in beautiful cultures, captivating aromas and delicious sights on the 70-night Grand Spice Route Quest. Departing from Auckland on March 25, 2025, onboard Seven Seas Voyager®, true seafaring adventures abound on a fascinating journey that retraces trade routes of old. Experience the unforgettable trek from Auckland along Australia’s sublime east coast before crossing the Timor Sea to Indonesia. Guests can unleash their foodie spirit on overnights in Bali, Singapore, Ho Chi Minh and Bangkok; visit the spice capitals of Sri Lanka and India; and marvel at the treasures of Luxor in Egypt. All-inclusive fares from $66,999 per guest.

Included in Regent’s Legendary Journey Collection is its 2025 World Cruise — Away in Wonder — which embarks Jan. 7, 2025, from Miami to San Francisco and discovers incredible destinations in South America, the South Pacific, Australia and New Zealand, Asia and Alaska. On board Seven Seas Mariner®, guests will sail three oceans for 150 nights, visiting 97 ports of call in 25 countries on five continents and will cover 36,295 nautical miles over more than five months. Regent has curated incredible experiences on land for luxury travelers to enjoy from 395 FREE shore excursions to 16 in-port overnight stays, allowing for extended exploration of fascinating locales, including Rio de Janeiro, Brazil;
Rotary Youth Leadership Award (RYLA) camp hosted 68 students this past summer. Eight of those students were from the lake country area and sponsored by the Rotary Club of Greene and Putnam Counties. The camp was held at the Tallulah Falls School in beautiful Tallulah Falls, GA. Rising sophomores, juniors and seniors attended the four-day leadership event that included whitewater rafting, hiking, swimming, a ropes course, guest speakers and an opportunity for building lifelong friendships with fellow students.

The International RYLA camp was started by Rotarians in Australia in the early 1950s. It is the object of RYLA to bring friendships with fellow students. Of course, guest speakers and an opportunity for building lifelong friendships with fellow students. The Rotary Club of Greene and Putnam Counties sends local students to north Georgia. Greene and Putnam Counties. The camp was held at the Tallulah Falls School in beautiful Tallulah Falls, GA. Rising sophomores, juniors and seniors attended the four-day leadership event that included whitewater rafting, hiking, swimming, a ropes course, guest speakers and an opportunity for building lifelong friendships with fellow students.

The RYLA camp gives high school students in our district the opportunity to network, communicate and learn from people who have experienced life and from people who can help them see things from a different point of view. While at camp, students have the chance to apply those skills through new adventures and outdoor exploration activities. Although camp lasts for four short days, many students leave with stories and friendships that last a lifetime.

The dynamic speakers at RYLA camp included Rose Procter, director of the BB&T Center for Ethical Leadership within the Mike Cottrell College of Business at the University of North Georgia; Ryla Jarrard, a nationally acclaimed comedy magician and variety entertainer; Bob Mackey, president and chief executive officer of the Boys & Girls Club of North Central Georgia; and Sonja McLendon, chief operational excellence at Northeast Georgia Health System.

Camper Mason Honea is a student at Lake Oconee Academy. Camp explores the community and the nation together with the young leaders of the future to share ideas, techniques, philosophies and inspirational messages. RYLA scholarships are among the thousands of scholarships given each year by Rotarians worldwide.

RYLA camp gives high school students in our district the opportunity to network, communicate and learn from not only successful leaders, Rotarians and volunteers but also fellow students. The Rotary Club of Greene and Putnam Counties sends local students to north Georgia every year in hopes of sending each camper back home better equipped to be a leader in “his or her” school and community. Students are given the opportunity to learn more about themselves through the voices and eyes of people who have experienced life and from people who can help them see things from a different point of view.
Concierge medicine is a membership-based healthcare approach that provides members with benefits rarely found in a typical medical practice. At Lake Country Medical Concierge, our dedication to providing high-quality, personalized comprehensive care, along with superior customer service, is our focus on thoroughness, convenience, and accessibility throughout the year. We take a proactive approach to healthcare by preventing illness and disease from occurring. Dr. Chronos always says, “Why do you need to get sick to get well; why not just stay well?” With 24/7 availability, our goal is to be here when you need us. Concierge medicine offers many benefits to its members. Continue reading to learn more about why you may want to consider Lake Country Medical Concierge as your primary care medical provider.

1. Concierge Medicine Saves You Time
Concierge medical practices save you a great deal of time and hassle. You will get an appointment with us the same or next day. The average waiting time for an appointment at a traditional primary care practice is several weeks. Here your appointment will start on time, meaning you will not be stuck in the lobby waiting an hour or so for your visit to begin. You will receive age-appropriate screenings, bloodwork, and imaging in-house, keeping you from having to travel to another location and wait in additional waiting rooms. When you call us, our team answers the phone call. You do not have to worry about calling several numbers and talking to a hierarchy of people to get in touch with your doctor. A dedicated team manages all concierge patients within the practice. We understand that all of this time adds up. At Lake Country Medical Concierge, we offer the convenience of time.

2. More Quality Time With Your Doctor
By limiting the number of patients at the concierge practice, we can offer additional benefits that are not possible in a traditional practice. On average, a concierge doctor spends 30 minutes with a patient compared to the 7 or 8 minutes that a traditional doctor spends. You will have time to talk about all your health concerns and get your questions answered. We will work with you one-on-one to help you stay well and prevent illness. It is important to us to develop a great understanding of each patient’s medical history and issues. Prevention is only possible with an in-depth understanding of both medical and social factors that impact disease state development.

3. 24/7 Access to Your Doctor
We are available 24/7 to take your call. In addition, your call goes directly to a team member who knows who you are and has access to your medical history. This is critical to getting you feeling better faster. Quicker access also prevents emergency room visits because we can treat you over the phone or see you in the office within 24 hours. This enables not only continuity of care, but also access to the concierge care team when patients are traveling. Through our remote patient monitoring systems, we have the ability to closely monitor patients’ physiological variables at home, providing more consistent care rather than the episodic care seen only in the physicians’ offices.

4. A Focus on Prevention
Seeing patients more often and for longer periods of time means we can focus on preventative care. The episodic care traditional physicians provide focuses on identifying current issues and quickly resolving those matters. Concierge doctors can take the time to look at your entire health history on each visit, which often helps them identify and diagnose issues as they’re developing, rather than when they’re already serious. We work with our patients to identify risk factors, prevent disease and optimize treatment, from early detection to coaching patients on lifestyle changes that can prevent future health woes.

5. Concierge Medicine is Cost-Effective
A concierge doctor can focus on fewer patients than a traditional physician, allowing them to focus on preventative care with better insight into each patient’s health. This can help control healthcare costs for those patients. The 24/7 access that is structured into concierge medicine reduces the number of emergency room visits. This in turn reduces the costly medical bills that come with ER visits. Also, because of the preventative aspect of concierge medicine, we get ahead of costly illnesses and diseases. Through prevention, we minimize the medical bills that may arise down the road.

6. In-Office Tests and Screenings
At Lake Country Medical Concierge, we offer a wide range of in-office diagnostics and screening tests. While you are in the office we have the ability to provide advanced imaging including top-to-toe ultrasound, echocardiogram, and nuclear stress testing. In addition, we have convenient access to in-office or at-home lab draws through Cleveland Heart Lab. We also provide in-house vaccinations, immunizations, and travel consultation medicine. At Lake Country Medical Concierge, our mission is to provide patient-centered access to comprehensive, personalized health care which will optimize quality of life through our innovative care solutions. Members can experience better healthcare with more convenience. If you would like more information about our medical practice visit our website lakecountrymedicalconcierge.com or call us at 706-530-3659.

Thank you for your interest in our Concierge Medicine program.
This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to tom.hanscom@n2pub.com.
<table>
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</table>

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.
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