

SOUTH ATLANTA'S FUN FAMILY RESOURCE

October 2017

JUST 4 FAMILIES

DIGEST®

FREE

ENTER TO WIN !!

See Page 3 for Details.

4 FREE Tickets



Enter to Win
a Certificate!

See details on the
Just 4 Families
Digest
Facebook Page



770-TREE-GUY

We know trees

24hr
Emergency
Service

Senior &
Military
Discounts

★★★★★
5star!



770-873-3489
770TREGUY.COM

Pruning Removals Inspections
Risk Assessments & more

Providing professional and knowledgeable tree care while cultivating lasting customer relationships is our mission



Owned & Operated
by an
ISA Certified Arborist





Enter to Win a \$20 Gift Certificate for Unlimited Play from Urban Jungle. Enter to win on our Facebook page www.facebook.com/Just4FamiliesDigest.

Just4Families 312 Crosstown Road Suite 162 • Peachtree City, GA 30269 deb@j4fd.com
 678.654.4111 www.j4fd.com Publisher: Deb Presley-Christensen



**September 30th Open to the Public:
 Monday-Friday 4-7pm and Saturdays & Sundays 10am-6pm**

- Our Farm Activities Include:
- The New Hay Maze
 - Sunflower Garden
 - New Dinosaur Exhibit
 - The Bee House
 - Puppet Show
 - The New Science Center Hydroponic System Farm to Table
 - New Animal Farm
 - Pumpkin Movie
 - S.T.E.M Garden Area
 - New County Store
 - Hayride

- The Fun Zone
- Jumping Pad
- Jumping Pillow
- Pirate Ship
- zoft Jumbo Slide



Atlanta Food trucks on the weekends!

770-954-9356
www.yuleforest.com

Fear the Woods Opens the First Weekend in October



Christmas Tree Farm opens Thanksgiving Day





Encore Interior Consignment

266 S. Peachtree Pkwy, Peachtree City
(Next to Bicycles Unlimited)





Taking Consignments Every Day
Free Furniture Pick Up



770-629-2409

www.encoreconsignptc.com

Mon - Sat: 10 AM - 5 PM Wed: 10 AM - 7 PM



Kid's Tech ACADEMY

**Early Registration-Going on NOW
2017-2018 School Year**



STEAM
Science Technology Engineering Art Math

Preschool includes daily S.T.E.A.M activities, meal plan, academically appropriate learning that caters to each child's individual pace and much more.

Afterschool includes pick-ups from 11 local schools, S.T.E.A.M. activities, snack, homework help, access to the game room retreat, gym and more. As well as extracurricular classes in engineering, tennis, dance, piano, foreign language and chess.

We also offer:

- Early Childhood Education (6 weeks to 5 years)
- Extended Before and Aftercare (4 years to 12 years)
- Pick up from Fayette County Schools
- Highly qualified staff in a safe and nurturing environment
- Pick up from Fayette County Schools and Liberty Tech Charter School



****NOW Registering for Preschool & Afterschool 2017!****

Engineering For Kids®

\$25 OFF
Early Registration
2017/2018
School Year

With this coupon. May not combine offers. Exp. 10/15/2017

Call or Stop By for School Tour. Come in to see how we are developing lifelong learners through STEAM practices and fostering children's natural curiosity in a nurturing environment.

Monday - Friday 6:30 a.m. - 7:00 p.m.
291 Jenkins Dr Tyrone, GA 30290
www.kidstechacademy.org
678-661-KIDS • 678-907-4184

Prevent or Reduce **FALL ALLERGY** **PROBLEMS**

**Including Asthma, Coughing, Wheezing Exercise Difficulty,
Sinus Problems and Infections, Nasal Congestion and Stiffness**

Allergy & Asthma Specialists **Eugene S. Hurwitz, M.D.** • **John Vickery, M.D.**
William T. Boleman, M.D. • **Neha Kharod, M.D.** • **Adesh Patel, M.D.**



**Caring for Children
and Adults**



Center for Allergy and Asthma of Georgia

37 Calumet Pky.,
Bldg. F, Suite 201
NEWNAN
770.683.4050

1975 Ga Hwy 54W, #255
PEACHTREE CITY
770.487.2218
Across from Publix

Acworth/Kennesaw
1164 Cassman Village Dr., NW
Building 506, 5th Fl.
Kennesaw, Georgia 30144

Alpharetta
4085 North Point Pkwy., Ste 306
Alpharetta, Georgia 30022

Carrollton
823 Dixie Street
Carrollton, Georgia 30117
770-450-0120

Douglasville
8902 Scarborough Blvd., Ste 100
Douglasville, Georgia 30134
770-478-0529

Griffin
181 South 8th Street
Griffin, Georgia 30204

Hiram
Piedmont Pediatric Center
2024 Stearns Boulevard, Pharmacy
Building 906, Unit 913
Hiram, Georgia 30141
478-426-5917

Smyrna
362 Concord Road SE
Smyrna, Georgia 30082
770-458-0917

Villa Rica
Lynne Memorial Park
8832 Lakota Hwy., Ste. 16
Villa Rica, Georgia 30178
770-499-0620

URBAN JUNGLE



Laser Tag Rock Wall Laser Frenzy Arcade

**\$20 Unlimited
Wristband Special**

See website for details

www.UrbanJungleLaserTag.com



Check out
Our Laser
Tag Video

678-902-9010

261. Clover Reach, Peachtree City
Behind The Post Office

"My kids absolutely LOVE this place! I love how the staff are so helpful."

"Great place! So fun and affordable! Loved it, especially laser tag!"

"Great place for kids (and active adults) to break away from the norm. Lazer tag was the best I have ever been in!"

Hours:

Mon - Thurs:

3 PM - 8PM

Fri. 5 PM - 11 PM

Sat. 11 AM - 11 PM

Sun. 1 PM - 9 PM

LASER *Regeneration*

State Of The Art Laser Facility



Fabulous Skin this Fall!

Laser Treatments and Anti-Aging Facials & Peels

Providing the highest quality service for your cosmetic needs.

For more than 12 years, we have been providing you with access to the latest in laser technologies and energy based therapies.

We appreciate the opportunity to help you feel and look the best you have ever felt.

**As Seen
on
11 Alive**

For a free consultation, call 770 306-9777 today.

- Remove Unsightly Pigmentation
- Repair Sun Spots/Damaged Skin
- Remove Spider Veins
- Hair Removal - All Types, Men & Women
- Scars & Stretch Marks
- Warts - Regular & Plantar
- Toenail Fungus
- Tattoo Removal
- Rosacea
- Skin Tightening & Pore Reduction
- Double Chin
- Skin Rejuvenation
- Tone, Texture & Color Improvement
- Facial Contouring
- Stimulation of Collagen



- Botox, Dysport & Xeomin Injections
- 5 Year Dermal Filler - Bellafill Dermal Fillers Lasting 12 to 18 Months
- Non Surgical Eye Lift
- Non Surgical Face Lift
- Facials
- Chemical Peels
- Jet Peels
- Oxygen Facials
- Brow & Lash Tinting
- MicroNeedling

Introducing Kelly Meikle, L.E. Kelly is a licensed medical Esthetician and licensed Laser Practitioner. She has worked with prominent Dermatologists and Plastic Surgeons in the area for 10 years. She splits her time between working in Atlanta at Buckhead Facial Plastic Surgeon and Laser Regeneration right here in Tyone!

NO DOWNTIME FOR MOST TREATMENTS!

**FREE
CONSULTATION
ALL
SKIN TYPES**

Laser Regeneration
40 Carriage Oak Drive in Tyrone

CALL TODAY: (770) 306-9777
www.laserregenerationatl.com

**Call for our
September
Specials!**



Beyond Pumpkin Spice: Five Other Fall Flavors

Pumpkin spice is awesome and for a brief time, every year the market is full of foods and drinks celebrating it in all its glory. Some love it so much they've created pumpkin spice chips, dog treats, and soap. However, while everyone is drinking their pumpkin spice latte, or PSL, and eating treats full of pumpkin pie spice goodness, there are other quintessentially fall flavors that sit uneaten in the supermarket aisles.

What flavors are also great for the autumn?

APPLE CINNAMON

There was a time that apple alone was the flavor of the

fall. Especially in the American northeast, the common fall family event before pumpkin picking was apple picking. Apples were synonymous with going back to school and the leaves changing colors. However, with the rise of pumpkin spice, treat enthusiasts are looking for more complex flavor profiles to enjoy.

Apple Cinnamon is perfect for fall treats. Apple cinnamon might not be great for the coffee house latte treat, but the time is always right for a nice hot cup of apple cider. It hits the sweet spot for everyone and there are no endless amount of stuffing, dressing, and casserole recipes

combining apples, cinnamon, and something else to make a delicious treat.

One great way to mix together the fall flavor into a wonderful lunch time meal is to use apples and cinnamon to put a new twist on Waldorf salad. Simply swap out the grapes of the traditional recipe for a cup of cubed cooked chicken breast and add in a ½ teaspoon of cinnamon and enjoy an autumn chicken salad.

CRANBERRY

Cranberry is the silent hero of Thanksgiving. It's tart and cuts through the cream, meat, and carb filled Thanksgiving meals. However, cranberry doesn't quite get its full celebration. Many people are already happy with just using the canned cranberry sauce, when there are so many wonderful cranberry sauce recipes. Cranberry pairs well with almost any other fruit or vegetable and an inventive cook can use cranberry in many recipes for a unique twist.

Cranberries taste great with chocolate. Cranberry and chocolate chip cookies are a delicacy that few people have tried. Let's not forget all the different cocktails that feature cranberry juice.

One way to dress up a nice fall meal would be to add jellied cranberry sauce to a typical turkey meatball recipe. This offers a brand-new way to enjoy meatballs and ground turkey. For those who prefer meatloaf, cranberry makes a great add-in for turkey meatloaf. Pair that with stuffing and green beans and you have a quick easy meal that everyone can enjoy.

PEAR

Fresh pears saturate the market between October and November and are delicious treats for anyone, especially raw. The great thing about pears is they are so versatile. Mixed with any other fall flavor, pears will enhance your favorite fall recipes.

What's so great about pears? There are so many different varieties. Anjou pears, both red and green, are deliciously soft and sweet. Bosc pears are moderately sweet but crisp, which makes them perfect for cooking to reduce the heat in a spicy and savory recipe. Seckel pears are also crispy with a slight sweetness that works well in alcoholic drinks. These pears are simply scratching the surface. There are so many more that will provide variety to fall drinks and

foods.

A great quick meal idea is to combine steak, pear, and arugula on a grilled pizza using Gorgonzola cheese. To keep it quick and easy used a prebaked pizza crust. Sprinkle the pizza with salt and pepper to taste and glaze it with a mixture of olive oil and balsamic vinegar. It is a perfect treat for a cool autumn evening.

MAPLE

If you're from the American northeast, maple candy was one of the best parts of the changing leaves. Maple doesn't have to remain a topper for your pancakes. There are so many treats that could use the great taste of maple.

Pumpkin pie spice doughnuts might be amazing, but a pumpkin pie spice doughnut with maple-flavored icing is a taste of heaven. For those that can't wait until the pumpkin spice latte makes its annual debut, a maple latte might be a welcome addition.

Could a maple syrup latte be the next pumpkin spice latte (PSL)?

The greatest thing about maple is how well it pairs with meat. Maple glazed ham and bacon are

regular staples in a lot of home. Maple also works great as a glaze with mustard for salmon. You could easily swap the maple flavoring in any treat that's available with pumpkin spice and be just as pleased.

POMEGRANATES

The pomegranate is a difficult fruit to handle, due to the over 600 juicy seeds on the inside. There are multiple methods on how to retrieve them, but the best method is to buy a container of prepared seeds from your local grocery store.

Starting in September pomegranates are plentiful, making pomegranate a wonderful unique and unexpected fall flavor

One great way to use pomegranate with another overlooked fall flavor is in a cranberry sauce. Pomegranates work very well with cranberries and will vastly liven up a plain cranberry sauce. It also would taste great as a hard candy and makes an excellent addition to more adult targeted candy treats.

Overall, there are so many uniquely fall fruits and vegetables out there looking for incorporation into your favorite

treats. If these five don't satisfy your craving for new and interesting fall flavors, look at produce like quince, mushrooms, sage, sweet potatoes and Brussels sprouts to incorporate into unique treats as you gaze at a landscape transformed into a painting by the changing leaves.



Pumpkin Pancakes? 7-Ways-to-Incorporate-Fruits- and-Veggies-into-Pancakes

Pancakes are easily one of the most popular breakfast foods, but they aren't all that healthy. Since pancakes contain only simple carbohydrates, they won't keep you full for long, and the lack of nutrients may leave you feeling tired and groggy. And let's not forget that most people prefer their pancakes slathered in syrup, which offers no nutritional value. While an unhealthy breakfast is fine now and then, it's best to enjoy a nutritionally-rich meal every morning. This article offers seven

ways to incorporate fruits and vegetables into pancakes, so you can enjoy your favorite breakfast food in a healthier way.

Pumpkin Pancakes – Pumpkin-flavored everything is fast becoming popular in the health food world. Add some pumpkin to your pancakes for a heart-healthy, immune-boosting twist. These are especially festive in autumn.

Carrot Cake Pancakes – If you think you can't have dessert for breakfast, try a breakfasty twist on this favorite cake. Not only are carrot cake pancakes delicious, but it's also a great way to incorporate some veggies into your breakfast. Carrots are good for your eyes and they're a great source of beta-carotene.

Butternut squash Pancakes – Similar to pumpkin pancakes in taste and texture, squash pancakes will provide you with a myriad of vitamins and minerals. Butternut squash also supports a healthy metabolism and helps the immune system.

Zucchini pancakes – Zucchini is a mild vegetable with a taste that is easily disguised, while at the same time boasting endless health benefits. It is high in potassium, vitamins, and antioxidants. If you

don't like the taste of zucchini or the sight of little green flecks in your pancakes, disguise your pancakes with a few tablespoons of cocoa powder for a delicious, dessert-like breakfast.

Banana pancakes – Any fan of banana bread will love banana pancakes, slathered with butter. Bananas contain potassium for a healthy heart, and they're also a natural source of energy to fuel you through your day.

Blueberry pancakes – Blueberry pancakes have long been a classic breakfast choice, but adding blueberries to your pancakes also adds a healthy twist. Blueberries are full of antioxidants and memory-boosting chemicals, and they are thought to ward off dementia.

Coconut Pineapple pancakes – In the Hawaiian mood? Some unsweetened, shredded coconut and some fresh or frozen pineapple can add a healthy and tropical twist to your breakfast. Coconut provides healthy fats and fiber, while pineapple is high in thiamine, a vitamin that helps produce energy, as well as other vitamins.

Don't worry if the suggestions above don't appeal to you. The list of fruits and vegetables that can be mixed into pancakes is inexhaustible. Keep experimenting with add-ins until you've found your favorite, and then sit down to enjoy a healthier version of your favorite breakfast.

Donate • Volunteer • Shop
Clothes Less Traveled
Thrift Shop, Inc.
ClothesLessTraveled.org

Don't forget we have all of your Fall & Halloween needs from décor to costumes!!

**459 Highway 74 South
Peachtree City, GA 30269
Open Monday - Saturday
10:00am - 5:00pm
Open until 7:00pm
on Thursday**

Bring in this coupon for 20% off your entire purchase.

*Cannot be combined with any other offer, excludes yellow tagged items
Expires Dec 31st 2019 JAF201910

Monday - Senior Citizen Day -15% off for customers 60+ years young.

Thursday - Thursday is sale day! Each Thursday several items are on sale for 50% off. Subscribe to our newsletter for weekly updates! Follow us on Facebook!

Friday - Double punch day! Bring your frequent shopper card or ask your cashier for one and receive double punches!

KARATE ATLANTA



BACK 2 SCHOOL

NEW STUDENT PACKAGE



1 PRIVATE LESSON

5 GROUP CLASSES

ALL FOR \$55

includes uniform

PEACHTREE CITY
(770) 415-8664

NEWNAN
(678) 582-2646

WWW.TRYKARATEATLANTA.COM

Are You Ready to or Build?

Whether it's time to Improve or Move...Our team will add fashionable function with the latest design and craftsmanship.

**Remodel or Build on Your Lot
Basement • Master Bath
Room Addition • Porch Enclosure
In-Law Suite • Kitchen**



**Check out our
website and
testimonials**



**Locally Owned and Operated. Serving Neighb
& Coweta counties since 1995. State Licensee**

Remodel

Call 404-925-5915



www.candccustomhome.com

ors in Fayette
d & Insured.

What story will YOUR star tell?

Act, Dance, Sing, Dream!

Legacy Theatre's Performing Arts School
Starting at Age 2!



"I truly don't know where I would be without Legacy.

An environment that not only trains students as professionals from the get-go but also an environment that is supportive, encouraging, and a family. I thank them so much for the impact they've had on my life."

Hurry!
Registering
thru Nov.
1st!

Kelly Lamor Wilson,
Legacy Graduate

Actress,
The Case for Christ
The Middle

thelegacytheatre.org

Grand Opening In October



See Facebook For Details!

Coffee Shop
&
Shaved Ice



2848 HWY 54 PEACHTREE CITY, GA



HIGHWAY 54
SHARPSBURG, GA 30277

770.331.5156



\$2 OFF
admission

MONKEY JOE'S

Full price admission only.
Not to be combined with any other offers.
Valid only at listed location.
Exp. Oct. 31, 2017

\$25 OFF
Birthday
Party

MONKEY JOE'S

Booked by Oct. 31, 2017.
Not to be combined with any other offers.
Valid only at listed location.
Exp. Oct. 30, 2017

\$5
unlimited
rock wall
climb

MONKEY JOE'S

With a paid full price admission.
Not to be combined with any other offers.
Valid only at listed location.
Exp. Oct. 31, 2017

Ashley Park
354 Newnan Crossing Bypass
Newnan, GA 30265 (770) 251-7226
monkeyjoes.com/locations/newnan
MonkeyJoesNewnan

MONKEY JOE'S
PARTY BIG. PLAY GREAT.

HAND & STONE
MASSAGE AND FACIAL SPA

handandstone.com

TRY OUR ONE-HOUR
*Pumpkin
Facial*

\$59^{95*}
A
\$99.95
VALUE!

The ultimate facial using
pumpkin enzyme to repair dull,
sun-damaged skin designed to leave
your face feeling hydrated and youthful.



**LIMITED
TIME
OFFER!**

INTRODUCTORY ONE-HOUR
MASSAGE
OR FACIAL
\$49^{95**}
AN
\$89.95
VALUE!

INTRODUCTORY ONE-HOUR
HOT STONE
MASSAGE
\$69^{95**}
A
\$109.95
VALUE!

Peachtree City | 770-691-2085
2015 West Highway 54 Suite 111

*Limited Time Offer. **Introductory offers valid for first time visit only and not valid towards gift cards. Sessions include time for consultation and dressing. Rates and services may vary by location. Independently Owned & Operated. ©2017 Hand & Stone Corp. Franchises Available.



Call Us For Delivery!
770-461-2332

DISCOUNT COUPON

BOGO PIZZA

ANY SIZE, ANY TOPPING
EXPIRES: DECEMBER 31, 2017



180 Hwy 314 | Fayetteville, GA 30214

DUE LOCAL

DUE FRESH

DUE SOUTH

PEACHTREE CITY, GA

WWW.DUESOUTHPTC.COM

MUSIC - LESSONS

THE MOST
FUN YOU CAN HAVE WHILE LEARNING
VALUABLE LIFE LESSONS?

AB
**SO...
LUTELY**



Experienced teachers, digital methods, computer classes, private lessons, group classes and awesome performance events.

Do more - Learn more - Have more fun.

Guitar - Bass - Drums - Piano - Voice - Sax

Recording - Digital Music

ptcmusic.org



RONALD SACHS
VIOLINS

Serving South Atlanta
2001 Commerce Dr. N
Peachtree City, GA 30269
770-763-7266

Violin - Viola - Cello - Bass

- Highest Quality available
- 100% Trade-in Value
- Highest Customer Satisfaction
- Exceptional Rental Program
- Full Repairs & Restoration

-Special Offer -
Present this ad for:
2-months FREE on any rental
and 10% off select instruments.

www.RonaldSachs.com

Chris Johns - Store Owner/Cellist
chris@ronaldsachs.com | 770-763-7266

Best
Rental!

October Events

Fall Family Days at The Rock Ranch

Enjoy 35+ attractions and Farm Market shopping at The Rock Ranch. Cowboy Day, Great Outdoor Adventure, Up, Up, and Away with Hot Air Balloons, "Not So Spooky" Halloween

A great day trip, just an hour south of Atlanta.

The Rock Ranch 5020 Barnesville Highway, The Rock, GA (706) 647-6374

www.therockranch.com

Harvest Some Fun-Old McDermitt's Farm

Oct 1 Through Nov 4

Ole McDermitt has a farm and on that farm he has a pumpkin patch, hay rides, corn maze, windmill, and lots of animals for you to see E, I, E, I, O. Homegrown Family Fun: Scarecrow dress up station • Farm animal encounters • 4 acre corn maze • small 1/3 acre maze for the little tots or for those that don't want the full maze challenge • corn box - similar to a sand box • duck race • super slide - 75 ft of sliding fun • milk betsy the wooden milk cow • corn stalk tunnel • hay ride around the corn maze • hay treasure • family games • giant pony hop • big music wall.

www.callawaygardens.com

Uncle Bob's Pumpkin Patch

Sept 3 6:30 PM – 8:30 PM

Sept 24 Through Nov 5

Uncle Bob's is located on more than 36 acres of beautiful countryside in Coweta County. There are many exciting things to do. You are sure to have a fun-filled day full of adventure around the farm! Hayride • Corn Maze • Corn Gun • Petting Zoo • Chicken House • Pottery Demonstration • Mushroom Education Station • Worm Factory • Nature Trail • Vine Tunnel • Honeybee Barn • Bat Theater • Spinning, Dyeing, and Felting Demonstrations • Story Time • Puppet Show • Vegetable, Herb, Water, and Sun Dial gardens • Felt Doll & Gourd Display • Enjoy a picnic on one of our many tables around the farm

3781 Happy Valley Circle

Newnan, Georgia (770) 253-8100

www.unclebobspumpkinpatch.com

Yule Forest Pumpkin Patch

Sept 30 – Oct 31

Home of one of the largest pumpkin patches in Georgia, you can choose from pre-cut pumpkins or you can cut your pumpkin, fresh, right off the vine! We provide a pumpkin cart and a stem cutter for those who want the experience of cutting their own pumpkin from the vine. During your visit on the farm, you can browse through our Country Coop Store for specialty items and jams or take a hayride through our cartoon forest and visit our petting zoo. Coming to the farm this year is a Hay maze you and your family are sure to get lost in! Make sure to check our Facebook for special days like military or costume days. Our pumpkin patch is only open during the month of October, so don't wait to plan your visit to our farm! As always, parking is free!

3565 North Hwy 155, Stockbridge • 770-954-9356

www.aboutyule.com

Fear In The Woods

Open Weekends Sept 29 through Oct 29 and Halloween night!

Fridays and Saturdays 7pm to Midnight

Sundays 7pm to 11pm

Tuesday, October 31st 7pm to Midnight

The Farmer's crazy Uncle Eddie has escaped and is preparing the fields to scare trespassers at night. The woods will once again become alive September 29th, when the sun sets over The Pumpkin Patch. Uncle Eddie has brought Pandemic to the farm and we need your help to keep it contained. Are your skills good enough to save yourself and those around you? Don't wander to far from the light as he has invited new creatures to come feast on the screams of those that come to the farm after dark. Visit if you dare, and remember... only the woods will hear you scream.

Please note that Friday and Saturday nights are our busiest nights. Our highest volume nights are the last two weekends in October. Please plan ahead.

Fear the Woods is located at Yule Forest!

3565 North Hwy 155, Stockbridge, Ga. 770-954-9356

2017 Georgia Apple Festival

The Georgia Apple Festival brings two exciting weekends to Ellijay, Georgia every year with hundreds of vendors offering food, art, crafts, and more, as well as visitors from all over.

The Ellijay Lions Club, the Gilmer County Chamber of Commerce, the cities of Ellijay and East Ellijay, and Gilmer County invite everyone to come and enjoy the 46th year of the Georgia Apple Festival. There are over 300 vendors with handmade, hand-crafted items, as well as many on-site demonstrations of how selected types of crafts are made. This year promises many new crafts as well as favorites from past festivals. There is a parade and antique car show each year. The antique car show is held at the Civic Center on October 14th. The parade is on October 21st and begins at 10 AM in historic downtown Ellijay.

706-636-4500

Ellijay Lions Club Fairgrounds

1729 South Main Street

Ellijay, GA 30540

www.georgiaapplefestival.org

Southern Belle Farm

Southern Belle Farm is a historic 330-acre family farm in McDonough, Georgia — we're just a short country drive south of Metro Atlanta. The farm is open seasonally for berry and peach picking, fresh produce, pumpkins and fall fun. Our Fall Festival is the highlight of the year with a corn maze, pumpkins, campfires, pig races and 20+ attractions.

www.southernbellefarm.com

1658 Turner Church Rd., McDonough, Georgia 30252

770-288-2582

42ND Annual Tyrone Founders Day Festival

Through – Oct 8th

42nd Annual Tyrone Founders Day Festival September 30th - October 8th. We will have a variety of different things to make you and your family glad you attended! Carnival Rides, Pro Wrestling, Bands, 5K, Strongman Contest, Fishing Rodeo, BBQ Cook-Off, Vendors, Performances, Contests, Parade, Tyrone Sweetheart Pageant, One Worship Celebration, Jazz in the Park, Movie in the Park and Fireworks

Location: Shamrock and Handley Parks

www.tyronefoundersday.org

Second Sunday at Woodruff Arts Center

On the second Sunday of each month we offer free admission for all visitors and special family-friendly programming from 1 to 4 p.m. To help ensure your family has a great experience at the High Museum, check out our Second Sunday Social Story at ww.high.org. This will give you a sense of what to expect during your visit. Please note: Admission is free from 12 noon to 5 p.m.

Programming takes place from 1 to 4 p.m. High Museum of Art Atlanta, 1280 Peachtree St., NE, Atlanta, GA 404-733-4444

www.woodruffcenter.org

Georgia State Fair

September 29 - Oct 8

Spectacular amusement rides, pig races, camel rides, pony rides, petting zoo, attractions, Circus Hollywood, Flores Thrill Show, Korso Magic & Comedy and live music!

Atlanta Motor Speedway

1500 Tara Place, Hampton GA

georgiastatefair.org

The Cotton Pickin' Fair

October 7 & 8 8 AM - 5 PM

Return to 1910 where the Farmhouse, the Cotton Gin, and the Cotton Warehouse form a unique backdrop for a great day of 21st century fun. Amidst skilled artisans and antique specialists, the Fair shares remnants of farm life in days gone by. New talent

October Events

keeps the festival fresh and interesting while returning artists welcome loyal customers seeking to add to individual collections. 18830 Hwy 85 Gay, GA 30218
www.cpfair.org

Oktoberfest in Downtown Newnan

Oct 13 5 PM to 9 PM

The Oktoberfest celebration is designed to bring beer enthusiasts downtown to enjoy a night of tasting craft brews. Over 30+ downtown businesses participants extend their business hours, and their hospitality, to downtown guest to serve as tasting locations for the different varieties of craft beer that is available for sampling. Downtown businesses provide complimentary refreshments, retail sales specials and other treats for all Oktoberfest guest. Main Street Newnan releases a limited amount of 450 Oktoberfest tickets for drinkers that are available for purchase. Tickets will be available for sale online beginning in mid-September of each year at \$30 per-person. We encourage interested guests to purchase tickets in advance, as tickets usually sell out a week in advance of the event. Participation in Oktoberfest festivities is cost free for non-drinking participants.

www.mainstreetnewnan.com

NatureTrail Festival at the McGuffey Nature Center and Trails

OCT 15 2 PM - 4 PM

Outdoor event for the whole family. Learn about trees, plants and wildlife at Coweta County's beautiful nature trails at the county fairgrounds. A great way to enjoy a fall afternoon with your kids, grand kids, nieces and nephews. Meet Smokey Bear and hear park rangers talk about snakes and mammals in the woods. Leaf art, educational activities and scavenger hunt on the trails. Free Food and Prizes. Rain or shine, sorry no pets. Hosted by the Coweta County Master Gardener Extension Volunteers and supported by local business sponsors. Fairgrounds Complex, 275 Pine Road, Newnan. For more information, call the Coweta County Extension Office at 770 254 2620

Cemetery Walk in Fayetteville's City Cemetery

Oct 20 & Oct 21

Learn about Fayette County history from historic Fayette County citizens as you are led through the cemetery by a Spirit guide. Tickets can be purchased at the Museum during business hours beginning October 10th, 2017. Ticket prices are \$5 for adults and \$3 for children (5-12).

140 West Lanier Avenue, Fayetteville, GA 30214
770.719.4173

www.hdfhouse.com

Haunted Halloween at Atlanta History Center

Oct 20 6:30 PM - 9:30 PM

Be prepared for thrills and chills as you walk through the Atlanta History Center's foggy gardens and haunted historic houses! Step onto the page as fairy tales, Victorian literature, fables, and nursery rhymes take on a new twist. Scare factors help you determine which trails and historic houses are the adventure you are seeking. This year, you are invited to a whimsical and wacky Mad Hatter Tea Party as you kick off your night of fancy and fright. This special program is \$15 for members; \$20 for general public; \$10 for children.

Atlanta History Center, 130 West Paces Ferry Road NW, Atlanta, GA
www.atlantahistorycenter.com

Fayette Shriners and Fayetteville Main Street Presents:

Chili Fest & Competition

Oct 28

Public is invited to taste competitor's chili's, starting at Noon. Other activities in conjunction with Main Street Fayette. Food and drink will be available for a small donation that will support the Shriners' Hospitals for Children. Registration 8 am. Cooking begin at 9 am Judging begins at 12 pm. Public is welcome. Food and drink will be available and Chili tasting will begin at noon. On the Historic Courthouse Lawn in downtown Fayetteville

www.atlantahistorycenter.com

Fayette Market Day & Trick or Treat on Main Street

Oct 28 10 AM. - 5 PM

Enjoy the jack-o-lanterns around the Fayetteville square and the Fayette Family Market Day around the gazebo. The traditional Trick-or-Treat at participating businesses and around the gazebo to all the vendors will start at 3:30 p.m. and end at 4:00 p.m. Costume Contest will begin with age 4 and under, 5 - 8; and 9-13 at 4:00 p.m. and end at 5:00 p.m. Location for both contests will take place at the fountain area near the stage. Call 770-719-4173 for more information
www.fayetteville-ga.gov/events

Hooch Hike and Paddle at Chattahoochee Bend State Park in Newnan

Oct 28 8:15 AM to 2:30 PM

Get the best of both worlds at the Bend - a 5.5 mile hike up the Riverside Trail to the bend boat launch where we'll break for lunch. Then, a short instruction session to get you on your way; a nice, easy paddle back down the Chattahoochee. Boats are available to rent or bring your own. Register in advance, space is limited. Ages 10+ \$12 per person plus \$30 boat rental. \$5 parking. 770-254-7271. Chattahoochee Bend State Park
425 Bobwhite Way • Newnan
www.gastateparks.org

"Not So Spooky" Halloween Fest at The Rock Ranch

Trick or Treat, costume contests, and don't forget to bring your dog (on a leash) to participate in treat or treating and the costume contests!

The Rock Ranch • The Rock, GA
www.therockranch.com

Munchkin Masquerade in Newnan

Oct 31 10 AM - 12 PM

The Munchkin Masquerade occurs every year on the morning of Halloween from 10 a.m. - 12noon, and is a daytime trick-or-treating event for young children. During the Munchkin Masquerade, preschool aged children from around the greater Newnan- Coweta area gather in downtown Newnan around the courthouse square to collect treats from downtown businesses. Costumes are always welcomed and encouraged. This event typically hosts a crowd of around 1,000 children and lasts around 2 hours. Free parking is available along downtown streets, and in the City of Newnan's Public parking lots, located at: 13 Lagrange Street, 22 Spring Street, 6 First Avenue, 50 East Broad Street, 65 East Broad Street, 41 East Washington Street, and 22 East Broad Street.
www.mainstreetnewnan.com

Lend Me A Tenor

Sept 29 - Oct 22

It's 1934 and World famous opera star, Tito Morelli is appearing for one night only with the Cleveland Grand Opera. But-when he can't perform, characters scramble to somehow save the evening and their opera company. A sensation on Broadway and in London's West End, this madcap, screwball comedy is guaranteed to leave audiences teary-eyed

The Legacy Theatre, 1175 Senoia Road, Suite C, Tyrone, GA
(404) 895-1473

www.thelegacytheatre.org

Do you have an event for our calendar?

Email to deb@4fd.com



Why Do We Go Trick or Treating?

Whether you welcome trick or treaters on October 31, or lock the door and turn off all the lights, you may be wondering how the custom originated. And if you stock up on candy every October, you aren't alone – after Easter, Halloween is the holiday during which the most candy is bought and consumed, about \$2 billion worth each year.

Some form of trick or treating has been around for longer than you might think; children in ancient Greece were fond of dressing as birds or animals and demanding money and food from houses, although the custom had little to do with Halloween. The concept of Halloween as we know it today has

its roots in the Celtic holiday of Samhain, about 2,000 years ago in what is now the United Kingdom. It was believed the dead returned to the world and could only be appeased with offerings of food and drink.

Trick or treating as practiced today, and the other trappings of Halloween, evolved over time from this celebration. The practice of calling at houses, asking for a treat or threatening consequences was known as mumming in 15th and 16th century Scotland. Adults joined in the fun too; in areas of Wales, men dressed up pretending to be the dead returning to life to ask for food and to generally be

mischievous.

During the 16th century, Catholics in England visited homes asking for soul cakes, in exchange for praying for the souls of the dead. This custom was practiced in parts of Europe too, and was even referred to by Shakespeare in one of his plays, Two Gentlemen of Verona. Some variation of this continued in Britain throughout the 18th and 19th centuries, and waves of immigrants to America brought some of the traditions with them.



In the United States, trick or treating has been common since the 1920s, and today is one of the highlights of Halloween. The term trick or treat was first mentioned in a Canadian newspaper in 1927, and during the 1920s Halloween postcards were produced showing children playing tricks. Kids were depicted as trick or treating on television and radio programs during the 1940s, and the custom became more widespread.

A more organized form of trick or treating, known as trunk or treating is practiced today by many community groups, schools and churches. Many parents see it as being safer for their kids than walking the neighborhood streets in the dark, and many churches see it as a way of reaching out to the community, and perhaps attracting newcomers.

There are plenty of variations on trick or treating in North America and Europe. In parts of Canada, children ask for Halloween apples instead of candy, and in Portugal children carry carved jack-o-lanterns and smear ashes on their faces. In Italy, households prepare a feast for those who have departed, and in Germany all the knives in the house are hidden away to prevent the dead from using them.

Children all over the world still enjoy the custom of dressing up and asking for treats, and many adults seem to enjoy it just as much. It's easy to see trick or treating, regardless of its pagan roots, is really just good fun.

MORE *for* LESS Consignment

**MORE for LESS Consignment has it
All for You this Fall!**



**Fashions for women, men, and children,
and for your home.**



Check out our latest inventory and sales!

Open Tuesday-Saturday 10am - 7pm • Sunday 1pm to 6pm

**PEACHTREE CROSSING SHOPPING CENTER
100 PEACHTREE PARKWAY NORTH, SUITE 12**

770-486-9888



Carla's Dance Factory



NOW SCHEDULING RHYTHM WORKS INTEGRATIVE DANCE CLASSES



A Clinically Based Hip Hop Dance Program reimagined for the purpose of supplementing existing therapy/IEP goals, as well as providing a pathway to integrate kids with individual learning differences into inclusive dance classes.

- Utilizes sensory processing, kinesiology, and behavioral analysis
- Customizable
- Certified Teachers: Carla Gillespie Berry, A'Leah Burrell and Jessica Weaver
- Builds social, emotional, cognitive, and motor skills. Plus, it's tons of fun!



Rhythm Works Integrative Dance goes well beyond the art of dance. Emerging studies are starting to show that both sound and rhythm have great effects on the brain. Over the next few years, we hope to be able to show that by adding purposeful movement to specific music and rhythms, new neuropathways are created to override under or over-functioning pathways, helping kids to better organize their brains and self-regulate.

Call for a Class Schedule
that fits best in your busy day!
Classes for children
ages 3 to adults

119 Flat Creek Trail
Fayetteville, Georgia 30214
770-487-8001

Visit us on Facebook
[dance@carlasdancefactory.com](https://www.facebook.com/dance@carlasdancefactory.com)

GREAT AMERICAN COOKIES®



The Avenue, Peachtree City Ashley Park, Newnan
770-486-9587 770-254-0180

Buy 1 Get 1
FREE

**DOUBLE
DOOZLE**



The Avenue, Peachtree City
Ashley Park, Newnan
Expires 10/31/17

\$2.00 OFF
Cookie Cake
16" or Larger



The Avenue, Peachtree City
Ashley Park, Newnan
Expires 10/31/17

The Dog Walker

Affordable Dog & Cat Care Available in Your Home or Ours!

**Long Work Hours or Traveling?
Personal Health Challenges?
Exercise for Healthier Dogs!**

Licensed & Insured



Help Wanted
for Additional Dog Walkers
Call or Email
ptc.dogwalkingservice@gmail.com

www.PeachtreeCityDogWalker.com • 770-632-7507

Weed Man®



- FERTILIZATION
- SOIL ANALYSIS
- WEED CONTROL
- DISEASE CONTROL
- INSECT CONTROL
- LIME

FREE LIME APPLICATION

when you sign up for basic service



Call Now: **770 463-1911**



Roofing • Gutters • Metal • Windows

Insurance Claim Specialists!

Roofing • Gutters • Gutter Covers
 Metal Roofing • Siding • Residential
 Commercial • Licensed Insured
 Free Estimates • Local • Guaranteed

404.516.8357

FREE 5" GUTTERS

WITH PURCHASE OF ANY NEW ROOF

MAGNUM Must be presented at time of estimate. Cannot be combined with other offers or discounts. Offer expires 10/31/17.

10% OFF ANY JOB UP TO \$1,500

5% OFF ANY JOB OVER \$1,500

MAGNUM Must be presented at time of estimate. Cannot be combined with other offers or discounts. Offer expires 10/31/17.

Professional Roofing And Gutter Experts

In all aspects of roofing from choosing the appropriate material, to installation, repairs and even complete replacement.

 www.facebook.com/MagnumGutters
Ask about Military, Law Enforcement & Public Safety Discounts

www.magnumgutters.com • magnumgutters@gmail.com



FALL FAMILY FUN DAYS AT THE ROCK RANCH



ENJOY 35+ ATTRACTIONS AND FARM MARKET SHOPPING AT THE ROCK RANCH

COWBOY DAY • GREAT OUTDOOR ADVENTURE
UP, UP, AND AWAY WITH HOT AIR BALLOONS
"NOT SO SPOOKY" HALLOWEEN

SEE OUR WEBSITE FOR DETAILS
WWW.THEROCKRANCH.COM



5020 Barnesville Hwy, The Rock, GA

(706) 647-6374

www.therockranch.com

A great day trip, just an hour south of Atlanta



Purchase tickets online and SAVE!

Use discount code "just4fam" for

\$2.00 off tickets

Coupon Expires 11/4/17, Valid Online Only

Just 4 Families Digest
312 Crosstown Road, Suite 162
Peachtree City, GA 30269