

ZH JAN. 13, 2008
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NorthSide

NORTH FULTON, EAST COBB, DUNWOODY, FORSYTH



INSIDE

Determination drives inductee

Spencer Sappington has been among the state's best golfers for years. Now, the Hall of Fame is honoring him. **ZH11**



On ajc.com: Read what our community bloggers have to say — and tell them what's on your mind, too.

OTHER 'CREEK' TOWNS

Some other U.S. cities with "Creek" in their name have incorporated historical and geographical elements into their logos, or played off the town name. Johns Creek is new and has few landmarks to draw from.

BATTLE CREEK, MICH.
 > **Population:** 53,364 (2000 census)
 > **Incorporated:** 1859
 > **Logo:** Frontiersman and Native American superimposed over the city skyline with a sailboat in the harbor.

WALNUT CREEK, CALIF.
 > **Population:** 64,296 (2000 census)
 > **Incorporated:** 1914
 > **Logo:** Box-shaped tree (actually, an oak tree).

HUNTERS CREEK VILLAGE, TEXAS
 > **Population:** 4,374 (2000 census)
 > **Incorporated:** 1954
 > **Logo:** Oval-shaped silhouette in green of a hunter carrying a rifle and trailing a dog.

JOHNS CREEK, GEORGIA
 > **Population:** 65,000 (estimated)
 > **Incorporated:** 2006
 > **Logo:** Blue swoosh representing Johns Creek, a tributary of the Chattahoochee River.

Sources: City Web sites of Hunters Creek, Texas; Walnut Creek, Calif.; Battle Creek, Mich.; Johns Creek.

City up the creek for a suitable logo

Residents' ideas culled for new symbol

By **DOUG NURSE** / dnurse@ajc.com

INSIDE

> Town hall meetings continue. **ZH5**

Johns Creek, the proud, newly created city, has an identity issue.

Much of the city was never crazy about the current logo of wavy blue lines representing Johns Creek, a real but modest tributary of the Chattahoochee River, or perhaps the river itself. City officials decided they want a new, bolder image for the freshly minted municipality, which was established Dec. 1, 2006.

But other than the river, Johns Creek lacks any defining geographic features, history, or personages other than say, sports figures residing in Country Club of the South. The current logo was hurriedly crafted by designers with CH2M Hill-OMI, the private com-

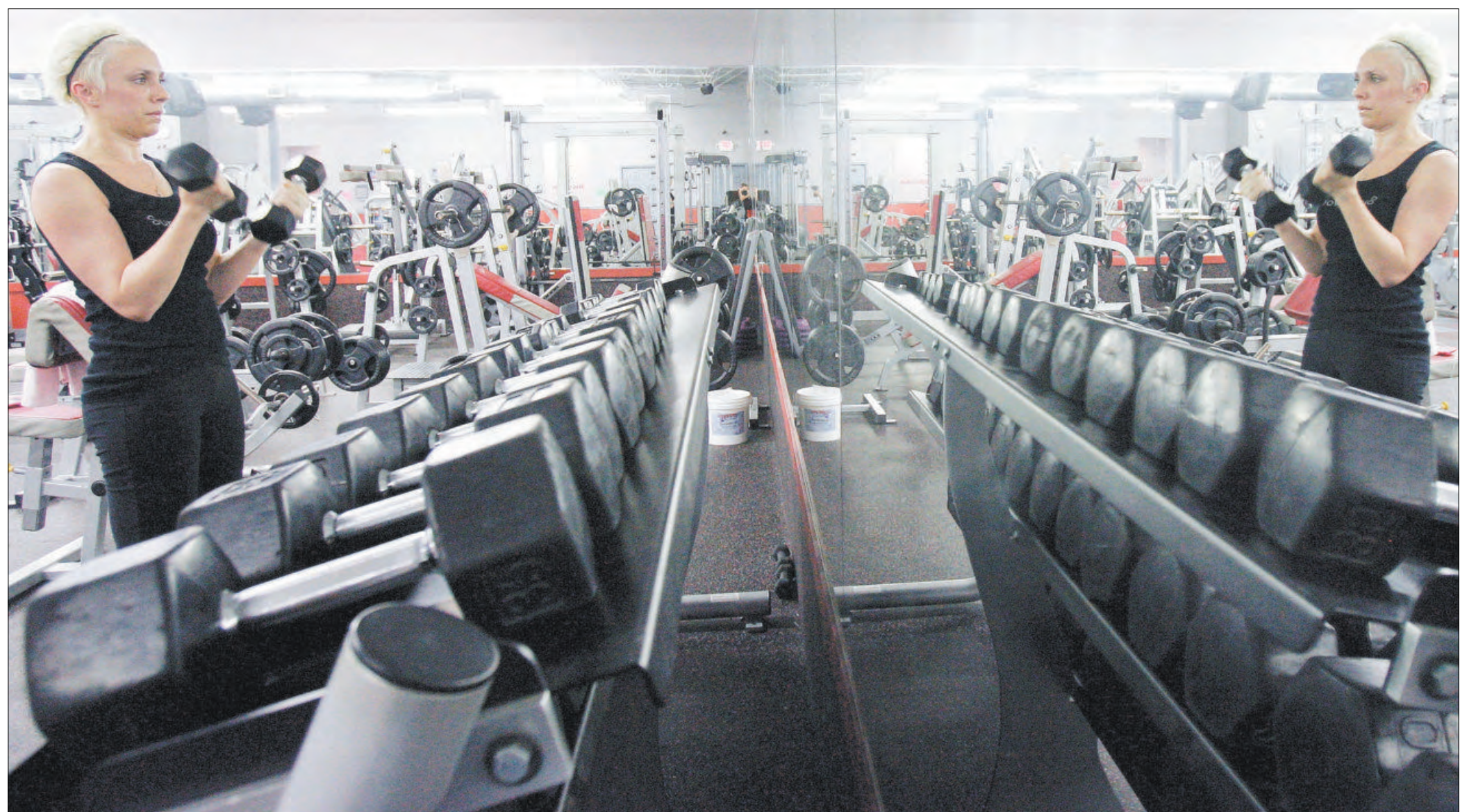
pany hired to provide the city's services day to day.

A check of other cities with Creek in the name wasn't much help.

The city couldn't follow the lead of Battle Creek, Mich., whose logo proclaims it is the Breakfast Capital of the World (Post and Kellogg's were born there). But instead of a box of cereal, city leaders opted for a frontiersman and a Native American for its symbol. Battle Creek got its name from a run-in between a government surveyor and some locals 175 years ago.

> Please see **LOGO, ZH9**

Think you don't have time for the gym?



BOB ANDRES / Staff

At 4:30 in the morning, **April Kruger** enjoys a spacious gym area to herself at Workout Anytime in Alpharetta. For time-strapped people, working out can be squeezed in at early or late hours.

THINK AGAIN. THINK 24/7

We know, we know. You've made another New Year's resolution to get in shape. But you're just so busy with the kids and work to ... Stop it right there.

Northsiders have fitness options to fit anyone's schedule: Gyms open 24 hours a day, 7 days a week. Meet four go-getters who hit the gym bright and early. **ZH4**

FROM THE BLOG

Teens and car break-ins

When six Alpharetta teens were charged with 150 break-ins, readers sounded off. Some are shocked the teens aren't in jail. Others downplay the crimes. **ZH8**



PERFECT START

Seven seniors shine

Blessed Trinity's boys basketball team is off to sizzling start — 14 straight wins. The team's strategy? A talented group of seven seniors (at left) are leading the way. **ZH10**





THINK AGAIN. THINK 24/7

Sacrifice sweetens workouts

If your gym is open 24/7, you're fresh out of excuses. If you ever wake up in the middle of the night and would like to work out, you can.

Several fitness centers on the Northside are open at all hours, including Workout Anytime, with multiple Northside locations, and Lifetime Fitness in

Alpharetta, with plans to open in John's Creek this summer.

AJC photographer Bob Andres visited Workout Anytime and Lifetime Fitness and talked with some of the early risers.

Here's what they had to say:

Bob Gard, 49, Alpharetta



"I normally get here about 4:15 a.m. or 4:30 a.m. just because I'm an early person, [there are] less crowds, I don't ever have to wait for a machine, and it's just easier. It's a better way to start my day. Then, after here, I get my coffee. And then there's nothing else in life I want. I always tell people that sleep is a worthless process that I have to do, not that I want to do, so I get up early. I don't need much sleep. So why not? It's fun."

April Kruger, 36, Alpharetta



"I'm a survivor of breast cancer. I'm a mother of three. My third born was nursing at the age of 6 months when I was diagnosed. Everything happened really quickly. Life just went on hold immediately, and living became the ultimate goal. I went through chemo, two surgeries, more chemo, eight weeks of radiation, and, at the end of that, I was glad to be done, but I was physically worn out. So that's my motivation for getting up, while my kids are still sleeping, and working out."

Anthony White, 54, Roswell



"I picked up a lot of weight just working a lot, and I want to kind of lose it so I can get back into things I like doing, like basketball and squash and things of that nature. And, I can't do it unless I lose my weight. My news is lose, and I want to lose about 20 pounds. ... I want to work out at least three days a week. That's my goal. I like to come early because it gives me the opportunity to work out before I go to work. So, I'm in, and I'm out. And, the whole day, I can enjoy myself."

Silvana Alvarez, 29, Alpharetta

"I wake up every day at 4:30 in the morning and, then, I come to the gym. Why do I do it? Because ... I have a kid, he's 10, he goes to school, so I can't afford to go back home and come to the gym because someone has to help him do homework. So, I might as well just sacrifice mine, and, then, come to the gym at 4 o'clock so that I have the afternoon free for my kid."



Photos by BOB ANDRES / Staff

