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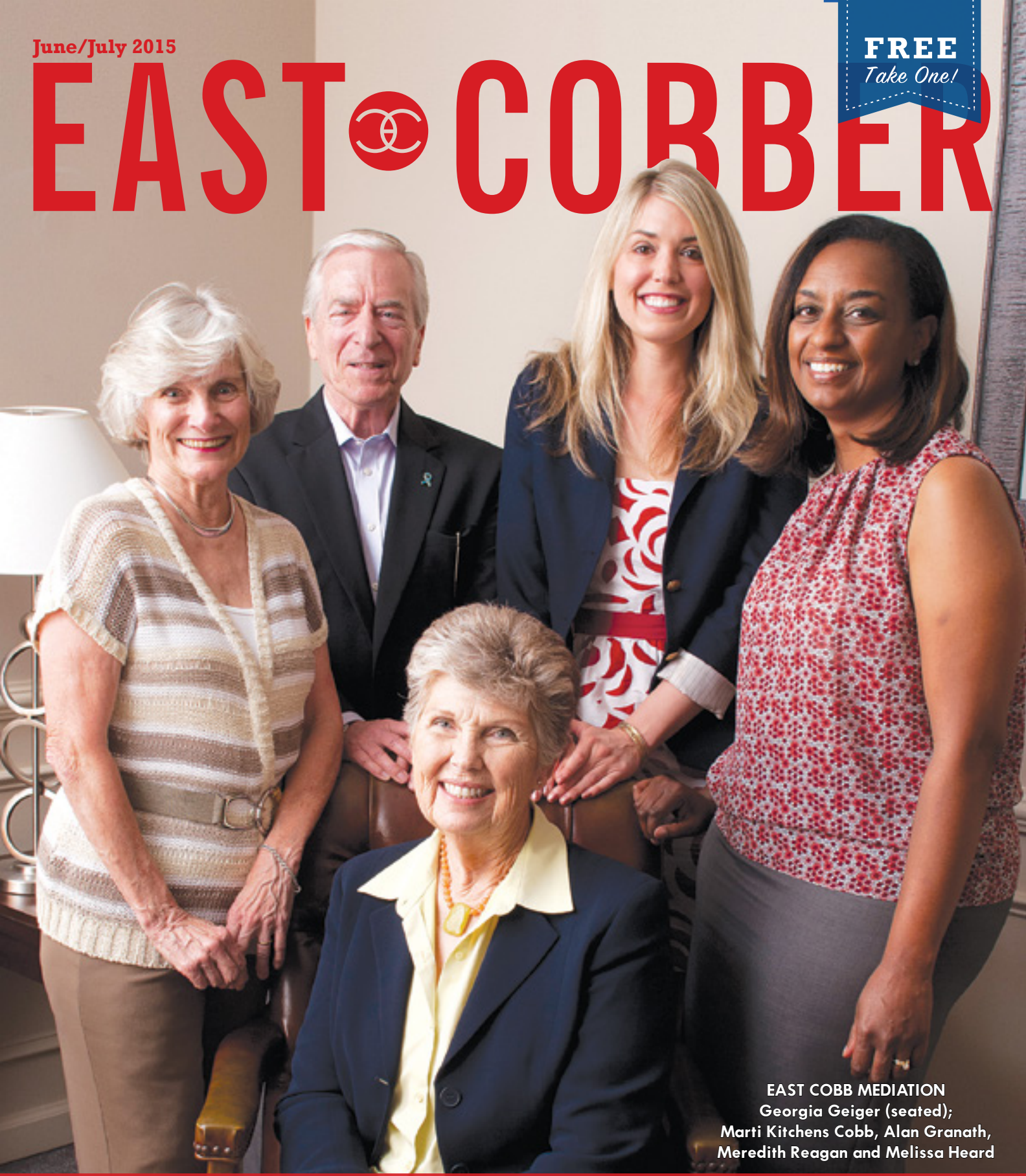

EAST COBB MEDIATION
Georgia Geiger (seated);
Marti Kitchens Cobb, Alan Granath,
Meredith Reagan and Melissa Heard

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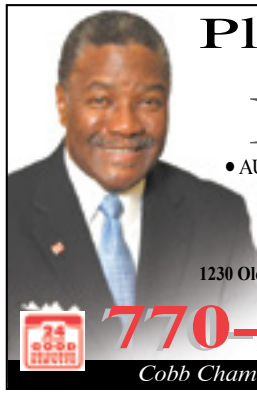

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PUBLISHER'S NOTE

As I sat at the Kennesaw State University convocation center, waiting for my oldest son Lee's 600+ fellow classmates receive their high school diploma, I looked around and saw so many familiar faces. From the moms and dads that I have crossed paths with at Chuck E. Cheese, PTA meetings and soccer fields to Lee's friends and classmates he's had since preschool to the high school teachers and administrators-- we were all settling in to share in this milestone together. Of course, I was bursting with pride that my son had successfully navigated the trials and tribulations of high school, but I could not help but feel so proud to be a part of this community that values education, that has so many parents that take the time to volunteer (both inside and out of school) to make this little East Cobb "bubble" a better place, and educators that encourage excellence in academics, sports and so many other worthy causes. My thanks and hugs to all of you who have helped my son directly or indirectly become a wonderful, independent young man ready to launch into the next phase of his life.

This June/July issue spotlights East Cobb residents that excel in their fields or are contributing to our quality of life. The people featured in this edition—from Greg Dawkins, the EAST COBBER's Dad of the Year (see page 8) to the Rotary Club members (see page 44) to Noah Bozarte, an award-winning culinary arts student (see page 40) — are right here in our own backyards. I hope after reading this edition, like every edition, you will not only learn a little bit more about what is going on in our community but also be inspired by the people that make East Cobb such a great place to live!

Have a great summer!

Cynthia

Cynthia M. Rozzo
Founder I Publisher
cynthia@eastcobber.com

On the Cover

This month's cover features the staff of East Cobb Mediation: Georgia Geiger (seated); Marti Kitchens Cobb, Alan Granath, Meredith Reagan and Melissa Heard.

Any organization is only as good as the team running it. East Cobb Mediation is a diverse team of dedicated, results-driven professionals who are committed to getting you the absolute best outcome.

No matter which mediator you choose, you can rest assured knowing that he or she is a qualified professional and working with your best interests in mind. Their team of mediators will equip you with the tools and resources you need to ensure success after your mediation is complete. East Cobb Mediation goes above and beyond to ensure you have a smooth, seamless experience.

East Cobb Mediation is located at 3020 Roswell Road, Suite 240, Marietta/ East Cobb 30062. Learn more about East Cobb Mediation on page 6. For more information, call 678-819-4000 or visit www.eastcobbmediation.com.

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EAST COBB MEDIATION RAISES THE BAR FOR COST-EFFECTIVE DIVORCE AND ELDER CARE SETTLEMENTS

Mediation meeting room

Mention divorce or elder care in conversation and immediately your listener knows these are subjects that are difficult, stressful, and many times life-altering. Legal matters surrounding these issues can be costly and add to the angst involved with family members and conflict resolution. Right here in our community is a newly formed initiative called East Cobb Mediation. The group's sole purpose is to provide a cost-effective alternative to traditional mediation in both divorce and elder care situations.

With a January 2015 start date, East Cobb Mediation was the brainchild of Chuck Detling, partner at Detling Cole, LLC of East Cobb. According to Meredith Reagan, communications coordinator for the organization, "Chuck recognized a need to improve the process of family and divorce mediation and, at the same time, provide the East Cobb community with a location close to home."

Striving to make the mediation process as smooth as possible, East Cobb Mediation has created an office environment that makes you feel as if you are entering someone's living room. Comfortable and inviting, the space where your party meets to negotiate is a stark contrast to the typical conference room found in most law offices. Also, the price is right. For a flat fee of $500 per party, you secure a mediator's services for one-half day, which includes breakfast or lunch hosted on-site (depending on time of the session) and any additional support or services you may require during that time. If the mediation goes longer, the price is $100 per party for each additional hour. "It takes the stress out of watching the clock," says Reagan.

From a diverse team of mediation professionals, you choose the mediator who best suits your needs. For instance, a couple wanting an amicable divorce settlement would meet with a mediator who specializes in divorce conflict to draw up a contract, dividing assets and finalizing agreements about finances, child custody, and any other issues. Along these lines, East Cobb Mediation also offers a service called reconciliation agreement, which provides a sort of blueprint for what the division of assets would look like for those considering divorce. Many times, an agreement such as this can help eliminate defensive posturing since the details of a potential divorce are established and put in writing. Then if the couple wants to work on the marriage, the legal aspects are not matters of contention. In contrast, mediation can be court-mandated in instances such as contested divorces in Cobb County. Mediating the case before hiring attorneys can save the parties a substantial amount of time, emotional energy, and attorney fees.

Meredith Reagan, Communications Coordinator

Like divorce negotiations, elder care mediation can be a delicate, sensitive subject. The group's mediators are equipped to help you and your family resolve any conflicts pertaining to loved ones who are senior citizens. Common elder mediation issues include medical care, safety, housing, caregivers, and the cost and type of long-term care and assistance.

If you are looking for a cost-effective alternative to dispute mediation, consider East Cobb Mediation. Full biographies of the group's team members can be found on the website, www.eastcobbmediation.com. These team members are experts in turning a potentially negative, tense situation into one that is much more comfortable and pleasant. East Cobb Mediation is located at 3020 Roswell Rd., Ste. 240, Marietta, GA 30062, and the contact number is 678-819-4000.

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The Community Emergency Response Team (CERT) course is sponsored by the Cobb Emergency Management Agency. It is a 20-hour program that trains you to be better prepared to respond to emergency situations in your community. When emergencies happen, You can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. You can also help with non-emergency projects that help improve the safety of your community.

CERT Classes will be held at the Cobb County Emergency Operations Center which is at 140 North Marietta Parkway, Marietta, 30060. The schedule for the course will be:

> Tuesdays, July 7, 14, 21, 28: 6-9pm

> Thursdays, July 9, 16, 22: 6-9pm

You must attend all sessions listed in order to complete the program. Participants must be at least 16 years old and either live, work, or worship in Cobb County.

Application forms should be requested from Kimberly Schneider at Kimberly.Schneider@cobbcounty.org.

The deadline to submit an application packet is no later than 4pm on Tuesday, June 30. If you have any further questions, please do not hesitate to contact me. I look forward to seeing you in future classes!

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GREG DAWKINS:
EAST COBBER Father of the Year 2015

▲ Greg Dawkins standing with his three sons: Noah, 11, a 9th grader at Kell High School; Nicholas, 11, a 6th grader at McCleskey Middle School; and, Nathan,15, 10th grader at Kell High School.

Here is the winning essay written by Dianne Dawkins about her husband:

"My husband, Greg Dawkins, should be Dad of the Year because he deserves it! We have 3 growing boys that play sports, play in the band and go to 3 different schools. He attends the baseball games at East Cobb Baseball for our two younger boys who are 14 and 11 and have grueling travel ball schedules. Our oldest just started at Kell High School and plays JV Lacrosse which Greg spectates and works concessions. Both our older boys play in their school bands and he attends every performance. Greg was out of a job for most of 2014 and was hired on into the manager trainee program at Waffle House in November 2014. He graduated with high marks at Waffle House University and is waiting to be given a store of his own to run. He works 11 hours a day and starts very early at 5:30am. Most of our activities for the boys are in the afternoon and evening so Greg never stops. He used to be a very accomplished golfer and tennis player and participated in those sports for himself until our boys starting growing up and his time was commandeered for their activities. He has never once regretted giving up these outlets for himself to watch his boys excel in their fields. I work full time as a veterinarian and we have a myriad of pets that demand our time and attention too. Finally, Greg helps me around the house as our cook, grocery shopper, floor cleaner and the occasional laundry man for our family. We are great partners in our family and I know that I could not do life without him by my side. He is a great husband and an even better DAD! He deserves to be East Cobb's Father of the Year!"

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EAST COBBER'S Father of the Year 2015 is invited to participate in this year's EAST COBBER Parade. Greg Dawkins also receives the following gifts donated by local businesses:

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THE FRIENDS FOR THE EAST COBB PARK

By Carmen C. Abernathy

On any given day year-round, East Cobb Park is bustling with activity – children climbing on the playground, dog walkers circling the paths, teenagers joining a pickup soccer game, or families enjoying a picnic. Neighbors greet each other as they meet for a concert held at the outdoor stage. This park has become a hub in our community.

This gathering place is the grass-roots effort of a volunteer nonprofit organization known as the Friends for the East Cobb Park. It all began in 1998 with a group of civic-minded individuals who wanted to create a green space in East Cobb. With a goal to raise funds to purchase an appropriate property, the group's plan was to then deed that property to the county that would, in turn, maintain the park. These individuals created a nonprofit organization, and a public-private partnership was formed between the county and this new entity.

During the next few years, a location was chosen, funds were raised, and professional park designs were drawn. Much of the land was the family homestead of Elbert Bowles, located on Highway 120 between Old Canton and Providence Roads. Once the nonprofit raised more than $1 million to cover land costs and some development, Cobb County contributed $1 million toward further development. Initial construction began in 2002, and the park was officially dedicated on June 28, 2003.

East Cobb Park is now a 20.3-acre park with grass fields, walking trails, stream overlooks, two playgrounds, picnic pavilions, an outdoor classroom, and an outdoor stage. The park is open from 7:00 a.m. to 10:00 p.m. Cobb County Parks, Recreation, and Cultural Affairs Department estimates that between 500-700 people of all ages visit the park on a nice day, which is quite a testament to the vision of those who got the ball rolling.

Still a vibrant organization, Friends for the East Cobb Park actively supports facilities and programs, as well as develops park enhancements. The group's 2015 President Jodie Braner is quick to point out that Cobb County maintains the grounds, but the nonprofit group continues to raise funds and oversee improvements.

▲ **Sandy Woltering, Vice President/Committee Chair, Memberships & Marketing; Amy Phillips, Secretary; Tom Bills, Cobb County Parks Representative; Jodie Braner, President; David London, Committee Chair, Donations; Cathy Ford, Committee Chair, Events; Teresa Corso, Treasurer**

"The county workers are responsible for upkeep, such as cutting the grass and planting new shrubs and trees," says Braner. "But it is up to us to purchase those shrubs and trees. We also manage and fund projects, such as the new steps from the lower field to the parking lot. Last year's president, Amber Harris, was instrumental in seeing through that project's completion."

Committee meetings take place monthly or bimonthly depending on the level of activity at the time, according to Braner. General board meetings are held monthly for the entire organization to openly discuss new ideas and projects. Braner says a new project under discussion is the addition of bench swings for adults. "We all like to swing," comments Braner. "It's not just for children."

For those interested in becoming more involved with the park or giving a lasting gift in someone's name, such as a personalized walkway cobblestone, visit www.eastcobbpark.org or www.facebook.com/friendsfortheeastcobbpark for more information. In looking at the website, you just may find a familiar name among the list of volunteer officers, committee chairs, past presidents, and advisory board members. And of course, more volunteers are always needed.

Underlying it all is a dedication to make East Cobb Park the best it can be. "We start our meetings with 'wouldn't it be great if … or what else can we do,'" says Braner. "We are neighbors working toward a better community."

EAST COBB LIONS PRESENT COLLEGE SCHOLARSHIPS

▲ **Last month, the East Cobb Lions Club presented six college scholarships to deserving East Cobb High School seniors. The winners pictured above (l-r) are: Christian Hastings, Lassiter High School; Courtney Blackwell, Kell High School; Dalton Muzyka, Lassiter High School; Hannah Nemeck, Kell High School; and Caroline Kinsler, Pope High School. Not pictured: Yasmin Rahimi, Walton High School. Pictured on the far right with the winners is Lion Scholarship Chairman Gene McDuffie.**

These outstanding high school seniors have earned their scholarships through academic excellence, leadership, and their on-going commitment to help others by performing outstanding community service. Community service achievement is a major part of the evaluation criteria.

The East Cobb Lions Club is in its 56th year of service. They are an active group of service-minded men and women who are interested in improving the community. To become a Lion is to become an active volunteer, a member of a respected international organization, a leader in your community and a friend to people in need. The East Cobb Lions Club meets at 7pm on the second and fourth Tuesdays of each month at Powers Ferry UMC, 245 Powers Ferry Road, in Marietta/East Cobb. If you're interested in becoming a member of the East Cobb Lions Club, call Lion Ray Moore at 770-425-7881 or email famousray@comcast.net.

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NO CHILD LEFT INSIDE: WHY AN INTEGRATED APPROACH TO ENVIRONMENTAL EDUCATION IS CRITICAL TO STUDENT SUCCESS

By Stephanie Ives, Environmental Chair, East Cobb County Council of PTAs

Experiencing nature firsthand has always been an intrinsic part of childhood. Whether observing tadpoles transforming into frogs, watching an army of ants working together to relocate a moveable feast or witnessing the instant when a caterpillar becomes a chrysalis, the opportunities for authentic environmental education are limitless in the outdoor classroom setting. But it is exactly these real-life experiences that our "wired generation" children are more likely to miss as they become more connected and co-dependent on technology, and as their "devices" increasingly hijack both study time and downtime. Environmental education – or "EE" – makes learning real to children in ways that smart-boards, e-books and video screens simply cannot.

Biology and physical science remain abstract concepts to children until they have had the chance to observe and participate in nature up close. Recently I was thrilled to learn that my son's class spent a good portion of the day outside doing their assignments because their classroom smart-board wasn't working. By visiting natural environments, such as a school pond habitat, students can see firsthand the various elements of an ecological system working together in context while concurrently observing, investigating, and experimenting.

In his best selling book *Last Child in the Woods*, Richard Louv coined the term "nature deficit disorder" to describe the negative effects of the digital age on our children. Louv asserts that direct exposure to nature is absolutely essential for healthy childhood development, and for the physical and emotional health of both children and adults. Exposure to nature may also help kids with (and without) attention disorders focus better in school. A recent University of Illinois at Urbana-Champaign study showed that children with ADHD who spent more time outdoors enjoyed significant reduction in symptoms. Rather than depriving students of recess time for disciplinary purposes we should perhaps be increasing the time they are able to engage in the outdoor classroom whether through free play or directed instruction.

A defining goal of environmental education is to prepare students to make well-informed decisions in regard to the environment. Successful integration of EE programs in the classroom provides a well-rounded mode of education – developing emotional intelligence and creative capacity in addition to cultivating intellectual ability. We are fortunate in East Cobb to have educators at all levels who value EE. Sponsored by the Cobb County Water System, the Cobb Green Schools Initiative recognizes those schools and individual teachers who are committed to incorporating EE into their classrooms on a regular basis. The ECCC PTA member schools who have been granted Green status for the 2014-2015 academic year include Addison, Bells Ferry, Blackwell, Davis, Keheley, Mt Bethel, Murdock, Rocky Mount, and Tritt Elementary Schools, Hightower Trail Middle School and Lassiter High School.

>>> continued on next page >>>

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Please visit http://mtbethel.org/ministries/school-of-the-arts/
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or email tinacguthrie@comcast.net for information.

Mt. Bethel School of the Arts

Opportunities for EE are facilitated in a variety of modalities whether by individual educators in outdoor classroom spaces on our school campuses, or by taking local field trips. For field trips or family visits, the Wright Environmental Education Center, Sibley Pond, and the Chattahoochee Nature Center are all fantastic resources within the immediate vicinity. Participating in outreach programs through the Cobb Watershed Stewardship Program, Keep Cobb Beautiful, and the Clean Air Campaign also brings EE right to our students. Outdoor classroom amenities on school campuses can include amphitheatres, pond habitats, compost bins, learning gardens, bat houses, green houses, pollinator gardens, and woodland hiking trails. Schools can also implement campus-wide EE awareness programs such as waste-free lunch days, participating in the Keep America Beautiful Recycle Bowl competition, hosting electronics recycling events as fundraisers, establishing idle free carpool zones, and holding walk-to-school days.

How do schools actually start EE programs and build outdoor classrooms? Many school garden projects, outdoor classroom space, picnic tables, garden bridges and pond habitats have been funded by local PTA's and built by Boy Scouts pursuing their Eagle Awards. Keep Cobb Beautiful awards "Dig'n the dirt" school garden grants annually. Project Learning Garden is a Captain Planet Foundation program which helps establish new school gardens, assists with summer garden maintenance and provides a multi-grade garden curriculum linking to all disciplines from language arts, social studies, to science and math. The Cobb Schools Foundation and Whole Kids Foundation have grants that can directly fund EE programs. The EE Alliance also maintains a database of grant opportunities with application information and rolling submission deadlines at the www.eeingeorgia.org website. If you are interested in getting involved with environmental education in our schools contact your school's PTA President or email: enviroed@ecccpta.org.

Stephanie Ives and her husband, Russell, have been residents of East Cobb since 1999. The Ives have three children: Robert, a 4th grader; Rebekah, a 2nd grader; both attend Addison Elementary School, and 2-year-old Elizabeth. They regularly enjoy hiking and camping as a family.

EAST COBB VALEDICTORIANS - **CLASS OF 2015**

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Wheeler High School
College: Yale University

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LEARN TO PLAY BEAUTIFUL MUSIC
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Did you know that research shows that playing an instrument enhances standardized test scores, increases brain function and teaches kids to utilize their critical thinking and problem-solving skills? Additionally, being able to have a creative outlet for imagination and emotion is simply priceless. Nadia's School of Music is a great place to learn an instrument and an appreciation for music. Originally from Russia, Nadia Ausfresser teaches private piano and violin lessons and provides group sessions on music theory.

Nadia's love of music and the arts shines through. Unlike the U.S., becoming an accredited music teacher in Russia requires seven years of music school, college and conservatory, so Nadia knows how to teach music to all levels and learning styles. She opened the successful Renaissance Academy with her daughter in Pennsylvania before deciding to move to the south seven years ago. She is actively seeking new students because many of her students have graduated.

"Every child should take music lessons," says Nadia. "It provides a great balance with other activities and stimulates the brain in a different way." She offers lessons in her beautiful in-home studio and provides flexible scheduling options for lessons, including days for homeschoolers, after-school and weekends. Also, she can supplement instruction for orchestra students who are promising or need private attention.

The school hosts two annual performances to share what the students have learned. After seven years, Nadia hosts a "graduation" celebration. She records her students' performances, and many of them have submitted these videos to receive college scholarship money, even those who aren't music majors. Her students—and their parents—rave about her teaching style.

"My two children have very different personalities and learning styles, so it is interesting to me as a parent to observe how Nadia creates a unique teaching approach for every student and evolves this approach to keep the children motivated. My son and daughter are eager to learn and perform new pieces, and we are very fortunate to have a teacher like Nadia helping them on this rewarding journey," shares Anna Kagan.

Nadia's School of Music is conveniently located near East Cobb, Roswell and Alpharetta. For more information, visit nadiasschoolofmusic.com or call 267-882-6189.

PAID ADVERTISEMENT

WHAT'S HAPPENING AT **HYDE FARM?**

By Mary Bowen

▲ **The farmhouse was originally owned by the Power family.**

▲ **Each piece of this well was disassembled, cleaned, and replaced.**

▲ **One of 13 historic buildings under renovation.**

Though only 1½ miles east of roaring traffic on Johnson Ferry and Lower Roswell roads, JC Hyde only heard the songs of birds and his mule panting as he plowed another furrow. Taking a break, he tilted back his hat and wiped his brow, catching the cool breeze as it rustled the leaves around him. He surveyed long rows of sweet potatoes, corn, tomatoes, beans and okra, and reckoned that his three sisters would enjoy them before the folks at the Marietta Square. "C'mon, Nell, let's finish up!" Thoughts of milk and cornbread for supper quickened his pace, and he started humming one of his fiddle tunes.

JC farmed 127 acres with his brother, William "Buck" Hyde, for more than 83 years, living in the 1840s-era log cabin they grew up in with four siblings. The Hydes kept warm with a pot-bellied stove and drew water from a well. "I have running water," JC joked in a 1991 Atlanta Journal-Constitution article. "I run out to the well and get it." At his death in 2004, JC's desire to preserve his property was honored by the Trust for Public Land and the efforts of Friends of Hyde Farm.

It has remained a "beautiful living treasure," as neighbor Linda Hodges describes it. And renovation of all 13 historic buildings is nearly complete using funds from the 2011 PARKS SPLOST Program. $1.4 million has been used of the $3.5 million allocated. Tom Bills, Senior Contract Project Manager for Cobb County Parks and Recreation, praised Cobb County's partnership with PBG Builders and Leatherwood as "a match made in heaven". This Tennessee company has carefully preserved and reused the original building materials, and substituted vintage items where needed.

Some East Cobbers may wonder about all the trouble and expense to preserve Hyde Farm. Tom Bills calls the property a "slice of life" of our past agrarian culture. It shows us what life was like back then; family farms comprised the community. School children will learn where their food comes from and how their ancestors lived as they tour the farmhouse and barn. They will see the other buildings from the outside only. Besides the educational benefits, Bills envisions another connection between the farm and our community: providing fresh produce to local restaurants.

Before that happens, though, much more remains to be done before the farm is open to the public. Building renovations are still underway, including a nearby house for a farmer who will plow and plant the fields with vegetables next spring, and re-establish a working farm complete with chickens and goats. In the near future, East Cobb restaurant menus may feature the Hyde's prized Gold Nugget sweet potatoes, along with other fresh-from-the-farm favorites.

In the meantime, the only visitors allowed in Hyde Farm now are school children participating in either the outdoor nature camp or the ARTventure Camp. To register for the middle school nature camp July 6-10, contact kaye.wilson@cobbcounty.org, or call 770-528-8824. The ARTventure Camp, sponsored by The Art Place and Cobb County Parks and Recreation, is open for children ages 7-12 from July 30-August 3. Activities include hiking, plant identification, and creating nature journals.

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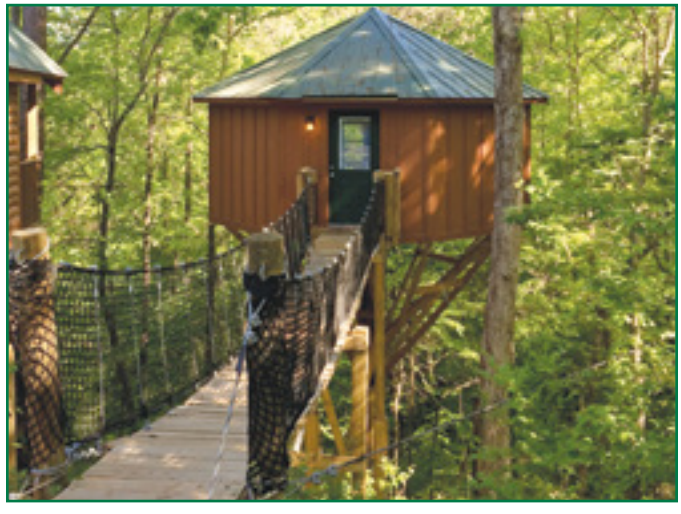
UP, UP AND AWAY AT HISTORIC BANNING MILLS

By John Francis



Never one to pass on an outdoor challenge, I travelled to Historic Banning Mills for a fun overnight visit. Perfect for a one-day outing or last-minute escape with family or friends, Banning Mills is located just one-and-a-half hours from East Cobb in rural West Georgia.

Founded in 1998, the owners have worked to create a unique travel destination as well as to conserve the area's beauty and history. First settled by indigenous people, Banning Mills was founded by Georgia pioneers as a company town to produce paper, pulp and textiles due to its ideal geography along the Snake River. Today the property boasts an RV park & campground, bed and breakfast inn, lodge, rustic cabins, full-service restaurant, treehouse rooms, and its famous Screaming Eagles Zip Line Tours.

I planned my trip to arrive the evening before my zipline adventure, in time for a delicious dinner and to enjoy a restful night in a cozy treehouse. Hidden in the forest but just across from the lodge, their treehouses are wonderful private accommodations – simultaneously rustic and modern. With the sound of the Snake River Gorge below, you truly feel "up a creek" and away from it all. After a morning Keurig coffee on the balcony to enjoy the view and the chirping birds, I walked down the road to a trail that crossed the river and led to the lodge for an included breakfast. Don't miss their tasty homemade biscuits!

If travelling for the day, make sure you arrive early enough to check in for the scheduled tours. I'd recommend that you pre-register to guarantee a scheduled day & time for your zipline tour.

This being my first time to "ride" a zipline and arriving with an open mind, I dutifully signed the required waiver and listened carefully to the instructor-guides from Screaming Eagles Zip Line Tours, the zipline operator.

You're joisted to the zipline redundantly, meaning you'll be attached with 2 cables (one at the waist, another at the back) while on any segment of their 10 miles of aerial playground. It was only when I hooked up to the secure cable and crossed the first of many suspension bridges did I realize: this is going to be much, much more of an adventure than I imagined. There are 6 different zip line tours from novice to expert – all delivering on their promise of a thrilling flight on the world's largest and longest zipline!

Galvanized steel cables are used on all bridges and ziplines, and your ziplining is always supervised. Guides not

only are trained for first aid and emergencies but also are educated about the nature you see all around you. (Fun fact: Historic Banning Mills has partnered with conservation organizations to protect over 1500 acres of natural beauty!)

I enjoyed a safe and comfortable ride on the zipline. It was surprisingly quiet, too, and I didn't hear a buzz or flutter despite swooping at speeds up to 60 mph. Screaming Eagles boasts the Guinness Book of World Records for the tallest freestanding platform: a 30-story tall structure for those who want to fly like a falcon or like Superman. On every tour, the vistas of the Snake River and tree canopy are breathtaking and awe-inspiring... and the zipline is exhilarating! You'll want to keep flying onward and upward!

The ziplines are only half the thrill. The cable, suspension and monkey bridges also will test your agility, focus and energy. You'll be tempted to pause as you make your way from tree to tree, but you'll be reminded to move along – there are others on the bridge! Once you walk across a bridge, you'll land at a stable platform to continue on either another bridge or zipline.

Fresh water and a clean port-a-potty at the occasional shaded pavilions allow you to sit and rest a few minutes to prep for your next big jump. If you get wobbly knees or tired at any point of your tour, your guide can accompany you back to the lodge to await your friends or team, or to unwind in the terrace overlooking the winding, rushing river gorge below.

After several hours of energetic ziplining, I wanted to feel the earth beneath me and so relaxed along the riverside trails. Historic Banning Mills schedules family-friendly events such as falconry shows, nature tours, horseback riding, kayaking and other outdoor activities.

Everyone needs a getaway that is not too far away- and what more perfect place than Banning Mills Resort? This country inn and retreat center has a bed and breakfast atmosphere that will start you off on your road to relaxation! Or maybe you want a little adventure or even an extreme adventure! Either one you choose.... It's all here! Go beyond a typical vacation and experience Historic Banning Mills. Make sure to check their website for age, health and height/ weight requirements as well as for lodging reservations and discounts. If you are looking for your next group outing or a romantic rendevous, consider Historic Banning Mills.

IF YOU GO

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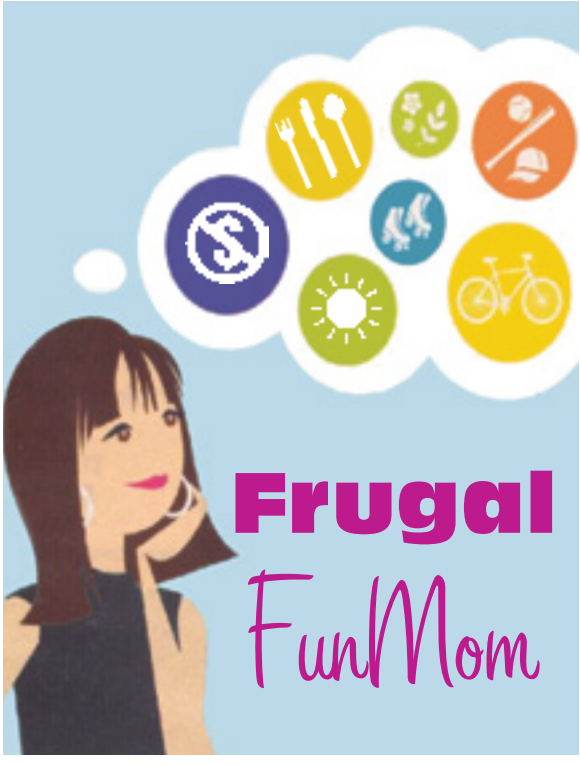
WALTON HIGH SCHOOL'S **TENNIS TEAMS WIN STATE**

Walton High School Boys and Girls' tennis teams became state champs in last month's Class AAAAAA match. This is the Lady Raiders 13th win out of the last 15 state championships. This was the boys' tennis team's state championship since 2002. Go Raiders!

▲ **Walton Boys Tennis Team**
(Front Row,l-r): Uros Ciric, Alex McNeel, Sam Greenberg, Bailey Honig, EJ Ozyagan. (Back Row, l-r): Jackson Risey, Jonathan He, Crews Enochs, Coach John Evans, Francis Yang, Trevor Croyder, Morgan Stone, Raymond Zhang, Raul Das, and Kevin Zhang.

▲ **Walton Girls Tennis Team**
(Front Row, l-r): Ashby Saylors, Jessica Cramer, Anna Leigh Nielson, Bella Kuse, Suzanne Zenoni, and Emily Gaskins. (Back Row, l-r): Kristen O'Brien, Johanna Keeline, Sheena Mookerji, Sophia Guldburg, Grace Gaskins, and Coach Christy Lewis.

EAST COBBER's Frugal FunMom Is Here to Help Your Family Beat the "I'm Bored!" Summertime Blues

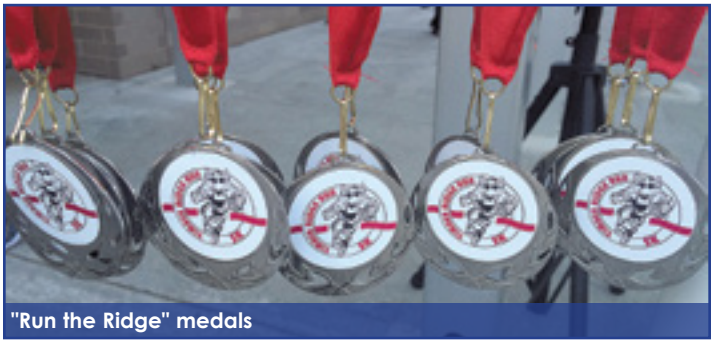


It's time to kick off summer fun in East Cobb! EAST COBBER's Frugal FunMom is back again this summer with more affordable activities to keep the whole family off the couch. Moms and dads can make family memories throughout the summer by checking the EAST COBBER Facebook page for a Frugal Fun Mom "activity of the day" that is FREE or inexpensive. Be sure to check eastcobber.com's kids & family blog, too every Thursday night for a weekly summary of family-friendly and budget-friendly activities to help you plan your upcoming week. Have a great summer!

TIMBER RIDGE ELEMENTARY HOLDS **INAUGURAL "RUN THE RIDGE" 5K RACE**

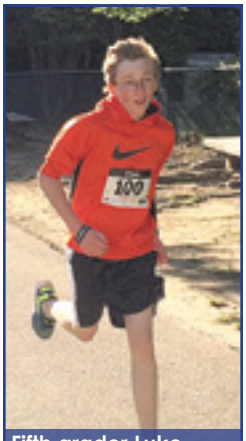
On May 2, the Timber Ridge Foundation held the inaugural 5K "Run the Ridge" race. The event promoted fitness for their school and in the East Cobb community. Timber Ridge staff, students and their families participated. Proceeds from the race benefited the Timber Ridge Foundation (TRF). The mission of the Foundation is to provide resources to enhance Timber Ridge's ability to create rich educational experiences for ALL students.

"Run the Ridge" starting line

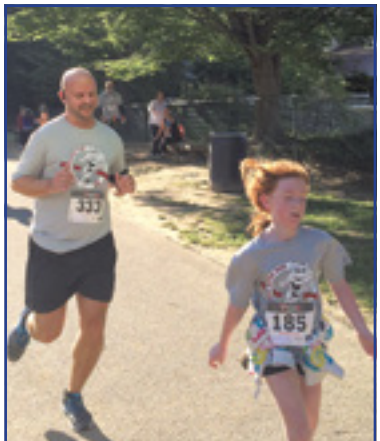


"Run the Ridge" medals

Timber Ridge Elementary School staff participants



Fifth grader Luke LaBouff crossses the finish line



Principal Adam Hill and student Emma Jane Webb

Jane Sheffield and Cheryl Ernst

Christy Ellsworth, Timeka Cline, Rachel Rountree and Cheryl Ernst

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EAST COBBER PARADE **MARCHES ON FOR 20TH YEAR**

The 20th annual EAST COBBER Parade & Festival is scheduled for Saturday, September 12. The day's festivities will be kicked off by the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands and a cornucopia of East Cobb groups will march down the one-mile parade route.

Please note: this year's EAST COBBER Parade has a new route and a new location for the Festival.

The 1 mile EAST COBBER parade will still begin at 10am in the Mount Bethel Elementary School parking lot and travel south on Johnson Ferry Road.

Immediately following the EAST COBBER Parade, at approximately 11am, the EAST COBBER Festival will be held at the new festival site. The EAST COBBER Festival will now be in the west (Woodlawn Road side) parking lot of Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb.

From 11am to 3pm, the free Festival will feature arts and crafts, local businesses, food concessions, carnival games, and an entertainment stage. The Festival offers East Cobb County residents an opportunity to come together and enjoy an afternoon of local entertainment, carnival games and good food. Booths will be set up to showcase everything from jewelry to local schools to books. East Cobb kids will have plenty to do at the EAST COBBER Festival from getting their face painted to taking a chance at a carnival game to hopping in a moonwalk. Festival goers will also be treated to food from East Cobb restaurants and civic clubs.

Many thanks to this year's sponsors: WellStar and the EAST COBBER. Thanks to their generosity this special event has become a popular pastime for East Cobb residents.

Come be a part of this very special, old-fashioned celebration – the 20th annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. If you are interested in marching in the Parade, renting a booth or performing on the Festival stage, call the EAST COBBER at 770-640-7070 or visit www.eastcobber.com/parade.

EAST COBBER
NEXT ISSUE: AUGUST • DEADLINE: JULY 15
CALL EAST COBBER: 770-640-7070

FOURTH OF JULY FESTIVITIES

Our nation's birthday is celebrated coast to coast with fireworks, picnics and festivals. Metro Atlanta is no different. Several cities have Fourth of July events that offer a fun time for your family. Here are some great ways to celebrate Independence Day that are just a short drive away:

★ ACWORTH – July 4

Concert and Fireworks sponsored by The City of Acworth and the Acworth Business Association. Live music will start at 4pm. Fireworks will begin at approximately 9:30pm. Food vendors will be on site. Free admission. Free shuttle service starting at noon available from Downtown Acworth. Located at Lake Acworth Beach at Cauble Park, 4425 Beach Street, Acworth 30101. More info: 770-917–1234 or visit www.acworthparksandrecreation.org.

★ ALPHARETTA- July 4

Celebrate July 4th with family and friends at Wills Park! Entertainment and children's activities will be on the lawn behind Alpharetta Community Center from 6-9pm. Food vendors will be located throughout the park from 6-10pm (cash only please). Food selections include hot dogs, hamburgers, barbeque, ice cream, shaved/Italian ice, and more! Bring your lawn chairs and sit back to watch our spectacular fireworks show at dusk. Located at Wills Park, 1825 Old Milton Parkway Alpharetta. More info: 678-297-6130 or www.alpharetta.ga.us.

★ DUNWOODY– July 4

Annual Dunwoody Salutes America Fourth of July Parade hosted by the Dunwoody Homeowners Association and the Dunwoody Crier Newspaper. Begins at 9am at the Mount Vernon Shopping Center. Features marching bands, local personalities, and floats. Festival with live entertainment, activities, children's area, and Dunwoody United Methodist Boy Scout barbeque follows at Dunwoody Village: 5483 Chamblee Dunwoody Road, Dunwoody. This year's theme: Celebrating our Beginnings. More info: 770-354-7653 or www.dunwoodyga.org

★ EAST COBB – July 4

Indian Hills Country Club (IHCC) hosts a Membership Appreciation Day which features fireworks at dusk. IHCC allows the community to come by and grab a seat on the lawn and enjoy the fireworks extravaganza. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb.

★ KENNESAW – July 3

Salute to America, a pre-Independence Day celebration, will feature high-energy, live music performances and family entertainment from 6-10pm. From the United States Air Force Band of the West's high-energy Concert Band to the sounds of Departure, the most respected Journey tribute band in the nation, audiences will be treated to two stages of live music, festive street entertainment, food vendors, and kid's activities. The evening will be capped off with a brilliant fireworks finale at 9:30pm. Fireworks will begin at 9:30pm. Free admission. Blankets, chairs and coolers allowed. Tables for 6 available for rent at $75. Food and beverages for sale. No alcohol. Concert begins at 7:30pm at The Depot, 2828 Cherokee Street, Kennesaw. More info: 770-422-9714 or www.kennesawjuly3.com.

Join our community of over 7,732+ East Cobbers on Facebook

★ MARIETTA – July 4

Fourth in the Park celebration presented by Marietta Parks and Recreation. Marietta Freedom Parade starts 10am at Roswell Street Baptist Church, 774 Roswell Street SE, Marietta, and ends at North Marietta Parkway. Followed by concerts, museum tours, arts and crafts show, food, carnival games, and fireworks finale at 9:30pm in Glover Park/Marietta Square. More info: 770-794-5601 or www.mariettaga.gov.

★ POWDER SPRINGS – July 4

20th Annual Independence Day Celebration. Bring your chairs and blankets, relax, eat mouth-watering delights while enjoying entertainment on the big stage, let the kids play on a variety of interactive inflatable activities, then get ready for a tremendous patriotic program delivered by Mayor Pat Vaughn and finally end with a phenomenal fireworks show! Celebrate from 4-10pm. Powder Springs Town Square, 4484 Marietta Street, Powder Springs. More info: 770-423-1330 or www.cityofpowdersprings.org.

★ ROSWELL – July 4

16th Annual Fireworks Extravaganza presented by City of Roswell. Live entertainment, children's carnival, and food. Bring a picnic, lawn chairs and blankets. Band performances at 6pm and 7:30pm. Fireworks begin at dark. Sweet Apple Elementary School, 12025 Etris Road, Roswell. More info: 770-641-3705 or www.roswellgov.com.

★ WOODSTOCK –July 4

Stars and Strikes July 4th Spectacular begins at 10am with a parade that starts and ends at Woodstock Elementary School, 230 Rope Mill Road, Woodstock. Food vendors, children's activities, musical entertainment, and crafts until 3pm at The Park at City Center, 101 Arnold Mill Road, downtown Woodstock. Fireworks begin at dusk behind the Target Shopping Center at Hwy 92 and I-575. More info: www.woodstockparksandrec.com.

2015 June+July COMMUNITY CALENDAR

Free Mulch. Cobb EMC offers free mulch from the clearance maintenance of Cobb EMC power lines. It is available throughout the year and can be delivered when crews are in your area. Free mulch is available to Cobb EMC members only. More info: 678-355-3413.

MOST SUNDAYS

Kabbalah Café. A weekly journey into the fascinating mystical teachings of Judaism. Discover ancient knowledge that empowers and inspires personal growth and character development. 10am. Chabad of Cobb, 4450 Lower Roswell Road, Marietta. More info/to register: 770-565-4412 or www.chabadofcobb.com.

EVERY TUESDAY AND SATURDAY

Feeding Time at the Chattahoochee Nature Center. Join a naturalist for an in-depth look at one of their resident animals as they are being fed. 4pm. Admission: $10/adults; $7/seniors and students; $6/children (ages 3-12); free/ages 2 and under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

EVERY WEDNESDAY

Divorce Care Group. Divorce Care, a biblically-based, 13-week course, Starting June 3 to August 26 offered Wednesdays from 6:15-8:15pm. $15 for the workbook. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. More info/to register: rumc.com/divorce care, De Lee Udelson, 770-261-1741, dudelson@rumc.com, or divorcecare.org.

EVERY WEDNESDAY

Kids Can Tri, Swim, Bike, Run: Tri Training Class. For kids ages 6-15. Class structure will consist of fundamental and endurance training. Schedule will be handed out at first training session. Wednesdays, 5:30-6:30pm. July 8-August 12. Class ID 171942. Must be signed up for the Atlanta Kids Triathlon to participate in these FREE trainings. McCleskey-East Cobb Family YMCA, 1055 East Piedmont Road, Marietta. More info: Lorna at 678-569-9622 or lornal@ymcaatlanta.org. To register visit: www.ymcaatlanta.org.

Wild Wednesday Adventures presented by Cobb County Parks and Recreation. Heritage Tour at Hyde Farm, Fairy Houses at Wright Center, Creek Hike at East Cobb Park and more! Register for one program or all. Children must be 7 years old to participate in creek hikes. 9am-12pm. $2/person for each adventure. More info: Kevin Hill 770-528-8824 or kevinhill@cobbcounty.org.

EVERY THURSDAY

Summer Movie Nights weekly from June 4 through July 30. Movies are Christian-based and rated PG-13. Room 272 (June 4 will be in the Fellowship Hall). Touched by Grace, Confessions of a Prodigal Son, Redemption of the Heart, Last Flight Out, Grace of God and more. No registration required. 7pm. Free. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-973-6561

EVERY SATURDAY

Free Arts and Crafts at Lakeshore Learning Store. It's summer! Crafts in June include Beaded Bubble Wands, Design Your Own Race Car, The Great Catch Fishing Pole, and Storybook Cottage. 11am-3pm. Ages 3 and up. Lakeshore Learning Store, 4287 Roswell Road, Marietta. More info: 770-578-3100 or www.lakeshorelearning.com.

Trail Hikes. A docent guides you on a journey through the Chattahoochee Nature Center trails using biofacts and activities to spark your "natural" curiosity. 1pm. Admission: $10/adults; $7/seniors and students; $6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

JUNE 1-4, 8-11, 15-18, 22-25, JULY 6-9, 13-16, 20-23

Drivers Education presented by Marietta/Cobb Driver's Education. 30 hours of classroom instruction and 6 hours of individual training behind the wheel. This program meets the requirements for Joshua's Law and qualifies for the Teen Driver's Education insurance discount. 8am-4pm. $385. Dodgen Middle School (1725 Bill Murdock Road, Marietta), Kell High School (4770 Lee Waters Road, Marietta), or Pope High School (3001 Hembree Road, Marietta). More info: 770-429-3170 or www.mariettacobbdriverseducation.com.

JUNE 1-5, 8-12, 15-19, 22-26, JUNE 29-JULY 3, JULY 6-10, 13-17, 20-24, 27-31

Driver Education at Safe America. Licensed by the State of Georgia Department of Driver Services. 30 hours of classroom training, including the State required Alcohol and Drug Awareness (ADAP) training plus either 6 or 10 hours of private individual behind-the-wheel training with a licensed driver training instructor (individually scheduled in 2-hour increments within 6 months of classroom training completion). 9am-3:30pm. $474/30 hours classroom + 6 hours behind wheel. $574/30 hours classroom + 10 hours behind wheel. $150/30 hours classroom only. Safe America Foundation, 2000 First Drive, Suite 310, Marietta. More info/to register: 770-973-7233 or www.safeamericadrivers.org.

JUNE 1-JULY 18

Roswell Summer Puppet Series. Nationally-renowned puppeteers bring all varieties of puppets and marionettes to the stage for a collection of whimsical and captivating performances. Monday-Saturday: 10am. Additional shows Wednesday and Friday: 1pm. No performance on July 4th. Tickets: $5/person or $30/person for summer pass. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: 770-594-6232 or www.roswellpuppets.com.

JUNE 5 & JULY 3

Marietta Square Art Walk. Enjoy an evening of shopping, dining, and a variety arts & culture, down the charming streets of the Marietta Square every 1st Friday through November, 5-9pm. Top local dance, musical, visual and performing artists share their talent in front of the many boutiques, restaurants, galleries, and museums of the culturally rich and authentic Marietta Square. Parking is FREE. Come enjoy the in town culture and small-town charm this city center brings. More info: www.ArtWalkMarietta.com.

JUNE 6-7

Annual Flying Colors Butterfly Festival. Dance with butterflies to live music. Create arts and crafts, face painting, and entomology exhibits. Buy butterfly host plants and ask garden experts how you can attract butterflies to your garden. Wear your butterfly wings and march in the parade. Live butterfly releases on Saturday at 11am and 1:30pm; Sunday at 1:30pm and 3:30 pm. Bring your camera! Saturday: 10am-3pm. Sunday: 12-5pm. General Public: $12. CNC Members: $8. Ages 2 and under: free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055, ext. 254, or www.chattnaturecenter.org.

JUNE 6 & JULY 11

Smyrna Summer Concert Series. Summer music on the Village Green. Chris Stalcup & the Grange (June 6) and Faithless Town (July 11). 7-10pm. Free. Village Green, 200 Village Green Circle, Smyrna. For more info: 770-434-6600 or www.smyrnacity.com.

JUNE 7 & 14

Tea Tasting from Camellia Estates Teas and Tea Leaf Reading. Enjoy learning about loose leaf tea through a Tea Tasting from Camellia Estate Teas. Then have fun with a tea leaf reading from Samantha O'Brien. See a collection of teacups and teapots displayed for this special occasion. 1- 4pm. $10. Market Place 120, 562 Wylie Road, Suite 24, Marietta. More info: www.marketplace120.com.

JUNE 10-11 & JUNE 17-18

Defensive Driving/Driver Improvement Class presented by Safe America. If you are already driving but want to lower the cost of your car insurance or if you've gotten a traffic ticket and need to take a defensive driving class, this class is for you. 6-hour class taught by certified instructors. 6-9pm. Court ordered/point reduction: $95. Insurance rate reductions only: $30. Safe America Foundation, 2000 First Drive, Suite 310, Marietta. More info: 770-973-7233 or www.safeamericadrivers.org.

JUNE 12

Cobb Executive Women (CEW) Luncheon. Featured Speakers: Keith and Nicki Schroeder founders of High Road Craft Ice Cream. They will discuss their journey from failing business to internationally selling specialty ice cream. 11am. CEW Members: $20 online; $25 at door. Guests: $30 online; $35 at door. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

JUNE 12-14, JUNE 18-21 & JUNE 25-28

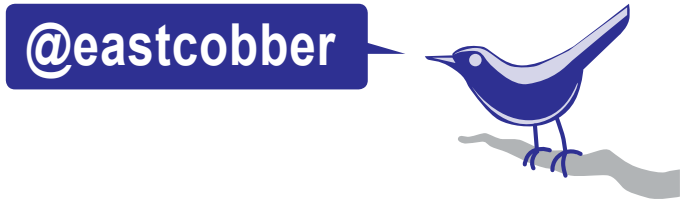
BARNUM presented by Atlanta Lyric Theatre. This production follows the legendary showman's life under the big top as he finally teamed up with J. A. Bailey to create Barnum and Bailey's Circus-the Greatest Show on Earth! Thursday-Saturday: 8pm. Saturday, June 27: matinee at 2pm. Sunday: 2pm. $34-$60. Cobb Civic Center, Jennie T. Anderson Theatre, 548 S. Marietta Parkway, Marietta. More info/tickets: 404-377-9948 or www.atlantalyrictheatre.com.

JUNE 13

5K9 Run. The Northeast Cobb Business Association will host its inaugural "5K9" run with proceeds going to Cobb County Police to help purchase a new K-9 dog. 8am. Registration is $25 and can be done online at www.northeastcobbba.com or active.com. Race begins at Piedmont Church, 570 Piedmont Road, Marietta. More info/sponsorship: 770-377-0072.

13th Annual Back to the Chattahoochee River Race & Festival presented by Chattahoochee River Keeper in partnership with the National Park Service, Fulton County, and the city of Roswell. Paddlers of all ages and skill levels will take to the water at 9am at Garrard Landing Park on Holcomb Bridge Road at 9am. The race ends at Riverside Park (575 Riverside Road, Roswell) where the festival takes place from 10am-3pm. Enjoy live music, face painting, balloon artists and other family-friendly activities as well as vendors and environmental exhibits. More info: www.chattahoochee.org.

25th Annual Creeper's Car Show sponsored by Creeper's Car Club. Music, food, swap meet, vendors, door prizes. Proceeds from the show will go to the Children's Miracle Network and the Special Olympics of Georgia, Cobb County. 9am-4pm. $5/person (children 12 and under free). Jim Miller Park, 2245 Callaway Road, Marietta. More info: Darwin Stanfield 404-697-6253 or www.creeperscarclub.com.



JUNE 13

Black Music Month Tribute featuring Mali Music, Jeff Bradshaw and Friends, Robert Glasper, Syleena Johnson, DJ B Sharp and special guest Avery Sunshine. Gates open at 5pm. Concert starts at 6pm. Tickets: Lawn $25; No lawn chairs allowed. Tickets: Terrace seats: $50-$60. Mable House Barnes Amphitheatre, 5239 Floyd Road, Mableton. More info: 770-819-7765 or www.mablehouse.org.

The Magnolia Ball benefiting Bulloch Hall. Come celebrate the Bulloch family's Scottish heritage this year. Black tie or Kilts. $150. 7pm. Dunwoody Country Club, 1600 Dunwoody Club Drive, Atlanta 30350. More info: 770330-1731 ext. 2.

Open Hearth Cooking and Living History at Smith Plantation. Living history interpreter and open hearth cooking expert, Clarissa Clifton, will demonstrate making traditional southern food over the open flame in the Cook House on the historic grounds of Smith Plantation. 10am-2pm. Free. Reservations required. Smith Plantation (Cook House), 935 Alpharetta Street, Roswell. More info/ reservations: 770- 641-3978 or www.roswellgov.com

Platelet Disorder Support Association (PDSA) Support Group for ITP Patients. 11:15am-12:45pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. Please RSVP. More info/to RSVP: Joan Coppolino, 404-788-4528 or www.pdsa.org.

Roswell Lavender Festival honors and commemorates the beauty and various uses of this ancient herb in a lively family-friendly festival setting featuring a variety of demonstration booths, vendors, crafts, and performances as well as educational booths and lavender plants for sale and live musical performances throughout the day. 10am-5pm. Free, rain or shine. Barrington Hall, 535 Barrington Drive, Roswell. More info: 770-640-3855 or www.southerntrilogy.com.

Trail Work Day. Join the Kennesaw Mountain Trail Club, a group of volunteers invite participants to join them for a Trail Work Day to help maintain the 20 plus miles of trails in the Kennesaw Mountain National Battlefield Park. 8:30am-1pm. Meet in the new parking lot on Old Highway 41. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: www.kennesawmountaintrailclub.com.

JUNE 13 – 20 & JULY 4 – JULY 11

The Flag Project. Flags are installed by Marietta Kiwanians who place the flags around Cobb County on six nationally recognized holidays each year – Memorial Day, Flag Day, July 4th, Labor Day, September 11 and Veteran's Day. The proceeds from this project fund Kiwanis Scholarships and other Club programs, projects, and grants of the Marietta Kiwanis Foundation. Call to get flags displayed at your home or business. $25/year/flag. More info: 770-432-1760, pathuey@comcast.net, or www.mariettakiwanis.org.

JUNE 13-JULY 25

Salsa Dancing for Beginners with Dalma Bulloch. Marketplace 120 will host Salsa Dancing Classes for Beginners. In this 8 week workshop, learn the basic steps and turns, arm, head and eye coordination of Salsa dancing. 10:30-11:30 am. The first class is FREE! $15 per class. Cost to sign up for all classes, $84 ($12 per class). A second round of classes will is scheduled July 1-August 12, 6-7 pm, same pricing. Market Place 120, 562 Wylie Road, Suite 24, Marietta. More info: www.marketplace120.com.

JUNE 13 & 27 1 JULY 11 & 25

Marietta Square Artists Market features artwork created by juried artists showcasing the best of local work. 9am-2pm. Mill Street near Marietta Square. More info: www.artistsmarketmarietta.com.

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JUNE 17

Barrington Hall Lecture Series: Sherman's March in (Southern) Perspective, presented by Stephen Davis, author of "What the Yankees Did to Us." 7-9:30pm. Doors open at 6:30. $5/person. Reservations are not necessary but are appreciated. Barrington Hall, Barn Meeting Space, 535 Barrington Drive, Roswell. More info/reservations: 770-640-3855.

JUNE 18

Pollinator Day at the Wildlife and Rain Garden. Bug hunt, butterfly craft, and information about pollinator-friendly plants, practices, and pollinator garden certification. 10-11:30am. Free. The Wildlife and Rain Garden at the Cobb County Water Quality Lab, 662 South Cobb Drive, Marietta. More info: 770-528-2284 or kaye.wilson@cobbcounty.org.

Rain Barrel Make & Take. A rain barrel is a rainwater harvesting system that you can make and connect to a downspout from your house or another building (school, church, office building, etc.). The water is collected in a large barrel and can then be used to water plants, wash your car, or let slowly percolate back into the groundwater system. Open to county residents only. One per household. More info: 770-528-1000 or www.cobbcounty.org.

JUNE 19-20

Cobb Classic Rodeo. Bareback riding, bull riding, steer wrestling, tie down roping, team roping, barrel racing, trick riding and rodeo clowns! Proceeds go to Cobb County Sheriffs department. 8pm. $15/adults. $12/children. Children under 5: free. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 770-684-7277.

JUNE 19-21 & JUNE 26-28

Legally Blonde Jr., the Musical. With the show-stopping dance numbers the Strand is known for and the catchy songs from the hit Broadway musical, The Earl Smith Strand Theatre will welcome young performers grades 9-12 back to its stage. $10/person. Fridays: 8pm; Saturdays: 8pm; Sundays: 3pm. The Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlstrand.org.

JUNE 20

Art, Barks & Purrs. Featuring animal related crafts made by local arts and crafts vendors! Please bring a cat or dog food donation to help the community. FREE. 10am-4pm. Cobb County Animal Control Shelter, 1060 Al Bishop Drive, Marietta. More info: 770-499-4136 or www.cobbanimalcontrol.org.

JUNE 20

Dream Dash 5K benefiting the Kennesaw Dream Foundation and their Kennesaw Teen Center. Late registration: 6:30am. Race start: 8am. $25 in advance. $35 race day. Kennesaw First Baptist Church, 2958 North Main Street, Kennesaw. More info/to register: www.dd5k.com or www.active.com.

JUNE 21 and JULY 19

Rhythms on the River Concert Series. Big Band Swing shows featuring "The Reflections" on June 21 and "Capital City Xpress" on July 19. 6pm. Admission: $15. Tables for 2-8: $40-$145. Bring some food and friends and enjoy a night of music. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: www.chattnaturecenter.org or www.atlantaplaysitforward.org.

JUNE 22

Trojans on the Links Golf Tournament benefitting the Lassiter football program. The 2015 Trojan Football Golf Tournament promises to be the most exciting ever with events and contests for golfers of all skill levels. Top 3 Winning Teams, $10,000 Putting Contest, Closest to the Pin, Hole In One, Longest Drive, Silent Auction, and Raffle. Registration: 10am; Shotgun Start: 12:30pm. $125/player; $450/team. Sponsorships available. The Golf Club at Bradshaw Farm, 3030 Bradshaw Club Drive, Woodstock 30188. More info: 770-592-2222 or www.lassiterfootball.net.

MORE ONLINE
For late-breaking events this month, visit www.eastcobber.com

JUNE 26

Foxtrotters Dance Club. This month's theme is "Country Time". Singles and Couples over the age of 55 are welcome. Come dressed up or upscale casual to dance to The Junction band. 7:30-10:30pm. $10/person. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-509-4900 or www.foxtrottersdanceclub.wordpress.com.

JUNE 26

Glover Park Concert Series: The Neons (Motown). Bring a blanket and picnic dinner or dine in one of the many fine restaurants on the square and enjoy a free concert. Blankets and lawn chairs allowed after 4pm. Tables available for rent. Concert at 8pm. Marietta Square. More info: 770-794-5601 or www.mariettaga.gov.

JUNE 26 & 28

The Roswell United Methodist Church – Sounds of the Spirit Concert Series: Patriotic Celebration. The RUMC Sancturary Choir, conducted by Michael O'Neal, and the Atlanta Wind Symphony, conducted by Dr. Cliff Towner, lead this popular community celebration of American music. Free but ticket required for seating. Friday: 7:30pm. Sunday: 4pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. More info: 770-594-0512.

TWEET TWEET!
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JUNE 27

Georgia Dachshund Races benefiting Dachshund Rescue Education Awareness and Mentoring (DREAM). Bring your chair and relax. Raffles, food, races and contests for best costume, size and age, nose, and much more. Doors open at 9am. $5 admission. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 770-934-2853.

JUNE 30-JULY 2

Children with Hair Loss. Kids Kuts Salon will host their annual event to cut and collect hair that is clean and dry and 8-10+ inches long. The hair is donated to Pantene Beautiful lengths and Locks of Love to provide wigs for children fighting cancer. 9am-7pm. $25/adult; $16/child. Kids Kuts Salon, 2323 Shallowford Road, Marietta. More info: 770-924-4950 or mykidskuts.com.

JULY 1 & 2

An American Celebration 2015 featuring the Johnson Ferry Choir and Orchestra. 7pm. Ice cream social following the concert in the Fellowship Hall. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-973-6561 or www.johnsonferry.org.

JULY 3-5, 10-12, 17-19 & 24-26

The Motown Sound features hits from the biggest and brightest of the Motown sound such as The Temptations, The Four Tops, Marvin Gaye, The Jackson 5, and many many more. Fridays: 8pm; Saturdays: 8pm; Sundays: 3pm. Price Range: $20-$25. Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info/tickets: 770-293-0080 or www.earlsmithstrand.org.

JULY 4

Cobb County Republican Picnic. 11:30am-3:30pm. $15 for adults ($10 in advance online) and $5 for children (6-11). Free 5 and under. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 770-272-0458 or www.cobbgop.org.

JULY 6-9

Terrell Mill Junior Open Championships. Junior USTA tennis tournament. Entry fee: $25 singles; $15 doubles per player. Tournament fee includes a $3 (non-refundable) USTA service fee for online or website registration. Terrell Mill Park, 480 Terrell Mill Road, Marietta. More info: 770-644-2771.

JULY 11

Atlanta Back 2 School Food Festival. This kid friendly event features food, music, clothing, and information on health, education, art, and after-school care programs for families. Enjoy a culinary experience from Metro Atlanta's restaurants, caterers, and food trucks. Kids can enjoy the fun zone, equipped with inflatables, waterslides, a rock climbing wall, bungee jumping, and bouncy houses. Kids bring swimwear and a towel! 12:30-5:30pm. Free Admission with donation of school supplies. Parking is $5. Food and Fun Zone tickets additional fee. Jim Miller Park, 2245 Callaway Road, Marietta. More info: www.ATLFoodFest.com.

Roswell Riverside Sounds presented by the City of Roswell. Hailing from Asheville, North Carolina, River Whyless puts a hauntingly sweet spin on traditional music sounds. 7-9pm. Free. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or www.roswellriversidesounds.com.

JULY 11 & 25

Marietta Square Artist Market. This open-air fine arts market showcases the best of local, handmade art and fine crafts. Held each 2nd and 4th Saturday, through November. 9am-2pm. Mill Street, More info: www.ArtistMarketMarietta.com.

JULY 12

Concerts by the Springs: The Tams (Beach Music Legends) presented by City of Sandy Springs. 7-8:30pm. Lawn opens at 5pm. Free. Heritage Green, 6110 Bluestone Road, Sandy Springs. More info: 404-851-9111, ext. 4 or www.heritagesandysprings.org/concerts-by-the-springs.

JULY 13

Cobb Chamber First Monday Breakfast. Speaker: Lieutenant Governor Casey Cagle. Program: Leadership Cobb. 7:30am. General admission: $65. Members: $30 online (by noon, July 8)/ $45 at the door. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway. More info: 770-980-2000 or www.cobbchamber.org.

JULY 15

Green Heroes. Cobb County Parks Natural Resources will be discussing green heroes and how to reduce, re-use, and recycle with a story and eco-art project. This program is geared towards families with school-aged children. Children 9 and younger must be accompanied by a caregiver. No registration required and all supplies will be provided. 3:30-4:30pm. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730 or www.cobbcat.org/venue/east-cobb-library.

JULY 17-18

Antique Gun & Military Collectibles Show & Sale. Friday: 12-5pm. Saturday: 9am-4pm. $7/adults; $1/ages 7-12. 2 day pass $10. International Association of Machinists and Aerospace Workers, Local Lodge 709, Union Hall, 1032 South Marietta Parkway, Marietta. More info: 704-282-1339 or richard@thecarolinatrader.com.

JULY 17-19

Cats one of the longest-running Broadway shows, presented by the Atlanta Lyric Theatre. Book is by T. S. Eliot with music by Andrew Lloyd Webber. 8pm. $40.25-$61.50. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta 30339. More info: 770-916-2800 or www.cobbenergycentre.com.

JULY 17-26

Marietta Campmeeting Praising God! Starts with a covered dish picnic at 6pm on Friday followed by the first service at 7:30pm. Services will be held twice daily (11am and 7:30pm) the remaining days ending with the 11AM Communion Service on Sunday, July 26. Guest pastors and speakers. Free and open to the public. 2301 Roswell Road, Marietta. More info: www.mariettacampmeeting.com.

JULY 18-19

Civil War Living History Weekend. There will be encampments of Federal and Confederate soldiers, weapons and uniforms on display, music of the period, demonstrations of the formal dancing of the 1860s and food vendors. 10am-4pm. Free. Barrington Hall, 535 Barrington Drive, Roswell. More info: 770-640-3855 or www.barringtonhall.net.

JULY 18-19

2015 Peach State Summer Sieger, an International All Breed Canine Association (IABCA) dog show. 9am-5pm. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 503-316-9860 or www.iabca.com.

JULY 18

Trash or Treasure? Out of the ordinary memorabilia! Ever wonder if you should buy that interesting painting at the garage sale? Is Grandma's vase really worth the fortune that you hope it is? Educated in business and design, Cindy Rich, a third generation antique appraiser & picker, can answer these and other questions about the trash and treasured collectibles in your life. 3-4pm. Registration is required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-2725 or www.cobbcat.org.

JULY 20-24

Camp Gold Dust. This one week day camp for elementary and middle school-aged boys and girls is designed to expose them to the performing arts. Campers will be divided into age appropriate groups. Each group will learn their own songs and choreographed dances to be performed on Friday during the Gold Dust Showcase! 9am-12pm. $85. Sprayberry High School, 2525 Sandy Plains Road, Marietta. More info: Marc Middlebrooks at marc.middlebrooks@cobbk12.org or 770-578-3200 ext. 337.

JULY 23-25

The 2015 Southeast Homeschool Expo. An expo devoted entirely to the display, sale and discussion of educational materials with entire exhibit hall displays of materials by the best Christian, secular and specialty publishers. New homeschoolers, classical homeschoolers, eclectic homeschoolers – everyone will find something for them at the 2015 Southeast Homeschool Expo. Thursday: 10am-4pm; Friday: 10am-9pm; Saturday: 10am-5pm. $15-$45 online registration discount offered until July 9. $25-$55 at the door. Children under 18 are free. Cobb Galleria Centre, Two Galleria Parkway Atlanta. More Info: 770-594-1266 or www.southeasthomeschoolexpo.com.

JULY 25-26

39th Annual Collectible Glass Show and Sale presented by Peach State Depression Glass Club. Nationally recognized dealers. Antique and vintage glass, pottery, Depression Era glass, kitchenware and dinnerware. On Saturday only, there will be a children's program which will include a scavenger hunt and a special door prize just for them. Saturday: 10am-5pm. Sunday: 10am-4pm. $6, cash only (good both days) or $10 to include private early entry Saturday 8:30-10am. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 770-853-5327 or www.psdgc.com.

JULY 31

Glover Park Evening Concert Series: Mike Veal Band – Variety. Bring a blanket and picnic dinner or dine in one of the many fine restaurants on the Square and enjoy a free concert. Blankets and lawn chairs allowed after 4pm. Concert at 8pm. Tables available for rent. Marietta Square. More info: 770-794-5601 or www.mariettaga.gov.

AUGUST 1

Roswell Riverside Sounds presented by the City of Roswell. Adron blends Brazillian samba, bossa nova and tropicalia with the sincerity and thoughtfulness of singer-songwriters like Joni Mitchell and Harry Nilsson. 7-9pm. Free. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or www.roswellriversidesounds.com.

Smyrna Birthday Celebration. Celebrate the birth of Smyrna with family and friends. High-energy music, festival foods, birthday festivities, a GIANT birthday cake and a kids entertainment area and fireworks at the end add to the excitement. 6-10pm. Free. Village Green, 200 Village Green Circle, Smyrna. More info: 770-434-6600 or www.smyrnacity.com.

AUGUST 2

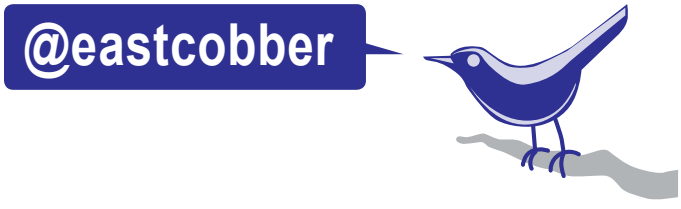
Georgia Bridal Show. Brides get great ideas and see the latest trends and find everything needed to create the wedding of your dreams. Meet face to face with wedding professionals, taste samples of cakes and foods, enjoy a fashion show, look at flower arrangements, and more! 12-5pm. Tickets: $10 online, $15 at the door. Cobb Galleria Centre, Two Galleria Parkway, Atlanta 30339. More info: 1-800-532-8917 or www.EliteEvents.com. .

AUGUST 7

Marietta Square Art Walk a free, self-guided tour of historic Marietta Square's eclectic art scene. Art galleries, museums, cultural venues, restaurants and boutiques hosting artists within their businesses will display an Art Walk banner in their window. Maps available at each participating location and at the Marietta Welcome Center. 5-9pm, rain or shine. Historic Marietta Square. More info: www.ArtWalkMarietta.com.

AUGUST 8

East Cobb Rotary Dog Days 5K/1 Mile/Tot Trot. Proceeds benefit local and international service projects of the East Cobb Rotary Club. 6:30am/registration opens; 7:30/5K; 7:45am/1 mile fun run; 8:30am/Tot Trot. $25/early registration (by August 1). $30/race day or for phantom runner. Start and finish at McCleskey-East Cobb YMCA, 1055 East Piedmont Road, Marietta/East Cobb. More info: Ken Crowell, 404-510-7939 or www.eastcobbrotary.com.



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SoutheastHomeschoolExpo.com

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Pet of the Month: Tweety

Submitted by Mary Makucin

Animal/Breed: Canary

Age & Gender: Male, 4 years old

Favorite Food: Millet

Favorite Person: Everyone

Best Trick: Singing

Turn Ons: Baths

Turn Offs: Bedtime

Favorite Toy: Mirror

Last Seen: Watching TV

What makes your pet so special: He brightens our day with song.

Should Your Pet Be Our Pet of the Month?

Fill out the information on your pet and send it to:
EAST COBBER, P.O. Box 680445, Marietta, GA 30068

Please include a picture with your entry. Or email description and a jpg to: petomonth@eastcobber.com

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

ART-BARKS AND PURRS FESTIVAL
SET FOR JUNE 20

Cobb County Animal Control (CCAC) will host their fourth annual ART-Barks and Purrs on Saturday, June 20. The event is part of CCAC's continuing efforts to find forever homes for the homeless animals of Cobb County. The upcoming event is scheduled for Saturday, June 20 from 10am to 4pm. It is held on the grounds of the shelter, located at 1060 Al Bishop Drive, Marietta and features over 30 local arts and crafts vendors that have animal related art in their line. Many of the returning vendors said they were very excited to participate in the event once again to help support the homeless animals at the Cobb County Shelter. Besides the vendors, the event includes a great silent auction, special adoption rates, and food. This is a FREE, fun, family event.

The ART festival was designed to help bring people to the shelter via an exciting event. We have so many wonderful animals here and they all deserve a home", said Billy Mayfield, Facility Operations Manager. "This is our fourth year for the arts and crafts festival and every year it is more successful thanks to the creative, talented vendors who help support the shelter's efforts to find homes for the dogs and cats. If someone has never been to our shelter, they should come check us out. We're not your old-school 'dog pound'. Our shelter is a bright, clean, hopeful place. Staff and volunteers, along with local rescue groups, all work together to find new homes for these animals."

For more information about Cobb County Animal Control, please visit www.cobbanimalcontrol.org. You can also follow them on www.facebook.com/CobbAC and www.twitter.com/CobbAC.

(THAT'S DOG TALK FOR "YOU'LL LOVE ADVERTISING IN THE EAST COBBER!") MORE INFO: 770-640-7070

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www.cobbevc.com

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Woodstock, GA 30189
www.cobbevc.com

East Cobber Parade & Festival: Sept. 12

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EAST COBB CULINARY ARTS STUDENT WINS GOLD

"It was one of the most difficult things I have ever done in my life," said Chattahoochee Technical College Culinary Arts Student Noah Bazarte. "I have never experienced that much crunch and pressure in 90 minutes."

Bazarte, who lives with his wife and three children in East Cobb, is this year's statewide gold medalist for the Culinary Arts competition at SkillsUSA. He and the two other gold medalists from Chattahoochee Technical College have secured spots to compete at the national level this summer in Louisville, Ky. After this semester, he will be garnering knowledge from the college's program director Chef Hillary Gallagher, who has had several students compete at this level in the past.

The competition itself consisted of competing against other culinary students in completing a soup, salad with vinaigrette, vegetable, and chicken dish in the 90-minute time limit. According to Bazarte, the most challenging aspect was the soup and salad for which he only had 30 minutes to concentrate on during the allotted time.

To advance to the state level, Bazarte competed in an in-house competition at Chattahoochee Technical College where he came in first. Gallagher said it was his flavors that set him apart from the other potential competitors.

"He wanted to win so he dedicated himself to it," said Gallagher. "He practiced both in the classroom and at home to make sure he was prepared. I know he's going to carry that same dedication through to the next level of the competition.

With more than 12 years of experience in the industry, Bazarte is not a stranger to the kitchen. He is currently working at Table & Main in Roswell where he works both the grill and as garde manger, where he said the other staff has helped him prepare for competition. It is that process of learning about the kitchen that brought him back to school.

▲ Award-winning Chattahoochee Technical College Culinary Arts Student Noah Bazarte

"Being 33 without a degree put a cap on my potential in this industry," Bazarte said. "I knew that if I wanted to grow and succeed that I needed to earn that credential."

Looking for that education, Bazarte heard from others that Chattahoochee Technical College would be a good option for him. "I heard that the program was a good one and that it was taught by the book," he said. "It's giving me a nice foundation, the credibility of a state school and the lower cost than other programs."

Chattahoochee Technical College offers diploma and degree programs through its respected Culinary Arts program at the Mountain View Campus. The 62-hour degree program prepares students for the culinary profession. The program emphasizes a combination of culinary theory and practical application necessary for successful employment. Graduates who are current practitioners will benefit through enhancement of career potential. Those entering the culinary arts field will be prepared to pursue diverse opportunities as cooks, bakers or caterers/culinary managers.

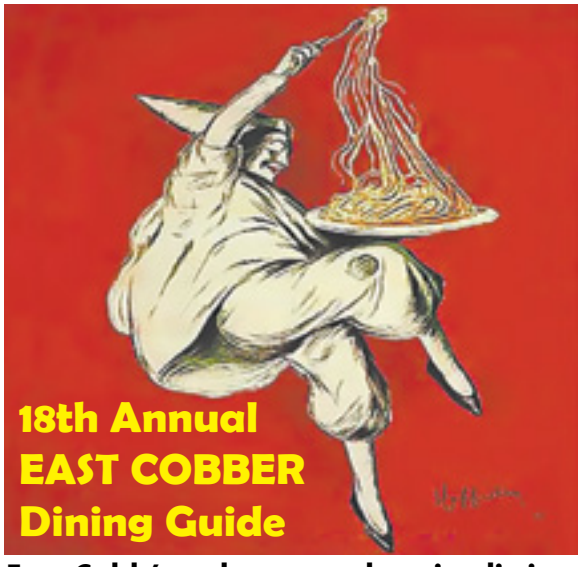
>>> continued on next page >>>

Chattahoochee Technical College sent 17 students from various programs to compete in 13 categories in the statewide competition. Competitors brought home several medals, including three gold, two silver and two bronze. In addition to Bazarte, medalists included Michael Wells, who received gold in Criminal Justice and Ryan Shearouse who received a gold in Diesel. Silver medalists included Alec Beaty in Restaurant Service and the team of Michele Malone, Roxana Montano and Michael Poulos in Crime Scene Investigation. Tyler Hester received a bronze medal in Diesel, while Alex Levental received the bronze medal in Restaurant Service.

SkillsUSA is a national organization serving high school and college students and professional members enrolled in training programs in technical, skilled, and service occupations, including health occupations in high schools and technical colleges. SkillsUSA sponsors competitions across the United States. Students begin by competing locally and continue to state and national contests if their scores advance them. Wells, Bazarte, and Shearouse, who received first place honors in their respective skills contests, will advance to the national competition in Louisville , Ky. this summer.

For more information on Chattahoochee Technical College and its programs, visit www.ChattahoocheeTech.edu or call 770-528-4545.

COMING in the August Issue:



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MUST MINISTRIES PROMOTES SUMMER LUNCH PROGRAM

Did you know that almost 1 million school-aged children throughout Georgia are eligible to receive free or reduced lunch during the school year based on low-income status? On a local level, 46% of students in Cobb County qualify for this support.

The need for well-balanced meals doesn't just end when the school year does, which is why MUST Ministries has dedicated the past 20 years to feeding children in need with the Summer Lunch program.

While summer often means sleeping in or planning your next getaway, many of your neighbors are wondering how they will feed their children lunch today. That's when MUST Ministries steps in with the Summer Lunch Program and brings the whole community together to help those in need. With countless, compassionate volunteers, MUST provides a sack lunch each summer weekday to thousands of children in eight counties. Since MUST can't do it alone, the generosity of our communities makes it possible.

WAYS TO HELP:

- Pledge Lunches - 6,000-7,000 needed daily
- Host a Supply Drive
- Color Lunch Bags
- Volunteer in one of our many positions

More information can be found on www.mustministries.org/summer-lunch.

East Cobber Parade & Festival: Sept. 12

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LOCAL FARMERS MARKETS
OFFER FRESH FOODS

Farmers markets are gaining popularity in and around Cobb County thanks to farmers with organic fruits and vegetables, gardeners with fresh flowers and plants, and makers of all sorts of edible home goods – from yummy desserts to local raw honey and homemade sauces and jellies. If you're craving locally-grown, fresh produce, here's a list of farmers markets close to East Cobbers:

ACWORTH FARMERS MARKET
Acworth First Baptist Church
4583 Church Street, Acworth
May-October: Fridays, 7-11am
More info: 770-917-1234
www.acworth.com/farmers-market

HERITAGE SANDY SPRINGS FARMERS MARKET
6100 Lake Forest Drive NE, Sandy Springs
April-November: Saturdays, 8:30am-12noon
www.sandyspringsfarmersmarket.com

Be Inspired. Stay Connected. Like Some Stuff.
www.facebook.com/EastCobber

KENNESAW FARMERS MARKET
Depot Park
2829 Cherokee Street, Kennesaw
May-October: Mondays, 3 -7pm
More info: 770-794-7075
www.kennesaw.com/kennesaw-farmers-market

MARIETTA SQUARE FARMERS MARKET
Historic Marietta Square
65 Church Street, Marietta
Year Round: Saturdays, 9am-12pm
May-Oct: Sundays, 12-3pm
More info: 770-499-9393
www.mariettasquarefarmersmarket.net

POWDER SPRINGS FARMERS MARKET
4488 Pineview Drive, Powder Springs
June-September: Thursdays, 4-8pm
770-943-8001 • ktpeterson@cityofowdersprings.org

ROSWELL FARMERS & ARTISANS MARKET
Roswell City Hall
38 Hill Street, Roswell
April-September: Saturdays, 8am- 12pm
More info: 404-492-9938 or www.roswellfam.com

SMYRNA FRESH PRODUCE MARKET
Smyrna First Baptist Parking Lot
1275 Church Street SE, Smyrna
May-October: Saturdays, 8am-12noon
More info: 770-431-2863 • www.smyrnacity.com

WOODSTOCK FARMERS MARKET
Market Street, Woodstock
(Between Mill Street & Maple Street)
May-Dec: Saturdays, 8:30am-12pm
May-Oct: Tuesdays, 4:30-7:30pm
More info: 770-592-6056 or
www.downtownwoodstock.org/farmer

TASTE OF **EAST COBB**

Taste of East Cobb, also known as known as "the most delicious Saturday of the year", was held on Saturday, May 2. Thousands enjoyed a fun-filled day featuring a delicious variety of tastings from local restaurants, great entertainment from Walton High School's Jazz Bands and giant inflatables as well as a silent auction. Sponsored by the Walton Band and Orchestra Parents (WBOP) association, the event raised money for its program.

Walton Jazz Band

Stephen Buchness, Marketing Director, Gigi's Cupcakes

Bernard's Pralines

David Morrison, Executive Chef, Copa Cabana Cafe

Kay Lynne Mitchell, Owner, Chicken Salad Chick

Isabella and her mom, Ashley Ocampo

Volunteer Scott Lovell

Walton volunteers Emma Lewellyn, Kasey Farrell, Madeline Freiman

Mr. Mike Back, Walton HS Band Director

Terry Kirby, Sarah Kennington, and Brian Kennington owners of Red Sky Tapas

LOCAL ROTARY CLUB'S DOG DAYS RUN CELEBRATES A DECADE

Honoring the heat and humidity of August, the public is invited to the 10th annual Dog Days 5K Run on Saturday, August 8. Produced by the Rotary Club of East Cobb, the big event kicks off at 7:30am. Everyone is welcome to run, jog or walk the race. There will be good music, great food and lots of prizes and give-aways! There will be bounce houses for the kids and plenty of food and fluids for all entrants, plus lots of awards and a cool commemorative 10th Annual Dog Days shirt! This is a family-friendly and pet-friendly race so the public is encouraged to bring their families and dogs to enjoy the race.

Over the years, the Rotary Club of East Cobb has donated more than $360,000 from the race proceeds to local and international service projects. 100% of the Dog Days Race proceeds support more than 20 local/international non-profits, including YMCA, Cobb Family Resources, Camp Horizon, Aids Awareness, Walton Robotics, Project Mail Call, Catholic Charities, Recognition Awards for Cobb Public Servants, American Cancer Society. "What a great way to get the family active while supporting a great cause," says Rotary Club President Randy Nixon.

This year's Dog Days 5K Race has a new start and finish point: McCleskey-East Cobb YMCA, 1055 East Piedmont Road in Marietta/East Cobb. Also new this year is the "Team Challenge"part of the Race. Your company/non-profit can compete in the Dog Days Team Challenge. The team with the most paid runners will receive a $500 contribution to their favorite non-profit or Rotary service project.

A cash prize of $125 will be given to each male and female finisher in the following categories: Open, Masters (40-49), Grand Masters (50-59) and Seniors (60+). Medals will be awarded to the top 3 finishers in the following categories: 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over. Ribbons will be given to all 1 Mile Fun Run finishers.

The Pre-registration fee of $25 must be received by August 1, 2015; $30 Race Day. There is a $30 fee to be a "Phantom" Runner. If you are unable to run, but want to support this event, please register as a "phantom" runner. A tshirt will be mailed to you after the race.

To register for the 10th Annual Dog Days Race, visit www.DogDaysRun.com and click on the Active.com link. For more information, contact Ken Crowell at 404-510-7939 or via email: crowellken@gmail.com.

Rotarians are business and community leaders who take an active interest in service to our community. The motto of Rotary International is "SERVICE ABOVE SELF," and the members of the Rotary Club of East Cobb exemplify this statement in their business activities and daily lives. The Rotary Club of East Cobb meets every Wednesday at 7 am at the Indian Hills Country Club, 4001 Clubland Drive in Marietta/East Cobb. For more information about the club, visit EastCobbRotary.com.

Join the Fun at the 10th Annual Dog Days Run!

Saturday, August 8, 2015

5K, 1 Mile Fun Run, Tot Trot, Awards Ceremony

CASH PRIZES to top finishers | CHIP DEVICES for all runners

Benefitting Rotary Club East Cobb service projects such as: School Mates Literacy Project, Canine Assistance, Aids Awareness, The Center for Family Resources, Cobb County Public Safety, Kids2Leaders Inc.

Presented by

WELLSTAR

Event Information

$25.00 Pre-registration - by August 1, 2015
$30.00 Race Day - August 8, 2015
$30.00 "Phantom" Runner

Location Start/Finish:
McCleskey-East Cobb YMCA
1055 East Piedmont Road
Marietta, GA 30062

Easy Registration

- Online at: www.active.com
- In person at **Big Peach Running Co.**
  1062 Johnson Ferry Rd., Marietta GA 30068
  Phone: 770-579-0444
- By mail using the form below (entries must be received by August 1, 2015; race day registration available)

Start Times

6:30am Registration Opens
7:30am Dog Days 5K
7:45am 1 Mile Fun Run
8:30am Tot Trot
8:40am Awards Ceremony

Send check & entries to: ***Rotary Club of East Cobb | PO Box 72081 Marietta, GA 30007-2081***

Name *(please print clearly)* _____

Address _____

City/State/Zip _____

Phone _____ Gender M / F Age as of August 8, 2015 _____

E-Mail (for reminders & updates) _____

Circle shirt size: small medium large x-large

For and in consideration of the Rotary Club of East Cobb ("RCEC") accepting my entry as a participant in Dog Days Run on August 8 2015, the sufficiency of which is hereby acknowledged, I, do hereby release, remise, discharge and hold harmless RCEC and the YMCA of Metro Atlanta ("YMCA"), their officers, agents, members, sponsors, affiliates, servants, employees, successors, and assigns from any and all liability, claims, demands, suits, actions, causes of action and any consequences of every kind or nature for injury to me or to my property or, if applicable, to my minor child, relating directly or indirectly to my affiliation with or participation in the Dog Days Run Event ("Event"). I hereby acknowledge my understanding that participating in a running or walking event such as this can cause short or long term injury, illness or death. It is further understood and agreed that this release is intended to and does cover all actions, causes of action, claims and demands by reason of any damage, loss or injury, known or unknown, which arise out or, are related to or may be traced either directly or indirectly to the Event no matter how remotely they may be related to the Event. Registration on line or my signature evidences my understanding and acceptance of the above.

Participant's Signature _____ ***Date*** _____

Parent/Guardian's Signature if not 18 _____ ***Date*** _____

Contact Information

Rotary Club of East Cobb
Ken Crowell 404-510-7939 /
crowellken@gmail.com
Des Yawn 404-401-6502 /
desy@palomarins.com
More info:
www.EastCobbRotary.com
www.DogDaysRun.com

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It's not too late to add your company to the 2015 Dog Days Run Sponsor list. Ask for a Sponsor Packet today!

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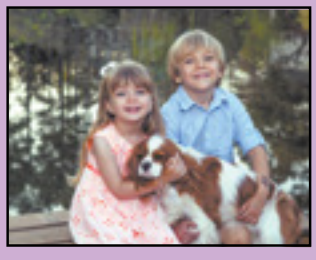

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–Debbie, 52

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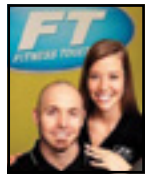

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TO TAN OR NOT TO TAN?

Skin cancer is the most common cancer in the United States. It affects men and women, young and old. Over 90 percent of skin cancers are caused by exposure to ultraviolet (UV) light, the same type of light that makes people tan. Skin cancer can be prevented by taking a few safety measures, such as wearing sunscreen, staying in the shade and avoiding artificial sources of UV light, such as tanning beds.

Persons who first use tanning beds before the age of 35 increase their risk of melanoma by 75 percent. Tanning beds are in the same cancer risk category as arsenic, tobacco smoke, the hepatitis b virus and radioactive plutonium.

There is no such thing as a "safe tan." A base tan does not protect from sunburn. In fact, a tan is the body's natural response to UV rays and indicates that the skin has been damaged.Tanning beds use the same UV light as sunlight. Just 20 minutes in a tanning booth is the same as spending an entire day at the beach. UV rays break down the elasticity of the skin, causing premature aging, fine lines and wrinkles.

Avoid tanning. Whether using indoor tanning devices or laying outside in the sun, tanning is largely for cosmetic purposes. Tanning unnecessarily increases the risk for developing skin cancer and causes premature skin aging. Always apply a broad-spectrum sunscreen with sPf15 or higher. 30 minutes before going outside, even on cold and cloudy days. Remember to protect yourself year-round! If you want to look "tan," consider using sunless tanners. These products provide a tanned look without exposure to UV light. Most sunless tanning products do not contain sunscreen, so it is still important to use broad-spectrum sunscreen with an sPf of 15 or higher.

Check your skin regularly and consult your doctor if you have questions about your skin.

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Mon-Thurs: 9am-4pm; Fri: 9am-1pm

The office offers health, wellness and anti-aging solutions including hormone balancing, weight loss, nutritional testing and nonsurgical aesthetics. The doctor offers programs that help you get healthy, gain energy and look great.

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MANIFEST THE FAMILY, LOVE, AND LIFE YOU WANT WITH CRYSTAL SHAE

Crystal Shae

Are you tired of yelling at your children and not getting anywhere? Do you want to strengthen your relationship with your teen? Certified International Life Coach Crystal Shae is an expert on teen and parent relationships and can help any parent improve their family life.

As a mother of eight children, ranging from ages 2-22, Crystal can speak from her own life experience. A former "yellaholic," she learned that to get her children to listen and be more respectful, she was going to have to make a change first. It didn't happen overnight, but she learned to come from a place of love, respect and adoration rather than fear, control and punishment. She transformed her family and now specializes in working with other parents and teens on improving their relationships and creating a peaceful and dynamic home environment.

"Parents genuinely want to know what is happening in their teen's lives but they aren't sure how to create a safe place for them to open up," says Crystal.

An East Cobb resident, Crystal offers workshops, weekly challenges and one-on-one coaching packages. She is focused on helping mothers get the families they want through her Manifesting Mama Manifestation Intensive, which launches in July. She is helping mothers get crystal clear on what they want, whether it's a support system, better behaved children or a loving spouse.

Manifest well-behaved teens, dump the guilt and overwhelming thoughts about "having" to be a mom? Be clear on how to communicate what you really want without the feeling of worry or doubt. Mark your calendars for the first Monday of every month. for her Monthly Monday Manifesting Meetups at Whole Foods (in Merchants Walk) the first Monday of the month at 7 p.m.

"Everything is the way it should be....so love the way it is, but Make it what you want," is the mantra behind Crystal's work with families.

Start manifesting right away and visit coachwithcrystalshae.com to download 7 Ways to Manifest What You Want. You can also join her Manifesting Mamas group on Facebook or contact her by phone at 470-222-3688. Crystal works with clients internationally and nationwide via phone or video conferencing, which can fit any busy schedule or location.

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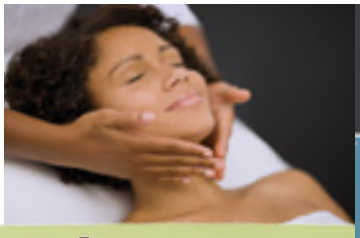
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WELLSTAR OUTPATIENT SURGERY CENTER
OPENING SOON

In July, a new outpatient surgery center will open at the WellStar East Cobb Health Park located at 3747 Roswell Road. The outpatient surgery center features:

Three operating room (OR) suites and three procedure rooms

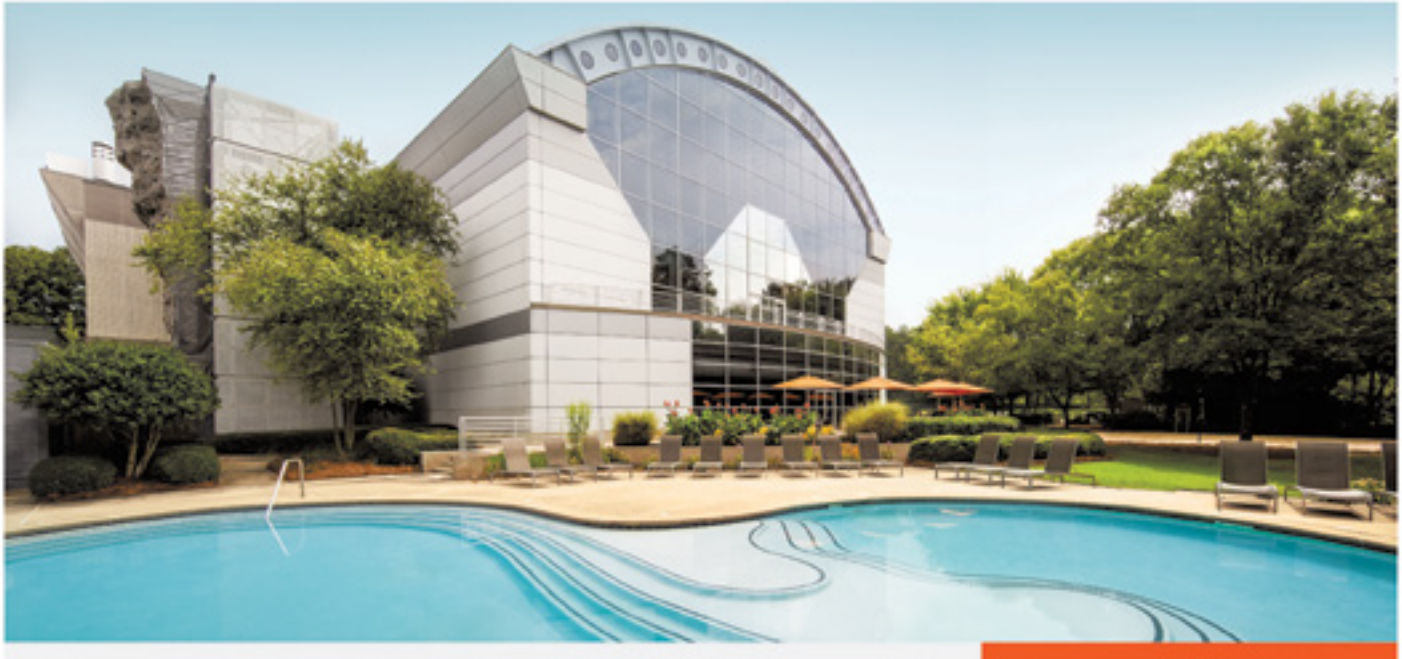
> Twenty private, prep/recovery rooms

> Dedicated patient discharge elevator and covered pickup area

> Abundant natural light in ORs and waiting areas

> Onsite pathology support.

WellStar East Cobb Health Park opened in fall 2014 with physician offices, lab, and imaging services, urgent care, pharmacy, sleep center, physical therapy, cardiac diagnostics, and cardiac and pulmonary rehabilitation. A Community Open House is scheduled for Saturday, June 6, from 9am to 11 am. For more information, call 770-956-STAR (7827).



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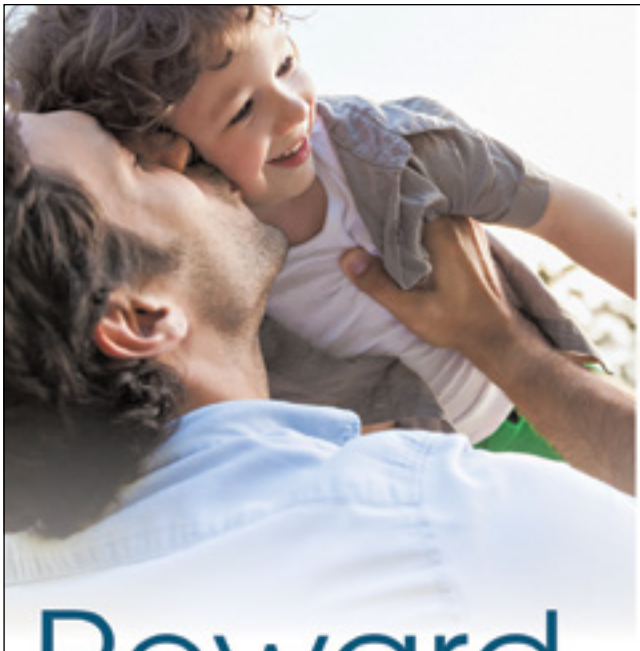

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EAST COBB COUPLE LEADS REC GROUP FOR SPECIAL NEEDS KIDS AT KSU

By Mary Bowen

▲ **Jack and Lois Gibbs, Founders of P.L.A.Y**

"You do the hokey-pokey and you turn yourself around; that's what it's all about!" Childish laughter echoes off the gym walls at Kennesaw State University. For twenty years, East Cobbers Jack and Lois Gibbs have been leading a recreation group at Kennesaw State University for special-needs children, called the Physical and Leisure Activity for Youth (PLAY) program. Besides providing fun exercise for children, it gives physical education students required practicum credit when they participate every fall on six consecutive Saturdays from 10am-noon. "Our students are exposed to real children with real disabilities, in a setting that is exactly like what they would encounter at a school," says Peter St. Pierre, Associate Professor of Health Promotion and Physical Education. "It's wonderful just to be around the children."

In the fall, each college student chooses a child after talking with his or her parent beforehand. Then a friendship begins, sometimes lasting for years. Volunteering every spring are high school and middle school youth from the Gibbs's church, Mt. Zion United Methodist Church. Is it worth getting up early? "They want to be there!" Jack asserts. "They are very intuitive and require little supervision."

PLAY is designed for elementary school children who struggle with developmental, sensory, neurologic, mental and orthopedic disabilities. At various stations they can try dribbling and throwing a basketball, kicking a soccer ball, lobbing a volleyball or playing T-ball. More options include tennis, bowling and tumbling. In addition to sports, the children can move to the music in an arm-flapping chicken dance, the "YMCA" song, and even a conga line. It's a happy time for parents as well. Nathan Sykes's mother Sylvia says he's been "welcomed with open arms". Cindy Knight, Carson's mom, likes the networking with other parents, and having more time to herself. Though he's in three other sports, Carson enjoys the PLAY group the most.

Jack and Lois Gibbs are uniquely qualified to lead this program from their experience in education. For five years in Japan, then seven in Germany, Jack worked on a military base as a school principal, while Lois taught special needs kids. Her interest in children with disabilities began during childhood with her beloved Down syndrome sister Carol, or "Bobby". In those days she was banned from public school, so her mother started school in their living room, hiring a college student to teach her daughter and several friends. Lois taught there as well, when she was home from college. This home school grew to six children and after a year, the Muskegon, Michigan newspaper ran an article on it. A local church volunteered its basement for a classroom, and another church offered its bus. Later on, this special needs school served as a practicum for education students at Western Michigan University in Kalamazoo.

For more information on Physical and Leisure Activity for Youth (PLAY) program, contact Peter St. Pierre, Associate Professor of Health Promotion and Physical Education at 470-578-6775, or pstpierr@kennesaw.edu.

Next Issue: August • Deadline: July 15
Call East Cobber: 770-640-7070

EAST COBB SENIOR CENTER
ACTIVITIES SCHEDULED FOR JUNE

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a listing of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

Credit Freeze? Hacking?
June 5 | 10-11am
Free; Registration required
What do these words mean? How can you protect yourself from being a victim of identity theft? Join this seminar and you will be guided through the process of placing a credit freeze. Bring your own laptop or a tablet.

Ice Cream & a Movie: *Dolphin Tale 2*
June 8 | 1pm
$4 Cobb residents, $5 Non-residents; Ticket required
This film tells the story of another dolphin at the hospital named Hope. "*Dolphin Tale 2*" continues the story of the brave dolphin Winter, whose miraculous rescue and recovery—thanks to a groundbreaking prosthetic tail—made her a symbol of hope and perseverance to people around the world and inspired the 2011 family hit movie.

Dine-a-Round: Gabriel's
June 16 | 11:30am
Separate checks; Registration required.
Everyone meets at the restaurant. Gabriel's, 800 Whitlock Avenue, Marietta 30064.

A Garden Party
June 20 | 11am
$12 Cobb residents; $15 Non-residents
Ribbons, flowers, dance and music make a perfect day for "A Garden Party". The Georgia Ballet will perform. A Garden Party-inspired lunch will be catered by Café 33. After dining, a duet from the Georgia Symphony Orchestra, will play the afternoon away in a special concert performance. Come wearing hats and gloves, and flowery dresses.

Men's Health Month:
Superman is Only a Comic Book Character
June 24 | 11am-1pm
Free; Registration required
In celebration of Men's Health Month, you are invited to a seminar focusing on health and wellness topics for men, spouses are welcome. A question and answer session will follow the presentation. Free lunch will be served at 12pm.

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EAST COBB SENIOR CENTER **ACTIVITIES SCHEDULED FOR JULY**

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a listing of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

Maintaining Healthy Joints & Bones
Friday, July 10 | 11am-12pm
The seminar will cover: how to keep your bones & joints healthy, common causes of joint pain, alternatives to joint replacement, how to determine if surgery is right for you.

Ice Cream and a Movie: *The Imitation Game*
July 13 | 1pm
$4 Cobb residents; $5 Non-residents. Ticket required
The Imitation Game is a 2014 historical thriller loosely based on the biography of Alan Turing. It stars Benedict Cumberbatch as the British cryptanalyst Alan Turing, who helped solve the Enigma code during the Second World War. Rated- PG13.

Dine-a-Round: Café 33
July 15 | 11:30am
Separate checks; Registration required. Everyone meets at the restaurant. Café 33, 2595 Sandy Plains Road, Marietta 30066.

Emergencies Can Happen Anytime-Are you Prepared?
July 22 | 11am-12pm
Bernard King from Cobb County Emergency Management Agency will host an Emergency Preparedness seminar. Attendees will learn important steps they can take to better prepare and protect themselves in their homes.

To Go or Not to Go; That is the Question
July 24 | 11am-12:00pm
If you are one of the millions of Americans who suffer from urinary incontinence or overactive bladder, do not take your bladder for granted. In the United States, over 25 million people suffer from these conditions. Although more common in females, a growing number of men are affected by a lack of urinary control. Vastly improved methods for diagnosing and treating these conditions in both men and women will be reviewed by Shaya Taghechian, Georgia Urology.

TAKE ADVANTAGE OF **SENIOR DISCOUNTS**

Summer is a popular time to travel and enjoy local or tourist attractions. A great way to cut down on these travel expenses is to take advantage of the many discounts available to seniors – there are even discounts available for those aged 50 and above. EAST COBBER presents a list of hotels and entertainment venues that offer various senior discounts with different age requirements. If you know of any other senior discounts, pls email editor@eastcobber.com and we'll be sure to share more discount offers online or in a future edition.

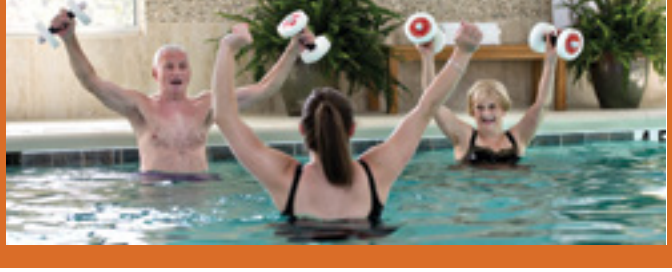
OVERNIGHT ACCOMMODATIONS:

- Holiday Inn: 15-40% off depending on location (62+)
- Best Western: 10% off (AARP)
- Clarion Motels: 20%-30% off (60+)
- Comfort Inn: 10% off (AARP)
- Comfort Suites: 10% off (AARP)
- Econo Lodge: 40% off (60+)
- Holiday Inn Express: 15% off (AARP)
- Hyatt Hotels: 10% off (AARP)
- InterContinental Hotels Group: (65+)
- La Quinta Hotels: 30% off and free breakfast (55+)
- Marriott Hotels: 15% off (AARP)
- Quality Inn: 40%-50% off (60+)
- Ramada: 20% off (AARP)
- Rodeway Inn: 20%-30% off (60+)
- Sheraton: 20% off (AARP)
- Westin: 20% off (AARP)

ACTIVITIES & ENTERTAINMENT:

- AMC Theaters: up to 30% off (55+)
- Busch Gardens Tampa, FL: $13 off one-day tickets (50+)
- Carmike Cinemas: 35% off (65+)
- Cirque du Soleil: 15-20% off
- U.S. National Parks: $10 lifetime pass (includes free admission for "car load"); 50% off additional services including camping (62+)
- Regal Cinemas: Popcorn and soda $5.50 (55+)
- SeaWorld, Orlando , FL : $3 off one-day tickets (AARP)

Now, go out there and claim your discounts —- and remember — you must ASK for discounts —- no ask, no discount. Everyone knows someone over 50 so please pass this along! If you know of a discount we are missing from this list or if one of the discounts listed is no longer valid please email editor@eastcobber.com.



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CLUB CALENDAR

AARP Chapter 2830. First Thursday of each month. 1:30pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Mary Johnson, 770-926-7881 or doule37uga@comcast.net.

American Association of University Women (AAUW) of Cobb County. Second Tuesday of the month. 7pm. Mansour Center, 995 Roswell Street, Marietta. Does not meet in July & August. More info: Karen Peters, krpeters@aol.com.

American Needlepoint Guild. Second Tuesday of the month. 6:45pm. Tiny Stitches, 2520 East Piedmont Road, Marietta. More info: 770-394-0065.

Anne Hathaway Garden Club. Third Wednesday of the month (except July and August). Marietta Educational Garden Center, 505 Kennesaw Avenue NW, Marietta. More info: Charlene Robinson, 770-971-7786.

Atlanta Illini Club. Professional and social networking for University of Illinois alumni, families and friends in the Atlanta area. Game watches at the Rose & Crown, 1931 Powers Ferry Road, Marietta. More info: www.atlantaillini.com or club@atlantaillini.com.

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Atlanta Metropolitan Council Navy League. Second Tuesday of each month. 7pm. Navy Recruiting District HQ, 2400 Lake Park Drive, Suite 410, Smyrna. Membership open to all civilian and retired military with an interest in supporting our men and women of the Navy, Marine Corps, Coast Guard, Merchant Marines and associated youth programs. More info: 678-234-2310 or campbellfc@comcast.net.

Atlanta World War II Roundtable. Third Thursday (Sept-June) of the month. 11:30am. Petite Auberge Restaurant, North Druid Hills Road @ LaVista Road, Atlanta. More info: 770-928-4579 or jkovach2000@yahoo.com.

"Aware & Conscious Birds" Book Club. Mondays. 7-8:30pm. Bikram Yoga Marietta, 80 Powers Ferry Road, Marietta. More info: awareconsciousbirds@gmail.com or www.consciousness.meetup.com/203.

Big Chicken Chorus. Every Monday evening. 7:00pm. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. Male a cappella harmony chorus. More info: Frank, 770-587-1264, fehrach@aol.com, or www.bigchickenchorus.org.

Bridge Club. Four free lessons; $5 thereafter. Thursdays 7:30pm and Sundays 2pm. Singles are welcome. 1809 Roswell Road, Marietta. More info: 770-973-7717.

Business Breakfast Networking of East Cobb. Professional Referral Networking. Second Tuesday each month. 8:15-9:30am. C'est Moi/Café Paris, 1100 Johnson Ferry Road, Marietta. More info: Ellen Kelly, 404-713-2830 or Lnkelly@sbcglobal.net.

Business Network International (BNI). The World's largest referral organization. Multiple chapters in the area, please refer to the website: bnisoutheast.com for listings. More Info: Anita York, 678-888-0200

Cobb County Democratic Committee. Monthly breakfast 2nd Saturday each month. 9am. 3 Amigos Mexican Bar & Grill, 1000 Whitlock Avenue, Marietta. More info: 770-420-7133 or www.cobbdemocrats.org.

Cobb County Gem & Mineral Society. Second Tuesday of the month, 7:30 pm at their Clubhouse, 516 West. Atlanta St., Marietta, GA 30060. More info: www.cobbmineral.org.

Cobb County Genealogical Society. Fourth Tuesday of the month. 7pm. First Presbyterian Church of Marietta, 189 Church Street, Marietta. More info: www.cobbgagensoc.org or ccgs@cobbgagensoc.org.

Cobb County Republican Women. Fourth Friday of the month. 11:30am. Hilton Atlanta/Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: 770-785-2522 or www.ccrwc.org.

Cobb Marietta Retired Educators Association. Second Thursday of every month. 11:30am. Luncheon reservations required. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: Judy Munson, jmteach@bellsouth.net.

Cobb Photographic Society. Photographers of all skill and ability levels are welcome. First and 3rd Monday of each month. 7-9pm. American Business Center, Bldg. 700, Suite 702, 1395 South Marietta Pkwy, Marietta. More info: www.cobbphotosociety.com or info@cobbphotosociety.com.

Cobb Regional Republican Women. Third Tuesday, every month. 7pm. Cobb GOP Office, 799 Roswell Street, Marietta. More info: Neva Lent lentneva@aol.com.

Colored Pencil Society of America. Atlanta District Chapter 107. First Monday of the month. 7pm. North DeKalb Cultural Center, 5339 Chamblee-Dunwoody Road, Room 2 (second floor in the back), Dunwoody. More info: Nancy Guerine, 678-354-3590.

Danc'n Singles. A square dance club. First and 3rd Saturday of the month. 8-10:30am. FOP Lodge, 2350 Austell Road, Marietta. More info: 770-943-6979.

Dinner-and-a-Book Club. More info: RuthE or Batya at Thou Shalt Read, 770-993-5432 or sales@andthoushaltnotread.com.

Dog Hikers of Georgia. Every Sunday. 10am. Various locations. Non-dog owners welcome. More info: Dr. Dan Batchelor, 770-992-2362.

East Cobb Bass Club. Visitors, boaters and non-boaters are welcome. First Tuesday of each month. 7pm. Free admission. Attendees pay for dinner. The Rib Ranch, 2063 Canton Road, Marietta. More info: 770-364-3036 or noeyf1@bellsouth.net.

East Cobb Business Association. Luncheon and featured speaker. Third Tuesday each month. 11:30am-1pm. Indian Hills Country Club, 4100 Clubland Drive, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbba.com.

East Cobb Civic Association. Last Wednesday of the month. 7pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: Jill Flamm, 770-552-8206 or www.eastcobb.net.

East Cobb Civitans. Second and 4th Thursday of the month at noon for lunch at The Olde Town Athletic Club (behind Tuesday Morning & Sports-O-Rama), 4950 Olde Towne Parkway, Marietta. More info: 770-578-9901.

East Cobb Democratic Alliance. Third Thursday of the month. 6pm - Social. 7pm – Program. Rib Ranch, 2063 Canton Road, Marietta. More info: Tom Barksdale, 770-715-1218 or tbarksdl@aol.com.

East Cobb Kiwanis Club. Every Wednesday evening. 7pm. Paradise South of the Border, 3605 Sandy Plains Road, Marietta. More info: Johnny Johnson, 770-977-2026 or edwardjohnsjewelers@yahoo.com.

East Cobb Lions Club. Second and 4th Tuesday of the month. 7pm. Cherokee Cattle Company, 2710 Canton Road, Marietta. More info: Don Garrow, 770-955-6914.

East Cobb Jewish Networking. Every Wednesday. 8-9:15am. Capozzi's, 4283 Roswell Road, Marietta. More info: Rob Kornheiser, rkorn@icminsurance.com or 678-336-7345.

East Cobb New Horizons Band. Monday mornings, 11:00am. If you are 50 or older, play a musical instrument and have been looking for a great place to make music, come join us! Great people and good music! To learn more go to our website, ecnhb.com or email webmaster@ecnhb.com.

East Cobb Open Networking. Professional Referral Networking. Every Friday. 7:30-9am. Capozzi's NY Deli, 4285 Roswell Road, Marietta. $3 cover. More info: Tim Langley, 770-289-9711 or drtim02@yahoo.com.

East Cobb Rotary Club. Every Wednesday. 7am. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: Bob Schwale, 770-640-6954.

East Cobb Woodcarvers Club. Every Thursday. 9-11am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-645-0817.

Georgia Perennial Plant Association. Third Tuesday of the month. 7:30pm. Atlanta History Center, McElreath Hall, 130 West Paces Ferry Road NW, Atlanta. More info: www.georgiaperennial.org.

Georgia Vietnam Veterans Alliance. Third Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post, 921 Gresham Road, Marietta. More info: Dave Hamrick 770-315-3942.

Georgia Nature Photographers Assoc. Third Thursday of the month. 7pm. Nature photographers of all skill levels are welcome to our monthly meetings. The Mansour Center, 995 Roswell St., Marietta. More info: www.gnpa.org or info@gnpa.org

Georgia Tea Party. Every Thursday. 7pm. 900 Roswell Street, Marietta. More info: Jerry Kotyuk 404-374-0580 or jerryk623@att.net.

Golden "K" Kiwanis Club. Every Thursday. 10am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Joe Vanhorn Jr., 770-424-6654.

Greater Atlanta Marine Detachment #647. First Saturday of the month. 11am. Delkwood Grill, 2769 Delk Road, Marietta. More info:www.mcleague.org

Happy Tails Pet Therapy. Orientation for prospective members 1st Thursday or Saturday of the month. 10:30-11:30am and 7-8pm. Blue Pearl Georgia Veterinary Specialists, 455 Abernathy Road NE, Atlanta. Check dates: 770-740-8211 or www.happytailspets.org.

IMPS Bridge Club An offshoot of the former Newcomers Club of East Cobb, looking for new members. Various formats, dates and times available. For more information contact Roni Fink @ 404-310-3448 or phinque999@AOL.com.

International Association of Administrative Professionals (IAAP)-Cobb County Chapter. Professional Development and Networking. Fourth Monday of the month. 6:30pm. Meeting & Dinner. HYATT House/ Atlanta Galleria, 3595 Cumberland Boulevard, SE, Atlanta. More info: 770-541-2960 or www.iaap-cobbcounty.org.

Jewish War Veterans, Bicentennial Post 976. Third Sunday of the month. 11am. Marriott Hotel, Perimeter Center. More info: Fran Jacobson, 770-436-7456.

Libertarian Party of Cobb County. First Thursday of the month. 7:30pm. More info: www.cobblp.org or call 770-795-1331

Marietta Kiwanis Club. Every Thursday. 12noon. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, pathuey@comcast.net or www.mariettakiwanis.org.

Marietta Lions Club. Second Thursday of the month. 7pm. First United Methodist Church, 56 Whitlock Ave SW, Marietta 30064. More info: mariettalions@aol.com or www.mariettalionsclub.org.

Marietta PFLAG. Fourth Sunday each month. 1-3pm. Newcomers are welcome. Pilgrimage United Church of Christ, 3755 Sandy Plains Road, Marietta. More info: mariettapflag@gmail.com.

Marietta Rotary Club. Every Wednesday. 12noon. Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: Adele Grubbs, 770-424-8212 or www.mariettarotary.org.

Marietta VFW Post 2681. Dinner with VFW Ladies Auxiliary. First Thursday of the month with separate meetings following dinner. 6:15pm. 140 Powers Ferry Road, Marietta. More info: www.vfwpost2681.org

Marine Corps League. First Saturday of the month. Meeting at 11 a.m. followed by lunch at 12 p.m. Delkwood Grill, 2769 Delk Road, Marietta. More Info: Dave Hambrick, 770-315-3942.

Martha Stewart Bulloch Children of the American Revolution Society meets one Sunday per month from September through May, 2-4pm. Osage Terrace Room and Pavilion at Bulloch Hall 180 Bulloch Avenue, Roswell. More info: Paula, 770-594-1819.

Moms in Prayer (formerly Moms in touch) for parents of Dickerson Middle School. Every Thursday at 1pm. Meeting location available upon request. More info: Movita Stallworth, 770-321-1783 or mo633@comcast.net.

Moms in Prayer for East Side Elementary parents. Every Thursday at 10am. More info: Rachel Bloom, 770-973-4705 or familybloom@gmail.com.

National Association of Active and Retired Federal Employees (NAARFE), Second Wednesday of each month. 11:30am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More Info: 770-971-1719.

Newcomers Club of Cobb County. Third Tuesday each month. 10am. Various social activities throughout the month for those new to Cobb County or just looking for new friends and activities. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. More info: 770-234-5068 or newcomersofcobbcounty@yahoo.com.

North Metro Mothers of Multiples Club. Third Monday of the month. 7pm. Chicago's, 4401 Shallowford Road, Roswell (corner of Johnson Ferry & Shallowford). More info: www.northmetromultiples.org.

North Metro Women's Connection. Second Wednesday of each month. 11am-1pm. Hollycrest Hall, 2235 Sewell Mill Road, Marietta. More info: 770-335-6013.

Northeast Cobb Business Association. Luncheon meeting 3rd Wednesday of each month. 11:30am-1pm. $15. Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-460-6222.

Northwest Atlanta Mothers of Multiples A parent's club for families with or expecting twins, triplets, or quadruplets. Second Tuesday of each month. 7pm. First Presbyterian Church of Marietta, 189 Church Street, Marietta. Date and time may change check our website. More info: www.nowamom.org or 678-404-0034.

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Order Sons of Italy in America Marietta Lodge #2607. General membership meeting 2nd Monday each month. Pot Luck Dinner (except June, July, August-dessert and fruit). 7-9pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: 770-928-9314 or degrillmouse@comcast.net.

Peach State Depression Glass Collectors' Club. Second Tuesday of month except December. Guests welcome. 6:30 Social; 7pm meeting. Marietta Museum of History, 1 Depot Street, Marietta. More Info: psdgc.com

Polk Street Speakers Toastmasters. First and 3rd Tuesday of the month. 6-7:30pm. St. James Episcopal Church, 161 Church Street, Marietta. More info: www.polkstreetspeakers.org.

Retired Old Men Eating Out (R.O.M.E.O.) Every Tuesday, 8-10am. Meet for friendship, conversation and to share their variety of antique cars, street rods and muscle cars. Marietta Diner, 306 Cobb Parkway South, Marietta.

Shakespeare Reading Group. First and 3rd Thursday of the month. 2-4 pm. Senior Wellness Center, 1150 Powder Springs Road, Marietta. More info: Lynne Johnson, 770-591-3474.

Song of Atlanta Show Chorus. Women's four-part harmony chorus. Every Tuesday. 7:30pm. Northbrook UMC, 11225 Crabapple Road, Roswell. Visitors welcome. More info: www.songofatlanta.com or 770-696-6502.

Sope Creek Garden Club. First Wednesday of the month (Sept-June). 10am. Locations vary. More info: Karin Guzy, 770-955-1303 or guzy@mindspring.com.

The Foxtrotter's Dance Club. The 4th Friday of every month (no dance in May, Nov. & Dec. are the 3rd Friday). 7:30-10:30pm. If you enjoy ballroom dancing, come and dance to 'Live Music'. Everyone is welcome. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-587-1160.

TONIC (Tuesdays Open Networking In Capozzi's). Every Tuesday Morning 7:30am. 4283 Roswell Road NE Marietta. $3 Cover. More Info: Frank Kellert frankkellert@hotmail.com 678-560-1717

Y Business Network. Every other Friday. 7:30-8:45am. Local business networking and referrals. Northeast Cobb Y, 3010 Johnson Ferry Rd., Marietta. Guests always welcome. More info: ybusinessnetwork.webs.com, Michelle Hutchinson, 770-518-0010.

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NEW GEORGIA STATE LAWS

Over 300 bills passed the Georgia State Senate and the Georgia House of Representatives (known as the Georgia General Assembly) this year, respectively. Of those, more than 200 bills passed both chambers and were sent to Governor Deal's desk. Governor Deal has 40 days after session to sign, veto or do nothing to each bill. If Governor Deal signs a bill, it will most likely go into effect on July 1, 2015.

The main job the General Assembly has is the budget. Governor Deal signed the $21.8 million 2016 budget into law on May 11, 2015.

A major topic of the 2015 Legislative Session revolved around transportation. In the end, both chambers decided to pass HB 170, a $1 billion funding plan. They reworked the fuel tax as an excise tax for 26 cents/gallon on gasoline (29 cents for diesel). This alone is expected to raise $700 million. They also added hotel and electric vehicle fees, and they discontinued a commercial aviation fuel tax break. More than $900 million is estimated to come from all of this. The plan is for the Georgia Department of Transportation (GDOT) to focus on basic maintenance first (potholes, bridges, etc.). Then they will move to expand roads and our infrastructure to ease traffic congestion. Governor Deal signed HB 170 into law on May 4, 2015.

With the budget and transportation taken care of, the General Assembly focused on other parts of state government. Here are a few bills passed by both houses:

EDUCATION

- **HB 91:** Eliminate graduation exams. Currently, to get a high school diploma in Georgia, you must meet certain academic requirements, one of which is passing an exam to graduate. HB 91 circumvents this test. Students who have all the other graduation requirements but were not able to pass the graduation exam can still get their diplomas. Governor Deal signed HB 91 into law on March 30, 2015.
- **HB 131**: End to Cyberbullying Act. Aimed at prohibiting cyberbullying in public schools, this bill passed both chambers on Day 40. Governor Deal signed HB 131 into law on May 6, 2015.
- ***SB 89***: Digital Classroom Act. A bill that requires all textbooks, instructional materials and certain content for elementary and secondary education to have a digital or electronic format. Local boards of education should provide wireless electronic devices for students so everyone can have access. Governor Deal signed SB 89 into law on May 6, 2015.
- **SB 132**: Give college credit to high schoolers. Dubbed the "Move on when Ready" bill, this allows high school students to enroll in college classes for credit. Governor Deal signed SB 132 on April 30, 2015.
- **SB 133**: Helps failing schools. Known as Governor Deal's school recovery plan, this bill proposes the Opportunity School District. This new district would be able to intervene in public schools that are struggling. This requires a change to the state constitution, resulting in SR 287. Georgia voters will vote on this in fall 2016. Governor Deal signed SB 133 on April 21, 2015.

ENVIRONMENT

- **HB 57**: Allows homeowners and businesses to install and pay for solar panels. They can even get help financing, for example, by leasing. However, they can only produce enough energy for personal use. Governor Deal signed HB 57 into law on May 12, 2015.
- **HB 255**: Promoting Georgia forest products. Through this bill, state-owned buildings using Georgia lumber will be considered "green." Governor Deal signed HB 255 into law on May 4, 2015.
- **HB 397**: Agency restructure. Moves the Georgia Soil and Water Conservation Commission under the Georgia Department of Agriculture. Governor Deal signed HB 397 on April 8, 2015.

MISCELLANEOUS

- **HB 1**: Use of medical cannabis oil for 8 medical conditions. Also known as Haleigh's Hope Act, this bill allows use of cannabis oil with low tetrahydrocannabinol (THC) for those with cancer, multiple sclerosis, seizures, ALS, Parkinson's, Crohn's, mitochondrial and sickle cell diseases. Governor Deal signed HB 1 into law on April 16, 2015.
- **HB 110**: Allows the sale and regulation of consumer fireworks in Georgia. In the past, Georgians have been crossing state borders to buy fireworks. Now we'll get to partake in that fireworks revenue too. The Senate estimates about 1,000 new jobs will be created in Georgia through fireworks stores. Governor Deal signed HB 110 on May 5, 2015.
- **SB 8**: Create the Safe Harbor for Sexually Exploited Children Fund Commission. Senator Renee Unterman sponsored this bill to assist children who have been sexually exploited. It will help police and prosecutors, create a fund for victims, increase penalties for those convicted as sex traffickers and much more. Governor Deal signed SB 8 on May 5, 2015.
- **SB 63**: Alcohol consumption on breweries and distilleries. This bill allows you to drink 36 ounces of beer at a brewery while also being able to take home up to 72 ounces of beer (aka a 6-pack). In regards to distilleries, you can take home up to 750 milliliters of liquor. However, this does not include direct sales. The alcohol is classified as a "free souvenir" depending on what type of ticket you buy for a brewery/distillery tour. Governor Deal signed SB 63 on May 5, 2015.

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SUPPORT GROUPS

A.A./Al-Anon/Al-Anon Beginners/Alateen. Every Monday.8pm. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

Adult Survivors of Child Sexual Abuse Support Group. First and 3rd Tuesday of each month. 7pm. Room 334, Johnson Ferry Church, 955 Johnson Ferry Road, Marietta. Men and women welcome. More info: 678-578-4888 or info@voicetoday.org.

Al-Anon. For family and friends of alcoholics. Thursdays. 7:30-8:30pm. Johnson Ferry Baptist Church, Room 345, 955 Johnson Ferry Road, Marietta. More info: 770-587-0483.

Al-Anon Family Group. 7pm. Teens 13 and older welcome. Temple Kol Emeth, 1415 Old Canton Road, Marietta. More info: Paulette L., 678-551-2433.

Alzheimer's/Caregiver Support Group Meeting. First Monday of each month at 10:30am. Open to family members who are assisting an aging loved one both inside and outside of the home. Free respite care is provided for your loved one while we meet. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road, Marietta. More info or to RSVP: 678-439-1177.

Anxiety Anonymous for people who suffer from anxiety, meets the 3rd Thursday of the month. 6:30-7:30pm. Cobb County Government Center, 4400 Lower Roswell Road, Marietta. More info: 770-633-1023 or galinabannova@gmail.com

Babywearing Group. Koalamommas, North Atlanta's resource for help, support, and information about baby carriers of all kinds. Meets monthly. Meeting dates/time vary. More info: Jennifer Worrell, 770-516-4192 or jenniferworrell@bellsouth.net.

Bereavement Support. First and 3rd Wednesday of the month. 5pm. Counseling Room in Parish Office, St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6020.

Cancer Support Group. Second and 4th Monday of the month. 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

Career Transition. Third Monday of the month (March-October). Second Monday of the Month (November-February) 6:30pm: Personal resume reviewing, interviewing, networking, and career assessment help. First Presbyterian Church, 189 Church Street, Marietta . More info: Lee Pence, 770-428-9350, or Bob Sabin 770-795-9084, or visit www.fpcmarietta.org

Caregiver Support Group. First Monday of the month. 6-7pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

Codependents Anonymous. Mondays & Thursdays. 7:30-8:45pm. Unity North Church, 4225 Sandy Plains Road, Marietta. More info: 404-213-4482.

Depression/Bipolar Support Group. First and 3rd Thursday of the month. 7-8:30pm. Johnson Ferry Baptist Church, Room 339, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

Divorced/Separated Support Group. First and 3rd Tuesday of each month. 7:30pm. St. Ann's Catholic Church, Mary's Chapel, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6018.

Divorce Support Group by Visions Anew for women who are contemplating or going through the divorce process. First Thursday & 3rd Wednesday of the month. 7-9pm. East Cobb Government Center, 4400 Lower Roswell Road, Marietta. More info: www.visionsanew.org.

Divorce Support Group. Every Wednesday. 6:30pm. Mt. Bethel Church (Church Room B106), 4385 Lower Roswell Rd. Marietta. More info/to register: Judith Reichenbach, Licensed Counselor, 770-597-9882.

Diabetes Support Group offered by WellStar Health System. Second Tuesday of the month. 6:30–8pm. McLaren Mill Office Park, 531 Rose Lane Street, Suite 100, Marietta. No registration required. More info: 770-793-7818.

Domestic Violence Support Groups. Sessions in English and Spanish. Wednesdays. 6:45-8:15pm. Childcare available for children 6 weeks to 12 years. Children over 12 may attend and learn childcare skills. More info: 770-427-3390.

East Cobb Satellite of CHADD (Children & Adults w/Attention-Deficit/Hyperactivity Disorder) Parental Support Group. 2nd Tuesday of the month. 6:30-8:00 pm. Mt. Bethel United Methodist Church (Room B109) on Lower Roswell Road, Marietta. More info: Cappie Suttle, 404-368-9394, east-cobb@chadd.net, or www.chadd.net/300.

Emotions Anonymous, a fellowship of people who come together to work toward recovery from emotional difficulties and discover a new way of life. Tuesdays & Fridays. 7pm. Roswell United Methodist Church, 614 Mimosa Boulevard, Counseling Building, Roswell. More info: 770-330-1991.

Family and Friends of People Living with Mental Illness. 4th Tuesday, 7pm Meets at Lutheran Church of the Incarnation, 1200 Indian Hills Parkway, Marietta. More info: 770 778-6025.

Families Anonymous (FA) for families who have loved ones struggling with addiction. Every Tuesday. 7:30-9pm. Mt. Zion United Methodist Church Youth Center, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465.

Families of Children Under Stress (FOCUS). To listen, inform and educate, and offer programs for the families and the child with special needs. Last Thursday of the month during school year. 10am. Chick-Fil-A, 1201 Johnson Ferry Road, Marietta. More info/to confirm meeting date: Angie, 770-234-9111,angie@focus-ga.org,or www.focus-ga.org.

Fractured Families for Parents Estranged from their Children. First and 3rd Monday. 7:30pm. Whole Foods, 1311 Johnson Ferry Road, Marietta. More info: Sandy 404-446-6093 or Judy 404-643-3531.

Georgia Parkinson's Association. Parkinson's Support Group Meets the 3rd Saturday of each month 1pm. Northside Hospital Cherokee Education Building, 130-B Oakside Court, Canton. More info: James Trussell 706-413-3264 or james@gaparkinsons.org

Grandparents Raising Grandchildren Support Group. Second Tuesday each month. 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Jeannie, 770-919-9275.

Grief Support Group for those who have had a family member, friend or other loved one pass away. First Thursday of each month. 7-9pm. Unity North Atlanta Church, 4255 Sandy Plains Road, Marietta. More info: kathzkel@yahoo.com.

JACS (Jewish Alcoholics, Chemically Dependent and Significant Others). For Jewish members of 12 Step groups. 7-8pm, first and third Tuesdays of every month except on Jewish holidays. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta, in the library. More info: 770-928-2523 or teshuva@aol.com.

Loneliness Bereavement Support Group. Every Wednesday except holidays. 11am. Heritage Hospice, 3315 Hilltop Drive, Marietta. More info: 770-423-5959.

Marietta Moms. For all kinds of moms - new to the area, looking for new friends, or just needing support. Daily events for babies, toddlers and older kids. More info: 770-956-0318 or 678-357-3661 or www.mariettamoms.com

Mothers Circle Group. Are you a mother raising Jewish children but you are not Jewish? Free education and support through a 16-week course. Groups are held in Marietta, Intown and North Fulton. More info: Suzette Cohen, suzette@themotherscircle.org or www.themotherscircle.org.

Mothers of PreSchoolers(MOPS). Wednesdays. 6:15-7:15pm. A place where moms can come to build friendships and receive mothering support, practical help and spiritual hope. Childcare provided. Mt. Zion United Methodist Church, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465 or mtzionmops@gmail.com.

Overeaters Anonymous. A support group for those who suffer from the need to compulsively overeat. Monday-Wednesday-Friday. 10am. St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: Betsy: 404-226-4931.

Parents of Prodigals. For parents of struggling teens and young adults. Second and 4th Thursday. 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Fair Brocard, 770-612-1197 or www.prodigalchildministries.org.

Parkinson's Disease Support Group. For persons with Parkinson's disease and their caregivers. Second Sunday each month. 4pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Bldg. A, Roswell. More info: Robin Cleveland, 678-819-3915.

Spousal Support Group. Third Thursday of the month. 12-1pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

Veteran's Information Referral Office (VIRO). Free help and information for all veterans with VA Disability, VA Healthcare, Employment and Counseling. Second and 4th Wednesday each month. First and 4th Saturday each month, 11am-2om. American Legion, Post 29, 921 Gresham Avenue, Marietta. More info: 770-427-5900.

Widowed Helping Others (WHO) . Dinner Sociial. First and 3rd Wednesday of the month. 6pm. St. Ann's Catholic Church, Nolan Hall, 4905 Roswell Road, Marietta. More info: Ann's Pastoral Care, 770-552-6400, ext. 6018.

Women's Weight Loss Support Group. Join a growing group of local women on the path to weight loss in a non-judgmental environment providing accountability (weekly weigh-in), healthy eating/fitness ideas and activities, and emotional support. Meetings held Mondays 6-7:30pm. Kroger, 3595 Canton Rd, 2nd Floor Conference Room, Marietta, (New Chastain Corners Shopping Center). More info: Rae Tucker raetucker1@yahoo.com

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