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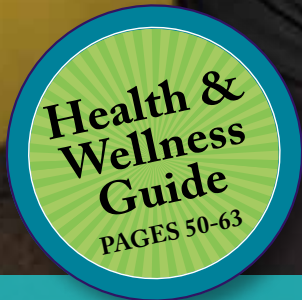
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January 2012

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Mike and Katie Warechowski
Co-Owners
Fitness Together



Do Good Guide PAGES 12-17 | SPECIAL SECTION: Day Camp Guide PAGES 22-30 | Community Calendar PAGE 34

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E.nopi Celebrates Their First Christmas in East Cobb

Vanishree Narasimhan, owner of the new E.nopi Learning Center celebrated the Christmas holiday season with her students and staff on December 16. Between 6 and 8pm, young plebes and their tutors all gathered like family around a beautiful Christmas tree, and enjoyed games, face-painting, pizza and a movie. "I enjoy sharing the spirit of the season by hosting a holiday event like this," says Vanishree Narasimhan. E.nopi is based on an educational principle where students learn at their own pace. When a teacher understands the learning needs of a student, the teachings are most effective. E.nopi is an individualized program that focuses on helping children develop their critical thinking skills while having fun learning.



Vani Narasimhan



Teacher Ms.Mona, kids Sameer, Rohit, Anish, Armaan and Pranet



Lavanya and Kayleigh



Vikashini with her mom



Helena Zelek



Miss Susan and Miss Janet with students.



Staff Mona, Liz, Vani, Joy, Susan, Janet and Mr.Broderick



Enopi students and guests pause for a photo

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Don't Miss!
50-63
Health & Wellness Guide
Our Health & Wellness Guide features local health experts and resources here to help you shape up and lead a healthier lifestyle in 2012.

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EAST COBBER is a locally-owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information. The EAST COBBER is distributed free to homes, schools, and 400+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068, and 30075. Comments and stories are always welcome.

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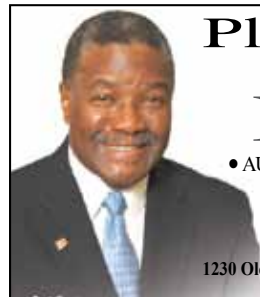
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PUBLISHER'S NOTE



It's officially the start of the new year, and that means many things. But for most of us, it means the start of the new year's resolution list! This time of year sees many of us setting worthy goals for ourselves: eat less, exercise more, get organized. . . Self-improvement is always important and our Health & Wellness section (pages 50-63) offers local resources and experts to help you achieve some of those New Year resolutions.

This issue also reminds us to also look beyond ourselves when making those goals for 2012. The annual "Do Good Guide" (pages 12 – 17) offers a list of local non-profits that could use your help. Volunteering benefits those who give as well as those who receive. I hope you will consider helping out the groups listed in our "Do Good Guide" and/or go beyond that list and see if your local theater, youth group, library, school, or church could use your services. You may also want to consider joining a club. See pages 68 and 69 for club meeting times and contact information.

One of the best parts about ringing in the new year is the chance to reflect on our own lives over the past year and make goals to help us do things a little better. In addition to enriching my family life, I aim to make my EAST COBBER business better. In addition to publishing this magazine, EAST COBBER is evolving into a media and communications company that offers a variety of platforms—from blogs, e-newsletters, E-deals, videos and more special events—that promote the people, causes and businesses in this great community! You can keep up with our progress by:

- > Liking us on Facebook: [Facebook.com/eastcobber](https://www.facebook.com/eastcobber)
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Here's to a healthy, happy and prosperous 2012!

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

P.S. For all of you planners, this issue of the EAST COBBER also includes our Summer Day Camp Guide (pages 22-30) which features local day camps to help you ensure your children have an enriching summer!

On the Cover

On this month's cover are **Fitness Coaches Katie and Mike Warechowski**. Katie and her husband, Mike, are co-owners of **Fitness Together, a Private, Personal Training Studio in East Cobb**. Since January is the month of making fitness resolutions, we thought it appropriate to feature the owners of this successful business. They have the secret to succeeding with your resolution this year: A truly customized, all inclusive health and fitness program.

The married couple began as fitness coaches at Fitness Together 10 years ago before purchasing the East Cobb franchise 4 years ago. As owners/operators, they enjoy working with clients directly along with their team of 3 other fitness coaches and they have helped many local families achieve their wellness goals.

Read more about Fitness Together on page 6 or contact them at 770-321-1347 or www.fitnessstogether.com/eastcobb. They are located at Market Plaza on 1255 Johnson Ferry Road, Ste. 26.

Cover photo taken by Michael Drewitz of Michael's Photography.

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Get Healthy and Stay Healthy in 2012 with Fitness Together



I want to lose 10 lbs. I want to be stronger. I want to keep up with my grandchildren. Almost everyone makes a resolution at the start of each new year to become healthier in one way or another. Unfortunately, many of us can't fulfill these resolutions because, although we start with good intentions, we don't have a plan in place.

At Fitness Together, a Fitness Coach will work with you on a plan that will help you achieve your specific wellness goals. Before you waste your time and money on a gym with crowded classes and equipment you don't know how to use, you owe it to yourself to check out Fitness Together.

It's a small but clean facility with three areas designed for individual attention. As a client, you'll be greeted with a fresh towel and a bottle of water before each visit. Your personal trainer will then work with you on your customized workout plan including flexibility, cardio and strength training. Additionally, Fitness Together focuses on nutrition and improving your eating lifestyle.

Working with a Fitness Coach at Fitness Together means you get more from your workouts in less time. There is no waiting for equipment, no distractions or intimidation. Your Fitness Coach will do everything to make sure you are doing the exercises correctly to maximize results and avoid strain or injury.

Workout sessions are by appointment only, and the facility has a private shower if you want to freshen up after your workout. There are five nationally certified and degreed Fitness Coaches. In fact, the owners Katie and Mike Warechowski started as Fitness Coaches before purchasing the Fitness Together location in Market Plaza on Johnson Ferry Rd. The married couple is committed to help-

ing people in East Cobb succeed, and it's been the focus of their lives for more than 10 years.

"People don't think twice about investing in electronics, clothing, cars or luxuries for their home, but many don't invest in their own health," says Katie. "I have seen dramatic results with our clients, so I know that what we do works."

Consider this success story by Debbie, a client for three years:

"Since the day I joined, I have consistently worked out 3-4 days per week and have increased my cardio activity to 6 days a week. I have lost 22 lbs. of fat, 7 percent body fat, and dropped two dress sizes! My trainers (and it's fabulous, you get more than just one!) are so encouraging and always have positive attitudes. I am sure that there are no other workout centers that have such a high caliber of trainers working under the same roof as Fitness Together does."

Fitness Together is also excited to now be offering monthly memberships, as well as small group personal training classes of 2-4 people. PACK, as they call it, is perfect for those who like working with others, enjoy feeling that camaraderie and energy that a small group provides. The sessions are still truly customized but also provide a more affordable option to personal training.

This year, make your resolution stick by contacting Fitness Together at 770-321-1347 for your free consultation. Mention this article for a chance to try PACK for free and energize your workout experience. You can also find more information at www.fitnessstogether.com/eastcobb. They are located at Market Plaza on 1255 Johnson Ferry Road, Ste. 26.

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More and more people are doing what they can to keep their car's running longer to avoid having to buy a new one. After all, maintaining a vehicle is a lot cheaper than buying new. With a new car you have car payments, higher insurance rates, sales tax, and a long walk to the malls' front doors because you're worried about dents!

Believe it or not, your car can last up to one million miles with the proper TLC. Yes, it is possible! Here are a few simple tips to keep you and your car on the road for a very long time:

Get that car on the road: Highway miles are definitely easier on your car than city traffic. But don't worry; there are other ways to keep your car running.

Change that oil: It doesn't cost much to change the oil, but to your car's engine and all of its moving parts, it's priceless.

Follow the manufacturer's maintenance schedule: The oil isn't the only fluid in your car that needs to be changed. The coolant, transmission fluid, power steering fluid, and brake fluid all need to be flushed according to the maintenance schedule for your vehicle.

Change the air filter: A clogged air filter hurts your fuel economy and keeps your engine from running properly which causes serious damage in the long term.

Check tire pressure: Incorrect tire pressure affects cornering, braking, and stability. It also affects your comfort level and fuel economy. The life of your tires will also be compromised.

Stick with one repair shop: Staying with the same repair shop ensures that your mechanic will know your car inside and out. Most shops keep electronic records of every service or repair done to your car. Therefore there will never be a question regarding any repair or when it was completed.



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Nicole Pflieger Named National School Counselor of the Year



▲ Nicole Pflieger

Nicole Pflieger, professional school counselor at Nickajack Elementary School, has been named the top counselor in the United States by the American School Counselor Association (ASCA). Ms. Pflieger is one of more than 400 applicants nationwide that competed for the award, which honors school counselors who work tirelessly to make a difference in the lives of their students,

parents, and communities. ASCA president Alan Burkhard and CCSD Superintendent Dr. Michael Hinojosa presented Nicole with the award during a surprise assembly December 8 in the school auditorium with her family, fellow staff and the Nickajack student body! Board of Education member Tim Stultz and members of the District's leadership team were also on hand for the celebration.

Ms. Pflieger will visit Washington, DC. February 1-3, 2012, with five other national finalists in conjunction with National Counseling Week. The group will represent ASCA in meetings with members of Congress, tour the nation's capital and attend a black-tie awards gala at Union Station.

A lifelong resident of Cobb County, Nicole Pflieger attended Wheeler High School, East Cobb Middle School, and Sope Creek Elementary School (where her mother Barbara Pflieger is also a teacher). She earned her undergraduate degree in Early Childhood Education from the University of Georgia, then went on to complete her master's studies in School Counseling at the University of North Carolina at Chapel Hill and earn an educational specialist degree in Educational Leadership from Lincoln Memorial University. Ms. Pflieger returned to her Cobb roots in 2006, joining Nickajack Elementary as school counselor.

The School Counselor of the Year award is the highest national honor for professional school counselors. Candidates are judged on a set of criteria that includes creative school counseling innovations, effective programs, leadership skills and contribution to student advancement. Ms. Pflieger was nominated by Anthony Pearson, colleague and school counselor at Sky View Elementary.

Nickajack Elementary School is located at 4555 Mavell Road in Smyrna.

Cobb County Schools will join in the celebration of National School Counseling Week February 6-10, honoring the contributions of Ms. Pflieger and her 270 fellow school counselors serving Cobb students and families. 🐦



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Neighborhoods That Matter



Who We are . . .

Walton at Columns Drive is owned by Walton Communities, a privately held company based in Marietta, Georgia. The Company develops, owns and manages apartment communities throughout the metro-Atlanta area. With a heartfelt mission to serve our residents, Walton Communities is committed to providing exceptional housing at a great value in a friendly neighborhood environment.

Why We Care . . .

At Walton Communities, our goal is to provide a superior living experience. We are committed to supporting the needs of residents through exceptionally maintained communities and unique service programs. Because each of our neighborhoods is different, we provide a wide range of educational, cultural and recreational programs that are tailored to the hobbies, interests and needs of the people who live in our neighborhoods. Among the activities and programs we offer are book clubs, after-school enrichment activities for children and excursions to local events for singles, seniors and families, just to name a few.

What Makes Us Different . . .

We strive to develop real estate in a way that builds strong communities and improves quality of life. It is our hope that every neighborhood we develop conveys a special sense of place and a strong sense of belonging. Finally, we develop neighborhoods with a genuine respect for green space by preserving natural features of the land and creating opportunities for outdoor enjoyment, such as parks, courtyards and walking trails. Walton Communities develops, owns and manages high quality, well-maintained apartment communities throughout metro Atlanta.

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circa 1976



circa 2004



circa 2011

Merchant's Walk Makes Changes

By Carmen C. Abernathy

For 35 years, Merchant's Walk has been the heart of our bustling, expanding East Cobb community. The shopping center has become a county landmark, as well as a reference point for directions to area businesses and residents. Although Merchant's Walk has experienced the typical peaks and valleys of most business/retail centers, its name and community identity have withstood economic trials and retail trends. Reminiscent of the original design with its main street and clock tower, the recent redevelopment of the center has helped to restore a sense of community that was such a vital part of that first marketplace.

The beginnings of Merchant's Walk go back to the mid-1970s. When East Cobb was still an "outpost" community to our North Fulton neighbors, Atlanta developer Lowell Wammock had the vision to develop a business/retail center at the corner of Johnson Ferry and Upper Roswell Roads. The property at that time was undeveloped rural land. Known for his style in the development of Dunwoody in DeKalb County, Wammock wanted to create a community center that was unique and indigenous to the area it served. The center's red brick style was in the tradition of historic Southern architecture from the 1800s. It was a place where East Cobb residents could work, shop, and eat without having to leave the area.

Sam Wammock, son of the late Lowell Wammock, says he can remember his father searching for just the right name for the new-style community center – a name that ultimately defined the area. "The name Merchant's Walk actually has

ties to Factor's Walk on the riverfront in Savannah, Georgia," says Wammock. "My dad felt the red brick architecture had a similar look to that locale. The name is widely used through the United States now for shopping centers, but I think the East Cobb location was the first Merchant's Walk."

In the fall of 1976, the center opened with 170,000 square feet of retail and professional office space. Ogletree's, an upscale grocery store, served as the anchor. Resembling the shopping area of a small town, Merchant's Walk became the home for dentists, psychiatrists, dermatologists, restaurants, frame shop, jeweler, hair salon, and ballet school, among many others. Johnny Johnson, owner of Edward-Johns Jewelers, which is still a thriving East Cobb business, opened his doors in 1979 in Merchant's Walk. He recalls that the original shopping plaza was the center of the community, with the lighting of the Christmas tree, politicians giving speeches, and the Walton Band hosting fundraisers. "It was a nice place to work and shop," says Johnson. "Merchant's Walk had a small town atmosphere where everyone was friendly. Many of us had young children, and we raised our kids there."



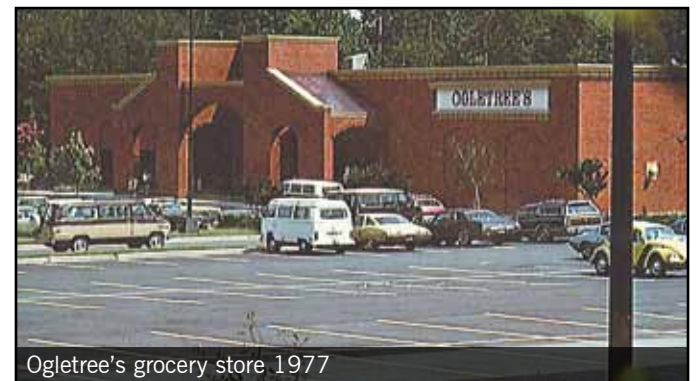
Johnny Johnson

To further promote the community feel, Wammock enticed Cobb County to build its 14th library branch on the property. Originally offering the parcel for \$45,000, Wammock reduced the price to \$1.00, making it an easy decision for the county to construct a library there in 1979. A state-of-the-art movie theater was then built on the property in 1986, once again giving East Cobbers a reason to stay close to home.

>>> Continued on next page >>>



Frameworks Gallery 1977



Ogletree's grocery store 1977

As with most retail centers, nothing remains the same as the economy and customers' needs change. By the end of the 1980s, Merchant's Walk was no longer the vibrant village that it once was, and in 1990 the property went into foreclosure. Atlanta-based New Market Development, a Cousins Properties company, bought Merchant's Walk and four unimproved lots on the periphery of the shopping center in 1992. At that time, the center had grown to 209,000 square feet, with 50 percent retail vacancy and 75 percent professional office vacancy.

In the January 22, 1992, issue of the *Marietta Daily Journal*, Mark Toro, then vice president and development officer for New Market Development, is quoted as saying, "Merchant's Walk has a tremendous identity, and we hope to fix what is wrong with it. There are fundamental flaws in the overall design, causing retailers to be unable to compete. Part of it has to do with parking, visibility, and access, a lot of factors that make a good retail development."

With a \$30 million price tag, New Market Development dismantled many of the original buildings and added the large "big box" retailers that were emerging in the 1990s retail market. Media Play and Mervyn's were two of the new anchors.

Frameworks Gallery, a successful East Cobb business still today, was one of the original 1976 shops and remained there until its building was torn down in 1993. Sunny Walker, one of the business partners for the gallery, describes the original Merchant's Walk as a wonderful shopping center where people congregated, and mothers pushed strollers from store to store. Walker, however, agrees with Toro on flaws in the design.

"Traffic patterns and parking made it difficult for some of the businesses to stay afloat," remembers Walker. "Another contributing factor to the occupancy decline was the arrival of East Cobb's first big grocery store in another retail center, which greatly affected our day-to-day traffic. Consumer needs also changed as people started demanding more 24-7 shopping. Since almost all our businesses were owner operated, competing became difficult. Add a recession on top of the mix, and you have a picture of what happened at the time."



Sunny Walker

Although Merchant's Walk needed a facelift to become economically viable, the end result was that it became just another shopping plaza along Johnson Ferry Road. Still a recognizable name, it had lost its charm and community appeal. Walker comments, "I don't think the early '90s redevelopment gave East Cobbers what they wanted. Rather than cold, austere discount stores, they wanted a high-end, quality-based retail center. It didn't seem to work."

In 2000, Columbia, SC-based EDENS (formerly known as EDENS & AVANT) purchased the center. After several years of negotiating long-term leases, gaining redevelopment approval rights, and sticking to the plan to get it right despite economic times, EDENS began the latest redevelopment in 2008.

According to Lyle Darnall, EDENS managing director, "We spent a lot of time on research about who shops the center, the needs of the community, and how to improve access to the property. Relocating the Wachovia bank (now Wells Fargo) was key to making the project work to improve the site lines from Johnson Ferry Road into the center."

The total project, according to Herbert Ames, EDENS development manager, cost \$27 million, which doesn't include the \$8-10 million that the retailers have invested. Merchant's Walk now has 367,600 square feet of retail space, with 95 percent of that space currently leased. The pedestrian-friendly landscape and convenient parking entice shoppers to visit the center's major retailers which include Whole Foods Market, Stein Mart, Georgia Theatre Company, Old Navy, Kohl's, PetSmart, and OfficeMax. Restaurants are Marlow's Tavern, Seed Kitchen & Bar, and Mirko Pasta. A host of unique shops inhabit the remaining space, including Fab'rik, Savvy Snoot, The Cook's Warehouse, The HUB Boutique, and Kudzu Embroidery & Gifts. The newly renovated 14 screen Georgia Theatre Company rounds out the center.

"We wanted Merchant's Walk to be the gathering place that it once was in the '70s and '80s," says Ames. "A unique place for the community to mill around, a place that was comfortably local."

To back that up, EDENS sponsored their first community event called the Holiday Walk, last month, which brought back the lighting of the Christmas tree to Merchant's Walk. Plans are underway for a Lover's Walk in February to celebrate Valentine's Day and later in the year, a Progressive Dinner Walk for all of the eateries. 🍷



Georgia Theatre Company before renovations



Georgia Theatre Company after renovations 2011



For more photos--past and present--of Merchant's Walk
visit www.eastcobber.com

Make A New Year's Resolution To Volunteer

At the start of each new year, people make a list of things they are going to do to improve their lives. We say we are going to eat less and work out more. Think about making resolutions that will not only help you, but help your community. Volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. Or, if your time is really in short supply, maybe you can at least find it in you to donate the furniture, clothing and other household items that you no longer need, rather than leaving them out by the curb to fill up our landfills. In addition to our local schools, support groups and clubs (see pages 68, 69 and 72), synagogues and churches, here's a sampling of some local, non-profit organizations that are in need of volunteers, financial contributions and/or miscellaneous donations.

ADOPT-A-STREAM PROGRAM

(Watershed Stewardship Program)

This Cobb County program provides participants the opportunity to learn about the watershed they live in with a variety of programs designed to help people learn how to improve local water quality through hands-on activities for all ages. Free.

www.cobbcountyga.gov

770-528-1482

AMERICAN RED CROSS

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2145 Roswell Road, Suite 250

Marietta, GA 30062

www.givelife.org

770-578-1977

CENTER FOR CHILDREN & YOUNG ADULTS

Provides secure residential care for Cobb County's abused and neglected children.

Merrill Autry, Director of Development

www.ccyakids.org

770-333-9447

THE CENTER FOR FAMILY RESOURCES

Provides emergency assistance to families in Cobb County so that they can acquire the resources they need to become independent and self-sufficient, thereby breaking the cycle of poverty.

Jennifer Cain, Development & Volunteer Coordinator

995 Roswell Street, Suite 100

Marietta, GA 30060

www.theCFR.org

770-428-2601

COBB COMMUNITY FOUNDATION

Promotes philanthropy to create and support a vital and caring community. It builds a collection of endowment funds and distributes the proceeds to nonprofit organizations that serve the community's members.

Sue Wootton, Executive Director

1985 N. Park Place

Atlanta, GA 30339-2004

www.cobbfoundation.com

770-953-6865

COBB COUNTY JUVENILE COURT – CITIZEN PANEL REVIEW

A volunteer supported program tasked with reviewing foster care cases.

Joshua Weeks

www.cobbcountyga.gov

770-528-2284

COBB COUNTY JUVENILE COURT SPECIAL ADVOCATE

A Court Appointed Special Advocate (CASA) is a trained community volunteer appointed by a Juvenile Court Judge to speak up for the best interest of an abused or neglected child involved in a juvenile court proceeding.

Carlene Redmond

www.cobbcountyga.gov

770-528-2285

COBB COUNTY JUVENILE COURT YOUTH DIVERSION PROGRAM


This program is for first offenders with minor offenses. These juveniles are given the opportunity to appear before a panel of community volunteers instead of a judge.

Rita Evans


www.cobbcountyga.gov

770-528-2243

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1478 Roswell Road
Marietta, GA 30062
770-578-4644
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E-mail: info@sleekandchicboutique.com

COBB COUNTY PUBLIC LIBRARIES

Help needed with shelving and straightening paperbacks and periodicals as well as other opportunities as listed on website.
 Alexandra Beswick
 www.cobbcat.org **770-528-2320**

COBB LITERACY COUNCIL

Needs tutors for GED as well as administrative help.
 Donna Frankovsky
 www.cobbworks.com **770-528-8094**

THE EXTENSION

A Marietta residential recovery program for the homeless.
 Needs volunteers to plan, prepare and serve meals.
 Tyler Driver, Executive Director & Volunteer Coordinator
 1507 Church Street (Men's Extension)
 Marietta, GA 30061
 130 Holiday Street (Women's Extension)
 Marietta, GA 30060 **770-590-9075**

FEED THE HUNGRY FOUNDATION


Needs volunteers to help sort, pack and deliver food boxes.
 Rev. Mack Barnes, Executive Director
 1440 Dutch Valley Place
 Atlanta, GA 30324
 www.feedthehungryfoundation.com **770-980-1550**

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 www.eastcobbpark.org • president@eastcobbpark.org

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EAST COBBER

January 2012 13

DO GOOD GUIDE

GIRLS INC. OF COBB COUNTY

Provides programs to promote self-esteem in young women. Seeks people to donate time and skills working with girls in an activity or class such as arts and crafts, computer training, sports, aerobics, and tutoring.

Gabrielle Stewart, Director of Development
461 Manget Street
Marietta, GA 30060

770-422-0999

HOUSEMATE MATCH

If you are over 50 years old, have an extra room in your home and need extra money, share your home. Program sponsored by the Atlanta Jewish Community Center.

Lynne Dyckman, Housing Counselor
2509 Post Oak Tritt Rd.
Marietta, GA 30062
www.housematematch.org

678-812-3729

JUNIOR LEAGUE OF COBB - MARIETTA

Organization of women committed to promoting voluntarism, developing the potential of members and improving the community through the effective action and leadership of trained volunteers.

505 Kennesaw Avenue
Marietta, GA 30060
www.jlcm.org

770-422-5266

MAKE A WISH FOUNDATION OF GEORGIA AND ALABAMA

Grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. The Foundation needs office volunteers, fundraisers and wish granters.

Deirdre Trevett, Volunteer Coordinator
1775 The Exchange SE, Suite 200
Atlanta, GA 30339
www.ga-al.wish.org

770-916-WISH (9474)

VolunteerMatch.com Can Help You Help Others


What's your excuse for not getting involved: Not enough time? No skills or experience you think could help anyone? Nothing nearby? If you had information on thousands of non-profit agencies looking for volunteers anywhere nationwide and also were able to choose how much time to spend, the type of cause you want to support, and set your own hours for volunteering, it would be hard to find a reason not to volunteer, wouldn't it?

No more excuses. Whether you can spend 10 hours a week or 10 minutes, whether you want to support the arts, the environment or social issues, there are thousands of opportunities waiting on VolunteerMatch.

VolunteerMatch is a non-profit website that serves as a clearinghouse for organizations needing individuals to volunteer and volunteers looking for organizations who can use their skills and experience. To date, nearly 20,000 non-profit and tax-exempt organizations have received more than 700,000 volunteer referrals through the site.

Any non-profit or tax-exempt organization can list an unlimited number of volunteer opportunities on VolunteerMatch. Visitors to VolunteerMatch simply enter their ZIP code to find local opportunities. Volunteers can also search by interest, date and keyword to generate a personally customized list. Once an opportunity of choice is found, the interested volunteer simply clicks on it to contact the organization and get involved. Non-profit organizations find VolunteerMatch an easy and efficient way to connect with people who can support their efforts through volunteer activity.

VolunteerMatch is a great way for interested volunteers to find out if their skills meet an organization's needs before they make contact, and it's also a good way to get the word out about projects and special needs within a specific community. "If there's a local disaster or even something like a marathon that needs volunteers, help can be coordinated online," she says.

"VolunteerMatch makes it easy to bring volunteers and charitable organizations together to meet the needs of their community," says the service's president, Jay Backstrand. To find volunteer opportunities in your area, or to learn more about VolunteerMatch, visit www.volunteermatch.org. 



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DO GOOD GUIDE

MEALS ON WHEELS

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Shelia Perkins, Volunteer & Advocacy Coordinator
www.cobbcountyga.gov **770-528-5381**

MINISTRIES UNITED FOR SERVICE AND TRAINING (MUST)

Since 1972, MUST has provided services to the poor and homeless in Cobb and Cherokee Counties.

Jenaila Hawkins, Volunteer Coordinator
1407 Cobb Parkway
Marietta, GA 30061
www.mustministries.org **770-790-3873**

NORTHWEST METRO ATLANTA HABITAT FOR HUMANITY

Strives to eliminate substandard housing in Cobb County through new home construction and existing home renovation. Also offers zero-interest loans.

J.J. Currie, Volunteer Coordinator
1625 Spring Road
Smyrna, GA 30080
www.nwmetroatlantahabitat.org **770-432-7954**

PROBATION OFFICER PROGRAM

Cobb County Superior Court needs help relieving the State probation caseload. Qualified volunteers will undergo formal training.

www.cobbcountyga.gov **770-528-7986**



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SAFE KIDS COBB COUNTY

Safe Kids Cobb County is committed to reducing and preventing accidental injuries to children in Cobb County. It provides information and education on the following topics: Car and Booster Seats, Poison Prevention, Water Safety, Bicycle/Wheel Safety, Home Safety & Pedestrian Safety. Sponsors car seat checks, bike rodeos, and safety fairs.

Amanda Walpole, Safe Kids Co-Coordinator
122 Al Bishop Drive
Marietta, GA 30008
www.safekidscobbcounty.org **770-852-3285**

Lisa Gardner, Safe Kids Co-Coordinator
114 Cherry Street, Suite G
Marietta, GA 30060
www.safekidscobbcounty.org **770-793-7185**

SAFEPATH CHILDREN'S ADVOCACY CENTER

Ensures a child-friendly environment in which child victims of abuse and neglect can feel safe and comfortable during the process of intervention and investigation. Caring adults are needed to greet families and supervise children in their playroom/waiting area during the day, and in the evening on Mondays and Wednesdays.

Leigh Kelley, Volunteer Coordinator
736 Whitlock Ave.
West Park Government Center, Ste. 600
Marietta, GA 30064
www.safepath.org **770-801-3465**

SENIORS "MOST WANTED"

Cobb County Sheriff's program is looking for residents 55 and older to assist deputies and other staff in sheriff's office operations.

www.cobbcountyga.gov **678-355-7064**



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TOMMY NOBIS CENTER (TNC)

The mission of the Tommy Nobis Center is to develop and provide job training, employment and vocational support for youth and adults with disabilities and other barriers to employment. Several volunteer opportunities are available.

Judy Leeper, Program Coordinator

1480 Bells Ferry Road

Marietta, Georgia 30066

www.tommynobiscenter.org

770-427-9000, ext. 5116

UNITED WAY OF METROPOLITAN ATLANTA

United Way does "whatever it takes" to help the Cobb community focus and get results on important human issues.

While United Way does raise and invest dollars, it also helps people volunteer, lend their professional expertise, donate household and office items and advocate on behalf of issues.

Leah Rolfes, Director

995 Roswell Street, Ste. 338

Marietta, GA 30060

www.unitedwayatlanta.org

404-527-7200 or 211

WELLSTAR

WellStar volunteers are an integral part of our healthcare team. Through a variety of important opportunities, volunteers provide service to the hospital while also promoting a caring attitude in the hospital and community. Volunteers make a difference. To help maintain high quality patient care, volunteers interact daily with hospital team members, physicians, patients and patients' families.

Brooke Schembri, Director of Corporate & Community Health

330 Kennestone Hospital Boulevard

Marietta, GA 30060

www.wellstar.org

770-793-7120

YWCA OF NORTHWEST GA

The YWCA of Northwest Georgia seeks volunteers for its thrift store, special events, crisis hotline, family violence shelter, transitional housing, legal advocacy, sexual assault accompaniment advocacy, children's services, Latino outreach and other needs.

Kristi Storey, Communications Coordinator

48 Henderson Street SW

Marietta, GA 30064

www.ywca.org

770-423-3599



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Corrigan Care, Inc. is a 501(c)(3) non profit here in East Cobb. Our biggest goal is to open Emmy's Academy, a special needs childcare center by the Fall of 2013.

www.corrigancare.org
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Help your Student Succeed in 2012 with a Study Skills Workshop



▲ Gayle Wylie

Does your student struggle with organization, homework habits, study skills and time management? Does he constantly miss deadlines or forget assignments? This is a common problem for school-age kids and presents an often daily battle for parents. If your third – 12th grade child is struggling with academic challenges, East Cobber Gayle Wylie's Study Skills Workshop may be just the answer you're looking for. A counselor with more

than 35 years of experience, Gayle Wylie, Ed.S, LPC, NCC, is a certified Cobb County school counselor, school psychologist and a nationally certified licensed professional counselor. She has been facilitating Study Skills Workshops out of her Chimney Lakes home for more than 15 years. Courses are offered over eight one hour weekly sessions and students are grouped by age and academic ability. Tuition is \$195 and includes all materials. Wylie understands that struggling students often need to begin with the basics. Course curriculum includes:

- Organization
- Test-Taking and Memory Skills
- Homework Habits and Writing Papers
- Time Management
- Reading Comprehension and Note Taking and more!

"This is a wonderful course for a child who is struggling in school and also the child who wants to go the extra mile," said Wylie.

As a counselor, Wylie can zero in on what's really happening with the child and help him become successful. She believes that parent communication is key to achieving a child's potential and places a high priority on maintaining parent contact. As an LPC, Wylie is able to offer individual and family counseling sessions as needed. Wylie also offers individual academic tutoring and an "All About Middle School" workshop for rising sixth – eighth graders.

The next Study Skills Workshop begins in February in time to improve CRCT scores, and a few spots remain. Courses run throughout the school year and summer break. To register or for more information, contact Gayle Wylie at 404-433-0925 or gaylewylie@yahoo.com.

Mention this ad for a discount on your next Study Skills Workshop

PAID ADVERTISEMENT

East Cobb Teen Raising Money for RSD Research



▲ Sara Dada and Will Anderson, lead singer of Parachute, show their support for RSD Hope

When Sara Dada's friend was diagnosed with recurrent Reflex Sympathetic Dystrophy (RSD) after spending time in remission, the East Cobb teen decided to pitch in and raise money to fight the disease. She founded Give Hope: RSD and sells colored wristbands to spread awareness about

RSD and raise money for RSD research.

Dada, a junior in the science, math and technology program at Wheeler High School, has raised more than \$700 to date in the fight against RSD. Her wristbands can be seen on local wrists and at least one famous one – Will Anderson, lead singer of Parachute, wore an RSD wristband in a recent video.

Reflex Sympathetic Dystrophy (also known as Complex Regional Pain Syndrome) is a neurological condition that affects the skin, muscles, joints, and bones. It usually develops in an injured limb or after surgery. Symptoms include constant chronic, burning pain (including extreme sensitivity to touch, sound, & vibration); inflammation; spasms and insomnia/emotional disturbance.

RSD can go into remission, but it is very unlikely. Current treatments include physical therapy, nerve blocks (injecting anesthetics near nerves for temporary pain control), spinal cord stimulation (exerting pulsed electrical signals to the spinal cord to control pain), and a host of medications (i.e.—antidepressants, corticosteroids, and opioids). These treatments are mostly used in combinations.

But there is no true treatment for RSD that guarantees remission or a pain-free life. RSDHope is an organization that provides information and conducts research.

100% of the proceeds from the sale of the RSD wristbands is sent to American RSD Hope's Research Fund. Wristbands cost \$2 each and are available through the Facebook page: Give-Hope-RSD.

In addition to her work with RSD Hope, Dada is involved with multiple organizations at Wheeler, including the Interact service Club, serves as co-first vice president of the student body and is president of Model UN.

For more information, visit www.rsdhope.org. 

East Cobb Middle Schoolers Artwork to be Featured in WaterSmart Calendar




▲ Entry by Bradley Lovingood

Cobb and Paulding county middle school students made a splash in Cobb County-Marietta Water Authority's (CCMWA) second annual folk art contest, waterSmart waterArt – a creative competition that merges students' artistic talents with their passion for water conservation. Local artists and conservationists judged the 78 waterSmart waterArt submissions on artistic ability, water relevance and creativity. Claudia Varnedoe, an eighth grade student at Hightower Trail Middle School, received the highest scores for her entry that encouraged peers to "do your part" and conserve drinkable water on Earth.

The top 12 entries will be featured in the 2012 waterSmart waterArt calendar that will be distributed throughout metro Atlanta. This year's finalists represent middle school students in Cobb and Paulding counties, including the following East Cobb students:

- Bradley Lovingood – JJ Daniell Middle School
- Damian Diaz – JJ Daniell Middle School
- Claudia Varnedoe – Hightower Trail Middle School

"waterSmart waterArt provides Cobb and Paulding middle school students with a creative platform to express their thoughts on conserving our water supply," says Becky Mixon, waterSmart program director. "We are continually impressed by positive messages of conservation shown through the students' artwork."

To get involved with future waterSmart programs, go to www.waterSmart.net. 



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Hyde Farm: An East Cobb Treasure

By Elizabeth Wentz



▲ (1) The farmhouse where the Hyde family lived for generations was originally a one-room structure. (2) The entrance to Hyde Farm, off Lower Roswell Road in East Cobb. (3) Rusty Simpson from Cobb County Parks & Recreation.

Located a few miles off Lower Roswell Road in East Cobb, at the end of a street called Hyde Road, is a plot of land that may hold one of the few remaining keys to this community's agricultural history. Known simply as Hyde Farm, it's a 95 acre parcel that stretches to the banks of the Chattahoochee River. The farm has been in existence since the 1830s, but chances are your GPS won't recognize the address and you'll be driving in circles long after the cows have gone home. Thanks to a joint effort between the National Park Service (NPS) and Cobb County, Hyde Farm may soon be on the map both literally and figuratively.

One of the last continually operating farms still standing in Cobb County, the land was farmed until 2009 by members of the Hyde family and close friends. Though they maintained a steady rotation of crops for both personal consumption and to sell at the Marietta Square and Roswell farmer's markets, Hyde Farm was known largely for producing Golden Nugget Heirloom sweet potatoes.

Hyde Farm was purchased in 2008 by The Trust for Public Land for \$14.2 million and later sold to the Cobb County Government and the Chattahoochee River National Recreation Area for \$9.5 million.

According Cobb County Commissioner Bob Ott, "Through a very cooperative effort, the county and NPS signed mutual agreements that established a conservation easement between the county and NPS for the farm. We also signed a maintenance agreement."

He added that the entire Hyde Farm property consists of 135 acres, though only 95 acres were involved in the transaction. Cobb County owns 45 of the 95 acres and NPS owns the remainder. The agreements allow

NPS to access the county's portion for renovation and maintenance work. In addition to Hyde, the county purchased the two adjoining properties, the Walker and Dolvin sites, allowing renovation of the existing homes as a visitor's center and parking facility without disturbing the farm property.

"Hyde Farm is truly one of the great treasures of Cobb County," said Ott. "The drive down scenic Hyde Road cannot prepare you for your journey back in time. As you walk along the terrace gardens past the old farmhouse, or drink from the working well, it is hard to imagine that just a short distance away is East Cobb. It is hard to imagine long ago when all of East Cobb was like Hyde."

The goal is to return the now-dilapidated Hyde Farm to its former glory and open it to the public as an educational and recreational resource, according to Rusty Simpson, the natural resource management unit coordinator for Cobb County Parks, Recreation and Cultural Affairs. Simpson has begun growing the Golden Nugget sweet potatoes, and conservation efforts include continuing the tradition on the property. Restoration efforts are also under way through a partnership with the University of Georgia. Under the direction of two deans and three professors, UGA interns and graduate students are working to create the integration plan for the entire farm. The plan will include recommendations for the proper use of the facilities and the land. Numerous field studies have been performed to determine various features and aspects to the site.

"In addition, UGA has created a Cultural Landmarks Laboratory that currently works at four other

> > Continued on next page > >

sites across the country. The hope is that we will add Hyde to this group which will allow further study and work with (the University)," said Ott.

"The folks at UGA recognize the historical significance at Hyde and were very excited when we asked them to work with us in developing the plan that is best suited for Hyde."

Renovating the existing structures to ensure they are safe for casual visitors is no easy task. All eleven buildings on the property are in various stages of disrepair, suffering from age and neglect, and several cannot be entered safely.

Over the past two years, crews have worked to stabilize the buildings by creating a series of support structures. Volunteers recently completed the excavation and archiving of hundreds of objects found in the farm structures, a painstaking process that took dozens of workers several weeks to complete.

Simpson said that the restoration of the farm is an intentionally slow process to ensure that historic accuracy is maintained. He estimates that it will be another year at least before Hyde Farm is open to the public and expects renovation costs to fall around \$3-\$4 million. Public tours, even self-guided, are simply not safe at this time and the property is fenced, gated and under constant surveillance to ensure that trespassers and curiosity-seekers are kept away.

"We have had an excellent response from the community, Cobb County and other National Park Service sites," said Alice Newton, a professional curator from NPS who works with Hyde Farm. "Their support, especially of the volunteers, in preserving Hyde Farm has been exceptional."

Until Hyde Farm opens to the general public, East Cobbers can catch a glimpse into history through volunteer opportunities and school field trips.

Marjorie Thomas heads the NPS-sponsored education programs at Hyde Farm. Geared primarily to second and fourth grade students, the education programs conform to the Georgia Performance Standards and can be adapted to a variety of ages and audiences, including scout groups. Educational field trips are offered free of charge and give students the opportunity to learn about typical farm activities like soap making and clothes washing and the family life of the Hydys and their former American Indian neighbors.

To volunteer at Hyde Farm or schedule a student field trip, contact Marjorie Thomas with NPS at 678-538-1243. 📞

HYDE FARM TIMELINE

1830-1840

James Cooper Power and his wife Rosa Dodd Power build a log home near the Chattahoochee River in Cobb County, GA, on what had recently been Cherokee Indian territory.

1874

James Hyde, a Civil War veteran, and his family move to the Mt. Bethel community of east Cobb County to assist James Power with the cotton crop.

1881

James Hyde's son, Jesse, is born on Lower Roswell Road in east Cobb County. The Hyde family continues to sharecrop with the Power family.

1900

Jesse Hyde continues farming with his family, but also works on the construction of Morgan Falls Dam on the Chattahoochee River, one of Georgia's first hydro-electric dam, completed in 1904.

1917-1920

The James Power homestead with 135 acres comes up for sale in 1917 and is purchased by Jesse Hyde. Hyde and his wife Lela move their family of 6 children by horse and wagon to their new home. Their children, Buck, Pearl, JC, Maglee, Gladys, and Rosalee will all grow up working and enjoying their farm on the Chattahoochee River.

1930-1980's

JC and Buck continue farming in the old time methods learned from their father and grandfather.

1987-1993

Buck Hyde dies in 1987, bringing not only grief but a huge inheritance tax burden to the Hyde family. In order not to lose the farm, JC Hyde sells 40 acres of the family's beloved bottomlands in 1993 to the Trust for Public Land for eventual inclusion in the Chattahoochee River National Recreation Area. JC retains the right to farm all the land, unimpeded, until his death. The remaining 95 acres of the farm remain in JC's ownership with an agreement that Trust for Public Land would have first chance to buy the rest of the farm, if and when it should be sold.

2004

JC Hyde dies at home in early March, 2004.

2008-2010

Cobb County and National Park Service, with The Trust for Public Land, purchase 95 acres of Hyde Farm.

2010 -


Conservation and restoration efforts continue on Hyde Farm in anticipation of eventually opening as a public education and recreation area.

(Source: Friends of Hyde Farm)

EAST COBBER DAY CAMP GUIDE

Summer day camps are fun and education all rolled into one. EAST COBBER has collected information on a wide range of wonderful day camps to fit all ages and interests, including sports camps, adventure camps, Christian camps, art camps, science camps, dance camps and more. Many day camps listed throughout these pages are held right here in East Cobb and some are just a short drive away. Please note, as extensive as this day camp chart is, it is still just a sampling of all the day camps available. We recommend you visit the websites noted on each listing for even more offerings.

Camp Name	Age Group	Weekly Camp Fee	Times	May 28- June 1	June 4-8	June 11-15	June 18-22	June 25-29	July 2-6	July 9-13	July 16-20	July 23-27	July 30 - Aug 3	Aug 6-10
Art Camps The Art Place-Mountain View 3330 Sandy Plains Road, Marietta 30066 770-509-2700 • www.theartplace.us	4-18	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓		
Baskin-Ginepri Summer Tennis Camp Olde Towne Athletic Club 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.otac.net	7-18	\$275 non-member	9am-2pm	✓		✓		✓	✓	✓	✓	✓	✓	✓
C2 Education Summer Camp 1100 Johnson Ferry Road, Ste. 130, Marietta 30068 770-565-8184 • www.c2educate.com	5-17	Call for rates	9am-5:30pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camp Etz Chaim Congregation Etz Chaim 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net	14 mos -5	\$80-\$175	9am-1pm or 9am-3pm			✓	✓	✓	✓	✓	✓	✓	✓	
Camp Horizon (Special Needs) Fullers Park • 3499 Robinson Road, Marietta 30068 Shaw Park • 900 Shaw Park Road, Marietta 30066 770-819-3257	7-21	\$110	9am-4pm			✓	✓	✓		✓	✓	✓		
Camp Meadows Montessori School Meadows Montessori School/Roya Darkai 111 Bells Ferry Lane, Marietta 30066 770-218-6347 meadowsmontessori.com	6 wks-12 yrs		6:30am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camp Wood Acres The Wood Acres School 1772 Johnson Ferry Road, Marietta 30062 770-971-1880 • www.woodacresschool.org	3-4 5-10	\$140- \$180	9am-12:30pm 9am-3pm		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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www.EtzChaim.net
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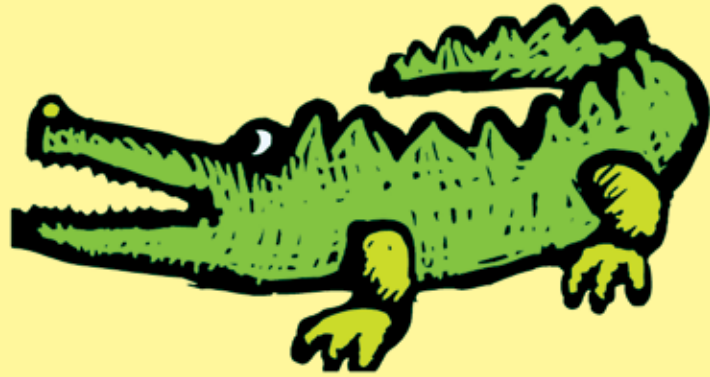
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EAST COBBER DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 29- June 1	June 4-8	June 11-15	June 18-22	June 25-29	July 2-6	July 9-13	July 16-20	July 23-27	July 30 - Aug 3	Aug 6-10
Choi Kwang Do 4994 Lower Roswell Road, Ste. 18 & 19, Marietta 30068 678-883-CHOI (2464) • www.eastcobckbd.com	4 and up	Call for rates	8am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Clay Play Summer Art Camps chighatl@aol.com	5-12	\$135	9am-12:30pm or 1:30-3:30pm		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cooking with Color The Cook's Warehouse 1311 Johnson Ferry Road, Marietta 30066 770-565-8005 • www.cookwarehouse.com	10-17	\$375	10:30am-1:30pm				✓					✓		
Covenant Presbyterian Preschool Covenant Church 2881 Canton Road, Marietta 30066 770-422-5130 • www.covepres.com	2-5	\$75	9am-1pm		✓	✓								
Cresco Montessori Summer Camps Cresco Montessori 3001 Johnson Ferry Road, Marietta 30062 770-992-8031 • www.crescomontessori.com	5-12	\$205	8:30am-3pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Curtain Call Players-Elementary Playhouse 2700 Canton Highway, Ste. 600, Marietta 30066 770-973-4566 • www.cryp.org	3rd-5th grade	\$199	9am-3pm							✓	✓	✓		
Curtain Call Players-Middle School Playhouse 2700 Canton Highway, Ste. 600, Marietta 30066 770-973-4566 • www.cryp.org	6th-8th grade	\$199	9am-3pm			✓	✓							
Curtain Call Players -Shannonigans Playhouse 2700 Canton Highway, Ste. 600, Marietta 30066 770-973-4566 • www.cryp.org	K-2nd grade	\$99	9am-12pm 12:30pm-3:30pm		✓									
East Cobb Prep 3875 Shallowford Road, Marietta 30062 770-649-0415 • www.eastcobprep.com	5-12	\$195	6:30am-6:30pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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EAST COBBER DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 29 - June 1	June 4-8	June 11-15	June 18-22	June 25-29	July 2-6	July 9-13	July 16-20	July 23-27	July 30 - Aug 3	Aug 6-10
Fullers Kids Summer Camp Fullers Park 3499 Robinson Road, Marietta 30068 770-509-2737 prca.cobbcountyga.gov/fullersrecreationcenter.htm	6-11	\$100	7am - 5pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
The Georgia Ballet-Summer Dance - Mini Intensives 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	8+	Call for pricing	Various							✓	✓			
The Georgia Ballet-Summer Dance: Intermediate/Advanced Intensives 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	10+	Call for pricing	Various		✓	✓	✓	✓						
The Georgia Ballet-Summer Dance: Mini Camps 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	4-7	Call for pricing	Various							✓	✓			
The Goddard School Let's Go Exploring 3584 Providence Road, Marietta 30062 770-579-1190 • www.goddardschools.com	1-5	Call for pricing	6:30am-6:30pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
The Goddard School Mysterious Minds 3147 Trickum Road NE, Marietta 30066 770-321-8370 • www.goddardschools.com	1-10	Call for pricing	6am-6pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Harrison Tennis Center Summer 2011 Jr. Camps 2653 Shallowford Road NE, Marietta 30066 770-591-3151 • http://prca.cobbcountyga.gov	4-5 6-8 9-17	\$40 \$75 \$150	8:30am-11:30am	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Jazzerkamp East Cobb Jazzercise 736 Johnson Ferry Road, Marietta 30068 770-643-8090 • www.eastcobbjazz.com *\$150 + \$25 registration fee	5-10	\$150*	12:30-3:30pm											
Johnson Ferry Baptist Church 955 Johnson Ferry Rd, Marietta 30068 678-784-5317 www.johnsonferry.org/SportsFitness/camps	4-16	See website	See website			✓ Cheer	✓ Basketball				✓ Flag Football	✓ WinShape		✓ Soccer
Kids' Zone Weekly Day Camps Kids' Zone Daycare & Learning Center 137 Johnson Ferry Rd., Ste. 1100, Marietta 30068 770-933-6900 • www.kidszonelearningcenter.com	6-12	\$190	6:30am-6:30pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
MJCCA Summer Day Camps MJCCA 5342 Tilly Mill Road, Dunwoody 30338 678-812-4132 • www.atlantajcc.org	Pre K-17	\$335	9am-4pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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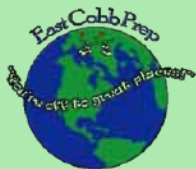


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Camp Billi Marcus MJCCA 5342 Tilly Mill Road, Dunwoody 30338 678-812-4132 • www.atlantajcc.org	6 weeks -4	See website	7am-6pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Mathnasium 1205 Johnson Ferry Road, Ste 135, Marietta 30068 770-578-6170 • www.mathnasium.com/eastcobb	4-middle school	Call for pricing	Call for times	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Moohan Martial Arts Academy Martial Arts Self-Defense Camp 3605 Sandy Plains Rd., Ste. 140, Marietta 30066 678-996-7777 • www.mymoohan.com	4+	N/A	8:30am-6pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mount Paran North Summer Sports Camp Mount Paran North • 1700 Allgood Road, Marietta 30062 678-285-3248 • www.mpnsports.com	6-12	\$100 + \$50 Activity fee	8am-6pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓		
Oak Creek Pony Camp Oak Creek Stable • 4580 Roswell Road, Marietta 30062 678-229-8128 • www.oakcreekstable.com	Pony 5-7	\$300-\$375	10am-1pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓		
Oak Creek Horse Camp Oak Creek Stable • 4580 Roswell Road, Marietta 30062 678-229-8128 • www.oakcreekstable.com	Horse 8-14	\$300-\$375	9am-1pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓		
Pace Camp & PaceKeteers Pace Academy 966 Paces Ferry Road, Atlanta 30327 404-262-1345 • www.pacesacademy.org	3-1/2-5 K-6th grade	\$385	9am-4pm or half day 9am-12:30			✓	✓	✓	✓	✓	✓	✓		
Primary Prep Academy 1887 West Oak Parkway, Marietta 30062 678-594-8700 • www.primaryprepacademy.com	4-8	\$190+	6:30am-6:30pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Primrose School of Sprayberry-Explorers Summer Camp 2531 East Piedmont Road • Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	\$204	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rose Garden Montessori 3829 Roswell Road, Marietta 30062 770-579-1979 • www.rosegardenmontessorischool.com	3-12	\$195	6:30am-6pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shreiner Summer Camp Shreiner Academy 1340 Terrell Mill Road, Marietta 30067 770-953-1340 • www.shreiner.com	PreK-8th grade	See website	7am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
S.M.art Club Summer Art Camp @ various locations 404-313-2999 • www.sm-art-club.com	PreK-7th grade	\$169	Half and full days	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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EAST COBBER DAY CAMP GUIDE

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The Spanish Academy Summer Camp The Spanish Academy (inside Chestnut Ridge Christian Church) 2663 Johnson Ferry Road, Marietta 30062 770-751-3646 • www.thespanshacademy.com	2-6	\$150	9am-12pm		✓		✓			✓		✓		
Sports A Rama Multi-Sport Camp 736 Johnson Ferry Road, Marietta 30068 770-977-9789 • www.sareastcobb.com	7-12	\$50-\$325	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sports Broadcasting Camp @ Emory University • 201 Dowman Drive, Atlanta 30322 800-319-0884 • www.playbyplaycamps.com 9am-4pm or overnight	10-18	\$510-\$1,125	see website				✓							
Sprayberry Academy - Big Kid Camp 2100 Post Oak Trill Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	6th & 7th Grade	\$185	6am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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Making a Good Day Camp Decision For Your Child

If you're a parent considering summer camp opportunities for your child, you might consider a day camp rather than (or in addition to) a sleepaway camp experience. Parents often view sending their kids to day camps as a "stepping stone" to overnight camp. They might think day camps are for "younger kids" and sleepaway camps are for older ones. In some cases this might be true, but not always.

One of the advantages you have as a parent when comparing day camps to overnight camps (or even day camps to day camps) is that a day camp's customer base is generally restricted to its local geographical area. This makes things easier for you to learn more about the camp. For example, you can contact the camp's current or former customers for references, and you can even visit the camp before making a decision.

So how do you know you're picking the right day camp for your child? Here's a 3-point checklist to help ensure the day camp you choose is the right one for your child.

1. Check references. Since day camps primarily serve local customers, it should not be difficult to find a few families who've attended the camp before. Talk to them about their impressions of the program. If you hear good things, you might have a winner. Mixed reviews, on the other hand, could be a "red flag" alerting you to research the camp further. But if everyone you speak with has only negative things to say, then rule that day camp out, pat yourself on the back for taking the time to conduct a thorough investigation, and keep looking for a different camp.

2. Involve your child in the decision making process. Research shows that kids enjoy camp more when they're

included in the decision-making process. Since there are so many different types of day camps to choose from, it's important to match your child's interests and personality with the activities the day camp offers. Accordingly, it's advisable to take a tour of the camp and/or attend an open house together with your child. After you've toured the camp, ask for your child's opinion. This can be a much better approach than unilaterally deciding which day camp your child will attend without consulting them ahead of time, as asking for their input means they'll probably have a more positive camp experience in the end.

3. Tour the camp and meet the staff. Most day camps hold open houses or organized facility tours during the prime camp enrollment season (generally springtime). These events are great opportunities for you to meet the staff, ask questions and see how the camp operates on a day-to-day basis. You might even decide to attend several camps' open houses for a point of comparison and to see where you get the best "vibe." Attending a day camp open house or touring the facility is the single BEST way to see what you're getting into ahead of time.

Camp is such a personal experience. You want your child to connect with his or her counselors on a personal level and admire them as leaders and role models. You owe it to yourself and your child to pick a day camp that your child will look back on later in life and say, "I remember that camp, and it was the best experience of my life!" Your child deserves the best. It's your responsibility as a parent to put him or her in an environment where they can thrive, and choosing the right day camp can make this happen for you. Happy day camping! ☺



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EAST COBBER DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 29- June 1	June 4-8	June 11-15	June 18-22	June 25-29	July 2-6	July 9-13	July 16-20	July 23-27	July 30 - Aug 3	Aug 6-10
Sprayberry Academy - Jr. Camp 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	pre-k - 1st Grade	\$185	6am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sprayberry Academy - Sr. Camp 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	2nd-5th Grade	\$185	6am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Summer University Kennesaw State University-Continuing Ed 3333 Busbee Drive NW, Kennesaw 30144 770-423-6765 • www.kennesaw.edu/coned	1st - 12th grade	\$229-\$299	9am-6pm		✓	✓	✓	✓		✓	✓	✓		
Terrell Mill Tennis Center Junior Summer Tennis Camp 480 Terrell Mill Road, Marietta 30067 770-644-2771 • www.prca.cobbcountyga.gov	3-17	\$80-\$155	9am-12pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Universal Tennis Academy One Chattahoochee Plantation Drive, Marietta 30067 770-953-9090 • www.utatennis.com	6-14	\$150	9am-12pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA McClesky-East Cobb 1055 East Piedmont Road, Marietta 30062 770-977-5991 • www.ymcapass.com/mcy.shtml	2-18	See website	9am-4pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA North East 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 • www.ymcapass.com/ncy.shtml	2-18	See website	9am-4pm	Start May 29	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Young Chefs Academy-Camp Can-I-Cook 203 Hammond Drive NE, Ste 368, Sandy Springs 30328 404-255-9263 www.youngchefsacademy.com/sandysprings	4-17	\$215	9:30am-2pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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 June 25-29 *July 2-6 July 9-13 July 16-20
 July 23-27 July 20-Aug 3

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Register at UTATENNIS.COM or call specific tennis centers below.

UTA Camp Times and Locations:

Chattahoochee Plantation Tennis Club Marietta, GA
 9:00-12:00 • 770.953.9090

Piedmont Tennis Center Atlanta, GA 9:00-4:00
 • 404.853.3461

Bitsy Grant Tennis Center Atlanta, GA 9:00-12:00 (half day)
 9:00-4:00 (full day-tennis/golf)
 • 404.609.7193

Blackburn Tennis Center Atlanta, GA 9:00-12:00
 • 770.451.5226

Chastain Tennis Center Atlanta, GA 9:30-2:00
 • 404.609.7193

Dekalb Tennis Center Decatur, GA 9:00-12:00
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Undefeated Walton Raiders Reach State Playoffs



After beating their East Cobb rival Lassiter 30-24 on Friday, December 2, the Walton Raiders advanced to the Class AAAAA state title game with a 14-0 record. What was Walton's first state championship game in team history, the Raider football team faced down Grayson High School on December 10 only to be shut out 24-0. Walton produced a 14-1 record with its only loss coming against Grayson in the Class AAAAA state championship game. Under the direction of Coach Rocky Hidalgo, the Raiders enjoyed their first undefeated regular season since 2003 with an offense that averaged 34.8 points a game and a defense that gave up 11.5. Walton is the first state finalist from East Cobb since the 1973 Wheeler Wildcats.

RAIDER FOOTBALL COACHING STAFF

The Walton Raider football team is led by **Rocky Hidalgo**, Head Coach; **Tripp Allen**, Asst. Head Coach/Offensive Coordinator; **Chuck Goddard**, Defensive Coordinator; **Shane Amos**, Asst. Coach-DE, Outsider Linebackers; **Joe Goydish**, Asst. Coach-Receivers; **John Evans**, Asst. Coach-Defensive Tackles, Special Teams; **Jeff Imperial**, Asst. Coach- Defensive Tackles, Special Teams; **Mike Davison**, Asst. Coach-QB's, TE's; **Bill Bellus**, Asst. Coach-RB's; **Rob Nichols**, Asst. Coach-DB's; **Patrick Kay**, Asst. Coach-Outside LB's; **Pete Murphey**, Asst. Coach-Utility; **Erick Klein**, Asst. Coach-Kicking; and **Chris Van Zelfden**, Asst. Coach-Inside LB's and Special Teams.

2011 WALTON VARSITY RAIDERS TEAM ROSTER

Tyren Jones	James Williams	Jarrett Byers,	Will McMahan	Jack Schaefer	Nakai Poole
Dakota Richardson	Zack Blaylock	Justice Bailey	Dedric Sundby	Ben Birley	Tim Dalton
T'Qwan Robinson	Matt Wilson	Zac Hoadley	Koty Allen	Jake Boynton	Daiquan Moore
Chandler Dease	Ryan Craig	Matt Kenney	Griffin Wilkinson	Grant Radakovich	Corey Greenwald
Myles Howard	Robert McCarthy	Danny Boardman	Joe Cook	Harrison Davis	Anthony Price
Stone Romberg	Billy Meredith	Thomas Lynch	Luke Hendon	Evan Bennett	Trey Thompson
Daron Blaylock	Ryan Johnson	Sam Burstein	Andrew Meaux	Thomas Beshara	Brandon Lucci
Jim Hogue	Colby Billings	Justin Brooks	Michael Lord	Brandon Kublanow	Trent Wirtz
Parker McLeod	AJ Collins	Kelly Brooks	Logan Brown	Brad Green	Nathan Dittmer.
Blake Montz	Christian Burlock	Dalton Hall	Sebastian Covelo	Ben Sibley	



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Since its founding in 1998, Mt. Bethel Christian Academy has grown to a thriving school of nearly 500 exceptional Kindergarten through 8th grade students. Located on 44 breathtaking acres in East Cobb, the Academy provides an extraordinary Christ-centered environment where students are academically challenged, nurtured, and loved. The secret to this success? A commitment to excellence and a desire to help children become all that God intends them to be.

A rigorous, preparatory curriculum is enriched by intentional focus on critical thinking and reasoning skills, as well as Latin and Logic instruction. Bible is taught at all grade levels and students are encouraged to explore their faith and grow closer to Christ. In addition to a vibrant academic program, MBCA provides students opportunities to participate in fine art, chorus, band, service projects, and clubs. Committed to utilizing technology in and outside of the classroom, Mt. Bethel Christian Academy has established a 1:1 laptop program for middle school, mobile Mac, PC, and iPod Touch labs, an iMac lab, and iPads. Mt. Bethel's championship athletic program provides opportunities for students to participate in basketball, baseball, soccer, volleyball, crosscountry, cheerleading, golf and tennis.

The campus features athletic fields, a pond, and nature area allowing for exploration outside of the classroom. Jointly accredited by the Southern Association of Independent Schools (SAIS) and the Southern Association of Colleges and Schools (SACS), Mt. Bethel Christian Academy delivers an exemplary program that produces well-rounded students grounded in Christian principles. The Academy has earned a remarkable reputation for high academic standards, award-winning athletics, and incomparable leadership skills. The exceptional foundation Mt. Bethel graduates receive prepares them for success in many of the area's best high schools and the nation's premier colleges.

To learn how to secure a Mt. Bethel Christian Academy education for your child, please visit: www.mtbethelchristian.org, call Rhea Adkins, Director of Admission, at 770-971-0245, or email rhea.adkins@mtbethel.org.

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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. More info: 678-355-3413.

EVERY SUNDAY

Kabbalah Café. Delve into the mystical secrets of Judaism based on the Chassidic teachings of Tanya. 9:30-10:30am. 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: \$8/adults. \$6/seniors. \$5/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055.

EVERY THURSDAY

Guided Tour of the Strand. Get a behind-the-scenes peek at the Earl Smith Strand Theatre. Learn about the history of the theatre dating back to the 1930s. 11am. \$5. Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

EVERY SATURDAY

Free Arts and Crafts at Lakeshore Learning Store. 11am-3pm. Ages 3 and up. Make a kid crafted calendar, hand in hand flower, anchors away floating boat or groundhog puppet! Lakeshore Learning Store, 4287 Roswell Road, Marietta. More info: 770-578-3100 or www.lakeshorelearning.com.

FIRST SUNDAY

Family Day at the Marietta/Cobb Art Museum. Free admission and fun activities for the whole family. 1-4pm, except when museum is closed. Marietta/Cobb Museum of Art, 30 Atlanta Street, Marietta. More info: 770-528-1444 or www.mariettacobbartmuseum.org.

JANUARY 5, 12, 19, 26

Rain Garden Work Day. Learn how rain gardens protect local waterways by decreasing the volume of runoff entering surface waters during rain events. Rain gardens provide a unique landscape feature by adding color and interest to the landscape. Meet every Wednesday from 9-11am to explore and maintain the rain garden. Cobb County Water Quality Lab, 662 South Cobb Drive, Marietta. More info: 770-528-1482 or www.watershed.cobbcountyga.gov.

JANUARY 5-22

Becky's New Car presented by Georgia Ensemble Theatre. Meet a modern day American Everywoman stuck in middle age and middle management with no prospects for change when an inept millionaire offers her an enticing new life. Wednesdays: 7:30pm. Thursdays-Saturdays: 8pm. Sundays: 2:30pm. January 14 & 21: additional matinees at 4pm. \$23-\$33. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: 770-641-1260 or www.get.org.

JANUARY 9

Cobb Chamber First Monday Breakfast with speaker Tim Lee, Chairman, Cobb County Board of Commissioners, who will address the state of the county. 7:30am. General admission: \$60. Members: \$25 online (by noon, January 5) or \$40 at door. Cobb Energy Performing Arts Center, 2800 Galleria Parkway, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

JANUARY 11

Museum Mice Tour. Come help museum mice, Murray and Etta, open a restaurant. 10:30-11am. For ages 3-5. Free/members. \$5/non-members. Reservations required. Marietta Museum of History, 1 Depot Street, Suite 200, Marietta. More info/to register: 770-794-5710 or www.mariettahistory.org.



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JANUARY 12

Career Training Expo: Why social Networking is Key to your Career Success. Gain the skills you need for the career of your dreams. Free. 6-8:30pm. Kennesaw State University Center, 3333 Busbee Drive NW, Kennesaw. More info: 770-423-6765 or ccpe.kennesaw.edu/trainingexpo.

Kennesaw State University Open House. Discover how Continuing Education can help you reach your personal and professional goals. Get a sneak peek at numerous courses and certificate programs offered annually. 6-8:30pm. Kennesaw State University Center, 3333 Busbee Drive, Kennesaw. More info: 770-423-6765 or www.kennesaw.edu.

JANUARY 13

Cobb Master Gardeners Lunch & Learn: Seed Starting. Master Gardener Electa Keil will introduce newcomers to the ABCs of seed starting and for advanced gardeners the art of starting perennials from seeds. Bring your lunch. Free and open to the public. 12-1pm. County Water Lab, 662 South Cobb Drive, Marietta. More info: www.cobbmastergardeners.org.

JANUARY 13, 15, 20-22

The Odd Couple. The cast of The Sunshine Boys will be taking the stage again in this Neil Simon comedy classic. Play "spot the local celebrity" during the show as names like Bob Ott, Steve Imler, Kim Gresh and more make appearances. Friday, Saturday: 8pm. Sunday: 2pm. \$25. Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

JANUARY 14

Boots, Bluejeans & Country Music, presented by 100+ Women Against Domestic Violence. All proceeds will benefit the YWCA of Northwest Georgia and their mission of a community free of domestic violence and sexual assault. 6-9pm. \$35/person or \$50/couple. Includes dinner provided by Williamson Bros. Bar-B-Q. Jim Miller Park, 2245 Callaway Road, Marietta. More info/RSVP: Babe Atkins-Byrne, 770-425-8122 or bbeatkinsbyrne@gmail.com or www.ywcanwga.org.

Night Hike. Winter is a wonderful time for a crisp hike outside to explore the sky above with a naturalist. Visit with an animal and finish the night with a warm campfire and marshmallows. For all ages. 7-9pm. \$10/non-members. \$7/members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.



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JANUARY 14-16

Dr. Martin Luther King Day Basketball Tournament sponsored by Cobb County Junior Basketball Conference for boys and girls, 5th-8th grades. All teams will have a 3 game guarantee. Championship, runner-up and individual trophies will be given. \$150/team. Games will be played at Sprayberry High School (2525 Sandy Plains Road, Marietta) and JJ Daniell Middle School (2900 Scott Road, Marietta). More info/to register: Phillip Haynes, 770-365-4777 or ph124@bellsouth.net.

JANUARY 15

Elvis Lives, an unforgettable multi-media and live musical journey across Elvis' life featuring four finalists from the Ultimate Elvis Tribute Artist Contest, each representing Elvis during different states in his career. They will be joined by a live band, back-up singers, and dancers. 7:30pm. \$34-\$54. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 800-745-3000 or www.elvislives.com

JANUARY 16

Martin Luther King Celebration. This year's theme will be "Keeping the Dream Alive: Continuing the Journey" and will include the annual presentation of the "Living the Dream" award to a community member who demonstrates the ideals King exemplified. Free and open to the public. 10am. Cobb Civic Center, 548 S. Marietta Parkway, Marietta. More info: Cobb County NAACP office, 770- 425-5757.

JANUARY 17

Emory at Etz Chaim. Professor Michael Berger, Associate Professor of Religion, Emory University, will speak on "Being Jewish in America: How Our Surroundings Affect Our Jewishness." Free and open to the community. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta. More info/RSVP: 770-973-0137 or rsvpemoryattheetz@etzchaim.net.

JANUARY 17 - FEBRUARY 16 (TUESDAYS & THURSDAYS)

JANUARY 21 - FEBRUARY 18 (SATURDAYS)

Drivers 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. Tuesday and Thursday classes: 6-9pm. Saturday classes: 8am-2:30pm. \$375. Dodgen Middle School, 1725 Bill Murdock Road, Marietta. More info: www.mariettacommunityschool.com.

JANUARY 18 - FEBRUARY 19

The Ladies Man. An amorous doctor's innocent lie leads to chaotic compounded mistakes involving a suspicious wife, a grumpy mother-in-law, an assertive female patient and her jealous Prussian husband, plus a well-intentioned patient with a serious lisp. Previews: January 15 & 17: 8pm (\$12). Tuesday-Saturday: 8pm. Sunday: 2:30pm & 7pm. No 7pm performance on February 19. Wednesday, February 15, only: 2:30pm. \$20-\$33. Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-422-8369 or www.theatreinthesquare.com.

JANUARY 19-22

BLAST! presented by Gas South Broadway Series. This winner of the 2001 Tony Award for Best Special Theatrical Event and the 2001 Emmy Award for Best Choreography brings together 35 brass, percussion and visual performers in a unique explosion of music and theatre.. Thursday-Friday: 8pm. Saturday: 2pm & 8pm. Sunday: 2pm. \$23-\$58. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 678-681-1868 or www.cobbenergycentre.com.

JANUARY 20

Cobb Chamber Executive Women Luncheon with guest speaker Ann Cramer, Director, IBM Corporate Citizenship & Corporate Affairs. Program: Collaboration Skills for the 21st Century. 11:30am-1pm. General admission: \$30 online (by noon, January 18) or \$45 at door. CEW members: \$20 online (by noon, January 18) or \$35 at door. Mansour Center, 995 Roswell Street, Marietta. More info: 770-980-2000 or www.cobbchamber.org.

JANUARY 20-22

Special Olympics Georgia State Indoor Winter Games. Special Olympics athletes from around the state head to Cobb County for the Indoor Winter Games. More than 1500 athletes and 100 Unified Partners will compete in: artistic gymnastics, bowling, floor hockey, basketball, powerlifting and roller skating with over 500 coaches to guide them. Opening ceremony Friday, 7:30pm, at Cobb Civic Center, 548 South Marietta Parkway, Marietta. Various events at various locations. Free. Check website: www.specialolympicsga.org.

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JANUARY 21

Divorce Seminar presented by Visions Anew . An educational, supportive, one-day workshop for those seeking help in any stage of divorce, with information, resources, and connections. 9am-4pm. Breakfast & lunch included. \$89 by January 12. \$109 at door. The South Terraces, First Floor Auditorium, 115 Perimeter Center Place, Atlanta. More info: 770-953-2882 or www.visionsanew.org.

Green Thumb Gardening Series presented by Marietta Council of Garden Clubs. Workshop will cover trees and shrubs. Registration: 8:30am. Presentations: 9-11am. Lunch and private tour of local garden or nursery included. \$30. Pre-registration required. Marietta Educational Gardening Center, 505 Kennesaw Avenue, Marietta. More info: 770-426-0536 or newtonms1968@gmail.com.

Pope Band Recycling Day. Recycle and do something good for yourself, the community and Pope Band. 9am-4pm. Will accept paint, metal, electronics and documents. Minimum donation: \$10. TVs & CRTs: \$15. Paint, up to 10 gallons: \$15. Paper: \$5 per file storage box. Will also pick up. Pope High School, 3001 Hembree Road, Marietta. More info: www.popeband.com.

RK Gun Show of the South. Saturday: 9am-5pm. Sunday: 10am-5pm. \$8/adults. \$2/ages 6-12. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 563-927-8176.

The Metropolitan Opera Live in HD: Enchanted Island with various composers featuring Shakespeare characters from different plays. 12:55pm. \$22/adults. \$20/seniors. \$18/students. \$15/children. Merchants Walk Stadium Cinemas, 1301 Johnson Ferry Road, Marietta. More info: 678-560-1111 or www.georgiatheatrecompany.com/gtc-promotions.asp.

JANUARY 21, 28, FEBRUARY 4, 11, 18, 25 & MARCH 10

Genealogy 101 presented by the Genealogy Society of Cobb County. 9:30am-12:30pm. Registration: 9am on January 21. Classes are free. Set of course materials (notebook with class handouts and a genealogy-related book) available for \$35 by January 10 or \$45 thereafter. First Presbyterian Church, 189 Church Street, Marietta. More info/ to register: www.cobbgagensoc.org.

JANUARY 22

Green Day Recycling. Recycle computer equipment, batteries, and metal. Printer toner and cartridges exchanged for coupons up to \$10 from Cartridge World of Roswell. Documents: \$4/box. TVs: \$10. 9am-2pm. Temple Kol Emeth, 1415 Old Canton Road, Marietta. More info: Denise, 770-973-3533

JANUARY 26

All About Nature Social Club monthly Dine and Discover potluck. Spend your evening socializing with like-minded folks and learning from Mark Warren, founder of Medicine Bow in Dahlonega, A Primitive School of Earthlore in the North Georgia Mountains. For ages 16 and up. 7-9pm. \$10/ non-members. \$5/members. Free for Chattahoochee Nature Center volunteers and Master Naturalist Graduates. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org/All-About-Nature-Social-Club.html.



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FEB. 15	FEB. 16	FEB. 17	FEB. 18	FEB. 19	FEB. 20
7:30 PM	7:30 PM	10:30 AM*	11:00 AM	11:00 AM	11:00 AM
		7:30 PM	3:00 PM	3:00 PM	3:00 PM
			7:00 PM	7:00 PM	

*No Pre-show activities.

FEB. 23 - 26



Thu.	Fri.	Sat.	Sun.
FEB. 23	FEB. 24	FEB. 25	FEB. 26
7:30 PM	10:30 AM*	11:00 AM	11:00 AM
	7:30 PM	3:00 PM	3:00 PM
		7:00 PM	7:00 PM

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COMMUNITY CALENDAR

JANUARY 26-28

The Lady Pirates of Captain Bree presented by Christian Family theatre. When his crew jumps ship upon sighting the pirates in the distance, Captain Jennings is left with a makeshift crew of motley prisoners and a sailor who can't swim, to protect his wealthy passengers from the inevitable attack. As the lady pirates take over the defenseless ship, you're in for a swashbuckling musical comedy. Thursday & Friday: 7:30pm. Saturday: 3pm & 7:30pm. \$10/adults. \$7/children & seniors. The Art Place - Mountain View, 3330 Sandy Plains Road, Marietta. More info: 678-824-2381 or www.christianfamilytheatre.org.

JANUARY 27

Get Up and Go presented by Hightower Trail Middle School Drama Club. This collection of humorous sketches which explore the world of travel and transportation is a rollicking, hilarious adventure about the human need to get from one place to another. 7pm. \$5. Hightower Trail Middle School, 3905 Post Oak Tritt Road, Marietta. More info/tickets: judith.condon@cobbk12.org.

JANUARY 27-29

Shen Yun presented by Falun Dafa Association of Atlanta. A colorful and exhilarating performance of classical Chinese dance and music, spanning China's dynasties, regions and ethnic groups. Friday: 7:30pm. Saturday: 2pm & 7:30pm. Sunday: 2pm. \$50-\$200. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 678-681-1868 or www.shenyun2012.com.

JANUARY 28

24th Annual Polar Bear Run featuring a flat course and an electronic "DAG" disposable chip timing system. Proceeds benefit the Johnson Ferry Student Choirs. The race will be held rain, snow or shine. 2K Fun Run: 8am. 5K Race: 8:30am. Cub Runs(ages 2-5): 9:15am. Register online (www.johnsonferry.org or www.active.com), by mail (must be received by January 20) or in person (Johnson Ferry Baptist Church/770-795-3230; or Big Peach Running Co./770-579-0444. No race day registration. 5K & 2K: \$20 through January 20 or \$25 thereafter. Cub events (ages 2-5): \$15. Phantom Racer: \$25 (no sweat-just T-shirt). Race numbers and packets may be picked up at Johnson Ferry Baptist Church on January 27, 9am-7pm, or January 28, 6:30-7:45am. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Gary Jenkins, 678-795-0115 or pacesetr@bellsouth.net; Johnson Ferry Baptist Church, 770-973-6561, or www.johnsonferry.org.

Cobb Chamber of Commerce 70th Annual Dinner. Black tie optional. 6:30pm reception. 8pm dinner program and dancing. \$150. Cobb Galleria Centre, John A. Williams Ballroom, Two Galleria Parkway, Atlanta. More info: Amy Goggins, 770-859-2335 or www.cobbchamber.org.

FEBRUARY 1-12

Winter Bird Seed Sale. Feed your feathered friends premium birdseed and benefit the Chattahoochee Nature Center. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. Pick up at Nature Center February 17-19. More info: 770-992-2055 or www.chattnaturecenter.org.

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Save the date!

Re-Engage | Wednesday night study, (late January)
Whether your marriage needs to be reignited or is in need of complete resurrection, Re-Engage is a safe place for couples to move toward oneness through stories of grace, teaching and small groups.

Family Focus Sunday | January 22
Visionary Parenting with Dr. Rob Rienow will be presented in each of our Sunday morning Bible study hours.

Father/Daughter Dance | February 9 & 10
Be a part of this annual Johnson Ferry tradition! Enjoy a night of dinner and dancing with your daughter to the sounds of a live band. Tickets will go on sale in early January—don't delay, this event sells out!

Celebration of Marriage Retreat | March 16 & 17
Enjoy an overnight getaway with your spouse at the J.W. Marriott in Buckhead. Friday night will feature dinner on your own followed by a special celebration that can best be described as a "prom for grownups." Saturday will conclude with a great time of marriage enrichment. Participate in just the Friday night dance or stay for the entire weekend.

For details on any of these opportunities, visit the Marriage and Family page at johnsonferry.org or call the HomeLife office at 678.784.5230.



FEBRUARY 2-6

National Tennis Rating Program (NTRP) Classic Tennis Tournament. Events: MW (3.0-4.5)SD; Combo MX (6.0, 7.0, 8.0, 9.0)d. Entry fee: \$17 singles; \$12 doubles/per player. Online registration deadline: January 31. Terrell Mill Tennis Center, 480 Terrell Mill Road, Marietta. More info: 770-644-2771.

FEBRUARY 3

The Art of Comedy with humorist and impressionist Jim Gossett. Two shows: 6:30pm (social hour at 6pm) and 8:30pm (social hour at 8pm). Cash bar with light hors d'oeuvres. \$45 or \$250/table of six. Space is limited to 90 guests per show. Marietta/Cobb Museum of Art, 30 Atlanta Street SE, Marietta. More info: 770-528-1444 or www.mariettacobbartmuseum.org.

Angela Reign returns to The Strand, bringing her powerful vocals, her amazing band and their highly entertaining show. 8pm. \$14.30. Earl Smith Strand Theatre, 117 N. Park Square, Marietta. More info/tickets: 770-293-0080 or www.earlsmithstrand.org.

FEBRUARY 4

21st Annual Little Miss Cobb County Pageant sponsored by Miss Cobb County Pageant. Beauty titles will be awarded for Tiny Miss Cobb to Teen Miss Cobb plus a separate talent search for Talented Miss and Talented Teen. 9:30am-6pm. Southern Poly Tech, 1100 South Marietta Parkway, Marietta. More info: Gene Phillips, 770-435-6378 or www.misscobb.com.

Montana Skies Performance. Enjoy a unique new sound with the pairing of cello and fingerstyle guitar. Combining classic with modern, this group has created their own "new acoustic" sound with innovative original compositions and arrangements. 8pm. \$12 advance tickets online or \$15 at door. The Art Place - Mountain View, 3330 Sandy Plains Road, Marietta. More info: 770-509-2700 or www.theartplace.us.

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Financial Peace University Program Offered at Local Churches

Financial Peace University (FPU), the 13-week program taught by Dave Ramsey, has helped more than one million families positively change their financial future. This life-changing program teaches families and individuals how to handle their money through common-sense principles and small group accountability. FPU is available for churches, companies, military bases, financial literacy programs, Spanish speaking organizations and community groups.

As they work on a Total Money Makeover, the average family pays off \$5,300 in debt and saves \$2,700 in the first 91 days after beginning FPU and is completely out of debt, except for the mortgage, in 18 to 24 months. "We've actually relieved ourselves of over \$50,000 worth of debt in two years just from using these principles," said Russ Lee, former FPU participant.

Dave Ramsey began teaching FPU classes in 1994 every night around Nashville, Tennessee. In 1997, FPU was made available on video across the country with thousands of classes around the nation today.

The program is made up of 13 life-changing lessons taught by Dave on DVD in a fun and entertaining way. "I like to put the cookies on the shelf where everyone can reach them," says Ramsey. After each lesson the group meets to help each other plan budgets, discuss successes and temptations, and support each other in their journey to beat debt and build wealth. Topics covered include:

- Saving for emergencies
- Budgeting
- Relationship and money issues
- Buying big bargains
- Getting out of debt
- Understanding investments
- Understanding insurance
- Retirement and college planning
- Buyer beware
- Real estate mortgages
- Careers and extra jobs

Each class participant needs a kit. Special rates are routinely available online at www.daveramsey.com or by calling

888-227-3223. Included in the cost of the kit is a lifetime family membership to FPU, allowing the participant to return to any class at anytime for a refresher course. The kit also includes an FPU workbook, an FPU envelope system, 13 audio lessons, bonus CD, budgeting forms, debit card holders, and Ramsey's best-selling book – *Financial Peace*.

"FPU classes are changing lives across the country every day," says Louis Falzetti, executive vice president of Financial Peace University. "There is something for everyone in this program whether you are barely making ends meet, just trying to plan for retirement, or seeking to build wealth. No matter what your financial situation, you will find FPU to be the best motivational tool available across the nation to help you attain financial peace."

The first lesson is free! All you need to do is register to attend. If you want to continue, the cost is around \$100 including materials. The following lists some classes starting this month in East Cobb County:

- > Mount Bethel United Methodist Church
4385 Lower Roswell Road, Marietta, GA 30068
Coordinator: Genia Crane
Class Begins: February 1 | Wednesdays 6:30PM
More info: 770-971-2880
- > Johnson Ferry Baptist Church
955 Johnson Ferry Road, Marietta, GA 30068
Coordinator: Barrett Johnson
Preview: January 11, 2012 at 6PM
Class Begins: January 18 | Wednesdays 6PM
More Info: 770-795-3254
- > Mount Paran North Church of God
1700 Allgood Road, Marietta, GA 30062
Coordinator: Bob Turnbull
Class Begins: February 8 | Wednesdays 7PM
More Info: 770-578-9081
- > Roswell United Methodist Church
814 Mimosa Boulevard, Roswell, GA 30075
Coordinator: Kay Holmquist
Class Begins: January 8 | Sundays 6:30PM
More Info: 770-993-6218 ☎

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Spring Sports Registration Deadlines

January 14

Deadline for **Sprayberry Jr. Jackets** Lacrosse. Ages 7-14. More info: 770-578-5014 or www.jrjacketslax.com.

January 15

Deadline for **Kell Jr. Longhorn Lacrosse** Registration. More info: <http://www.kelllacrosse.com>.

January 15

Deadline for **Walton Jr. Lacrosse** registration. Register at www.jrraiderslacrosse.com.

January 20

Spring 2012 online registration for **East Side Baseball Association** is currently open. Open registration January 20 at Fullers Recreation Center, 3499 Robinson Road, 10am-12noon. More info: www.eastsidebaseball.com.

January 24

Deadline for registration – Soccer, T-ball, Softball, Baseball, Flag Football and Volleyball. **Mt. Bethel United Methodist Church**, 4385 Lower Roswell Road, Marietta. More info: 770-971-5280 or www.mtbethel.org.

January 29

Online registration for new and returning players is now open. Late registration after February 1. **East Marietta National Little League (EMNLL)** plays at Sewell Park, 2055 Lower Roswell Road. Register online and pay securely with a credit card using PayPal (no PayPal account required) or mail a check. More info: www.eastmarietta.com.

January 31

North Atlanta Soccer Association (NASA) offers a recreational youth soccer program for boys and girls ages 3-19. Spring 2012 recreational registration is under way. Late registration begins January 31, 2012. For additional program information and online registration, please visit their website at www.nasa-ga.org.

February 6

Deadline for early registration (Beginning February 7th add \$15.) – **Upward Baseball & Softball** (ages 4-13). **Johnson Ferry Baptist Church**, 955 Johnson Ferry Road, Marietta. More info: 678-784-5317, or www.johnsonferry.org.


February 11

Deadline for registration – **Sandy Plains Softball** program for girls 5-18, fast and slow pitch. Online registration in progress. Walk-up registration and Fun Day February 4, Sandy Plains Park on Gordy Parkway. More info: 770-281-7202 or www.sandyplainssoftball.com.

February 26th

YMCA STRIKER Soccer (ages 3.5-18) McCleskey-East Cobb Family YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991 or www.mcy.ymcaatlanta.org.

March 1

Deadline for **Terrell Mill Softball Association (TMSA)** registration. Recreational all-star travel and tournament teams for girls', softball ages 4-18, in both fast and slow pitch. More info: www.tmsasoftball.org. 



Kids Consignment Sale

The Episcopal Church
of St. Peter and St. Paul

Register!

Consign your gently used children's spring/summer clothing (Size 0-14), toys, baby equipment and furniture.

Friday, February 17
9 am- 4 pm

Saturday, February 18
9 am- Noon

1795 Johnson Ferry Road
Marietta, GA 30062

- We are inviting 140 sellers
- 25 items or \$75.00 MINIMUM to consign with a MAXIMUM 50 items
- Sellers receive 70% of the selling price
- \$20 seller fee (waived if volunteering)
- Volunteer and shop early!

Registration Now Open

Go to spspkids.com for more information.

Pet of the Month: Penny Mae

Submitted by the Maier Family



Animal/Breed: Chihuahua
Age & Gender: 9 month old female
Favorite Food: Royal Canine Chihuahua (28)
Favorite Person: Not just one, she loves the whole family
Best Trick: Roll Over
Turn Ons: Any person or animal who will play with her
Turn Offs: Nail trimming
Favorite Toy: Small ropes and stuffed animals BUT I try and sneak Legos
Last seen: Cuddling in a nice warm soft blanket with family
What makes your dog so special: She looks like a little cow but is only 4.5 lbs!

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 672121, Marietta, GA 30006-0036
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 dog so special: _____

Owner's Name: _____



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Do Good for Dogs, Cats and Other Animals

There are many opportunities to volunteer and work one-on-one with many animals in need. The EAST COBBER provides a list of local animal rescue and adoption groups looking for loving individuals interested in animal volunteer work. Not ready to participate in animal volunteer work? East Cobb residents may want to consider donating to any one of these non-profits so that they can recruit more volunteers and help the animals find homes.

All Paws Considered

770-640-5550 • shermannancy1@att.net

Basset Hound Rescue of Georgia

P.O. Box 680322 • Marietta, GA 30068
770-499-1164 • www.bhrg.org

Cobb County Animal Shelter

1060 Al Bishop Drive • Marietta, GA 30060
770-428-5678 or 770-428-9882
www.humanecobb.org

As a unit of the Department of Public Safety, the shelter is responsible for handling complaints in Cobb County regarding dangerous, stray, or dead animals and animal cruelty. Call for hours.

Good Mews Animal Foundation

736 Johnson Ferry Road, Suite A3 • Marietta, GA 30068
770-499-CATS adopt@goodmews.org • www.goodmews.org
A non-profit organization that operates a no-kill, cage-free shelter for homeless, abused, and abandoned cats.

Happy Tails Pet Therapy

P.O. Box 767961 Roswell, GA 30076
770-740-8211 www.happytailspets.org
Members and pets brighten patients' days at local health care facilities, social agencies and special needs programs.

Humane Society of Cobb County

148 Fairground Street SE • Marietta, GA 30060
770-428-5678 or 770-428-9882
www.humanecobb.org
Encourages the humane treatment of animals and proper care of pets. Offers animal control, humane education, library, lost and found, and adopt-a-pet program.

Mostly Mutts

770-325-PETS • www.mostlymutts.org
Contact: info@mostlymutts.org

Mutt Maddness

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404-406-6322 • www.muttmaddness.org
Contact: info@muttmaddness.org



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Marietta 30068
770-977-7747

www.marlowstavern.com
Monday-Thursday: 11:30am-12midnight
Friday-Saturday: 11:30am-1am
Sunday: 11am-12 midnight
Marlow's Tavern features the "best of the best" in American tavern fare served in a modern atmosphere. The menu offers a diverse combination of classic dishes that are updated and elevated to a gourmet level. Marlow's Tavern provides a casual and friendly gathering spot to enjoy a great night on the town.

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11:3am-4pm

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America's Top 10 Healthiest Fast Food Restaurants

Who hasn't unwrapped a sandwich while driving down the highway or pulled a hard U-turn into a fast-food joint on the way home from a late meeting or soccer game? We practically live in our cars, so we need quick food, and, please, we'd like it to be healthy. With that in mind, the EAST COBBER is reprinting Health Magazine's list of America's Top 10 Healthiest Fast Food Restaurants. Health Magazine surveyed the nation's 100 largest fast-food chains, as defined by the number of locations, and found many are creating menus that look more and more like what we'd cook ourselves (if we had the time)—from nutritious soups and healthy salads to fresh whole grains and sensible desserts. Using criteria that was created with the help of an expert panel, the magazine scored the chains on such factors as the use of healthy fats and preparations, healthy sodium counts in entrees, availability of nutritional information, and the use of organic produce to determine the 10 highest-ranking restaurants. Here are the standouts (some in East Cobb and some are not – but definitely to be kept in mind when travelling) that are making fast food healthier food.

1 Panera Bread • www.panerabread.com
This bakery-cafe-based eatery wowed our judges with a comprehensive menu of healthy choices for every meal. For starters, you can pick from two whole-grain breads for your sandwich and have an apple with it instead of chips (though the chips are fine, too—they can be baked!).

2 Jason's Deli • www.jasonsdeli.com
About one-fifth of all its ingredients are organic, from blue-corn tortilla chips and whole-wheat wraps to field greens and spinach. Plus, its creative salads—like the Nutty Mixed-Up Salad with organic field greens, grapes, chicken breast, feta cheese, walnuts, dried cranberries, pumpkin seeds, raisins, and organic apples—make you actually want to order the greens.

3 Au Bon Pain • www.aubonpain.com
A pioneer in healthy fast food, Au Bon Pain serves up sandwiches, soups, salads, and hot entrees made with whole grains, veggies, and hormone-free chicken.

4 Noodles and Company • www.noodles.com
Noodles and Company isn't your typical greasy Asian food-court joint. In fact, it goes beyond Asian fare and cuts out the grease (only healthy soybean oil is used in sauteing). Here, you choose from three food types: Asian, Mediterranean, or American, then within each style, pick from four noodle bowl options.

5 Corner Bakery Cafe • www.cornerbakerycafe.com
A fantastic breakfast menu, which is rare in the quick-serve world. Corner Bakery also has healthy salads, sandwiches, and soups made with whole grains, fresh, lean meats, and vegetables, as well as great portion-controlled combinations that make limiting calories a no-brainer.

6 Chipotle • www.chipotle.com
Buffet-style Chipotle gives every customer complete control over his/her burrito, taco, or salad. And you get to build it with fresh, local ingredients. In fact, Chipotle won high marks for its commitment to organics, hormone- and antibiotic-free meats, and produce sourced from local suppliers, which is revolutionary in a chain this big. Many of its entrees can be low-sodium, if you choose add-ins such as the fajita veggies and green tomatillo salsa.

7 Atlanta Bread Company • www.atlantabread.com
There are muffin tops (half the size of regular muffins) on its breakfast menu. This bakery also features whole-grain bread, fresh sandwiches (including paninis), and hearty, healthy soups and salads. It earned high marks for great sides, too, including fire-roasted black bean and corn salad.

8 McDonald's • www.mcdonalds.com
Among the big burger-based chains, McDonald's is leading the way in overhauling its menu to offer more heart- and waist-friendly fare. Take the Happy Meals, which you can order with a side of apple dippers (with low-fat caramel) instead of fries and low-fat milk or fruit juice instead of soda. And if you've gotta have fries, McDonald's are made in a healthy canola-blend oil and come in at just 230 calories for a small.

9 Einstein Bros. Bagels • www.einsteinbros.com
Bagels are pretty high-carb, but slathering cream cheese or butter on them is what really gets you into trouble. Einstein Bros. offers healthier alternatives like reduced-fat shmears, hummus, and peanut butter—a great way to add healthy fat to breakfast (or lunch). It also serves a Good Grains bagel that has an impressive 4 grams of fiber.

10 Taco Del Mar • www.tacodelmar.com
You may have noticed that Baja-style Mexican cuisine—think: fresh ingredients and fish instead of beef and chicken—is a growing trend. Whole grains are easy to get here, with whole-wheat tortillas available as an alternative in burritos. Taco Del Mar banned lard from its beans and bakes its fish and taco shells instead of frying them. 



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Chin Chin VII (Duluth)

Chin Chin VIII (Alpharetta)

Chin Chin (Kennesaw)

Chin Chin (Peachtree City)

Chin Chin (CNN, Downtown)

PTA Legislation & Advocacy for the Upcoming State Legislature Session

By Abby Shiffman, East Cobb County PTA Legislative Chair
and Georgia PTA Legislative Committee Member

The 2012 Georgia's Legislative Session begins January 9 under the "Gold Dome." For some in East Cobb you will have a new Representative who will be sworn in. John Carson will represent House District 43, replacing the deceased Bobby Franklin. If you are unsure who your Legislators are, you can go to www.georgiapta.org, click on Capitol Watch in the left column, go to Officials in the top section, click on District Lookup. Put in your address and it will come back with all of your Legislators at both the Federal and State Levels.

Each year Georgia PTA surveys its membership to come up with what our Legislative Priorities will be for the coming year. Here is what our membership considers top issues for our Georgia state legislators:

Legislative Priorities 2011-12

Support Student Achievement:

- Support multiple criteria be used to determine promotion and retention and not rely on the results of a single test.
- Support efforts to increase the graduation rate in Georgia.
- Support efforts to increase the age a student can drop out of school.
- Support a full-time school nurse in every school and other health initiatives because healthy children learn better.

Support Family Engagement:

- Support multiple opportunities for parent/caregiver involvement in decisions regarding school policies and curriculum.

Support Adequate Funding for Education:

- Support public K-12 schools with adequate state funding, reflective of the actual costs of providing the state-defined services.
- Support equitable distribution of state funding to K-12 schools.
- Support public funding for K-12 education in public schools exclusively .
- Oppose any efforts to use public funds for private schools.

Support Local Control/Local Decision Making:

- Support local property tax and education SPLOST sources of tax revenue be under the control of the local Board of Education.
- Support the right of local Boards of Education to manage and control local public schools.


Support Health and Safety:

- Support efforts to reduce bullying.
- Support efforts to reduce to childhood obesity.

Be an advocate for every child!

Two very important dates upcoming for you to consider participating in are:

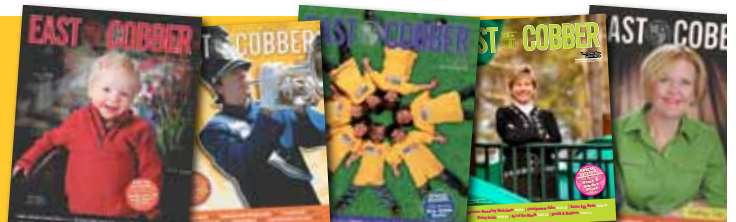
PTSA Day at the Capitol, also known as Youth Advocacy Day, Thursday, February 9, 10am-noon, and is geared toward middle and high school students. This day is specifically designed for students to gain a better understanding of legislative issues affecting schools and how state and local decisions affect their daily lives as young adults. It will be a limited number of participants so register early. Registration opens soon at www.georgiapta.org and is only \$5 per student, no charge for chaperones.

PTA Day at the Capitol, Tuesday, February 28, provides PTA members, leaders and supporters an opportunity to become more familiar with the legislative process and to actively speak with legislators about education and children's issues. Develop and put your advocacy skills to work under the Gold Dome and over lunch with your state legislators. Bring a van full of PTA members—all wearing red—and let your voice for children be seen and heard. Register today by contacting your local PTA/PTSA or go to www.georgiapta.org . If you have any questions, please contact Abby at legislation@ecccpta.org. 



Abby has lived in Cobb County for 21 years. She is married to Ken and is the mother of Rachel who attends Pebblebrook High School and Aaron who attends East Cobb Middle School. She was ECCC co-president for the 2009-2010 and 2010-2011 school years.

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East Cobb State Legislators

The General Assembly meets in regular session starting the second Monday in January for no longer than 40 days each year. As the new Georgia General Assembly gathers for the 2012 session, the EAST COBBER monthly presents the state legislators that represent the East Cobb area. Citizens interested in locating the legislator that represents them may call Cobb County Board of Elections at 770-528-2300.

State Representatives - East Cobb County



Sharon Cooper (R) District 41
Room 436 • State Capitol
Atlanta, GA 30334
Phone: 404-656-5069
Fax: 404-651-5829
Email: sharon.cooper@house.ga.gov



Matt Dollar (R) District 45
Room 601 • Coverdell Legislative
Office Building
Atlanta, Georgia 30334
Phone: 404-656-0254
Email: matt.dollar@house.ga.gov



John Carson (R) District 43
Room 607 • Coverdell Legislative
Office Building
Atlanta, Georgia 30334
Phone: 404-656-0287
Email: john.carson@house.ga.gov



Don Parsons (R) District 42
Room 401 • State Capitol
Atlanta, Georgia 30334
Office: 404-656-9198
Email: repdon@donparsons.org

State Senators - East Cobb County



William "Chip" Rogers (R) District 21
236 State Capitol
Atlanta, GA 30334
Phone: 404-463-1378
Fax: 404-463-2535
Email: chip.rogers@senate.ga.gov



Judson Hill (R) District 32
421-D State Capitol
Atlanta, GA 30334
Phone: 404-656-0150
Fax: 404-463-2535
Email: judson.hill@senate.ga.gov

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When a woman decides to make a change and commit to a health and fitness program there are certain qualities to look for.

First of all, what are other women saying about it? Of course a fitness manager will say their program guarantees results, but do the clients feel the same way? Review the website, go to the location and chat with the women working out. Ask questions like, "What changes have you seen in yourself since you started?" "What support have you received from the training team?" and "Would you recommend this to other women?"

Secondly, can you try before you buy? It's important that you're able to get a feel for the vibe at that location, the quality of the environment and the attitudes of the staff. Try out the exercise equipment and make sure it's appropriate/adjustable for your level.

Finally it's important to really listen to how the program is described, reflect on if it's what you're really looking for, and ask questions! Get In Shape For Women knows that commitment is hard. Feeling empowered to choose a health and fitness program that is the right fit is critical.

"Our model supports health and fitness goals for women in the best possible ways," says Get In Shape For Women President and CEO, Brian Cook. "Our trained teams are there for members every step of the way to motivate, encourage and listen. Our studios are beautiful, clean facilities with machines that work every muscle in your body!"

Plymouth client Patti Zimmer says, "I lost 11 lbs. and 2 dress sizes in 12 weeks! Get In Shape For Women is a friendly place. Everyone comes and leaves with a smile on their face. The personal trainers are truly dedicated to their purpose. Thank you Christine, Jill and Allison for all your motivation and helpful advice!"

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Before



After

▲ Photos of Patti Zimmer courtesy of GISFW Staff

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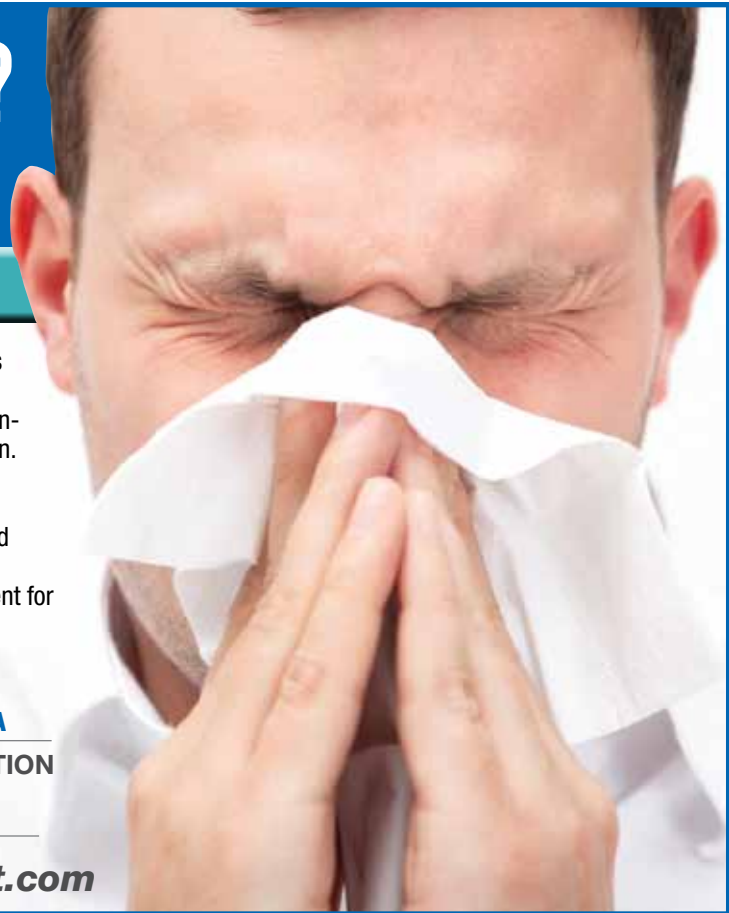
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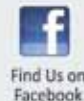
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Day Spa Nirvana Gives the Gift of Relaxation



Nirvana, in some Eastern religions, refers to a release from the state of suffering. With its offerings of a host of stress-relieving massage and therapeutic services, East Cobb's Day Spa

Nirvana is aptly named. A family-run business, Day Spa Nirvana is celebrating its one-year anniversary this month.

Located in the Kroger shopping center at Shallowford and Sandy Plains roads, Day Spa Nirvana's specialties include an affordable one-hour foot massage for \$29. Stanley Ge, manager, said this service, unique in East Cobb, employs the methods of reflexology, which can improve health and circulation while alleviating stress and insomnia.

"We chose East Cobb to open our business because it is a stable, family-friendly community," Ge said. "Our customers are interested in learning more about therapeutic massage and how it can improve their overall health and well being."

In addition to foot massage, Day Spa Nirvana also provides deep tissue massage, facials using the Hungarian organic product line Eminence, as well as waxing and eyebrow and lash tinting.

Ge said Nirvana offers a \$49 per month membership, which entitles members to a monthly one-hour massage, discounted massages for family members and 10 percent discounts on any spa service or product. They also offer facial memberships for \$59 per month, which include microdermabrasion, pumpkin peel treatments and other benefits, with no contracts required. Gift certificates for couples massages or group foot massages with friends are popular gifts during the holidays.

"We stay open late so that our clients can get massages after work or dinner," Ge said.

The spa is located at 2960 Shallowford Road in Marietta/ East Cobb. The spa is open Monday – Saturday from 10 am to 8 pm and on Sunday from 11 am to 6 pm.

To enjoy Day Spa Nirvana's unique therapeutic services, readers are encouraged to stop by. To purchase a gift certificate or membership, call 770- 977-0909. For more information, visit www.dayspanirvana.com.

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The 7 Lifestyle Habits of Incredibly Healthy People

By Dr. Joe Esposito, DC

Most folks will agree that it is a good idea to take care of their body in order to obtain and maintain good health. The problem is that most people don't know what to do, or they do know what to do but don't have the will power to make the changes. If there were a simple, easy to understand, step by step method of improving your life, would you do it? I posed this question to several hundred people and most of them said they would change their lives for the better if they just knew how. I then surveyed extremely healthy people to find out how they can be healthy and still live a "normal" life. The results of that fact finding mission have been compiled into what I call "The 7 Lifestyle Habits of Extremely Healthy People." The following is a simple outline of what they do and how they live their lives.

1 They Don't Poison Their Bodies

Your first step in maximizing your health is to stop polluting yourself. Here are the most harmful foods you need to eliminate. The Seven Deadly Sinful Foods are alcohol, meat, dairy, sugar, coffee, soda and aspartame. The evil runners-ups are: All hydrogenated oils, margarine, nuts roasted in oil, creamy peanut butter, fruit in heavy syrup (canned peaches), canned soups, pickles, sauerkraut, snack crackers, potato chips and other chips, cereals with added sugars, colors and flavorings, white rice, pasta, bread and other refined products.

2 They Nourish Their Bodies With Plenty Of Live Foods

You are what you eat! Make sure your body gets the tools it needs to build a better you.

Water - Drink plenty of pure water.

Fruit - Fresh fruit, fruit juices, dried fruit

Fresh Vegetables - Put on salads or sandwiches. Use sprouts and sea vegetables. Buy organic often.

Nuts & Seeds - Raw sunflower, flax, pumpkin, natural nut-butters (almond, cashew, etc.), almond milk

Whole Grains - Whole grain breads, natural cereals.

Tubers & Squash - Potatoes, yams and sweet potatoes, acorn, pumpkin, butternut and spaghetti squash.

Legumes - Beans, peas, lentils, soybeans and tofu.

3 They Have Structural Integrity

"As the twig is bent, so grows the tree." Accidents, injuries and bad posture all contribute to a breakdown of the musculoskeletal system. The danger is that the nervous system will suffer impaired nerve function. This leads to a breakdown in the signals from the brain that go to the 80 trillion cells in your body. Many diseases are caused by or complicated by a nervous system that is not operating at 100% of its potential.

4 They Cleanse And Detoxify Their Bodies

Regular cleansing, fasting and other detoxifying programs help the body free itself of built-up toxins. Even a person on a perfectly healthy diet will accumulate waste materials over time, not to mention the buildup of chemicals from our air, water and food.

5 They Keep Themselves Fit, Strong And Flexible

Regular weight-bearing exercise and flexibility training are vital to being healthy and preventing disease. You don't have to look like Arnold Schwarzenegger, but maintaining good muscle tone and flexibility helps enhance your body's well-being, prevent arthritis and osteoporosis and a host of other ailments.

6 They Schedule Time For Rest And Recreation

Giving your body an opportunity to restore itself must be a priority if you want to be healthy. This includes proper sleeping posture, having regular sleep times, meditation and relaxation techniques. And lots of fun! Overdoing anything can and usually does lead to burnout, which makes you less productive. Remember, this life is not a dress rehearsal: if you are enjoying what you do and could not imagine doing anything else, just keep doing what you are doing. If not, take time out to enjoy life. From what I understand, no one ever said on their death bed, "I should have spent more time in the office and less time playing and having fun."

7 They Have Passion And Purpose

The number one leading risk factor for not surviving your first heart attack is job dissatisfaction! Spend time doing things you believe in and love to do. The healthiest people live life to the fullest! Maybe your passion is cooking, reading, skiing, being with family or just spending time alone. Right now, think of the one or two things that just make you happy and follow your passion. My mother told me when I was a child and did not know what I wanted to be when I grew up, "I don't care if you are a garbage man, just be the best garbage man you can be."

Incorporate these simple ideas into your life and see what happens. If I'm wrong, so what, nothing was lost. But if I'm right (and I am), you will see an amazing change for the better in all aspects of your life. 🙏

Dr. Joe Esposito DC is owner of Health Plus Wellness Center in Marietta.

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Make a New Year's Resolution to Improve Your Oral Health



▲ Dr. Ruth Clemans is pictured in front of her office

It's no secret that oral health is crucial to total health, but all too often visits to the dentist are avoided due to fear of pain or discomfort. East Cobb dentist Dr. Ruth Clemans and her team at Elite Dentistry are putting those fears to rest, one East Cobber at a time.

Dr. Clemans has practiced dentistry in the East Cobb area for 17 years and treated thousands of local residents. She has an intimate understanding of the anxiety many people experience before and during dental procedures and is proud to offer IV sedation to adults. In IV sedation, the patient is put into a "twilight" state and the necessary work is performed painlessly. Elite Dentistry is one of the few general dentists in the area to offer IV sedation.

Elite Dentistry is a full service practice offering all realms of oral procedures including general dentistry, placing and restoring implants, oral surgery procedures, extractions and all cosmetic procedures. All work is performed in the privacy of the comfortably appointed, high tech office.

Dr. Clemans is a Certified Sedation Dentist and a fellow of the Dental Organization of Conscious Sedation. She is a member of a number of professional organizations including the American Academy of Cosmetic Dentistry and the Georgia Dental Association.

A strong believer in supporting the community, Dr. Clemans is often found on the sidelines of local football games and giving back to local fine arts programs. The animal loving staff also works with Our Pals Place dog rescue organization.

Elite Dentistry treats patients ages three to adult in a family-friendly environment. For more information or to schedule an appointment, call 770-587-5655 or visit www.attractivesmiles.com. Elite Dentistry is located at 3052 Shallowford Road, Suite 100, in East Cobb.

PAID ADVERTISEMENT

Top 10 Ways to Fight Seasonal Affective Disorder



▲ Dr. Alison Barrack

The holiday season has come and gone and now comes colder weather, longer nights, and shorter days. For some of us, that can mean a depressed mood which is often referred to as seasonal affective disorder. Some people experience an increase in pain with arthritic joints and sore muscles becoming even more sore and achy. Be aware of these changes in mood and pain

and if it becomes a daily occurrence, discuss the symptoms with your doctor. Also, if you know that at this time of year you feel depressed or achy, be sure to discuss this with your doctor so that some prevention can be set in place prior to the symptoms becoming intolerable.

Here is a top ten list of ways to fight Seasonal Affective Disorder. Try to do two or three of these things per week:

1. Be aware that even though everyone else in the world seems to be having the time of their life, remember everyone has their own issues and despite what may appear to be "perfectness" in your peer, sister, boss --everyone has their own "stuff" and no one's life is perfect. So forget about them and concentrate on what makes you happy. Just don't rub it in the perfect person's face.
2. Drink water. You don't necessarily have to feel thirsty to be dehydrated so drink every hour or so whether you feel thirsty or not.
3. Eat less sugar. Sugar is not only not helpful for your waistline, but highs and lows associated with sugar are not a big help when it comes to controlling your mood.
4. Eat breakfast.
5. Get a little exercise- try to meet a friend once a week and the social time as well as the exercise is a great combo.
6. Get sleep. Go for 7-8 hours per night undisturbed.
7. Get or give affection- from your spouse, parents, children or a pet.
8. Adopt a rescue cat or dog. Folks with pets live longer than those who are sans four-legged fur balls.
9. Identify one thing that makes you feel relaxed and commit to doing that thing weekly.
10. Most importantly, remember you are your harshest critic. Ease up on yourself. Talk to yourself like you would to your best friend.

Dr. Barrack specializes in the non surgical treatment of musculoskeletal disorders of the spine, muscles, and joints. She has practiced in the Marietta area since 1994 and recently opened her practice, Barrack Spine and Joint Medicine, in East Cobb. Dr. Barrack's office is located at 1230 Johnson Ferry Place in Marietta/East Cobb. She can be reached at 678- 738-7601.

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New East Cobb Store Promotes Health and Wellness



As soon as the cork pops on the last bottle of champagne, people's minds begin turning to improving their health. The new Nutrition House Lifestyle store is ready to help.

Nutrition House Lifestyle, the largest franchise of health stores in Canada, has come to East Cobb. The store, located in the Woodlawn Point Shopping Center near Publix, is one of just three U.S. locations, all in the Atlanta area. The East Cobb location celebrated its grand opening in November.

Norma Curby, co-owner, says she chose to open a Nutrition House in the East Cobb area because of its growing population of progressive, well educated people who are interested in healthy lifestyles.

"Our motto is 'Better health lives here.' We provide education to our customers to help them live healthier lifestyles," Curby said. "We want to be a place that is comfortable and inviting, where people can browse and ask questions."

The store offers a variety of natural products designed to enhance both inner and outer health, such as vitamin and mineral supplements, a children's line, hair, skin and body care products and customized teas. The store will offer hot tea and coffee to drink, beginning this month.

"Drinking tea promotes better health," Curby said. "We have unique blends designed to target many different health issues, such as digestion and detoxification of the body."

The stores also host a Naturopath weekly, who is available to answer questions and conduct health evaluations. Naturopathy attempts to restore the body to health and wellness in the most natural way possible.

Stop by Nutrition House Lifestyle for a cup of hot tea at 1100 Johnson Ferry Road, Suite 225, Marietta, 30068. To schedule an appointment with their Naturopath, call 770-565-7333. Customers may also walk in. Visit their web site at <http://nutritionhouseatlanta.com>.

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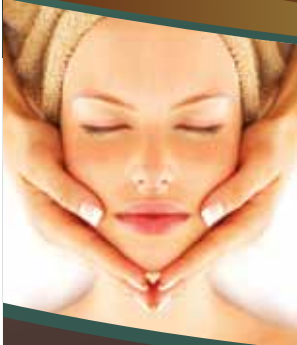
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East Cobb Senior Center Activities Scheduled for January

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.

Blood Pressure Screening

January 5, 17

10am-12pm

Dine-a-Round: Hong Kong Star

Wednesday, January 11

11:30am – 1pm

Cost: On your own. Registration required.

Meet at the restaurant at 4719 Lower Roswell Road, Marietta.

Book Event: *Loving Wings* by Marty Ruffin Gardner

Friday, January 13

10-11:30am

Free. Registration required.

Marty Ruffin Gardner will be discussing her book, *Loving Wings*. *Loving Wings* is an account of stewardesses encountering passengers and problems since 1940 when pilots declared, "Adding a woman to the crew is about as sensible as removing one of the wings." This is Marty's first-hand information about flying the friendly and not so friendly skies. Books will be available for purchase.

Biography - Life Stories through Time: Jane Austen

Wednesday, January 18

10-11am

Free. Registration required.

While Jane Austen's books have been in print for over two centuries, the author didn't live to witness the appreciation of her monumental contribution to English literature. In this captivating program we will discover the true story behind this savvy and accomplished writer whose incredible talent becomes all the more impressive when you consider that her two greatest novels, *Pride and Prejudice* and *Sense and Sensibility* were both written before she turned 21.

Exercise: The Real Fountain of Youth

Thursday, January 19

11am-12pm

Free. Registration required.

This seminar, presented by Foundation Therapy Center, will teach the importance of strength and cardiovascular activity and how to fit it in your life.



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Senior Resources

Here are some resources and contact information to help Cobb County senior citizens. The following information was pulled from the "Resource Directory" published by the Senior Citizens Council of Cobb County, a private non-profit organization whose mission is to advocate for seniors in Cobb County.

ADULT PROTECTIVE INTERVENTION

Cobb County DFCS

325 Fairground Street • Marietta 30060 • 770-528-5000

ADULTS WITH DISABILITIES

Tommy Nobis Center

1480 Bells Ferry Road NE • Marietta 30060 • 770-427-9000

ELDER ABUSE & NEGLECT

Adult Protective Intervention

Cobb County DFCS

325 Fairground Street • Marietta 30060 • 770-528-5000

Long Term Care Ombudsman

Dept. Human Res • 2 Peachtree St. NW, #36-233
Atlanta 30303 • 1-888-454-5826

Eyes on Elders

www.eyesonelders.com • 877-460-5578, ext. 83

INCOME SECURITY

Cobb County DFCS

325 Fairground Street • Marietta 30060 • 770-528-5000

Social Security Administration

1415 Franklin Road SE • Marietta 30067 • 770-859-0123

INFORMATION AND REFERRAL

Atlanta Regional Commission Division of Aging Services

40 Courtland St. NE • Atlanta 30303 • 404-463-3100

Cobb Senior Services

32 N. Fairground Street • Marietta 30060 • 770-528-5364

LEGAL SERVICES

Cobb County Bar Assn Lawyer Referral Service

770-424-7149

Cobb County Probate Court

32 Waddell Street • Marietta 30060 • 770-528-1900

Cobb Legal Aid

30 S. Park Square • Marietta, 30090 • 770-528-2565

Georgia Senior Legal Aid Hotline

404-657-9915

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East Cobb Cookie Exchange Group Celebrates Silver Anniversary



▲ Pictured above are the ladies who attended this year's Cookie Swap. Top Row: Lesley Thomas, Kim Hawkins, Whitney Thomas, Donna Furedy, and Megan Liedke. Middle Row: Jennifer Mason, Lucy Bryan, Laura Odell, Jean Fleming, Michelle Brumfield, Glendy Martin, and Carol Armstrong. On Couch: Amanda Parsel, Cheryl Parsel, and Kim Coolbroth. Sitting on floor: Natalie Baker, Natalie Mason, Hannah Hawk, Linetta Woodruff, Angela Eanes, and Jennifer Brumfield.

Leslie Thomas, along with some very good friends, has been hosting a holiday cookie exchange since 1986. Originally started as a Piedmont Bend subdivision tradition among tennis friends and neighbors, today about 30 women gather to exchange holiday goodies. Now daughters, daughters-in-law and even some granddaughters get together, bringing at least 6 dozen cookies and leaving with 6 dozen chosen from what the others bring. Leslie said that although the goodies are great and the gift exchange is always a blast, it's the fellowship and sisterhood that this tradition brings to their lives that matters most. Although only one of the members still lives in Piedmont Bend, no distance is too far to come together at Leslie's East Cobb home for this holiday event. 🍪

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NEW APPROACH

- With the addition of Arbor partners such as Emory University Health in Aging and our Memory Care Consultant, Teepa Snow, the team at Arbor Terrace is deeply committed to offering the best in clinical excellence and engagement for all residents.

NEW LOOK

- Arbor Terrace will enjoy a complete renovation in the Spring/Summer of 2012. Visitors are always welcome!

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~Director, Division of Geriatric Medicine and Gerontology

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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: Bonnie Williams, 770-971-6130.

American Needlepoint Guild. Second Tuesday of the month, 6:45pm. Cobb Public Library, Mountain View Branch, 3320 Sandy Plains 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 Cub. 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.atlantailini.com or club@atlantailini.com.

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 http://consciousness.meetup.com/203.

Big Chicken Chorus. Every Monday evening, 7:00pm. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. Award-winning 50 voice, male, 4-part 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, GA 30068. More info: Ellen Kelly, 404-713-2830 or Lnkelly@sbcglobal.net.

Business Network International (BNI). Tuesdays, 7:30-9am. BNI is an international networking organization with chapters throughout the Atlanta area. My Friend's Place, 1205 Johnson Ferry Road, Marietta. More info: Karley Barber, 770-977-2383 or karley@comcast.net.

Children of The American Revolution (C.A.R.). Now forming a new Society serving the East Cobb, Vinings, Sandy Springs, Buckhead, Roswell and all of Cobb communities. All children ages 1-18 invited. More info: B. Schilling, 770-643-1010.

Cobb County Democratic Committee. Monthly breakfast 2nd Saturday each month, 9am. Piccadilly Cafeteria, 536 Cobb Parkway SE, Marietta. More info: 770-420-7133 or www.eastcobbdemocrats.com.

Cobb County Gem & Mineral Society. Second Tuesday of the month, 7:30pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: Mary Ingram, 770-427-1108, or Leo or Edna Morris, 770-445-9274.

Cobb County Genealogical Society. Fourth Tuesday of the month, 7pm. First Presbyterian Church of Marietta, 189 Church Street, Marietta. More info: Larry Guzy, 678-860-4477.

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

Cobb Marietta Retired Educators Association. Last Wednesday of the month, 11:30am. Reservations required. Windy Hill Senior Center, 1885 Smyrna-Roswell Road, Smyrna. More info/Reservations: Beth St. Jean, 770-998-8737 or beth@ammoniasafety.com.

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

Cobb Regional Republican Women. Third Thursday, every other month, 6:30pm. InfoMart, 1582 Terrell Mill Road, Marietta. More info: Sandra Thompson, 770-578-6646.

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.

Dad 2 Dad. A stay-at-home dads group. Every Tuesday and Thursday, 10:30am. Various locations. More info: Richard Collins, 770-579-5445.

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.

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

Dudes 'n Darlins Square Dance Club. Dances on second and 4th Friday each month, 8-10:30pm. Mountain View Community Center, 3400 Sandy Plains Road, Marietta. More info: Margaret, 770-751-7210, dudesndarlins@comcast.net, or www.dudesndarlins.com.

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. Hollycrest Hall, 2235 Sewell Mill Road, 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, 12-1pm. Parc at Piedmont, 999 Hood Road, Marietta. More Info: Mary Karras, 770-514-3069 or marykarras@banknorthgeorgia.com.

East Cobb Community Friends for Children's Healthcare of Atlanta. Third Tuesday of the month, 7:30pm. Meetings are in members' homes and vary each month. We work to benefit CHOA with fund raisers and service projects. More info: Suzanne Strickland, 770-992-2882, or Diane Ellwanger, 770-579-9510.

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.

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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. East Side Baptist Church, 2450 Lower Roswell Road, Marietta. More info: Don Garrow, 770-955-6914.

East Cobb New Horizons Band. Monday mornings. Did you play a band instrument in high school and/or college? Would you like to play again? We accept all skill levels. First Baptist Church of Marietta, 148 Church Street, Marietta. More info: George 770-971-3430 or geog16@yahoo.com.

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

East Cobb PowerCore Team. A business referral network. Every Thursday. 7-8:30am. IHOP, 3130 Johnson Ferry Road, Marietta. More info: Amy Caplan, 404-572-1278.

East Cobb Rotary Club. Every Wednesday. 7am. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: 770-789-0623 or dschwall625@hotmail.com.

East Cobb VIPs. A community group for seniors. Fourth Monday of the month (except in May). 6pm. East Cobb United Methodist Church, 2325 Roswell Road, Marietta. More info: 770-971-3643 or office@eastcobbumc.org.

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.georgiap perennial.org.

Georgia Vietnam Veterans Alliance. Third Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post. 921 Gresham Road, Marietta. More info: Bill Kalish, 770-298-9966.

Golden "K" Kiwanis Club. Every Thursday. 10am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Bill Vermeer, 770-971-6579.

Happy Tails Pet Therapy. Orientation for prospective members 1st Thursday or Saturday of the month. 10:30-11:30am. Mt. Bethel Christian Academy, 4385 Lower Roswell Road, Building F, Room F001, Marietta. Check dates: 770-740-8211 or www.happytailspets.org.

International Association of Administrative Professionals (IAAP)-Cobb County Chapter. Fourth Monday of the month. 6:15pm. Meeting & dinner. Windy Hill - Marriott Hotel, Marietta. More info: Oleta Herron, 770-661-2876.

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

Job Seekers Cobb County Chapter. Business professionals volunteer to help the unemployed. Speakers, networking, job leads, workshops. 7-9am, Tuesdays, followed by networking 9-10am. Varsity, 2790 Town Center Drive, Kennesaw. Free. More info: 770-420-9808, ext. 470.

Libertarian Party of Cobb County. First Thursday of the month. 7:30pm. Council Chamber at Marietta City Hall, 205 Lawrence Street, Marietta. More info: cobbllp.org.

Marietta Kiwanis Club. Every Thursday. 12noon. Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: Bill Sidner, 770-579-4094.

Marietta Lions Club. Second Thursday of the month. 7pm. Marietta Conference Center, 500 Powder Springs Road, Marietta. More info: 770-565-8230.

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

MOMS Club of Marietta North. First Wednesday of the month. 10am. Mountain View Library, 3320 Sandy Plains Road, Marietta. More info: Marion Hegedes, 678-494-8887.

Moms in Touch. East Side Elementary. Every Monday. 10am. Meeting location available on request. More info: Movita Stallworth, 770-321-1783 or mo633@bellsouth.net.

Mothers and More, East Cobb Chapter #270. Second Tuesday each month. 7:30-9:30pm. St. Catherine's Episcopal Church, 571 Holt Road, Marietta. Check website as schedule may vary: www.mmeastcobb.homestead.com.

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. Part of Stonecroft Ministries reaching out to the unchurched women in the area. Indian Hills Country Club, 4001 Clubland Drive, 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: www.cantonroadba.org.

Northwest Atlanta Mothers of Multiples (formerly Cobb Parents of Multiples), a parent's club for families with or expecting twins, triplets, quads, etc. Second Monday of each month (except December). 7pm. North Metro Church, 2305 Barrett Parkway, Marietta. More info: 678-404-0034 or www.nowamom.org.

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.

Parents Without Partners. Meeting times vary. More info: Angela Dixon, 404-422-0768 or pwpchapter698.org.

Peach State Depression Glass Collectors Club. Second Tuesday of the month. 7pm. East Marietta Library, 2051 Lower Roswell Road, Marietta. More info: 770-368-9790.

Polk Street Speakers Toastmasters. First and 3rd Tuesday of the month. 7:30-9:00pm. St. James Episcopal Church, 161 Church Street, Marietta. More info: www.polkstreetspeakers.org.

SACS (Singles and Couples Social Events). Weekly dancing for singles and couples. No membership fees, just friends making new friends. More info: Nancy Kuhn, Angel-GA@comcast.net

Shakespeare Reading Group. First and 3rd Thursday of the month. 2-4 pm. 32 N. Fairground Street, Marietta. More info: Lynne Johnson, 770-591-3474.



The New Year is here!
It's time to get prepared for 2012

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BY MAIL: Mail your ad, telephone number, complete mailing address and payment (credit card number, check or money order) to EAST COBBER Classifieds, P.O. Box 672121, Marietta, GA 30006. Do not send cash. Payment by check or money order must accompany copy.

DEADLINES: All classifieds must be received by the 15th of the month prior to the next issue date.

POLICIES: EAST COBBER reserves the right to censor, re-classify, edit or reject any classified advertisement not meeting the standards of acceptance of EAST COBBER.

Here's my ad to be run in the _____ issue(s)

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Let Us Tell Your Story!

Dermatology Affiliates Welcomes Dr. Abbott to East Cobb



▲ Cynthia Abbott, M.D.

As the days grow shorter in the fall and winter months, now is the perfect time to begin a reparative skin care regimen to correct unfortunate summer sun damage. This process is now easier than ever, because Dermatology Affiliates recently added Cynthia Abbott, M.D. to its practice. Known for their focus on patient care, the physicians at Dermatology Affiliates see patients for any condition impacting skin, nails or hair. They specialize in diagnosing and treating skin cancer. They also treat acne, psoriasis, eczema and removing warts or moles.

Dr. Abbott has always felt at home in two worlds, the world of science and the world of art. It's part of what draws her to the field of dermatology, where you need both skills to bring out healthy and beautiful skin.

"I feel like all my life I have been trying to combine those two," Dr. Abbott says.

"In college I majored in both art and biology. I got my master's in Medical Illustration and I did a fellowship in Cosmetic Dermatology. I am a very visual person. Any treatment that I do for a patient, I would want to be aesthetically pleasing."

The visual appeal may have been what started Dr. Abbott's interest in dermatology. But what keeps her going is the variety of people she gets to help.

Dr. Abbott also completed at Kosair Children's Hospital in Louisville. She feels she has expertise in Pediatric Cosmetic Dermatology.

"What I mostly love about dermatology is the generational factor," Dr. Abbott says. "I've seen kids and World War II vets in the same office."

To get the most out of your dermatologist, Dr. Abbott recommends regular medical needs.

"Be educated, know your own medical history," she says. "Come in together to treat your diseases or conditions."

Dermatology Affiliates

Dermatology Affiliates
4939 Lower Roswell Road, Suite 100
Parklake Shopping Center, Fitchburg, GA
visit www.dermatologyaffiliates.com

Get Jeans at The Hub Boutique Casual Fashion That Flatters Your Body



▲ Owner Laura Fanoie and her brother Dennis Farrell, Jr. model highly popular True Religion jeans with a casual shirt and jacket. All can be purchased at The Hub Boutique.

Following in the footsteps of her beloved grandmother's retail store in Indiana, East Cobb resident Laura Fanoie is opening a boutique full of upscale jeans, cute little tops, unique gift items. Laura gave her shop the name "The Hub Boutique" as the ultimate nod to grandma. She and her mother and I were best friends. The Hub Boutique, as Laura's mother-in-law, Doris, family or best friend are helping out.

"I wanted to give local women the opportunity to great designer clothing without the time consuming commute. I want The Hub to be a 'go to' store when you are in need of a pick-me-up," shares Laura.

The boutique opens for business November 3, just in time for the holiday season. Laura had both normal and a-bit-heavier jeans, until she found the best jeans that make everyone look great! She has something for everybody...to find the perfect fit."

In the boutique, you can shop for upscale, well-priced gifts. Explore not just shades of several other color options. NYDJ, the Not Your Daughter Jeans, are available. Everything from the cleaner-looking Henry Trendy look of True Religion.

For more information on incorporating San Diego Hat Company merging a really cool scarf that has a pocket." her unique item is a soy candle that makes rub on your hands, as a kind of lotion. other cute things you might find? Check it out at Merchant's Walk shopping center, 1400 Peachtree Road, Suite 140, in Marietta/East Cobb. Find very informative website at www.thehubboutique.com

Personal Pampering at Hair Art By Christine



▲ Christine Rhodes

Walking into Hair Art by Christine makes you feel like you're visiting a friend rather than getting a haircut. Stylist Christine Rhodes has recently moved her business to one of the 12 private suites in Sala Salon Studios, which is located in the heart of East Cobb.

Brilliantly lit with ceiling to floor windows, Christine's cozy corner of the world provides you with just the place for what she calls "personal pampering." It's all about you - no waiting and no scuffling from chair to chair. The suite gives you privacy and her undivided attention.

A hair color specialist and stylist, Christine has been in the business for 25 years. For the past 13 years, she worked at Van Michael's Salon in Sandy Springs. Wanting to branch out on her own, Christine was looking for both freedom and flexibility. "I want to be flexible for my clients," says Rhodes. "When you work for a large salon, someone else is handling your schedule, and the products you use are chosen for you. Now I can offer better scheduling and product choices. The privacy of the suite also gives my clients a personal experience."

Christine considered her current customer base when searching for a new location. The new Johnson Ferry address is convenient for her East Cobb customers. For the Sandy Springs customers, she is just a few miles north of her previous location.

Appointments are available on Tuesdays through Saturdays. Christine emphasizes that she is flexible in her scheduling, with Thursdays designated for late appointments.

Hair Art by Christine is located at 1062 Johnson Ferry Road, Suite #100, Studio #127, in East Cobb. (The studios are directly behind Goldberg Bagel Company and Deli.) To schedule an appointment, call 678-794-5162.



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Stay one step ahead of your competition by ordering your advertorial today! Contact us to receive more information on how strong advertorial messages can greatly improve your sales, while boosting your business to new levels.

SUPPORT GROUPS

A.A./Al-Anon/Al-Anon Beginners/Alateen. Every Monday. 8pm. Covenant Presbyterian Church, 2281 Canton Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

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

Alzheimer's & Caregivers Support Group. Second Thursday of the month. 7pm. Sunrise Assisted Living, 1551 Johnson Ferry Road, Marietta. More info: Christa McLain, 770-509-2914.

Alzheimer's Association Georgia Chapter Family Support Group. First Monday of the month. 10:30am. Mt. Bethel Community Center, 4608 Lower Roswell Road, Marietta. More info: Dawn Reed, 678-777-7241 or dawn@alohatoaging.org.

Autism Spectrum Support Group of Cobb County. Supporting parents with information and resources as well as social connections. Third Thursday of each month during school year. 9:30-11:30am. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. More info: www.asgcobb.com

Babywearing Group. Koalamomas, 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.

Cancer Support Group for patients, families and friends who are learning to live with a diagnosis of cancer. Second Wednesday of the month. 7 pm. LaSalette Hall, St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6104.

Career Transition. Second Monday of the month. 6:15pm: Personal resume, interviewing, networking, and career assessment help. 7pm: Presentation. 1st Presbyterian Church of Marietta, 68 N. Marietta Parkway, Marietta. More info: Bill Lins, 404-558-1579 or Bob Sabin, 770-795-9084.

Caregiver and Share Support Group for Alzheimer's. First Wednesday of the month. 4:30-5:30pm. Savannah Court, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420.

Caregiver's Support Group. Third Sunday of the month at 4pm. Metropolitan Hospice at Papermill Village, Inpatient Unit, 200 Village Parkway, Marietta, GA 30067. More info: Pamela Milici Treece 770-988-0880.

Codependents Anonymous. Mondays & Thursdays. 7:30-8:45pm. Unity North Church, 4225 Sandy Plains Road, Marietta. More info: 770-578-6368.

Compassionate Friends for grieving parents, grandparents, and siblings. First Tuesday of the month. 7 pm. First Baptist Church, 148 Church Street, Marietta. More info: Kathy Kelcourse, 770-579-3512 or 404-539-4287. Email: kathzkel@yahoo.com or tcfmarietta.kathy@hotmail.com; www.tcfmarietta.org.

Depression/Bipolar Support Group. First and 3rd Thursday of the month. 7-8:30pm. Johnson Ferry Baptist Church, Room 306, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

Depression Support Group. For those who suffer from depression and the people who love them. First and 3rd Thursday of the month. 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

Divorce Care. 13-week session, August and January. Wednesdays. 6:30-8pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Kitty, 770-794-2978.

Divorce Care for Kids. 13-week session, August and January. Wednesdays. 6:30-8pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Kitty, 770-794-2978.

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: visionsanew.org.

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) Parent Support Group. First Tuesday of the month. 7-9pm. East Cobb Government Services Center, 4400 Lower Roswell Road, Marietta. More info: Cappie, 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.

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). FOCUS is there to help – to listen and cry, to inform and educate, and to offer programs for the families and the child with special needs. Usually meets the 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.

Family Caregiver & Alzheimer's Support Group. First Monday of each month at 10:30am. Open to individuals who are assisting an aging loved one both inside and outside of the home. Call in advance for free care for your loved one during meeting. Mt. Bethel Community Center, 4608 Lower Roswell Road, Marietta. More info: Aloha to Aging, 678-439-1177.

Grandparents Raising Grandchildren Support Group. Second and 4th Tuesday. 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Jeannie, 770-919-9275.

Grief Share. 13-week session, August and January. Mondays. 7-9pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Kitty, 770-794-2978.

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.

Loneliness Bereavement Support Group. Every Tuesday. 12 noon. Pilgrimage United Church of Christ, 3755 Sandy Plains Road, 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

Moms in Touch for parents of children at East Side Elementary. Every Tuesday. 9:30am. Meeting location available on request. More info: Rachel Bloom, 770-973-4705.

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.

Networking Group. Open to everyone. Second and 4th Wednesday of the month. 6:30-7:30pm. First Baptist Church Smyrna, 1275 Church Street SE, Smyrna. More info: 770-435-3231 or Peggy, 770-955-3896 or caylorp@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.

With locally sourced products from Whole Foods, an urban-eclectic mix from Savvy Snoot and a Chef's table for an intimate gathering at Seed Kitchen & Bar, Merchant's Walk has evolved into a comfortably local place that is reflective of its community.





Let's make it a grand entrance.

At WellStar, we know a little something about welcoming little ones. More than a little, in fact – our doctors, nurses, midwives and other care specialists deliver more than 10,000 babies every year.

The family-centered care provided by our outstanding maternity services teams includes spacious labor/delivery/recovery suites and “couplet care,” which keeps mom and baby together for bonding.

And if your new arrival comes early or needs extra attention, WellStar’s two neonatal intensive care units (NICUs) are specially equipped with the latest technology to provide the care babies need to grow healthy and strong.

Once you’re home, you can count on the WellStar Pediatric Network to connect you with doctors and services close to home to see you through the baby years all the way through the teen ones.

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