

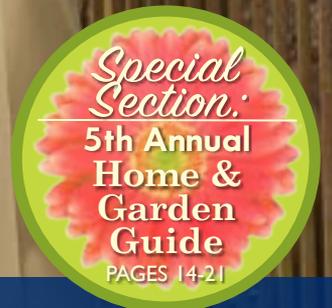
March 2014

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East Cobbers David and Jenny London
with Kevin Isakson, Project Partner, Isakson Living



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Don't Miss!

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Home & Garden Guide

Make your house a home with help from local experts

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EAST COBBER

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Comments and stories are always welcome. Please address all correspondence to cynthia@eastcobber.com.

Subscriptions are available for \$20/year. Send check or money order payable to EAST COBBER to the above address.

Front cover photograph taken by Michael Drewitz of Michael's Photography.

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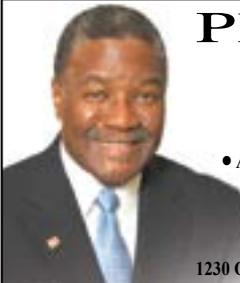
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With one of the highest household incomes in metro Atlanta, East Cobb County residents enjoy a reputation of living the "American Dream." Drive around East Cobb and one cannot help but notice the expensive cars, subdivision after subdivision of lovely homes, beautifully landscaped lawns, and other symbols of wealth. For so many East Cobb residents, the "American Dream" also includes sharing their wealth, and/or their time to help others.

This edition of the EAST COBBER, as well as previous publications, features those East Cobbers that are giving back to their community and helping those in need. From high school student Robert Roper earning Eagle Scout status (page 7) to the nonprofit Right in the Community helping children with developmental disabilities (page 22) and Laine Liss, PTA Youth Services Chair sharing safety tips for prom (page 8 & 9). Our Club Calendar and Support Groups sections list many groups that come together on a regular basis to serve those in need whether it be a Moms Club or a service club.

It is so gratifying to hear that many of you have responded to EAST COBBER stories by donating money or signing up to volunteer or passing along information found in the EAST COBBER to help those in need. That is what this paper is all about! Consider it an "idea book" on how you can fulfill the "American Dream."

All the best!

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



On the Cover

David and Jenny London, East Cobb residents and supporters of Isakson Living's proposed residential senior living community, stand along with Kevin Isakson, development Partner, on the Norris Wilson Tritt Bridge at East Cobb Park. Behind the bridge, is the proposed 9.5-acre park donation from Isakson Living that would connect the park with Fuller's Park. The community, under consideration by the county, would meet a senior housing need, preserve abundant undisturbed green space, and generate nearly \$1 million annually in property taxes for Cobb County schools while adding no additional students to the classrooms.

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MAKING EAST COBB'S QUALITY OF LIFE BETTER THAN EVER

PROPOSED ISAKSON LIVING RETIREMENT COMMUNITY WOULD HELP MEET COBB COUNTY SENIOR HOUSING NEEDS



▲ Rendering of Main Clubhouse

David London, a retired local realtor and longtime East Cobb park volunteer, says he and his wife, Jenny, want to stay in East Cobb for their retirement years. "I spent a career working and volunteering to help make East Cobb a great community and we want to remain here."

With a daughter and her family living near East Cobb Park, the Londons want a retirement option that will keep them nearby but without the maintenance of a large house. "There is a real need for a vibrant residential community that allows residents to age in place with a fulfilling quality of life," he said. "There are many East Cobbers who are seeking amenities to enjoy now with the availability of services they will need later. We worked hard for many years and we want to be able to travel and spend quality time with our children and grandchildren in our retirement years," he said.

The Londons, along with many others, would be able to do so with Isakson Living's proposed development of a Continuing Care Retirement Community (CCRC) in East Cobb County. The proposed residential community, currently under county consideration, would offer diverse senior living options, including independent living, assisted living, memory care and skilled nursing. With only one CCRC in the county today, having these types of service-enriched residential choices benefits the entire Cobb County community.

Isakson Living filed a revised application last November to rezone the 53.7-acre Tritt property in East Cobb County. Cobb County's 65-plus population has increased 67 percent since 2000 and one-third of Cobb's population is now over the age of 50. The U. S. Census predicts the senior population will double in Cobb County over the next 17 years.

Isakson Living is working to incorporate suggestions from the community in the design. The CCRC's design conserves land through the addition of landscaped buffers and reduces the height and number of homes within the proposed development. Isakson is also committed to preserving a significant amount of undisturbed green space in addition to expanding East Cobb Park.

Wylene Tritt, owner of the property for 60 years, says the project fulfills her vision for the land. "My wish is for this land to benefit the needs of Cobb County while preserving green space that will honor my family's legacy."

With Wylene's wishes as well as input from others in mind, Isakson Living plans to donate 9.5 acres of green space to increase the size of East Cobb Park by nearly 50 percent. The donation is contingent upon zoning approval and acceptance by the county. The company also pledged to invest in improvements to the park, with the approval and supervision of the county and the park governing board.

Sunny Walker, park volunteer and a core member of the committee that raised funds to purchase the land for the existing park, called the donation "a rare gift."

"I can say from personal experience how difficult it is to raise money for park land," Walker said. "This gift will be enjoyed by East Cobbers for generations to come, and would be virtually impossible to raise the funds for otherwise."

Isakson Living has conducted a traffic study concluding that the project would add no more cars to the road during peak periods than if the property were otherwise developed as a typical single family neighborhood. The company continues to meet with civic leaders and neighborhood representatives in order to solicit input and continues to revise its plans.

The community will be required to accept only residents over the age of 62 but will not qualify for the senior citizen school property tax exemption. The project will generate significant property tax revenues for the county, adding approximately \$1 million annually to the county school budget without generating any additional school-aged children.

In addition to paying school taxes, the proposed community will create new jobs. "My family has deep roots here – and we want to be good corporate citizens as well as good neighbors," said Kevin Isakson, director of sales and marketing for Isakson Living.

About Isakson Living:

Isakson Living is a local company with offices in Atlanta and Stone Mountain. Partners Andy and Kevin Isakson successfully developed Park Springs in Stone Mountain, Georgia. Andy Isakson and his wife live in Roswell, GA where they have raised their family. Kevin Isakson grew up in East Cobb where he currently resides with his wife and three children. Please visit www.isaksonliving-eastcobb.com or contact Kevin Isakson at kisakson@isaksonliving.com for more information.

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EAST COBBER

Wheeler Student Earns Eagle Rank



▲ Robert Roper

Robert Roper, an 18-year-old member of the Boy Scouts-- Foothills District, achieved the Eagle Scout rank and was honored during a Court of Honor ceremony February 5, at The Church of Jesus Christ of Latter-Day Saints in Marietta/ East Cobb. Robert is a senior at Wheeler High School. His Eagle Scout project was building 9 new mobile trail benches at the Chattahoochee Nature Center.

Eagle Scout is the highest rank attainable in the Boy Scouting program of the Boy Scouts of America (BSA). A Scout who attains this rank is called an Eagle Scout or Eagle. Since its introduction in 1911, the Eagle Scout rank has been earned by more than two million young men. Requirements include earning at least 21 merit badges and demonstrating Scout Spirit through the Boy Scout Oath and Law, service, and leadership. This includes an extensive service project that the Scout plans, organizes, leads, and manages. Eagle Scouts are presented with a medal and a badge that visibly recognizes the accomplishments of the Scout. 🏆

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Don't Let Your Teenager Become a Statistic on Prom Night

By Laine Liss, Youth Services Chair, East Cobb County Council of PTAs



▲ **Pope High School Promgoers (2013)**

Did you know that according to the U.S. Dept. of Transportation, on a typical prom weekend:

- >48 American teenagers are killed in vehicles
- >5,202 are injured
- >40% of the deaths are alcohol-related?

It is supposed to be one of the happiest days of our kid's life, but for too many it turns into a horrible tragedy. Prom night is often regarded as a "right of passage" and too many kids use it as an excuse to abandon core values - and go wild. As parents, it is sometimes necessary to protect our children from harming themselves. Prom night is one of our last opportunities to do this.

With prom season right around the corner, I am sure your teenagers are preparing to make the most of their formal night out. I remember each of my proms; the dinner, dance and party afterwards. I still wonder how I and all my friends made it home safely with all the mischief that went on my prom night. Did you know that the National Highway Traffic Safety Administration estimates that the 21-year-old minimum drinking age laws have reduced alcohol traffic fatalities by 13 percent and have saved an estimated 28,765 lives since 1975? However, over 1,100 persons under the age of 21 still die each year in a car crashes involving underage drinking. And, did you know that the majority of underage drinking related deaths are not traffic related? They are a result of other fatal accidents like falls, burns, drowning, poisoning, suicides, and homicides. And, according to madd.org, underage drinkers are more than twice as likely to have unplanned sex and unprotected sex.

Parents should be aware that the cities of Kennesaw and Austell as well as unincorporated Cobb County have enacted a Social Host Ordinance. This means that when officers respond to an event/location where underage persons are cited for alcohol possession or consumption, the individual host of the social event can be issued a citation and charged with violating the ordinance. Violators could be property owners, tenants, parents, older siblings, youth or whosoever is determined to be in legal and/or actual control of the event/location where underage drinking is found to occur. Penalties include fines, community service, and jail.

With all that being said, we know teenagers like to test the boundaries and regularly engage in risky behavior. But, did you know that parents are the most common supplier of alcohol and that teenage drinking more often happens in someone's home? So, I have listed a few tips and discussion topics for parents of teenagers, from the Cobb Alcohol Taskforce website (www.cobbat.org), which has a plethora of information about the consequences and prevention of teen substance abuse.

>>> *continued on next page* >>>

2014 *High School Proms*

Kell High School
March 15

Lassiter High School
March 15

Pope High School
May 3

Sprayberry High School
April 29

Walton High School
March 8

Wheeler High School
March 22

PARTY SAFETY TIPS FOR PARENTS

Giving a Party:

- Know your guests
- Set rules in advance
- Chaperones are a must!
- Know your responsibilities – Adults are liable for underage drinking
- Let your neighbors know about the party in advance
- If you find out about substance use, after the fact, notify the parents

Attending a Party:

- Know where your teen will be
- Contact the adults chaperoning the party – There must be a chaperone!
- Agree on a curfew – be awake when they come home
- Verify overnight arrangements
- Know how your teen will be transported
- If you find out about substance use, after the fact, contact the chaperones and other parents
- If you can't be home when your teen gets there, find another adult to be there
- Thank the adults giving and chaperoning the party

Prom night should be a fun and memorable moment for your teenagers, but is usually a worrisome and uneasy night for parents. Ultimately, the best advice for parents is to be involved. Talk to your children and remember you are the adult. You are the one who needs to set the boundaries. So, go ahead and shop for that dress, help make dinner plans and talk to them about alcohol and drugs. You, the parents are the best defense for your teen's safety. 🙋



Laine Liss and her husband, Matthew, have lived in East Cobb since 1995. She has two boys who attend Lassiter High School. She is currently the Youth Services Chairperson for ECCC PTA, and the Consequences of Crime Chair for Lassiter HS PTSA.

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East Cobb Ceramic Artist Showcases Unique Artistry at the American Craft Council Show



▲ Timothy Sullivan

When the American Craft Council (ACC) returns to Atlanta for its 25th Silver Anniversary Show at the Cobb Galleria Centre, March 14 - 16, talented East Cobb ceramic artist Timothy Sullivan will share the spotlight with 240 other superior craft artisans. As the largest juried show in the Southeast, the ACC Show is known as the nation's premier marketplace for handcrafted basketry, ceramics, fashion wearables, furniture, glass, jewelry, home decor and more made by the country's top artisans.

Mr. Sullivan is an award-winning ceramist who creates rich interactions of color in his works by enhancing the surface with a unique combination of layering and overlapping of multiple glazes. First drawing with glazes to establish basic patterns, he then develops the piece further by airbrushing or spraying with a number of layers of additional glazes. The airbrushing allows for the subtleties of fine shading and softer transitions between the brilliant colors. All of his work is reduction-fired, and most

of the forms are wheel-thrown using traditional throwing techniques. Some are constructed on the wheel with a combination of slabs, coils and hump molds.

Prior to being selected as one of the ACC's master artisans, Sullivan was formally trained in ceramics and painting and earned his BFA from Carnegie-Mellon University and his MFA in ceramics from the School of the Art Institute in Chicago. After graduation he maintained various studios, working with mixed-media sculpture, wood and clay. Then for a period of about 17 years, he stopped working as an artist and was entirely focused on a career in IT. In October of 2000, he rediscovered his affinity with the arts, and his passion for ceramics blossomed into a full time career as a potter.

Born in Pittsburgh, PA, Sullivan currently lives in Marietta/East Cobb. He has exhibited in approximately 150 national juried art festivals around the country winning numerous awards for his work, including Best in Clay, 2009 at the Atlanta Dogwood Festival, Friends of the Museum Award, 2011 at the Gasparilla Festival of the Arts and the Juror's Choice Award, 2013 at the Three Rivers Arts Festival.

The ACC Show in Atlanta draws thousands of fine craft collectors around the Southeast who enjoy learning the makers' creative processes, developing relationships with the artists and hearing the stories behind each handcrafted piece. Meet Timothy Sullivan and his distinguished peers at the ACC Show Friday, March 14 from 10am – 8pm; Saturday, March 15 from 10am – 6pm; and Sunday, March 16 from 10am – 5pm at the Cobb Galleria Centre. Get a sneak peek at the Preview Party March 13 from 6pm – 9pm, with proceeds co-benefitting ACC and the Hambidge Center. For more information and to purchase tickets, visit craftcouncil.org/atlanta. 

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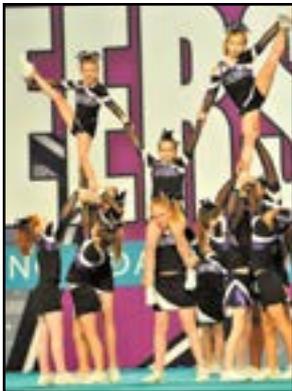
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Cheer Revolution Allstars Find Home in East Cobb



Competition cheerleading blends skill, talent and sportsmanship with creative presentation. Participating athletes have 2½ minutes to incorporate stunts, jumps, dance and tumbling into a choreographed routine. Needless to say, these few minutes on the floor represent a great deal of hard work and determination in the gym.

Until just recently, anyone living in East Cobb had quite a drive to find a quality competitive

cheerleading program. Now, right in the heart of East Cobb is Cheer Revolution Allstars, located in the Sports-a-Rama facility near the intersection of Lower Roswell and Johnson Ferry Roads.

The creation of Cheer Revolution in 2012 actually sprung from a community request. Owners Stephanie Pittman and Jennifer Smith coached together at Impact Cheerleading, a program offered at Johnson Ferry Baptist Church. Many athletes wanted to continue with a higher-level, year-round cheer program, but their parents did not want to drive longer distances or pay the high costs associated with other programs. Just as important was maintaining the positive, Christ-centered atmosphere found at Impact.

“Our mission is to change the face of cheerleading by building up Christ-like leaders and role models, while providing top-notch training at all levels,” explains Pittman. “Every girl brings something unique to the squad. Working with each athlete, we focus on teamwork, personal goals and technique while at the same time, help their God-given talents shine.”

Pittman and Smith desire for each athlete to become well-respected community leaders, as well as have respect for themselves. Additionally, their goal is to provide the highest level of training and competitive ability at costs that are mindful of a family budget.

Cheer Revolution Allstars offers full-year and prep-season squads, cheer camps and clinics, choreography and tryout preparation. Pittman and Smith enjoy working with coaches Carylynn Edwards and Sarah Busch who bring invaluable expertise to the gym. All four enjoy maintaining involvement with the Impact program at Johnson Ferry Baptist Church.

With cheerleading and gymnastics backgrounds and master’s degrees in both business and education, Pittman and Smith have laid the groundwork for a successful venture. Teams that are currently competing consist of athletes in first through eighth grades, but plans are underway for the 2014-2015 season to create squads that include kindergarten through high school-aged athletes. Acquiring several titles already, Cheer Revolution Allstars anticipates forming teams in Levels 1, 2, 3 and Senior 4.2 for the 2014-2015 season. Tryouts for the 2014-2015 season will be at the end of April. Camps and clinics will begin enrolling in April as well. Choreography and tryout prep sessions are always offered by appointment.

For more information about Cheer Revolution Allstars, visit their website at cheerrevolutionallstars.com or call 404-804-1238.

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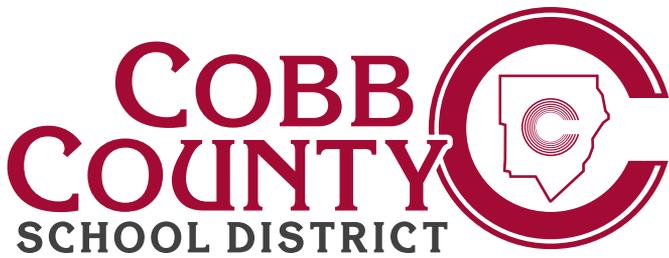
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Cobb Schools Address Instructional Time Lost To SnowJam



Cobb County schools are mobilizing to address lost instructional time due to a recent bout of inclement weather. Due to extreme cold, ice and/or snow, all Cobb County schools were closed a total of six days: January 7, 29, 30 and 31, and February 11 and 12.

The Georgia Department of Education has announced that schools are not required to make up the missed days in late January and February because these events were declared states of emergency.

Even though Cobb missed one fewer day than many metro school systems due to previously scheduled furloughs, and even though the time that was missed is not required to be made up, school district leadership nevertheless considered all options available to address the lost instructional time. Those options included adding additional days to the end of the school year, shortening spring break, and/or lengthening the school day by adding minutes to beginning or end of remaining school days. Each of these proposals have inherent challenges in that both staff and student family commitments for the designated times most likely would impact the fidelity and instructional benefit of implementation. Additionally, adding school days would require shifting Cobb's testing window, scheduled for April 23-May 2, which in turn would reduce test make-up opportunities and place a tremendous scheduling burden on schools.

Instead, leadership in Cobb schools will address the snow days by utilizing all available resources to maximize remaining instructional time. Each school will present a plan that outlines how it will supplement the instructional deficit caused by the loss of instructional days.

The following is a preliminary list of possible opportunities and solutions for schools to provide additional instructional support for their students to account for the loss of school days:

- Maximize instructional time with a specific emphasis on minimizing any disruption to instruction (assemblies, long recesses, etc.);
- Restrict scheduling of new field trips;

- Postpone all non-critical teacher professional learning;
- Focus instructional planning to address high impact standards;
- Review pacing guides and adjust accordingly;
- Offer tutoring opportunities before and after school for students who need assistance;
- Provide meaningful homework assignments and study guides – incorporate technology enhanced instruction;
- Maximize use of technology including postings on teacher blogs and flipped classroom instructional recordings;
- Offer an optional Saturday School where needed or appropriate;
- Maximize 20-day funds to support students needing additional assistance;
- Promote grade level teachers to form flexible groups based on specific skill readiness as needed;
- Reformat specials scheduled in elementary school to allow for more time in core content areas. Utilize specialists to support core content, school student achievement accountability areas;
- Provide information for parents to access the Online Assessment System (OAS) to help their student practice for the CRCT;
- Utilize flexibility of staff not connected to classrooms or core subject areas to assist with small group remediation;
- Open the computer lab and media centers before and after school so that students access Skills Tutor, Study Island, and other instructional software;

"We have the highest level of confidence in our schools and their exceptional teaching staffs to address our number one priority, which is student achievement," said Superintendent Michael Hinojosa. "I believe that with careful planning by our school leaders and commitment by our teachers, we can address the time our students were out of the classroom in a way that is more acceptable to parents and staff."

The specific plans each school will implement must consider materials and resources needed, transportation issues, the timeline and frequency of interventions, and ensuring that parents and the local school community are informed and involved. 

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Master Gardener Training Program Offered in Cobb County

The idea of Master Gardener volunteer training began on the West Coast more than 40 years ago. Overwhelmed by requests for gardening information, Extension agents from Washington State University recruited home gardeners. In exchange for specialized training in horticulture, these gardeners made a commitment to spend time doing volunteer outreach work.

The Master Gardener program has since traveled around the world. Through the Master Gardener program, thousands of people across the United States and Canada have been trained as volunteers. Similar programs now exist in the UK, Australia and other countries.

In Georgia, the Master Gardener Extension Volunteer Program is operated through county offices of the University of Georgia Cooperative Extension. Through this program, individuals are trained in horticulture and related areas. These individuals volunteer their expertise, under the direction of Cooperative Extension staff, to help educate others through horticultural programs and projects that benefit the community. Georgia Master Gardener Extension Volunteers bring the latest horticultural information and practices from the world of research to their communities' landscapes and gardens.

Georgia's Master Gardener Program was started in Atlanta in 1979 and Georgia Master Gardener Extension Volunteers are active in many counties throughout the state. In 1980, the Cobb Extension Service established the Master Gardener Program in Cobb County. Since that time the program has trained and graduated 25 to 35 Master Gardeners each year. As a condition of acceptance into the Master Gardener training program, each individual agrees to pay back to the Cobb Extension Service a minimum of 50 hours of volunteer time during the first year.

In 1988, a number of Cobb County Master Gardeners who had completed their 50 hours of volunteer time formed an informal group. Their zeal to volunteer additional hours and to get involved with community projects was very strong. On January 1, 1989, the group formed the Master Gardener Volunteers of Cobb County (MGVOCC). Today there are over 130 active Master Gardeners in Cobb County. Many of the 32 who have achieved the 10-year Lifetime Status remain active in the program.

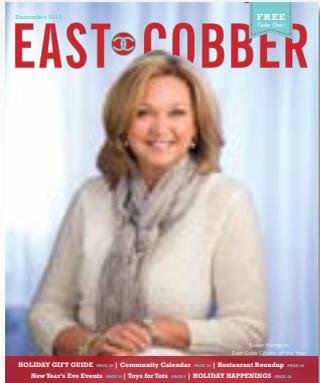
Master Gardener classes start in June. The application deadline is March 31. For more information and an application, call Ranae Lemon, Master Gardener Coordinator, Cobb County Cooperative Extension office at 770-528-4070 or visit www.caes.uga.edu/extension/cobb.



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Q.

What is the “Color of the Year”?

A.

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Devon Browne, Owner
C’est Moi

Q.

How do you repair settling and cracking concrete?

A.

You have a couple of options when repairing concrete, the first option being total replacement of the damaged concrete which is the most expensive and doesn’t solve poorly compacted soil problem, which created the settling. The second option is the traditional method which is called slab jacking that creates a slurry compound that weighs up to 120 pounds per cubic foot that accentuates the problem, because it adds more weight to the unstable soil underneath. The last option and the best option, is called Polylevel and that is what we do. Polylevel is a two part polymer compound that is injected in the concrete and only weighs 4 lbs per cubic foot. Polylevel fills the void underneath the concrete without adding weight to the problem and lifts the concrete back to its original level.



Tom DiGregorio, Owner
Aquaguard Foundation Solutions

Q.

I have always heard that maintenance agreements are a waste of money. Why should I purchase one for my heating and air conditioning system?

A.

For many items, a maintenance agreement could be a waste of dollars. However, your HVAC system is a major investment and some components of your system are at work 24/7. Actually, your home climate system has more working hours than your automobile, which you maintain regularly. A properly maintained system is more efficient and comfortable, has fewer break-downs, and will last longer. In fact, according to a study at LSU, a properly maintained system can save an average of \$50.00 per air conditioning month over a poorly maintained system.



Debbie Abernathy, Owner
E. Smith Heating and Air Conditioning, Inc.



George and Kate Lawes
Owners
Kudzu and Company

Q.

What are some of the hot new trends in decorating your home?

A.

People today are moving away from the formal and ‘everything must match’ style of home design to a more free and personal approach. What’s hot is an eclectic mix of antique, new, and repurposed, with fun pops of unusual items found during personal travels. The ‘industrial’ look is especially popular using old factory carts as coffee tables, worktables, or islands. At Kudzu and Company, we offer a wide range of unique items for the home, with designers on staff ready to help you create your own distinct style.

Q.

Why would I shop at the Queen of Hearts?

A.

The Queen of Hearts Antiques & Interiors is a mecca of wonderful merchandise under one roof. No need to drive from store to store – one stop shopping for all your needs. The Queen has three locations – Marietta, Alpharetta, Buford. Total that equates to 90,000 square feet with over 500 dealer-merchants/consignors who continually bring in merchandise that includes furniture, home accessories, smalls, lamps, books, paint, clocks and much, much more. Plan to visit often so that you don’t miss any good deals. Open 7 days each week and late on Thursdays.

Stacey Anderson, Owner
Queen of Hearts

Q.

How is Mattress Choice different from other mattress stores?



Jenny Denker, Store Manager
Mattress Choice

A.

Mattress Choice is a locally owned company that was formed with the goal of helping the consumer achieve quality sleep. Our sleep specialists primary role is to help clarify all of your sleep needs and identify which product will suit you best. This all takes place in our consultative, no-pressure environment with over 30 name brand models on display. We can help you find the bed of your dreams today.

Q.

Why should a homeowner use a licensed, insured, professional and experienced contractor for their renovation project?



Ryan Jacobs, Owner
R. Jacobs Construction Inc.

A.

A homeowner is usually looking for the best and lowest price to complete their renovation projects. However, this can come at a price. By not hiring a licensed contractor you could be shut down for not having a permit. By not hiring an experience professional, you could get poor craftsmanship and end up with a mess. So when you are selecting a contractor it's not always best to try to save a buck.



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Staying on top of daily, monthly, and annual chores around your home is a big job. Maintenance and repair jobs are constants. To save time and money, plan for the seasonal needs of your home, yard, and garden. Here's a spring checklist to keep your home humming.

Home & Garden Checklist

- Get going on your spring cleaning. Pick one room to start in and make a list of what you want to do. Then begin working off each item on your list. Do this with each room, and just progress through the house.
- Take your vacuum and use the proper attachment to clean the exhaust fan in your bathroom. It will operate much more efficiently and that can help prevent mildew, mold and paint problems.
- Install a programmable thermostat. It takes less than 30 minutes to hook up but can save up to 20 percent in energy costs.
- As spring starts, check your basement for cracks or leaks. If you see moisture, call a professional to check it out. Many homeowner's insurance policies no longer cover fungus or mildew damage, so sealing basements is more important than ever.
- Build arbors and trellises before transplanting or sowing seeds for vines and gourds
- Little air leaks add up to 10 percent or more on your energy bill. Plug them to keep the hot air outside where it belongs. Caulk cracks and weather-strip doors and windows. Don't like the look of caulk or weather stripping? Consider using a weather-resistant foam sealant. It resists moisture and can be sanded, painted and stained for a more appealing look.
- Carpet cleaning is a must for any home. All winter long, your windows and doors were mainly closed to keep out the cold. This prevented the fresh flow of air to air out your home's contents. Now that the weather is getting warmer, it's time to freshen up your carpets and rugs.
- Dust will accumulate inside your smoke detector, possibly causing it to give a false alarm. After checking the battery this month, take the top off and vacuum the inside. Also, batteries should be replaced once per year and the detector itself needs replacing about every 10 years.
- Daylight Savings Time begins Sunday, March 10. Spring forward by setting your clocks forward one hour. Ensure that all smoke detectors, carbon monoxide detectors, and fire extinguishers are in good working order. Replace batteries in appropriate devices as needed, or at least twice each year.
- Make room to store winter equipment and clothing by bringing out your spring and summer items.
- Do you clean out your coffeemaker regularly? Vinegar is a good way to clean it thoroughly and disinfect it as well.
- Dig out and remove rotted or damaged fence posts, mailbox posts and damaged shrubs from around your home. It is also a good time to remove winter worn branches from tree and shrubs.
- Get into the spring of things with fresh flowers like potted pink tulips, yellow daffodils or purple irises. Even if the weather is still wintry outside, you are reminded of what will be growing in your own garden.
- The first day of Spring is March 20! Go outside and breathe in the new season. ☀️

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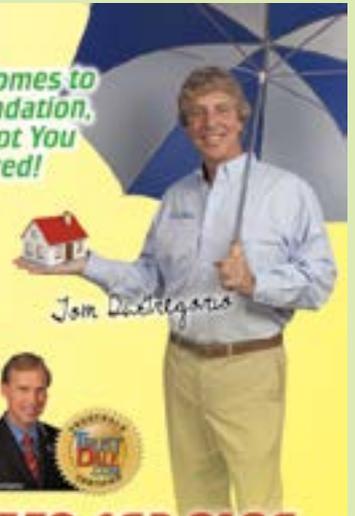
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Feng Shui: Ancient Wisdom for Your Home

By Cristin Zegers



There is a modern translation to the principles of Feng Shui. Beyond Chinese tradition and ancient symbolic cures, there is a message that is keenly applicable to our lives today. We keep tight schedules, work hard, pass illnesses around between family members, and at best exchange information with our partners as we dart out to get our kids to their activities.

What if creating some awareness of our connection to our environment and caring for our homes with intention could open us up to more peace, health, prosperity, and joy? It can, and that is why Feng Shui is so relevant to us right now. Here are 5 Feng Shui tips to incorporate in to your home care routine to welcome more balance and abundance in to your life:

1 Front door: The front door is where you greet and welcome good energy in to your home. If you're not using your front door every day, start now. Brush away the cobwebs, get a fresh new welcome mat, and make sure the stoop is safe and well lit.

2 Water ways: Leaky faucets and clogged drains can show up in life as drippy noses and dwindling finances. Fix the plumbing, and while you're at it, put the toilet seat down!

3 Stove: The stove symbolizes financial prosperity. Make sure yours is working properly, that it is kept clean, and that you use all of the burners.

4 Desk: Home office or command-central at your dining room table; make sure you are seated with a clear view to the entrance of

the room. Having your back to the door can be unnerving. Move your seat and see how much more secure you feel.

5 Bedroom: Televisions, computers, alarm clocks, and cell phones all send off energetic waves that can disrupt our sleep. The bedroom is a place of restoration. If you're not waking up feeling rested and rejuvenated, it might be time to edit down the electronics in your bedroom. The same goes for the kids.

Beginning to incorporate awareness and intention in these ways is a wonderful start to working with your environment to create and support a joyful and abundant life.

To learn more Feng Shui tips and other tools for more balance, peace, and creativity, check out Cristin Zeger's website: www.rootbloomandsoar.com and reach her via email at cristinzegers@gmail.com.



Cristin Zegers has been practicing Feng Shui for 15 years, conducting consultations in homes and businesses, and leading workshops and home parties to share her knowledge and motivate others. She is also trained in aromatherapy and writes a blog to inspire a deeper examination of the lives we're living. Cristin, husband Harry, and children Ava (12), Harrison (11), and Piper (9) have lived in Indian Hills for eleven years. When she's not in her home studio sketching, writing, or blending, she can be found around East Cobb walking the trails, practicing yoga, or paddling her kayak down the Chattahoochee.

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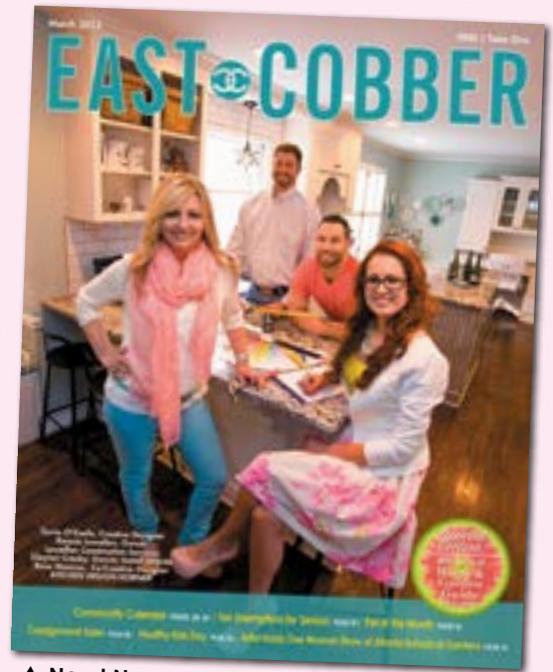
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Mail your essay along with photo to:
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Deadline: April 7, 2014

Right in the Community is Here to Help Special East Cobb Families



▲ **Jim and Kathy McGowan with their son, Michael.**

Are you a primary caregiver for a child or adult with a developmental disability? If so, Right in the Community is here for you. Serving Cobb and surrounding counties for more than 50 years, Right in the Community offers programs and services for children and adults with developmental disabilities.

The not-for-profit organization offers respite care, crisis care,

residential services, workshops and acts as a referral source for families. From completing daunting paperwork to referring a physician to providing affordable housing, Right in the Community's assistance has been invaluable to families. "Every family is unique and has different needs, and we try to be there for them every step of the way," said Executive Director Jerrie Paschal.

Jim and Kathy McGowan's grown son, Michael had

been participating in respite care for many years. "It was a helpful break for us as his parents, and Michael enjoyed the social interaction of leaving our home and seeing other people," said Jim. "Last year, Michael moved into his Right in the Community home, and we knew from his respite care experience that he'd do well there."

Right in the Community provides many different options for respite care and long-term living opportunities. They have built 24 homes that are affordable, stylish and include features to help people with physical and mental disabilities to live as barrier free as possible.

Darrell and Sandra Tapp's daughter Cassie has cerebral palsy. She now lives in a group home that gives her some independence with in-home care. "It provides us peace of mind that she is in a safe, comfortable place and will be taken care of now and in the future," said Darrell.

If you know someone with a disabled child or adult family member, be sure to direct them to Right in the Community. Through their experience, resources and community network, Right in the Community has been lifesavers to more than 400 local families. For more information, visit their website at www.rightinthecommunity.org or call 770-427-8401. ☎

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Consignment Sales Scheduled for this Spring

MARCH 6-8

All 4 Kids Consignment Sale with over 400 sellers. Bring a laundry basket with along belt or rope tied to it to help carry all of your goodies while you shop as no baskets are provided. Adults who donate \$5 cash for Missions will be given early admittance on opening morning. Thursday 9:30am-7pm.. Friday: 9am-6pm. Saturday: 9am-1pm. Many items half off on Saturday. Roswell Town Center, 608 Holcomb Bridge Road, Suite 250, Roswell. More info: 770-528-8875 or www.all4kids.com.

MARCH 7-8

Lil' Lambs Closet Children's Consignment Sale. Gently used seasonal baby and children's clothing, maternity clothing, toys, books, DVDs, car seats, high chairs, strollers, baby bedding, nursery and children's furniture, etc. Proceeds benefit church ministries and community missions. Thursday Private Preview Sale for workers and sellers starting at 2pm (with \$5 admission fee) consignors 4pm. Thursday Public Preview Sale from 6-8pm (with \$5 admission fee). Friday: 9am-6pm. Saturday: 9am-1pm. Many items half price on Saturday. Childcare available. \$5/hour per child, maximum \$15, 3 hours. Marietta First United Methodist Church, 56 Whitlock Avenue, Marietta. More info: 770-429-7850, ext. 7860. or www.lil-lambs.org.

Mt. Bethel Spring/Summer Consignment and Baked Goods Sale. More than 400 sellers consign children's clothing, toys, books, furniture and more. All proceeds go to support local and global missions to benefit families and children of all ages. Preview sale: Thursday, Volunteers, 4:30-7:30pm; New Moms, 6:30-7:30pm. Friday: 9am-7pm (no children except babies allowed on sale floor). Saturday: 9am-12pm (all items 30% off). Mt.Bethel UMC, 4385 Lower Roswell Road, Marietta. More info: 770-971-2880 or www.MtBethelCCS.com.

MARCH 7-8

Semi-Annual Children's Consignment Sale hosted by the Roswell United Methodist Church Preschool and Kindergarten (RUMCK). Three overflowing rooms with 200 consignors and great prices on gently worn spring and summer children's clothing and accessories (newborn-size 14), as well as maternity clothing, baby equipment, nursery décor, play sets and much more. Friday: 9am-2pm. Saturday: 8am-12pm (most items ½ price). Roswell UMC, in the Fellowship Hall, Building B, 814 Mimosa Boulevard, Roswell. More info: 770-993-6218 or www.rumc.com/rumck.

March 21-22

Born Again Blessings Spring 2014 Sale. Childrens and maternity clothing, shoes, toys, nursery items, furniture and more! Thursday: 4-8:30pm, preview shopping for sellers and workers; 7pm New/First-time parents shop early. Friday: 9am-7pm. Saturday: 9am-12pm. Cobb Civic Center, 548 S. Marietta Parkway, Marietta. More info: 678-646-1613 or bornagainblessings.com.

April 11-12

The Children's Consignment Sale. Spring/Summer gently used children's clothing and shoes. Teens, Books, Toys, DVD's, Baby Furniture and much more! Thursday: 6:30-8:30pm, preview shopping for sellers and volunteers. Friday: 9am-6pm. Saturday: 9am-1pm. East Cobb Church of Christ, 5240 Roswell Road, Marietta. More info: 770-587-5999 or eastcobbcoc.org.

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The Children's Garden Consignment Sale

April 11 & 12, 2014

Spring/Summer gently used children's clothing and shoes
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COMMUNITY CALENDAR

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Every Sunday

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

Every Tuesday and Saturday

Feeding Time at the Chattahoochee Nature Center. Join a naturalist for an in-depth look at one of their resident animals as they are being fed. 4pm. Admission: \$10/adults. \$7/seniors. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055.

Every Saturday

Marietta Square Farmers Market featuring products that are grown and produced in Georgia, including produce, plants, honey, breads, and cheese. 9am-12pm. Historic Marietta Square, 65 Church Street, Marietta. More info: 770-499-9393 or www.mariettasquarefarmersmarket.net.

Every Saturday

Free Arts and Crafts at Lakeshore Learning Store. 11am-3pm. Ages 3 and up. Wheels & Wings Note Clip, Beautiful Butterfly, Springtime Kite Craft, Color of the Rainbow Mirror, and Funny Fish Puppet! Lakeshore Learning Store, 4287 Roswell Road, Marietta. More info: 770-578-3100 or www.lakeshorelearning.com.

March 7-9

BalletFest Atlanta. Performances: Saturday: 5pm & 8pm. Sunday: 2pm. \$17/adults. \$12/students & children. Master classes on Saturday and Sunday: \$20/class. Southern Polytechnic State University, Joe Mack Wilson Student Center Theatre, 1100 South Marietta Parkway, Marietta. More info: 770-516-7229 or www.dancefestinc.com.

Cobb County Library Book Sale. Friday & Saturday: 9am-5pm. Sunday: 1-5pm. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 770-528-2342 or www.cobbcat.org.

March 7-9 & 13-15

The Pickup Truck Review: A Hometown Country Show! The most high-spirited hometown hoedown this side of the Mason Dixon Line. Fridays & Saturdays: 8pm. Sundays: 3pm. \$20. Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

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March 8

Prom Jam 2014! Cumberland Mall is kicking off prom season with this action-packed day filled with music, entertainment, giveaways, and special retailer offers! Cumberland Mall, 1000 Cumberland Mall Atlanta. More Info: 770-435-2206 or www.cumberlandmall.com/events/prom-jam.

Wheeler Band Boosters Electronic, Paint and Secure Paper Recycle Day. Drop off your electronics (including computers and TVs), paint, all metals, and paper for secure shredding. The Wheeler Band Boosters will make sure they are recycled in an environmentally friendly way. 8:30am-4pm. \$10 to unload a car full of recyclable items, additional fee of \$15 for each computer monitor or TV, \$15 for up to 10 gallons of latex or oil paint, and \$10 for the first box of paper to be shredded and \$5 for each additional box. East Cobb Middle School, 380 Holt Road, NE, Marietta. More info: wildcatpriderecycle@gmail.com or www.wheelerwildcatpride.wordpress.com.

March 8-9

Eastman Gun & Knife Show. Saturday: 9am-5pm. Sunday: 10am-4pm. \$8/adults. Free/12 and under. Cobb Civic Center, 548 South Marietta Parkway, Marietta. More info: 229-424-4555 or www.eastmangunshows.com.

March 8-16

The Great American Cover-Up Quilt Show at Bulloch Hall. This year's theme: "Reflections." A range of quilts from traditional to modern works will be on display. Many quilts will be for sale as well. \$8/adults. \$6/children, 6-18. Monday-Saturday: 10am-4pm. Sunday: 1-4pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: 770-992-1731 or www.bullochhall.org.



March 8, 11, 14 & 16

Faust presented by Atlanta Opera. Sung in French with projected English translations in Gounod's operatic retelling of the famous legend, an elderly scholar sells his soul to the devil for a chance to seduce the beautiful Marguerite. Faust's diabolical struggle between good and evil must surely end in tragedy...or does it? Saturday, March 8: 8pm. Tuesday, March 11: 7:30pm. Friday, March 14: 8pm. Sunday, March 16, 3pm. \$59-\$145. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 404-881-8885 or atlantaopera.org or ticketmaster.com.

March 11

Toddler Tadpoles Spring into Spring with Bunnies. Stories, finger plays, action rhymes and lots of music for ages 1-2. 10:15am. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730 or domingum@cobbcat.org.



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COMMUNITY CALENDAR

March 12

East Cobb Area Council-Cobb County Chamber of Commerce hosts a special presentation by Kevin Isakson, Director of Sales and Marketing at Isakson Living. 7:30-9am. \$30 online. \$40 at the door. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: 770-980-2000 or www.cobbchamber.org.

March 13-15

Princess Whatsername presented by Christian Family Theatre has a classic fairy tale setting and is filled with mystery and adventure! Thursday-Friday: 7pm. Saturday: 3pm & 7pm. \$10. Marietta Church of God, 1083 Allgood Road, Marietta/East Cobb. More info: 678-824-2381 or www.christianfamilytheatre.org.

March 13-16

The Jungle Book. Presented by Curtain Call Youth Players. Thursday-Friday: 7:30pm. Saturday: 2pm & 7:30pm. Sunday: 2pm & 6pm. \$10.50 online and \$14 at door. The Art Place, 3330 Sandy Plains Road, Marietta. More info: 770-509-2700 or www.ccy.org.

March 14

Cobb Executive Women Luncheon. Guests: \$30 online or \$45 at door. Members: \$20 online or \$35 at door. Registration/General networking: 11am. Program: 11:15am- 1pm. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: 770-859-2359 or www.cobbchamber.org.

The Music Of Ireland: A Saint Patrick's Day Concert.

The Michael O'Neal Singers present a Saint Patrick's Day offering of a diverse selection of music from the Emerald Isle, and will include dancers from the Mulligan School of Irish Dance. 8 p.m. Tickets: \$15/20 in advance; \$17/22 at the door. Roswell United Methodist Church, 814 Mimosa Boulevard Roswell 30075. More Info: 770-594-7974 or www.mosingers.com.

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March 14-16

American Craft Council Show features more than 225 of the top contemporary jewelry, clothing, furniture and home décor artists from across the country. Preview party Thursday, March 13: 6-9pm. \$75 in advance, \$85 at door. Friday, March 14: 10am-8pm. Saturday, March 15: 10am-6pm. Sunday, March 16: 11am-5pm. \$13/one-day pass. \$28/three-day pass. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 612-206-3100, www.cobbgalleria.com, or www.shows.craftcouncil.org/atlanta.

March 15

2nd Annual Water Drop Dash 5K is a fast, flat course along the banks of the beautiful Chattahoochee River in Roswell, Georgia! This event will kick-off national Water-Sense Fix a Leak Week and encourages metro Atlanta residents to conserve water and check their plumbing fixtures for leaks. 6:30 AM: Packet Pickup; 7:30 AM: Water Drop Dash 5k; 8:15 AM: Kid's Fun Run; 8:30 AM: Family Water Festival. Individual 5K - \$25 pre-registration, \$30 day of race. Kid's Fun Run - \$15 (Parents are welcome to walk/run with kids at no additional cost). Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 404-463-3256 or www.waterdropdash.com.

Zizi Has Relocated

Zizi is no longer with Variaboni Hair Color. She is now working full time at Nancy's Salon across the street in the Woodlawn Square, next to Publix.

Zizi is a hair specialist with over 25 years experience. Her specialties include Keratin Smoothing Treatments, CHI Thermal Straighteners, and UpDos for any special occasion.

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For more information & specials, find me on facebook.com/zizi.golkarieh

March 15

Bethel - Acworth Preservation Coalition Celebrates Bethel AME Church. Bethel AME Church is a National Register listed property, in Acworth, whose history spans 150 years. Share the heritage and preservation of a national treasure. There will be drama presentation by Young Voices United, under the direction of Nic & Princess Starr; followed by a reception at the Rosenwald School. 4pm Performance at Bethel AME Church. 5:30pm Reception at Rosenwald School. Business Attire. Bethel AME Church, 4826 School Street, Acworth. Rosenwald School, 4428 Cherokee Street, Acworth. More info: 770-597-7111 or lwa121695@aol.com. Please RSVP

Cobb County 4-H 2014 Plant Sale Pick Up. This annual fundraiser includes plants for nearly every landscape, offering hardy and productive varieties of berries, muscadines, and figs, flowering shrubs and perennials for sun and for shade. Plants must be ordered by March 7. One day only pickup 8am-3pm on March 15. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: 770-528-4070 or www.caes.uga.edu.

Spring Wellness Fair presented by Unity North Atlanta Church. Wellness Practitioners, Pet Adoptions, Community Health Information. Free. 10am-2pm. Unity North Atlanta Church, 4255 Sandy Plains Road, Marietta. More info: sfranklin1943@hotmail.com.

Walton Band Metal and Paint Recycling. The Walton Band in conjunction with Federal Recyclers, will be collecting electronics, appliances, metal and old paint for recycling. Suggested donation \$10/car with additional charges of \$20/TV, \$10/computer monitor, \$2/quart or gallon of paint, and \$7/5 gallon of paint. Walton High School, 1590 Bill Murdock Road, Marietta. More info: kathyaspy@hotmail.com.

March 16

Atlanta National College Fair. Students and parents can meet one-on-one with admission representatives from a wide range of national and international, two- and four-year colleges and universities. Learn about admission requirements, financial aid, campus environment and discuss individual needs with onsite counselors. Free. Registration online encouraged. 12-4pm. Georgia World Congress Center, 285 Andrew Young International Boulevard NW, Atlanta. More info: www.nacacnet.org or 703-836-2222 or 800-822-6285.

March 19

My First Story Time. This structured program lasts 15 to 30 minutes and is appropriate for children between the ages of 6 weeks and 15 months and their parent or caregiver. There will be an additional 10 to 15 minutes for the babies to interact with each other, and parents or caregivers too. 10:15-10:45am. Mountain View Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-4964 or finleyp@cobbcat.org.

March 20

Single Parenting Workshop. The purpose of this training is to provide child sexual abuse prevention education, practical tools and encouragement for the demands of today's single parent. 9:30-11:30am. \$20. VOICE Today Office, 3855 Shallowford Road, Suite 110, Marietta/East Cobb. More info: Chris Ugi, 678-578-4888 or chris@voicetoday.org

March 20-22

34th Annual Garage Sale. Includes seasonal, office goods, flat screen TV's/PC's, furniture, books, clothes, housewares, toys, baby items and much more. March 20-21: 9am-6pm. March 22: 9am-1pm. St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-552-6400 or www.st-ann.org.

March 21-23

36th Annual Spring Atlanta Home Show with over 350 local home improvement companies exhibiting their latest in home remodeling products and services. Demonstrations and seminars every day. Friday: 10am-6pm Saturday: 10am-7pm. Sunday: 12-6pm. \$10/adults. Free/children 12 & under/adults 65 & older. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-798-1997.

An Evening with George presented by Georgia Metropolitan Dance Theatre. This show features the charming melodies of American composer George Gershwin. Presented in two parts, the first half is a musical theatre revue titled Rhapsody in Blue (and Pink!), and Part 2 will feature Tom Pazik's By George! A show within a show that allows the audience a glimpse into the backstage happenings of a dance company. Friday: 7:30pm. Saturday: 2pm & 7:30pm. Sunday: 2pm. \$22-\$24. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info/tickets: 678-287-9020 or www.georgiametrodance.org.

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COMMUNITY CALENDAR

March 21-23

Modern Choreographic Voices. The Atlanta Ballet presents the works of some of today's most sought-after contemporary choreographers. Friday: 8pm. Saturday: 2pm & 8pm. Sunday: 2pm. \$20-\$117. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 800-982-2787, www.atlantaballet.com, or www.cobbenergycentre.com.

March 22

AJO4LAX Fest 2014 hosted by Pope High School in memory of Andrew J. Oswald, a Pope Lacrosse standout who died in 2005 from injuries sustained in a car accident. Eight top rated lacrosse teams will play each other starting at 10am. \$7/adults.\$3/children under12. Ticket is good for all 5 games. Proceeds will benefit the Andrew Oswald Memorial Fund, Ltd. and fund college scholarships, grants to youth and high school lacrosse programs, as well as a partnership with SafeAmerica in support of teen safe driving initiatives. Pope High School, 3001 Hembree Road, Marietta. More info: 678-777-3041, the_oswalds@ajo4lax.com, or www.ajo4lax.com.



March 22

Farmers Market at High Meadows School. Festival featuring organic and sustainably-grown foods from more than 40 local farmers, artists, food vendors, plus gardening and cooking demonstrations, music, and family activities. Open to the Public. 10am-2pm. 1055 Willeo Road, Roswell. More info: 770-993-2940 or www.highmeadows.org.

March 23

Nike Football Camp. This camp is the only national camp that offers athletes state-of-the-art education in both SPARQ training and position-specific football from respected position coaches and improves each player that attends, and does all of this FREE to attendees. 9am-2pm. Lassiter High School, 2601 Shallowford Road, Marietta. More Info: brian@studentsports.com or www.studentsports.com.

March 24

2014 Northeast Cobb Business Association Golf Tournament. Proceeds to benefit local schools. 8am-5pm. Shotgun starts at 9am. Single package: \$110. Foursome package: \$440. Pinetree County Club, 3400 McCollum Parkway NW, Kennesaw. More info: golf@northeastcobbba.com or www.northeastcobbba.com.

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Music Camps (Early-birds registration \$25 off)
June 9-13/July 14-18: Piano/Guitar Camps for Beginners
June 16-20/July 21-25: Piano/Guitar Camps for Intermediate L.
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May 27-30: Wild Animals
June 2-6: Chinese Festivals
July 7-11: Sea Animals

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July 7-11: Young Writers' Camp (Grade 6-8)
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March 25

30th Annual Peach of an Athlete Role Model Banquet sponsored by the Boys Scouts of America. Peach of an Athlete recognizes amateur and professional athletes who live their lives with the same values as Scouting. This awards dinner honors 12 collegiate athletes, a professional athlete, and a community leader. 7pm. \$250/person. \$2,000/table of 8. Sponsorships available. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-956-3177.

March 26-27

Defensive Driving/Driver Improvement Class presented by Safe America. If you are already driving but want to lower the cost of your car insurance or if you've gotten a traffic ticket and need to take a defensive driving class, this class is for you. 6-hour class taught by certified instructors. Registration needs to be done in person due to a state form requiring signature. 6-9pm. Safe America Foundation, 2480 Sandy Plains Road, Marietta/East Cobb. More info: 770-973-7233 or www.safeamericadrivers.org.

March 27

Women for Hire 2nd Annual Free Nationwide Online Career Fair. Log on online, to put your resume directly in front of recruiters from a wide range of top corporations, non-profits and government agencies hiring across the United States. 10am-1pm. More Info: www.womenforhire.com/online-career-fairs/

March 28

29th Annual Tribute to Women of Achievement. This is a YWCA of Northwest Georgia major event to raise funds to benefit their vision of a community free of domestic violence and sexual assault. Silent Auction, Dinner & Awards Presentation celebrate outstanding women for their achievements, leadership and commitment to the advancement of women. The Woman of the Year will be selected and announced. 5:30-9pm. \$100/Dinner Ticket. \$1500/Table Sponsor. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: Hope Felshaw at 770-423-3562 or hfelshaw@ywcawnwga.com.

The Foxtrotters Dance Club, St Patrick's Day dance featuring The Continentals Band. Dressy or formal, refreshments included. Singles and couples 55+ are welcome. 7:30-10:10pm. \$10. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-509-4900 or foxtrottersdanceclub@outlook.com.

March 28-29

Dorset Subdivision Spring Garage Sale - Multi-Family. 9am - 3pm RAIN or SHINE. Next to Pope High School, off Hembree Road. More info: Linda Howard, ldhdirect24@verizon.net.



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March 29

Farm Day with the ArtBarn at the Chattahoochee Nature Center. Spring is back and so are the animals! Whether they are on the farm, in the woods or in our homes, animals play a central role in our lives. Discover the importance of spring animals and how to best appreciate them. Meet, touch and hold live farm animals including ducklings, chicks, goats and bunnies from the ArtBarn. And learn about the important jobs that wild and farm animals perform in our watershed. All Ages. 12-4pm. Admission: \$10/adults. \$7/seniors. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055.

March 29-30

Down The Street Bead & Jewelry Supply Show. Materials, supplies and classes for all things bead. \$5. Saturday: 10am-5pm. Sunday: 11am-4pm. Cobb Galleria, Two Galleria Parkway, Atlanta. More info: www.thedownthestreetbeadshow.com.

Plein Air Paint Out sponsored by Marietta/Cobb Art Museum. Artists will paint local public and private sites in Historic Marietta. Rain or shine. Saturday: 10am-6pm. Sunday: 10am-3pm. Completed works will be displayed at Surace Art Studios located behind the Marietta/Cobb Art Museum through April 1 (unless sold), 30 Atlanta Street SE, Marietta. More info: Katie at 770-528-1444 x16 or www.mariettacobbartmuseum.org.

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Pets of the Month: Snickers & Pekoe (sister & brother)

Submitted by Lynn Shoenig & Roy Conrad



Animal/Breed: Shorthair American Cat

Age & Gender: 18 months

Favorite Food: Cat treats

Favorite Person: Snickers (Roy), Pekoe (Lynn)

Best Trick: Stealing Qtips.

Turn Ons: Playing under bed sheets and in running water in the sink.

Turn Offs: Strangers

Favorite Toy: Mouse with feathers

Last Seen: Trying to get in the cupboard where the treats are kept.

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Should Your Pet Be Our Pet of the Month?

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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: _____

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Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

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6th Annual Indoor Yard Sale To Benefit Mostly Mutts



Mostly Mutts is holding their 6th annual indoor yard sale at Sprayberry Square Shopping Center, 2550 Sandy Plains Road, Suite 200 in Marietta/East Cobb 30066 during the weekends of Feb. 28 to March 2, March 7 – 9, March 14 – 16, and March 21 – 23.

"Whether you donate, shop or both you are making a difference in a dog or cat's life," says Tammy Turley, Executive Director of Mostly Mutts. Items for sale include antiques, furniture, electronics, pet supplies, home and garden décor, children's clothing, games, toys, collectibles, sporting goods, etc.

The hours of operation are as follows:

- Fridays (Feb. 28, March 7 & 14): 10AM – 4PM
- Saturdays (March 8, 15 & 22): 10AM – 4PM
- Sundays (March 15, 22 & 23): 12AM – 4PM

They will be accepting donations of food for Pet Buddies Food Pantry. Please bring unopened, unexpired dry and canned dog and cat food during the sale.

According to the Humane Society of America, four million cats and dogs --about one every eight seconds-- are put down in U.S. shelters each year. Atlanta alone euthanizes around 100,000 animals per year. Many of these animals are the offspring of cherished family pets. Spay/neuter is a proven way to reduce pet overpopulation.

Mostly Mutts is an all volunteer-based, licensed shelter and 501(C)3 organization that has placed over 3,000 animals since its inception in 2004. The mission of Mostly Mutts is to work closely with animal control officers and other rescue organizations to reduce the number of animals euthanized at local shelters. Mostly Mutts provides housing, health care, training, plus physical and emotional care to adoptable animals until they find a new home. Visit Mostlymutts.org or call 770-325-7387 for more information. ©



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Delicious crepes are common menu items in Europe and in parts of the United States, but the Atlanta area has been missing this culinary delight until recently. One year ago, Ogie Tzankov opened The Crepe Café with his wife Danni and son Chris in East Cobb because they missed the crepes from their home country of Bulgaria. Crepes are light pancakes traditionally filled with an assortment of tasty ingredients.

“The French believe that the crepe should be tasteless, and that the ingredients should bring the flavor,” said Ogie. “Our secret-recipe crepes are so delicious; they can be eaten on their own.” However, the café has lots of filling options. Patrons with a sweet tooth will enjoy crepes like “The BullDawg,” which includes nutella chocolate hazelnut spread, strawberries and whipped cream. If you are interested in something savory, you might like “The Regular,” filled with ham, mozzarella cheese, mushrooms, olives and field greens.

Ogie’s favorite is a brunch crepe, which includes ham, bacon, cheese and egg. He prides himself on offering a selection of fresh, wholesome ingredients, so customers can create their own delicious ingredient combinations.

Also, don’t miss the coffee. The café has a top-of-the-line espresso machine and uses Italian coffee to create decadent cappuccinos, lattes, espressos and other coffee treats.

The owners selected East Cobb because they have roots in this area, and they know it’s a family-oriented community. They wanted to create a cozy, neighborhood gathering spot. The café has free Wi-Fi and includes comfortable seating for one person or larger parties.

The café is located at 4375 Roswell Road in the East Cobb Crossing shopping center (near Party City). Now open for breakfast, operating hours are Tuesday-Saturday (8 a.m. – 8 p.m.), and Sundays (10 a.m. – 5 p.m.). For more information, visit crepecafeatlanta.com or call 770-971-0077.

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Dynamic Duo Offers Healthy Lifestyle Fitness Programs

There's a new duo in town whose goal is to help East Cobb get healthy and stay healthy. Meet Alex and Ashley Poptodorova of A+A Wellness. As new residents, they want to plug into the community and share their fitness and nutrition regime with others. According to Alex, "Education is at the core of each of our custom-tailored programs. We want to give clients the necessary tools to achieve health and happiness and then be able to pass on what they have learned to their children, grandchildren, and friends."

The idea to create A+A Wellness was birthed in 2005. When Alex and Ashley met, Ashley had recently lost 80 lbs., leaving her body and spirit depleted. She had focused on weight loss, but not her overall health. A microbiology major headed for medical school, Alex had an extensive knowledge of nutrition and health. According to Ashley, he taught her from A-Z how to properly eat, exercise, choose the right supplements, and even shop for food. "I became healthy on the inside and out," says Ashley. "I was once again coming from a place of self confidence."



▲ Alex and Ashley Poptodorova

Ashley's transformation was the catalyst for creating their business in Tampa, Florida. This dynamic combination of talent blended Alex's knowledge of health and nutrition with Ashley's abilities to motivate and relate to clients as someone who has walked in their shoes. They began the business in a one-car garage and moved five times over the next seven years to larger facilities, accommodating their growing client base.

A+A Wellness is now open for business in East Cobb, with a combined 20 years of fitness expertise between the two owners. Flexibility to address clients' needs, budgets, and schedules is key to what they offer. They can meet a client at a gym, in the client's home, at a park, at a business, or even through Skype for a busy traveler. Custom-tailored programs are provided in a variety of areas including one-on-one training, small group training, boot camp, corporate wellness, nutrition plans, supplement plans, pregnancy fitness, career prep training, sports-specific training, food shopping education, and web-based fitness and nutrition plans.

"Sometimes a client's goal is completely different from what that client actually needs," explains Alex. "For example, someone may come to us to lose 30 lbs. for an upcoming event. Our role is to help them not only lose the weight, but also understand the right reasons for doing it."

For more information, contact Alex or Ashley at 770/905-7400 or aandawellness@icloud.com. They can also be located at www.aandawellness.com and on [facebook.com/aandawellness](https://www.facebook.com/aandawellness). 

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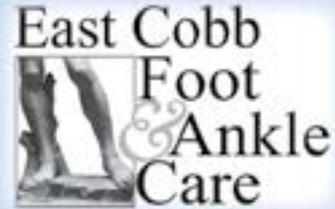


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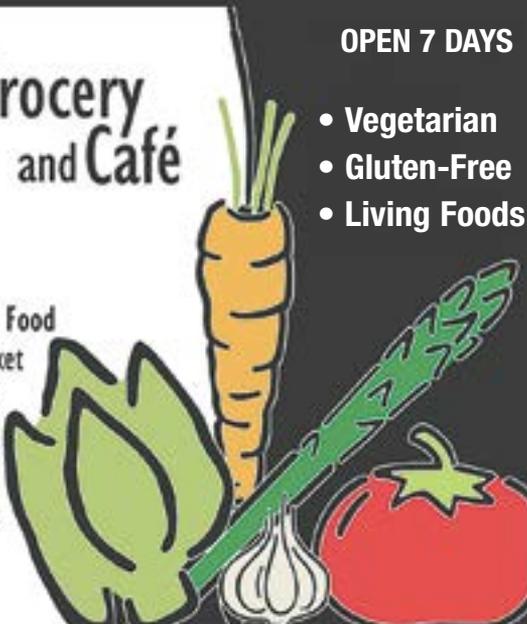
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Cobb2020 Kicks Off Walk Cobb 2014



Cobb2020, a Partnership for a Healthier Cobb, kicking off its second Walk Cobb initiative on February 1 to promote an active and healthy lifestyle throughout Cobb County.

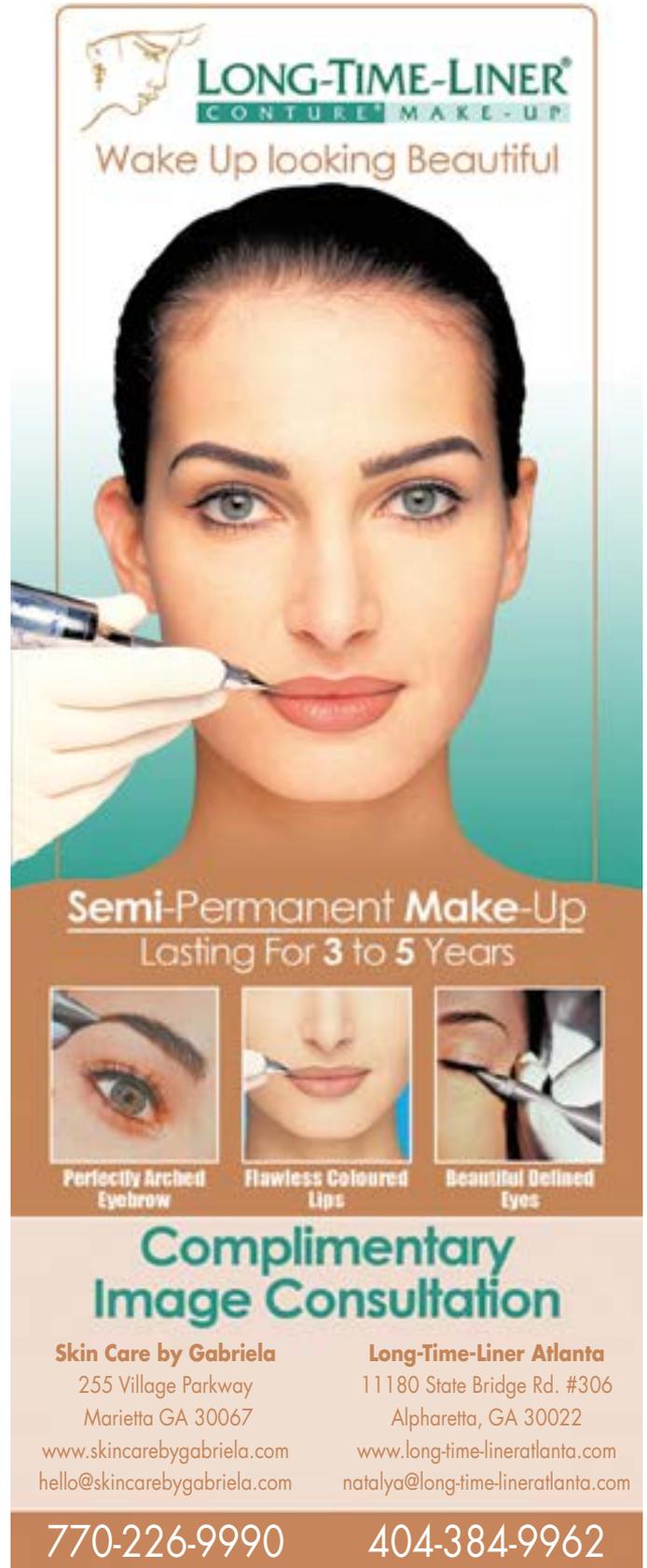
Walk Cobb is a part of Walk Georgia, a program through University of Georgia's Cooperative Extension and aims to help individuals develop regular physical activity habits, get healthier and more physically fit, and it promotes fun through physical activity for the whole family.

The goal behind Walk Georgia is to discover new ways to improve your health and integrate the habit of regular physical activity into your life. Participants will track and record their walking and/or other physical activity minutes that will be converted into steps through the Walk Georgia website during the timeframe of February 1- April 26.

Last fall, Walk Cobb involved more than 400 participants on more than 100 teams. Collectively, they logged over 29,000 miles of healthy physical activity between October 1- November 23, 2013.

For spring 2014, Cobb2020 aims to hit 50,000 miles through its participants and teams, continuing its promotion of healthy lifestyles and building a healthier Cobb County.

Free registration for the spring series starts on February 1 and ends on March 10, 2014. The initiative runs from February 1 until April 26, 2014. To register for the series, visit www.walkgeorgia.org and sign up using the group name Cobb2020. 



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Walton High School Boys Swim Team Claims Top Spot in State



▲ The winning Walton High School Swim Team are pictured above: **Bottom Row (l-r):** Reese Guthrie, Cara Metts, Dana Barringer, Channing Hans, Jane Watts, Alyssa Horacek, Johanna Keeline **2nd Row (l-r):** Zach Getty, Kyle Hudon, Emily Stone, Allison Boda, Halle Friedman, Nicole Valerioti **3rd Row (l-r):** Tyler Yuen, Alex Edwards, Anna Marino, Sehyun Cho, Mary Beckwith, Gabbie Gauntt, Olivia Winkler **4th Row (l-r):** Thomas Kelley, Lindsay Akers, Emma Cole, Evan Arsenault, Mark Keaveney, Kira de Bruyn, Will Mast **5th Row (l-r):** Jack Gunning, Cody Pitts, Stephen Lane, Nick Froemming, Sam Yund, Connor Kilch **Top Row:** David Dingess, Jake Williams, Max Zhou, Coach Ty Vernon, Coach Allison McGraw, Coach Mary Howell Hafner. *Not Pictured: Austin George

The Walton High School boys swim team captured the Class AAAAAA state swimming title Saturday, February 8, at Georgia Tech Aquatic Center. Until this year, a Gwinnett County school has won state every season since 1999—that is when the Pope High School boys swim team emerged victorious. Walton's main opposition were a couple of north Fulton schools – Chattahoochee and Alpharetta. The Walton Raiders won with 224.5 points and Chattahoochee was second with 218 and Alpharetta was third with 205. In the boys AAAAAA meet, Lassiter was the next highest Cobb finisher at 12th, Kennesaw Mountain was 17th, North Cobb was 18th and Marietta was 21st.

"We're still very excited and grateful for all the support that we've been getting from Walton and the greater Cobb community," Walton coach Mary Howell-Hafner said. "We're excited to bring the title back to Cobb because it's been gone for a while."

The Walton girls placed fourth in the AAAAAA meet after winning state in the 400 freestyle relay with a time of 3:28.75 and Lassiter was fifth. The remaining Cobb teams were a lengthy distance behind both teams. Kennesaw Mountain was the next highest Cobb finisher at 17th, Harrison was 19th and Campbell was 27th. 🏆

Get In

The 14th Annual EAST COBBER Camp Guide!



To get in the EAST COBBER annual Camp Guide which will be featured in the April 2014 issue mail or fax your completed listing form to:

EAST COBBER

Camp Listings Editor

P.O. Box 680455

Marietta, GA 30068

Fax: 770-559-3185

e-mail: campguide@eastcobber.com

All listings are subject to editor's discretion. Every attempt will be made to include all camp listings submitted. Advertiser's listings are guaranteed. Form due date: March 17, 2014.

Camp Name(s): _____ Organization/Owner: _____

Age Group: _____ Camp Fee: _____

Camp Dates: _____ Time: _____

Camp Name(s): _____ Organization/Owner: _____

Age Group: _____ Camp Fee: _____

Camp Dates: _____ Time: _____

Contact name: _____ Title: _____

Website address: _____ Email address: _____

Address: _____

City, State, Zip: _____

Telephone: _____ Fax: _____

Contact me about advertising in the 14th Annual Summer Camp Guide.

Call 770-640-7070 for additional information.

SUBMISSION DEADLINE: March 17, 2014

Landscapes and Seascapes Come Second Nature to East Cobb Artist

By John Tabellone



▲ **Ginny Lane**

Employed at a local hospital by day, Ginny Lane holds a highly technical position as a combination nurse/teacher, instructing other nurses and doctors how to chart their electronic records. Her avocation as an artist, however, comes second nature to her in more than one manner of speaking when she employs the creative side of her brain with equal expertise.

First, her talent is in her DNA: with her mother being a sculptor, and a sister, cousin and uncle as fellow painters, the East Cobb resident and her family have also been preceded by earlier generations of artists.

Furthermore, spending summers growing up, and to this day, at the family vacation home along the heavily wooded, picturesque coast of Maine, provided the perfect backdrop and inspiration for Ginny to not only experience nature, but to embrace it fully. Thus, the bulk of her work focuses on the flora and fauna within the ever-green landscape of the Pine Tree State, as well as on its crustaceans, lobster pots, sailboats and rocky seacoast.

In Maine she has received recognition as a member of the Maine Coastal Art Alliance and has exhibited for a second year in 2013 in the juried Southwest Harbor Fine Arts Festival. She has her paintings on display and teaches classes at Waterfront Fine Arts Gallery in Bernard, Maine.

When Ginny, her husband, Jim, and their three children moved to the South to live in East Cobb in 1991, she immediately took to the local art scene with equal élan. "I've met many great artists in East Cobb. Networking and painting together with them has been very inspiring to me, as well," says Ginny.

Her credentials here in metro Atlanta are well documented, as she has achieved the highly competitive distinction as an "Emerging Artist" at the Anne Irwin Fine Art Gallery for the maximum two-year time frame. In addi-

tion, she has studied for 14 years under the tutelage of well-known Atlanta artist, Karen Bradshaw. Ginny is also a member of the Roswell Arts Alliance and a former member of the Atlanta Art Center.

Since teaching comes naturally to her and, together with her associate and friend, Mary Jane Huegel, she loves the opportunity to teach formal still life and landscapes lessons in oils and acrylics at her home studio. Ginny also offers an "open studio" option where participants paint their own subject matter.

Because many of her students catch the passion that Ginny exudes in her painting, they tend to continuously attend her courses week after week, month after month (except in the summer). They want to develop their skills, offer each other honest critiquing and get to know one another, to the point where class openings occur only occasionally.

Not only does Ginny offer workshops and classes, but like many artists do, she continues to attend those of others, such as at the Sandy Springs Art School, where participants can learn from each other and enjoy the camaraderie.

Ginny says, "I'm looking forward to participating in the 'Marietta Great Paint Out' coming soon in late March through early April, where artists paint plein air (outdoors). It's a juried exposition and anyone can buy any of the works, which will be on display at the Marietta Museum of Art."

On the other hand, if you're heading to New England late this summer, you may want to consider her Maine Art Workshop at their home in Seal Cove. Attendees will get to learn new strokes, techniques and styles, plus Ginny's husband, a former restaurateur, promises to prepare succulent lobster and clambake dinners. Ginny adds, "There'll also a little time to enjoy Mother Nature with sailing, hiking and kayaking—all great subject matter for burgeoning artists."

When asked what drives her to paint, she easily responds, "Nature inspires me to paint, and I want to capture that essence on a canvas so I can then share it with others. The natural beauty of East Cobb and north Georgia provides an infinite number of landscape opportunities. I feel blessed to have a practically endless choice of scenery options all around me." Some of her collection may be seen at www.ginnylane.com. You may also contact her at ginnylane@gmail.com for an appointment to visit her studio. 📍

East Cobb Teen Needs Our Help



▲ Mary Lindemulder

On January 30th, Mary Lindemulder, a 7th grader at Dickerson Middle School was struck by a vehicle as she was helping push her mother's car out of the snow. The teen had her left leg severed and her right leg severely injured.

Mary's uncle, Gregg Lindemulder issued a statement last month on behalf of Wendy and Scott Lindemulder, parents of Mary.

"The vehicle Wendy was driving was struck from behind by another vehicle on Herodian Drive near Circle 75 Parkway in Cobb County. At the time of the accident, Wendy and Scott's daughters, Maggie and Mary, along with Wendy's mother, were attempting to push Wendy's car out of the snow when they were struck by another vehicle. Mary suffered deep tissue wounds to her right leg and her left leg was severed.

In the moments after the impact, Wendy used her daughter Maggie's shirt to slow the blood flow from Mary's left leg until emergency and rescue crews arrived on the scene. Wendy's instant reaction and calm manner in the face of the agonizing scene unfolding before her and her family saved Mary's life.

Mary was flown to Children's Health Care of Atlanta's Egelston facility and was immediately rushed into surgery. Although her left leg was not able to be saved it is expected that her right leg will, in time, make a full recovery.

Mary spent three days in the Pediatric Intensive Care Unit and has since been moved to another part

of the hospital to continue her recovery. The immediate future of her care includes the beginning of physical and occupational therapy, the healing of her wounds and an emotional recovery. Scott, Wendy, Wendy's mother and Maggie have also started their emotional healing process.

In response to many generous requests, Wendy and Scott have set up a fund for Mary through gofundme.com for those wishing to help in Mary's care and rehabilitation. Donations may be made by searching Mary Lindemulder at gofundme.com. (www.gofundme.com/6p5mw0)

At the present time, the family is first and foremost concerned with Mary's health, recovery and well being. As such, they are not in a position to speak to the media at this time. Out of respect for the Lindemulders and their extended family, we request that the media and public refrain from making inquiries of them at this time.

Both Wendy and Scott are extremely grateful for the many people sending their prayers, thoughts and well wishes for Mary. The outpouring of kindness and messages of hope have been a comfort and a reminder of the good in the world when it is needed most.

Wendy and Scott want the public to know that it simply isn't possible to thank all those who deserve it at this time but will reach out in a personal and private manner when time allows them to do so. So many people were there for them, their gratitude is immense.

It is Wendy, Scott and Maggie Lindemulder's firm belief that while this tragedy has unfairly and abruptly taken so many things from Mary, they are all now on the journey to seek what it has given. Your continued respect for their privacy is appreciated." 🙏



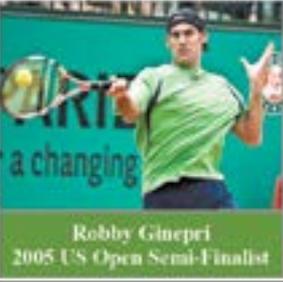


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East Cobb Senior Center Activities Scheduled for March

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 Checks

Tuesdays, March 4, 18, & 25 | 10am – 12pm

Dine-a-Round: Hong Kong Star

Thursday, March 6 | 11:30am – 1pm

On Your Own; Reservations required.

Ice Cream and a Movie: *The Luck of the Irish*

Monday, March 10 | 1pm – 4:30pm

\$4 Cobb residents; \$5 Non-residents

Steven Fitzgerald (Tyrone Power), a newspaper reporter from New York, meets a leprechaun (Cecil Kellaway) and a beautiful young woman (Anne Baxter) while traveling in Ireland. When he returns to his fiancée and her wealthy father's political campaign, he finds that the leprechaun and the young woman are now in New York as well. Steven is torn between the wealth he might enjoy in New York or returning to his roots in Ireland. Come for shamrocks, blarney, ice cream and popcorn.

Saint Patrick's Day Party

Wednesday, March 12 | 11:30am – 1pm

\$12 Cobb residents; \$15 Non-residents

Sure and begorrah it is about to be St. Patrick's Day so put on your green, because everyone is Irish on St. Patrick's Day, and come for a lunch of corned beef and cabbage with all the trimmings along with some great Irish entertainment.

Short of Breath: Lung Disorders

Wednesday, March 19 | 1 – 2pm

Free. Registration Required

Short of breath? This presentation focuses on signs, symptoms and causes of shortness of breath and lung disorders with recommendations on how to relieve it. Presented by Bev Stegman of Foundation Therapy Center.

AARP Smart Driver

March 25 & 27 | 9am – 12pm

\$15 AARP Members; \$20 Nonmembers. Registration required.

Check with your insurance company about a possible discount

Go With the Flow: Blood Vessel Health and Vascular Screenings

Friday, March 28 | 10am – 2pm

Free; Registration required

Vascular disease, when detected in its early stages, can be treated effectively and its negative outcomes can be diminished, so join Vascular Surgical Associates for presentation on the importance of vein and artery health, problems to look for and treatment options. Following the seminar, free screenings will include a carotid artery evaluation, peripheral artery disease screening, as well as an optional visual examination of the legs to examine venous insufficiency.

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Happy St. Patrick's Day!

Foxtrotters Dance Club Keeps Seniors On The Move

by Carolyn Davenport



There is life after retirement, and members of The Foxtrotters Dance Club are a testament to that reality. Founded in 1997, this group of seniors "trips the light fantastic" on the fourth Friday of each month at the East Cobb Senior Center. Doors open at 7pm, and dancing is from 7:30 pm to 10:30 pm. With the ballroom outfitted in linen-covered and deco-

rated tables, dancers swing to live music and enjoy non-alcoholic beverages and a buffet table replete with sweet treats. Frank Godfrey, former Club President, said, "What's not to like? Fine people, a good floor and wonderful music make Foxtrotters a great club."

Ballroom dancing's popularity may have been revived with "Dancing With The Stars," TV show but most of The Foxtrotters were doing the waltz, cha-cha, rumba, tango and other steps long before many of those celebrities were born. Ranging in age from 55 to 93 years, members have celebrated wedding anniversaries that span over five decades.

The Club is led by a dedicated group of board members, including Barbara and Jack Digulla, Co-Presidents, Betty and Lee Morgans, Marsha Stemme, Jinny and Doug Rowan, Marcia Curtis and Harry Owen. Averaging 70-100 people attending each dance, these seniors remain vibrant and active through ballroom dancing as well as with the socializing these events offer. "Our intention was to create a warm and welcoming dance where seniors could feel comfortable and have a good time," remarked Club Founder Naomi Davis.

The Foxtrotters are inviting singles and couples to join them. For \$10, anyone over the age of 55 can enjoy one of the best events that East Cobb has to offer! Check out their web site at www.foxtrottersdanceclub.wordpress.com. 



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Marshall Gill, Executive Director



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AARP Tax-Aide Offers Free Tax Help to Cobb County Residents

AARP Tax-Aide is set to begin another year of providing free assistance to low- and moderate-income individuals and families in filling out income tax returns. There is no income limitation and the service is available to everyone. Although AARP's general mission focuses on people age 50 and older, the tax assistance program is for all ages. Those helped last year were 18 to 100 years old. It is free, individualized and no strings attached. In most cases the tax return is e-filed the same day the return is prepared. There is no charge for this service.

AARP is a nonprofit, nonpolitical charity organization. Tax-Aide was launched in 1968, providing confidential, free services to people with annual incomes between \$10,000 and \$100,000. You do not need to be a member of AARP or a retiree to use this service.

AARP Foundation Tax-Aide volunteers are trained and IRS-certified each year to ensure their knowledge of revisions to the U.S. Tax code. Each counselor undergoes six days of intensive training the first year and five days of training the second year. More experienced counselors receive 1.5 days of training. All must pass an IRS certification test through the advanced level.

AARP Tax-Aide sites may be found at any of the following Cobb County locations:

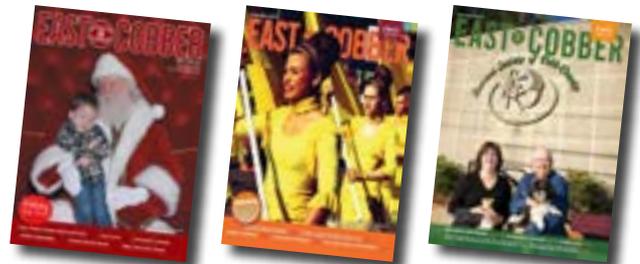
- > **Mondays: 10am-2pm**
Cobb County Senior Wellness Center
1150 Powder Springs Street, Marietta
- > **Mondays: 10:30am-2:30pm**
Gritters Library
880 Shaw Park Road, Marietta
- > **Tuesdays: 10:30am-2pm**
East Cobb Library
4880 Lower Roswell Road, Marietta
- > **Wednesdays: 10am-2pm**
Wolfe Adult Recreation Center
884 Church Street, Smyrna
- > **Wednesdays: 10am-2pm**
West Cobb Senior Center
4915 Dallas Highway, Powder Springs

- > **Thursdays: 11:30am-3pm**
Mt. View Library
3320 Sandy Plains Road, Marietta
- > **Thursdays: 11:30am-3:30pm**
West Cobb Library
1715 Dennis Kemp Lane, Kennesaw
- > **Thursdays: 10am-2pm**
Word Of Faith Church
7680 The Bluffs, Austell
- > **Fridays: 12-3:30pm**
Central/Switzer Library
266 Roswell Street, Marietta
- > **Fridays: 10am-2pm**
East Cobb Government Center
4400 Lower Roswell Road, Marietta

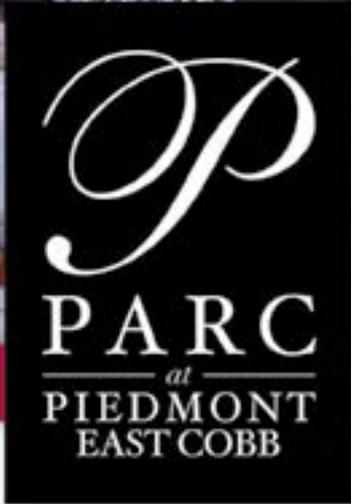
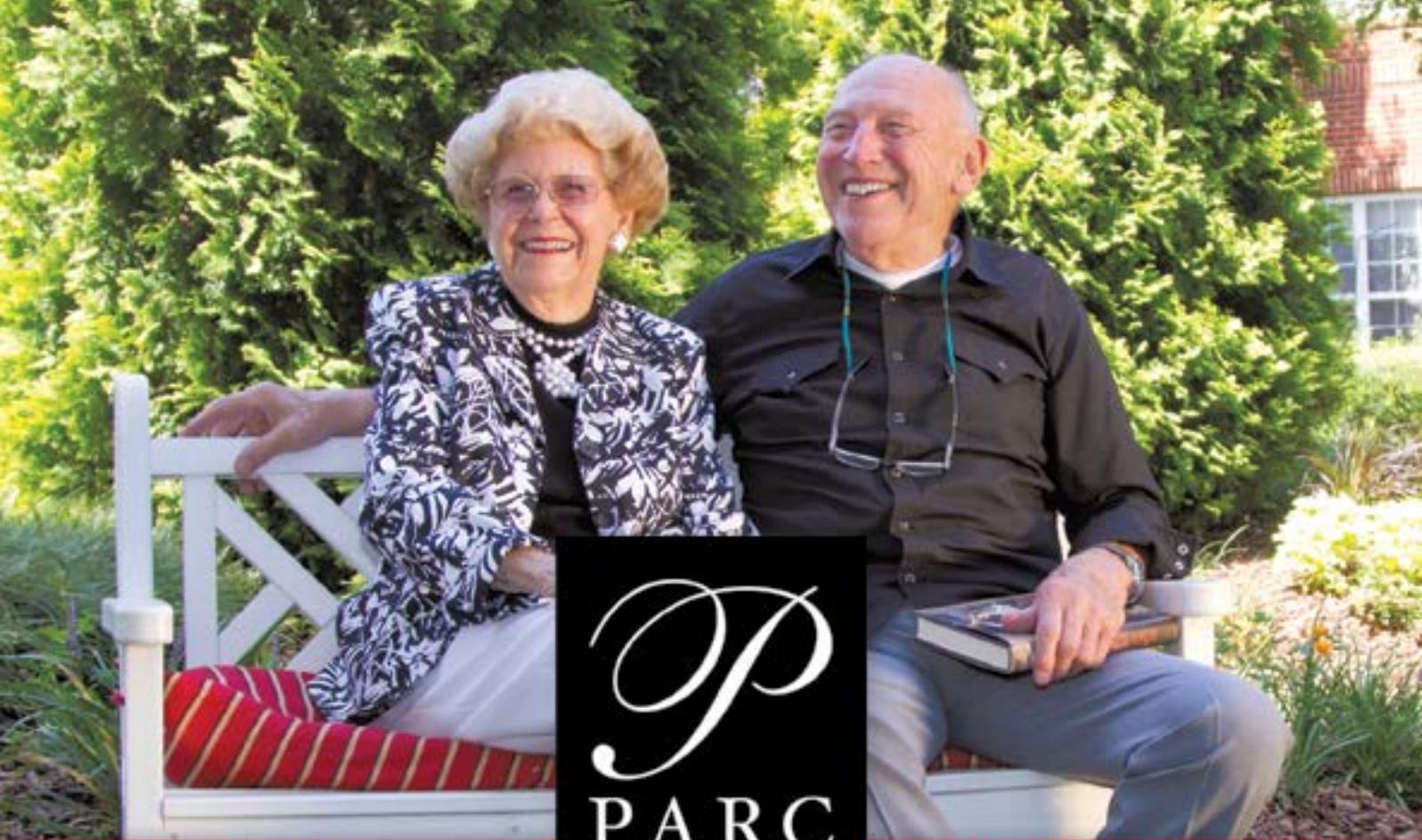
Remember, taxes are prepared by IRS – trained tax counselors. Consultations are free and confidential. Appointments are not required. Electronic filing is available at all locations.

If you plan to use this service, be sure to bring your 2012 return and your 2013 tax documents. Each taxpayer must present their social security cards or other identification documentation for yourself and all dependents. For direct deposit refunds, taxpayer must have their checkbook, a valid blank check or cancelled check. For more information go to www.aarp.org/taxaide 

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CLUB CALENDAR

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

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

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

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

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



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- **Atlanta Metropolitan Council Navy League.** Second Tuesday of each month. 7pm. Navy Recruiting District HQ, 2400 Lake Park Drive, Suite 410, Smyrna. Membership open to all civilian and retired military with an interest in supporting our men and women of the Navy, Marine Corps, Coast Guard, Merchant Marines and associated youth programs. More info: 678-234-2310 or campbellfc@comcast.net.
- **Atlanta World War II Roundtable.** Third Thursday (Sept-June) of the month. 11:30am. Petite Auberge Restaurant, North Druid Hills Road @ LaVista Road, Atlanta. More info: 770-928-4579 or jkovach2000@yahoo.com.

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

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

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

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

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

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

- **Cobb County Gem & Mineral Society.** Second Tuesday of the month. 7:30pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: Becky Patellis, 770-973-7483 or Kay Yoest, 770-952-3244.

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

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

- **Cobb Marietta Retired Educators Association.** Second Thursday of every month. 11:30am. Luncheon reservations required. Freeman-Poole Senior Center, 4025 South Hurt Rd., Smyrna. Contact: Carolyn Wilson, clw770@bellsouth.net or 770-427-6840.

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

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

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

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

- **Dinner-and-a-Book Club.** More info: RuthE or Batya at Thou Shalt Read, 770-993-5432 or sales@andthoushaltnotread.com.
- **Dog Hikers of Georgia.** Every Sunday. 10am. Various locations. Non-dog owners welcome. More info: Dr. Dan Batchelor, 770-992-2362.

- **Dudes 'n Darlins Square Dance Club.** Dances on 2nd and 4th Friday each month. 8-10pm. 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.eastcobbbba.com.

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

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

- **East Cobb Community Friends for Children's Healthcare of Atlanta.** Third Tuesday of the month. 7pm. 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 Patricia Laffaldano, Patricia.laffaldano@gmail.com.

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

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

- **East Cobb Lions Club.** Second and 4th Tuesday of the month. 7pm. East Side Baptist Church, 2450 Lower Roswell Road, Marietta. More info: Don Garrow, 770-955-6914.

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

Rotary of East Cobb

invites you to be our guest!
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Guest Speaker:

March 5, 2014- Brooks Mathis: Cobb Chamber of Commerce

March 19, 2014: Craig Dominey: GA Visitors Center

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

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

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

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

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

Georgia Tea Party. Every Thursday. 7pm. 900 Roswell Street, Marietta. More info: Jerry Kotyuk 404-374-0580 or jdk4@clear.net.

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

Happy Tails Pet Therapy. Orientation for prospective members 1st Thursday or Saturday of the month. 10:30-11:30am and 7-8pm. Mt. Bethel Christian Academy, 4385 Lower Roswell Road, Building F, Room F001, Marietta. Check dates: 770-740-8211 or www.happytailspets.org.

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

International Association of Administrative Professionals (IAAP)-Cobb County Chapter. Fourth Monday 6pm. Education program and networking dinner. Wyndam Atlanta Galleria, 6345 Powers Ferry Road NW, Atlanta. More info: Karen Ortega-Carbonell, kortega@habitat.org.

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

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

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

Marietta Lions Club. Second Thursday of the month. 7pm. Hilton Conference Center, 500 Powder Springs Street, 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: mariettapflag@gmail.com.

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

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

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

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

Moms in Prayer (formerly Moms in touch) for parents of children at East Cobb Middle School. Every Tuesday at 11am. Meeting location: Eastside Baptist Church (in the prayer room). More info: Esther Thenot, 678-372-2336 or Philippe@Thenot.net

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

National Association of Active and Retired Federal Employees (NARFE). Second Wednesday of each month. 11:30am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More Info: 770-973-2834.

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

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

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

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

Northwest Atlanta Mothers of Multiples (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: 678-235-8468 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 degriillmouse@comcast.net.

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

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

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

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

Song of Atlanta Show Chorus. Women's four-part harmony chorus. Every Tuesday. 7:30pm. St. John United Methodist Church, 550 Mount Paran Road NW, Atlanta. Visitors welcome. More info: www.songofatlanta.com or 770-509-0322.

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

Strive for Balance. For people who suffer from anxiety. Express your feelings, share your stories and experiences, gain more knowledge about anxiety and learn great coping strategies. November 6, 2013: 6-7:15pm; December 12, 2013: 4:30- 5:15pm. East Cobb Public Library, 4880 Lower Roswell Road, Marietta. More info: Galina Bannova, 770-633-1023 or galinabannova@gmail.com.

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

WeCan Women Entrepreneurs Collaborating and Networking. Fourth Monday of the month. 7-9pm. Unity North Atlanta, Admin. Building, 2nd Floor, 4255 Sandy Plains Road, Marietta. More info: Pam Brooks-Crump, 678-300-0698 or pam@pambrookscrump.com.

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

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Corky Kell Inducted Into Atlanta Sports Hall of Fame



▲ Carole Kell accepts the Hall of Fame plaque on behalf of her husband, Corky Kell.

The Atlanta Sports Hall of Fame inducted six new members at its 10th annual induction and awards ceremony last month. The Class of 2014 was inducted on Friday, February 7 at the Buckhead Theater. One of the six inductees was Corky Kell. The longtime Wheeler High School football coach, athletic director, county administrator and namesake of Kell High School (located in Northeast Cobb County) died in 1995 at age 57 from complications of lung cancer.

Kell was one of five founding members of the Georgia Athletic Directors Association, served 14 years on the executive committee of the Georgia High School Association and served as president of the Atlanta Touchdown Club in 1988-89.

Twenty-two years ago Corky Kell thought up an idea that forever changed Georgia high school football. Kell was instrumental in creating the High School Football Classic in 1992 that opened up the Georgia Dome to high school football. Over the next two decades, teams have been honored to open their seasons in the Georgia Dome while helping to raise money for the Corky Kell Scholarship Fund.

Other Class of 2014 Hall of Fame inductees included:

- Cindy Brogdon – Led Greater Atlanta Christian to three State of Georgia high school basketball championships (1972, 1974, and 1975). Inducted into the Women's Basketball Hall of Fame in 2002.
- Antonio McKay– Olympic Gold Medalist in track and field, winning two gold and one bronze medal at the 1984 and 1988 Olympic Games in the 400 meter. Three-time All-American while at Georgia Tech.
- George Rogers – Duluth High School graduate who won the 1980 Heisman Trophy as a University of South Carolina running back. Super Bowl champion (XXII) with the 1988 Washington Redskins.
- John Smoltz – Major League Baseball pitcher and sportscaster. Played two decades with the Atlanta Braves, including the 1995 World Series championship team. Eight-time All-Star and winner of the 1996 NL Cy Young Award.
- Ted Turner -- Owner of the Atlanta Braves and the Atlanta Hawks. Created the Goodwill Games. Won the 1977 America's Cup. Inducted into the America's Cup Hall of Fame in 1993 and the National Sailing Hall of Fame in 2011.

The Atlanta Sports Hall of Fame mission is to honor Atlanta sports heroes, remember great moments in Atlanta sports history, and preserve the past from which future generations can learn and take pride. ©



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19th Annual EAST COBBER Parade & Festival Scheduled for September 13, 2014



This fall, East Cobb will once again welcome the hometown tradition of a community parade and festival when the 19th Annual EAST COBBER Parade & Festival takes place. The EAST COBBER Parade features floats and high school marching bands as well as a cornucopia of East Cobb groups and will be followed by the EAST COBBER Festival featuring local entertainment, carnival games and plenty of good food.



EAST COBBER extends its mission of building a sense of community by establishing a hometown tradition of a community parade and festival. As the producers of the first parade and festival in East Cobb County, the EAST COBBER aims to establish a strong network between schools, businesses, government and clubs to create a showcase event and annual tradition for East Cobb County. The EAST COBBER Parade has become the largest parade in all of Cobb County and is the only community-wide event for East Cobb.

The EAST COBBER Parade and Festival aims to build a sense of community and reinforce East Cobb's status as one of the best places to live in the Atlanta area by giving thanks and special tribute to those who contribute to the quality of life in East Cobb: such as, principals, schools, clubs, elected officials, and civic leaders.

Overall, the objectives of this special event are as follows:

- Spotlight the people who contribute to the quality of life in East Cobb County.
- Provide opportunities for various groups of the community to interact.
- Boost the image of East Cobb to external audiences as well as to help East Cobb residents feel good about living in East Cobb.
- Celebrate the arts by providing a showcase for local fine arts performers and groups at the Festival.
- Promote economic development by providing local businesses with an event that demonstrates their community support and allows company personnel to interact with prospects and customers.

Because the EAST COBBER Parade & Festival is privately funded, contributions from local businesses are vital to keeping this tradition alive in East Cobb County. For sponsorship information or to request a festival booth application, contact 770-640-7070.

2014 EAST COBBER Parade & Festival Details:

Date:

Saturday, September 13, 2014

Parade:

Start Time: 10am

Finishes approximately
11:30am

Parade Route:

Parade travels one mile south
from Princeton Lakes Drive to
Fountains of Olde Towne
Shopping Center,
736 Johnson Ferry Road

Road Closure:

Johnson Ferry Road from
Lower Roswell Road to
Roswell Road shuts down
9:45am-11:30am

Festival Site:

Fountains of Olde Towne
Shopping Center
736 Johnson Ferry Road
Marietta, GA 30068



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.

Adult Survivors of Child Sexual Abuse Support

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

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

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

Alzheimer's/Caregiver Support Group Meeting

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

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

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

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

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

- **Career Transition.** Second Monday of the month (November-February) 6:30pm: Personal resume reviewing, interviewing, networking, and career assessment help. 7pm: Presentation. First Presbyterian Church, 189 Church Street, Marietta. More info: Bill Lins, 404-558-1579, or Bob Sobin, 770-795-9084, or visit www.fpcmarietta.org

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

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

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

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

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

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

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

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

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

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

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

- **Fractured Families for Parents Estranged from their Children.** First and 3rd Monday, 7:30pm. La Madeleine, 4101 Roswell Road #812, Marietta. More info: Sandy 404-446-6093 or Judy 404-643-3531.

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

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

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

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

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

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

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

- **National Alliance on Mental Illness (NAMI).** Family Support Group for families who have loved ones struggling with mental illness. Second and fourth Tuesday of each month, 7-8:30pm. Hillside United Methodist Church, Second Floor, 4474 Towne Lake Parkway, Woodstock. More info: 770-928-2762.

- **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.

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

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



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