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**HEALTH  
&  
WELLNESS  
GUIDE**  
Pages 44-53

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and Kirsten Rickers  
Co-Owners, CycleBar

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## Health & Wellness Guide

Local health experts and resources are listed to help you shape up and lead a healthier lifestyle in 2018.

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Please address all correspondence to [cynthia@eastcobber.com](mailto:cynthia@eastcobber.com).

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It's officially the start of a New Year, and for most of us, it means the start of a New Year's resolution list! This time of year sees many of us setting worthy goals for ourselves: eat less, exercise more, get organized...self-improvement is always important and our Health & Wellness section (pages 44-53) offers local resources and experts to help you achieve some of those New Year resolutions.

This issue also reminds us to also look beyond ourselves when making those goals for 2018. How 'bout resolving

to get more involved locally in 2018? The annual "Do Good Guide" (pages 16-21) offers a list of local non-profits that could use your help. Volunteering benefits those who give as well as those who receive. I hope you will consider helping out the groups listed in our "Do Good Guide" and/or go beyond that list and see if your local theater, youth group, library, school, or church could use your help. Consider joining a club. See pages 58 and 59 for club meeting times and contact information.

One of the best parts about ringing in the New Year is the chance to reflect on our own lives over the past year and make goals to help us do things a little better. One of my many New Year's resolutions, is to serve my EAST COBBER readers better. There is so much information about East Cobb people, events and issues, I can't possibly fit it all in this magazine. Social media allows the EAST COBBER more ways to share that info. In addition to print advertising, EAST COBBER is evolving into a media company that offers a variety of platforms—from blogs, e-newsletters, Facebook page, and more special events—that promote the people, causes and businesses in this great community! You can keep up with what is going on by:

- > Liking us on Facebook: [Facebook.com/eastcobber](https://www.facebook.com/eastcobber)
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- > Signing up for our Enewsletter by visiting [www.eastcobber.com](http://www.eastcobber.com).

Also, if you have a story idea, email me at [cynthia@eastcobber.com](mailto:cynthia@eastcobber.com).

Here's to happy and prosperous 2018!

A handwritten signature in black ink that reads "Cynthia". The signature is fluid and cursive, with a long, sweeping tail on the final letter.

Cynthia M. Rozzo  
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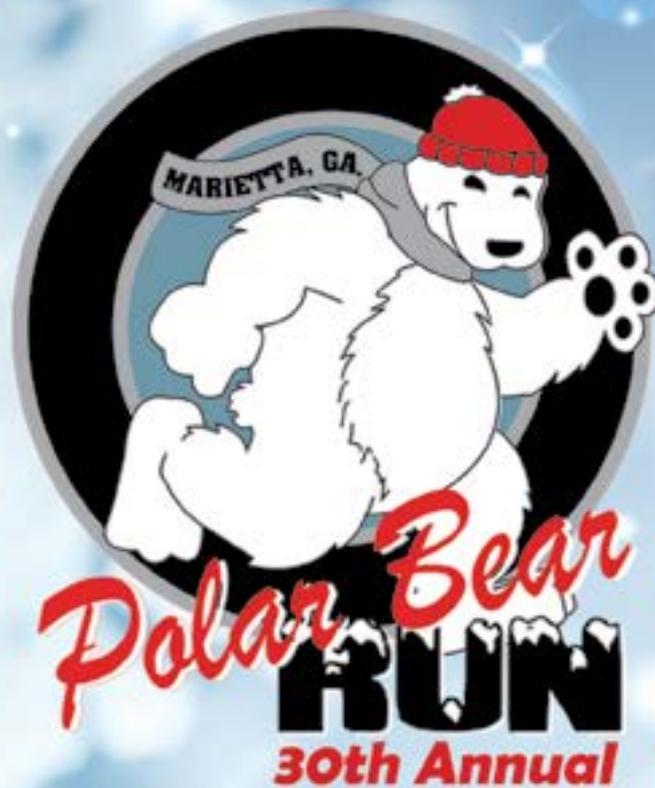
## On the Cover

This month's front cover features the owners of CycleBar: Lee Oesterling and Kirsten Rickers. CycleBar is the latest unique boutique fitness studio to open in East Cobb, and Kirsten and Lee hope to give its patrons an out-of-gym experience by immersing their clients in an indoor athletic atmosphere not seen before in East Cobb. CycleBar is East Cobb's newest community gathering spot for families and friends to take a spin, meet new people and have fun. Kirsten and Lee are offering a low-impact cardio workout in an environment that is anything but the usual gym setting. They guarantee that hard core exercise haters or those just bored with their current routine will love the experience indoor cycling provides.

Kirsten and Lee are also committed to giving back to the community in a big way through their CycleGiving program. Nonprofit organizations are encouraged to take over the studio on weekends for fundraisers. Charities gather the riders, who pay for the ride and 100% of the funds go back to the organization. They are proud of their support of Good Mews, the ALS Foundation, the Atlanta 2-Day Breast Cancer Walk and many other worthy causes.

You can read more about CycleBar on page 6. Or if you want to put a positive spin on your New Year's resolutions, visit CycleBar in the Parkaire Landing shopping center, 4880 Lower Roswell Road in Marietta/East Cobb.

Front cover photo taken by  
Michael Drewitz of  
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# CYCLEBAR MAKES EXERCISE THE BEST RIDE OF YOUR LIFE



Co-Owners, Lee Oesterling and Kirsten Rickers



Hate exercise? Bored with your treadmill? Intimidated by personal trainers? If the answer is yes, you may be looking at fitness the wrong way. What if it was a party, complete with a big crowd, music and built in happy hours? Yes, you read that correctly. Happy hours.

Meet CycleBar, East Cobb's newest community gathering spot for families and friends to take a spin, meet new people and have fun! East Cobb's Kirsten Rickers, a Wheeler High School graduate, and Lee Oesterling are the owners of CycleBar. Their vision is to provide a low-impact cardio workout in an environment that is anything but the usual gym setting. They guarantee that hard core exercise haters or those just bored with their current routine will love the experience indoor cycling provides. If you are 10 years old, 75 or somewhere in between, this is the place for you. Welcome to a new world where getting fit is a complete blast.

42 stationary bikes are positioned toward the leader boards and the "CycleStars," the instructors for the 45-minute classes. Cyclists set their own goals, there are no limits on you on how far you take yourself and you can track your progress on the lighted boards. Slow and steady or speedy and intense, it is your call. CycleBar is a pressure free environment. "There really is no ceiling for our customers, they can make it whatever they want it to be. We love to

see entire families rocking out on the bikes together, combining exercise with quality time," says Kirsten. "Who says exercise has to be a

boring necessity on the way to fitness? Certainly not us! Many riders enjoy the workouts so much, they have become CycleStars themselves."

A dark studio with colorful ceiling lights and music with a great beat create a cool vibe. Newcomers to indoor cycling don't need to buy cycle shoes, CycleBar has you covered. The theme days further adds to a great experience. "Mash Up Mondays" feature 2 different artists such as Bruno Mars vs. Maroon 5. "Wine Down Wednesdays" means a glass of vino awaits after the class. "Throw Back Thursdays" highlights a different theme each week like Disco, Big Hair Bands, etc. Friday happy hours kick off the weekend and Sunday brunch are special touches members enjoy.

The co-owners are committed to giving back to the community in a big way through their CycleGiving program. Nonprofit organizations are encouraged to take over the studio on weekends for fundraisers. Charities gather the riders, who pay for the ride and 100% of the funds go back to the organization. They are proud of their support of Good Mews, the ALS Foundation, the Atlanta 2-Day Breast Cancer Walk and many other worthy causes.

East Cobbers are invited for a free introductory session. There are over 30 classes on the schedule each week which includes 2 INTRO classes. The INTRO class is great for someone new to indoor cycling!

CycleBar is located in the Parkaire Landing shopping center, 4880 Lower Roswell Road, Suite 450 in Marietta/East Cobb. For more information, you can visit [www.eastcobb.cyclebar.com](http://www.eastcobb.cyclebar.com) or call 770-672-0198.

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**EAST COBBER**

# COBB CHAMBER SPONSORS TEACHER FOR A DAY

The Cobb Chamber is looking for business and community leaders to participate in its Teacher for a Day program during the week of February 5-9 at post-secondary institutions and Cobb County and Marietta City schools.

This innovative program asks the local business community to take a day away from the office and spend it in a classroom. Teacher for a Day gives business executives a true picture of public education in action—in one day business professionals work side-by-side with a Teacher of the Year to learn both the strengths and challenges that schools and teachers face daily.

The Cobb Chamber will place volunteers in Cobb and Marietta City schools to experience a day in the shoes of a teacher. The teacher and participant will connect prior to the beginning of the week and select

a date (during February 5-9) that works best for them. Volunteers will work side-by-side with a Cobb County or Marietta City Teacher of the Year for a half work day.

Applications are due Wednesday, January 17. For more information or to apply online, visit [www.cobbchamber.org](http://www.cobbchamber.org) or contact Katie Guice at 770-859-2334 or [kguice@cobbchamber.org](mailto:kguice@cobbchamber.org).

As one of the most influential business advocacy organizations in Georgia, the Cobb Chamber is dedicated to bringing the community and its leaders together to create jobs and strengthen the economy and quality of life so businesses and the community can achieve more. The Chamber achieves this by creating jobs and driving economic development; strengthening the community and the region; growing member businesses and nurturing leadership; and connecting businesses, government and the community. 



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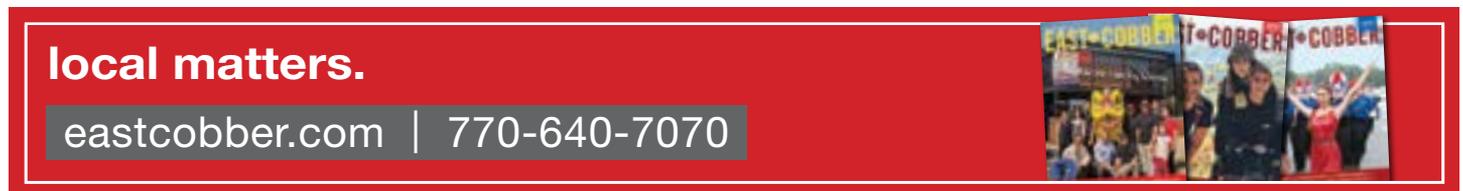
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# LOCAL LEADERS RECEIVE AWARDS

On Tuesday, November 28, the Cobb Collaborative (CC) hosted its 24th Annual Human Services Award Luncheon. The lunch and awards ceremony took place at the Mansour Conference Center (located at 995 Roswell Street in Marietta) and recognized nominees from local Cobb County businesses and nonprofit organizations. Doug Hertz, Chairman and CEO of United Distributors, delivered the keynote address.

Nominees were recognized for their dedication to working with or volunteering with those less fortunate in our community, professionalism within the community, collaboration with others and involvement in the community. The Council awarded Brenda Rhodes, Founder of Simple Needs GA, with the volunteer award and Missy Owen, Founder of the Davis Direction Foundation, with the professional award. The William E. "Bill" Hanson Collaboration Award was presented to Campus Awareness, Resource & Empowerment (CARE) Services of Kennesaw State University.

#### **The twelve volunteer category nominees included:**

- > Steven Bell, nominated by A. W. Tony Matthews Boys & Girls Club;
- > Jenny Bodycomb, nominated by Loving Arms Cancer Outreach;
- > Michael Christian, nominated by Habitat for Humanity of Northwest Metro Atlanta;
- > Joy Doss, nominated by The Center for Family Resources;
- > Dawn Levine, nominated by Legal Aid of Cobb County;
- > Erin Mulgrew, nominated by Keep Cobb Beautiful;
- > Chip Nelson, nominated by SafePath Children's Advocacy Center;
- > Renee Newell, nominated by the Davis Direction Foundation;
- > Stephanie Pereda, nominated by Big Brothers Big Sisters of Metro Atlanta;
- > Rhea Pridgen, nominated by The Extension;
- > Brenda Rhodes, nominated by Simple Needs GA and
- > Waymon Story, nominated by the South Cobb Lion's Club.

#### **Professional nominees included:**

- > James Ausenbaugh, nominated by Legal Aid of Cobb County;
- > Captain Everett Cebula, nominated by the Cobb County Policy Department;
- > Sandy Mitchell, nominated by Marietta YELLS, and
- > Missy Owen, nominated by the Davis Direction Foundation.



Missy Owen, Founder, Davis Direction Foundation; Brenda Rhodes, Founder, Simple Needs GA; and Karen Carter, Executive Director, Cobb Collaborative.

"We are thrilled that so many individuals were recognized this year for their commitment and dedication to the great citizens of Cobb County," stated Cobb Collaborative Executive Director Karen Carter. "The nominating organizations are representative of the enormous role that nonprofits play in creating the caring community that is Cobb County."

The Jack Vaughan, Jr. Human Services Award was established in 1994 in memory of his unselfish dedication to public service. Jack Vaughan, Jr. was a state representative and member of the Cobb Collaborative who strongly advocated for those less fortunate in our community. In memory of Jack's service, the Collaborative honors a volunteer and a professional who have gone above and beyond to serve those in need.

The William E. (Bill) Hanson Collaboration Award was established in 2008 to honor Bill Hanson for his more than 25 years of service to Cobb County. He is recognized for his collaborative spirit and bringing the Cobb nonprofit organizations together to tackle issues and concerns. Bill was one of the founders of the Cobb Human Services Coalition, a forerunner of the Cobb Collaborative and served in a variety of leadership positions with the CC. Each year the CC identifies a person or organization that represents the true meaning of collaboration.

The Cobb Collaborative is a membership of non-profit organizations, local government, businesses, faith-based organizations, educational institutions, professional organizations, associations, and citizens who share ideas, expertise, and resources to meet the needs of Cobb County. 🌐

# FAITH LUTHERAN SCHOOL: EXCELLENCE IN EDUCATION



Who knew that East Cobb's best-kept secret is a private school on Lower Roswell Road called Faith Lutheran School. Admissions Director Susie Glass explains: "We have been providing East Cobb students with excellent education since 1958, and still we are a bit of a unknown to the community."

Sharing a campus with Faith Lutheran Church, the school offers a full Preschool-8th grade program, with early childhood education starting at 15 months. 2018 marks 60 years of offering a safe, Christ-centered atmosphere that challenges its students academically and, at the same time, meets individual needs due to its small classes and low teacher-to-student ratio.

According to Principal Daryl Kruse, Faith Lutheran is one of only two Lutheran schools in the state of Georgia, which contributes to the anonymity of the East Cobb location. But he emphasizes that the school is part of the largest Protestant school network in the United States, with 1150 early childhood centers, 880 elementary schools and more than 200,000 students. "Many of our students are from families moving into the area who attend Lutheran schools in other parts of the country," he says. "They find us first and then search for a home nearby."

Principal Kruse goes on to explain that Christ-centered education is an important ministry of the Lutheran Church. Supporting the school both spiritually and financially, Faith Lutheran Church provides 20 percent of the school's budget. "This helps keep tuition low, which provides great value for our families," he says.

Being East Cobb's best-kept secret has not hindered Faith Lutheran School's progress. With its guiding principle to create an environment where Christian ethic and understanding permeates all elements of the school, Faith Lutheran sets high expectations for its 180 students, according to Kruse. "Once we set those expectations, we then inspire and instruct our students to meet them," he says. "Our parents are supportive of our teaching methods, and we receive the highest ratings – consistently 5 stars out of 5 – in our parent reviews. High schools in the area also love getting our kids. They are well-prepared academically and know how to conduct themselves in the classroom."

According to Kruse, a theme for this school year has been "Saved to Serve," with students serving others in the community. Both community members and students have benefited from these service projects. While doing yard work at local homes, serving at Calvary Children's Home,

helping at nursing homes and sorting through clothes donated to those in need, many of the Faith Lutheran students have experienced attitude changes about service.

As a member of the Metro Atlanta Athletic Conference, students compete with other private schools in a variety of sports, including soccer, basketball and track and field. The school also offers band, chorus, student council and National Junior Honor Society. There is even a Robotics Team, which has competed with other schools at state, national and global levels.

Faith Lutheran School is accredited through the National Lutheran Schools Accreditation (NLSA) and the Southern Association of Colleges and School (SACS), now known as AdvancED. All teachers have Georgia teaching certificates, and many of them hold advanced degrees. The current average length of employment for Faith Lutheran teachers is 12 years.

If you are looking for a school that promotes a Christ-centered education with strong academics, consider Faith Lutheran School located at 2111 Lower Roswell Road, Marietta 30068. For more information, visit the website, [school.faithmarietta.org](http://school.faithmarietta.org), or call Susie Glass, admissions director, at 770-973-8877.



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# KINDNESS ROCKS IN EAST COBB

By Christina Houston

What do you get when you combine rocks, paint and spare time? No, these are not the ingredients of a bad joke, they are actually the missing pieces for an encouragement project called the Kindness Rocks Project.

The Kindness Rocks Project was started in Cape Cod by Megan Murphy in 2015. Murphy kickstarted the movement by painting a few rocks, writing inspirational messages on them, and leaving them along the shore of the beach. The Kindness Rocks Project was created to spread inspiration and a moment of kindness for unsuspecting recipients through inspirational rocks dropped in random spots. Her intention was to brighten a few people's day. Now, almost three years later, these rocks can be found all over the U.S. and in several different countries. These rocks have encouraged people to start their own painting groups in their local communities.

Recently, this project has made its way to East Cobb thanks to the efforts of Kristi Siegel. Siegel started the movement after finding an encouraging note in Starbucks that read "you are important." Kristi shares, "It changed my whole day and outlook on what I was going through. One simple gesture from a complete stranger (who knew nothing about me) changed my thinking. Fast forward a few weeks later as I stumbled upon one of the coolest ways to show acts of kindness in such a simple way!" Shortly after she learned about the Kindness Rocks Project and decided to start her own Kindness Rocks painting group in her Northhampton subdivision. She started with a just a few rocks in her neighborhood and gradually increased her efforts. Siegel has taken the project to local schools to teach kids about simple acts of kindness and brighten someone's day with simple encouragement. Siegel stated that she sometimes gets stopped by neighborhood kids wanting to know exactly where they could find

a rock. Although she works on making more rocks while her children are at school, her little project has definitely grown to become a large part of the family. To keep track of the rocks created and found she created a Facebook page and logo to paint on the back of each rock so finders and hiders could connect. So the movement was given the name "770Rocks," based off the East Cobb/Marietta area code. Siegel describes the purpose of the Facebook page as "bringing connection between two people that will never meet."

As Kristi shares, "770Rocks members have gone into schools to teach children how little, simple painted rocks can bring joy to someone's day and how kindness spreads! We've also come together as a community to paint rocks to send in a big box to Charlottesville, VA for a local school there to hide amongst their community to spread hope and love from Marietta, Georgia."

Kristi invites fellow East Cobbers to take part in Kindness Rocks and spread some encouragement. All you need to start this project is a bag of smooth rocks, some acrylic paints, and paint markers. Paint a rock and include inspirational words on it such as "hope," "be happy," etc. To keep track of your rocks just paint "770 Rocks" on the back before hiding them. Hide the rock around the community for someone to find and be motivated, the finder either keeps or re-hides the rock and many go on to paint rocks to hide on their own. The kindness continues to spread!

"770Rocks Facebook" is written on back of the rock for tracking where the rock travels and who finds it. Finders are encouraged to take a pic of their kindness rock and share the photo on the 770Rocks Facebook page.

To find out more about the Kindness Rocks Project visit [thekindnessrocksproject.com](http://thekindnessrocksproject.com). Kristi invites you to join her Facebook group, 770Rocks. 📷



Kristi Siegel, founder of 770Rocks, with her husband, Brandon, and children-Lucy, Jack and Annie.



Nicole, Ashlynn, Lucy, Cassidy, Jessica Cramer and Marty Montes painting kindness rocks.



Northampton Subdivision painted rocks to send to an elementary school in Charlottesville, VA after the shooting.



Rocks were painted for the Lassiter Homecoming game.

# AN IMPORTANT ADDITION TO YOUR NEW YEAR'S RESOLUTIONS

As the clock strikes midnight and 2018 begins, many of us make resolutions to take better care of ourselves this year. Often our resolutions include eating healthier or exercising more regularly - actions that are sure to improve a person's physical health and wellness, but we often forget to add improvements to our dental health which can also affect our overall wellness.

Here at Cheek Dental one habit we recommend everyone add to their New Year's resolution list this year is flossing! Flossing is an essential part of taking care of your teeth and gums and should be done daily. Cleaning between your teeth with floss can help prevent cavities and gum disease by removing plaque that often accumulates there. Plaque contains bacteria that feed on leftover food and sugar in your mouth. When this happens, it releases an acid that weakens the adjacent enamel causing cavities. If plaque is not removed, it hardens into tarter (or calculus) which collects along and below the gum

line causing gum disease. Once tarter forms, only your dentist or hygienist can remove it. Also, many medical studies have shown a link between gum disease and heart disease. We now we believe that if excessive oral bacteria enter the bloodstream, it can lead to atherosclerosis, so removal of this bacteria from your teeth and gums is important for the health of your arteries as well!

Using the proper technique when flossing is critical as simply snapping the floss between the teeth does not remove much plaque. Begin by breaking off about 18 inches of floss and winding most of it around one of your middle fingers. Wind the remaining floss around your opposite middle finger and then hold the floss tightly between your thumbs and forefingers. Guide the floss gently between your teeth, and when the floss reaches the gum line, curve the floss into a C shape against the side of one tooth. While maintaining this C shape, slide the floss into the space between the tooth and gum and

gently rub the side of the tooth with up and down motions going under the gums. Curve the floss into a C around the adjacent tooth and repeat the motion. Repeat this process on every tooth in your mouth including the back side of the very last tooth in each corner of your mouth.

Starting and maintaining a new habit can be difficult. Though flossing may be uncomfortable and your gums may bleed a bit when you first begin, stick with it! The discomfort and bleeding should ease within a week or two, and your teeth, gums, and arteries will be happier and healthier thanks to your effort!



**Dr. Kristina Chandler**  
practices at Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit [www.cheekdental.com](http://www.cheekdental.com).

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**EAST COBBER**

# SENATOR JOHNNY ISAKSON IS CITIZEN OF THE YEAR



At their November breakfast meeting, the Cobb Chamber East Cobb Area Council selected its 2017 Citizen of the Year: Senator Johnny Isakson. The Citizen of the Year Award is given to honor an individual whose impact through the years are recognized and regarded with pride throughout the area as a role model. These outstanding citizens are chosen for their definable, exceptional deeds, with which he or she has made their community a better place to live.

Senator Isakson has served in many capacities of leadership in Cobb County's civic and community involvement. Here are a few achievements noted on the Citizen of the Year nomination form:

- Johnny Isakson helped start the East Cobb Lions Club and has been supportive and very helpful to every community service club in Cobb County.
- He has been very supportive of the educational system of Cobb County and East Cobb.

- He has always been a big help with school SPLOST programs and has certainly been a great source of leadership to every school in Cobb County.
- In 1996 he served as chair of the Georgia Board of Education and did an exceptional job. His three children have all gone through the Cobb County School System.
- Johnny served in the Georgia General Assembly for seven terms (1976-1990), including four as minority leader.
- Johnny represented Georgia's 6th Congressional District in the United States House of Representative from 1999-2005.
- Johnny was elected as a Republican to the One Hundred Sixth Congress as Senator in 2004 and is still holding that office as the Senior Senator from Georgia.

He is the first Georgian since the 1800s to have served in the state House, state Senate, U.S. House of Representatives and U.S. Senate. He also served Georgia as chairman of the Georgia Board of Education. Johnny is serving his second term in the U.S. Senate, and is the only Republican in the Senate chairing two committees — the Senate Ethics Committee, and the Senate Veterans' Affairs Committee. He also serves on the Senate HELP Committee, Senate Finance Committee, and the Senate Foreign Relations Committee.

Johnny and his wife, Dianne, have been married since 1968. They have three grown children and nine grandchildren. 🇺🇸

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[Info@simplystumpsatlanta.com](mailto:Info@simplystumpsatlanta.com)



## RED OAK

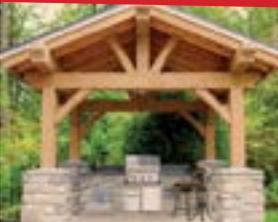
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# HUNTINGTON LEARNING CENTER HELPS KIDS AND TEENS ACHIEVE ACADEMIC SUCCESS

Is your child struggling with a specific subject in school? Does your son have low self-esteem because of poor grades? Does your high school student want higher test scores to expand their college options? East Cobb's Huntington Learning Center (Huntington) might be the place to ease your concerns.

For the past three years, local Huntington franchise owners, Frank and Montse Fabregas, have been offering tutoring and test preparation to students from kindergarten through high school.

Frank and Montse Fabregas are from Barcelona, Spain, but met in New York while in a program in Columbia University 25 years ago. They raised their children in Barcelona and then chose to move back to the United States for the educational experience. They have one son at the University of Barcelona and another at Lassiter High School. They chose to make East Cobb their home because of our high ranking schools and how parents make education a priority here.

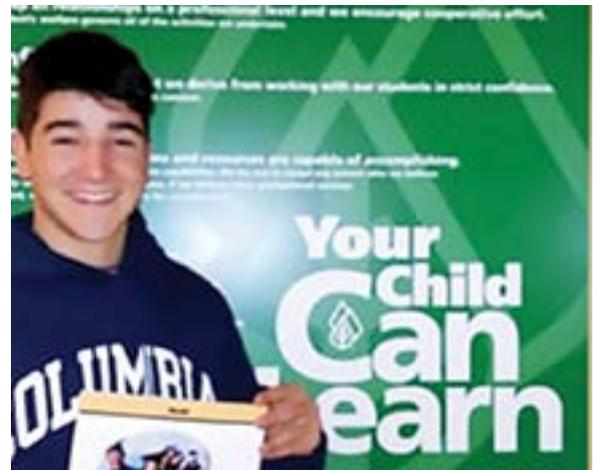
Both Frank and Montse have extensive teaching experience, and they wanted to bring those skills to help as many kids as possible. The center focuses on the areas of reading comprehension, math, writing, study skills and ACT/SAT test prep.

For elementary, middle and high school students, the certified educators at Huntington give each child a personalized academic assessment in all subject areas, so that they can identify strengths and weaknesses and start the child in the right place. The educators then design a curriculum specifically for that student. Parents may be concerned about math grades, but the assessment might show that the child needs support with reading comprehension as well.

“Reading comprehension is the building block of all learning and can impact a child’s ability to excel in other academic areas,” says Frank. After fifty hours of the program, the teachers provide another assessment to measure improvement.

“Struggling in school can impact a child’s self-esteem, and we nurture and support each child, in addition to teaching them the subject matter,” says Frank. “I truly enjoy sitting down with a worried parent to go over the test results at the end of their child’s program. It’s amazing and rewarding when we see how much their child has improved.”

Marci, an East Cobb mom, shares that one of her children was struggling in math, so at the recommendation of a friend, she signed her daughter up for math tutoring at Huntington. “I couldn’t believe the turnaround in such a short time. She went from being anxious about her





Owners Frank and Montse Fabregas

homework to truly loving math. Now in the fourth grade, she is confident in math, and homework is so much less stressful,” says Marci.

She also noticed improvement in her older daughter’s standardized test scores in reading comprehension. “I would recommend Huntington to any parent who has a child struggling with reading or math – or even if they just want to set them on the right path.”

Huntington works with the youngest learners from kindergarten to second grade, many struggling with phonics and reading. It also works with older children who may lack math, reading, writing or study skills. They will work with the students intensively to improve their skills, track grades and assignments from school and help them with weekly study plans based on what’s a priority.

For high school students, Huntington provides also math, reading and study skills and other tutoring, but it also

provides measurable improvement with standardized tests like the ACT and SAT. East Cobb mom Brooke shares how the experience helped her daughter. “My daughter, now a freshman at the University of Georgia, wanted to raise her ACT scores to open more college opportunities for her. After studying and preparing at the Huntington Learning Center, she was able to meet her scores goal,” says Brooke.

Going to the center is a positive experience for Brooke’s family. She shares, “the staff is so warm and friendly, and they are flexible with our evolving schedule. Our kids aren’t just numbers here, and you can tell they really care about each child and have a vested interest in their progress.”

Frank recommends that students take the ACT or SAT early in their junior year so they should prepare for these tests in their sophomore year and the summer prior to being a junior. By taking the test early, they can focus on their junior year studies. They can also take the test again if they want to improve their scores.

Their East Cobb location has designated rooms for each program. The main room hosts separate work spaces for the Huntington Math Program, Huntington Reading or Study Skills Programs. They have private rooms for ACT / SAT / SSAT exam prep and subject tutoring of any kind, and provide a large room with curriculum for the little ones. The center also has a break area and an office available for parents to work if needed.

Frank and Montse take pride in creating a family atmosphere at the center. “Our vision is to be the educational choice for local families who want support and results for their kids.”

Huntington Learning Center is conveniently located in the East Cobb Crossing shopping center, 4381 Roswell Road, Suite 240 in Marietta. Visit [huntingtonhelps.com/center/east-cobb](http://huntingtonhelps.com/center/east-cobb) for more information or call 770-977-3112 for an appointment.



## HUNTINGTON LEARNING CENTER

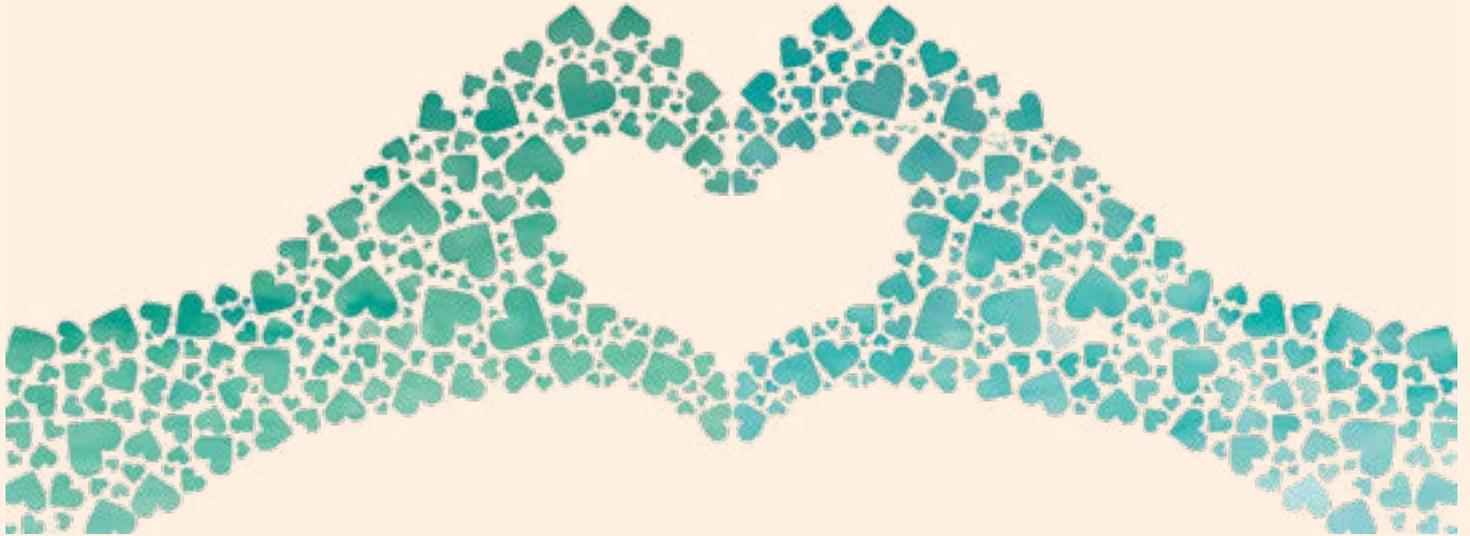
4381 Roswell Road • Suite 240  
Marietta/East Cobb  
Mon-Thur: 10am - 8pm  
Friday: 9:30am - 8pm  
Saturday: 9am - 3pm  
Sunday: Closed

770-977-3112

[huntingtonhelps.com/center/east-cobb](http://huntingtonhelps.com/center/east-cobb)



# MAKE A NEW YEAR'S RESOLUTION TO VOLUNTEER



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

## **ADOPT-A-STREAM PROGRAM**

(Watershed Stewardship Program)

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

[www.watershed.cobbcountyga.gov](http://www.watershed.cobbcountyga.gov)

**770-528-1482**

## **AMERICAN RED CROSS**

Provides care to those in need. A network of generous donors, volunteers and employees who share a mission of preventing and relieving suffering.

1955 Monroe Drive  
Atlanta, GA 30324

[www.redcross.org](http://www.redcross.org)

**404-876-3302**

## **BACKPACK BLESSINGS**

Provides food for elementary school children who qualify for the free meal plan and go without food on the weekends.

Tony Palermo, Volunteer Crew Leader, Board Chairman

[www.backpackblessings.org](http://www.backpackblessings.org)

**678-245-1252**

## **CENTER FOR CHILDREN & YOUNG ADULTS**

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

Kimberly Tinsley, Volunteer & Activities Coordinator

[www.ccyakids.org](http://www.ccyakids.org)

**770-333-9447**

## **THE CENTER FOR FAMILY RESOURCES**

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

Alicia Ferguson, Development & Volunteer Coordinator  
995 Roswell Street, Suite 100, Marietta, GA 30060

[theCFR.org](http://theCFR.org)

**770-428-2601**

## **COBB COMMUNITY FOUNDATION**

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

Cobb Chamber of Commerce

240 Interstate North Parkway, Atlanta, GA 30339

[www.cobbfoundation.org](http://www.cobbfoundation.org)

**770-859-2366**

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**COBB COUNTY JUVENILE COURT – CITIZEN PANEL REVIEW**

A volunteer supported program tasked with reviewing foster care cases.

Michael Figueras; michael.figueras@cobbcounty.org  
www.cobbcountyga.gov **770-528-2284**

**COBB COUNTY JUVENILE COURT SPECIAL ADVOCATE**

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

Carlene Redmond  
www.cobbcountyga.gov **770-528-2285**

**COBB COUNTY JUVENILE COURT YOUTH DIVERSION PROGRAM**

This program is for first offenders with minor offenses. These juveniles are given the opportunity to appear before a panel of community volunteers instead of a judge. Volunteers are needed to serve on the panel. Training provided and required.

Bridget Jones  
www.cobbcountyga.gov **770-528-2243**

**COBB COUNTY PUBLIC LIBRARY SYSTEM**

Help needed with shelving and straightening paperbacks and periodicals as well as other opportunities as listed on website.

www.cobbcat.org **770-528-2320**

**COBB COUNTY SHERIFF'S OFFICE VOLUNTEER PROGRAM**

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

Kim Norrell  
www.cobbcounty.org **770-499-4651**

**COBB LITERACY COUNCIL**

Needs tutors for GED as well as administrative help.

Donna Frankovsky  
www.cobbworks.org **770-528-8094**



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January 17<sup>th</sup> (Gr. 6-8)

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bbryan@sfschools.net

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Saint Francis Elementary and Middle Schools | 9375 Willeo Road | Roswell, GA 30075  
www.saintfrancisschools.com

## THE EXTENSION

A residential recovery program for the homeless. Needs volunteers to plan, prepare and serve meals.

Tyler Driver, Executive Director & Volunteer Coordinator  
1507 Church Street (Men's Extension)

Marietta, GA 30060

130 Holiday Street (Women's Extension)

Marietta, GA 30060

www.theextension.org

770-590-9075 x.301

## FAMILY PROMISE

Mission is to help homeless and low-income families achieve sustainable independence through a community-based response.

Camilla Worrell, Executive Director

1823 Blackwell Road

Marietta, GA 30066

volunteers@familypromisecobbcounty.org

www.familypromisecobbcounty.org

678-594-3150

## FOSTER CARE SUPPORT FOUNDATION

Helps abused and neglected children experience a kinder side of daily life while in their foster care home. Volunteers needed to help in the distribution center and the resale shop.

115 Mansell Place

Roswell, GA 30076

vol@fostercare.org

www.fostercare.org

## FRIENDS FOR THE EAST COBB PARK

For the establishment, maintenance, and expansion of the only passive park in East Cobb.

Amy Phillips, President

info@eastcobbpark.org

www.eastcobbpark.org

## GEORGIA AARP TAX-AIDE

Seeks volunteers for tax counselling service between mid-January and April 15.

www.aarp.org

1-888-687-2277

## GIRLS INC. OF COBB COUNTY

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

Talia Sylvain, Volunteer Coordinator

461 Manget Street

Marietta, GA 30060

www.girlsincatl.org, tsylvain@girlsincatl.org

770-422-0999

## HAPPY CAPS

Volunteers make and give handmade hats to people suffering hair loss due to cancer treatment – or any medical condition – to keep their head warm, to remind them each time they wear it that there are people who care.

Happy Caps Atlanta

142 Flagstone Way, Acworth, GA 30101

contact@happycapsatlanta.org

happycapsatlanta.org

770-653-9448

## HELPING HAND FOUNDATION

Improves the lives of local families by providing support through financial assistance, resource networking, fundraising events and volunteer leadership.

Melisa White, Founder/Executive Director

3605 Sandy Plains Road, Suite 240-265

Marietta, GA 30066

www.helpinghandfoundationga.org

770-596-8667

## JUNIOR LEAGUE OF COBB - MARIETTA

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

505 Kennesaw Avenue

Marietta, GA 30060

www.jlcm.org

770-422-5266

## liveSAFE GEORGIA

liveSAFE Georgia, formerly the YWCA of Northwest Georgia, established in Cobb County in 1917, is an organization that works to empower, educate, advocate and unite. Their philosophy is to stand up and speak on behalf of those who cannot speak for themselves in the arenas of domestic violence and sexual assault.

Beth Ramirez, volunteer and Intern Coordinator

48 Henderson Street SW

Marietta, GA 30064

www.livesaferesources.org

770-423-3562

## MAKE-A-WISH FOUNDATION OF GEORGIA

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

Kymberly Benjamin, Volunteer Manager

1775 The Exchange SE, Suite 200

Atlanta, GA 30339

www.georgia.wish.org

770-916-WISH (9474)

## MEALS ON WHEELS

Volunteers needed on meal delivery team. Volunteers also serve as a link of information between the client and caseworker.

Kristie Naylor, Legacy Coordinator

www.cobbseiors.org

770-528-5381



# WHY RESOLVING TO “DO GOOD” FEELS SO GREAT!

*By Irene Barton, Resource Manager, Cobb Collaborative*

Many New Year resolutions revolve around lifestyle activities – diet, exercise, kicking an unhealthy habit, saving money, being more organized, etc. All very important action items! But, have you thought about making a commitment to something that will not only benefit you, but also make our Cobb County corner of the world a better place?

Studies show that volunteering can help to reduce stress, keep you mentally stimulated, help you feel connected and provide a sense of purpose. There are so many organizations in Cobb County that you can explore for a volunteer opportunity. Think about what motivates you and you'll be more likely to explore and pursue that activity. Maybe it's helping a child learn to read, providing transportation for an elderly person, building a house for a future homeowner, supporting the unemployed through resume writing and career workshops, feeding the hungry, or mentoring a teen. Whether you like to perform office tasks, move furniture, write articles, sort donated goods, plan special events, read books, cuddle infants, there is a place for you! In this issue, you will find a list of organizations that provide a breadth of services to our Cobb County neighbors. And that's not even all of them! There are many churches in East Cobb that sponsor ministries, teachers that could use another pair of helping hands in the classroom, civic groups that sponsor programs, hospitals and medical campuses that welcome volunteers, and many more.

If this is the first time you have seriously considered volunteering, plan to visit a couple of organizations to make sure you feel comfortable with the staff and other volunteers. Think about if you prefer to work alone or with a team. Do you prefer a “behind the scenes” role or would you like to be more visible? Don't immediately sign up for a weekly shift if you travel or would rather not have that time commitment. It's better to be honest with the volunteer coordinator than leave the organization in a bind. If you will be working with children and youth, you may need to complete a background check and have specific training. If it's not clear, be sure to know who is the point of contact at the organization for questions, issues, etc.

The opportunity to make a difference in another person's life is an awesome one and typically ends up benefitting everyone. We hope that you will embrace this opportunity in 2018 and resolve to “do good” in our corner of the globe! 🌐



*Irene Barton works as the Resource Manager for the Cobb Collaborative. She and her husband Steve have lived in Indian Hills for over 22 years and are the proud parents of two children who attend Walton High School. The Cobb Collaborative is a consortium of*

*nonprofits, businesses and faith-based organizations that share ideas, expertise and resources for improving the quality of life for all residents in Cobb County, Georgia. [www.cobbcollaborative.org](http://www.cobbcollaborative.org).*

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## COMING IN OUR FEBRUARY ISSUE!

**SPECIAL  
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20th Annual  
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### **MUST MINISTRIES**

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1407 Cobb Parkway, Marietta, GA 30062  
volunteer@mustministries.org  
www.mustministries.org/BeHelp

**770-427-9862**

### **NORTHWEST METRO ATLANTA HABITAT FOR HUMANITY**

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

Camellia Chandler  
Volunteer Coordinator & Development Assistant  
1625 Spring Road, Smyrna, GA 30080  
dwalker@nwmetroatlantahabitat.org  
www.nwmetroatlantahabitat.org

**770-432-7954 x100**

### **RALLY FOUNDATION**

Empowers volunteers across the country to raise awareness and funds for childhood cancer. Volunteers needed for special events and fundraisers

Maureen Barry, Volunteer Coordinator  
5775 Glenridge Drive, Building B, Suite 370  
Sandy Springs, GA 30328  
www.rallyfoundation.org

**404-847-1270**

### **SAFE AMERICA FOUNDATION**

They distribute information, develop and facilitate programming, and support businesses and products with a focus on emerging health and safety issues at home, work and play.

Len Pagano, President  
2000 First Drive, Suite 310, Marietta, GA 30062  
www.safeamerica.org

**770-973-7233**

### **SAFE KIDS COBB COUNTY**

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

Lisa Grisham, Safe Kids Co-Coordinator  
114 Cherry Street, Suite G, Marietta, GA 30060  
www.safekidscobbcounty.org

**770-793-7185**

### **SAFEPATH CHILDREN'S ADVOCACY CENTER**

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

736 Whitlock Avenue, Suite 600  
Marietta, GA 30064  
www.safepath.org

**770-801-3465**

**SECOND WIND DREAMS**

Second Wind Dreams is an international, nonprofit organization dedicated to changing the perception of aging through the fulfillment of dreams and the offering of educational programs including its flagship, sensitivity training.  
[www.secondwind.org](http://www.secondwind.org) **678-624-0500 x 415**

**SIMPLE NEEDS GA**

Monthly hands-on projects help the homeless and children in need. Check out website for other opportunities.  
 P.O. Box 670265, Marietta, GA 30066  
[info@simpleneedsga.org](mailto:info@simpleneedsga.org)  
[www.simpleneedsga.org](http://www.simpleneedsga.org) **678-266-3344**



**UNITED WAY OF GREATER ATLANTA**

United Way does "whatever it takes" to help the Cobb community focus and get results on important human issues. While United Way does raise and invest dollars, it also helps people volunteer, lend their professional expertise, donate household and office items and advocate on behalf of issues.  
 Bianca Ash, Regional Director  
 995 Roswell Street, Suite 338  
 Marietta, GA 30060  
[info@unitedwayatlanta.org](mailto:info@unitedwayatlanta.org)  
[www.unitedwayatlanta.org](http://www.unitedwayatlanta.org) **770-428-8344**

**WELLSTAR**

WellStar volunteers are an integral part of the healthcare team. Volunteers provide service to the hospital while also promoting a caring attitude in the hospital and community. Volunteers interact daily with hospital team members, physicians, patients and patients' families.  
 330 Kennestone Hospital Boulevard  
 Marietta, GA 30060  
[www.wellstar.org](http://www.wellstar.org) **770-793-7120**

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# EAST COBB LIONS CLUB HELPS LOCALLY



Lion Ray Moore and Lion Bob Shaw conduct an eye screening at a local school.

The East Cobb Lions Club has taken on a huge task of conducting eye screenings for many Cobb County Schools. Cobb County requires eye screening for grades 1, 4, 7 and 10. Club members have assisted with many of the screening for grades 1, 4 & 7.

In order to conduct the screenings, the Lions Club purchased two Spot machines at a cost of \$7,500 each. The Spot Vision Screener is a handheld, portable device designed to help users quickly and easily detect vision issues on patients from 6 months of age through adult. The "Spot" screens both eyes at once from a nonthreatening 3-foot distance. The child sits in a chair and "gets their picture made" which reads the eyes and will show a pass or fail. A printout of all the failed screenings is provided to the school so a report can be sent home to the parents. If a child is not able to afford a complete eye exam and glasses, the East Cobb Lions Club will assist those in need. Lions Club volunteers are able to screen about 100 students per hour. With this new "Spot" technology, Lions can screen in half a day what used to take 2 to 3 days!

In 2016, almost 4,000 eye screenings were conducted. And in 2017 they provided 10,000 screenings with the help from other Cobb Lions which include members

from Smyrna Jonquil Lions Club, Marietta Lions Club and Atlanta Latino Lions Club.

The East Cobb Lions Club has also played a large role in supporting Goal Ball--a Paralympic team sport designed specifically for blind athletes. The East Cobb Lions Club provided many volunteers and fed the players for the 2015 National Tournament and the 2017 Regional Tournament, both held in Cobb County. Several of these participants made the USA team that received a Silver Medal in Rio!

Since Lions Clubs International was founded in 1917, Lions have worked on projects designed to prevent blindness, restore eyesight and improve eye health and eye care for hundreds of millions of people worldwide. Sight is one of Lions defining causes. Lions have gained worldwide recognition for their work to improve sight and prevent blindness.

The East Cobb Lions Club is in its 59th year of service. They are an active and growing group of service-minded men and women who are interested in improving our community. Lions are young people, families and Baby Boomers alike. To become a Lion is to become an active volunteer, a member of a respected international organization, a leader in your community and a friend to people in need. Those interested can learn more about what the East Cobb Lions Club does by visiting [eclions.org](http://eclions.org) or attending their meetings at 6:30pm every 2nd Tuesday at the Come-N-Get It restaurant, 1409 Church Street Ext in Marietta/East Cobb. ☎

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**Sean R. Whitworth**  
Attorney-at-Law

## SCHOOL FOR GIFTED CHILDREN OFFERS EXPANSIVE CURRICULUM

Increasingly, parents of preschoolers are confronted with a difficult decision, selecting the best environment for learning. Should a preschooler who is beginning to read be subject to learning to color within the lines or learn the alphabet



letter of the week? Public or private, Pre-K or elementary, far too many schools cater to the lowest common denominator, forcing kids who should be accelerated to slow down. Schools have programming to support children with academic challenges, learning differences, disabilities or whose first language is not English. But in pre-school and elementary the needs of the gifted and high achievers go unaddressed. Atlanta Gifted Academy, (AGA) an internationally recognized school for gifted education in East Cobb, addresses this gap.

The twofold mission of AGA is to identify gifted students as early as possible and provide these gifted young people an advanced educational opportunity matched to their abilities, strengths and interests.

But at such an early age, how does one know if their child is gifted? The philosophy at AGA is to expose even pre-school children to advanced learning opportunities and gifted or not, they will rise to the occasion. AGA's "Step-Up" pre-school program offers all children a chance to raise their IQs, exposure to academically rigorous instruction and daily immersion in Mandarin and Spanish, while 1st-8th grade is reserved for gifted students only.

Soon Cobb County schools will eliminate gifted programming. In sharp contrast, AGA students spend their entire day with advanced instruction that propels them into achievement on multiple tiers emphasizing science, technology, engineering, math, Spanish and Chinese immersion. AGA students read and write on average two grade levels above their age and acquire fundamental and advanced mathematic skills at an accelerated speed. Teachers conduct classes with an eye to balance academics with creative and enjoyable activities. This results in an escalated level of achievement at extraordinary speed, while still growing their creative abilities.

Spaces are available for January enrollment. The Atlanta Gifted Academy is located at 2060 Lower Roswell Road, Suite 400, Marietta 30068. To schedule a tour, call (770) 726-0123 or visit [www.atlantagiftedacademy.com](http://www.atlantagiftedacademy.com).

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# LOCAL STUDENTS SELECTED TO BE PART OF ROTARY YOUTH EXCHANGE

East Cobb Rotary Club has selected two local students, Kaya Groff (Walton High School) and Jordan Milligan (Mt. Bethel Christian Academy) to represent East Cobb internationally in the 2018-19 school year. Each year more than 8,000 students around the world participate in Rotary Youth Exchange and it's the second year that East Cobb Rotary is participating.



Jordan Milligan gives a thumbs up to going to Denmark.

There was much anticipation and perhaps a bit of nervousness this month as both students waited to learn where they would be going next year. And where are they going? Kaya will spend the next school year in Bolivia, where she looks forward to honing her Spanish skills, while Jordan is off to Denmark for a year of bicycles and Legos. According to Rotary Club member Randy Nixon, "Rotary Youth Exchange is a fantastic program that works toward the goal of peace and conflict resolution. Our local students abroad get a different world view, while international students come to East Cobb and learn that there's more to America than what they hear on their news at home." What's next for Kaya and Jordan? Six months of in-depth

studying of not only Spanish and Danish, but also brushing up on U.S. facts so they can accurately portray the U.S. in their destination country.

For more information about the East Cobb Rotary Club, visit [www.eastcobbrotary.com](http://www.eastcobbrotary.com) or come to one of their weekly club meetings held every Wednesday at 7am at the Indian Hills Country Club, 4001 Clubland Drive in Marietta/East Cobb. ☎



Kaya Groff celebrates with her mother after being assigned to go to Bolivia.

# EAST COBBER *Early Bird* DAY CAMP GUIDE

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

Camp Name	Age Group	Weekly Camp Fee	Times	May 29- June 1	June 4-8	June 11-15	June 18-22	June 25-29	July 2-6	July 9-13	July 16-20	July 23-27	July 30- Aug 3
<b>Art Camps</b> The Art Place-Mountain View 3330 Sandy Plains Road, Marietta 30066 770-509-2700 • www.theartplace.us	4-18	See website	See website		✓	✓	✓	✓		✓	✓	✓	
<b>Art Camp! S.M.art Club!</b> Addison Elementary School • 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	PreK-9th grade	\$149-\$239	8am-5:30pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Art Camp! S.M.art Club! Junior Counselor Program</b> Addison Elementary School • 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	6th-12th grade	\$149-\$239	8am-5:30pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Art Camp! S.M.art Club!</b> Mt. View Elementary School • 3151 Sandy Plains Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	PreK-9th grade	\$149-\$239	8am-4pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Art Camp! S.M.art Club! Junior Counselor Program</b> Mt. View Elementary School • 3151 Sandy Plains Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	6th-12th grade	\$149-\$239	8am-4pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Atlanta Gifted Academy</b> 2060 Lower Roswell Road, Marietta 30068 770-726-0123 • www.atlantagiftedacademy.com	PreK-5th grade	\$267-\$85	9-2pm, 3-5pm	✓	✓	✓	✓	✓					
<b>Atlanta Junior Rowing Association</b> 245 Azalea Drive, Roswell 30075 770-835-5769 • www.ajracrew.com	12-18	\$175	7:30am, 10am or 6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	

\*Extended Hours Offered



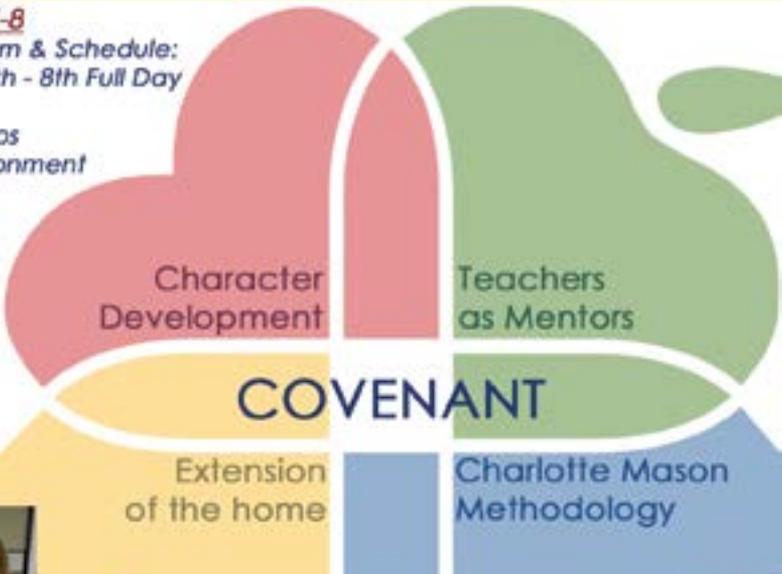
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- Week 2 6/4-6/7**
- Week 3 6/11-6/14**
- Week 4 6/18-6/21**
- Week 5 6/25-6/28**



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**Addison Mon-Thur 9a to 3p \*8a to 5p**

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**Questions Contact Kirsten at [s.m.artclub@me.com](mailto:s.m.artclub@me.com)**

# EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 29 - June 1	June 4-8	June 11-15	June 18-22	June 25-29	July 2-6	July 9-13	July 16-20	July 23-27	July 30 - Aug 3
<b>Atlanta Swim Academy Camp H2O</b> 732 Johnson Ferry Road, Marietta 30068 770-973-3120 • www.atlantaswimacademy.com	4-12	\$315	8:30am-5pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Camp Faith</b> Faith Lutheran Church & School 2111 Lower Roswell Road, Marietta 30068 770-973-8921 • www.faithmarietta.com/summercamp	2 - 4 years	Call for rates	7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Camp Horizon (special needs)</b> Windy Hill Community Center • 1885 Roswell Street SE, Smyrna 30080 770-819-3223 • cobbcounty.org/parks	7-21	See website	See website	DATES TO BE DETERMINED									
<b>Camp Kingfisher - Chattahoochee Nature Center</b> 9135 Willet Road, Roswell 30075 770-992-2055 • www.chattahnaturecenter.org/camp-kingfisher	4 years - rising 9th grade	See website	8am-6:15pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Camp Ruach!</b> Congregation Etz Chaim • 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net	14 mos - PreK	Call for rates	9:30am-1:30pm or 8am-5pm		✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Chabad of Cobb Summer Camp</b> 4450 Lower Roswell Road, Marietta 30068 770-565-4412 • www.chabadofcobb.com	Rising PreK+	Call for rates	Varies					✓	✓	✓	✓		
<b>Fullers Kids Summer Camp</b> Fullers Park • 3499 Robinson Road, Marietta 30068 770-509-2737 • cobbcounty.org/parks	6-11 12-15	\$100 + \$50 additional child	7:30am - 3:30pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>The Georgia Ballet-Summer Dance Camps</b> 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	3+	Call for rates	Varies		✓	✓	✓	✓	✓	✓	✓	✓	
<b>Ginepri Performance Summer Tennis 2018 Jr. Camp</b> Olde Towne Athletic Club • 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.gptennis.net	7-18	\$335	9am-2pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Harrison Tennis Center Summer 2018 Jr. Camps</b> 2653 Shallowford Road NE, Marietta 30066 770-591-3151 • cobbcounty.org/parks	4-17	See website	See website		✓	✓	✓	✓		✓	✓	✓	
<b>Johnson Ferry Baptist Church</b> 955 Johnson Ferry Road, Marietta 30068 678-784-5317 • www.johnsonferry.org/youthsports	See website	See website	See website	DATES TO BE DETERMINED									
<b>Kids' Zone Weekly Day Camps</b> Kids' Zone Daycare & Learning Center 137 Johnson Ferry Road, Suite 1100, Marietta 30068 770-933-6900 • www.kidszonelearningcenter.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>KSU Summer University</b> Kennesaw State University-Continuing Education 3333 Busbee Drive NW, Kennesaw 30144 470-578-6765 • www.kennesaw.edu/coned	1st - 12th grade	See website	See website	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>MJCCA Summer Day Camps</b> 5342 Tilly Mill Road, Dunwoody 30338 678-812-4004 • www.mjccadaycamps.org	Rising PreK-10th grade	Call for rates	9am-4pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>MJCCA Summer Day Camps in East Cobb</b> 1415 Old Canton Road, Marietta 30062 678-812-4004 • www.mjccadaycamps.org	K-8th grade	Call for rates	9am-4pm*		✓	✓	✓	✓	✓	✓	✓	✓	
<b>Mount Paran North Mountain Top Sports Camp</b> Mount Paran North • 1700 Allgood Road, Marietta 30062 678-285-3248 • mountparansports.website.sliplay.com	6-14	\$115 + \$50 activity fee	7:30am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Oak Creek Pony Camp</b> Oak Creek Stables • 4580 Roswell Road, Marietta 30068 678-229-8128 • oakcreekequestriancenter.com	5-6	\$325	Call for times	DATES TO BE DETERMINED									
<b>Oak Creek Horse Camp</b> Oak Creek Stables • 4580 Roswell Road, Marietta 30068 678-229-8128 • oakcreekequestriancenter.com	7+	\$375	Call for times	DATES TO BE DETERMINED									
<b>Primrose School of Lassiter</b> 2821 Lassiter Road, Marietta 30062 770-641-8535 • www.primroseschools.com/schools/lassiter	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Primrose School of Sprayberry</b> 2531 East Piedmont Road • Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	\$225	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	

\*Extended Hours Offered

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# EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 29- June 1	June 4-8	June 11-15	June 18-22	June 25-29	July 2-6	July 9-13	July 16-20	July 23-27	July 30- Aug 3
<b>School of Rock-Beginner Performance Camp</b> 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	5-17	\$425	9am-3pm				✓						
<b>School of Rock-Performance Camp</b> 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$425	9am-3pm		✓							✓	
<b>School of Rock-Pop Rock Camp</b> 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$475	9am-3pm			✓							
<b>Science Camp by High Touch High Tech</b> @various locations 770-667-9443 • www.sciencemadefunatl.net	6-12	\$260	9am-3pm		✓	✓	✓	✓		✓	✓	✓	✓
<b>Sprayberry Academy Pre-K Camp</b> 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	PreK-5	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Sprayberry Academy 2.0 Camp</b> 2100 Post Oak Tritt Road, Marietta 30062 770-672-6289 • www.sprayberry2.com	K-8th grade	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Terrell Mill Tennis Center/Junior Summer Tennis Camp</b> 480 Terrell Mill Road, Marietta 30067 770-644-2771 • southerntennischampions.net	6-17	\$180	9am-12pm		✓	✓	✓	✓	✓	✓	✓		
<b>Titans Sports Academy-Baseball/Softball</b> 775 Hawkins Store Road NE, Kennesaw 30144 404-441-1400 • www.titansnation.net/camps	5-14	See website	9am-5pm		✓	✓							
<b>Unity North Atlanta Church-Imagine If</b> 4255 Sandy Plains Road, Marietta 30066 678-819-9100 • UnityNorth.org/summercamp	5-12	\$99	9am-1pm				✓						
<b>The Walker School Summer Programs</b> 700 Cobb Parkway North, Marietta 30062 770-427-2689 www.thewalkerschool.org/page/community/summer-programs	K3-12th grade	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓	
<b>YMCA McClesky/East Cobb-Summer Camps</b> 1055 East Piedmont Road, Marietta 30062 770-977-5991 www.ymcaatlanta.org/program-locations/summer-camp/mccleskey-cobb.php	3-5 and 5-16	See website	9:30am-12:30pm 9am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>YMCA Northeast-Summer Camps</b> 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 www.ymcaatlanta.org/program-locations/summer-camp/northeast-cobb.php	3-5 and 5-16	See website	9:30am-12:30pm 7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>WinShape Camp</b> Mt. Bethel Christian Academy-High School Campus 2509 Post Oak Tritt Road, Marietta, GA 30062 844-972-2677 • www.winshapecamps.org/cobb	1st-9th grade	\$249	Varies				✓	✓	✓	✓	✓		

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# EAST COBBER *Early Bird* DAY CAMP GUIDE

## MAKING A GOOD DAY CAMP DECISION FOR YOUR CHILD

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

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

So how do you know you're picking the right day

camp for your child? Here's a three-point checklist to help ensure the day camp you choose is the right one for your child.

### 1. CHECK REFERENCES

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

### 2. INVOLVE YOUR CHILD IN THE DECISION MAKING PROCESS

Research shows that kids enjoy camp more when they're



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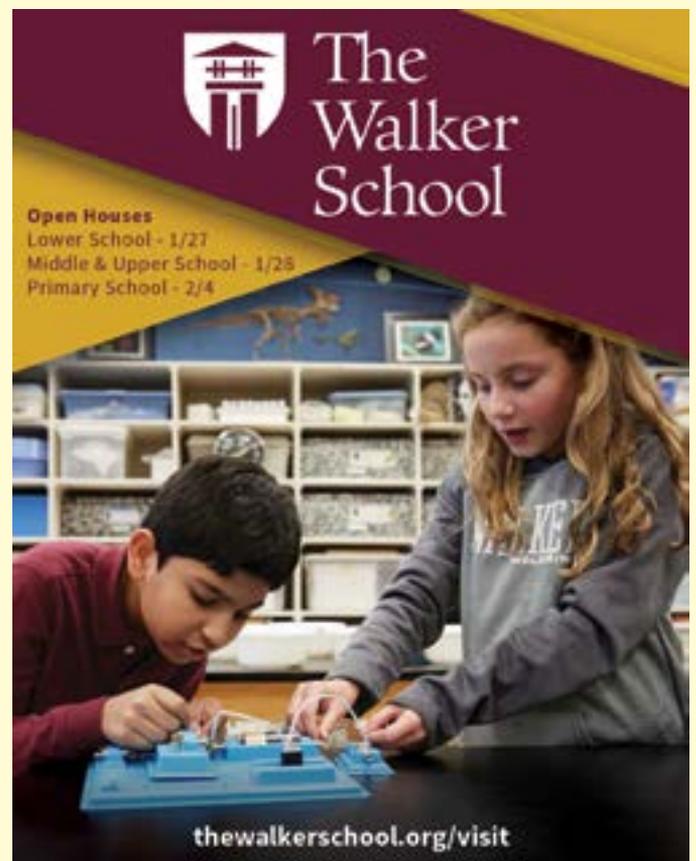
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# EAST COBBER *Early Bird* DAY CAMP GUIDE



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

### 3. TOUR THE CAMP AND MEET THE STAFF

Most day camps hold open houses or organized facility tours during the prime camp enrollment season (generally springtime). These events are great opportunities for you to meet the staff, ask questions and see how the

camp operates on a day-to-day basis. You might even decide to attend several camps' open houses for a point of comparison and to see where you get the best "vibe." Attending a day camp open house or touring the facility is the single BEST way to see what you're getting into ahead of time.

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

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# EAST COBBER *Early Bird* DAY CAMP GUIDE

## Overnight Camps

Camp Name	Age Group	Weekly Camp Fee	Times	May 27- June 2	June 3-9	June 10-16	June 17-23	June 24-30	July 1-7	July 8-14	July 15-21	July 22-28	July 29- Aug 4
<b>Deer Run Overnight Camps-1 week camp</b> 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • <a href="http://deerrun.camp/youth-overnight-camp">deerrun.camp/youth-overnight-camp</a>	Preteen	\$749	See website			✓	✓			✓	✓		
<b>Deer Run Overnight Camps-2 week camp</b> 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • <a href="http://deerrun.camp/youth-overnight-camp">deerrun.camp/youth-overnight-camp</a>	Middle & High School	\$1,619	See website			✓	✓			✓	✓		
<b>Deer Run Overnight Camps</b> 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • <a href="http://www.camps.deerruntreat.org">www.camps.deerruntreat.org</a>	Family	See website	See website		✓				✓				
<b>Girl Scouts of Greater Atlanta-Camp Misty Mountain</b> 490 Lake Marvin Road NE, Armuche, GA 30105 706-629-1030 • <a href="http://www.gsatl.org">www.gsatl.org</a>	See website	See website	See website			✓	✓	✓	✓	✓	✓	✓	✓
<b>Girl Scouts of Greater Atlanta-Camp Timber Ridge</b> 4575 Pebble Brook Road, Mableton, GA 30126 770-702-9600 • <a href="http://www.gsatl.org">www.gsatl.org</a>	See website	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓	
<b>Sports Broadcasting Camp</b> @ Emory University • 201 Dowman Drive, Atlanta 30322 800-319-0884 • <a href="http://www.playbyplaycamps.com">www.playbyplaycamps.com</a>	10-18	\$650- \$1295	See website								✓		
<b>U.S. Space &amp; Rocket Center - Space Camp</b> One Tranquility Base, Huntsville, AL 35805 1-800-637-7223 • <a href="http://www.spacecamp.com">www.spacecamp.com</a>	9-18	\$999- \$1099	See website	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>YMCA - Camp Ocoee</b> 111 YMCA Drive, Ocoee TN 37361 423-338-5588 • <a href="http://www.campocoe.com">www.campocoe.com</a>	7 years - Rising 10th grade	See website	See website		✓	✓	✓	✓		✓	✓	✓	✓

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# 2018 January COMMUNITY CALENDAR

**Free Mulch.** Cobb EMC offers free mulch from the clearance maintenance of Cobb EMC power lines. It is available throughout the year and can be delivered when crews are in your area. More info: [cobbemc.com/content/request-wood-chips](http://cobbemc.com/content/request-wood-chips).

## 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. Members Free. Admission: \$10/Adult, \$6/Child (3-12), \$7/Senior 65+, \$7/Student (Ages 13 -18), Children 2 & under are free. 4pm. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## EVERY TUESDAY

**Little Listeners.** Enjoy an interactive story time with your child that incorporates read a louds, rhymes, music and movement activities while encouraging reading readiness and fun. Ages 3-5 with a participating adult. Free. Starts January 9. 11:15-11:45am. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: [www.cobbcat.org](http://www.cobbcat.org).

**Writers Group.** You've finally gotten out of the starting gate with fulfilling your urge to write, and now you'd like some feedback or some support. Choose between a critique group, a first-time novelist group, and a creative writing group. Sit in on all three and find the one that fits. Free. 6-7pm. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: [james.mitchell@cobbcounty.org](mailto:james.mitchell@cobbcounty.org).

## EVERY WEDNESDAY

**Family Fun Time at East Cobb Library.** Family Fun Time is for families with children of all ages. Can include books, activities, a short film, parachute play, music and a craft. This program encourages a love of reading and learning as well as the use of fine and large motor skills. All story times require a participating adult. Free. Starts January 10. 3:30-4:15pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: [www.cobbcat.org](http://www.cobbcat.org).

## EVERY WEDNESDAY

**Open Mic Night.** The Strand's Show Up Go Up open mic comedy night, an avenue for local comedians to try new material and connect. Comedians only have to show up to go up, no audition or screening required. Ages 21 and over. Free. 7-11pm. The Earl and Rachel Strand Theatre, 117 North Park Square, Marietta. More info: [earlsmithstrand.org](http://earlsmithstrand.org).

## EVERY THURSDAY

**I'd Rather be Stitching.** Bring your stitching project and enjoy working on it while you spend time with other crafty people. Knitting, crocheting, cross stitching, hand quilting—if it requires stitches and is portable, bring it. All levels of experience are welcome – the only requirement is a project and the desire to have a good time with other crafters. Free. Drop in anytime 1-3pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: [www.cobbcat.org](http://www.cobbcat.org).

## FIRST AND THIRD THURSDAY

**Reading Paws at East Cobb Library.** Come read to the library's Reading Dog! This one-on-one program for children in grades K-5 is designed to promote confidence and to encourage independent reading skills. Free. 3:30-4:30pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. Registration is required: 770-509-2730.

## EVERY SATURDAY

**Marietta Square Farmers Market** features products that are grown and produced in Georgia, including produce, plants, honey, breads, cheese and other items. 9am-12pm. Rain or shine. Now open all year. Glover Park-Marietta Square, 50 N Park Square, Marietta. More info: 770-499-9393 or [mariettasquarefarmersmarket.net](http://mariettasquarefarmersmarket.net).

## JANUARY 11-28

**Tenderly: The Rosemary Clooney Musical.** A fresh and poignant picture of the woman whose unparalleled talent made her a Hollywood legend. One golden hit after another is woven through Clooney's compelling life story. Show times: Wednesdays: 7:30pm; Thursdays-Saturdays: 8pm; Sundays: 2:30pm. Tickets start at \$33. Georgia Ensemble Theatre, Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-641-1260 or [www.get.org](http://www.get.org).



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## JANUARY 6

**Improve Wellness with Mindfulness Meditation.** The library is partnering with local certified instructor, Lisa Wellstead, who will lead participants in the "Foundations of Mindfulness Training." This class has been proven to help reduce anxiety and stress, and increase awareness and a general sense of well-being. Ages 18 and up. Free. 11:30am-12:30pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. Registration required: 770-509-2730.

**#TeenSpace Saturdays: Light Painting.** Workshop for teens will electrify your ability to paint with light! In light painting, you take a picture of a moving light source using a slow exposure for super cool results. Ages middle to high school. Free. 2-4pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. Registration Required: [www.cobbcat.org/event/teenspace-saturdays-light-painting](http://www.cobbcat.org/event/teenspace-saturdays-light-painting).

## JANUARY 7

**The Georgia Bridal Show.** Meet face to face with wedding professionals and find everything you need to create the wedding of your dreams. 12-5pm. \$12 in advance online or \$15 at door. Save \$5 per ticket with the promo code GUIDE. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info/tickets: [www.herecomestheguide.com/georgia/wedding-fairs/georgia-bridal-show-3](http://www.herecomestheguide.com/georgia/wedding-fairs/georgia-bridal-show-3).



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## JANUARY 7

**STARLAB.** On January 31, there will be a Full Moon, Supermoon and Blue Moon. Come to the presentation to learn all about these special moon occurrences. 1pm-2pm. Members: Free. Admission: Adults \$10; Child (3-12) \$6; Senior 65+/Student (Ages 13 -18) \$7; Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JANUARY 8

**Cobb Chamber First Monday Breakfast.** Join fellow business professionals as Cobb County Commission Chairman Mike Boyce gives the annual State of the County address. 7:30-9am. General admission: \$60; Chamber members: \$30. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or [www.cobbchamber.org](http://www.cobbchamber.org).

## JANUARY 9

**Gritters Afternoon Book Club.** Meets for an active book discussion. January's selection is *A Gentleman in Moscow* by Amor Towles. Free. 2-3pm. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: 770-528-2524.

**Launch Party for Martha Boone.** Martha Boone, Atlanta Doctor and author celebrates her new book, *The Big Free*. The Big Free is her first published work of fiction and combines medical humor with historical fiction in an urban hospital. Martha will sign books purchased at the store. Free. 7-8:30pm. Bookmiser, 4651 Sandy Plains Road, Roswell. Registration Required: 770-993-1555.

# Kids Consignment Sale

The Episcopal Church of St. Peter and St. Paul

Register!

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

Friday, January 26  
9 am - 6 pm

Saturday, January 27  
9 am - Noon

1795 Johnson Ferry Road  
Marietta, GA 30062

- MAXIMUM 300 items
- Sellers receive 70% of the selling price
- ALL reduced 30% on Saturday
- \$5.00 administration fee
- Volunteer and shop early!

Registration Now Open

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Go to [spspkids.com](http://spspkids.com) for more information.

## JANUARY 11

**Cobb Young Professionals (CYP) Kick-Off Social.** Kick off the year at the Georgian Club with hor d'oeuvres, drinks and networking with 100+ Cobb Young Professionals. If you have never been to a CYP event before or have a friend or co-worker you've been wanting to bring, this is the perfect event to see what it's all about. Members online: Free. Members At-Door: \$10; Non-members: \$20. 6-8pm. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: [www.cobbchamber.org](http://www.cobbchamber.org).

## KSU Continuing Professional Education Open

**House.** Discover how Kennesaw State University (KSU) Continuing Education classes can help you reach your personal and professional goals. Get a sneak peek at numerous courses and certificate programs offered annually. 6-8:30pm. Free. KSU Center, 3333 Busbee Drive NW, Kennesaw. More info: Registration required and can be completed at [ccpe.kennesaw.edu/student-resources/open-house](http://ccpe.kennesaw.edu/student-resources/open-house) or 470-578-6765.

**The Joy of Parenthood.** Expecting parents learn about newborn behaviors and care including holding techniques, diapering, feeding, dressing and bathing. 6-9pm. \$30. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta/East Cobb. More info/to register: 770-956-STAR (7827) or [wellstar.org](http://wellstar.org).

## JANUARY 11-13

**The Military Family Support Center On-site Sale.** The sale is available to retired veterans and active duty personnel and their families who have been granted commissary privileges. This sale features grocery goods sold at cost plus a 5 percent surcharge, and features a stock assortment of about 1,000 items including fresh meat, fresh produce, chilled and frozen items. Thurs-Fri: 9am-5pm; Sat: 9am-12pm. In order to shop at the sale, visitors must present their Department of Defense ID card. Military Family Support Center, 1901 Terrell Mill Road, Marietta (intersection of US Highway 41 and Terrell Mill Road). More info: 478-926-3714.



## JANUARY 12

**Cobb Chamber Executive Women (CEW) Luncheon.** The speaker will be Holly Tuchman, CEO & Executive Director at liveSAFE Resources. She will discuss her journey to health and preparing your business for the unexpected. Registration and networking will begin at 11am. Program: 11:15am-1pm. Early-bird registration closes January 5. CEW Members: \$20 online; Guests: \$30. Starting January 6: CEW members; \$25; guests: \$35. The Georgian Club, 100 Galleria Parkway, 17th floor, Atlanta. To register: [www.cobbchamber.org](http://www.cobbchamber.org). More info: [rchadwick@cobbchamber.org](mailto:rchadwick@cobbchamber.org).

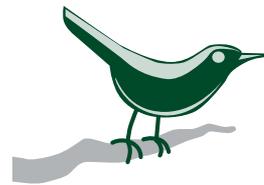
**Thyme to Read: Last Days of Night by Graham Moore.** Discussion facilitated by Linda Hlozansky, Cobb Master Gardener. 10:15-11:30am. Cobb Water Lab, 660 South Cobb Drive, Marietta 30060. More info: 770-528-4070 or [cobbmastergardeners.com](http://cobbmastergardeners.com).

## JANUARY 12-14

**Special Olympics Georgia State Indoor Winter Games.** Special Olympics athletes from around the state head to Cobb County for the Indoor Winter Games. Over 2,800 athletes, coaches, and unified partners from across the state of Georgia will participate in: Basketball, Bowling, Floor Hockey, Artistic Gymnastics, and Powerlifting. Free. Opening ceremony Friday at 7:30pm. Various events at various locations. More info/volunteer info: [paul.mcneil@specialolympicsga.org](mailto:paul.mcneil@specialolympicsga.org).

## JANUARY 13

**Darci Lynne and Friends Live.** 13-year-old ventriloquist, singer, and Season 12 winner of America's Got Talent, Darci Lynne performs live. Tickets start at \$22. Show Times: 3 pm & 7pm. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. Tickets/more info: [www.cobbenergycentre.com](http://www.cobbenergycentre.com).



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*North Campus (9-12)*

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**JANUARY 13**

**Douglas Cameron.** Douglas, a two-time winner of the LA Music Awards for both Male Vocalist of the Year and National Crooner of the Year, brings his 17-piece high energy big band to Marietta's New Theatre in the Square. They pack a punch in performing favorites of Sinatra, Connick, Bubl  and many others. Tickets: \$25. 7:30pm. Marietta's New Theatre in the Square, Emil Theatre, 11 Whitlock Avenue NW, Marietta. Tickets/More info: [www.theatreinthesquare.net](http://www.theatreinthesquare.net).

**Wellstar Diet/Nutrition Goals.** There is a strong link between diet and disease. As the quality of the American diet has declined over the years, the rates of obesity and many chronic diseases has increased. A healthy diet is the cornerstone of good health. A WellStar nutrition expert will teach how to make dietary changes to reduce your risk for many diseases, improve your health and help you to manage your weight. Free. 11:30am-12:30pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. Registration required: 770-509-2730.

**JANUARY 13, 20, 23 & 27**

**The Giver.** Part of the FamilyStage Series at the Georgia Ensemble Theatre. Jonas' world is perfect. Everything is under control and safe. There is no war or fear or pain. There are also no choices. Every person is assigned a role in the community. But when Jonas turns 12, he is chosen for special training from The Giver - to receive and keep the memories of the community. Show times: Tuesday: 7pm. Saturday: 11am. Tickets: \$10. 6th grade and older need a ticket. Georgia Ensemble Theatre, Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-641-1260 or [www.get.org](http://www.get.org).

**JANUARY 15**

**Free Entrance Days in the National Parks.** Come experience the national parks! All National Park Service sites that charge an entrance fee will offer free admission. More info: [www.nps.gov/planyourvisit/fee-free-parks.htm](http://www.nps.gov/planyourvisit/fee-free-parks.htm).

**Martin Luther King Celebration.** The program will present salutes to Dr. King in song, dance, spoken word and an array of talented performers. 10am. Free. Turner Chapel AME Church, 492 North Marietta Parkway NE, Marietta. More info: Cobb County NAACP office, 770-425-5757 or [www.cobbnaacp.org](http://www.cobbnaacp.org).

**Service Day at the Chattahoochee Nature Center.** Come help restore woodlands and wetlands during this afternoon of service. 1-4pm. Ages 5-Adult; Registration required and open until Jan 8, or until event has filled. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).



**JANUARY 16-21**

**Menopause The Musical.** Four women at a lingerie sale with nothing in common but a black lace bra and memory loss, hot flashes, night sweats, not enough sex, too much sex. This hilarious musical parody set to classic tunes from the '60s, '70s, and '80s will have you cheering and dancing in the aisles. Tickets start at \$29. Show times: Tues-Sat: 8pm. Sat & Sun Matinees: 3pm. The Earl and Rachel Strand Theatre, 117 North Park Square, Marietta. More info: [earlsmithstrand.org](http://earlsmithstrand.org).

**DEEPAK CHOPRA**  
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## JANUARY 16 - FEBRUARY 6 (TUESDAYS)

**Understanding Birth.** Expecting parents, bring your partner along on this journey through childbirth including labor and delivery, breathing and relaxation, hospital procedures and Cesarean birth. 6-9 pm. \$55. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta/East Cobb. More info/to register: 770-956-STAR (7827) or wellstar.org.

## JANUARY 16 - FEBRUARY 15 (TUESDAYS & THURSDAYS) OR JANUARY 20 - FEBRUARY 10 (SATURDAYS)

**Drivers Education.** 30 hours of classroom instruction and 6 hours of individual training behind the wheel. This program meets the requirements for Joshua's Law and qualifies for the Teen Driver's Education insurance discount. Tuesday and Thursday classes: 6-9pm at Dodgen Middle School and Pope High School. Saturday classes: 8am-4pm at Dodgen Middle School only. \$385. Dodgen Middle School, 1725 Bill Murdock Road, Marietta/East Cobb. Pope High School, 3001 Hembree Road, Marietta/East Cobb. More info and additional course locations: www.mariettacommunityschool.com.

## JANUARY 17

**Todd Skitch, flute and Robert Henry, piano.** Faculty recital featuring Todd Skitch, Artist in Residence in Flute, and Robert Henry, Coordinator of Piano Studies and Assistant Professor of Music. Free. 8pm, Kennesaw State University, Morgan Concert Hall at the Bailey Performance Center, 1000 Chastain Road, Kennesaw. More info: arts.kennesaw.edu/music.

**Yoga for Children.** Yoga instructors will present an introductory program for children ages 8-12 and their parents. Participants should wear comfortable clothes and bring a mat or bath towel. Free. 4-5pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. Registration Required: www.cobbcat.org/event/yoga-for-children.

## JANUARY 19-FEBRUARY 4

**Dearly Beloved.** A hilarious Texas wedding gone wrong, family drama and a run-away bride and groom. Tickets start at \$12. Showtimes: Friday & Saturday: 7:30pm. Sunday: 2:30pm. Marietta's New Theatre in the Square, Emil Theatre, 11 Whitlock Avenue NW, Marietta. Tickets/ More info: www.theatreinthesquare.net.

## JANUARY 20

**Civil War Hygiene...Silent but Deadly.** Times were tough for the campaigning soldier in the 1860's. This 30-minute program focuses on the poor hygiene of the average soldier during the American Civil War and explores how this led to large casualty rates and widespread diseases. Free. 11-11:30am. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686, ext. 0, or www.nps.gov/kemo.

**Elizabeth Barton Quilts and Design.** Ms. Barton will discuss her process and what inspires her! A quilter for over 30 years, Ms. Barton published her first book of quilt designs in 1985. Now she teaches classes on design, fabric dyeing, and quilting to students all over the world. Free. 2-4pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. Registration Required: Registration Required: www.cobbcat.org/event/elizabeth-barton-art-quilts-and-design.

**Gameboree.** The Atlanta 400 Baseball Fan Club's annual winter banquet and fundraiser. A gala reception, silent auction and raffle of Braves memorabilia begins at 5pm with the awards dinner and program following at 6:30pm. Tickets: \$75/members; \$80/Non-members. Deadline for Tickets: January 16. 5-9pm. Atlanta Marriott Northwest at Galleria, 200 Interstate North Parkway SE, Atlanta. More info: 770-416-4539 or www.atl400.org.

## JANUARY 25

**The Nature Club Monthly Dine and Discover for Adults.** Spend your night socializing with like-minded folks and learning from experts in the field. Dr. Chris Mowry, Ph.D. of the The Atlanta Coyote Project. The Project consists of scientists devoted to learning more about coyotes living within the metro Atlanta area of Georgia. For ages 16 and up. The potluck dinner starts at 7pm and the program starts at 7:30pm. \$10/non-members; \$5/ members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

## JANUARY 26

**Foxtrotters Dance Club.** The Class Act Band will perform. Get dressed up in your best dressy or semi-formal attire and dance the night away. Ages 50 and over. Tickets: \$15 at the door. Doors open at 7pm. Dance: 7:40-10:30pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta/East Cobb. More info: foxtrottersdanceclub.wordpress.com.





NEXT ISSUE: FEBRUARY • DEADLINE: JANUARY 15

CALL EAST COBBER: 770-640-7070

**JANUARY 26-27**

**Kids Consignment Sale.** Great selection of new and gently used items at low prices! Fri: 9am-6pm. Sat: 9am-12pm (items reduced 30%). The Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or spspkids.com.

**JANUARY 27**

**13th Annual Walton Chorus Fashion Show & Silent Auction.** Fun-filled fundraiser with beautiful fashions and joyful voices. Models and performers are all Walton Chorus students. The event will feature prom looks from David's Bridal, current trends from, Fabrik and Collage, as well as sporty essentials from Dick's Sporting Goods. Silent auction. Win great raffle items such as concert tickets, gift certificates, a Big Green Egg, an iPhone 8 plus and much more! Tickets: \$12/advance; \$15/at the door. Silent auction begins at 6pm. Fashion show at 7pm. Walton High School Theater, 1590 Bill Murdock Road, Marietta/East Cobb. More info/tickets: www.waltonchorus.com.

**30th Annual Polar Bear Run.** An official Peachtree Qualifier, this road race features a flat course and an electric disposable chip timing device system. The race will be held rain, snow or shine. 2K Fun Run: 8am. 5K Race: 8:30am. Cub Runs (ages 4-5) and Cub Dash (ages 2-3): 9:15am. Register online at Active.com. Get more information or download an entry form at polarbear-run.com. Packet pickup Friday, January 26, 10am-7pm at Big Peach Running Company in Marietta or race day beginning at 6:30am in the Johnson Ferry Activities Center. Online registration ends January 24. 5K & 2K: \$30; Cub events (ages 2-5): \$25. Phantom Racer: \$35 (no sweat-just T-shirt). Proceeds benefit High School Student Music Mission Trip. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info: www.johnsonferry.org.

**Boots, Blue Jeans, and Chili Cook Off.** LiveSafe's annual event to raise awareness for the prevalence of domestic violence, sexual assault and elder abuse in Northwest Georgia. Proceeds support liveSAFE Resources. Enter the chili cook off! Attendees can try unlimited chili samples and vote on their favorite! Tickets include live music by The Mules, food by Williamson Bros. BBQ, plus unlimited chili tastings and drinks! 6-9pm. Tickets: \$30. Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. More info: Kyndall Thiessen at 770-423-3592 or kthiessen@livesaferesources.org.

**JANUARY 27**

**Recycling Day at Pope High School.** Metal, electronics, paint, paper shredding. \$10 minimum donation for unlimited electronics and metal. Additional fees for TV and CRT monitors, paint and paper shredding. Pick up available within 10 miles of Pope High School for additional fee. Detailed information at popeband.com/recycle. Proceeds benefit Pope High School Band. 9am-4pm. Pope High School, 3001 Hembree Road, Marietta/East Cobb. More info: popebandrecycling@gmail.com, state RECYCLING in subject line for quick response.

**Veteran Business Guide Showcase 2018.** The showcase features over 40 local verified veteran business owners and their businesses. Come meet veteran-owned roofers, custom framers, vodka makers, and many more! Free. 11am-4pm. Andretti Indoor Karting and Games, 1255 Roswell Road, Marietta/East Cobb. More info: chris@veteranbusinessguide.com.



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After



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## JANUARY 27

**Middle School Night.** This night of fun is just for middle schoolers. Kids will enjoy activities like swimming, dodgeball, capture the flag, basketball, crafts and more. Bring a friend and let them experience being part of the YMCA family. Pizza and drinks will be available for purchase. Free. 7-10pm. YMCA McCleskey East-Cobb, 1055 East Piedmont Road, Marietta/East Cobb. More info: 678-569-9622.

## JANUARY 27-MARCH 3 (SATURDAYS)

**Genealogy 101** presented by the Genealogy Society of Cobb County. 9:30am-12:30pm. Registration: 9am on January 27. Free. Set of course materials and notebook with class handouts are available for \$39, if you register by January 16 or \$59 thereafter. First Presbyterian Church, 189 Church Street, Marietta. More info/to register: [www.cobbgagensoc.org](http://www.cobbgagensoc.org).

## JANUARY 28

**3rd Annual Bagels & Bids Silent Auction** presented by Congregation Etz Chaim. Proceeds benefit their preschool and religious school. Auction items include restaurant and store gift cards as well as sports tickets. Enjoy breakfast and bidding while the kids enjoy fun activities. \$9 per person. Children: \$10. 9:15-11:30am. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta/East Cobb. RSVP/More info: [etzchaim.net/bagels](http://etzchaim.net/bagels).

## JANUARY 31

**CPR and Defibrillator Class.** Cobb County Fire and Emergency Services Captain Nick Adams, presents a CPR and AED class. Patrons will learn how to help save a life when every moment counts. Learn to apply CPR (cardiopulmonary resuscitation) and/or AED (automated external defibrillator). Class size is limited to 30 attendees. Free. 11:30am-12:30pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. Registration required: 770-509-2730.

## Get Your Event Listed!

We'll need: event name, date, description, ticket prices, times/hours, site address, phone number, email, and web address. The deadline for the Community Calendar is the 15th of the month prior to the next issue. Email your info to: [calendar@eastcobber.com](mailto:calendar@eastcobber.com). Be sure to include any related photos and/or posters.

## FEBRUARY 1

**ICM's Celebration of Children Conference 2018 "Creating Hope in Georgia's Children."** Sponsored by Interfaith Children's Movement (ICM), an educational event that focuses on improving the wellbeing of Georgia's children. This year's theme will focus on the effects of trauma on children and how hope can be restored, and violence reduced in the aftermath of traumatic events. 10am-2pm. Registration begins at 9:15am. \$10 for program and lunch. Marietta First United Methodist Church, 56 Whitlock Avenue, Marietta. More info/to register: [www.celebrationofchildren.campaignsites.net](http://www.celebrationofchildren.campaignsites.net).

## FEBRUARY 2-11

**Winter Bird Seed Sale at Chattahoochee Nature Center.** Just in time for the Great Backyard Bird Count, fill your feeders with Cole's premium bird seed and benefit the Chattahoochee Nature Center (CNC). Pre-sale orders can be placed online or at the Nature Store. Pre-purchase between February 2-11 and pick up is at CNC February 16-18. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## FEBRUARY 3

**Cobb Chamber of Commerce 76th Annual Dinner.** This black-tie dinner affair celebrates the many accomplishments of 2017 and sets the standard for a successful 2018. 6pm reception. 7pm dinner and program. Tickets: \$175 per person; \$1,500 per table of 10. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: [www.cobbchamber.org](http://www.cobbchamber.org).

## FEBRUARY 5

**Lecture and Book Signing by Dr. Deepak Chopra.** The New York Times bestselling author will be presenting his latest book, *The Healing Self*. \$65-\$85. All ticket purchases include a copy of the book. 7-8:30pm. Unity North Atlanta, 4255 Sandy Plains Road, Marietta/East Cobb. More info: [www.unitynorth.org](http://www.unitynorth.org).



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# WHAT'S YOUR STORY?

## Let Us Tell It!

It's such a basic question, but one that most businesses struggle to answer ... much less communicate clearly. But in today's age of endless marketing messages competing for a very short attention span, clearly communicating your "story" is an absolute imperative. Articulating and embracing your brand story is what makes it happen.

**CUSTOMERS COME FIRST AT KASHA'S HAIR SALON**



It's no secret just how much people value their hair styles. They go to great lengths to schedule fully around their car or color appointment. But Kasha Mason's customers took it a step further. Not only do they value that perfect cut, but they also helped Kasha start her own salon in East Cobb, beginning with installing the Kasha's Hair Salon sign to working as a receptionist at the front desk.

Newly opened Kasha's Hair Salon is located at 2320 Middlebrook Road in the Corner Stone Plaza at High School. Beautyistry classes and more.

"Creating a friendly, professional" says Kasha. "I wanted my salon to get their hair done in a relaxed atmosphere of a high-end salon. Here, the person who cuts, colors and styles it, and a better understanding of the customer's needs."

Along with Kasha, there's also up her team. That's what she has in the new corner. It's a combination of professional expertise and a desire to connect with their loyal customers. Many of Kasha's Hair Salon become a part of the team.

According to Kasha, her salon is a great place to work. She says, "Our customers are so kind and lovely, and we have such a working environment."

Kasha's Hair Salon is open on Saturdays from 9 am to 5 pm, and styling services, waxing and more. Call for an appointment at 770-422-1989 or visit [www.kashasalon.com](http://www.kashasalon.com). Kasha created all the content for this ad.

**PREPARE FOR A SUCCESSFUL COLLEGE EXPERIENCE**



For many high school students in the East Cobb area, post graduation plans will include attending college. Once the hurdle of getting accepted has been met, there are certain skills sets that need to be present in order to be a success in college. If a student could begin college with ALL the necessary skills intact, the chances of success will greatly increase. Some students need professional advice to gain these skills before starting college. This is where college advisor Cheryl Rosenfeld and the team at East Cobb come in.

Cheryl works with students to provide with an advisory plan. "The student will be asked a series of questions that will allow me to get to know him or her and his or her needs. From there, the individualized plan is created," she explained. For high school students, Cheryl typically meets with a student 2-3 times per year with a follow up session once he or she has started college.

Cheryl's professional background has led to her current advisory service. Cheryl holds a Bachelor's in Communications and a Master's in Business Administration from the University of Georgia. She also holds a Certificate in Academic Advising from the University of Georgia. Cheryl works with students to provide with an advisory plan. "The student will be asked a series of questions that will allow me to get to know him or her and his or her needs. From there, the individualized plan is created," she explained. For high school students, Cheryl typically meets with a student 2-3 times per year with a follow up session once he or she has started college.

For more information on her services, call Cheryl at 770-422-1989 or visit [www.eastcobb.edu](http://www.eastcobb.edu).

### E. SMITH AIRS OUT HVAC QUESTIONS



Our homes are comfortable primarily because of two basic reasons – hot blood and air for the day. But in winter, it takes our steps working properly, we usually don't think too much about our home's heating and cooling. Could our comfort levels be even better than they are now? How can we do it technology smart effectively with our HVAC system? Debbie Altemus, vice president at E. Smith Heating and Air Conditioning, Inc., addresses these questions. Altemus emphasizes the importance of a professional licensed HVAC company to handle your heating and cooling needs.

Depending on the particular scenario, Altemus says that your heating and cooling comfort can improve by adding either a zoning system or a mini-split unit to your current HVAC system.

"Even with a properly sized and efficient air conditioner and furnace, hot and cold spots can occur," she explains. "A consistent temperature depends on getting the right amount of airflow to each room. You can spend your days opening and closing individual registers, but it really, who is going to do that?"

She goes on to say that a zoning system helps solve the hot and cold spots by adjusting the air that goes to each room. A thermostat in the room automatically opens and closes a damper in the duct work. Different zones can be set to different temperatures.

A mini-split unit can help with comfort levels if you add a living space, such as a basement office. Altemus says a thermostat sensor can be used to handle the extra load. Quiet and efficient, a mini-split unit consists of a separate outdoor unit and an indoor blower unit that mounts on a wall to distribute the heated or cooled air.

For those who want to incorporate Wi-Fi technology, a Wi-Fi thermostat can do the job. Mobile apps allow you to access the system from anywhere. You can adjust the settings, get alerts, monitor the temperature, switch from heat to cool or turn the system on or off. A zoning system can also be accessed through Wi-Fi technology.

Altemus gives a warning about controlling an Wi-Fi thermostat. "All thermostats should work twice if your electric metering company offers to give you a free Wi-Fi thermostat. Alarm companies usually don't employ HVAC technicians, and some air conditioning systems require specific manufacturer thermostats. The last thing you want is for your cooling to stop, only to find out your free Wi-Fi thermostat is not compatible with your cooling system."

Looking for a professional licensed HVAC company? E. Smith Heating & Air Conditioning has been serving East Cobb for more than 30 years. To schedule an appointment, call 770-422-1989 or visit [www.eastcobb.com](http://www.eastcobb.com).

Want your marketing story and company featured in an upcoming issue of the EAST COBBER? EAST COBBER is ready to tell your story in print and online.

By publishing an advertorial we can turn your expertise into story lines that shape opinions and compel people to action. We are dedicated to enhancing and celebrating East Cobb businesses.

An advertorial is an advertisement designed to simulate editorial content, while at the same time offering valid information to your prospective clients. Distinguish your company from your competition, with a powerful advertorial. Your half-page advertorial includes:

- 2-3 Paragraphs introducing your business to the community and highlighting your marketing message
- Copy editing and proofreading
- Guaranteed placement in the EAST COBBER magazine and on eastcobb.com
- We will also email you a link that will give your clients and prospective customers access to your advertorial

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

TO ADVERTISE WITH THE EAST COBBER: 770-640-7070 | EASTCOBBER.COM

# PET OF THE MONTH: MAGGIE

*Submitted by  
Debbie, Sean, Christina and Natalie Ruth*



**Animal/Breed:** Hound Mix

**Age and Gender:** 16 months and Female

**Favorite Food:** Chicken Filet Dog Treats (they smell so bad but taste so good!)

**Favorite Person:** Natalie (age 9) and Christina (age 14) and Sean (age 50!)

**Best Trick:** Can grab toothpaste off the counter with amazing speed and run very fast with it

**Turn Ons:** Trying to get squirrels; car rides; going to pick up kids from practice; walking

**Turn Offs:** Going to her crate when she knows she is bad

**Favorite Toy:** Tennis balls and Squeaky Snake from Walmart

**Last Seen:** Looking out our front bay window at friends, neighbors and other dogs

**What Makes Your Pet So Special:** Maggie has such personality! When she gets in trouble, she hangs her head like a little child. When she is happy she opens her mouth and gets excited. It is almost like she is smiling! You know exactly what she is thinking and it's clear what she wants to do and what she doesn't want to do! When Sean (dad is gone), she tries to get up on the bed when she knows she shouldn't and pretends not to hear when you tell her to get down.

## Should Your Pet Be Our Pet of the Month?

Fill out the information on your pet and send it to:  
EAST COBBER, P.O. Box 680455, Marietta, GA 30068.

Please include a picture with your entry. Or email description and a jpg to: [petomonth@eastcobber.com](mailto:petomonth@eastcobber.com)

Pet's Name: \_\_\_\_\_

Animal/Breed: \_\_\_\_\_

Age & Gender: \_\_\_\_\_

Favorite Food: \_\_\_\_\_

Favorite Person: \_\_\_\_\_

Best Trick: \_\_\_\_\_

Turn Ons: \_\_\_\_\_

Turn Offs: \_\_\_\_\_

Favorite Toy: \_\_\_\_\_

Last Seen: \_\_\_\_\_

What makes your pet so special: \_\_\_\_\_

Owner's Name: \_\_\_\_\_



(That's Dog  
Talk for  
"You'll LOVE  
advertising  
in the  
EAST  
COBBER!")  
More Info:  
770-640-7070

# DO GOOD FOR DOGS, CATS AND OTHER ANIMALS

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

## ALL PAWS CONSIDERED

770-640-5550 • [shermannancy1@att.net](mailto:shermannancy1@att.net)  
Rescues neglected, abused and homeless animals and provides them with needed medical care and rehabilitation until their permanent home can be found. They have a small network of foster homes and try to help as many animals as they can, including those that are ill or have physical disabilities.

## ANGELS AMONG US PET RESCUE (AAUPR)

P.O. Box 821 • Alpharetta, GA 30009  
877-404-5874 • [www.angelsrescue.org](http://www.angelsrescue.org)  
[info@angelsrescue.org](mailto:info@angelsrescue.org)  
A non-profit that educates the public on the plight of animals in high kill shelters throughout Georgia and saves as many animals as they can.

## ANIMALS DESERVE BETTER, INC.

P.O. Box 72016 • Marietta, GA 30007  
770-402-0297 • [www.animalsdeservebetter.com](http://www.animalsdeservebetter.com)  
Rescues lost, abandoned and neglected dogs- rehabilitate them and turn them into thriving highly trained service and therapy dogs, making a difference in the life of the dogs and the humans they will serve.

## BASSET HOUND RESCUE OF GEORGIA

P.O. Box 680322 • Marietta, GA 30068  
770-499-1164 • [www.bhrg.org](http://www.bhrg.org)  
A non-profit, volunteer effort to save abandoned and mistreated basset hounds for the love of the breed.

## COBB COUNTY ANIMAL CONTROL & SHELTER

1060 Al Bishop Drive • Marietta, GA 30060  
770-499-4136 • [www.cobbcounty.org](http://www.cobbcounty.org)  
Billy Mayfield -Shelter Operations Manager  
770-590-5614 • [william.mayfield@cobbcounty.org](mailto:william.mayfield@cobbcounty.org)

## GEORGIA HOUSE RABBIT SOCIETY

2280 Shallowford Road • Marietta, GA 30066  
678-653-7175 • [www.houserabbitga.org](http://www.houserabbitga.org)  
The Georgia House Rabbit Society is committed to rescuing abused, abandoned and neglected domestic house rabbits, fostering them and finding them great homes.

## GOOD MEWS ANIMAL FOUNDATION

3805 Robinson Road • Marietta, GA 30068  
770-499-2287 • [adopt@goodmews.org](mailto:adopt@goodmews.org) • [www.goodmews.org](http://www.goodmews.org)  
A non-profit organization that operates a no-kill, cage-free shelter for homeless, abused, and abandoned cats.

## HAPPY TAILS PET THERAPY

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

## HUMANE SOCIETY OF COBB COUNTY

148 Fairground Street SE • Marietta, GA 30060  
770-428-5678 or 770-428-9882 • [www.humanecobb.com](http://www.humanecobb.com)  
A no-kill shelter serving Cobb County and the surrounding area. Services and programs include pet crisis counseling, guidance for pet owners in need, home-to-home placement, pet-assisted therapy, community education, pet sterilization programs, as well as lost and found, rescue, and adoption service

## MOSTLY MUTTS

3238 Cherokee Street, Kennesaw, GA 30144  
770-325-PETS • [www.mostlymutts.org](http://www.mostlymutts.org)  
Contact: [info@mostlymutts.org](mailto:info@mostlymutts.org)  
Mostly Mutts has been working to reduce the number of animals euthanized at local shelters in metro Atlanta. They work closely with animal control officers to save adoptable dogs that are often moments away from being put to sleep.

## MUTT MADDNESS

P.O. Box 71821 • Marietta, GA 30007  
404-406-6322 • [www.muttmaddness.org](http://www.muttmaddness.org)  
Contact: [info@muttmaddness.org](mailto:info@muttmaddness.org)  
Mutt Maddness is a no-kill rescue made up of community volunteers dedicated to saving dogs whose lives are in jeopardy. They run an upscale resale store to raise money for their organization. The store is Rescue Rescued Too! At 4665 Lower Roswell Road, Suite 104, Marietta, GA 30068.

## OUR PAL'S PLACE

4508 Canton Highway • Marietta, GA 30066  
678-795-0202 • [www.ourpalsplace.org](http://www.ourpalsplace.org)  
[helpanimals@ourpalsplace.org](mailto:helpanimals@ourpalsplace.org)  
Pet adoption facility and education center. Its is to bring about a time when all animals are treated with kindness and compassion.

## PAPILLON 911

P.O. Box 682225 • Marietta, GA 30068  
[www.pap911rescue.org](http://www.pap911rescue.org)  
A rescue organization committed to supplying food, shelter, medical and dental care to all Papillons in need.

# DINING GUIDE

## Asian Express

>Chinese  
New York style chinese food, dine-in and take out.  
4880 Lower Roswell Road, #110, Marietta 30068  
Mon-Sat: 11am-10pm;  
Sun: 12-9:30pm  
770-675-9369

## Basil Wraps

>Mediterranean  
Serving the best Mediterranean food in Marietta/Kennesaw area. Chicken/beef gyros, kabob, shawerma, kofta, falafel, and much more.  
2800 Canton Road  
Marietta 30066  
Mon-Sat: 11am-8pm  
770-514-9990  
www.basilwraps.com

## Bradley's Bar & Grill

>American  
The friendliest neighborhood dive bar in East Cobb with great bar food, great customers & great staff!  
4961 Lower Roswell Road  
Marietta 30068  
Mon-Sat: 11:30-2am  
770-321-0108  
www.bradleysbarandgrill.com

## Café Life at Life Grocery

>Vegetarian  
Healing, Wellness, & Healthy Food for the Mind, Body & Soul. Choose from a variety of organic vegan foods.  
1453 Roswell Road  
Marietta 30062  
Mon-Sun: 12-5pm  
770-977-9583  
www.lifegrocery.com

## Capozzi's Pizza

>Italian  
Neighborhood pizzeria with a family friendly atmosphere.  
4285 Roswell Road  
Marietta 30068  
Mon-Sun: 11am-10pm  
770-321-5550  
Capozzispizza.com



## Chicago's Restaurant

>American  
Celebrating 25 years in the neighborhood, eat where the locals eat! Relaxed dining, warm hospitality, offering a wide selection of entrees, hand crafted cocktails and terrific wine list. Cozy bar. Live music on Wednesdays, Fridays and Saturdays.  
4401 Shallowford Road  
Roswell 30075  
Open daily 5pm;  
770-993-7464  
www.chicagosrestaurant.com

## Cookies By Design

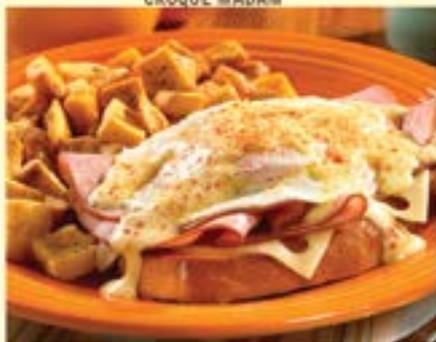
>Cookies  
Cookies by Design created the world's first cookie arrangement more than 20 years ago and continues to provide customers with gift-giving arrangements of individually hand-decorated cookies for every occasion.  
3101 Roswell Road  
Marietta 30062  
Mon-Fri: 9am-6pm  
Sat: 10am-3pm  
770-578-0200  
Mon-Fri: 8am-7pm;  
Sat: 8am-5pm; Sun: 8am-1pm  
770-579-7081  
www.ediblearrangements.com

## Eggs Up Grill

>Traditional Breakfast & Lunch  
A family oriented breakfast and lunch only restaurant. Specializing in homemade, fresh ingredients with a focus on hospitality.  
4401 Shallowford Road, Suite 126  
Roswell 30075  
Mon-Sun: 6am-2:30pm  
770-559-9057  
www.eggsupgrill.com

## Fuji Hana

Steak, Sushi, Thai  
>Japanese & Thai  
\$1 Sushi every Monday night dine-in only. Hibachi Early Bird Special from \$10 every day before 6pm. Voted Best Asian Restaurant in East Cobb.  
1255 Johnson Ferry Road, Suite 1  
Marietta 30068  
Mon-Sun: 11:30am-10pm  
678-560-8071  
www.fujihanaeastcobb.com



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Blueberry Crunchcake Photo: Sheila Baker  
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www.jchristophers.com

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## Harry's Pizza and Subs

>Pizza  
Family owned and run, Harry's is an excellent place for any occasion from a business meeting to an outing with your family. Not only do they serve real New York style pizza, but they are also known for their chicken wings, oversized salads, and mouth watering sandwiches!  
2150 Powers Ferry Road  
Atlanta 30339  
Mon-Thurs: 11am-10pm; Friday: 11am-11pm; Sat: 11am-10pm; Sun: 12pm-10pm  
770-955-4413  
www.harryspizzaandsubs.com

## J. Christopher's

>Breakfast, Brunch, Lunch  
J. Christopher's is a neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere.  
1205 Johnson Ferry Road  
Marietta 30068  
Daily: 7am-2pm  
770-579-6800  
www.jchristophers.com

## Jersey Mike's Subs

>Submarine Sandwiches  
Jersey Mike's Subs serves the most authentic submarine sandwich available. The Certified Angus Beef top rounds are cooked right in the store. The meats and cheeses are all top-quality premium brands. The bread is fresh-baked every day on the premises. Everything's prepared right in front of you.  
4400 Roswell Road, Suite 148  
Marietta 30062  
Mon-Sun: 10am-9pm  
770-321-3998  
www.jerseymikes.com

## Keegan's Public House

>Irish-American  
Authentic Irish pub with old world atmosphere, great food, and extensive beer and wine selections.  
4401 Shallowford Road, #136  
Roswell 30075  
Sun-Thur: 11am-12am;  
Fri & Sat: 11am-2am  
770-640-1100  
www.keegansirishpub.net

## New Lucky China

>Chinese and Sushi  
The Best Chinese and Sushi in East Cobb.  
3045 Gordy Parkway  
Roswell 30062  
Sun-Thurs: 11am-10:30pm;  
Fri-Sat 11am-11pm  
770-565-9666  
www.newluckychina.com

## Teriyaki Madness

>Asian Grill  
Teriyaki Madness is a fast casual Asian inspired restaurant serving Seattle-style Teriyaki. Guests enjoy made to order teriyaki dishes that are prepared with all natural fresh ingredients, with sauces made in-house.  
2960 Shallowford Road  
Marietta 30066  
Mon-Sat: 11am-9pm;  
Sun: 11am-8pm  
770-693-2091  
www.teriyakimadness.com



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## The Mill Kitchen & Bar

>Modern Southern  
Comfort Food  
The quintessential Southern neighborhood restaurant is a down-to-earth spot, where the casual vibe is heightened by the mouth-watering cuisine, the culinary inspired cocktails, large selection of craft beers and the thoughtfully selected wine list. Live music and entertainment Thursdays and Saturdays. Kids eat Free only on Tuesdays.  
590 Mimosa Boulevard  
Roswell 30075  
Brunch: Sun: 10am-3pm  
Lunch: Mon- Sat: 11am-3pm;  
Mid-day Menu: Tues-Sun: 3-5pm  
Dinner: Tues-Thurs: 5-9pm;  
Fri-Sat: 5-10pm; Sun: 5-9pm  
770-817-9345  
www.themillkitchenandbar.com

## Tin Lizzy's Cantina

>Tex Mex  
Tin Lizzy's is a taqueria known for its unique flavors and fresh margaritas. Come enjoy live music on the patio or watch your favorite game on the many flat screens! Taco Tuesdays: \$2 taco menu after 2pm on Tuesdays.  
4475 Roswell Road, #1510  
Marietta 30062  
Sun-Thurs: 11am-11pm;  
Fri-Sat 11am-Midnight  
770-609-2689  
www.tinlizzyscantina.com

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*Proudly serving East Cobb for 26 years!*

Serving dinner daily at 5pm (early dining service from 5 – 6:30 Sunday through Thursday)

4401 Shallowford Road (at Johnson Ferry Road) • 770-993-7464 • www.chicagosrestaurant.com



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**mtbethel.org/fitness**  
for complete schedule and pricing  
\*excludes yoga

**Mt. Bethel United Methodist Church**  
4385 Lower Roswell Road, Marietta • 770.971.5280

## ACUPUNCTURIST

### Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist  
3535 Roswell Road, Suite 37 • Marietta 30062  
678-560-7978 • www.drshutcm.com  
Mon-Fri: 9am-6pm; Sat: 9am-4pm

25 years experience in traditional Chinese medicine treating pain management, respiratory system, emotional/mental health, nervous system, digestive system, smoking/weight loss, wrinkle reduction, high blood pressure, and much more.

## ANTI-AGING MEDICAL SERVICES

### Flowers Medical Group

1950 Spectrum Circle, Suite 505 • Marietta 30067  
678-303-4420 • www.flowersmedical.com  
Mon-Fri: 8am-5pm

Flowers Medical Group creates individualized care plans for every aspect of your health. The center offers specialized testing, comprehensive lab work, and examinations that are designed to keep you feeling energetic and healthy as you age. Contact them for your free consultation today.

## BEAUTY & HEALTH

### Just You Experience

3020 Roswell Road, Suite 200 • Marietta 30062  
770-578-5114 • justyouexperience.com  
Mon-Sat: 10am-6pm; Sun: 2-6pm

Non Surgical, Non Evasive body sculpting & skin tightening. Without cutting or piercing. There is no chance of infection, no pain, and no downtime, sculpt & enhance. Affordably preform augmentation or reduction and rejuvenation on ALL parts of the body. Change Your Body, Change Your Life.

## CARDIOLOGY

### Sibley Heart Center

Katina Hunter  
2835 Brandywine Road, Suite 400 • Atlanta 30341  
770-488-9218 • www.choa.org/cardiology  
Mon-Fri: 8:30am-5pm

Sibley Heart Center Cardiology is composed of more than 50 pediatric cardiologists providing comprehensive services for patients with acquired or congenital heart disease.

## GRAND OPENING



- 🦷 General Dentistry
- 🦷 Restorative
- 🦷 Cosmetic Dentistry
- 🦷 Prosthodontics
- 🦷 Periodontics
- 🦷 Implant Services
- 🦷 Endodontics
- 🦷 Oral Surgery

**Merchants Walk Dental**  
770-691-5051  
1344 East Cobb Drive, Suite 100  
Marietta, GA 30068  
merchantswalkdental@yahoo.com  
Monday-Friday: 8am-5pm



### Services Include:

- Waxing for all
- Body Exfoliations
- Facials, Microblading & Microchanneling
- Laser Hair Removal

**Call in today to book your appointment:**  
**(770) 575-4253**

Mon-Fri: 10am-7pm ~ Sat: 10am-5pm  
4400 Roswell Road • Suite 150 • Marietta 30062  
(LA Fitness Mall)



DENTISTS

**Cheek Dental**

2872 Johnson Ferry Road • Marietta 30062  
770-993-3775 • www.cheek.dental.com  
Mon-Fri: 8am-5pm

An all female dental team provides quality comprehensive dentistry to adults and children. Our high-tech office provides same day crowns and implant restorations and uses intra-oral cameras and digital x-rays. Read our consistently 5-star reviews on our website and see why so many East Cobbers trust us with their smiles!

**Great Expressions Dental Center**

3823 Roswell Road, Suite 205 • Marietta 30062  
770-973-9275 • www.greatexpressions.com

Provides access to affordable dental care without sacrificing quality or convenience for the entire family. In-network with most major insurance programs. If you don't have dental insurance, you can enroll in the Smile Protection Plan or utilize CareCredit financing on many preventive and cosmetic dental procedures.

**Mansouri Family Dental Care**

4720 Lower Roswell Road • Marietta 30068  
770-973-8222 • www.NaturalSmile.biz  
Mon-Fri: 7:30am-6pm

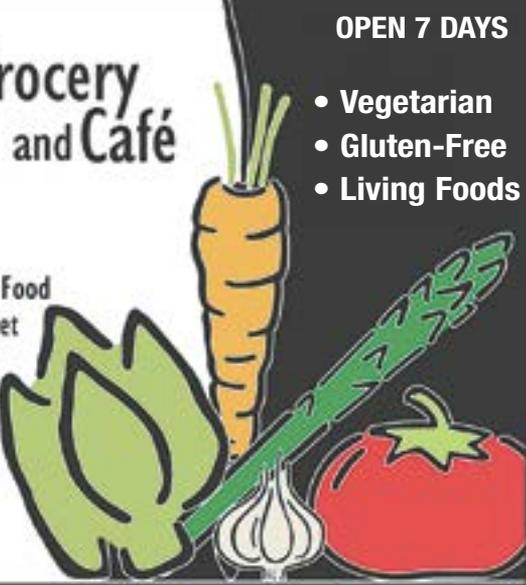
Implants, root canals, cosmetic and family dentistry for all ages. Oral sedation available for fearful patients. Rest assured that everyone you meet here will be courteous, warm and exceptionally helpful. Please call the office for more info.

**OPEN 7 DAYS**

**Life Grocery and Café**

- Vegetarian
- Gluten-Free
- Living Foods

A Natural Food Co-op Market and Café Featuring Organic Produce



1453 Roswell Rd Marietta, Ga 30062 770-977-9583  
1/2 mile east of the Big Chicken

Check our website for schedule of lectures, events & classes  
www.lifegrocery.com

# REAL WOMEN, REAL RESULTS!

STUDIO|348 PERSONAL TRAINING FOR WOMEN

**LOST: 55 LBS, 20 INCHES  
13 % BODY FAT**

*"This program is a life changer! I am more alert, focused and able to handle my stressful life with renewed strength on the inside and out. I am more toned and feel much stronger than ever before. My improved core strength has eliminated any back pain. I stand up taller and feel great in my clothes. Doing this one healthy thing for me gives me peace of mind that I am doing something good for my family. I am sure it has extended my life 20 years!"*

**DAWN QUINN**  
AGE: 54



AFTER



BEFORE

**STUDIO|348**  
PERSONAL TRAINING FOR WOMEN

**FREE 14 DAY TRIAL**

**(UP TO 10 SESSIONS WITH A PERSONAL TRAINER)**

Hurry! Offer Expires 1/31/18.

3822 Roswell Road, Ste. 114 (Next to East Side Elem.)  
**678-540-1518 • Studio348forWomen.com**



## DENTISTS

### Merchants Walk Dental

1344 East Cobb Drive, Suite 100 • Marietta 30068  
770-691-5051 • [www.merchantswalkdental.com](http://www.merchantswalkdental.com)  
Mon-Fri: 8am-5pm

Family-oriented private practice aims to provide comprehensive care and quality dentistry to patients of all ages. Their team is compassionate and energetic ensuring that there is time spent educating patients on their oral health needs. Offers many services including, but not limited to: implants, extractions, root canals, and more.

### Wohlers Family Dentistry

3733 Canton Road • Marietta 30066  
770-926-9914 • [www.wohlersdentistry.com](http://www.wohlersdentistry.com)  
Mon-Thurs: 8am -5pm, Fri: Call for hours.

Offering a variety of dental services for the entire family in a warm, friendly environment. If you are looking for preventive care or a smile makeover, call to learn how Wohlers Family Dentistry can help.

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### Dermatology Consultants

1519 Johnson Ferry Road, Suite 100 • Marietta 30062  
770-971-3376 • [www.dermatologyconsultants.org](http://www.dermatologyconsultants.org)  
Mon-Fri: 7am-5pm

Delivering excellent customer service and excellent dermatological care for the entire family. Their board-certified dermatologists utilize cutting-edge technology and equipment and strive to provide expert consultations to their patients.

## EXERCISE AND NUTRITION

### Lee Haney Personal Training Services

1950 Spectrum Circle, Suite 505 • Marietta 30067  
678-303-4420 • [flowersmedical.com](http://flowersmedical.com)  
Mon-Fri: 8am-5pm

Creates individualized exercise and nutrition programs to help manage age and increase physical function of the body. Programs that are created to stimulate not annihilate!

## EYE CARE

### Milan Eye Center

3775 Roswell Road, Suite 150 • Marietta 30062  
678-381-2020 • [www.milaneyecenter.com](http://www.milaneyecenter.com)  
Mon-Fri: 8am-5pm

Milan Eye Center provides quality ophthalmology care to help patients achieve better vision through various treatments. With five convenient locations, patients are able to schedule an appointment to treat conditions such as cataracts, glaucoma, age related macular degeneration, dry eye, oculoplastics, cosmetic, corneal transplant, and eye infections.

## FITNESS

### Mt. Bethel UMC

4385 Lower Roswell Road • Marietta 30068  
770-971-5280 • [mtbethel.org/rec](http://mtbethel.org/rec)  
Mon-Fri: 7:30am-8:30pm

Mt. Bethel Recreation offers various fitness classes throughout the week, led by trained and experienced instructors. Our facility is also open to the public for use of walking track, fitness equipment and weights. For more information, please check out our website.

## FITNESS CENTERS

### Women's Premier Fitness

4961 Lower Roswell Road • Marietta 30068  
770-565-5450 • [www.womenspremierfitness.com](http://www.womenspremierfitness.com)  
Mon-Thurs: 5:30am-9pm, Fri: 5:30am-8pm, Sun: 9am-2pm  
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Flowers Medical Group Staff



Director Misty Croft, RN and Lynn Flowers, MD

Getting older doesn't mean you have to give up the things you love to do. Flowers Medical's photo wall filled with patients enjoying their lives is proof that the aging process can be fun. Lynn Flowers, MD, is a physician who started the Flowers Medical Center for Anti-Aging and Metabolic Medicine six years ago to shift the focus from disease-driven medicine to a preventive focus on health.

Dr. Flowers wanted to improve his own personal performance and strength, while also avoiding the effects of chronic disease like Parkinson's disease that impacted his father. Through extensive research, he learned the majority of health issues are preventable by lifestyle measures and healthy metabolic support. After years in traditional medicine, he decided to begin a center that focused on wellness.

"We want people to know they don't have to live through chronic fatigue or pain just because they are getting older. Getting older is not an excuse," says Dr. Flowers.

He started the practice with one nurse, Misty Croft, RN, who also believed in making wellness a priority. After growing organically through word of mouth and referrals, Flowers Medical recently expanded into a new location at Spectrum Circle in Marietta. The new center offers specialized testing, comprehensive lab work, and examinations that are designed to keep people feeling energetic and healthy as they age.

"Our goal is to evaluate all risk factors for disease including nutrition, exercise, medical history along with genomics and family history to locate any problem areas and prevent future disease," says Dr. Flowers. "This approach uses the principles of functional medicine to consider a wide variety of factors that affect how we feel."

Patients enter through a beautiful, serene waiting room, but they don't wait long. The practice only books one patient at a time and allows enough time to have an in depth consultation and medical exam. The patient then meets with the team to work on a comprehensive health plan based on the results.

The services at Flowers Medical include hormone therapy for women and men, hypothyroidism treatment, weight loss coaching, genetic testing, nutritional analysis and IV nutritional therapy. IV nutritional therapy is a way to provide essential minerals, amino acids, vitamins and other nutrients into the body's circulation, bypassing the digestive system.

The new practice also offers personal fitness classes and sessions with Lee Haney, an 8-time Mr. Olympia and member of the International Sports Hall of Fame. They also provide yoga and meditation classes.

"Our wellness plans for patients might include yoga or exercise, so we wanted to be able offer anything our clients needed in one convenient place," says Misty Croft, RN, BSN.

Because their patients felt better on the inside, they asked for services to help them look better on the outside too. Flowers Medical provides Cool Sculpting, a nonsurgical procedure that eliminates stubborn fat. They also have an onsite medical aesthetician, who performs facials and cosmetic procedures like chemical peels. Patients can now take advantage of advanced medical anti-aging facial treatments such as Xeomin and dermal fillers to smooth out the signs of aging in the skin.

Clients began sending in photos of themselves doing activities that showcased their health like rock-climbing or scuba diving. Now Flowers Medical features these photos in an expanding "bucket list" wall of success stories.

Patient testimonials also share how their experience impacted their lives.

"The Flowers group has been a life saver! They have helped me over come seven years of illness in almost four months! So thankful for all of their knowledge and the compassion they have for their patients," shares Sheridan Smith, a patient.

Visit [flowersmedical.com](http://flowersmedical.com) to see more reviews or to learn more about their services. You can also make an appointment or learn more by calling 678-303-4420. Flowers Medical is located at 1950 Spectrum Circle, Suite 505A, Marietta, Ga., 30067.

PAID ADVERTISEMENT

# HEALTH & WELLNESS

## GYM

### Burn Boot Camp - East Cobb

2100 Roswell Road, Suite 1120 • Marietta 30062  
770-821-9211 • burnbootcamp.com/east-cobb-ga  
Mon-Fri: 5-10:30am & 4:15-7:30pm; Sat: 8-10am

Burn Boot Camp is a lifestyle fitness facility that inspires, empowers and transforms the lives of busy women and their families. Our clients experience a high-energy, 45-minute session that is progressively challenging and never the same. We offer free childcare, personal training in a group setting, nutrition guidance and more.

## HEALTH FOOD STORE

### Life Grocery

1453 Roswell Road • Marietta 30062  
770-977-9583 • www.lifegrocery.com  
Mon-Sat: 9am-8pm; Sun: 11am-6pm

Life Grocery and Café features a healthy selection of organic produce, nutritious foods, extensive supplements serving those with health challenges and dietary needs.

## INDOOR CYCLING

### CycleBar

4880 Lower Roswell Road, Suite 450 • Marietta 30068  
770-672-0198 • eastcobb@cyclebar.com  
See website for class schedule.

CycleBar offers a rocking array of classes each and every week, so that no matter how you want to Rock Your Ride, we've got a workout for you. Part sanctuary, part rock concert. Our state-of-the-art audio, video, and lighting technology envelops you to create a multisensory experience every single ride.

## MEDSPA

### Amerejuve Medspa

>2476 Canton Road • Marietta 30066  
770-966-2205  
>4774 Lower Roswell Road • Marietta 30068  
770-509-0000 • www.amerejuve.com  
Tues-Fri: 9am-6pm; Sat: 9am-5pm

Amerejuve Medspa and Cosmetic surgery offers a wide range in cosmetic procedures to make you feel young and look beautiful. They are leading experts in laser hair removal, Coolsculpting, eMatrix Skin Rejuvenation, IPL Photofacial, Velashape cellulite treatment, microdermabrasion, and chemical peels.

## ORTHODONTISTS

### Braces Braces

1111 Johnson Ferry Road, Suite 100 • Marietta 30068  
770-222-2322 • www.braces-braces.com  
Mon-Fri: 9am-7pm; Sat: by appointment

Braces Braces strives to go above and beyond providing orthodontic services. They offer a variety of financial options that make orthodontic care as affordable as possible. You can even get affordable braces for as low as \$50 a month, or receive multi-family member discounts.



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# BEING HEALTHY DOES NOT HAVE TO BE HORRIBLE

*By Ashley Saunders, Health & Wellness Chair for the East Cobb County Council of PTAs*

I was a Middle School PE teacher in Cobb County for seven years. However, I did not fit the typical physical educator persona; I am not athletic, I am not competitive, and I am quite clumsy. Like most people, I did not enjoy middle school PE. I would explain these things to my students and naturally, they would ask, "then why did you become a PE teacher?" My answer was simply, "so that your experience in middle school PE would hopefully be better than mine." My passion is helping people of all ages realize that being healthy does not have to be horrible. I am no longer teaching, but I am still passionate about people's health.

The New Year is often seen as a time to set goals, and most of the top ten New Year's resolutions are about health topics. About 80% of people give up on their resolution before January is over and another 10-15% don't make it past March. I would like to propose a challenge to you, the reader: let us set goals this year that are achievable, realistic, simple, and life-giving. Let's lead by example and show the next generation that taking care of yourself and your health can be beneficial not only to you, but to your community as well!

Maybe, like me, you are not competitive or athletic. But thankfully neither of those things is required to be healthy. Let's revisit some middle school health lessons (no, not the dreaded Human Growth and Development). I would like to briefly discuss five areas of health to help start you on your way to a healthy New Year: Physical, Nutritional, Mental, Social, Spiritual

## **PHYSICAL**

Just move! Find something you like to do that gets your body physically moving (riding in a car doesn't count). If you hate a certain form of exercise, pick a different form! Play basketball with friends, take the dog for a walk, do a Zumba class with a friend. I have a 79-year-old friend that loves to line dance. You can play bocce ball or volleyball or go for a walk in the woods; just move! You

are more likely to stick with a form of 'exercise' if it's an activity you like to do.

Have regular visits to your doctor so they can tell you accurately about your physical health. So, throw away that scale! Instead of thinking about pounds, think about how your favorite pair of pants fit. Are you sleeping well? Do you have energy? Are you stressed? These can be some non-scale indicators of health. Positive, fun, physical activities can help your body be fit, have energy, reduce stress and have restful sleep.

## **NUTRITIONAL**

I am not a certified nutritionist, but I do know that being healthy takes intentionality. Drink lots of water. Get your fruits and veggies, get your whole grains, and eat proteins, carbs and good fats! Remember, vitamins and minerals are your friends and a daily supplement can certainly help fill in nutritional gaps. A balanced diet is very important because food is fuel and your body needs it to function. You could talk to a certified nutritionist or do personal research to find the best foods to put in your body. Weekly meal planning in advance can help you become intentional about healthy eating habits.

## **MENTAL**

Always keep learning. Try doing simple tasks with your non-dominant hand (the opposite hand of the one you write with). Drive a different way to work. Research a new way to do a favorite hobby. Instead of TV or the news, read a book or listen to informative podcasts. These are very simple ideas to keep your brain stimulated and challenged, but not stressed out.

## **SOCIAL**

Find two or three friends, people that you can be real and vulnerable with and let them know the "real" you (Facebook is not a great indicator of real friendships). Use your phone to coordinate

meeting with a friend face to face for coffee or a meal. Show the next generation what it's like to invest in people and genuine relationships. Yes it can be risky, but it can be very rewarding as well.

Realize that sometimes it's OK to say 'No': No to events, No to volunteering, No to positions on boards, etc. Your calendar (being full or empty) does not dictate your self-worth. Find a few things you are passionate about and pour into those. It's better to give more effort to a few things and to do them well, than minimal effort to a bunch of things and not do any of them well.

## SPIRITUAL

Find something that is "life-giving" and pursue it. Get involved in giving back to your community. Pay it forward. Be kind, always. The way you treat other people will have a massive effect on your everyday attitude.

Rest. Set a time to rest for yourself and for your family. Rest doesn't have to mean sleep or not moving. Rest can simply be a time of being intentionally "unproductive." For some people that might be going for a walk or meeting with a friend; something that clears your mind.

Being healthy does not have to be horrible!

>Take time, MAKE time, to be present in your loved-one's lives this year.

>Find an activity that you like that gets you moving.

>Do a weekly meal plan.

>Rest with your family.

>Say no to overbooking the calendar.

>Say yes to people and being present and relationships that are life-giving.

Cheers to you and your health this New Year! 🍷



*Ashley Saunders is the Health & Wellness Chair for the East Cobb County Council of PTAs and the Rocky Mount Elementary PTA. She and her husband, Les, reside in Lassiter High School district along with their three kids, two of whom are students at Rocky Mount Elementary*

*School. She taught PE at Palmer Middle and Dickerson Middle Schools.*



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## PEDIATRIC DENTIST

### Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068

770-479-9999 • [www.NiaDentistry.com](http://www.NiaDentistry.com)

Mon-Fri: 8am-5pm; Sat: by appointment

Dr. Azi Nia is dedicated to providing excellent pediatric dental care and building confidence in her patients. Dr. Azi's greatest goal is helping a child overcome their fear and anxiety, getting them to a point where they actually enjoy their appointments.

## PERSONAL TRAINING

### Fitness Together

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### Studio 348 Personal Training for Women

3822 Roswell Road, Suite 114 • Marietta 30062

678-540-1518 • [www.studio348forwomen.com](http://www.studio348forwomen.com)

Mon-Thurs: 6am-12pm, 4-8pm; Fri: 6am-12pm; Sat: 8am-12pm.

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# The First Annual East Cobb Fitness Crawl



## 1st Annual East Cobb Fitness Crawl

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8:30am - 4pm

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Fitness Together

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Women's Premier  
Fitness

Northeast Cobb  
YMCA

Like a pub crawl, but with gyms instead of regrets. EAST COBBER is signing up local fitness businesses in East Cobb to be a part of the 1st Annual East Cobb Fitness Crawl. These fitness businesses would hold 15-minute workouts, every 30 minutes. Crawlers will drive, run, jog or walk from workout-to-workout.

Only EAST COBBER current advertisers are going to be promoted as part of the 1st Annual East Cobb Fitness Crawl.

The 1st Annual East Cobb Fitness Crawl will offer a variety of fitness activities at local health & wellness businesses so East Cobbers can explore new places and fitness options and find the ones that resonate with them.

Brought to you by the publishers of the EAST COBBER magazine, producers of the EAST COBBER Parade & Festival. EAST COBBER has been promoting East Cobb people and businesses for 24 years. On February 10, we'll be bringing the East Cobb community together in a fun way to discover local businesses that are here to help us get fit!

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## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JANUARY

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list 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.

### Finances 55+

Tuesdays, January 9-January 23 • 10am-12pm  
Free; Registration required  
This workshop is designed to motivate and empower you to take charge of your financial future and make the most of the financial resources that you have. Finances 55+ will cover budgeting and goal settings, taking charge of credit and debt, and developing a savings plan and protecting your assets. Presented by retired financial advisor David Bohanon.

### Dine-a-Round

Wednesday, January 10 • 11am-1:30pm  
Loyal Q and Brew. 4880 Lower Roswell Road, Suite 850, Marietta. Separate checks for lunch; Registration required. Everyone meets at the restaurant.

### Medical Examiner

Friday, January 12 • 10-11:30am  
Free; Registration required  
Michael Gerhard with Cobb County Medical Examiner's Office will discuss how medical examiners and coroners work in Georgia. The seminar will also cover the autopsy process and reasons for examinations, as well as what happens to the body after death. Please be advised the images may be disturbing.

### Power of Juicing

Friday, January 19 • 10:30-11:30am  
Free; Registration required  
Explore the real story about the health benefits of juicing with Aislinn Cummings with WellCare.

### Take Control of Diabetes

Wednesdays, January 24-March 7 (No class 2/14) • 2-4pm  
Free; Registration required  
Attend our class to change your habits, change your life, and learn more about diet, exercise, and managing your medication. Presented by Karen Villaroel with Alliant Quality.

### AARP Smart Driver

Thursday, January 25 • 9am - 4pm  
\$15 AARP members/\$20 Non-members  
(cash or check only)  
The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Learn age-related physical changes and how to adjust your driving to compensate. Check with your insurance agent about a possible discount. Bring a lunch.

### Social Security 101

Friday, January 26 • 10-11:30am  
Free; Registration required  
Alicia Lipscomb with the Social Security Administration will answer any questions regarding your benefits, eligibility, and Medicare.

### Tennessee Aquarium

Wednesday, February 28;  
Deadline: January 29 • 8am - 5pm (Check-in: 7:30am)  
Take a trip with us to visit the Tennessee Aquarium. Discover the story of water through exhibits in both Aquarium buildings: River Journey and Ocean Journey. Then we will visit the Big River Brewery for a delicious lunch. After lunch we will return to the Aquarium for a wonderful IMAX film. \$83 Senior Citizen Council member; \$88 Non-member. Payment due at time of registration. Deadline: January 29. Price includes motor coach, transportation lunch, and driver's trip. No refunds will be given unless trip is cancelled.



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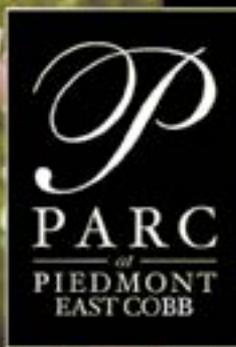


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## SENIOR RESOURCES

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

### ADULT PROTECTIVE INTERVENTION

**Cobb County DFCS**  
325 Fairground Street • Marietta 30060 • 770-528-5000

### ADULTS WITH DISABILITIES

**Tommy Nobis Center**  
1480 Bells Ferry Road NE • Marietta 30060 • 770-427-9000

### ELDER ABUSE & NEGLECT

**Adult Protective Intervention**  
Cobb County DFCS  
325 Fairground Street • Marietta 30060 • 770-528-5000

**Eyes on Elders**  
www.eyesonelders.com • 877-460-5578, ext. 83

**Long Term Care Ombudsman**  
Department of Human Resources  
2 Peachtree Street NW • Atlanta 30303 • 1-888-454-5826

### INCOME SECURITY

**Cobb County DFCS**  
325 Fairground Street • Marietta 30060 • 770- 528-5000

**Social Security Administration**  
1415 Franklin Road SE • Marietta 30067 • 770- 859-0123

### INFORMATION AND REFERRAL

**Atlanta Regional Commission Division of Aging Services**  
40 Courtland Street NE • Atlanta 30303 • 404-463-3100

**Cobb Senior Services**  
1150 Powder Springs Street • Marietta 30064  
770- 528-5355

### LEGAL SERVICES

**Cobb County Bar Association Lawyer Referral Service**  
770-424-7149

**Cobb County Probate Court**  
32 Waddell Street • Marietta 30060 • 770-528-1900

**Cobb Legal Aid**  
30 S. Park Square • Marietta 30090 • 770-528-2565

**Georgia Senior Legal Aid Hotline**  
404-657-9915

### NUTRITION SERVICES

**Home Delivered Meals**  
Meals on Wheels Program  
1150 Powder Springs St. • Marietta 30064 • 770-528-5364

### SUBSTANCE ABUSE TREATMENT

**Cobb-Douglas Community Services Board**  
6133 Love Street SW • Austell 30168 • 770-819-9229

**Marietta Mental Health Center**  
1650 County Services Pkwy. • Marietta 30008 • 770-514-2422

### TRANSPORTATION ASSISTANCE

**Cobb County Transit Paratransit**  
463 Commerce Park Dr. • Marietta 30060 • 770-427-2222

**Cobb Senior Services Demand/Response Transport**  
1150 Powder Springs St. • Marietta 30064 • 770-528-7987





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# SHARE THE CARE VOUCHER PROGRAM HELPS CAREGIVERS

Cobb County Senior Services offers the "Share the Care" program which provides vouchers to caregivers who are caring for Alzheimer's or dementia-related disorder clients. Vouchers can be used for respite, personal care, etc. The caregiver must be a Cobb County resident and live in the same home as the Alzheimer's or dementia client. Fee for services based on income. The goal of Cobb County's Share the Care program is to provide support and relief to family caregivers who are caring for a loved one diagnosed with Alzheimer's or related dementia or chronic diseases which severely impair their quality of life, such as failure to thrive, stroke, multiple sclerosis, COPD, end stage renal disease and cancer. Here is a quick overview of the Share the Care program:

## **RESPITE**

- The family caregiver can receive assistance in the home with personal care or companion services.

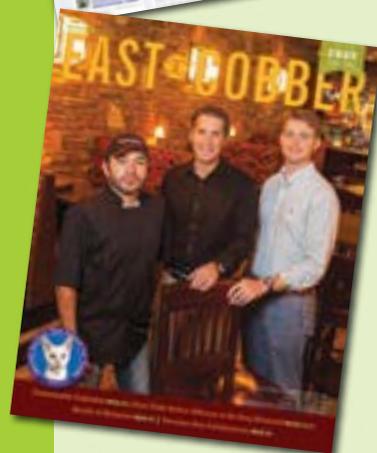
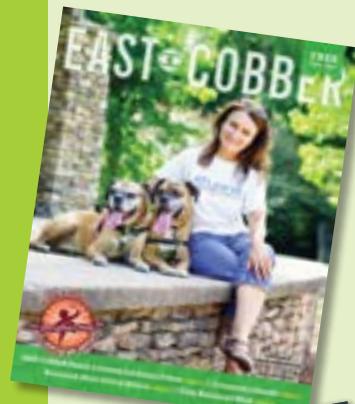
## **ELIGIBILITY**

- Cobb County Resident
- Family caregiver must be 18 years and older and the care-receiver must be 60 years and older.
- Family caregiver and care-receiver must live in the same household.
- Must not be eligible for any other respite programs such as CCSP, SOURCE, etc.

For additional information, contact Cobb County Senior Services Information & Referral: 770-528-5364. ☎

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# CLUB CALENDAR

**American Association of University Women (AAUW)** of Cobb County. 2nd Tuesday of the month. 7pm. East Cobb Center, 4400 Lower Roswell Road, Marietta. More info: cobbcounty-ga.aauw.net.

**American Needlepoint Guild.** 2nd Tuesday of the month. 6:45pm. Tiny Stitches, 2520 East Piedmont Road, Marietta. More info: 770-394-0065.

**Anne Hathaway Garden Club.** 3rd Wednesday of the month (except July and August). Marietta Educational Garden Center, 505 Kennesaw Avenue NW, Marietta. More info: Nancy Martin, 770-428-7056.

**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.

**Atlanta Metropolitan Council Navy League.** 2nd Tuesday of the 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. More info: 678-234-2310 or campbellfc@comcast.net.

- **Big Chicken Chorus.** Every Monday evening. 7:00pm. Marietta High School, Chorus Room, 1171 Whitlock Avenue, Marietta. Male a cappella harmony chorus. More info: Frank, 770-587-1264, fehrach@aol.com, or www.bigchickenchorus.org.

- **Bridge Club.** Four free lessons; \$7 thereafter. Wednesdays 10am, and Thursdays 7:30pm. Singles are welcome. 1809 Roswell Road, Marietta. More info: 770-973-7717.

- **Cobb County Democratic Committee.** Monthly breakfast 2nd Saturday each month. 9am. Marietta Fire Museum, 112 Haynes Street, Marietta. More info: www.cobbdemocrats.org.

- **Cobb County Gem & Mineral Society.** 2nd Tuesday of the month, 7:30pm at their Clubhouse, 516 West Atlanta Street, Marietta 30060. More info: www.cobbcountymineral.org.

- **Cobb County Genealogical Society.** 4th Tuesday of the month. 7pm. First Presbyterian Church of Marietta, 189 Church Street, Marietta. More info: www.cobbgagensoc.org or ccgs@cobbgagensoc.org.

- **Cobb County Republican Women.** 4th 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.** 2nd Thursday of the month. 11:30am. Luncheon reservations required. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: www.cmrea.org.

- **Cobb Photographic Society.** Photographers of all skill levels are welcome. 1st and 3rd Monday of the month. 7-9pm. American Business Center, Bldg. 700, Suite 702, 1395 South Marietta Parkway, Marietta. More info: www.cobbphotosociety.com or info@cobbphotosociety.com.

- **Colored Pencil Society of America.** Atlanta District Chapter 107. 1st Monday of the month. 7pm. North DeKalb Cultural Center, 5339 Chamblee-Dunwoody Road, Room 2 (second floor in the back), Dunwoody. More info: Nancy Guerin, 678-354-3590.

- **Dog Hikers of Georgia.** Every Sunday. 10am. Various locations. Non-dog owners welcome. More info: Dr. Dan Batchelor, 770-624-7660.

- **East Cobb Bass Club.** Visitors, boaters and non-boaters are welcome. 1st Tuesday of the 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. 3rd Tuesday of the month. 11:30am-1pm. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbba.com.

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

- **East Cobb Civitans.** 2nd and 4th Thursday of the month at noon for lunch at The Olde Town Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: 770-578-9901 x201.

- **East Cobb Democratic Association.** 4th Tuesday of the month. 6pm - Social. 7pm - Program. Whole Foods, 1311 Johnson Ferry Road, Marietta. More info: Tom Barksdale, 770-715-1218 or tbarksdl@aol.com.

- **East Cobb Jewish Networking Group.** Every Wednesday. 7:30am. Sugar Benders Bakery, 255 Village Parkway, Marietta/East Cobb. More info: Vic Anapolle 404-432-0626 or vicanapolle@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.** 2nd Tuesday of the month. 6:30 PM. Come-N-Get It restaurant, 1409 Church Street extension, Marietta. More info: Steve Hughes, 770-378-0095.

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

- **East Cobb Rotary Club.** Every Wednesday. 7am. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: eastcobbrotary.com.

- **East Cobb Woodcarvers Club.** Every Thursday. 9-11am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-420-3820.

- **Georgia Nature Photographers Assoc.** 3rd 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 Perennial Plant Association.** 3rd Tuesday of the month. 7:30pm. Atlanta History Center, McElreath Hall, 130 West Paces Ferry Road NW, Atlanta. More info: www.georgiaperennial.org.

- **Georgia Vietnam Veterans Alliance.** 3rd Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post, 921 Gresham Road, Marietta. More info: Al Heflin, 404-317-5201.

- **Georgia Tea Party.** 2nd and 4th Thursdays. 7pm. New location: 799 Roswell Street. More info: Jerry Kotyuk 404-374-0580 or jerryk623@att.net.

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

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

- **IMPS Bridge Club.** Various formats, dates and times available. For more information contact Roni Fink at 404-310-3448 or phinque999@AOL.com.

- **Libertarian Party of Cobb County.** First Thursday of the month. 1pm. Marietta Pizza Company, 3 Whitlock Avenue, Marietta. More info: www.cobbip.org or call 770-795-1331.

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

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**Marietta Lions Club.** 2nd Thursday of the month. 7pm. First United Methodist Church, 56 Whitlock Ave SW, Marietta 30064. More info: mariettalions@aol.com or www.mariettalionsclub.org.

**Marietta PFLAG.** 4th Sunday each month. 1-3pm. Newcomers are welcome. Pilgrimage United Church of Christ, 3755 Sandy Plains Road, Marietta. More info: www.pflagatl.org.

**Marietta Rotary Club.** Every Wednesday. 12 noon. 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 meeting following dinner. 6:15pm. 140 Powers Ferry Road, Marietta. More info: www.vfwpost2681.org.

**Martha Stewart Bulloch Society of Children of the American Revolution** 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: Tammy 770-696-4806 or www.msbnsr.com.

**National Association of Active and Retired Federal Employees (NAARFE).** 2nd Wednesday of the month. 11:30am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-971-1719.

**Newcomers Club of Cobb County.** 3rd Tuesday of the month. 10am. Sept-May Various social activities throughout the month for those new to Cobb County or just looking for new friends. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. More info: newcomersofcobbcounty@yahoo.com.

**North Metro Mothers of Multiples Club.** 3rd Monday of the month. 7pm. Chicago's, 4401 Shallowford Road, Roswell (corner of Johnson Ferry & Shallowford). More info: www.northmetromultiples.org.

**Northeast Cobb Business Association.** Luncheon meeting 3rd Wednesday of the month. 11:30am-1pm. \$15. Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-423-1330.

**Northwest Atlanta Mothers of Multiples** A club for families with or expecting twins, triplets, or quadruplets. Second Tuesday of each month. Date and time may change; check our website. More info: www.nowamom.org or 678-404-0034.

**Peach State Depression Glass Collectors' Club.** 2nd Tuesday of the month except December. Guests welcome. 6:30pm 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 sharing a 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. September-May. 2-4 pm. Senior Wellness Center, 1150 Powder Springs Road, Marietta. More info: Lynne Johnson, 770-591-3474.

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

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

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

**Toastmasters International.** Rising Phoenix Club. Every Saturday at 9:45-11am. A great way to improve your speaking and leadership skills. Guests always welcome. East Cobb Government Center, 4400 Lower Roswell Rd, Marietta. More info: www.risingphoenix.toastmastersclubs.org.

**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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# SUPPORT GROUPS

## A.A./Al-Anon/Al-Anon Beginners/Alateen.

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

**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.

## Alzheimer's/Caregiver Support Group Meeting.

First Monday of each month, 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: 770-722-7641.

**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

**A.W.A.K.E. Program** stands for "Alert, Well, And Keeping Energetic." A support group for adults who have sleep apnea, their family members and friends, and anyone interested in learning more about sleep apnea. First Thursday of the month, 5:30-7pm. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta. More info: 770-644-1755.

**Babywearing Group.** Koolamommias, 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, jenniferworrell@bellsouth.net or www.bwiiofallant.org.

**Bereavement Support.** Every 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.

**Career Transition.** 3rd Monday of the month, 6:30pm. Personal resume reviewing, interviewing, networking, and career assessment help. First Presbyterian Church, 189 Church Street, Marietta. More info: Lee Pence, 770-428-9350, or Bob Sablin 770-795-9084, or visit www.fpcmarietta.org

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

• **Caregiver Support Group.** 2nd Thursday of the month, 12-1pm. Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or ehares@peterandpaul.org

• **Compassionate Friends.** First Tuesday of the month, 7pm. Assists bereaved families following the death of a child of any age and from any cause. First Baptist Church, 148 Church Street NE, Marietta. More info: Ria 770-973-4921 or www.tcfmarietta.org.

• **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.

• **Divorce Care.** 13-week course beginning the 3rd Wednesday of August, 6:30-8pm. Open to all ages. Johnson Ferry Baptist Church, 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 of the month, 7-8:30pm. East Cobb Government Center, 4400 Lower Roswell Road, Marietta. More info: www.visionsanew.org.

• **Divorce Support Groups Adults and M/HS Students.** All or welcome. Every Wednesday through May 10, 6:20-8pm. Mt. Bethel UMC, Room B111, 4385 Lower Roswell Road, Marietta. Closed CCSD Winter and Spring breaks. Free with free childcare. For more information, registering, or counseling: call Judith Reichenbach, Licensed Counselor at 770-597-9882 or email jmr.lpc@gmail.com.

• **Domestic Violence Support Groups.** Sessions in English and Spanish. Wednesdays, 6:45-7:45pm. Childcare available for children 6 weeks-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, 6:30-8pm. Mt. Bethel United Methodist Church (Room B109) 4385 Lower Roswell Road, Marietta. More info: Cappie Suttle, 404-368-9394, east-cobb@chadd.net, or www.chadd.net/300.

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

• **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.

• **Fractured Families for Parents Estranged from their Children.** 2nd and 4th Sunday of the month, 6:30pm. Call for location. More info: Sandy, 404-446-6093.

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

• **Grandparents Raising Grandchildren Support Group.** 2nd Tuesday of the month, 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Jeannie, 770-919-9275.

• **Grief Support Group.** Every Wednesday, 6:30-8:30pm from mid-Fall to mid-Spring. An educational grief support group facilitated by two nationally recognized grief experts, a licensed clinical psychologist and an ordained pastor. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. More info: www.mtbethel.org/support.

• **Grief Support Group.** 3rd Thursday of the month, 7pm. Unity North, 4255 Sandy Plains Road. More info: Kathy Kelcourse, kathzkel@yahoo.com.

• **Grief Share.** 13-week program beginning the 3rd Monday of August from 7-9pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

• **JACS (Jewish Alcoholics, Chemically Dependent and Significant Others).** For Jewish members of 12 Step groups. 7-8pm. First and 3rd Tuesdays of the month except on Jewish holidays. Congregation Etz Chaim, in the library, 1190 Indian Hills Parkway, Marietta. 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. 770-956-0318 or 678-357-3661.

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

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

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

• **Parents of Prodigals.** For parents of struggling teens and young adults. 2nd 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. 2nd Sunday each month, 4pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Building A, Roswell. More info: Robin Cleveland, 678-819-3915.

• **Spousal Support Group.** 3rd Thursday of the month, 12-1pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

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

• **Widowed Helping Others (WHO).** Dinner social. 3rd Wednesday of the month, 6pm. St. Ann's Catholic Church, Nolan Hall, 4905 Roswell Road, Marietta. More info: St. Ann's Pastoral Care, 770-552-6400 ext. 2019.

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For physician referral, please call 770-956-STAR (7827).



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