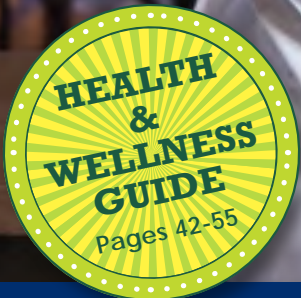


January 2016

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WALDRON DENTISTRY
Dr. Chris Lee and Dr. Blair Waldron

Do Good Guide PAGES 10-15 | **Community Calendar** PAGES 26-31 | **Support Groups** PAGE 64

Early Bird Day Camp Guide PAGES 18-25 | **Spring Sports Deadlines** PAGE 9



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Local health experts and resources are listed here to help you shape up and enjoy a healthier lifestyle!

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

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PUBLISHER'S NOTE



Now that the presents are all unwrapped and Santa's job is finished for another year, it's time to move on to escorting in the new year. January is the month for new beginnings and cherished memories. This is the month to dream, to make new resolutions, to look forward to the year ahead.

As the temperature drops, I hope

you'll curl up with this EAST COBBER magazine and read up on the information and stories featured in this issue. From the Do Good Guide (pages 10-15) to reading about this year's East Cobb Citizen of the Year, Rosan Hall (page 33), I hope you'll be inspired to find a way to help our neighbors in need. Like so many do at the start of every year, we are setting the goal to lose weight and/or get healthy(ier). Take a look at our Health and Wellness Guide which features local health professionals and fitness experts to help you achieve those new year resolutions!

Here's to a sweet 2016! I wish you 366 bright mornings (it's a leap year!), 52 weeks of possibilities, 12 months full of promise and four seasons to be savored.

Happy New Year!

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

Join the conversation!
What do you want to read about in the EAST COBBER?
Tell us at
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On the Cover

This month's front cover features Dr. Blair Waldron and Dr. Christopher Lee, two of the four dentists at Waldron Dentistry, a practice that has been delivering high-quality dentistry with excellent customer service in East Cobb for over 30 years.

Waldron Dentistry is committed to providing caring dental services for you and your family. "We are proud of the wonderful relationships that we have built with patients over the years," says Dr. Christopher Lee, "...over 70 percent of our new patients come from existing patient referrals."

Waldron Dentistry is located at 3020 Roswell Road, Suite 100, in Marietta/East Cobb.

For more information, you can read their story on page 6 or visit www.waldrondentistry.com.

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

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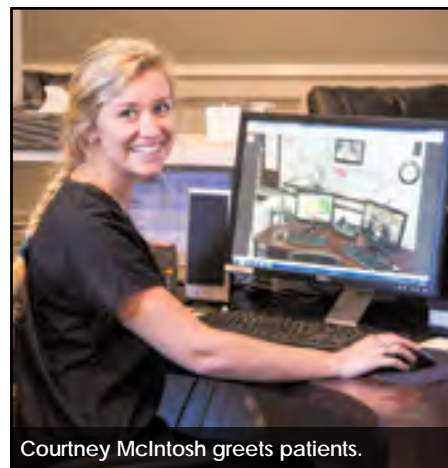
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STRAIGHTFORWARD TALK FROM WALDRON DENTISTRY



Dr. Chris Lee



Courtney McIntosh greets patients.

"What drew me to this practice was the focus on each patient's time and comfort, as well as the emphasis on quality work," says Dr. Christopher Lee, the newest member of Waldron Dentistry's dental team. Dr. Jonathan Waldron opened the dental practice in East Cobb in the 1980s and for over 30 years it has continued to grow. Over that time, Waldron Dentistry added Dr. Blair Waldron and Dr. Ed Schlissel, and most recently Dr. Christopher Lee.

Growing up with an interest in the dental field, Dr. Lee's background prepared him for a successful career and ultimate position at Waldron Dentistry. Dr. Lee is a Georgia native and grew up in Johns Creek. After graduating from Chattahoochee High School, he attended the University of Georgia and graduated with a degree in microbiology. He then went on to dental school at the Medical College of Georgia and upon graduation was selected for a General Practice Residency where he received extensive training in IV sedation, as well as extractions and dental implant placement. He is an active member in the American Dental Association, Georgia Dental Association, Hinman Society and the Academy of General Dentistry in which he is seeking his fellowship. He also achieved fellow status in the International Congress of Oral Implantologists. Committed to continuing education, Dr. Lee regularly attends courses to enhance his skills.

According to Lee, joining the practice was the result of an evolving relationship between him and the other dentists at the practice. After working at another dental office for a few years, Dr. Lee met Dr. Blair Waldron. They found that they had similar practice philosophies of delivering high-quality dentistry with excellent customer service.

"After spending time with the other dentists at Dr. Waldron's practice, I felt that it was the right place for me," says Dr. Lee. "The additional surgical skills that I acquired in residency fit with what their patients were asking for. I also shared the other dentists' views on the importance of each individual patient. I could see that patients didn't sit around the office waiting for someone to see them. If a patient has an appointment at 9:00,

that patient is seen at 9:00. All the dentists and staff members really care about the patients and have a good rapport with them."

Dr. Lee goes on to say that he feels patients greatly benefit from Waldron Dentistry's four dentists who command a wide range of skills. Dr. Jonathan Waldron, Dr. Blair Waldron, Dr. Christopher Lee and Dr. Ed Schlissel frequently confer on many cases to achieve the best treatment plans.

With over 70 percent of new patients coming from existing patient referrals, Waldron Dentistry strives to make patients' needs and concerns its top priority. This is further demonstrated by the number of patients that have been coming to the practice since it first opened in East Cobb more than 30 years ago. New patients and most insurance plans are welcome and each dentist offers a complimentary initial consultation and benefits check. Office hours are also set with patients' schedules in mind so they can come in early before school or work begins. Waldron Dentistry is open from 7:00 AM-5:00 PM, Monday through Thursday, and Friday, 7:00 AM-3:00 PM.

"Because often the hardest part about getting needed treatment is finding the time required for office appointments, we offer one-visit porcelain crown appointments," says Dr. Lee. "In the past, getting a new crown or replacing an old one took two visits and sometimes three if there were complications in the fit. Now, using the advanced technology CEREC system, a machine that actually mills the crown right here in the office, we can complete the procedure from start to finish in a single appointment."

Other state-of-the-art procedures offered at Waldron Dentistry include bridges, veneers, white fillings, take home and in-office whitening, IV sedation, root canals, extractions and night guards.

If you are looking for caring and comprehensive dentistry, call Waldron Dentistry, conveniently located at 3020 Roswell Road, Suite 100, Marietta, 30062, near the intersection of Upper Roswell/Hwy 120 and Old Canton Roads. For more information or to make an appointment for a complimentary consultation, visit www.waldrondentistry.com or call 678-498-1992.


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CERT COURSE OFFERED



Have you ever wanted to help in an emergency? If your answer is yes, Cobb County needs you to be a part of their Community Emergency Response Team (CERT)! Cobb County's Public Safety Department offers CERT training for residents. The goal is to provide training on basic response skills to members of neighborhoods, community organizations, communities of faith and businesses. CERT members are then integrated into the emergency response in their area in times of need.

The Community Emergency Response Team (CERT) course is a 20-hour program that trains people to be better prepared for response to emergency situations in their communities. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the community. CERT Classes will be held at the Cobb County Emergency Operations Center which is at 140 North Marietta Parkway, Marietta, 30060. Classes meet each Tuesday & Thursday, 6-9pm, for 7 sessions: January 12, 14, 21, 26, 28, February 2 & 4. You must attend all sessions listed in order to complete the program. Participants must be at least 16 years old and either live, work, or worship in Cobb County.

For more information and/or to request application forms, contact Kimberly Repak at Kimberly.Repak@cobbcounty.org. 



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APPLICANTS AND DONATIONS NEEDED FOR MARGIE HATFIELD PTA SCHOLARSHIP


By Patty Pace, East Cobb County Council of PTAs

The East Cobb County Council (ECCC) of PTAs created the Margie Hatfield Scholarship Fund in 1990 to honor Mrs. Hatfield's dedication to the youth of our Council. Mrs. Hatfield spent countless hours working with the ECCC PTA, including serving as president for three consecutive years. With this service in mind, the Council PTA sponsors the scholarship program to help deserving youth in their educational journey. An emphasis is placed on the applicants' service records and citizenship, attributes that embody the philosophy of the PTA.

This year, the Margie Hatfield Scholarship Fund will once again award a \$1000 scholarship to one student from each of the six high schools located within the East Cobb County Council (Kell, Lassiter, Pope, Sprayberry, Walton, and Wheeler). The following criteria, listed in order of significance, are used to evaluate applicants: involvement in service-oriented projects, community and extra-curricular activities, leadership, honors and awards,

an essay, references, completeness of application, and grade point average. In addition:

- Any graduating ECCC high school senior who plans to enroll in a full-time course of study at an institute of higher learning may apply.
- Scholarship funds must be used for continuing education.
- There is no limit to the number of students that may apply.
- The deadline for receipt of applications is February 29, 2016. Applications will be available in the counselors' offices in mid-January. Students may also download an application from the ECCC PTA website.
- Winners will be notified in early April and honored at the ECCC PTA general membership meeting held on April 20, 2016.

The ECCC PTA relies on donations from the 35 ECCC PTA schools and other community supporters to fund this scholarship. To donate, please contact Patty Pace, ECCC PTA Scholarship Chair, at scholarship@ecccpa.org for more information. 



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Patty Pace lives in the Blackland Ridge subdivision with her husband, Montie, and sixteen year old son, Alex. She is the ECCC PTA scholarship committee chair and an active volunteer for the Wheeler High School PTSA and the Wheeler High School Magnet Foundation.



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SPRING SPORTS REGISTRATION DEADLINES

JANUARY 15

Deadline for **East Side Baseball Association** registration. Leagues play at Fullers Recreation Park, 3499 Robinson Road, Marietta 30068. More info/to register: www.eastsidebaseball.com

North Atlanta Soccer Association (NASA) offers a recreational youth soccer program for boys and girls ages 3-19. For additional program information and online registration, please visit our website at www.nasa-ga.org.

JANUARY 19

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

JANUARY 28

Deadline for **Sandy Plains Spring Baseball** registration. Leagues play at Sweat Mountain Park and Harrison Park. Sandy Plains baseball online registration will be open until January 22 at 9 pm. More info/to Register: www.sandyplainsbaseball.com

JANUARY 31

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

FEBRUARY 1

Deadline for **East Marietta National Little League (EMNLL)**. Leagues play at Sewell Park, 2055 Lower Roswell Road, Marietta 30068. More info/to register: www.eastmarietta.com.

Deadline for **Mount Paran Baseball** registration. Ages 4-18 years. Mount Paran North, 1700 Allgood Road, Marietta. More info: Lisa Buxton, 678-285-3248 or lisab@mtparan.com. To register: MPNSports.com.

FEBRUARY 1

Deadline for **Sprayberry Jr. Jackets Lacrosse**. Ages 7-14. More info/to register: Jamie Knowles, 678-882-4860 or www.sprayberrylacrosse.com.

FEBRUARY 5

Deadline for **Cross Over Middle School Basketball registration**. 5th-8th grade. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 678-784-5317, or www.johnsonferry.org.

Deadline for **St. Andrew Rowing Club** registration. Ages 12-18. Meets at St. Andrew Catholic Church, 675 Riverside Road, Roswell 30075. More info/to register: 770-676-2739, coach@standrewrowing.com or www.standrewrowing.com.


FEBRUARY 19

Deadline for **YMCA STRIKER Soccer** registration. Ages 3-19. McCleskey-East Cobb Family YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991 or www.ymcaatlanta.org.

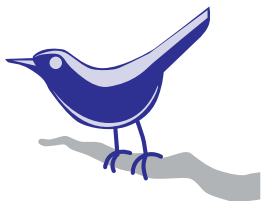
FEBRUARY 22

Deadline for **Upward Baseball & Softball** (ages 4-13) registration. **Johnson Ferry Baptist Church**, 955 Johnson Ferry Road, Marietta. More info/to register: 678-784-5317, or www.johnsonferry.org.

MARCH 1

Deadline for **East Marietta Basketball** registration. East Marietta Basketball, 33 Weatherstone Parkway Marietta. More info: 770-835-5799 or www.eastmariettabasketball.com. 

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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.

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Kimie Tinsley, Volunteer & Activities Coordinator

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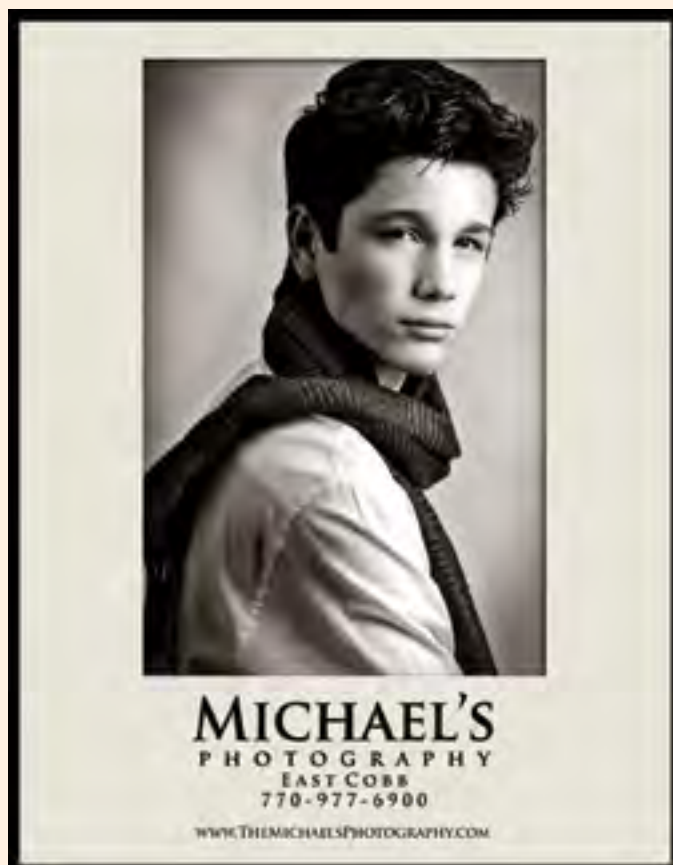
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www.fostercare.org

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FRIENDS FOR THE EAST COBB PARK

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

Jodie Braner, President

www.eastcobbpark.org

president@eastcobbpark.org

GEORGIA AARP TAX-AIDE

Seeks volunteers for tax counseling 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.

Molly Friesenborg, Director of Center Programs

461 Manget Street

Marietta, GA 30060

www.girlsincatl.org

770-422-0999

HELPING HAND FOUNDATION

Mission is to improve 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

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

770-528-1445

BACKPACK BLESSINGS

HELPS KIDS FROM GOING HUNGRY



▲ **Tony Palermo, Founder,**
BackPack Blessings

For 1 in 4 children, going to bed hungry every night is a sad reality. Food insecurity households constitute 20 percent of our total population, and like many communities, Cobb County is not immune to the struggle.

Adequate and proper nutrition is essential to a child's complete development, and not having access to proper nutrition can have lifelong consequences.

Children in these situations need a hand up, and fortunately, our schools are able to provide reduced or free meals to children in need. But what happens to these children on the weekend?

That's the question East Cobb resident Tony Palermo asked, and he came up with a solution, BackPack Blessings. Tony started BackPack Blessings in 2011 as a ministry through Mt. Bethel UMC, located at 4385 Lower Roswell Road. The program, which serves Fair Oak Elementary School in Smyrna, provides a backpack filled with enough nutritious food for the weekend. Volunteers assemble the backpacks every Thursday and deliver them on Fridays. When the program began, it served 125 children. Today, more than 500 receive the bags, and the goal is to serve all 700 plus students. Fair Oaks was chosen because 99 percent of the students receive free or reduced meals at school.

The recipients of the backpacks look forward to their Friday deliveries, and the staff has reported an increase in positive attitudes, higher energy and greater attention spans on Monday mornings. For principal Cindy Szwec, BackPack Blessings has proven to be an invaluable resource for her students. "Since beginning the program we have seen an increase in student attendance and student engagement. We continue to witness increases in student achievement and the quality of student work.

Our children love the volunteers from Mt. Bethel that deliver the backpacks on Friday, and there is a strong bond between our school community and the church volunteers," she said.

BackPack Blessings relies on volunteers from the community including church members, scout troops and other civic organizations. The program also relies on donations and grants to fund it. Tony noted that 100 percent of every dollar collected goes toward the purchase of food. Eventually, Tony would like to bring BackPack Blessings into other schools and hopes to enlist the help of area churches to do so.

To donate, volunteer or learn more about this organization, please visit www.backpackblessings.org because kids should never worry about where their next meal is coming from. ☺



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www.chrisdevico.bhhsgeorgia.com



MUST MINISTRIES

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

volunteer@mustministries.org

1407 Cobb Parkway

Marietta, GA 30062

www.mustministries.org

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.

Lisa Kennemore

Volunteer Coord. & Executive Assistant

1625 Spring Road

Smyrna, GA 30080

www.nwmetroatlantahabitat.org

770-432-7954 x100

PROBATION OFFICER PROGRAM

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

www.cobbcountyga.gov

770-528-7986

RALLY FOUNDATION

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

Christen McCommon, Program and Event Manager

5775 Glenridge Drive, Building B, Suite 370

Sandy Springs, GA 30328

www.rallyfoundation.org

404-847-1270

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 Gardner, Safe Kids Co-Coordinator

114 Cherry Street, Suite G

Marietta, GA 30060

www.safekidscobbcounty.org

770-793-7185

SAFEPATH CHILDREN'S ADVOCACY CENTER

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

736 Whitlock Avenue, Suite 600

Marietta, GA 30064

www.safepath.org

770-801-3465

VolunteerMatch.com Can Help You Help Others


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

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

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

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

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

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

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, USA
www.safeamerica.org

770-973-7233

SENIORS "MOST WANTED"

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

www.cobbcountyga.org

770-499-4651

TOMMY NOBIS CENTER (TNC)

Mission is to develop and provide job training, employment and vocational support for youth and adults with disabilities and other barriers to employment. Several volunteer opportunities are available: Teach life skills such as grooming, money management, and basic cooking; completing job applications/resumes; preparation for job interviews.

Judy Leeper, Program Coordinator
1480 Bells Ferry Road
Marietta, Georgia 30066
www.tommynobiscenter.org

770-427-9000, ext. 5116

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.

Catherine Owens, Regional Director
995 Roswell Street, Suite 338
Marietta, GA 30060

www.unitedwayatlanta.org

678-623-2883

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.

Brooke Schembri, Director of Corporate & Community Health
330 Kennestone Hospital Boulevard
Marietta, GA 30060

www.wellstar.org

770-793-7120

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VOICE TODAY is spreading THE VOICE MOVEMENT to end child sexual abuse. Child sexual abuse increases a child's vulnerability to commercial sexual exploitation. Their goal is to bring global awareness, prevention & protection.

Angela Williams, CEO/Founder
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A TrustDale-certified company with more than 500 positive reviews on Angie's, 2HireAHandyman has an innovative approach making pricing your project fast and easy. 2Hire's hourly packages are good until used making them great gifts or easy way to plan upcoming home maintenance and repairs. The bigger the package the greater the discounts. For large projects arrange a site visit and detailed bid.

Specials Savings and more available online at www.2HIRE.US or www.2hireahandyman.net. Homeowners can call Keith directly at 678-472-2635 or Lance for immediate scheduling 404-441-3242 or email 2hireahandyman@gmail.com to schedule an estimate.

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EAST COBB TEENS HELP LOCAL FAMILIES




Halona Chai, Isabelle Genut, and Kyla Gomard, members of Pope High School's Habitat Campus Chapter, gather Christmas gifts for delivery.

Tis the season for giving back, and students from Pope and Walton High Schools Habitat for Humanity Campus Chapters played Santa for four deserving families in their local communities.

Last month, the students from Pope's Habitat Campus Chapter delivered gifts they purchased for the families they adopted and just two days later, students from Walton's Habitat Campus Chapter delivered gifts to two other families they adopted. "Our students enjoy taking time during this holiday season to share with Habitat families. These families will be blessed by the students' giving," Cindy Holland, Pope High School Campus Chapter Advisor, explained.

Pope and Walton High Schools are both part of the NW Metro Atlanta Habitat's High School Coalition. The Coalition is made up of 7 Cobb County High Schools and the students work throughout the year to raise funds to build a new Habitat house in our community. Their 2016 build will mark the twentieth year the coalition has worked with NW Metro Atlanta Habitat.

NW Metro Atlanta Habitat's Family Resources Team found four deserving Habitat families and the students raised money to purchase gifts from their Christmas list. "Our students take great pride in raising funds and shopping for these families. They enjoy giving back and knowing that their gifts will assist in making Christmas joyful for others," David Dewar, Walton High School Campus Chapter Advisor, said.

"It's refreshing and encouraging to see young people come together to reach out and help someone that they have never met," David McGinnis, president and CEO of NW Metro Atlanta Habitat, said. "Our mission statement says we build homes, community and hope. That's what these young people are doing - building hope - not only for these families in this Holiday season, but hope for the future as these young people demonstrate their willingness to do good in their community." 

NEW YEAR, NEW MINDSET: POSITIVE PSYCHOLOGY AT LIFE UNIVERSITY

With each New Year comes a new set of resolutions, those infamous self-imposed rules for how to live better this year. At Life University (LIFE), psychology students study virtues and mindsets year-round, uniquely specializing in the emerging branch of Positive Psychology. Positive Psychology focuses on illness prevention and overall wellness, rather than mere diagnosis and treatment.

"What I'm really interested in is how we bring secular ethics into society," says Dr. Ozawa-de Silva, Associate Professor of Psychology at LIFE. Secular ethics posits the ability to train the brain to be more active and less negative, particularly focusing on positive qualities like becoming more grateful, thankful and empathetic.

Both Bachelor's and Master's students in LIFE's Psychology department research, study and practice these concepts. They experience compassion training, take mediation classes to focus their minds and research how pro-social emotions affect people, companies and societies. Says Dr. Ozawa-de Silva, "There's a whole science of gratitude now—how cultivating gratitude can heal the body, can even strengthen our immune system."

When it comes to studying Positive Psychology, Dr. Ozawa-de Silva concludes: "It's really about training our attitude, which is something that everyone can do." Start your journey this quarter!

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University
LIFE.edu/ec

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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 sampling of all the day camps available. We recommend you visit the websites noted on each listing for even more offerings.

Camp Name	Age Group	Weekly Camp Fee	Times	May 31- June 3	June 6-10	June 13-17	June 20-24	June 27- July 1	July 4-8	July 11-15	July 18-22	July 25-29
Andretti Race Camp 11000 Alpharetta Highway, Roswell 30076 770-992-5688 • www.andrettikarting.com	8-14	\$350	9am-4pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Art Camps The Art Place-Mountain View 3330 Sandy Plains Road, Marietta 30066 770-509-2700 • www.theartplace.us	4-18	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓
Atlanta Swim Academy Camp H2O 732 Johnson Ferry Road, Marietta 30068 770-973-3120 • www.atlantaswimacademy.com	4-12	Call for rates	8:30am-5pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camp Faith Faith Lutheran Church & School 2111 Lower Roswell Road, Marietta 30068 770-973-8921 • www.faithmarietta.com/summercamp	18 mos - 13 years	\$185	7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	
Camp Horizon (Special Needs) Fullers Park • 3499 Robinson Road, Marietta 30068 770-819-3257	7-21	See website	See website	DATES TO BE DETERMINED								
Camp Kingfisher - Chattahoochee Nature Center 9135 Willetto Road, Roswell 30075 770-992-2055 • www.chattnaturecenter.org/camp-kingfisher	4 years - rising 9th grade	See website	8am-6:15pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camp Ruach! Congregation Etz Chaim 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net	14 mos - PreK	\$100-\$250	8am-4pm*		✓	✓	✓	✓	✓	✓	✓	✓
Circus Camp @various locations 404-370-0001 • www.circuscamp.org	5-Teen	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓
Club SciKidz Summer Camps East Cobb Presbyterian Church, 4616 Roswell Road, Marietta 30062 678-398-7683 • www.clubscikidz.com	4-15	\$245	9am-4pm		✓	✓	✓	✓	✓	✓	✓	✓
Curtain Call Youth Players-Summer Stock 2800 Canton Road, Suite 600, Marietta 30066 404-692-2297 • www.ccp.org	Rising 6th-12th grade	See website	9am-4pm								✓	✓
East Cobb Prep 3875 Shallowford Road, Marietta 30062 770-649-0415 • www.eastcobbprep.com	Rising K	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fullers Kids Summer Camp Fullers Park 3499 Robinson Road, Marietta 30068 770-509-2737 prca.cobbcountyga.gov/fullersrecreationcenter.htm	6-11 12-15	See website	7am - 5pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Georgia Ensemble Theatre's Summer Conservatory 950 Forrest Street, Roswell 30075 770-641-1260 • www.get.org	Elem.- High School	\$200-\$595	Varies		✓	✓	✓	✓	✓	✓	✓	✓
The Georgia Ballet-Summer Dance Camps 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	3+	Call for rates	Varies		✓	✓	✓	✓	✓	✓	✓	✓
Ginepri Performance Summer Tennis Camp Olde Towne Athletic Club 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.oldeTowneathleticclub.com	5-18	\$335	9am-2pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Harrison Tennis Center Summer 2016 Jr. Camps 2653 Shallowford Road NE, Marietta 30066 770-591-3151 • www.prca.cobbcountyga.gov	See website	See website	See website	DATES TO BE DETERMINED								
Johnson Ferry Baptist Church 955 Johnson Ferry Rd, Marietta 30068 678-784-5317 www.johnsonferry.org/SportsFitness/camps	See website	See website	See website	✓ Basketball	✓ WinShape	✓ Impact Cheer					✓ Day Camp	✓ British Soccer
Kids' Zone Weekly Day Camps Kids' Zone Daycare & Learning Center 137 Johnson Ferry Rd., Ste. 1100, Marietta 30068 770-933-6900 • www.kidszonelearningcenter.com	6-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
MJCCA Summer Day Camp 5342 Tilly Mill Road, Dunwoody 30338 678-812-4004 • www.atlantajcc.org	Rising PreK-10th grade	Call for rates	9am-4pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓

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Week 3 6/20-6/23
Week 4 6/27-6/30
Week 5 7/5-7/7
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Questions Contact Kirsten at s.m.artclub@me.com

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 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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JCC Atlanta 5342 Tilly Mill Road, Dunwoody | 678.812.4004 | camov@atlantajcc.org | [Facebook](https://www.facebook.com/MJCCADayCamps) | [Instagram](https://www.instagram.com/MJCCADayCamps)



Mount Paran Baseball

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It may seem odd to talk about baseball in the middle of winter, and it is, but we don't want you to miss out on a great experience for your family. Cobb County is full of great places to play baseball, but there are few parks that have a unique and special environment that families love. Mt. Paran Baseball strives to create an environment that will advance player skills, train outstanding coaches and have a great time in the process.

Important dates to remember:

- Registration starts December 3
On line at - MPNSports.com
- Skills test - February 6, 2016
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February 21, 28 and March 6 - 2PM - 4PM
- Season Starts March 5, 2016



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MPNSports.com

EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 31- June 3	June 6-10	June 13-17	June 20-24	June 27- July 1	July 4-8	July 11-15	July 18-22	July 25-29
Mount Paran North Mountain Top Sports Camp Mount Paran North • 1700 Allgood Road, Marietta 30062 678-285-3248 • www.mpnsports.com	6-12	\$110 + \$50 activity fee	7:30am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Page One Studios - Elementary Drama Camp 4750 Alabama Road, Suite 104, Roswell 30075 678-735-8881 • www.pageonestudios.org	1st-6th grade	\$225	9am-3pm							✓	✓	
Primary Prep Academy 1887 West Oak Parkway, Marietta 30062 678-594-8700 • www.primaryprepacademy.com	4-10	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Primrose School of Lassiter – Explorer Adventure Club 2821 Lassiter Road, Marietta 30062 770-641-8535 • www.primroselassiter.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Primrose School of Sprayberry 2531 East Piedmont Road • Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Science Camp by High Touch High Tech @various locations 770-667-9443 • www.sciendemadeunatl.org	Rising 1st-7th grade	\$260	9am-3pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
S.M.art Club! Art and Music Camp! Addison Elementary School, 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	PreK-9th grade	\$149- \$239	8am-5:30pm*		✓	✓	✓	✓	✓			
Sprayberry Academy Pre-K Camp 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	Pre-k	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sprayberry Academy 2.0 Camp 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	K-15 years	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
St. Andrew Rowing Club 675 Riverside Road, Roswell 30075 770-676-2739 • www.standrewrowing.com	Middle & High School	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓
Summer University Kennesaw State University-Continuing Ed 3333 Busbee Drive NW, Kennesaw 30144 470-578-6765 • www.kennesaw.edu/coned	1st - 12th grade	See website	See website	✓	✓	✓	✓	✓	✓	✓	✓	✓
Terrell Mill Tennis Center Junior Summer Tennis Camp 480 Terrell Mill Road, Marietta 30067 770-644-2771 • www.prca.cobbcountyga.gov	4-16	See website	9am-12pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Walton Cheer Camp 1590 Bill Murdock Road, Marietta 30062 770-856-1254 • www.waltoncheer.org	K-5th grade	\$80	1-4pm	✓ June 1-3								
Walton Cheer Camp 1590 Bill Murdock Road, Marietta 30062 770-856-1254 • www.waltoncheer.org	6th-8th grade	\$80	9am-12pm	✓ June 1-3								
YMCA McClesky/East Cobb-Summer Camps 1055 East Piedmont Road, Marietta 30062 770-977-5991 • www.ymcapass.com/mcy.shtml	5-12	See website	7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓

*Extended Hours Offered



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KAMP OUT AT ANDRETTI



Summer camp takes on a new meaning when you spend it at Andretti Indoor Karting and Games. Newly opened on Roswell Road next to the Big Chicken, the Andretti venue is 108,000 square feet of pure entertainment. Beginning weekly May 30 and continuing

through July (except for July 4th week), the racing and games facility offers eight weeks of Andretti Race Kamp for students ages 8-14.

Campers who attend the summer Race Kamp have access to all Andretti's activities and games. Of course, at the center of Race Kamp is learning the skills needed to drive the karts on the indoor racetracks. There are three levels of racetracks: junior, intermediate and advanced. Karts are electric, with no emissions. Campers learn kart and track safety, engine maintenance and proper steering and braking techniques. At the end of the week, campers are evaluated on the track for a chance to earn their license to graduate to the adult or advanced course for a whole year.

"Our Race Kamp actually teaches these young drivers defensive driving techniques and how to have 360-degree, radar-type awareness of their surroundings," says Samantha LaMagna, Marketing and Social Media Manager. "It's amazing to see a young driver on his or her first day on the course and how that person progresses during the week. And long term, learning these skills helps prepare a camper when the time comes to get a driver's license.

"Our ratio of instructor to student is approximately 5 to 1, so each driver receives individualized instruction," continues LaMagna. "Many of our instructors came up through Race Kamp at our Roswell location. In fact, some professional drivers began their careers through karting and continue to hone their skills this way -- Danica Patrick, Jeff Gordon and Tony Stewart, to name a few."

With a full schedule from 8:00-4:00 daily, each camper experiences all Andretti Indoor Karting and Games has to offer. Campers can sharpen their driving skills through Andretti's racing simulator, which is the only racing simulator in commercial use. To round out their busy days, campers can choose from 110 video games, play laser tag, scale the ropes course or pick up a game of bowling. Nutritious snacks and lunch are provided, and most dietary requirements can be met. All camp food is prepared in-house.

Offered at both the Marietta and Roswell locations, Andretti Race Kamp is \$375.00 per week. Anyone who mentions this article will receive 10 percent off of the booking at the new Marietta venue, which is located at 1255 Roswell Road. For more information, contact Andretti Karting and Games at 678-496-9530 or visit www.AndrettiKarting.com.

Get on the right track for 2016 and make your summer camp plans now.

**10% OFF Booking At Marietta Location
For Anyone Who Mentions This Article.**

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EAST COBBER *Early Bird* DAY CAMP GUIDE

Overnight Camps

Camp Name	Age Group	Weekly Camp Fee	Times	May 31- June 3	June 6-10	June 13-17	June 20-24	June 27- July 1	July 4-8	July 11-15	July 18-22	July 25-29
Athens Y Camp for Boys 1000 Y Camp Road, Tallulah Falls, GA 30573 706-754-6912 • www.athenscamps.org	7-14	\$715	See website		✓	✓	✓	✓		✓	✓	✓
Camp Chattooga for Girls 1000 Y Camp Road, Tallulah Falls, GA 30573 706-754-3329 • www.athenscamps.org	7-14	\$715	See website		✓	✓	✓	✓		✓	✓	✓
Camp Horizon Sleep Away Camp 5825 Glenridge Drive, Bldg 3, Atlanta GA 30328 770-462-4908 • www.camphorizon.net	8-11	Free for Atlanta's foster youth	See website						✓ July 2-8			
Camp Juliette Low 321 Camp Juliette Low Road, Cloudland, GA 30731 770-428-1062 • www.CJL.org	7 years - Rising 10th grade	\$840 1 week \$1650 2 weeks	See website		✓	✓	✓	✓	✓	✓	✓	
Deer Run Camp & Retreats 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • www.camps.deerruntreat.org	8-18	\$729 1 week \$1569 2 weeks	Sun. 4:30pm to Sat 10:30am			✓	✓	✓	✓	✓	✓	✓
Sports Broadcasting Camp @ Emory University • 201 Dowman Drive, Atlanta 30322 800-319-0884 • www.playbyplaycamps.com	10-18	\$615- \$1250	See website								✓	
U.S. Space & Rocket Center - Space Camp One Tranquility Base, Huntsville, AL 35805 1-800-637-7223 • www.spacecamp.com	9-18	See website	See website	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA - Camp Ocoee 111 YMCA Drive, Ocoee TN 37361 423-338-5588 • www.campocoe.com	7 years - Rising 10th grade	\$531- \$590	See website		✓	✓	✓	✓		✓	✓	✓



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MAKING IT IN THE EAST COBBER

The EAST COBBER's main mission is to help East Cobb residents promote their good works, businesses, schools, and clubs. Many East Cobbers are interested in learning how to use the EAST COBBER to spotlight community or service projects, or the special honors received by a school, club or individual. Here are some guidelines for preparing news/articles for submission.

PREPARING A STORY:

Tell us the who, what, when and where of the event-past or planned.


- List the name of a contact person and their contact info (telephone number or Email address).
- Stories (250 – 400 words) can be submitted typewritten, or sent in a word document attached to an email (see address below).

SENDING PHOTOS:

We love to get your photos to feature along with your stories and/or eastcobber.com's Photo of the Day blog! You can email photos to this address: photos@eastcobber.com. Please be sure to name all the people in the photo.

- Color or black and white photos are fine.
- If mailing photos, please don't write on the back of photos. Use a separate sheet of paper for information such as names, location, data, and photo credits.
- Do not send photos embedded in an email. Photos should be sent as jpg attachments. Hi-resolution (300 dpi) images reproduce the best for our print publication.

WHERE TO SEND MATERIALS:

EAST COBBER
P.O. Box 680455
Marietta, GA 30068
Phone: 770-640-7070
FAX: 770-559-3185
Email: cynthia@eastcobber.com 



COMING IN OUR FEBRUARY ISSUE!

**SPECIAL
SECTION:**
18th Annual
Child Care &
Preschool
Guide

EAST COBBER is the only magazine that publishes a comprehensive and complete list of child care facilities and preschools in East Cobb: The 17th Annual Child Care & Preschool Guide!



PROMOTE YOUR PRESCHOOL!

ADVERTISING DEADLINE: JANUARY 15

CALL EAST COBBER TODAY!

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2016 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 for Cobb EMC customers and can be delivered when crews are in your area. More info: 770-429-3419

EVERY SUNDAY

Kabbalah Café. Delve into the mystical secrets of Judaism based on the Chassidic teachings of Tanya. This tale of two souls will give you the tools to understand yourself in unprecedented ways. Meets most Sundays (call/check website to confirm) 9:30-10:30am. Chabad of Cobb, 4450 Lower Roswell Road, Marietta. More info/to register: 770-565-4412 or www.chabadofcobb.com.

EVERY TUESDAY AND SATURDAY

Feeding Time at the Chattahoochee Nature Center. Join a naturalist for an in-depth look at one of their resident animals as they are being fed. 4pm. Admission: \$10/adults. \$7/seniors and students 13-18. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: www.chattnaturecenter.org or 770-992-2055.

EVERY SATURDAY

Free Arts and Crafts at Lakeshore Learning Store. Make your own silly slithering snake, let it snow globe, wacky scientist headband with in-store science fair experiments, cozy winter puppets, and peek-a-boo ground hog. Free. 11am-3pm. Ages 3 and up. Lakeshore Learning Store, 4287 Roswell Road, Marietta. More info: 770-578-3100 or www.lakeshorelearning.com.

JANUARY 7

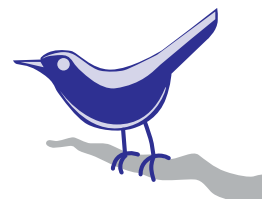
Continuing Professional Education Open House.

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

JANUARY 7-24

Charley's Aunt presented by the Georgia Ensemble Theatre. This play, written by Brandon Thomas and directed by David Crowe is the perfect cure for the post-holiday doldrums. Jack loves Kitty, and Charley loves Amy. But things are about to get complicated, and it requires a young fellow donning bloomers and a corset. You'll laugh yourself silly at this outrageous romp filled with comic confusion and mistaken identities. Showtimes: Wednesday: 7:30pm, Thursday-Friday-Saturday: 8pm, Sunday: 2:30pm, plus 4pm matinee on Saturday, January 9 and 16. Tickets start at \$26. Georgia Ensemble Theatre, Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-641-1260 or www.get.org

@eastcobber



JANUARY 8

Cobb Master Gardeners Lunch & Learn: "Create a Rain Garden" presented by Mike Kahle from the Cobb County Watershed Stewardship Program. Learn the components of a functioning rain garden and how to design and construct one of your own. After the presentation, step outside and tour a residential and commercial rain garden. Bring your lunch. Free and open to the public. 12-1pm. County Water Lab, 662 South Cobb Drive, Marietta. More info: www.cobbmastergardeners.org.

JANUARY 9

Coffee and Dessert Show: Montana Skies. Enjoy the unique new sounds of Montana Skies, a duo that fuses cello and guitar. Combining classic with modern, they have created their own "new acoustic" sound with innovative original compositions and arrangements. 8pm. \$20 advance tickets online or \$25 at door. The Art Place, Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-2700 or www.theartplace.us.

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: mjg6@bellsouth.net, state RECYCLING in subject line for quick response.

Saint Andrew Rowing Club Open House/Registration, for the Spring 2016 rowing season. 10am-1pm. If you miss the Open House, registration can also be completed online at www.standrewrowing.com (deadline is Feb. 5). St. Andrew Catholic Church, 675 Riverside Road, Roswell, GA 30075. More info: 770-676-2739.

Waldo's Coffee House featuring Paige McCauley, national award winning singer/songwriter, plus a 30-minute open mic session. 7pm. Doors open at 6:30pm. Entrance donation: \$10. Snacks and drinks will be provided for an additional donation. Emerson Unitarian Universalist Congregation, 4010 Canton Road, Marietta 30066. More info: 770-578-1533 or to RSVP for open mic, Uwe Neitzel, 404-936-4950.

EAST COBBER

*Next Issue: February
Deadline: January 15
Call East Cobber:
770-640-7070*

JANUARY 10

5th Annual Etz Chaim Mah Jongg Tournament. Congregation Etz Chaim is proud to announce its annual Mah Jongg Tournament. All proceeds benefit Etz Chaim Preschool. Cash prizes will be awarded to first, second and third place finishes. Additionally, the tournament will offer raffle tickets for purchase for exciting prizes. 1-4pm. Admission: \$30. Etz Chaim Synagogue, 1190 Indian Hills Parkway, Marietta 30068. More info: Allison or Faith 770-977-3384.

JANUARY 11

Cobb Chamber First Monday Breakfast. Tim Lee, Chairman of the Cobb County Board of Commissioners, will present the State of the County address. 7:30-9am. Attendees are encouraged to arrive at 7am for a dedicated networking time before the event. General admission: \$60, Chamber members: \$30 online. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.



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COMMUNITY CALENDAR

JANUARY 11

Libraries: The Cornerstone of the Community. The League of Women Voters Marietta-Cobb will host Wendy Cornelisen, Assistant State Librarian for Library Innovation and Collaboration. Discussion will include information about the importance of libraries, their funding, and what the future holds for public libraries. 7pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: lwvmcpublicity@gmail.com

JANUARY 12

Landscape Changes & Homeowners Associations. The Cobb County Master Gardeners know that Homeowners Associations (HOA) often have strict requirements for landscaping in front of homes. It does not have to be a "one size fits all" solution. Come learn about good alternatives that enhance landscaping while keeping the HOA satisfied! Program presented by Pam Bohlander, Master Gardener. 7-8pm. East Cobb Library, 4880 Lower Roswell Rd, Marietta 30068. More info: 770-509-2730 or email eastcobr@cobbcat.org.



TWEET TWEET!
FOLLOW US ON TWITTER

JANUARY 12 - FEBRUARY 11 (TUESDAYS & THURSDAYS) & JANUARY 16 - FEBRUARY 6 (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. Pope High School, 3001 Hembree Road, Marietta. More info and additional course locations: 770-429-3170 x 3301 or www.mariettacommunityschool.com

JANUARY 13 - FEBRUARY 17 (WEDNESDAYS)

Women's Kabbalah Study-The Jewish Zodiac. An exciting journey into the Kabbalah's world of astrology and what it means in our life. Taught by Shifra Sharfstein, Co-director of Chabad at Georgia Tech. 9:30-10:30am. \$36 for six week session or \$10 per class at Chabad of Cobb. Chabad of Cobb, 4450 Lower Roswell Road, Marietta. More info/to register: 770-565-4412 x300 or www.chabadofcobb.com

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JANUARY 15

Game On: Live Video Game Music featuring KSU Symphony Orchestra and Wind Ensemble. The Kennesaw State University School of Music presents its annual Proctor Scholarship Concert featuring the music from popular, current, and classic video game soundtracks. Tickets start at \$23. 8pm. Morgan Hall at the Bailey Performance Center, Kennesaw State University, 1000 Chastain Road, Kennesaw. More info: 470-578-6650 or www.kennesaw.edu/arts/boxoffice

JANUARY 18

Martin Luther King Celebration. An array of talented performers will present salutes to Dr. King in song, dance and spoken word. 10am. Free and open to the public. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info: Cobb County NAACP, 770-425-5757 or www.cobbnaacp.org.

JANUARY 21

Funding Matters: A Forum on CCSD Proposed Budget Changes. Sponsored by Hightower Trail Middle School Council. 7pm. Hightower Trail Middle School Auditorium, 3905 Post Oak Tritt Road, Marietta 30062. More info: Adria Casey 770-356-7909



JANUARY 22-24

Special Olympics Georgia State Indoor Winter Games. Special Olympics athletes from around the state head to Cobb County for the Indoor Winter Games. Over 1,800 athletes from across the state of Georgia will participate in: Basketball, floor hockey, gymnastics, bowling, and roller skating. Opening ceremony Friday, 7:30pm. Free. Various events at various locations. More info/volunteer info: Kyle Rowe at Kyle.rowe@specialolympicsga.org, 770-414-9390 x113 or www.specialolympicsga.org.

JANUARY 23

Cobb Chamber of Commerce 74th Annual Dinner. This black tie dinner affair celebrates the many accomplishments of 2015 and sets the standard for a successful 2016. 6pm reception. 7pm dinner and program. 9-11pm entertainment by The Rupert's Orchestra. Tickets: \$165 per person; \$1,500 per table of 10. Cobb Galleria Centre, John A. Williams Ballroom, Two Galleria Parkway, Atlanta. More info: Amy Goggins, 770-859-2335 or www.cobbchamber.org.

JANUARY 23-FEBRUARY 27 (SATURDAYS)

Genealogy 101 presented by the Genealogy Society of Cobb County. 9:30am-12:30pm. Registration: 9am on January 23. Classes are free. If you wish to purchase a set of course materials, the notebook with class handouts are available for \$39 if you register by January 13 or \$49 thereafter. First Presbyterian Church, 189 Church Street, Marietta. More info/to register: www.cobbbgagensoc.org.

Kids Consignment Sale

The Episcopal Church of St. Peter and St. Paul

Friday, January 29
9 am - 4 pm

Saturday, January 30
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

Visit us on Facebook

Go to spspkids.com for more information.

Thanks for reading the East Cobbber! Be sure to support our advertisers!

COMMUNITY CALENDAR

JANUARY 26

LAUNCH Party. A community celebration of businesses that have launched, sustained or grown in Cobb County and the greater Atlanta area. Come meet and mingle with Edge Connection entrepreneurs. Celebrate new business launches, entrepreneurs who are getting ready to launch, and those who are flying high. 6:30-9pm. Kennesaw State University Center, -The Edge Connection-3333 Busbee Drive Northwest, Room 400, Kennesaw. More info/to RSVP: 470-578-3228.

JANUARY 28

ICM's Celebration of Children Conference 2016.

Sponsored by Interfaith Children's Movement (ICM), this educational event is for anyone who is interested in learning more about service and advocacy opportunities for Georgia's children. The conference will include panel discussions on issues facing Georgia's children in juvenile justice, education, child protection, health care, and child poverty. Keynote: Judge Tom Rawlings. Forum: 10:30am-3:30pm. \$10 for program and lunch. Marietta First United Methodist Church, 56 Whitlock Avenue, Marietta. More info/to register: info@interfaithchildrensmovement.org

The Nature Club monthly Dine and Discover for Adults.

Spend your night socializing with like-minded folks and learning from experts in the field. Program: Maps with Randy Hale with North River Geographic. For ages 16 and up. The potluck dinner starts at 7pm and the program starts at 8pm. \$10/non-members. \$5/members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org

JANUARY 29

Cobb Chamber Executive Women (CEW) Luncheon.

The speaker will be Judge Mary Staley, recipient of the 2015 Woman of Distinction Award. Judge Staley will be speaking on her accountability court and the importance of servant leadership. Registration and networking will begin at 11am. Program: 11:15am-1pm. Early-bird registration closes Friday, January 22. CEW Members: \$20 online; guests: \$30. The Georgian Club, 100 Galleria Parkway, 17th floor, Atlanta 30339. To register: www.cobbchamber.org. More info: 770-859-2359.

Johnny Mathis: The 60th Anniversary Tour. Celebrating his 60th year in the music industry, Mathis comes to Atlanta to perform some of his greatest hits and personal favorites. 8pm. Tickets: \$56.50-\$126.50. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 800-745-3000 or www.cobbenergycentre.com

JANUARY 29-FEBRUARY 7

Winter Bird Seed Sale. 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 January 29 - February 7 and pick up is at CNC February 12-14. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

JANUARY 30

28th Annual Polar Bear Run. An official Peachtree Qualifier, this race is a unique road race featuring a flat course in East Cobb 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 29, 10am-7pm at Big Peach Running Company in Marietta or Saturday, January 30 (race day) beginning at 6:30am in the Johnson Ferry Activities Center. 5K & 2K: \$25 through January 22 or \$30 thereafter. Cub events (ages 2-5): \$20. Phantom Racer: \$30 (no sweat-just T-shirt). Proceeds benefit High School Student Music Mission Trip Participants. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Lauren Dobson 770-795-3224 or www.johnsonferry.org.

JANUARY 29 & 30

The Episcopal Church of St. Peter & St. Paul Kids

Consignment Sale. Great selection of new and gently used items at low prices! Fri: 9am-4pm. Sat: 9am-12pm (items reduced 30%). The Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Rd, Marietta 30062. More info: 770-977-7473 or spspkids.com.

JANUARY 30 & 31

6th Annual Trains, Trains, Trains event hosted by the Southern Museum of Civil War & Locomotive History. Includes new and expanded model train layouts, and more activities for families. Explore the museum and discover the train layouts and interact and operate select layouts. 9:30am-5pm. Admission: \$7.50/adults; \$6.50/seniors; \$5.50/children ages 4-12; and free for children three and under as well as Museum members. Southern Museum of Civil War & Locomotive History, 2829 Cherokee Street, Kennesaw 30144. More info: 770-427-2117 ext. 3058, or southernmuseum.org.



EAST COBBER

Promoting East Cobb People and Events

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JANUARY 31

Peppa Pig Live! An action-packed live show, based on the popular *Peppa Pig* television series, designed to deliver to preschoolers and young fans an unforgettable first live theater experience. Performances at 2pm and 5pm. Tickets: \$26.50-\$36.50. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 800-745-3000 or www.cobbenergycentre.com

FEBRUARY 5

Gritters Knitters. Do you knit, crochet, or work with yarn in any way? If you would like to get together to craft, get inspired, and make new friends, then this group is for you. All skill levels are welcome the only requirement is your enthusiasm! Just bring your yarn and yourself to Gritters on any Friday from 11am-1pm. Group meets weekly on the same day until May 31, 2016. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: Jennifer Wells, wellsj@cobbcat.org or 770-528-2524.

FEBRUARY 6

Boots, Blue Jeans & Country Music, fundraiser presented by the 100+ Women Against Domestic Violence. Country Radio Hall of Fame, nationally syndicated DJ and Morning Show Host, Moby as emcee. All proceeds will benefit the YWCA of Northwest Georgia and their mission of a community free of domestic violence and sexual assault. \$30/person. Includes dinner provided by Williamson Bros. Bar-B-Q. 6-9pm. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info/RSVP: Hope Felshaw, 770-423-3562 or hfelshaw@ywcanwga.com or www.ywca.org/northwestgeorgia



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FINANCIAL PEACE UNIVERSITY PROGRAM OFFERED AT LOCAL CHURCHES

Financial Peace University (FPU), the 9-week program taught by Dave Ramsey, has helped more than one million families positively change their financial future. This life-changing program teaches families and individuals how to handle their money through common-sense principles and small group accountability. FPU is available for churches, companies, military bases, financial literacy programs, Spanish speaking organizations and community groups.

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

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


The program is made up of 9 life-changing lessons taught by Dave on DVD in a fun and entertaining way. "I like to put the cookies on the shelf where everyone can reach them," says Ramsey. After each lesson the group meets to help each other plan budgets, discuss successes and temptations, and support each other in their journey to beat debt and build wealth. Topics covered include:

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

Each class participant needs a kit. Special rates are routinely available online at www.daveramsey.com or by calling 888-227-3223. Included in the cost of the kit is a lifetime family membership to FPU, allowing the participant to return to any class at anytime for a refresher course. The kit also includes an FPU workbook, an FPU envelope system, audio lessons, budgeting forms and Ramsey's best-selling book – *Complete Guide to Money*.

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

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

- > Johnson Ferry Baptist Church
955 Johnson Ferry Road, Marietta, GA 30068
Coordinator: Laura Brady
Class Begins: January 20 | Wednesdays 6PM
More info: 770-973-6561
- > Marietta Church of God
1083 Allgood Road, Marietta, GA 30062
Coordinator: Jason Kimbell
Class Begins: February 1 | Mondays 7PM
More info: 770-971-4232
- > Mt. Paran North Church of God
1700 Allgood Road, Marietta, GA 30062
Coordinator: Bob Turnbull
Class Begins: January 6 | Wednesdays 7PM
More info: 770-578-9081
- > Mt. Zion United Methodist Church
1770 Johnson Ferry Road, Marietta, GA 30062
Coordinator: David Moore
Class Begins: March 6 | Sundays 5:30PM
More info: 770-971-4232
- > Roswell Presbyterian Church
755 Mimosa Boulevard, Roswell, GA 30075
Coordinator: Emily Wright
Class Begins: January 10 | Sundays 9AM
More Info: 770-993-6316 

Visit us online at
www.eastcobb.com

ROSAN HALL NAMED EAST COBB CITIZEN OF THE YEAR

The Cobb Chamber of Commerce named Rosan Hall the East Cobb Citizen of the Year. Citizen of the Year Awards are given to honor an individual whose impact through the years will be recognized and regarded with pride throughout the area as a role model. These outstanding citizens were chosen for their definable, exceptional deeds, with which he or she has made their community a better place to live.

Hall has been actively involved in the East Cobb community for over 20 years. A realtor for Keller Williams Realty North Atlanta, Rosan is active in the Care Ministry at Mt. Paran Church in East Cobb and an active volunteer for a number of other organizations. Along with being involved in local and state politics, she was the Cobb Republican Women's Club President for 2015, was appointed to the Cobb Housing Authority in 2011 and is involved in the Kiwanis Club of Marietta.

Ms. Hall is also an active member of the East Cobb Business Association as well as the Northeast Cobb Business Association. She is also a 2008 graduate of the Cobb Chamber's Leadership Cobb program.

Her fundraising efforts include Cobb Diaper Day, Public Safety Appreciation Dinners as well as insuring every 5th grader in Cobb gets a copy of the Constitution. Hall is always quick to say yes when it comes to offering her generosity and talents to help organizations in need. ☺



▲ Rosan Hall, East Cobb Citizen of the Year

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Michelle O'Shaughnessy
- Community Marketing Executive

EAST COBBER

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or e-mail
michelle@eastcobber.com



Should Your Pet Be Our Pet of the Month?

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

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

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____



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PET OF THE MONTH: JAXSON PAW-LICK

Submitted by Nick Venezia



I will start with the fact I am not writing for my own pet. This is a pet that has helped a close personal friend of mine find happiness during his struggles with agoraphobia, which for over two years confined him to his house and spans of that just to his bedroom. His steps towards recovery started with walking this dog in his yard and down the street. I aim to gain no recognition towards the disease, myself, or my friend just to put a smile on the face of someone who loves their pet immensely.

-Nick Venezia

Breed: Bullmastiff Mix

Age & Gender: 7 years, Male

Favorite Food: Biscuits

Favorite Person: Jon

Best Trick: Paw

Turn Ons: Going for Walks

Turn Offs: Grandma kicking him out of the kitchen

Favorite Toy: Purple Squeaky Pig

Last Seen: Having over active eyebrows

What makes your pet so special: His love for others

FAMILY DOG TRAINING IS YOUR SOLUTION FOR A WELL-MANNERED PUP



Did you get a new puppy for the holidays? Are you looking to add a new furry member to your family? If so, now is the perfect time to call Family Dog Training, Inc. to sign up for a group class or individual training session. East Cobb founder of Family Dog Training, Kris Furrow recently opened a Family Dog Training location on Lower Roswell Road next

to Women's Premier Fitness. After retiring from IBM after 31 years, Kris found her calling in her next career as a dog trainer for the past 6 years. It's her passion (she has three dogs of her own plus various fosters, donates training sessions for new adopters of Adopt-a-Golden pups and volunteers at Canine Assistants in Milton).

Kris realized the need for dog training and dog fitness after getting requests from family and friends to help them with their dogs and training issues. She wanted to provide a way to strengthen the bond between the dog and its family members and educate everyone on the best way to get a well-mannered dog. With the additional focus on dog fitness Kris is also a FitPAWS Master Trainer.

"Families want a dog that minds its manners and can participate fully in life in the home," says Kris. "However, good behavior doesn't just happen on its own. It takes a little bit of bond based training for both the dog and the family."

However, the training doesn't have to take long, and Family Dog Training focuses on making it fun. In addition to working on basic manners in the **Basic Manners** class, the trainers work with the dog and their person on fun tricks and activities in the **Basic Manners Fun and Games** class.

Family Dog Training offers individual and group sessions that stress the importance of positive bond based dog training and dog fitness. All trainers will work with you and your pup on basic dog manners, housebreaking, socialization with other dogs and people, loose leashing walking and other issues you might be having.

Family Dog Training also focuses on dog fitness, offering specific fitness classes such as **Pupilates**. However, the trainers integrate fitness into all classes and provide instruction on how to incorporate physical activity into their dog's lives.

Located at 4961 Lower Roswell Road, Marietta 30068, Family Dog Training is a member of the Association of Professional Dog Trainers and is bonded and insured. For more information on classes and schedules, visit FamilyDogTrainingGa.com, email info@FamilyDogTrainingGa.com or call 770-578-4860.

PAID ADVERTISEMENT

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

Angels Among Us Pet Rescue (AAUPR)

P.O. Box 821 • Alpharetta, GA 30009
877-404-5874 • www.angelsrescue.org
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.

Basset Hound Rescue of Georgia

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

Animals Deserve Better, Inc.

P.O. Box 72016 • Marietta, GA 30007
770-402-0297 • www.animalsdeservebetter.com

Cobb County Animal Shelter

1060 Al Bishop Drive • Marietta, GA 30060
770-428-5678 or 770-428-9882 • www.humanecobb.org
As a unit of the Department of Public Safety, the shelter is responsible for handling complaints in Cobb County regarding dangerous, stray, or dead animals and animal cruelty. Call for hours.

Georgia House Rabbit Society

2280 Shallowford Road • Marietta, GA 30066
678-653-7175 • 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. They work to educate the public on rabbit behavior and proper care.

Good Mews Animal Foundation

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

Happy Tails Pet Therapy

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Humane Society of Cobb County

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

Mostly Mutts

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

Mutt Maddness

P.O. Box 71821 • Marietta, GA 30007
404-406-6322 • www.muttmaddness.org
Contact: info@muttmaddness.org

Our Pal's Place

4508 Canton Highway • Marietta, GA 30066
678-795-0202 • www.ourpalsplace.org
helpanimals@ourpalsplace.org
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MOUNTED POLICE SERVE AND PROTECT COBB RESIDENTS

By Jennifer Cheng



▲ Sgt. J. Rice, Deputy Susan Faulkner, Deputy Butch Thompson, Deputy Jack Murphy, Colonel Don Hunton, Deputy Melinda Dennis, Deputy Tom Moore, Deputy Beth Dunton, Sergeant Kent Linde.

Did you know that some Cobb County police officers trade in their patrol car for a new ride — one that runs on hay? Since 1998, with the help of Sheriff Neil Warren, Cobb County has had a mounted patrol unit. Mounted patrols are police who patrol on horseback. Cobb County mounted patrols have appeared at school events, at the parking lot of fairs to help the crowds, and also in missing person cases. “All of the horses and equipment are either purchased by the officers themselves or donated. Sworn deputies are certified peace officers, no tax dollars are used, explained Col. Donald Hunton, Assistant Chief Deputy, Cobb County Sheriff’s Office.

The mission of the mounted patrol unit is to serve and protect the community while on horseback. Mounted officers are also charged with maintaining good community relations, enforcing laws and maintaining the peace.

In 2004, Cobb County mounted patrol helped at the G8 Summit in Sea Island, Georgia. The protests took over the course of several days in Savannah and Brunswick.

“A mounted officer is worth 10 to 20 officers,” said Hunton. The horse’s height allows officers to see farther, and for people to see them. “Officers on horseback can access more areas than they can with patrol cars, and at about eight feet long, the animals themselves are a movable barrier for crowd control,” Hunton said. People also are more inclined to speak with police who are on a horse rather than in a car. Like cowboys in a classic western, the mounted patrol unit can move a crowd with the force of a 2,000 pound horse. “Seeing a mounted officer in the saddle on 2,000-plus pounds of pure power is enough to make anyone take pause before stepping out of line, but it also brings the police back to the public,” said Hunton. ⓘ



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EAST COBB STATE LEGISLATORS

The General Assembly meets in regular session starting the second Monday in January for no longer than 40 days each year. As the new Georgia General Assembly gathers for the 2016 session, the EAST COBBER monthly presents the state legislators that represent the East Cobb area. Citizens interested in locating the legislator that represents them may call Cobb County Board of Elections at 770-528-2300.

STATE REPRESENTATIVES - EAST COBB COUNTY



Sharon Cooper (R) District 43
Room 436 • State Capitol
Atlanta, GA 30334
Phone: 404-656-5069
Fax: 404-651-5829
Email: sharon.cooper@house.ga.gov



Matt Dollar (R) District 43
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Phone: 404-6578441
Email: matt.dollar@house.ga.gov



John Carson (R) District 46
Room 607-F • Coverdell Legislative
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Phone: 404-656-0287
Email: john.carson@house.ga.gov



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Office: 404-656-9198
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STATE SENATORS - EAST COBB COUNTY



Steve Thompson (D) District 33
420-A State Capitol
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Phone: 404-656-0083
Fax: 404-657-9728
Email: sensteve82@yahoo.com



Judson Hill (R) District 32
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Get more out of East Cobb: visit www.eastcobber.com

VOTER REGISTRATION DEADLINE FOR 2016 PRESIDENTIAL PREFERENCE PRIMARY IS FEBRUARY 1



The voter registration deadline for the 2016 Presidential Preference Primary is "Super Tuesday", February 1, 2016. It looks and feels like an election but it is a preference event. Your "vote" helps the state parties decide who they will support at their Presidential Conventions.

The deadline for registering to vote in the March 1 presidential preference primary election is Monday, February 1, 2016.

Here are the different ways you can register to vote in Cobb County:

1. Register online at the Secretary of State's website: www.mvp.sos.ga.gov/MVP
2. Visit in person at the Cobb Board of Elections main office located at 736 Whitlock Avenue, Suite 400, Marietta 30064. Hours: Monday - Friday: 8am - 5pm.
3. Call 770-528-2581 to request that an application be mailed to you.
4. Register to vote when you get your driver's license.
5. Register at any Cobb County Library when you apply for a library card; or any time you are at a library you may pick up a blank application and mail it in yourself.

For questions on registration or any aspect of the election process in Cobb County, contact the Cobb County elections office at 770-528-2581. ☎

POLL WORKERS NEEDED



If you are interested in serving your community and earning a little extra cash, the Cobb County Board of Elections is looking for people to work at voting precincts during the 2016 elections cycle. A poll worker must be a U.S. citizen, Cobb County resident, at least 16 years old, be able to read, write and speak English and not have any felony conviction in the past 10 years.

Poll workers must attend at least one mandatory training class before working at the poll. New workers are paid \$110 for Election Day, \$20-\$30 for each training class and \$15 for helping to set up the poll. Workers must arrive at 6 a.m. on Election Day and stay until all voters leave and closing procedures are completed. You must provide your own transportation to your scheduled training class and to the poll on Election Day.

If you would like to add your name to the list of potential poll workers, or for more information about becoming a poll worker, call 770-528-2581 or visit www.cobblelections.org. ☎



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FITNESS 1440: THE YEAR OF YOU

We are only a few days into 2016, and for many, 2015 ended with a simple yet seemingly difficult goal to meet- Get In Shape.

It's not from a lack of good intentions. We adjust our diet and vow to exercise more, and for many, that means joining (or re-joining) a gym. But for some, the gym experience leaves us intimidated and frustrated so the goals we set in January often dissipate by spring.

But what if this time, it was different? Welcome to Fitness 1440 in Marietta/East Cobb! Fitness 1440 is a 24/7 fitness center that offers the amenities that are often found in larger and more expensive centers. There is a cardio area with televisions, free weights, weight resistance machines, group classes, indoor pool and spa and a pro shop. There is also a kids' club at no additional charge. And all of this for as little as \$19 month.

Fun. Innovative. Results.

Business partners Jason Alles and Tom Milenkevich wanted a fitness club that was affordable to members while offering a level of service and results they found to be lacking elsewhere. "A typical gym experience goes like this: a new member comes in and signs up. The member may receive initial and complimentary personal training and encouraged to purchase a personal training package. A large majority of the new members won't purchase a package, and then the member is left to figure it out. The member won't get the results he or she is seeking and will stop coming or discontinue the membership. We are different," said Jason.

"We offer our members fun, innovation and most importantly results," said Jason. "Everyone has different fitness goals, and we partner with our members to get and keep the desired results through exercise, nutrition and most importantly, follow up," he continued.

Fitness 1440 has coined the phrase "Tru Results" to describe the program developed for every member. During the first week, a new member will receive a complete physiological evaluation, and realistic goals will be discussed and set. Any successful fitness program includes nutrition and exercise, which is why Fitness 1440 uses a certified nutritionist to develop healthy eating plans that coincide with



exercise to achieve optimum results. From there, the member will meet with a fitness professional and shown how to use all the equipment.

Once the initial evaluation and instruction is complete, the member will begin his/her fitness and nutrition plan. Going forward, a fitness professional will meet with the member monthly to "check in." Progress will be recorded and any needed adjustments in either the exercise or nutrition plan will be done. Members see consistent results and are never left to "figure it out," emphasized Jason.

Variety is Key

Combined, Tom and Jason have almost 50 years of experience in the fitness industry. They know that along with affordability and on-going support, there has to be variety to keep members satisfied and engaged.

Group classes offer a great alternative to the machines. Classes are available for all fitness levels and interests including several for seniors. The pool offers another opportunity to add variety to your workout.

For those who don't have a lot of time, Fitness 1440 has introduced "Target 24." Members can achieve a complete workout out encompassing cardio and weight resistance training in as little as 24 minutes.

To keep things interesting, Fitness 1440 introduces a new class or service every 90 days. Jason refers to this as P.E.C.S.- Program, Exercise, Classes, Service. "We will always work to reinvent ourselves so our members stay motivated and interested in working out," said Jason.

Members receive a monthly newsletter, which will let them know of any changes/additions to the gym or programs.

There are plenty of success stories at Fitness 1440, but none as dramatic as Assistant Manager Amanda Cowherd who lost 150 pounds by following the Tru Results plans. "Other gyms took my money. Fitness 1440 took the time and I FINALLY got results!" she said.

Getting fit and maintaining that fitness is not a just a New Year's resolution- it's a lifetime commitment. If you've been down this road before but gave up, see the difference a fitness center that never leaves a member to "figure it out" can make! And for extra motivation, during the month of January, Fitness 1440 is offering the following FREE package: one month membership, 6 personal training sessions, t-shirt and a workout journal. You have nothing to lose and everything to gain! Call or visit today!

Contact information: Fitness 1440, 2745 Sandy Plains Road, Suite 120, Marietta, GA 30066; (770) 579-3488; Hours: 24 hours; www.fitness1440.com/marietta.



Amanda Cowherd: Before and After

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Fitness 1440 has a strong focus on customization in both exercise and nutritional programming. Exercise training is not a "one size fits all" solution. Your individual program is designed to fit the goals and results you want to achieve by a Fitness Professional that cares about you.

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MAINTAINING YOUR NEW YEAR'S RESOLUTIONS ALL YEAR LONG



▲ Ashley & Alex Poptodorov
Owners, A+A Wellness

January tends to be a month where most people set "New Year's Resolutions" or set new goals. However, many people can fall off pretty quickly if not equipped with the right tools or mindset. A+A Wellness is happy to offer you some of our favorite tips and suggestions for setting your goals

this year and sticking to them ALL year.

1) Set both short term & long-term goals:

Many people only set the "long term" goal and this can lead to burnout syndrome. Instead, set a long-term goal and break this down into realistic measurable short-term goals.

2) Be patient with yourself:

You did not get to where you are overnight and creating a TRUE lifestyle change takes time and patience. Remember, deep-rooted change is what you are after.

3) Out of sight out of mind:

Creating a vision board or keeping a "health" journal is a great way to keep your goals visible. We always suggest writing out your goals and WHY these mean something to you. Post this on your fridge, in your office or keep a copy in the car.

4) Celebrate little changes:

Keep a jar where you stash extra \$ to treat yourself when you reach goals. Do not reward yourself with food but rather with things that will help you to continue on with your healthy lifestyle.

Remember, YOU are worth it and your goals are worth it. Creating a lasting healthy lifestyle will pay you back ten fold. We hope these tips help and for more info or questions Alex & I can be reached at www.AandAWellness.com or 770-905-7400.

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Raised in East Cobb, Dr. Nelson Castillo is a board-certified plastic surgeon with extensive training from Emory University, Harvard University and the University of Pittsburgh Medical Center. While at UPMC, Dr. Castillo also completed an Orthopedic fellowship diagnosing and treating ailments of the hand and upper extremity.

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EAST COBBER TO CHAIR CROHN'S & COLITIS FOUNDATION ANNUAL GALA



The Ratnowsky family: Corey, Marc, Jodi, Philip, and Ethan

On January 23, the Crohn's & Colitis Foundation of America (CCFA), will host its 25th Annual Torch Gala at the Ritz-Carlton Buckhead, CCFA's largest fundraiser of the year for the Georgia Chapter. CCFA's goal: to raise \$400,000. Proceeds go toward funding critical research to better diagnose, and ultimately cure, Inflammatory Bowel Diseases (IBD), which include Crohn's disease and Ulcerative colitis. The Gala evening includes a seated dinner, live music and dancing, a silent auction, and raffle.

East Cobber Marc Ratnowsky is serving as the CCFA Gala 2016 Co-Chair (along with Steven Goodman, who lives in Buckhead). Marc, a Vice President of Business Development for AFCO Premium Finance Company, is a longtime supporter of CCFA. Marc's personal connection is that his 20-year-old son, Corey, has Crohn's Disease. Marc remembers well the years of Corey's abdominal pain that couldn't be controlled or identified. Finally, in 2009, Corey was finally diagnosed with Crohn's Disease. When the medicine, Remicade didn't adequately control the

pain, Corey transitioned to the medicine, Humira, which successfully alleviates the symptoms, much of the time.

"Nothing is harder than seeing your child in pain," reflects Marc. "For years, my wife, Jodi and I took Corey to different doctors, asking them, and ourselves, 'How did my child get this disease?' 'Will Crohn's delay Corey's growth?' 'Why is he continuing to experience these symptoms?'"


"While Crohn's disease is chronic, meaning it can't be cured and stays with someone his whole life, we can continue to help Corey experience symptom reduction and achieve remission," says Marc. "Having lived through Crohn's and seeing other families go through it as well made it an easy choice to get involved with CCFA. For the past five years, our family has participated in CCFA's two biggest annual fundraisers, the "Take Steps" Walk and the Torch Gala.

The Crohn's & Colitis Foundation of America (CCFA) is the largest non-profit voluntary health agency dedicated to finding cures for IBD, which affects 1 in 200 Americans, or 1.2 million people.

"CCFA is a critical agency in our community," explains Marc. "Through events like the upcoming CCFA Gala, we hope to raise awareness about IBD, and demonstrate our commitment to helping people who struggle with this condition."

CCFA Gala 2016 Honorees are Michael LeVine, Premier Physician of the Year; Stacey Rothberg, Elvin C. Price, Volunteer of the Year; and Habif, Arogeti & Wynne, LLP, Corporate Citizen of the Year.

Marc says, "CCFA's Torch Gala is a wonderful opportunity for the community to come together and support CCFA and its critical research, to find new treatments, and hopefully one day a cure."

For information about the CCFA Gala: www.torchgala.com, or call Krista Heckler at 404-982-0616. For information about CCFA, visit www.ccfa.org. 


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Emory University: BBA, BS (summa cum laude)
Emory Medical School, MD
Harvard University, General Surgery
University of Pittsburgh Medical Center, Plastic Surgery
University of North Carolina at Chapel Hill, Assistant Professor

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5 - 7PM

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COBB COUNTY RESIDENTS SAVE WITH FREE PRESCRIPTION PROGRAM


The Coast2Coast Rx Card program has saved Cobb residents \$3,047,779.78 since the launch of the Coast2Coast Rx Card discount prescription program on November 13, 2012. The Cobb County Board of Commissioners and the Association of County Commissioners of Georgia (ACCG) endorse the program.

The complimentary discount prescription card program provides residents and their families with a number of benefits that provide immediate discounts on prescriptions as well as dental, vision, veterinary and hearing services. The discount card also offers discounts on various lab and imaging services; diabetic supplies and equipment as well as pet prescriptions. Not only does the Coast2Coast Rx program facilitate discounts on healthcare resources for Cobb County residents and their families -- the program provides a royalty of \$1.25 per prescription for Cobb County public programs. Anyone in Georgia can download a card of their county or any nearby county to use the card at all chain pharmacies and many independent pharmacies. Residents who would like to participate in the free Coast2CoastRx prescription savings program can print a card by visiting www.coast2coastrx.com/counties/ga/cobb.

"Providing cost-effective county programs to citizens is a significant goal for Georgia's county officials," said Ross King, Executive Director of the Association County Commissioners of Georgia (ACCG.) "The ACCG partnership with Coast2Coast has allowed our organization to assist them in meeting that specified goal." Specifically,

Cobb County residents have seen an average of 80% savings on their prescriptions when they present the card. There are currently 7,143 utilizing members within the county. Cobb County has saved residents \$912,174.98 on their prescriptions this year.

"We are pleased to work with Cobb County, which prides itself on providing programs that enrich the lives of its residents, in assisting its families with beneficial discounts on health related needs. It is of utmost importance to the Cobb County Commissioners Court and the Coast2Coast Rx program to help those in need of obtaining prescriptions and other health care related services," said Martin Dettelbach, Chief Marketing Officer of the Coast2Coast Rx program. He added, "We look forward to continuing and growing our relationship with Cobb County and maintaining savings on health services for Cobb families."

The Coast2Coast Rx card allows all consumers, regardless of income, age, or health status to participate in the program and save on the cost of their medications. The program has saved cardholders throughout the nation an average of 65% in 2015 on the cost of prescription drugs. The Rx card is distributed free of charge and may be used at all pharmacy chains and most independent pharmacies in Georgia and includes over 60,000 drugs in its formulary. Anyone in Georgia can download a card of their county or any nearby county to use the card at all chain pharmacies and many independent pharmacies. 

DID WE MISS YOUR LOCATION?

The EAST COBBER is published eleven times a year and is available at 500+ drop-off points--local businesses, day care centers, medical offices, schools, churches—wherever East Cobb residents are. Are the East Cobbers in your business receiving their copy? Have we missed your location? Please call. We deliver and restock the magazine—FREE!

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PolarBear-Run.com

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JANUARY

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

Documentary: *The Salt of the Earth*

January 7 | 1-4pm

Free/Registration required

A 2014 French-Brazilian biographical documentary. The last 40 years, photographer Sebastião Salgado has been travelling through the continents, in the footsteps of an ever-changing humanity. He has witnessed some of the major events of recent history; international conflicts, starvation and exodus. He is now embarking on the discovery of pristine territories, of wild fauna and flora, and of grandiose landscapes as part of a huge photographic project, which is a tribute to the planet's beauty.

Marcie's Gabfest & Story Telling

January 7- February 11 (Thursdays) | 10-11:30am

Free/Registration required

Come and listen to various stories, legends, folklore and more. Bring a sack lunch and share stories. Marcie Brunton will teach participants how to be a great storyteller.

Adapted Tango Dancing

January 8 | 10am-11:30am

Free/Registration required

Improve balance and mobility. A free dance class to learn more about Adapted Tango Dance. "Adapted Tango" is a series of Argentine Tango dance lessons designed to improve mobility in older adults, especially those with Parkinson's disease. All ability and mobility levels are welcome, including those who use walkers. Wear comfortable, supportive shoes. No partner necessary. Presented by Madeleine Hackney Ph.D./ Assistant Professor Medicine/Division of General Medicine and Geriatrics Emory School of Medicine.

What You Need to Know About Your Taxes

January 12 | 10-11:30am

Free/Registration required

Local Cobb County AARP volunteers will present a seminar on what you need to know about your taxes for 2015. Learn what is new and why you should file even if you do not legally have to. Do you know how the Affordable Care Act will affect your taxes? Do you know how to obtain free tax filings for both Federal and State. Learn what you can do to prepare to have your taxes done to ensure an accurate and complete return.

Ice Cream & a Movie: *The Second Best Marigold Hotel*

January 11 | 1pm

\$4 Cobb residents, \$5 Non-residents; Ticket required

Now that The Best Exotic Marigold Hotel is full up with its long-term residents, co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place. Sonny prepares to expand the Best Exotic Marigold Hotel for the elderly while planning his impending wedding to Sunaina.

Dine-a-Round

January 13 | 11am

Separate checks; Registration required. Everyone meets at the restaurant. Wing Zone Tavern, 3052 Shallowford Road, Marietta 30062.

Nutrition with Richard Dumont

January 14 | 10-11:30am

Free/Registration required

This seminar is a great way to learn very interesting nutrition information in person. The main focus is on helping you to understand how your body works and how to live healthy. Presented by Richard Dumont.

Chili Cook Off

January 15 | 11:30am- 2pm

\$4 Cobb residents; \$5 Non- residents; Sampling: \$3

It's the perfect weather for the first Annual Chili Cook-Off! Have a crowd pleasing chili recipe? Enter the cook-off and see if you have the best recipe in town or be a taste tester and come join the fun!

Nutrition Seminar

January 19 | 10:30-11:30am

Free/Registration required

Proper nutrition is an essential tool for healthy aging! To keep the body looking and feeling great, it is important to tailor food choices with the use of smart shopping, plate building and understanding food labels. Making the right choices can boost energy, aid in weight management, prevent disease and promote overall health. Presented by a WellStar Registered Dietitian.

>>> continued on page 58 >>>

OPPORTUNITIES FOR THOSE 50+



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Carnival

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SENIORS

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JANUARY (CONT.)

<<< continued from page 56 <<<

Laughter for the Soul and Culinary Delights

January 20 | 2-3:30pm

Separate checks; Registration required; Space is limited. Meet at Café 33 to hear Dr. Mark Levine speak on "Laughter is Our Best Medicine." Learn the benefits of a good laugh while enjoying the culinary delights of Café 33. Café 33, 2520 E Piedmont Road, #106, Marietta 30062

Relaxing Tea Time with Katryn

January 26 | 2-3:30pm

\$3 Cobb residents; \$4 Non-residents; Additional \$7 will be paid to the instructor for the tea supply fees. Enjoy learning about different teas and how to add ingredients that enhance your brews. Blend your own personal tea with fragrant flowers, tasty dried fruits and aromatic spices. Bring your own cup to win a beautiful gift basket for the prettiest cup. Presented by Katryn Taylor from Camellia Estate.

Free Hearing Screening

February 2 | 9am-12pm

Free/No registration required. First come-first served basis. Is your hearing causing you concern? Take the time to have it checked out and get a free screening from Dr. Bret Greenblatt of Wellstar.

How to Deal with Family Dynamics

February 2 | 11am-12:30pm



Free/Registration required

In this seminar, learn how to handle every difficult situation with poise and confidence. Discover how to keep unmanaged conflicts, disagreements and out-of-control emotions from harming important working and personal relationships. Presented by Rebecca Zimmerman of Keystone Conflict Solutions. 






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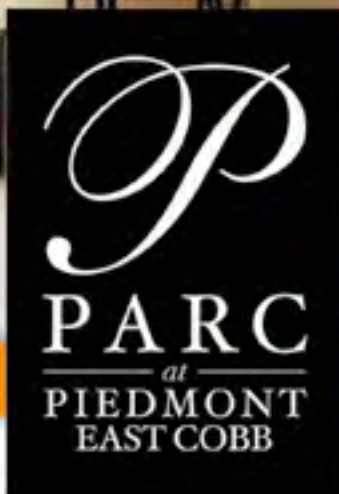


Directions from NE Atlanta/GA-400: Take Holcomb Bridge Exit and travel West toward Roswell. Go 8.8 Miles (Holcomb Bridge turns into Hwy. 92). 2 Miles West of Sandy Plains, Heron Pond will be on the Right.



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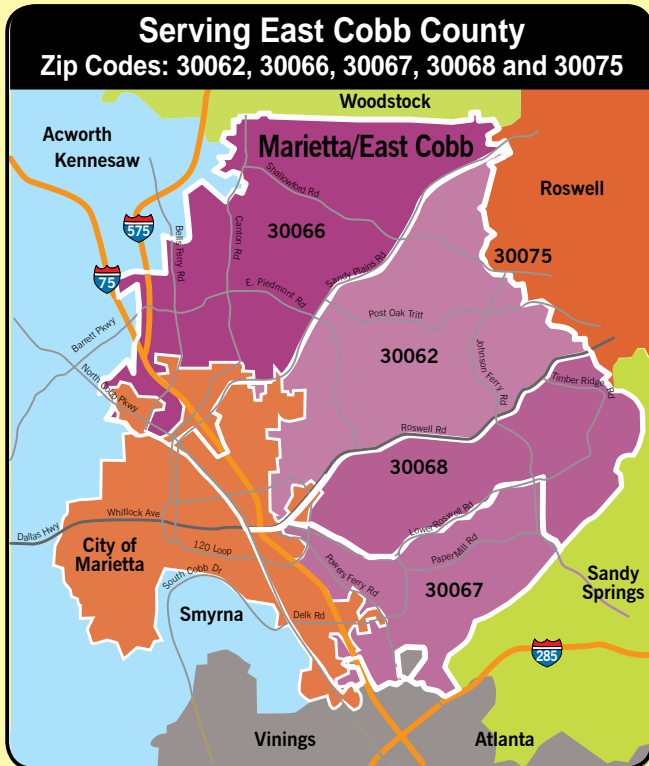
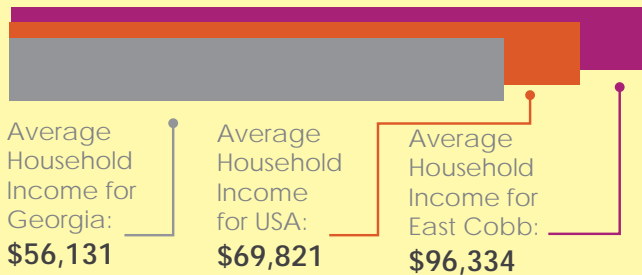
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REACH & CONNECT WITH OUR EXCLUSIVE, EAST COBB AUDIENCE

EAST COBB targets East Cobb residents better than any other publication in Metro Atlanta. 'East Cobb' County is comprised of the following zip code areas: 30062, 30066, 30067, 30068 and some of 30075. Here is a snapshot of the East Cobb community we serve:

AFFLUENT

East Cobb County is the wealthiest area in all of Cobb County and one of the most affluent in Metro Atlanta.



770.640.7070 | eastcobb.com

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, handyman, 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 that require assistance with at least two activities of daily living and requires a caregiver. Here is a quick overview of the Share the Care program:

- The family caregiver can receive assistance in the home with personal care, companion services or attend an approved adult day program outside the home.
- The family caregiver can purchase medical supplies and medications that provide an identifiable relief to the caregiver and care-receiver.

ELIGIBILITY REQUIREMENTS:

- Must be a 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 Department at 770-528-5364. ☎

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CLUB CALENDAR

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

American Association of University Women (AAUW) of Cobb County. Second Tuesday of the month. 7pm. East Cobb Center, 4400 Lower Roswell Road, Marietta. More info: Arden Stone, arden_stone@yahoo.com.

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

• **East Cobb Business Association.** Luncheon and featured speaker. Third Tuesday each month. 11:30am-1pm. Indian Hills Country Club, 4100 Clubland Drive, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbbba.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.** Second and 4th Thursday of the month at noon for lunch at The Olde Town Athletic Club (behind Tuesday Morning & Sports-O-Rama), 4950 Olde Towne Parkway, Marietta. More info: 770-578-9901.

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

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

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

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

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

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

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

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For more information visit www.EastCobbBA.com

ECBA
East Cobb Business Association



Vann Whipple Milligan, P.C.
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770.351.1220

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

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

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

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

Georgia Tea Party. Every Thursday, 7pm. 900 Roswell Street, Marietta. More info: Jerry Kotyuk 404-374-0580 or jerkyk623@aol.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 An offshoot of the former Newcomers Club of East Cobb, looking for new members. Various formats, dates and times available. For more information contact Roni Fink @ 404-310-3448 or phingue999@AOL.com.

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

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

L/Cpl Squire "Skip" Wells Detachment. First Saturday of the month, 11am. Delkwood Grill, 2769 Delk Road, Marietta. More info: www.mcleague.org

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

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

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

Marietta Wellness Club. Last Sunday of the Month, 5pm. Sweetwater Creek State Park, 1750 Mt Vernon Road, Lithia Springs 30122. More info: Dr. Suane Cox, 404-558-5006 or Sandy 404-446-6093.

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

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

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

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

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

• **Moms in Prayer** for Parents of East Side Elementary and Dickerson Middle School. Mondays 10-11am. More info: Rachel Bloom 770-973-4705 or familybloom@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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SUPPORT GROUPS

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

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

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

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

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

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

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

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

Breastfeeding Mommy & Me Group. A lactation consultant is available to facilitate supportive discussions over a variety of topics. Mondays 9:30-11am. WellStar East Cobb Health Park, Marietta Room 3747 Roswell Road NE, Marietta. More info: 770-793-8088.

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

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

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

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

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

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

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

Divorce Support Group. Every Wednesday. 6:30pm. Mt. Bethel Church (Church Room B106), 4386 Lower Roswell Rd. Marietta. More info/to register: Judith Reichenbach, Licensed Counselor, 770-597-9882.

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

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

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

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

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

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

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

Fractured Families for Parents Estranged from their Children. Second and 4th Sunday. 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. Second Tuesday each month. 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Jeannie, 770-919-9275.

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

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

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

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

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

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

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

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

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

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

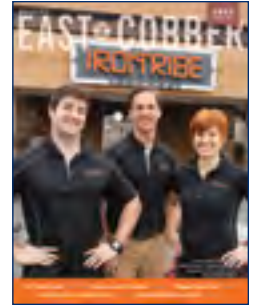
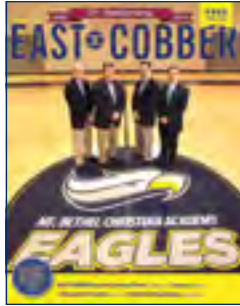
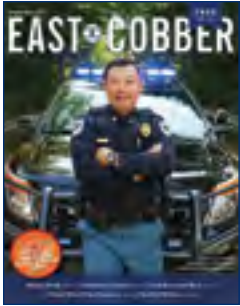
Veteran's Information Referral Office (VIRO). Free help and information for all veterans with VA Disability, VA Healthcare, Employment and Counseling. Second and 4th Wednesday each month. First and 4th Saturday each month, 11am-2pm. American Legion, Post 29, 921 Gresham Avenue, Marietta. More info: 770-427-5900.

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

Women's Weight Loss Support Group. Join a growing group of local women on the path to weight loss in a non-judgmental environment providing accountability (weekly weigh-in), healthy eating/fitness ideas and activities, and emotional support. Meetings held Tuesdays 6:45-7:45pm. Kroger, 3595 Canton Rd, 2nd Floor Conference Room, Marietta, (New Chastain Corners Shopping Center). More info: Rae Tucker raetucker1@yahoo.com

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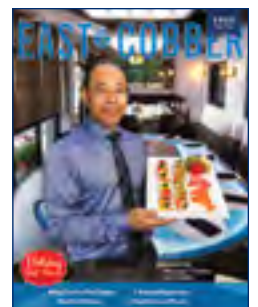
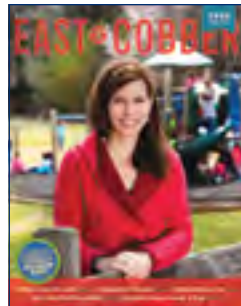
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