

January 2014

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Kathryn M. Teston
Head of School
Fellowship Christian School

Early Bird Day Camp Guide PAGE 18-25 | **Do Good Guide** PAGE 10-14 | **Community Calendar** PAGE 26-31

Walton Students Start New Charity PAGE 9 | **Expanded Health & Wellness Guide** PAGE 42-57



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Don't Miss!

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Check out our expanded **Health & Wellness Guide** featuring local resources to make living healthy a reality!

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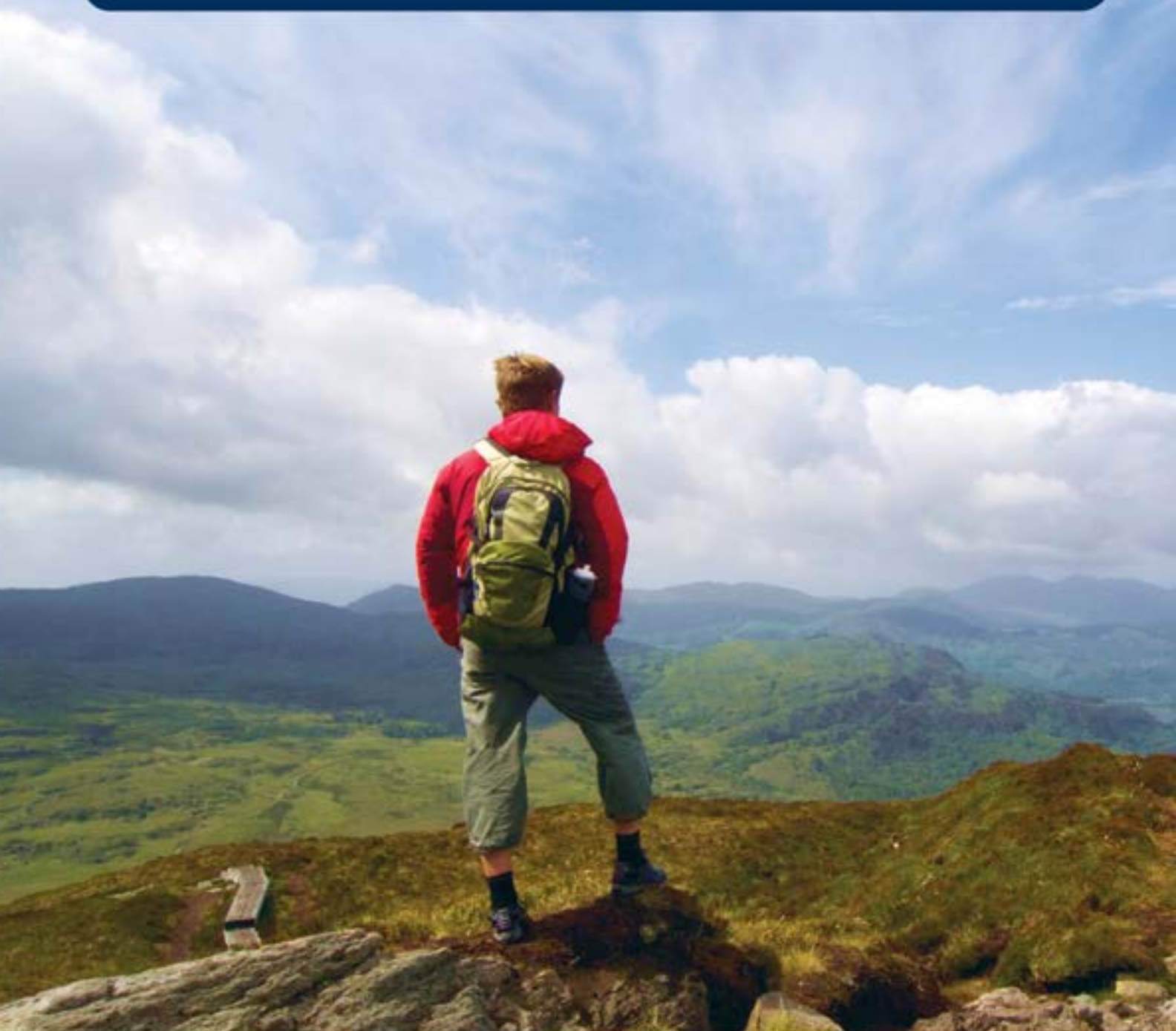
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PUBLISHER'S NOTE



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. Every January 1 holds so much potential and hope for a fresh start, new beginnings and planning what those New Year's resolutions will be for ourselves. Of course, the resolutions such as eating better, getting more exercise and giving up smoking are usually on top of the list, many people also have philanthropic goals, such as getting more involved in the community. Hopefully, the articles in this edition will help you get 2014 off to a great start. Our

Do Good Guide (page pages 10-14) which features local nonprofits in need of volunteers and donations should help you sustain that holiday spirit of charity throughout the year. If you are looking to sweat yourself a Beyonce-like body in the gym or have the simple goal of improving your health, check out our expanded Health & Wellness Guide on pages 42-57.

The beginning of a new year is a time for looking ahead, with a degree of hope and optimism. As we head into a new year, consider the following:

"If you woke up this morning with more health than illness you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation you are ahead of 500 million people of the world.

If you can attend a church meeting without fear of harassment, arrest, torture, or death you are more blessed than three billion people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace you are among the top 8% of the world's wealthy.

If your parents are still alive and still married you are very rare, even in the United States.

If you can read this message you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over 2 billion people in the world that cannot read at all.

Have a good day. Count your blessings, and pass this along to remind everyone else how blessed we all are."

I received this inspiring passage from my son's preschool teacher years ago, who received it from someone else via the internet. Who knows where, when or how we will be inspired. It is my hope that the stories and information contained in this and every EAST COBBER inspire you and lift your spirits. Please pass the EAST COBBER along to a friend as a reminder of the good life and good people that exist in East Cobb.

Here's to a happy new year and successful new year's resolutions!

A handwritten signature in cursive script that reads "Cynthia".

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

On the Cover

On EAST COBBER's cover this month is Fellowship Christian School's newly appointed Head of School, Kathryn M. Teston. She comes to this position with over 28 years experience in education. For Kathy, being head of a school with approximately 850 students, grades pre-kindergarten through twelfth is a joy! She loves being in a position of influence, making an impact on the lives of students, teachers, administrators and parents alike, encouraging them in their God-given potential. Kathy and her husband, Mike, have been married for almost 40 years. They have three grown children, two daughters and one son; six grandchildren with the seventh on the way. Their eldest grandchild attends Fellowship.

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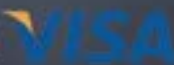


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FELLOWSHIP CHRISTIAN SCHOOL NAMES NEW HEAD OF SCHOOL



Fellowship Christian School Board of Directors has named Kathryn M. Teston as the new Head of School. She has been serving as the Elementary School Principal for the past nine years and Interim Head of School since June.

In her tenth year at Fellowship, Kathy has excelled in providing the spiritual leadership and management skills necessary to guide the school while strengthening relationships within the school and community. A native of Texas, she earned a B.A. in Biblical Education from Florida Bible College, a M.Ed. in Educational Leadership from Liberty University, and is currently working on her Doctorate at Liberty.

As an educator, Kathy puts a strong focus on relationships. She thrives on challenging faculty, staff, and students in doing well, on instilling excitement in those around her and on encouraging and nurturing students and staff in their gifts and talents.

"Kathy represents what Fellowship is about and why we all love the school. She has a vision for our school's future while still appreciating the history and traditions that make FCS so special," said Fellowship Board Chairman Greg Winchester.

From her first year teaching, Kathy knew impacting students positively was her purpose. Becoming an administrator widened her scope of influence, allowing her to influence teachers and, through them, more students.

She said, "I try to duplicate myself, encouraging and challenging to perpetuate a positive environment and response."

Fellowship Christian School, founded in 1986, is an independent PK-12 school located in Roswell. FCS offers a college preparatory program that incorporates a biblical worldview into the academics, the arts, and athletics. The school is accredited by Southern Association of Colleges and Schools (SACS), the Association of Christian

Schools International (ACSI), and the Evangelical Council for Financial Accountability (EFCA). FCS is presently in the process for accreditation by the Southern Association of Independent Schools (SAIS).

Fellowship was established as a covenant Christian school, meaning every child enrolled is from a family of committed believers actively involved in a Christian church.

"The mission of Fellowship is to partner with Christian parents in the education of their students," explains Kathy, "so students embrace Biblical Truth, strive for academic excellence, demonstrate discipline, exhibit leadership and influence in their homes, churches and communities."

At FCS the Bible is taught as infallible truth, prayer is essential and the Christian worldview of the Bible permeates all school life. Biblical Truth is woven into every subject, including sports and fine arts. FCS offers a rigorous curriculum and college prep framework.

"Our curriculum is advanced because we believe in equipping our students to become all God created them to be. Through biblical integration in academics, athletics and fine arts, Fellowship students are intentionally prepared to engage and influence their global culture," states Kathy. "Authentic learning occurs within a true partnership between home and school. That's what covenant means to us."

"Fellowship is a great balance of what life should be like," she adds. "We are a family and family-oriented. It is a nurturing, loving, challenging environment. At Fellowship there is a balance of accountability and an excellence which represents the character of God."

Fellowship Christian School is located at 10965 Woodstock Road in Roswell. For more information, contact Shelly Martin, Director of Admissions at 770-993-1650, or visit www.fellowshipchristianschool.org

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Atlanta Braves Coming to Cobb



The Cobb County Board of Commissioners approved a 30-year agreement on November 26 that will help build a \$672 million stadium for the Atlanta Braves in Cobb County.

Chairman Tim Lee expressed happiness with the decision. "This is an unparalleled opportunity for our county and will help propel our community into the foreseeable future," he said. "I am excited to be part of it." At least \$372 million of the stadium project will be paid for by the Atlanta Braves, which will also invest an additional \$400 million for an entertainment district on the 60-acre site. This will include retail, restaurants and other development projects on the location at the intersection of Interstates 285 and 75. Local costs will draw from various sources including payments by private businesses within a special district around the project, the motel/hotel tax and existing county revenues.

Lee said Cobb County will not increase the property tax millage rate for homeowners and its economy will be boosted by the project. "In addition to construction jobs we anticipate from the creation of the stadium, crowds will bring steady employment for those who will work there," he said.


Road improvements are planned around the future stadium site, while there are already 14 points of access and service by Cobb County Transit to the area. Projects include a Windy Hill diverging diamond interchange and corridor improvements extending

from U.S. 41 to Powers Ferry Road, scheduled to open to traffic in 2017.

"We believe the new stadium location is easy to access while also giving our fans a first rate game day experience in and around the ballpark and making it a 365-day-a-year destination," said Atlanta Braves President John Schuerholz. The property, which has an Atlanta address and is located in Cobb County, has easy access to I-75, I-285, U.S. 41/Cobb Parkway and a variety of other transportation options. The stadium will occupy a portion of the site, with the balance being used for parking, mixed use development and green space.



▲ John Schuerholz

Officials anticipate the new stadium to be ready for Opening Day of the 2017 baseball season. Further details about the stadium project are available at homeofthebraves.com and cobbcounty.org. 

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Margie Hatfield Scholarship Seeks Applicants

The East Cobb County Council (ECCC) PTA created the Margie Hatfield Scholarship Fund in 1990 to honor the dedication and years of service given by Mrs. Hatfield to the youth of our Council. She is a Past President of the organization who served three consecutive terms. It is with this service in mind that the Council PTA sponsors the scholarship program. The purpose of the fund is to help deserving youth in their educational journey. An emphasis is placed on the service records and citizenship of the winning applicants, since this embodies the philosophy of PTA. The Margie Hatfield Scholarship Fund will once again award six separate \$1,000 scholarships; one student from each of the ECCC PTA high schools will be chosen. 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. Here are additional details about the scholarship:

- Any graduating high school senior enrolling in a full-time course of study at any institute of higher learning may apply.
- Funds must be used for continuing education
- No limit to the number of students from each school that may apply.

- Applications must be postmarked no later than February 24, 2014. Winners will be notified by March 27th.
- Winners will be honored at the April 17 General Membership Meeting of the ECCC PTA. Families are invited to attend.
- Applications must be typewritten or printed legibly and the guidelines followed exactly. Resumes should not be attached. Choose standard fonts. Do not write/type on the back of the application. Applicants who do not adhere to the outline specifications will be disqualified.
- Include one personal reference (not related to you) and one reference from your school and a copy of your transcript.

ECCC PTA relies on donations from community supporters in order to fund this scholarship. Visit ecccpta.org/committee-news-info/margie-hatfield-scholarship for contact information. Applications will be available in counselor offices at ECCC PTA high schools (Kell, Lassiter, Pope, Sprayberry, Walton, and Wheeler) by mid-January as well as on the website. For more information, contact Irene Barton, ECCC PTA Scholarship Chair at scholarship@ecccpta.org. 



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Walton Students Start New Charity: Walton Children's Charities



▲ Walton Children's Charities President, Chad Carrodus, with children at Ronald MacDonald House.


Sophomores from Walton High School have founded a new non-profit organization under Walton's 501(c)(3) status, designed to facilitate fellow peers in community outreach.

The new group is called Walton Children's Charities (WCC). The non-profit acts as clearinghouse of volunteer opportunities as they are constantly searching

for ways to give back to their community, while helping to broaden the horizons of their fellow peers. The organization projects its annual fundraising goal at \$15,000. Over \$2,750 has already been raised in approximately two months, with a large percentage of this coming from local patrons.

Under the lead of co-founder Chad Carrodus, who serves as President and CEO, Walton tenth graders Devin Filichiccia (Vice President), Sammy Kureshi (CFO), Jack Peterson (Executive Secretary) and Matthew Weiss (Director of Public Relations) are the founding members of Walton Children's Charities. With the rapid growth, it was decided to bring more help to the board as they have been joined by Olivia Baggett, Justin Peterman and Nicholas Orrell-Jones. Nearly 80 students from Walton have joined WCC since its recent inception just a few months ago.

WCC members recently visited with and entertained the families staying at the Ronald McDonald House by playing games with the guests. The group has also been in contact with the Kids In Need Foundation to raise money to purchase over 100 backpacks full of supplies for under-privileged children at Metro-Atlanta primary school. This nonprofit's success would not be possible without their amazing teacher sponsor, Colleen Ham.

For further information on the Walton Children's Charities, contact chadcarrodus@gmail.com. 



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Make A New Year's Resolution To Volunteer

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

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

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

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

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

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



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Greet the New Year With New Financial Goals



If your 2014 plans include getting your finances in order, a newly established East Cobb business can show you how. Ben Clark has just opened a Cornerstone Wealth Management office in this community. Bringing with him years of experience in the securities business, Clark describes his approach to investing as holistic financial planning. This means he incorporates all aspects of wealth management for his clients, including stocks, bonds, mutual funds and life insurance.

"I specialize in helping individuals and small businesses accumulate, preserve and distribute wealth in a way that best meets their goals and needs," explains Clark. "For instance, some prospective clients have come to me ready for retirement, having accumulated a bucket of money. However, they are not sure where or how to invest that money so it will work for them during those retirement years. My job is to give that client a financial strategy that's custom designed just for him or her."

According to Clark, his move to Cornerstone was for several reasons. First of all, working with Cornerstone affords him the opportunity to reduce financial risk for his clients. Also, Cornerstone offers no proprietary products, which means that as an investment company, it does not sell and promote its own mutual funds. As an investment advisor, Clark is not tied to a particular product and is free to offer suitable and appropriate products to his clients. Cornerstone also gives him the flexibility to provide fee-based financial planning since it is a registered investment advisor. Since fee-based advisors don't accept fees or compensation based on product sales, Clark is again free to act in his clients' best interests. And finally, with more than 40 Cornerstone advisors throughout the country, Clark can tap into the experience of other seasoned investment advisors.

Clark is active in the East Cobb community, serving as a past president of the Metro Marietta Kiwanis, a Life Member of the Veterans of Foreign Wars (VFW) and a member of Johnson Ferry Baptist Church. His business credentials include CERTIFIED FINANCIAL PLANNER™ (CFP®), Chartered Financial Consultant (ChFC®), and Accredited Asset Management Specialist (AAMS®) Designations. He is a Qualified Kingdom Advisor™.

If you are interested in a thorough review of your current financial standing, contact Ben Clark for a no-cost, no-obligation consultation. His office is located at 2265 Roswell, Rd., Suite 100, Marietta GA 30062. He can be reached at 404/410-1240 or ben.clark@lpl.com.

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SAFE KIDS COBB COUNTY

Safe Kids Cobb County is committed to reducing and preventing accidental injuries to children in Cobb County. It provides information and education on the following topics: Car and Booster Seats, Poison Prevention, Water Safety, Bicycle/Wheel Safety, Home Safety & Pedestrian Safety. Sponsors car seat checks, bike rodeos, and safety fairs. Lisa Gardner, Safe Kids Co-Coordinator
114 Cherry Street, Suite G
Marietta, GA 30060
www.safekidscobbcounty.org

770-793-7185

SAFEPATH CHILDREN'S ADVOCACY CENTER

Ensures a child-friendly environment in which child victims of abuse and neglect can feel safe and comfortable during the process of intervention and investigation. Caring adults are needed to greet families and supervise children in their playroom/waiting area during the day, and in the evening on Mondays and Wednesdays. Leigh Kelley, Volunteer Coordinator
736 Whitlock Ave.
West Park Government Center, Ste. 600
Marietta, GA 30064
www.safepath.org

770-801-3465

SENIORS "MOST WANTED"

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

678-355-7064

THE CENTER FOR CHILDREN & YOUNG ADULTS

Provides secure residential care for Cobb County's abused and neglected children. Kimberly Tinsley, Volunteer & Activities Coordinator
www.ccyakids.org

770-333-9447 x103

THE CENTER FOR FAMILY RESOURCES

Provides emergency assistance to families in Cobb County so that they can access the resources they need to become independent and self-sufficient, thereby breaking the cycle of poverty. Chris Chamblee, Development & Volunteer Coordinator
995 Roswell Street, Suite 100
Marietta, GA 30060
www.theCFR.org

770-428-2601 x264

TOMMY NOBIS CENTER (TNC)

The mission of the Tommy Nobis Center is to develop and provide job training, employment and vocational support for youth and adults with disabilities and other barriers to employment. Several volunteer opportunities are available: Teach life skills such as grooming, money management, and basic cooking; completing job applications/resumes; prepare clients for job interviews, etc. in classes ranging in size from 4-10; act as the employer in a mock interview and give feedback to client for strengthening his interview. Chaperone a group on a social outing. Judy Leeper, Program Coordinator
1480 Bells Ferry Road
Marietta, GA 30066
www.tommynobiscenter.org

770-427-9000 x5116

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. Leah Rolfes, Director
995 Roswell Street, Ste. 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

YWCA OF NORTHWEST GA

The YWCA of Northwest Georgia seeks volunteers for its thrift store, special events, crisis hotline, family violence shelter, transitional housing, legal advocacy, sexual assault accompaniment advocacy, children's services, Latino outreach and other needs. Tiffany Baca, Development & Communications
48 Henderson Street SW
Marietta, GA 30064
www.ywca.org

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2014 EDITORIAL CALENDAR

EAST COBBER 2014 Deadlines + Issue Dates

The EAST COBBER publishes a Health & Wellness Guide, an extensive Community Calendar and Dining Guide every month. The following special sections are planned for 2014:

ISSUE DATE	SPECIAL SECTIONS/FEATURES	AD CLOSE	ISSUE DATE
January	Early Bird Day Camp Guide Do Good Guide Expanded Health & Wellness Section	12/16/13	1/6/14
February	Child Care & Preschool Guide Sweets for your Sweet	1/15/14	2/6/14
March	Home & Garden Guide Consignment Sales	2/17/14	3/6/14
April	Expanded Summer Day Camp Guide Ice Cream Stores	3/17/14	4/3/14
May	Mother of the Year International Restaurants	4/15/14	5/1/14
June/July	Voters Guide Barbeque Restaurant Review	5/15/14	6/5/14
August	Back to School Guide East Cobb Dining Guide	7/15/14	8/7/14
September	Parade & Festival Issue	8/15/14	9/4/14
October	Private School Guide Halloween Happenings	9/15/14	10/2/14
November	Pet Guide Holiday Gift Guide	10/15/14	11/6/14
December	Holiday Gift Guide Holiday Happenings	11/17/14	12/4/14



For more information: Call 770-640- 7070

Honest-1 Auto Care Comes to East Cobb



▲ Butch Carter

For many of us, our cars are more than a way to get from one place or another. We give them names, rely on them to safely transport our precious cargo and treat them like second homes. It can be difficult to know who to trust with such an important part of our lives.

The good news is that Honest-1 Auto Care recently opened its doors in East Cobb. They offer a full range of automotive service and repairs, including oil changes, factory recommended maintenance, brake repairs and engine repair. Basically, they can handle any necessary repairs or maintenance. Butch Carter chose to open a local Honest-1 Auto Care franchise because he believes in their focus of bringing honesty and transparency to the auto repair business. Along with providing the best service, Honest-1 mechanics focus on educating customers on the systems and services necessary to keep their vehicles in the best running condition possible.

The location on East Cobb Drive doesn't look like your typical auto repair shop. Patrons can help themselves to a variety of snacks and beverages while they wait in the cozy waiting room. They offer free Internet access, as well as a computer workstation and a kid's play area for families. If your repairs might take awhile, they provide a local shuttle that will drop you off and pick you up when your vehicle is ready.

Additionally, Honest-1 is the nation's only certified eco-friendly Auto Care chain. They take extraordinary steps to protect our environment by helping customers maintain the most efficient and safe vehicles possible, and they recycle everything possible.

Prior to opening Honest-1, Butch was an officer in the Air Force and then spent 23 years traveling in pharmaceuticals sales. After his corporate career, he decided to invest in an organization that he could stand behind. Honest-1 appealed to him because he liked their honest and customer-focused approach. He is excited about opening in the East Cobb area. "You can tell that people really take care of their cars here," he said. "With the right maintenance, we can help our customers extend the lives of their vehicles."

Honest-1 would like to invite everyone in East Cobb to come check them out and see the difference. "Our mechanics are first rate, and you can leave knowing your vehicle was in good hands without any surprises or repairs you didn't need," said Butch.

Honest-1 is located at 1391 East Cobb Drive, Marietta, Ga., 30068. For more information, visit www.honest1eastcobb.com or call 770-635-2487.

Sope Creek Students Win Robotics Award



▲ Members of the Mindcrafters Robotics team pictured above are: Dominic Krueger, Thomas Sharpless, Sam Franks, and Tripp Nichols

A team of fifth-grade students from Sope Creek Elementary who are also members of Boy Scout Pack 121 (based at Mt. Bethel United Methodist Church) participated in a Regional Robotics Tournament of the FIRST Lego League (FLL) last month and won! "Mindcrafters" Sam Franks, Dominic Krueger, Tripp Nichols, and Thomas Sharpless won first place for Robot Performance out of 24 teams. Also, their overall performance qualified them to move on to the Super-Regionals round in January 2014.

Each FLL season is based on a theme, which was Nature's Fury (preparation, survival, and recovery from natural disasters). Each tournament includes a robotics challenge--participants are judged on the quality and consistency of their robot's construction and programming and then compete in at least three robot games. The team with the highest single score of the three robot rounds wins the Robot Performance award, a project judging (they complete research on the theme, invent a solution for a related problem, and then make a presentation), and Core Values (FIRST promotes values such as Gracious Professionalism, Coopertition®, teamwork, and learning).

FIRST Lego League is a robotics program for 9 to 14 year olds, which is designed to get children excited about science and technology as well as teach them valuable employment and life skills. There are 20,000+ teams in over 70 countries. FIRST also has programs for high school students with both Wheeler and Walton High Schools having very competitive teams. Sope Creek Elementary offers a separate robotics program as part of its after-school, FAST Program. ①

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Mt. Bethel Christian Academy Pursues Property for High School



In their 16th year as a K – 8 Christ-centered, private preparatory school, Mt. Bethel Christian Academy and Mt. Bethel UMC are pleased to announce a preliminary agreement to purchase the Shirley Blumenthal Park property in East Cobb for a new private high school. The agreement is subject to acceptance by the congregation of Mt. Bethel UMC.

This Christ-centered, college preparatory high school would serve as an extension of Mt. Bethel Christian Academy. “The original vision of the school always included a high school, and we are hopeful to see that vision become reality with the purchase of this attractive property,” said Michael Ostergard, Chair of the Academy’s Board of Trustees. We still have a lot of important work, but we are excited to get started.”

“This campus is a perfect fit for the new school,” said Jim Callis, Head of School. “While our kindergarten through eighth grade classes will remain adjacent to the church, this proposed site would provide a convenient location only six miles away.” The high school hopes to open in the fall of 2014 and would be the only Christ-centered, private high school in East Cobb County. Applications are currently being accepted for their K-8 program for Fall 2014 and enrollment for high school is expected to begin in early February 2014.

Mt. Bethel Christian Academy opened in 1998 and holds a dual accreditation with Southern Association of Colleges and Schools (SACS) and the Southern Association of Independent School (SAIS). For more information about the school, visit mtbethelchristian.org or contact Jackie Grasty, Director of Admission at Jackie.grasty@mtbethelchristian.org. Mt. Bethel Christian Academy is located at 4285 Lower Roswell Road, Marietta, GA.



MT. BETHEL CHRISTIAN
ACADEMY


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Nominations Sought for Creating Community Awards

The Cobb County Commission and the Cobb Community Relations Council invite nominations for the 2014 Creating Community Awards.

The purpose of the awards is not only to recognize good works in the county but also to provide a model and inspiration for the rest of the Cobb community. Nominees may be an individual, team or organization that has been successful in promoting inclusion within Cobb’s diverse communities. Diversity is broadly interpreted to include ethnicity, age, religion, disability, gender, etc. An independent committee will be formed to choose one recipient from each Commission District.

The deadline for nominations is January 17, 2014. Nominees from previous years may be re-nominated. Nominations should be emailed to ccrc393@gmail.com.

On March 20, 2014, the annual Awards Dinner will be held to recognize and celebrate all of nominees and award recipients. For a nomination form, email ccrc393@gmail.com. 

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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 27-30	June 2-6	June 9-13	June 16-20	June 23-27	June 30 - July 4	July 7-11	July 14-18	July 21-25	July 28- Aug 1
Art Camps The Art Place-Mountain View 3330 Sandy Plains Road, Marietta 30066 770-509-2700 • www.theartplace.us	4-18	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓	✓
Baskin-Ginepri Summer Tennis Camp Olde Towne Athletic Club 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.otac.net	7-18	\$335 non-member	9am-2pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camping at the Seashore Musik to Grow/Draisen Edwards! 4880 Lower Roswell Road, Marietta 30068 770-579-2554 • www.musiktogrow.com	4-6	Call for rates	9:30am-12:30pm							✓			
Camp Faith Faith Lutheran Church & School 2111 Lower Roswell Road, Marietta 30068 404-808-6947 • www.faithmarietta.com	2-14	Call for rates	9:30am-1:30pm*		✓	✓	✓	✓	✓	✓	✓	✓	
Camp Ruach! Congregation Etz Chaim 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net	14 mos - Rising K	Call for rates	9:20am-1:20pm*		✓	✓	✓	✓	✓	✓	✓	✓	✓
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 Tall Oaks at Shreiner Academy* Shreiner Academy 1340 Terrell Mill Road, Marietta 30067 770-953-1340 • www.shreiner.com	13 mnths-8th grade	\$250-\$300	8:30-6:30	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 27-30	June 2-6	June 9-13	June 16-20	June 23-27	June 30 - July 4	July 7-11	July 14-18	July 21-25	July 28- Aug 1
The Cook's Warehouse 1311 Johnson Ferry Road, Marietta 30068 770-565-8005 • www.cookswarehouse.com	10-17	See website	See website				✓			✓			
The Cook's Warehouse-Fun Food 1311 Johnson Ferry Road, Marietta 30068 770-565-8005 • www.cookswarehouse.com	6-9	See website	See website			✓							
The Cook's Warehouse-Tour of the USA 1311 Johnson Ferry Road, Marietta 30068 770-565-8005 • www.cookswarehouse.com	6-9	See website	See website								✓		
Cresco Montessori Summer Camps Cresco Montessori 3001 Johnson Ferry Road, Marietta 30062 770-992-8031 • www.crescomontessori.com	5-12	Call for rates	8:30am-3pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Curtain Call Youth Players-Elementary Playhouse 2800 Canton Road, Suite 600, Marietta 30066 404-692-2297 • www.ccp.org	Rising 3rd-5th grade	\$215	9am-3pm							✓	✓	✓	
Curtain Call Youth Players-High School Playhouse 2800 Canton Road, Suite 600, Marietta 30066 404-692-2297 • www.ccp.org	9th-12th grade	See website	9am-3pm						✓				
Curtain Call Youth Players-Middle School Playhouse 2800 Canton Road, Suite 600, Marietta 30066 404-692-2297 • www.ccp.org	Rising 6th-8th grade	\$215	9am-3pm		✓		✓	✓			✓		
Curtain Call Youth Players-Shannonigans Playhouse 2800 Canton Road, Suite 600, Marietta 30066 404-692-2297 • www.ccp.org	Rising K-2nd grade	\$110/ half day session	9am-12pm or 12:30-3:30pm			✓							
East Cobb Jazzercise Jazzercise 736 Johnson Ferry Road, Marietta 30068 770-971-4970 • www.jcls.jazzercise.com	Girls 5-10	\$150	12:30-3:30pm	DATES TO BE DETERMINED									
East Cobb Prep 3875 Shallowford Road, Marietta 30062 770-649-0415 • www.eastcobbprep.com	5-10	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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404-692-2297 * summercamp@ccyp.org
www.ccyp.org

Making a Good Day Camp Decision For Your Child



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

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

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

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

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

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

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

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



READ MORE. DO MORE.

Each EAST COBBER issue and eastcobber.com's 20 blogs offer you the latest in local arts and entertainment, dining, community events, school news, and health tips.

Get more out of East Cobb: visit www.eastcobber.com

EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 27-30	June 2-6	June 9-13	June 16-20	June 23-27	June 30 - July 4	July 7-11	July 14-18	July 21-25	July 28- Aug 1
Fullers Kids Summer Camp Fullers Park 3499 Robinson Road, Marietta 30068 770-509-2737 prca.cobbcountyga.gov/fullersrecreationcenter.htm	6-11	See website	7am - 5pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Georgia Musical Arts Center-Piano Camps 4180 Providence Road, Suite 325, Marietta 30062 678-719-2689 • www.georgiamusicalartscenter.com	5-7 8-11 12-16	\$350	9:15am-4pm		✓	✓	✓	✓	✓	✓	✓	✓	
Georgia Musical Arts Center-Summer Fun Camps 4180 Providence Road, Suite 325, Marietta 30062 678-719-2689 • www.georgiamusicalartscenter.com	5-14	\$250	9am-4pm	✓	✓	✓	✓	✓	✓	✓	✓		
The Georgia Ballet-Summer Dance Camps 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	2-18	Call for pricing	Various	VARIOUS-CALL FOR DATES									
The Georgia Ballet-Summer Dance Camps 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	9-18	Call for pricing	Various	VARIOUS-CALL FOR DATES									
Harrison Tennis Center Summer 2013 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									
Intro to Music Makers at Keyboard Musik to Grow/Draisen Edwards 4880 Lower Roswell Road, Marietta 30068 770-579-2554 • www.musiktogrow.com	6-9	Call for rates	1:30-2:30pm							✓			
Johnson Ferry Baptist Church 955 Johnson Ferry Rd, Marietta 30068 678-784-5317 www.johnsonferry.org/SportsFitness/camps	4-16	See website	See website	DATES TO BE DETERMINED									
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 678-812-3795 • www.atlantajcc.org	4-16	Call for rates	9am-4pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mount Paran North Summer Sports Camp Mount Paran North • 1700 Allgood Road, Marietta 30062 678-285-3248 • www.mpnpsports.com	6-12	\$110 + \$50 activity fee	8am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oak Creek Pony Camp Oak Creek Stables • 4580 Roswell Road, Marietta 30062 678-229-8128 • www.oakcreekstable.com	5-7	\$275-\$350	10am-1pm	DATES TO BE DETERMINED									
Oak Creek Horse Camp Oak Creek Stables • 4580 Roswell Road, Marietta 30062 678-229-8128 • www.oakcreekstable.com	8-14	\$275-\$350	9am-1pm	DATES TO BE DETERMINED									

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EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 27-30	June 2-6	June 9-13	June 16-20	June 23-27	June 30 - July 4	July 7-11	July 14-18	July 21-25	July 28- Aug 1
Piano Camp Draisen Edwards 4880 Lower Roswell Road, Marietta 30068 770-971-9755 • www.demcmusic.com	Elementary School Age	\$200/half day \$350/full day	9am-12pm or 9am-5pm								✓		
Piano Camp Draisen Edwards 4880 Lower Roswell Road, Marietta 30068 770-971-9755 • www.demcmusic.com	Middle School Age	\$200/half day \$350/full day	9am-12pm or 9am-5pm									✓	
Primary Prep Academy 1887 West Oak Parkway, Marietta 30062 678-594-8700 • www.primaryprepacademy.com	4-9	\$190+	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	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Riverside Military Academy S.O.A.R Summer School 2001 Riverside Drive, Gainesville 30501 770-538-2938 • www.riversidemilitary.com	12-17	\$2160-\$4725 (day or boarding)	Varies							✓	✓	✓	✓
Rock Camp Draisen Edwards 4880 Lower Roswell Road, Marietta 30068 770-971-9755 • www.demcmusic.com	12 & under	\$300	9am-12pm										✓
Rock Camp Draisen Edwards 4880 Lower Roswell Road, Marietta 30068 770-971-9755 • www.demcmusic.com	12 & older	\$300	12:30-3:30pm										✓
Science Camp by High Touch High Tech @various locations 770-667-9443 • www.sciendemadeunatl.org	K-5th grade	\$230-\$250	9am-3pm		✓	✓	✓	✓	✓	✓	✓	✓	✓

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EAST COBBER *Early Bird* DAY CAMP GUIDE

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EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 27-30	June 2-6	June 9-13	June 16-20	June 23-27	June 30 - July 4	July 7-11	July 14-18	July 21-25	July 28- Aug 1
Sports A Rama Multi-Sport Camp 736 Johnson Ferry Road, Marietta 30068 770-977-9789 • www.sareastcobb.com	7-12	Call for rates	9am-3pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sports Broadcasting Camp @ Emory University • 201 Dowman Drive, Atlanta 30322 800-319-0884 • www.playbyplaycamps.com	10-18	\$575-\$1195	See website								✓		
School of Rock East Cobb* 2515 East Piedmont Road, Marietta 30062 770-423-6765 • www.eastcobb.schoolofrock.com	7-18	See website	9am-3pm		✓		✓				✓	✓	
Sprayberry Academy Pre-K Camp 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	Pre-k	\$205	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	\$195	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Summer University Kennesaw State University-Continuing Ed 3333 Busbee Drive NW, Kennesaw 30144 770-423-6765 • www.kennesaw.edu/coned	1st - 12th grade	See website	See website	DATES TO BE DETERMINED									
Terrell Mill Tennis Center Junior Summer Tennis Camp 480 Terrell Mill Road, Marietta 30067 770-644-2771 • www.prca.cobbcountyga.gov	3-17	See website	9am-12pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA McClesley/East Cobb-Mini Camp 1055 East Piedmont Road, Marietta 30062 770-977-5991 • www.ymcapass.com/mcy.shtml	3-5	\$75-\$125	8:45am-12pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA McClesley/East Cobb-Sports Camp* 1055 East Piedmont Road, Marietta 30062 770-977-5991 • www.ymcapass.com/mcy.shtml	6-12	\$185-\$235	7am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA McClesley/East Cobb-Teen Camp * 1055 East Piedmont Road, Marietta 30062 770-977-5991 • www.ymcapass.com/mcy.shtml	13-15	\$275-\$325	7am-6pm		✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA North East -Sports Camp* 3010 Johnson Ferry Road, Marietta 30062 678-977-5991 • www.ymcapass.com/mcy.shtml	6-12	\$185-\$235	7am-6pm		✓	✓	✓	✓	✓	✓	✓	✓	
Young Chefs Academy-Camp Can-I-Cook 230 Hammond Drive NE, Ste 368, Sandy Springs 30328 404-255-9263 www.youngchefsacademy.com/sandysprings	4-5 Kinder Cooks 5-7 Jr./Sr. Chefs	Call for rates	9:30am-2pm or 11:30am-2pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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EAST COBBER *Early Bird* DAY CAMP GUIDE

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Friday, January 31
9 am- 4 pm

Saturday, February 1
9 am- Noon

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- MAXIMUM 300 items
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COMMUNITY CALENDAR

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

Every Sunday

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

Every Tuesday and Saturday

Feeding Time at the Chattahoochee Nature Center.

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

Every Saturday

Free Arts and Crafts at Lakeshore Learning Store.

11am-3pm. Ages 3 and up. Make a party mask, build-your-own bongos, soaring skydiver, or Chinese New Year dragon puppet. Lakeshore Learning Store, 4287 Roswell Road, Marietta 30062. More info: 770-578-3100 or www.lakeshorelearning.com.

January 3 - 19

Sophisticated Ladies presented by the Atlanta Lyric Theatre.

The spectacular staging of this timeless classic revels in the brilliance of Duke Ellington's musical genius and reincarnates the jazz age with such classics as "It Don't Mean A Thing If It Ain't Got That Swing," "Take the "A" Train," "Satin Doll" and "In a Sentimental Mood." Thursdays, Fridays and Saturdays: 8pm. Sundays: 2pm. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info/ticket prices: www.atlantalyrictheatre.com or 404-377-9948.

January 4

Montana Skies Performance. Enjoy a unique new sound with the pairing of cello and fingerstyle guitar. Combining classic with modern, this group has created their own "new acoustic" sound with innovative original compositions and arrangements. 8pm. \$15 advance tickets online or \$20 at door. The Art Place, Mountain View, 3330 Sandy Plains Road, Marietta. More info: 770-509-2700 or www.theartplace.us.



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January 7 - February 6 (Tuesdays & Thursdays) & January 11 - February 1 (Saturdays)

Drivers Education. 30 hours of classroom instruction and 6 hours of individual training behind the wheel. This program meets the requirements for Joshua's Law and qualifies for the Teen Driver's Education insurance discount. Tuesday and Thursday classes: 6-9pm. Saturday classes: 8am-4pm. \$375. Dodgen Middle School, 1725 Bill Murdock Road, Marietta. More info: www.mariettacommunityschool.com.

January 9

Career Training Expo: Winter Expo '14. Discover how Continuing Education can help you reach your personal and professional goals. Get a sneak peek at numerous courses and certificate programs offered annually. Free. 6-8:30pm. Kennesaw State University Center, 3333 Busbee Drive NW, Kennesaw. More info: 770-423-6765 or www.ksuexpo.com

January 9, 16, 23, 30

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



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January 9-19

Little Shop of Horrors. A down-and out skid row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, R&B-singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite, finally revealing itself to be an alien creature poised for global domination! \$25. Thursday-Saturday: 8pm, Sunday: 3pm. Tickets are available at The Strand Box Office, 117 North Park Square, Marietta 30060. More info: 770-293-0080 or visit www.earlsmithstrand.org

January 9-26

The Only Light in Reno presented by the Georgia Ensemble Theater. This brand new play is set in Reno in August of 1960. It is 106 degrees. Filming on "The Misfits" is hopelessly behind schedule, with no end in sight. The Sierra Mountains are on fire, and Reno is in total blackout. Elizabeth Taylor and Montgomery Clift are playing board games with an accused murderess, and Marilyn Monroe is locked in the bathroom. The hilarious story of when Hollywood came to The Biggest Little City in the World, and everything went up in flames. Georgia Ensemble Theatre, Roswell Cultural Arts Center, 950 Forrest Street, Roswell 30075. Check website for tickets prices and showtimes: www.get.org. More info: 770-641-1260.

January 10

An Acoustic Evening with Travis Tritt: A special evening with the CMA and Grammy award winning country artist Travis Tritt. Experience this rare opportunity with a multi-platinum artist. 8:00 p.m. \$43.40-\$64.40 Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta 30339. More info: 800-745-3000 or www.cobbenergycentre.com

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COMMUNITY CALENDAR

January 10

Cobb Chamber Executive Women (CEW) Luncheon. 11:15am-1pm. Registration and networking will begin at 11am. Program will begin at 11:15am. CEW Members: \$20.00 online; \$35.00 at the door. The Georgian Club, 100 Galleria Parkway, 17th floor, Atlanta 30339. To register: www.cobbchamber.org. More info: 770-859-2359.

January 10

Cobb Master Gardeners Lunch & Learn: "Making the Right Cut" presented by Pam Bohlander, MG. Learn the basics of selecting and using the right tools and techniques for each plant with special attention to crape myrtles. 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 11

Boots, Bluejeans & Country Music, presented by 100+ Women Against Domestic Violence. All proceeds will benefit the YWCA of Northwest Georgia and their mission of a community free of domestic violence and sexual assault. 6-9pm. \$30/person. Includes dinner provided by Williamson Bros. Bar-B-Q. Jim Miller Park, 2245 Callaway Road, Marietta. More info/RSVP: Hope Felshaw, 770-423-3562 or hfelshaw@ywcawga.com.

January 13

Cobb Chamber First Monday Breakfast. Tim Lee, Chairman of the Cobb County Board of Commissioners, will present the State of the County address. General admission: \$60, Chamber members: \$25 online and \$40 at the door. Cobb Energy Performing Arts Center, 2800 Galleria Parkway, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

January 18

The Music of the Civil War. Various selections of popular Civil War music will be performed by local talent, pianist Miss Briana Duensing. The event is free and open to the public and requires no pre-registration. 2-3pm. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw 30152. More info: Amanda Corman at 770-427-4686 x 0.

Saturdays January 18-February 22

Genealogy 101 presented by the Genealogy Society of Cobb County. 9:30am-12:30pm. Registration: 9am on January 18. Classes are free. Set of course materials (notebook with class handouts and a genealogy-related book) available for \$35 by January 11 or \$45 thereafter. First Presbyterian Church, 189 Church Street, Marietta. More info/to register: www.cobbgagensoc.org.

Zizi Has Relocated

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

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Get Your Event Listed

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

January 21

LAUNCH Party. 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. This is a party with fun for the whole family. There will be plenty of great food, face painting and crafts for the kids, and a DJ/KJ will be on hand for entertainment. KSU Center, 1000 Chastain Road, Room 400, Kennesaw. To RSVP: 770-499-3228.

January 21

Martin Luther King Celebration. 9am. Free and open to the public. Jennie T. Anderson Theatre 548 Fairground Sreet, Marietta 30060. More info: Cobb County NAACP office, 770- 425-5757 or www.cobbnaacp.org.

January 21

Toddler Time: Snakes presented by Cobb County Parks, Natural Resource management unit. Come learn about snakes and take a hike. Dress for the weather and activities. For toddlers 2-4. 10am-11:30am and 12:30pm-2pm. \$2 per child. Hyde Fram Visitor Center, 721 Hyde Road, Marietta/East Cobb 3 30068. More info/To register: Karen.faucett@cobbcounty.org or 770-528-8803.

January 23

All About Nature Social Club Monthly Dine and Discover Potluck, 4th Thursday of every month. Join U.S. Fish and Wildlife Scientist Rob Tawes as he discusses current information on the state of threatened and endangered species in the southeastern part of the country. For ages 16 and up. 7-9pm. \$10/non-members.\$5/members. Free for Chattahoochee Nature Center volunteers and Master Naturalist Graduates. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org

January 24

Atlanta Symphony Orchestra: The concert features Benjamin Britten's Piano Concerto, and concludes with the mighty Symphonie fantastique, a revolutionary masterpiece and one of the best-known works of Hector Berlioz. 8pm. \$40/\$25/\$15/\$8 Bailey Performance Center, Kennesaw State University 1000 Chastain Road, Bldg. 30, Kennesaw 30144. More info: 770-423-6650 or www.kennesaw.edu/arts/boxoffice



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COMMUNITY CALENDAR

January 24

Digital Device Demo. Do you have a new eReader, mobile device, tablet, or smart-phone? Would you like to enjoy free downloadable books, audio books, and magazines on your new device? Stop by for information about using your eReader, tablet, or other device with the library's digital collection. Drop by anytime between 2 and 4 pm to say hi to the digital services librarians, and while you're there, you can also: get information about the library's eBooks, eReaders and digital magazines, ask questions about your devices, and find out what devices work with the library's collection. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb 30066. More info: Burr Osoinach, osoinacb@cobbcat.org or 770-528-4621.

January 24-26

Special Olympics Georgia State Indoor Winter Games. More than 1500 athletes and 100 Unified Partners will compete in: artistic gymnastics, bowling, floor hockey, basketball, and powerlifting with over 500 coaches to guide them. Opening ceremony Friday, 7:30pm, at Cobb Civic Center, 548 South Marietta Parkway, Marietta. Various events at various locations. Free. More info: www.specialolympicsga.org or 770-414-9390.

January 25

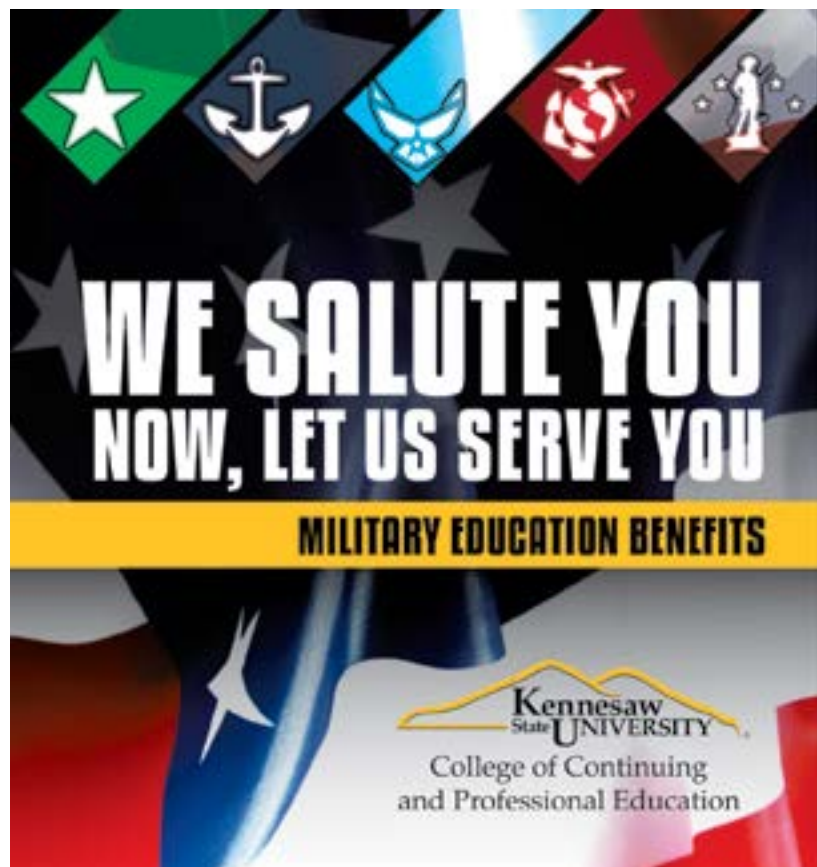
Affordable Care Act/Medicaid Expansion Town Hall Meeting sponsored by the League of Women Voters Marietta-Cobb and the American Association of University Women of Cobb County. Come learn about the Affordable Care Act and how to enroll for health insurance. Refreshments will be provided. Registration is recommended as seating is limited. 1-3pm. Charles D. Switzer Library, 266 Roswell Street, Marietta. More info: Linda Thomas at lwmcpubcity@gmail.com (registration), mariettacobb.ga.lwvnet.org or 678-641-6256.

Cobb Chamber of Commerce 72nd Annual Dinner.

Black tie optional. 6:30pm reception. 8pm dinner program and dancing. 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 26

Dog Training Seminar benefiting Mostly Mutts. 1pm. \$15 per person. Free to current Mostly Mutts foster families. Mostly Mutts Shelter, 4427 Acworth Industrial Drive, Acworth. More info: 770-325-7387 or info@mostlymutts.com.



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January 26

MahJongg Tournament. Benefit for Etz Chaim Preschool. Play in the tournament or join in the beginner's seminar. \$25. 12:45-4pm. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta. More info: 770-977-3384 or www.etzchaim.net.

February 1

26th Annual Polar Bear Run featuring a flat course and an electronic "DAG" disposable chip timing system. Proceeds benefit the Johnson Ferry Student Choirs. The race will be held rain, snow or shine. 2K Fun Run: 8am. 5K Race: 8am. Cub Runs (ages 4-5): 9:15am. Register online (www.johnsonferry.org or www.active.com), by mail or in person (Johnson Ferry Baptist Church/770-795-3230); or Big Peach Running Co./770-579-0444. No race day registration. 5K & 2K: \$25 through January 18 or \$30 thereafter. Cub events (ages 2-5): \$20. Phantom Racer: \$25 (no sweat-just T-shirt). Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-973-6561, or www.johnsonferry.org.

February 1-9

Winter Bird Seed Sale. Feed your feathered friends premium Coles birdseed and benefit the Chattahoochee Nature Center (CNC). Pre-sale orders can be placed online or at the Nature Store. Pre-purchase between February 1-9 and Pick Up is at CNC February 14-16. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

February 1-16

Hats Off to Dr. Suess! Touring Exhibition. A unique opportunity to view Dr. Suess's superb hat collection and view their direct impact on his works of art. Ann Jackson Gallery, 932 Canton Street, Roswell. More info: 770-993-4783 or www.annjacksongallery.com.



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	KEYNOTE SPEAKER <i>Lisa Harper</i>
	FRIDAY NIGHT CONCERT <i>Selah</i>
	SATURDAY PRAISE & WORSHIP <i>Meredith Andrews</i>

Registration is available online and in the Women's Ministry Office! For more information, please check out our blog, johnsonferrywomen.com.



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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:

> Mount Bethel United Methodist Church
4385 Lower Roswell Road, Marietta, GA 30068
Coordinator: Gayle Hayden
Class Begins: January 23 | Wednesdays 6PM
More info: 770-971-2880

> Johnson Ferry Baptist Church
955 Johnson Ferry Road, Marietta, GA 30068
Coordinator: Derek Hughes
Preview: January 13, 2013 at 4PM
Class Begins: January 20 | Sundays 4PM
More Info: 770-973-6561
Coordinator: Laura Brady
Preview: January 9, 2013 at 6PM
Class Begins: January 16 | Wednesdays 6PM
More Info: 770-973-6561

> Mount Paran North Church of God
1700 Allgood Road, Marietta, GA 30062
Coordinator: Bob Turnbull
Class Begins: March 3 | Sundays 4PM
More Info: 770-578-9081

> Roswell United Methodist Church
814 Mimosa Boulevard, Roswell, GA 30075
Coordinator: Kay Holmquist
Class Begins: January 13 | Sundays 6PM
More Info: 770-993-6218

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Spring Sports Registration Deadlines

January 14

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: coach@standrewing.com or www.standrewrowing.com.

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

January 20

Deadline for **East Cobb Cheetahs** running club. Meets at Wheeler High School, 375 Holt Road, Marietta 30068. Ages 5-18. More info/To register: 678-653-2282 or www.eastcobbcheetahs.com

January 18

Deadline for **Kell Jr. Longhorn Lacrosse** registration. Boys and Girls grades 1-8th grades. More info: www.kelllacrosse.com.

January 22

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 25

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 23 at 9 pm and walk-up registration will be held from 10am-noon on January 25 in the boardroom at Harrison Park. More Info/To Register: www.sandyplainsbaseball.com

January 26

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.

January 27

Deadline for **Atlanta Jr. Rowing Association**. Ages 12-18. Roswell River Landing, 245 Azalea Drive, Roswell, Georgia 30075. More info/To register: sgreenblatt09@gmail.com or www.ajracrew.org .

February 1

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.

February 8

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.

February 4

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.


February 11

Deadline for **Sandy Plains Softball** program for girls 5-18, fast and slow pitch. Walk-up registration and Fun Day February 3, Sandy Plain Park, 2977 Gordy Parkway NE, Marietta 30066. More info: 770-281-7202 or www.sandyplainssoftball.com.

February 12

Deadline for **YMCA STRIKER Soccer** registration. Ages 4-19. McCleskey-East Cobb Family YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991 or www.ymcaregistration.com

March 2

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. 



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Across from LA Fitness next to Tiny Stitches

Pet of the Month: Tango

*Submitted by Marie, Fernando,
Bianca, and Penny Molinet*



Animal Breed: We THINK I'm part pointer - part American bulldog but we know I'm 100% lovable!

Age & Gender: I'm a 7 month old boy!

Favorite Food: Red velvet cupcakes that I stole after my mommy made them.

Favorite Person: My sisters...Bianca (7) and Penny(4). I sleep with them every night and loved to just lie cuddled in the sofa with them. I go crazy when they get home everyday.

Best Trick: I'm still learning a lot but I really like to shake and hi-five everyone.

Turn Ons: all my squeaky toys, children, and getting treats from the crossing guard at school.

Turn Offs: Someone yelling at me. I'm the strong silent type.

Favorite Toy: Squeakers, my toy dragon...and my sister's bears whenever I can "borrow" them.

Last Seen: Camping out at FD Roosevelt Park with all my family (including my "granparents")

What makes your pet so special: Tango is a sweet, loving dog who craves attention and LOVES being part of the family and doesn't seem to realize he is a BIG puppy and not a lapdog. He had it rough the first few months of his life when he lived in an abandoned home, then fostered, and then finally finding his way to our family. But Tango never looked back! He is fully enjoying his new life now.

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: _____

Do Good for Dogs, Cats and Other Animals

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

All Paws Considered

770-640-5550 • shermannancy1@att.net

Basset Hound Rescue of Georgia

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

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 Rd • 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

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

Happy Tails Pet Therapy

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

Humane Society of Cobb County

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

Mostly Mutts

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

Mutt Maddress

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

Our Pal's Place

4508 Canton Highway • Marietta, GA 30066
678-795-0202 • www.ourpalsplace.org
helpanimals@ourpalsplace.org
Pet adoption facility and education center. Its mission is to rescue dogs from euthanasia at local animal control shelters.

Papillon 911

P.O. Box 682225 • Marietta, GA 30068
www.pap911rescue.org
A rescue organization committed to rescuing Papillons from dog-breeding facilities.



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www.cookiesbydesign.com/locations/Georgia/Marietta/30062

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Fri-Sat: 11am-10pm
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www.mariettacubandiner.com

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Marietta 30068
• Target Shopping Center
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Roswell 30075
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Sat: 8am-5pm
Sun: 8am-1pm
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www.hongkongstarmenu.com

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Recipes of the Month: Lebanese Chicken Herisse + Brazilian Cheese Bread (Pão de Queijo)

*Submitted by Vani Arcuragi , Title III Parent Resource Specialist and
coordinator of Wheeler High School's Multicultural Cooking Class*



▲ Vani Arcuragi with guest chef Vera Abbud Vacaro

Wheeler PTSA Diversity, Wheeler Culinary Arts and the Parent Resource Center offer Multicultural Cooking Classes at Wheeler High School. The first class was November 19 in the Wheeler Culinary Arts Classroom. Guest chef Ms. Vera Abbud Vacaro, who currently lives in Brazil, decided to cook a dish from her grandfather's country, Lebanon, which is made in special occasions and has passed through generations. Another guest chef, Ms. Milca Moura, from Brazil, made Cheese Bread. Ms. Moura's son is a sophomore at Wheeler High School. Their recipes are featured below.

Lebanese Chicken Herisse

- 1 pound whole bulgur wheat
- Water
- 1 chicken breast
- 2 chicken thighs
- 2 chicken drumstick
- Salt
- 2 pounds ground beef
- Butter
- Cumin
- Pine nuts (optional)

Soak bulgur wheat overnight.

Boil chicken pieces in water and salt.

Debone the chicken and reserve.

Strain chicken broth and reserve.

Cook the wheat in the chicken broth, and as it absorbs the broth, add the chicken and more chicken broth.

Chicken will shred as you stir the mixture.

Add salt to taste.

Brown ground beef in melted butter.

Add pine nuts.

Poor ground beef over chicken mixture.

Sprinkle cumin to taste.

Brazilian Cheese Bread (Pão de Queijo)

- 1 cup milk
- 1/2 cup canola oil
- 1 cup yucca flour
- 1 cup shredded parmesan cheese
- 8 eggs
- 1 tsp. salt

Preheat oven to 400 F degree.

In a saucepan, boil milk, oil and salt.

Place yucca flour in a bowl, and scald it with the boiled mixture.

Add eggs and mix well.

Add cheese and mix again.

Make rolls and bake for 25-30 minutes.

Do you have a family recipe handed down from generation to generation? Or maybe a favorite dish that always gets rave reviews from your family and friends? Well, the EAST COBBER wants to know about them. Show off your favorite recipes in our feature, 'Recipe of the Month.' Mail your recipe to the EAST COBBER at P.O. Box 680455, Marietta, GA 30068 or email them to recipes@eastcobber.com, Subject: 'Recipe of the Month'. Please include your name and contact information with the recipe. A photo of you and/or your dish would be great, too!

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The Education Budget Crisis: You Can Make a Difference

Governor Deal is currently working to create his 2015 budget. Please contact his office to let him know how the education budget cuts over the last ten years have impacted your child. Governor Nathan Deal can be reached via his website: www.gov.georgia.gov or by phone: 404-656-1776.

Listed below are some talking points to assist you when speaking with Governor Deal and our other elected state legislators (see facing page).

- > Tell the elected officials the school budget deficit in Cobb County, and reduced education funding statewide, is a serious threat to the quality of education for our students and to the strength of our economy.
- > Ask them to commit to finding a solution.
- > Ask them to support increased financial funding for education and No More Austerity Cuts.

The new legislative session begins on January 13. All parents are requested to join the Walton High School PTSA on January 9, 2014 at 7pm in the Walton High School theater, 1590 Bill Murdock Road, Marietta/ East Cobb. Some of our elected officials will present on the current status of the budget and some possible short-term and long-term solutions to the education budget crisis. It is vital to have parents attend this meeting and participate in this process. ☺

(Reprinted from Walton High School E-newsletter)

The School House Squeeze: Cobb County

- The statewide QBE (Quality Basic Education formula) cut for the fiscal year 2014 is \$1,051,425,164. The QBE cut for Cobb County is \$65,900,761.
- The statewide QBE cut per student for fiscal year 2014 is \$633. For Cobb County it is \$599.
- The cumulative statewide QBE cut from 2003 through 2014 is \$7,662,644,092. The cumulative QBE cut for Cobb County for this period is \$491,296,767.
- State funding per student declined on average 15.3 percent in inflation-adjusted dollars between fiscal year 2002 and fiscal year 2014. State funding per student in Cobb County declined 16.9 percent over this period.
- Over 45 percent of Cobb County's students are economically disadvantaged. This is an increase of 21.3 percentage points since 2002.
- Cobb County's tax digest (the value of its taxable property) fell by 17.8 percent between 2008 and 2012 as did the value of its tax digest per student.
- Cobb County's millage rate is 18.9, just below the state cap of 20.

Source: GA Budget & Policy Institute

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Email: matt.dollar@house.ga.gov



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Shaping Up Over Thirty

By Paul Feldman

When we get older we tend to evaluate ourselves: Do I like my job? Am I accomplishing all the things I set out to do? Is my relationship good with my significant other? All sorts of questions pop into our heads. As we approach 40, 50, 60 and beyond, the questions are a bit different than when we were twenty or thirty. How do I get rid of my spare tire on my belly? Why is my body making that noise? Where did all my energy go? What sort of diet and exercise do I need to start looking younger and feeling better? These are some of the questions I will help answer.

Middle age doesn't have to encircle your middle with fat and threaten your health and looks. One of the reasons people exercise is for their appearance. But for people over forty the major reason should be health, stress-relief, and preserving their quality of life. Lack of physical activity and poor diet, taken together, are the second largest underlying cause of death in the United States (smoking is the #1 cause.)

Staying active on a regular basis can help prevent or delay certain diseases (some types of cancer, heart disease, or diabetes) and disabilities as people get older. Regular exercise can offer relief to some diseases and disabilities in people. It can also improve mood and relieve stress and depression.

Evidence suggests that while time may be against you, you can compensate for a sluggish metabolism with resistance weight training. That's because weight training builds muscle and the more muscle you have on your body the higher your metabolism will be. Having muscle mass is really important because after age 30, no matter how much you exercise aerobically, you may lose a half-pound of lean muscle per year. This could result in a weight gain of 1-½ pounds of body fat per year, much of which is dispersed around your middle.

The good news is whether you start some sort of resistance training at 18 or 75 it will help keep you thin and in good health with a good metabolism. Resistance training targets the tummy and dissolves fat around the internal organs and the waistline. That's a tremendous fat and health benefit. Best of all, getting all these advantages takes less time than going out to dinner. Just 30 minutes of actual exercise 3 times per week. "Muscles at 75 are just as responsive to exercise as they are at 20," says William J. Evans, PH.D.

So how do you get started? Just follow these four simple steps:

- ❶ First, get a personal fitness trainer to teach you how to work out the right way. Also, to take the guesswork out of nutrition and diet. Expect your trainer to set up a personalized diet and exercise program tailored to your individual needs.
- ❷ Second, take the time to get at least 20 minutes of activity that makes you breathe hard at least three times each week. This is called cardiovascular or aerobic training. Even a moderate level of this type of activity (walking, jogging, etc.) will help.
- ❸ The third step is to keep your muscle. People lose their muscle and their strength as they age due to the lack of use. You know what they say 'if you don't use it you lose it.' When you have enough muscle, it can mean the difference between being able to get up from a chair by your self and having to wait for someone to help you to get up. Don't wait for that to happen, get help from a professional trainer. A trainer will start with an exercise program that is tailored for your specific needs and activity level. You will probably work muscles you may have stopped using without even realizing it.
- ❹ The last step is to work on your flexibility and your balance. Here are some safety tips:
 - o Start slow. Build up your activities slowly. Don't over do it to by doing too much too soon.
 - o Avoid holding your breath while doing any strenuous activities.
 - o If you have high blood pressure pay special attention to this tip - make sure you warm your muscles up before you stretch and before training with the weights.
 - o Drink lots of water. I would suggest a gallon a day.
 - o You also might want to get a heart rate monitor to monitor you heart rate during your training. 📱



For more free health tips go to Paul Feldman's website www.bodydesigntraining.com.

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Living Healthy: Make Your Health Goals “SMART”

Living healthy is easier if you set goals. Spring into action with some healthy new goals! Start by thinking about what you would like to achieve. Then, help ensure your success by making your goals **SMART**. SMART stands for **specific, measurable, attainable, realistic** and **time-based**. Follow along with the information below as you set your SMART goals:

SPECIFIC

What you want to achieve and how you'll do it

Examples:

Not specific: To exercise

Specific: To get in shape by walking

Ask yourself: What do I want to accomplish? How will I do it?

MEASURABLE

How you'll know when you've reached your goal

Examples:

Not measurable: To walk often

Measurable: To walk for 30 minutes, 5 times a week

Ask yourself: How much? How often?

ATTAINABLE

That your goal is possible

Examples:

Not attainable: To walk 5 miles in 30 minutes

Attainable: To walk 1 ½ miles in 30 minutes

Ask yourself: Can I do this?

REALISTIC

That your goal is appropriate for you

Examples:

Not realistic: To walk for 2 hours every day

Realistic: To walk for 30 minutes every day

Ask yourself: Am I willing to work towards this goal?

Do I have the skills and resources I need?

TIME-BASED

When you plan to reach a goal

Examples:

Not time-based: To walk 5 times a week until I feel fit

Time-based: To walk for 30 minutes, 5 times a week for a month

Ask yourself: When will I achieve this?

Other Examples

- A good goal: To eat healthier
A SMART goal: I will eat at least two servings of fruit every day for the next month.
- A good goal: To get more sleep
A SMART goal: I will go to bed by 10:30 pm every weeknight for the next two weeks.
- A good goal: To drink more water
A SMART goal: I will have water with lunch, instead of my usual soda, every day this week.
- A good goal: To work out
A SMART goal: I will go to the gym at least three times a week for the next month. Each time, I will do at least 30 minutes on the elliptical or treadmill.

Goal-Setting Tips:

- Pair Up! Encourage a friend to set healthy goals, too. Check in with each other to help stay motivated.
- Write it down. Write your goal down and post it someplace you look often, like your bathroom mirror or refrigerator door.
- Reward yourself. Treat yourself for a job well done. A little reward for progress can go a long way toward helping you achieve your goals.

5 Reasons to Set SMART Goals

1. They help you focus
2. They help you stay motivated
3. They help you manage your time
4. They help you track your progress
5. You are more likely to achieve them 📌

(Source: American Kidney Foundation)

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Steps to a Better Self-Image

By Ashley Poptodorova

So many things in our world are broken, the last thing that should be is your self-image. I would like to offer you some tips to help you recover your self-image if you feel it's been lost somewhere along the way. I was once at a very low place in my life and I had some work to do to save my self-image. I had little self-belief and I desired so much more for myself. The time and work I put into loving myself was by far the best investment I have ever made. YOU are the best investment you will ever make. Take the time to read these words, apply the action items and get back to a positive YOU!

I found the definition of "Self-image" to be so simplistic yet astoundingly powerful! It is defined as the idea one has of one's abilities, appearance and personality.

Abilities, appearance and personality are 3 MAJOR contributors to our lives! These combined encompass a LARGE part of our lives. They each play into how well we produce, perform, feel and contribute to the world. We all like to have many great abilities, feel confident in our appearance and most would desire a personality that lights up a room.

With this being said, what or WHO measures our ability? Appearance? Personality? Let me rephrase this question: Who is THE most important person to measure our ability, appearance and personality (self-image)? YOU. Yes, YOU! While the obvious people may come to mind (mentors, employers, spouse) it is YOU who is the most important person to determine these things. If YOU do not love who you are or believe in your abilities, it won't matter much what others think or say.

The power of one's self-belief is astounding. It can change your world and it can change the world of those you love and care about. Think of how much better you would do everything in your life if you had confidence. Can you imagine how unstoppable you would be if you TRULY believed in yourself? No false performances just sheer belief? It would be life changing. If you are constantly cutting down on yourself, picking yourself apart, questioning your abilities or self-hating than the following steps are for you.

Here are some simple tips to start repairing the brokenness. These are not the "only" ways to go about this but they are basic ways to start. Remember, everything great started by taking one small step.

>Take a self-assessment. Journal every negative thought (this will take some work) that you say each day. At the end of a week- take a look at what you are repeating to yourself daily. There is POWER in your words. The power of life and death is in them.

>Awareness- after you become aware of your thoughts start putting in the work to repair the broken ones. EACH time you say something negative you need to stop (you can do this with no one knowing) and repeat a positive affirming thought.

>Reminders- put reminders everywhere! When I started my journey, I posted thoughts, quotes and my favorite things about myself everywhere.

>Get to work: In a logical and fair way (not self-hating critical way) make a list of everything you can improve and start to take the steps to improve it! For me, it was taking back control of my health. I ballooned to 208 pounds and regaining my image required me to regain my health too.

>Patience- this process takes time. Loving yourself takes time. Replacing YEARS of self-hate, negative self talk and poor image does not happen overnight but it IS worth EVERY single bit of work!

I hope this helps you gain some fresh thoughts and perspective on where you are and how you can improve your self-image. YOU have a purpose and that purpose involves you being confident and believing in your abilities. Boosting your self-image is good for you and for those you love. Using these steps to strengthen your self-esteem will empower you to be a happier and more loving person, increase your chance for success and lead to greater fulfillment in life. You deserve It! 🙌



Ashley Poptodorova is co-owner of A+A Wellness. She can be reached at aandawellness@icloud.com.

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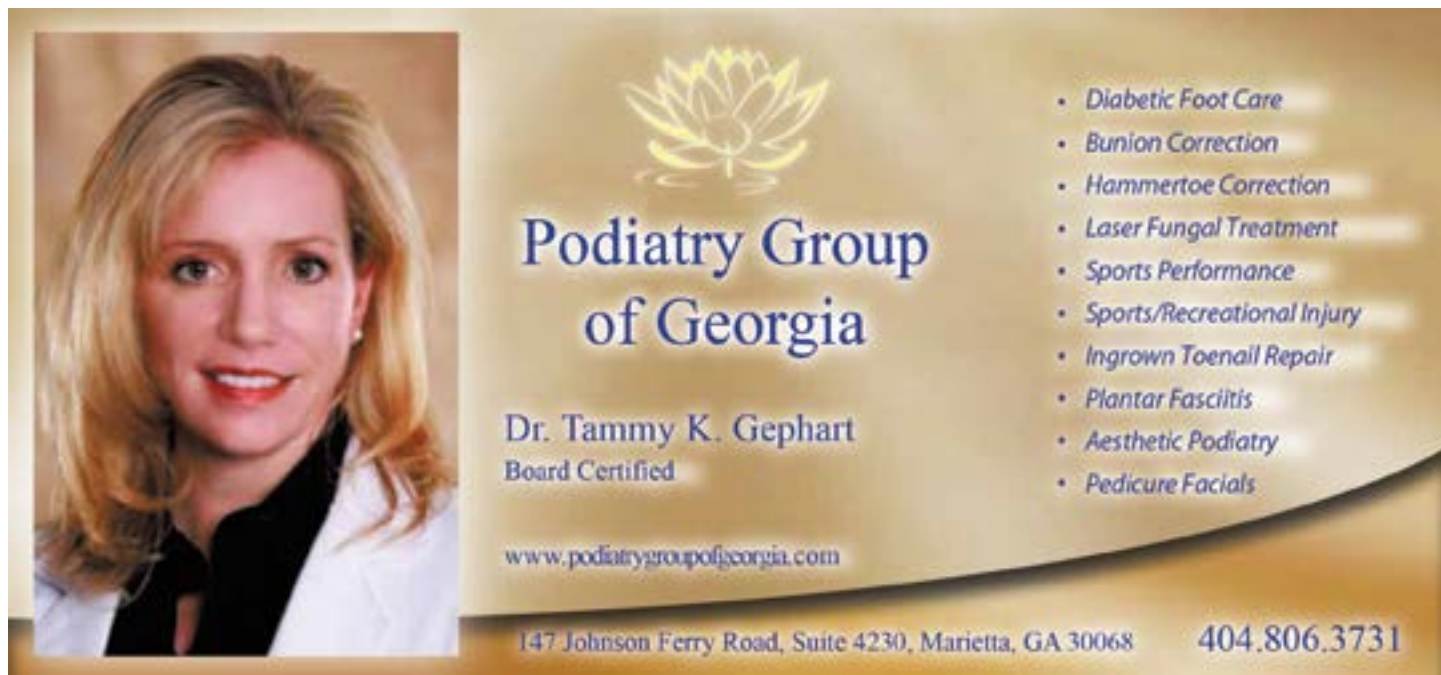
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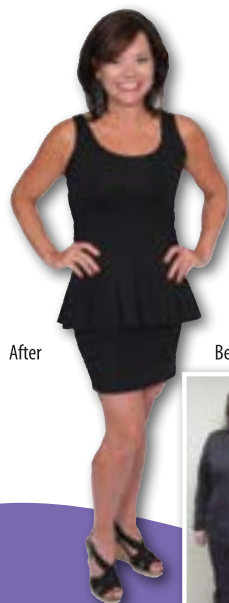
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Monica W. Best, M.D.



699 Church Street, Suite 240 Marietta, GA 30060 • 678-905-2950 • www.rba-online.com

10 Things I Want My Daughter to Know About Working Out

Mid-way through a recent group exercise class, the teacher lost me. She didn't lose me because of some complicated step sequence or insanely long set of burpees; I mentally checked out because of a few words she kept saying over and over. *"Come on! Get that body ready for your winter beach vacation! Think about how you want to look at those holiday parties! PICTURE HOW YOU'LL LOOK IN THAT DRESS!"*

"THAT DRESS?" My brain couldn't focus on an image of some random dress hanging in my closet. All I could think about was my three-year-old daughter hearing and trying to process those words.

My daughter's little brain is making sense of the world every single second, taking in verbal and non-verbal cues about how things work and what things mean. And when it comes to exercise, I want her to grow up seeing it as a joy, and not a utility...as a gift, and not a chore...as an opportunity, not an obligation. I want her to do it for the love of it, not to fit into a dress. I want her to grow up knowing that...

1. Strength equals self-sufficiency. Being strong – particularly as a woman – is empowering. It will feel good someday to be able to carry your own luggage down the stairs if the airport escalator is broken, and it will be important to have a solid shot at outrunning a stranger should you meet one in a dark alley.

2. Fitness opens doors. Being healthy and fit can help you see the world differently. The planet looks different from a bike or a pair of skis than it does from a car or an airplane. Out in the elements you have the time and space to notice details and meet people and remember smells and bugs and mud and rain and the feeling of warm sunshine on your face. And those are the moments that make up your life.

3. The bike is the new golf course. Being fit may help you get a seat at the table. Networking is no longer restricted to the golf course, and the stronger you are – and the more people you can hang with on the road and trail – the more people you'll meet.

4. Exercise is a lifestyle, not an event. Being an active person isn't about taking a class three times a week at the gym. It's about things like biking to the grocery store and parking your car in the back of the lot and walking instead of taking a cab and catching up with friends on a hiking trail instead of a bar stool.

5. Health begets health. Healthy behavior inspires healthy behavior. Exercise. Healthy eating. Solid sleep. Positive relationships. These things are all related.


6. Endorphins help you cope. A good sweat session can clear the slate. You will have days when nothing seems to go right...when you're dizzy with frustration or crying in despair. A workout can often turn things around.

7. Working out signals hard-working. The discipline required to work out on a regular basis signals success. Someone recently told me they are way more likely to hire marathon runners and mountain climbers because of the level of commitment that goes into those pursuits.

8. If you feel beautiful, you look beautiful. Looking beautiful starts on the inside. And being fit and strong feels beautiful.

9. Nature rules. And if you're able to hike/run/bike/swim/ski/snowshoe, you can see more of it.

10. Little eyes are always watching. We learn from each other. You may have a daughter—or a niece or a neighbor or a friend – one day. And that little girl will be watching and listening to everything she you say and do. What messages do you want her to hear?

I'll never talk to my daughter about fitting into THAT DRESS. But I will talk to her about what it sounds like to hear pine needles crunching under my feet and what it feels like to cross a finish line and how special it is to see the world on foot. I will talk to her about hard work and self sufficiency. I will teach her the joy of working out by showing her I love it. And I'll leave the rest up to her. 

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WellStar's East Cobb Health Park Update

With outpatient healthcare expected to grow 30 percent over the next five years, WellStar is developing health parks to deliver outpatient care in community-based facilities. WellStar Acworth Health Park opened in July 2012 and continues to exceed volume projections.

WellStar East Cobb Health Park, a three-story, 162,000 square foot development, is located at 3747 Roswell Road NE and is scheduled to open in September of 2014. The East Cobb Health Park will offer comprehensive medical services and will include urgent care, medical imaging, lab services, a pharmacy, cardiac diagnostics, a sleep center, physical therapy and cardiac and pulmonary rehab. These services will be integrated with a multi-specialty mix of physicians to include a strong foundation of primary care physicians - family physicians, internal medicine, pediatrics and OB/GYN services and specialists will include cardiologists, pulmonologists, ENT, gastroen-

terologists, surgeons, allergy/asthma, endocrinology, urology and orthopedics.

"A health park is all about bringing outpatient and physician services directly to the communities we serve," said Joe Brywczyński, senior vice president health parks development. "Residents no longer will have to endure long drive times, frustrating traffic congestion and multiple trips to access their health services at multiple locations. By combining and coordinating services under one roof, we will improve patient and family convenience and access to their outpatient care needs. The health park is truly a one-stop-shop opportunity."

In addition to providing clinical services the WellStar East Cobb Health Park plans to target community prevention and wellness by providing community education and screening opportunities. We believe that this innovative service model ultimately will improve health-care access and convenience for the communities we serve, including our neighbors in East Cobb and the surrounding area.

Construction Updates

The median on Roswell Road has been completed, and the installation of a traffic signal at the facility's entrance will take place within a few months.

Beginning in January 2014, WellStar Medical Group will open an OB/GYN practice in the Merchants Station building. This will complete the range of primary care specialties now available in East Cobb. These physicians will move into the health park when the facility opens in September.

The health park's services will be linked together with all other WellStar facilities via an electronic medical record. This will improve patient convenience and allow for better care coordination for patients.

The health park will enhance the already strong presence in the county including WellStar facilities in East Cobb and many WellStar affiliated physicians and providers who already practice in Cobb County.

WellStar continues on a strategic course of providing comprehensive, high quality, convenient and easily accessible community-based outpatient health-care to the community. Facilities like the Acworth and East Cobb Health Parks provide examples of the system's commitment




to service innovation and WellStar has plans for future health park developments in Vinings and Cherokee County.

"WellStar is committed to the health of Cobb County residents and is pleased to offer this convenient, comprehensive and high-quality care to our community," said Chris Kane, WellStar senior vice president for strategic business development. The purchase of this property ideally positions WellStar to address the needs of the residents in this rapidly growing area. We have a noteworthy history in Cobb County but our health park investments are evidence of our optimism about the future."

Recognized as the fifth most integrated health-care delivery system in the country, WellStar Health System is the one of the largest not-for-profit health systems in Georgia and serves a population of nearly 1.4 million residents in five counties. The vision of WellStar is to deliver world-class healthcare. A national leader in the transformation of healthcare delivery, WellStar launched two initiatives in late 2012 – the Center for Health Transformation and



the Georgia Health Collaborative – that will have far reaching effects on healthcare both locally and nationally. WellStar includes WellStar Kennestone Regional Medical Center (anchored by WellStar Kennestone Hospital) and WellStar Cobb, Douglas, Paulding and Windy Hill hospitals; the WellStar Medical Group; Urgent Care Centers; Acworth Health Park; Health Place; Homecare; Hospice; Atherton Place; Paulding Nursing and Rehabilitation Center; and the WellStar Foundation. For more information, call 770-956-STAR or visit wellstar.org. 



▲ (l-r) Joe Brywczyński, senior vice president health parks development at WellStar, David Connell, president and CEO of Cobb Chamber of Commerce, JoAnn Birrell, Cobb County District 3 Commissioner, State Senator Judson Hill, District 32, Janie Maddox, chair of the WellStar Board of Trustees, Tim Lee, Cobb County Commission Chairman, Reynold Jennings, WellStar President and CEO and Bob Ott, Cobb County District 2 Commissioner pose at the April 2013 WellStar East Cobb Health Park groundbreaking celebration held at Indian Hills Country Club.

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A few years ago, Jessica Demby was struggling. After graduating from high school Jessica tried college, but soon realized it wasn't for her. Jessica did not know what to do and felt she had run out of options. All she knew was that living at home and making minimum wage was not what she wanted. Now, in less than two years she's doubled her salary, has paid vacations and holidays, and is truly enjoying her work every day.

What did she do?

Jessica enrolled in the Dental Staff School, run by Janet Waldron and her husband, Dr. Jon Waldron, practicing dentist. Today, the Dental Staff School offers students the same great opportunity to build a career Jessica has enjoyed. In just ten weeks, students learn professional dental assisting in a real-office setting. Each Saturday, the school hosts the current class of students and offers state-of-the-art dental equipment for students' lessons. From working on models to practicing with the dentists and fellow students, Jessica really enjoyed the hands-on learning. "It wasn't boring," she says, "it was a whole lot of fun!"



Dental Staff School

www.DentalStaffSchool.com

Dental Staff School (www.DentalStaffSchool.com) is a ten-week dental assisting school in Pelham, AL; Marietta, GA; Knoxville, TN and Franklin, TN. Classes are held on Saturdays at local working dental offices and teaching facility of Patterson Dental Supply. The program is accredited through National Accreditation for Colleges and Schools, Non-public Postsecondary Commission in Georgia, and the Alabama and Tennessee Higher Education Commission. **NEW Orthodontic Course: Brighter Smiles and Brighter Future** Johnston Orthodontics -- Marietta's most trusted orthodontist for over 20 years -- is now offering an Orthodontic Cross Training Course.

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(888)-307-0320 and (678) 819-3919 or
email janet@dentalstaffschool.com,

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Ride for Kids Opens Online Registration Site for 2014 Atlanta Ride

The Ride for Kids has set up the registration site for the 2014 Atlanta Ride for Kids. Riders and passengers can now register for the 2014 Atlanta Ride for Kids. The Ride for Kids has removed the registration fee for the 2014 Ride. Once registered, the rider will have an individual fundraising page available to share with their family and friends. The page will allow donations to be made in the rider's name to the Pediatric Brain Tumor Foundation. The rider's page will allow them to share the site's address with family and friends via e-mail, track their fundraising progress, join a fundraising team or create a team of their own.

The 2014 Atlanta Ride for Kids will be held on Sunday, June 1, 2014. It will be an escorted loop ride, beginning and ending at the Cumming County Fairgrounds.

The Ride for Kids program is a national series of motorcycle rides that supports the work of the Pediatric Brain Tumor Foundation. Their mission is to eliminate the challenges of childhood brain tumors by funding medical research and family support programs. For more information, call 800-253-6530 or go to [www.curethekids.org](http://www.curethekids.org/events/ride-for-kids/)

The Pediatric Brain Tumor Foundation, a national voluntary health nonprofit based in Asheville, N.C., is the world's largest non-governmental funder of childhood brain tumor research. More than 28,000 people in the United States are living with the diagnosis of a childhood brain tumor, and 13 more cases are identified each day. Our programs include free educational information about brain tumors, Internet conferences, college scholarships and Ride for Kids motorcycle charity events. For more information, call 800-253-6530 or go to www.curethekids.org.

To learn more please contact East Cobb resident, Bill Phelps, at 678-744-4139 or bvphelps@gmail.com. ☺

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East Cobb Senior Center Activities Scheduled for January

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

Blood Pressure Checks

Tuesdays, January 7, 21 & 28 | 10am – 12pm

Ice Cream and a Movie: The Butler

Monday, January 13 | 1pm – 4:30pm

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

Lee Daniel's *The Butler* tells the story of a White House butler who served eight American presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond and how those changes affected this man's life and family. Forest Whitaker stars as the butler with Robin Williams as Dwight Eisenhower, James Marsden as John Kennedy, Liev Schreiber as Lyndon Johnson, John Cusack as Richard Nixon, and Alan Rickman as Ronald Reagan.

Dine-a-Round: Douceur de France

Wednesday, January 15 | 11:30am – 1pm

Meet at Douceur de France, 277 South Marietta Pkwy SW, Marietta, GA 30064. Reservations required.

A Beginner's Guide to E-books

Thursday, January 16 & 23 | 11am – 12pm

Free; Registration required.

E-books are the next big thing in reading. They enable you to carry your entire library in the palm of your hand. Most e-book readers are about the size of a standard paperback but much lighter. Today you can get hundreds of thousands of e-books free online and you can buy today's best-sellers at prices considerably below the cost of paper versions. On day one of this two part class, we'll discuss how to use the Kindle e-readers and then day two will focus on the Nook series of e-readers. Presented by Debby Boyce from Mountain View Library.

Exercise: The Real Fountain of Youth

Wednesday, January 22 | 1 – 2pm

Free; Registration required.

Want to age gracefully? Keep moving. Regular exercise can reduce the risk of chronic disease such as heart trouble, diabetes, even cancer and keep you feeling and looking younger as you age. This seminar, presented by Bev Stegman from Foundation Therapy Center, will teach the importance of strength and cardiovascular activity and how to fit it in your life.

AARP Smart Driver

January 28 & 30 | 9am – 12pm

\$15 AARP member; \$20 Non-member

Aging in Place

Wednesday, January 29 | 11am – 12pm

Free; Registration required.

What does "Aging in Place" mean to you as an individual or for those caring for another? Should you consider a move if an illness or disability occurs, if the house floor plan isn't convenient or should this decision be based on something else entirely? Being able to live safely in your own home is important and the concept of "Aging in Place" looks at ways to live a satisfying life in the place of your choice. Dara McMillan with the Greater Atlanta Chapter of the National Aging in Place Council will cover: basic concepts of aging in place, potential or perceived barriers, and solutions and ways to create a personalized plan.

Historic Tate House

Wednesday, February 19. Deadline: January 17

9:45am – 3:45pm. Check-in 9:15am

\$70 Senior Council Members; \$77 Non-Members.

The Tate house is listed as the Pink Palace in the National Register of Historic Places and was just listed as one of the top "must see" places in Georgia by Georgia Magazine. Price includes motor coach transportation, tickets, lunch, and driver tip. No refunds after payment deadline date.

Senior Resources

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

ADULT PROTECTIVE INTERVENTION

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

ADULTS WITH DISABILITIES

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

ELDER ABUSE & NEGLECT

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

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

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

INCOME SECURITY

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

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

INFORMATION AND REFERRAL

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

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

LEGAL SERVICES

Cobb County Bar Assn Lawyer Referral Service
770-424-7149

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

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

Georgia Senior Legal Aid Hotline
404-657-9915

NUTRITION SERVICES

Home Delivered Meals
Meals on Wheels Program
32 N. Fairground Street • Marietta 30060 • 770-528-5364

SUBSTANCE ABUSE TREATMENT

Cobb-Douglas Community Services Board
6133 Love St. SW • Austell 30168 • 770-819-9229

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

TRANSPORTATION ASSISTANCE

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

Cobb Senior Services Demand/Response Transport
32 North Fairground St. • Marietta 30060 • 770-528-5364

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Senior Citizen Council of Cobb County Advocates for 55+ Population



The Senior Citizen Council of Cobb County was formed in 1973. It is a tax-exempt membership based organization, sponsored by Cobb Senior Services, whose primary function is to further the common good and general welfare of Cobb County adults over the age of 55. It now oversees the activities of approximately 50 clubs and over 3,500 individual members. Other organizations striving to meet the needs of seniors in the commu-

nity consider the Council as a role model in Georgia.

The Senior Council participates on a delegate capacity in community organizations such as Co-AGE, Atlanta Regional Commission Task Force on Aging, and Cobb Services for the Elderly. By providing a forum for communication, the Council creates the vehicle to encourage seniors to stay involved in the community and to have a voice on aging issues. It also provides encouragement by awarding Community Awards for outstanding seniors and community leaders at a luncheon held annually.

The Bulletin, a monthly newspaper published by the Council, provides space for the Senior Centers to advertise schedules of events, activities, classes, and inform the senior of current events and legislation pertinent to their interests and age.

Additionally, the Senior Council takes on projects to promote senior issues within the community. Recently, the Council sponsored many popular programs such as the Vial of Life, Medical Information Cards, Resource Directory, SafeAmerica, as well as offering annual scholarships to students enrolled in Gerontology programs through the College of Continuing Education, CAREing Center, at Kennesaw State University.

The following Cobb County residents are current officers for the Senior Citizen Council:

President: Nysia Lanier

1st Vice President: Phyllis Silverman

2nd Vice President: Francis O'Brien

Secretary: Harold Smith

Treasurer: John Huey

East Cobb Delegate: Harriette Majoros

CF Poole Delegate: Connie Hotaling

North Cobb Delegate: Alma Dedara

West Cobb Delegate: Diane Peterson

Wellness Center: Alyss Amster

Delegate-at-Large: Nettie Roberts

Delegate-at-Large: Pauline Meyer

Neighborhood: Naomi McCant

For more information on the Senior Council or membership, please call 770-528-1447. If you are interested in joining the Senior Council please complete the form below, mail it and the proper dues amounts to the address listed on the form. ①

Senior Citizen Council Membership Form

(For New Members Only)

Date: _____

Name: _____ Spouse: _____

Address: _____ City/Zip: _____

Phone Number: _____ Email: _____

Annual Membership includes:

Individual: \$10.00

- 1 year subscription to the Senior Citizen Council newspaper, The Bulletin
- Trip Discounts
- 1 vote

Member/Spouse: \$15.00

- 1 year subscription to the Senior Citizen Council newspaper, The Bulletin
- Trip Discounts
- 2 votes

Sponsor: \$70.00

- 1 year subscription to the Senior Citizen Council newspaper, The Bulletin
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CLUB CALENDAR

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dudes 'n Darlins Square Dance Club. Dances on 2nd and 4th Friday each month. 8-10pm. Mountain View Community Center, 3400 Sandy Plains Road, Marietta. More info: Margaret, 770-751-7210, dudesndarlins@comcast.net, or www.dudesndarlins.com.

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

East Cobb Business Association. Luncheon and featured speaker. Third Tuesday each month. 11:30am-1pm. Hollycrest Hall, 2235 Sewell Mill Road, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbbba.com.

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

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

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

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

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

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

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

Rotary of East Cobb
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Indian Hills Country Club
7:00AM Every Wednesday



Guest Speakers:

Jan. 8: Jim Callis- Head of School at Mt. Bethel Christian Academy
Jan. 15: Cindy Chapman- Manager, Atlanta Botanical Garden
Jan. 22: Barbara Hickey- Director of Etiquette, School of Atlanta
Jan. 29: Mary Kay Widener- Street Grace Initiative

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East Cobb Open Networking. Professional Referral Networking. Every Friday. 7:30-9am. Capozzi's NY Deli, 4285 Roswell Road (next to Michaels), Marietta. \$3 cover. More info: Tim Langley, 770-289-9711 or drfm02@yahoo.com.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Northwest Atlanta Mothers of Multiples (formerly Cobb Parents of Multiples), a parent's club for families with or expecting twins, triplets, quads, etc. Second Monday of each month (except December). 7pm. North Metro Church, 2305 Barrett Parkway, Marietta. More info: 678-235-8468 or www.nowamom.org.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

• **East Cobb Satellite of CHADD (Children & Adults w/Attention-Deficit/Hyperactivity Disorder) Parental Support Group.** 2nd Tuesday of the month, 6:30-8:00 pm. Mt. 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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

• **Widowed Helping Others (WHO).** First and 3rd Wednesday of the month. St. Ann's Catholic Church, La Salette Hall, 4905 Roswell road, Marietta. More info: Ann's Pastoral Care, 770-552-6400, ext. 6018.

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