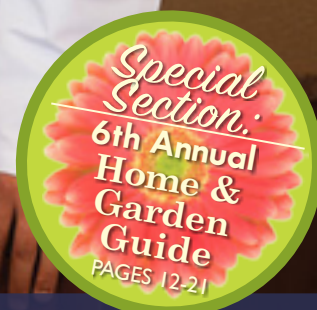


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## ATLANTA<sup>®</sup> HAND SPECIALIST



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# Melanoma cancer treatment that results in Salsa dancing.

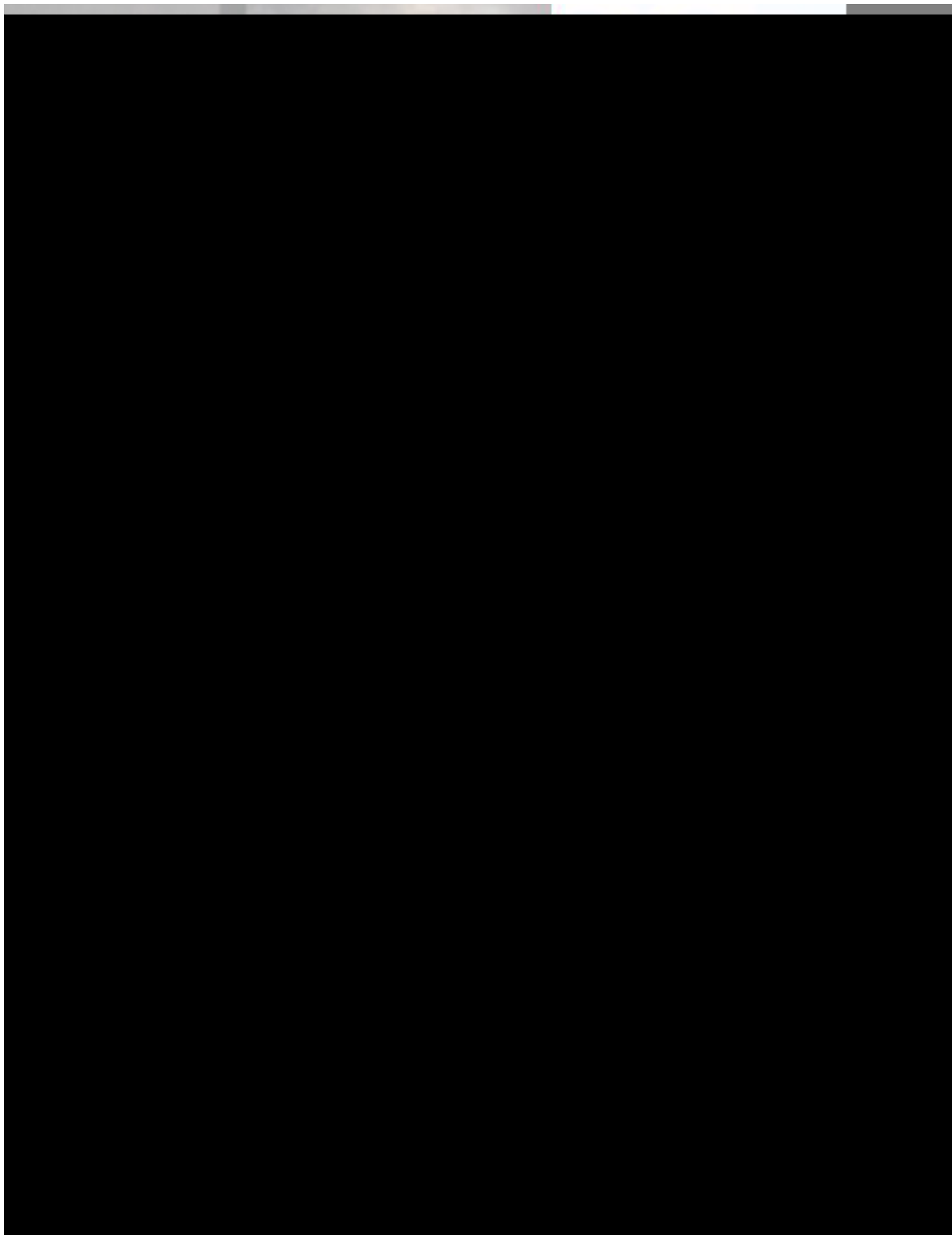


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Comments and stories are always welcome. Please address all correspondence to [cynthia@eastcobber.com](mailto:cynthia@eastcobber.com).

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

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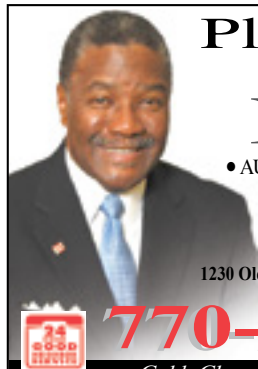


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## PUBLISHER'S NOTE



Turn on the news lately? From the Ukrainian ceasefire, to ISIS terrorism to local fires and murder, it makes me realize there will be times in our lives that we will be faced with unexpected, beyond-our-control situations and stories which force us to realize what is most important. At times like these, I cope by focusing on the people in my life and the little, everyday things that really make life special and worthwhile. I hope you will find in this issue of the EAST COBBER magazine, stories which help you focus on the special connections in our community and inspire you in your personal life.

This month's annual Home & Garden special section provides some local resources and inspiration to make your house a home. This edition also features two East Cobb parents' positive responses to their tragic situations (see pages 7 & 11) to the churches offering Easter egg hunts (see page 48) as well as the Golden "K" Kiwanis Clubs' effort to raise money for our community (see page 9) -- they all embody the adage, "bloom where you're planted." We may not have the perfect circumstances --career, home or relationship. Few of us do. But if we have the gift of today, we have a chance to re-create our circumstances and make them as perfect as possible with the resources we have. As the English playwright George Bernard Shaw, observed, "The people who get on in this world are the people who get up and look for the circumstances they want... And if they can't find them, make them." These fellow East Cobbers and all those featured in this issue (including our advertisers, most are small business owners) have truly bloomed where they have been planted. Their attitude, like so many East Cobbers, makes our East Cobb community a better place.

May you bloom and grow.

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

Cynthia M. Rozzo  
Founder & Publisher  
[cynthia@eastcobb.com](mailto:cynthia@eastcobb.com)

## ON THE COVER

**This front's front cover spotlights the physicians that make up Atlanta Hand Specialist: (Top row): Viralkumar Patel, MD; and, Steven Watson, MD; (Bottom row): Michael M Mangonon, DO; and, Jose Baez, MD. Atlanta Hand Specialist is committed to providing the highest standard of care for patients with hand conditions. The doctors identify and treat these conditions in all age groups, coordinate a multidisciplinary approach for treatment, and facilitate a rapid recovery to a normal, productive lifestyle. Every patient is treated with the utmost in care and compassion. Their professional staff is dedicated to making every patient visit convenient and pleasant, while making every possible effort for your full recovery. The availability of basic radiology makes patient diagnosis prompt and eliminates any delays in preparing the treatment plan.**

**Atlanta Hand Specialist has offices conveniently located in Smyrna, Douglasville, Canton, Marietta, and now in East Cobb. Their new office is located at 3775 Roswell Road, Suite 250, in Marietta/East Cobb 30062.**

**For more information, read their story on page 6 or visit [www.atlantahandspecialist.com](http://www.atlantahandspecialist.com)**





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# You're in Good Hands with Atlanta Hand Specialist

Our hands are precious and the amazing things we can do with them every day is something we cannot take for granted. If you have any pain, numbness, tingling or any lesion/cyst/mass in your hands or wrists, it is time to have them checked by the physicians at Atlanta Hand Specialist. The practice has six area locations, including one in East Cobb on Roswell Road.

Viralkumar Patel, M.D., a board-certified general surgeon and hand surgeon, started the practice five years ago with a focus on providing the highest quality of care for patients with diagnoses of hand and upper extremity conditions. With six convenient locations, patients are able to schedule appointments with more ease and flexibility, including same-day appointments. Surgeries are performed by four highly rated, specialized surgeons: Drs. Viralkumar Patel, S. Benjamin Watson, Jose Baez, and Michael Mangonon.

Atlanta Hand Specialist can treat a number of hand and wrist ailments and injuries, including carpal tunnel syndrome, ganglion cysts, fractures, arthritis, trigger finger and tennis elbow.

Dr. Mangonon, one of the physicians at the East Cobb location, specializes in minimally-invasive hand surgery, including endoscopic carpal tunnel release. Patients speak highly of their experience with Dr. Mangonon and the other physicians and staff. According to Dr. Mangonon "Our goal is to facilitate a rapid recovery to a normal productive lifestyle for our



▲ **Michael Mangonon, D.O.,**  
an Atlanta Hand Specialist surgeon

patients, and using minimally invasive techniques in hand surgery helps us to accomplish this goal".

The staff prides itself on treating each patient with the utmost care and compassion. The professional staff at Atlanta Hand Specialist is dedicated to making all patient visits convenient and pleasant, while making every possible effort for a full recovery. Having radiology on-site allows the physicians to diagnose promptly and eliminates any delays in preparing treatment plans.

Each physician spends time educating his patients about their medical condition. "Listening to each patient's concerns and helping them return faster to a pain free and normal, productive lifestyle is what I strive to achieve every day," says Dr. Patel.

"I am quite pleased with Dr. Watson and his team and the quality of service they provided. They are very dedicated, professional and caring. They took care of everything. Dr. Watson is very nice and gentle. He encouraged me, during the entire process. I have already recommended Atlanta Hand Specialist to my friends. They are the best," says Ida E. one of the patients treated by an Atlanta Hand Specialist physician.

Atlanta Hand Specialist has offices in East Cobb, Marietta, Canton, Smyrna and Douglasville. The East Cobb office is located at 3775 Roswell Road, Suite 250, Marietta, 30062. To book an appointment or to learn more about hand ailments, visit their website at [www.atlantahandspecialist.com](http://www.atlantahandspecialist.com) or call 770-333-7888.

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# Teen Driver Safety Program Coming to Congregation Etz Chaim



▲ **The Silverman Family: Phillip, Laura, Bonnie and Alan Silverman**

On March 29, the teen driver initiative "It Won't Happen to Me," a teen victim impact program, will be held at Congregation Etz Chaim. The educational initiatives in the program help teens become more responsible and safe drivers with a goal of reducing the amount of teen deaths caused by car accidents. The program also strives to make parents aware of the importance of proper driver training and monitoring of their teens.

The program is sponsored by the non-profit Phillip Michael Silverman Endowment, which was created in the wake of a family's unthinkable loss of their only son. In April 2007, 18 year-old Phillip Silverman, was a backseat passenger in an SUV, driven by his friend, also 18. The group was heading to a concert when the driver fell asleep at the wheel. When the car veered off the highway, the driver overcorrected the vehicle, causing it to roll several times. Phillip, who was wearing his seat belt, died at the scene of severe head injuries. Phillip was a senior at Walton High School and had been accepted to Georgia Tech to study Applied Physics.

"Living without our beloved Phillip every day causes a pain that will never go away. A huge part of our past, present and future has been taken away from us in the blink of an eye," said Phillip's mom Bonnie. Phillip's sister, Laura, also feels the unsurmountable loss of a brother who "got her" like no one else.

Unfortunately, Phillip's death is part of staggering statistics involving teens, driving and accidents. In 2013, the Insurance Institute for Highway Safety

reported the fatal crash rate per mile driven for 16-19 year olds is nearly three times the rate for drivers over the age of 20. This same year, 2,524 teenagers, ages 13-19, died in motor vehicle accidents.

Prompted by their own loss and the statistics, Phillip's parents Bonnie and Alan Silverman for the past four years, have sponsored "It Won't Happen to Me."

The endowment was created in memory of Phillip and as a way to keep his spirit alive. "We became involved in this program because we didn't want to see any family go through what we have," explained Bonnie. The endowment allows participants to attend for free.

The two-hour program includes real life victim stories, testimonies, powerful videos, a speaker and a Q&A session. Registration begins at 2 p.m. For more information, visit [www.iwhtm.org](http://www.iwhtm.org). To reserve your spot for "It Won't Happen to Me," RSVP to [Perry@etzchaim.net](mailto:Perry@etzchaim.net). Congregation Etz Chaim is located at 1190 Indian Hills Parkway in Marietta/East Cobb. ☎

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# Prom Season 2015: Shorter Dresses, Fancier Parties, Same Safety Concerns

*By Victoria Ellis, Youth Services Chair, East Cobb County Council of PTAs*

It's that season again! But Prom Night 2015 does not look the same as it did when you attended your prom in 19??!! While it is still a big social event, the dress is no longer long, the suit has replaced the tuxedo, and the perfect car is now a party van! But for parents, one thing has not changed: concerns for our children's safety.

We all want our teens to have a memorable prom night. It is important to realize, however, that many prom-goers may be tempted to disregard the rules when it comes to using and driving under the influence of drugs and/or alcohol and engaging in unsafe activities. While prom night can be viewed as a rite of passage, this one night often serves as a test of years of prep talks, an investment you've made teaching your teen to use good, sound judgment. By simply talking to your teen ahead of prom time, you can ensure your child has a fun, safe, and memorable night!

Your teen may ask for a later curfew. If you view this as an acceptable request, follow it up with a talk on safety. It is okay for you to ask about the need to stay out later. Have your teen present to you the detailed plans on what will occur during the extra time out and where they will be. All pre- and post-prom activities should be adult chaperoned, and restaurants must be no-alcohol-served establishments. Emphasize to your teen to never leave their possessions, food, or beverages unattended.

Your teen may ask to attend the prom without a date. This is a very popular and accepted way to go to prom now, and many prom goers prefer to have fun in groups. Ask your teen to give you a list of names and contact numbers for the members of the group, and the friends' parents. Make contact with these parents to review the agenda and timeline.

Your teen may ask to rent a limousine or party van. While this may seem like a great idea because the authorized driver will be an adult, do your homework and check out the driving company. Find out about their policy on alcohol in the vehicle and if they encourage the use of seatbelts. On prom night, talk to the driver about your expectations for an alcohol- and drug-free ride. Most importantly, be specific with the driver about not making any stops before or after the prom. Parents know it is illegal to serve alcoholic beverages to children who are guests in their home, so make sure all drivers know your alcohol-free policy, too.

Reassure your teen that your concerns stem from an understanding of prom night pressures and stressors.

Make sure you are available for discussion on any topics, and reinforce to your teen that your primary concern is their health and safety, motivated by love. Always make it known that you will pick them up, regardless of the time, place, or circumstances.

In summary, you can prepare your teens for prom night by following four simple guidelines:

- Keep all communications open and limit your own prejudices.
- Plan the night's activities together, and be willing to rework the plan as needed.
- Set firm guidelines and positive expectations regarding behavior.
- Both parties must be willing to cooperate and make concessions as needed. 📞



*East Cobb resident Victoria Ellis lives in the Spring Wood neighborhood with her husband of 27 years; they have 7 children and 7 grandchildren. She holds a Master of Education and is currently pursuing her doctorate.*

## 2015 High School Proms

**WALTON HIGH SCHOOL**

March 7

**KELL HIGH SCHOOL**

March 14

**LASSITER HIGH SCHOOL**

March 21

**WHEELER HIGH SCHOOL**

March 21

**SPRAYBERRY HIGH SCHOOL**

April 18

**POPE HIGH SCHOOL**

May 2



# Golden "K" Kiwanis Clubs Tee It Up for the Kids

Kiwanis is a Native American word that means "we trade" or "we share our talents," and members of The Marietta and Lost Mountain Golden "K" Kiwanis Clubs are doing just that – working together to put on a successful golf outing that will benefit local charities. The 20th Annual Youth Charity Golf Tournament will be held on Wednesday, May 13, at The Towne Lake Golf Club in Woodstock. Registration starts at 9:30am. Tee time is a shotgun start at 12pm. The \$100 individual package covers greens fees, golf cart, lunch, and a gift bag. The price for a foursome is \$400.

100% of proceeds benefit local youth organizations. Last year, over \$30,000 was raised for distribution to deserving youth charities and programs of the Kiwanis Foundation and two Golden "K" Clubs.

Kiwanis members have been hard at work using their connections and people skills to gain sponsors, secure raffle and auction items, and to also find golfers who might like to register to hit the links as an individual or as part of a foursome. Sponsorship opportunities vary and range from \$125 to \$2,000.

Entries must be received by May 2 or before tournament is full, whichever happens first. Early registration is encouraged to insure a spot in the tournament. This tournament fills up early! Anyone who is interested in the Kiwanis Club's golf tournament should contact Joe Van Horn, Jr. at 404-358-1432 or email at joesport57@comcast.net.

Combined membership of the Marietta and Lost Mountain Golden "K"(GK) Kiwanis Clubs is over 200 members. Over 50,000 hours of community service were volunteered last year. The Marietta GK Club meets Thursday at 10am at the East Cobb Senior Center. The Lost Mountain GK Club meets at the same time at the West Cobb Senior Center. The major focus of Kiwanis lies in the support and development of youth. They actively sponsor Circle K Clubs in colleges, Key Clubs in local high schools, Builders Clubs in middle schools, Terrific Kids, K-Kids Programs, and Silver Pen Writing Contests in elementary schools. In addition, Kiwanians provide mentoring and storytime reading at area schools. ☺





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# Walton Grad Selected as Sailor of the Year

By Kathy Weiss



▲ Musician 1st Class Justin Strauss

A U.S. Navy Sailor assigned to the Naval School of Music in Virginia Beach, Virginia, was recently selected as the command's Sailor of the Year.

Musician 1st Class (Surface Warfare) Justin Strauss, a Marietta/East Cobb native and graduate of Walton High School, joined the Navy as a trumpet instrumentalist in November of 2003. In addition to being a trumpet instructor, MU1(SW) Strauss is one of the drill band instructors for the student marching band. Strauss is also the Command Fitness Leader and the command coordinator for the Sexual Assault Prevention and Response program.

Located on board Joint Expeditionary Base Little Creek-Fort Story in Virginia Beach, Virginia, the Naval School of Music provides specialized training for selected personnel of the Navy and Marine Corps. It is the first stop after basic training for instrumentalists and vocalists seeking to join the ranks of the United States Navy and Marine Corps bands. This unique facility provides basic to advanced levels of instruction geared toward preparing Sailors and Marines for the challenges of performance within a wide variety of military ensembles. Graduates of the Naval School of Music go on to become musical ambassadors throughout the United States and abroad as members of U.S. Navy and Marine Corps Bands.

"Choosing one of our Sailors as a standout is an incredibly difficult task," said command MUCM Gregory Dudzienski, the Command Master Chief of Naval School of Music. MUCM Dudzienski added, "The Naval School of Music is lucky to have a very high level of professionalism among our enlisted crew. MU1(SW) Strauss has been the

perfect balance of mentor, instructor, and leader for not only our Navy and Marine Corps students but the entire staff. We are very proud of him."

Strauss has been extremely busy teaching over 92 students, both basic and advanced levels. In addition to musical instruction, he was a mentor and leader for new Sailors immediately out of boot camp, assisting with everything from daily musters to uniform inspections and advancement requirements. Additionally, he compiled a new trumpet audition list that to be used by the Navy and Marine Corps for auditions as well as training.

"Not only is it a privilege to put on the uniform every day, I consider serving in the capacity of a trumpet instructor for the good of our country to be nothing short of magnificent," says Strauss. "Moreover, influencing the next generation of musician Sailors and Marines before they arrive at their first band is truly rewarding work: work that is unique to the Naval School of Music. While completely immersed in the world of music pedagogy, the school's staff is focused on strategically aligning the music with the mission to develop and prepare students. I'm thrilled to serve with the superb school team and to contribute to our giant responsibility of preparing our new Sailors and Marines for success."

To be selected for the Navy Music Program, Strauss went through a live audition process that involved showcasing his technique, musicality, and versatility. To be specifically selected as an instructor, he was required to perform at an additional level and attend Navy instructor-specific training.

"I was raised in a house full of musicians. I started on violin at the age of four. Soon after, I fell in love with the trumpet listening to my father fill the house with orchestral excerpts and the music of Harry James. My mother accompanied me on piano for many auditions, recordings and performances and still does to this day. My love for music strengthened through grade school and into college at the University of Miami."

"My reasons for enlisting were simple: I wanted to be a career musician and serve in the military," continues Strauss.

Before reporting to the Naval School of Music in 2013, Strauss' past duty stations included Millington, TN, Naples, Italy, and Newport, RI. He graduated from the Unit Leader Music Course, one of the Advanced Music Courses the schoolhouse offers, in 2010. He holds a Bachelor's Degree in Musical Performance from the University of Miami.

For more information about the Naval School of Music, visit [www.netc.navy.mil/centers/css/som](http://www.netc.navy.mil/centers/css/som). 

# Faceoff for Annual Lacrosse Fest Raises Funds

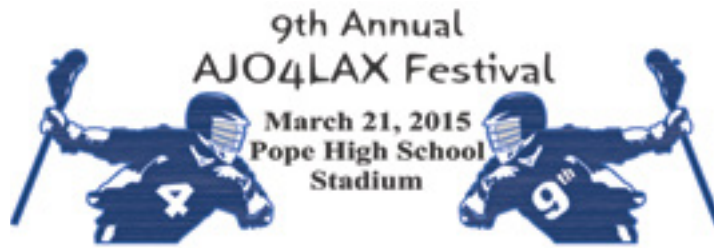
For nearly a hundred high schools across the greater metro Atlanta area, it wouldn't be spring without lacrosse. For many more avid fans, it just wouldn't be a complete season without cheering for their team at the AJO4LAX Fest.

This year's highly anticipated AJO4LAX Fest will be held Saturday, March 21, 2015, at Pope High School. Now in its ninth consecutive year, the Fest continues to draw top-tier GHSA boys' varsity teams and enthusiastic crowds – underscoring just how important this annual event has become to the region and the sport.

The all-day event features five games, played consecutively, on Pope's turf field. The Fest opens with defending 2014 5-A Champion Northview taking on Lassiter. The afternoon features what promises to be a thrilling repeat of last year's 6-A State Championship game in which Roswell narrowly defeated Lambert.

The schedule is set:

- 10 am – Lassiter vs. Northview
- 12 pm – Centennial vs. Lovett
- 2 pm – Roswell vs. Lambert
- 4 pm – Westminster vs. Harrison
- 6 pm – Pope vs. Walton




Purchase of a single ticket (\$7 adults and \$3 children) grants admission for all five-varsity lacrosse games.

AJO4LAX Fest honors the memory of Andrew Oswald, a standout Pope High School varsity attackman who tragically died in a single-vehicle accident in 2005. The event takes its name from combining Andrew's initials, the #4 game jersey he wore, and his passion for lacrosse.

"It's a great day for reminding teens the importance of making good decisions in life and while driving," said Bruce Oswald, Andrew's father, co-founder & President of the non-profit Andrew Oswald Memorial Fund.

All proceeds go to the Andrew J. Oswald Memorial Fund LTD, which awards annual scholarships to standout Atlanta-area student athletes who will continue playing lacrosse at the college level. The Fund also makes grants to community-based varsity and youth lacrosse initiatives; provides low-cost equipment rentals; and sponsors the Safe America Foundation's Teen Driving Academy.

For sponsorship information, to make a tax-deductible donation, or to request a scholarship application, contact Bruce or Kathleen Oswald, 2702 Long Lake Terrace, Roswell, GA 30075 (678) 777-3041, the\_oswalds@ajo4lax.com. 



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**Q.** Why is it important to hire a State licensed general contractor? Questions float through your head: What does it really mean to be licensed? Why are some contractors licensed and others not? And the ultimate question: Does it matter?

**A.** Contractors pay a tidy sum to play by the rules, which makes it hard for them to compete against those who don't. Homeowners can pay the price when they fail to distinguish between the two. Georgia now requires contractors to have a license to obtain a building permit. Anyone can say they are licensed, so it is important to make the contractor prove it. Go to [www.sos.state.ga.us/plb/](http://www.sos.state.ga.us/plb/) to protect yourself.



Charlie Dallavalle, President  
**Painting Plus Inc.**



Karen Tapelband  
**Market Place 120**

**Q.**

How do I choose the right piece of wall art for my living room?

**A.**

There are many "rules" for selecting a great piece of art. The color scheme must complement the focal point in the room; the frame style should match the existing furniture style, etc. My advice is to ignore the rules and go with what YOU love. Look for a piece that uniquely speaks to you and you'll always be able to find that perfect spot for it in your home.

**Q.**

What are some factors in deciding between replacing or repairing your heating and air conditioning system?

**A.**

There are several to consider when you get the news that you have an expensive repair on your HVAC system. First, you should ask for a firm price on the proposed repair. Next, if the repair is on a major component and your system is 10 or more years old it pays to look into replacements. Additional part failures occur as equipment ages, replacement can save additional repair costs and improve your comfort and efficiency. Also, if your system is over 15 years old, it is likely a 10 SEER air conditioner and a 65% furnace. For every additional point in SEER you save between 5 and 10% in energy costs, we install systems up to 21 SEER. The AFUE of 65% means that 35% of your fuel is waste that goes up your flue. We now install furnaces that are 80 to 95% efficient. This with comfort improvement options like zoning and variable speed furnaces should also play into your decision-making.



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



Danielle Peña  
**Atlanta Communities**

**Q.**

Do I really need to remove my pictures and artwork from my walls to get ready to sell?

**A.**

First impressions are everything. When someone walks into your home and the first thing they see is years of accumulated pictures and artwork, they have a hard time paying attention to the space they're in. Keep a few key pieces of artwork, as suggested by your Realtor and pack away the rest. Wall clutter doesn't photograph well either and your home could be excluded before they've ever set foot in it.

**Q.**

Why would I shop at the Queen of Hearts?

**A.**

The Queen of Hearts Antiques & Interiors has three locations offering furniture, home accessories, smalls, lamps, books, paint, clocks and much, much more. Each location is a mecca with over 190 dealer-merchants in each location -- Marietta, Alpharetta, Buford. Merchandise changes daily so make sure the Queen is one of your weekly shopping stops. Each location is open late each Thursday evening until 8 pm with refreshments and events. Like us on Facebook to stay informed.



Stacey Anderson, Owner  
**Queen of Hearts**

## Cobb County Master Gardeners present “Through the Garden Gate 2015”




On Saturday, May 9, from 10am until 5pm, stroll through the private gardens of the Cobb County Master Gardeners as well as other featured local gardens and Master Gardening projects. Enjoy a variety of styles and designs and see how gardening challenges are addressed in these charming gardens. The Through the Garden Gate tour is designed to demonstrate to the public how the Master Gardener Volunteers of Cobb County maintain their own landscapes. Each year sev-

eral private gardens and various projects are selected to be on tour. These are not “connoisseur” or “checkbox” gardens, but rather “teaching gardens” providing real-life lessons and inspiration. Come be a part of our 13th year! Master Gardeners will be available at each site to answer your questions.

Advance tickets are \$15 per person or \$20 on the day of the tour at any of the tour gardens or at the plant sale location. Proceeds from ticket sales benefit the 9 project gardens supported by the Master Gardening volunteer organization. On March 1, there will be a downloadable ticket order form on the website [www.cobbmastergardeners.org](http://www.cobbmastergardeners.org) that may be mailed with checks payable to MGVOCC and the tickets will be mailed to you. All tickets will include a map and Garden Tour locations.

For ticket purchases by mail, please address requests to Cobb Extension Office, 678 South Cobb Drive, Suite 200, Marietta, GA 30360, ATTN: Tour Tickets.

For more information visit [www.cobbmastergardeners.org](http://www.cobbmastergardeners.org) or call 770-528-4070. 

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## Master Gardener Training Program Offered in Cobb County

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

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

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

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

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

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

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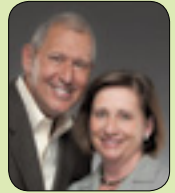
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## Q. What is my home worth?

A. The logical answer is "Whatever price a buyer and seller agree upon," but that only works when the buyer is paying cash. If there's a loan involved as there usually is, value is determined by the appraisal ordered by the buyer's lender. The appraisal should be based upon "recent" sales of "comparable" properties, but post-recession, industry changes have resulted in a significant number of appraisal problems. Fortunately we've found ways to address this issue and save our clients thousands of dollars time and time again.



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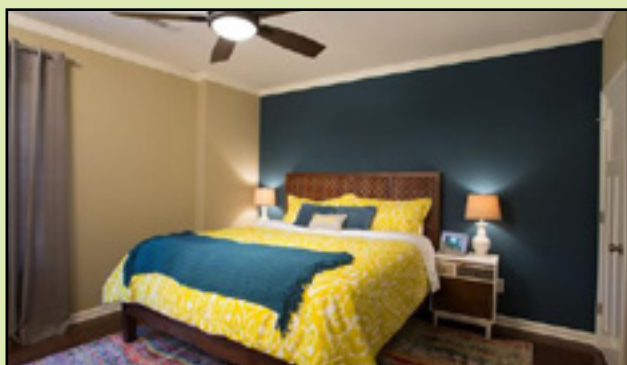
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# Local Couple Hammers Out Dream Home Thanks to HGTV's Property Brothers

By Liz Jaros



▲ Melissa and Joe Durham pose with Property Brothers Jonathan Scott and Drew Scott.



East Cobb fans of the popular HGTV reality series "Property Brothers" might have seen some familiar faces, Joe and Melissa Durham, during an episode that aired last summer on the cable network.

When it came time to hunt for their happily-ever-after home in East Cobb, Joe and Melissa Durham knew they were going to have to get the most home possible on a tight budget and make a comfortable space for Joe's mother, who'd recently been diagnosed with cancer, they'd have to tackle a fixer upper. The two were already busy running a small business, from their home and keeping up with their two young children (students at Mountain View Elementary). With Joe also coaching football at Lassiter High School and Melissa also operating Drab 2 Fab Furniture, the couple knew a major renovation would not be an easy undertaking.

After spotting an HGTV casting call for Atlanta area house hunters and completing a rigorous application process, the Durhams eventually found themselves and their newly acquired Post Oak Tritt-area fixer upper in the capable hands of Drew and Jonathon Scott from the HGTV series, "Property Brothers." In a renovation that spanned three months, the Property Brothers helped Joe and Melissa with a basement renovation that included: a 1,000 square foot in-law suite which included, separate family room, a kitchen, laundry facilities, a bedroom with a full bath, and tons of storage. "Now that Joe's mother is in good health and living on her own, we are filling it with visiting family and friends," shares Melissa.

According to Melissa, the Scotts were very easy to be around, once the celebrity shock wore off "Drew asked us a lot of questions, wanted to get to know us and was very warm," says Melissa. Working with a budget that was double what the Durhams would have had without the show's sponsors, the Scott brothers were able to hit all the right notes in the basement and make it work for this deserving family.

Since the "Property Brothers" episode aired last summer, the Durhams have continued to chip away at their project list, including a DIY brick patio in the backyard, which is Melissa's favorite home improvement so far. Currently, she is working on a kitchen backsplash and a couple of details in the master bath. "There is actually a project here every week," she said. "But we are close!" 🏠




# Clear the Clutter and Find Your Freedom!



Make the most of your organizing time with the right tools. You'll be better able to dedicate your time to progress without distraction. Here are the **TOOLS** you will need:

- ☐ **Trash Bags** - Have plenty at the ready and avoid overstuffing to prevent tearing. Thick plastic leaf bags work best for heavy and bulky items.
- ☐ **Sorting Labels** - Write out a label for each action you want to take, such as KEEP, DONATE, SELL, RECYCLE, SHRED, and TOSS.
- ☐ **Plastic Bins, Boxes, and/or Paper Leaf Bags** - Use large plastic containers, oversize boxes, or paper leaf bags (which are easy to write on and can stand up on their own) to hold sorted items. You'll need one for each action.
- ☐ **Laundry Basket** - Don't stop sorting to put away items in other areas of your home—simply put them in a single container and return them when current task is complete.
- ☐ **Notepad, Pen, and Measuring Tape** - Make a list of any items you need to replace as well as organizational supplies that might help improve functionality. Note important shelf or closet measurements to smooth the shopping process later.
- ☐ **Paper Towels and Cleaning Supplies** - Even if items themselves aren't dusty, shelves and tabletops usually are. When you clean as you clear, you're one step closer to reassembly.
- ☐ **Timer** - If you're struggling to get motivated, strike a deal with yourself: Work without interruption for 15–30 minutes, then reward yourself with a break. Once you're on a roll, you **WILL** want to continue.

*This information is provided by Kathy Householder, owner and founder of On The Move Organizing. *



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## Georgia's Largest Home Show Offers Ideas To Remodel, Repair and Refresh Your Home



▲ A vendor reviews kitchen remodeling ideas.


The Spring Atlanta Home Show, Georgia's largest home show ([www.AtlantaHomeShow.com](http://www.AtlantaHomeShow.com)), will return to the Cobb Galleria Centre Friday-Sunday, March 20-22. The annual event will bring together over 350 experts in the home remodeling and landscaping industries to showcase the latest products and services designed to remodel, repair and refresh homes of all sizes and styles. The Show offers attendees one-stop shopping for everything from the roof to the basement, and from interiors to landscapes, as well as live radio broadcasts and presentations on a variety of subjects.

"The Spring Atlanta Home Show is presented in a fun, festive atmosphere where you can see new products demonstrated, ask questions, talk to the experts, comparison shop and enjoy demonstrations by nationally-known home and landscape professionals," said Show Director and SEMCO president Michael Schoppenhorst. "Our theme this year is 'Remodel, Repair and Refresh,' and we've brought together hundreds of exhibitors who can bring new life to a home by building a new addition, replacing or repairing systems and structures, creating outdoor living spaces and refreshing both interiors and exteriors including decks, kitchens and baths. Show attendees can drop in on a cooking demonstration, pick up product samples and schedule appointments with experts to visit their home. Many of the exhibitors offer show specials, which can save people up to thousands of dollars if they decide to use an exhibitor's services."

The event includes three days of expert speakers on a variety of home remodeling subjects. Walter Reeves, the Georgia Gardener, will kick-off the speaker roster at noon on Friday, March 20 with "Refresh Your Landscape," and will return Saturday morning, March 21 to broadcast "The Lawn & Garden Show" live on WSB 95.5 FM and AM750, followed by a live broadcast of WSB's "Home Fix-It Show" hosted by Dave Baker. HGTV's Joe Washington will present "Adapt & Garden Smart," Jessica Wade of Classic Blinds will offer the latest design trends in window coverings, while Jim Lewis of Vision Stairways & Millwork will demonstrate how to enhance your home's entrance and foyer. New this year will be a presentation by Danna Cain of Home & Garden Design on how to create a dog-friendly landscape. See [www.AtlantaHomeShow.com](http://www.AtlantaHomeShow.com) for days and times of each presentation.

A popular gathering spot will be the Backyard Beer Garden, designed by Bruce Holliday of Landscape Plans Plus. A team of outdoor living experts will be on hand to discuss services and products ranging from grass to fire pits, flowers to water features, patios, walkways and much more. Red Hare Brewing Company will offer beer tastings for attendees age 21 and older, and the \$5 donation will benefit Hope Atlanta, the programs of Travelers Aid.

Show hours are 10 a.m. – 6 p.m. Friday March 20, 10 a.m. – 7 p.m. Saturday, March 21 and 11 a.m. – 5 p.m. Sunday, March 22. General Admission tickets are \$10 and may be purchased at the Show's entrance and online at [www.AtlantaHomeShow.com](http://www.AtlantaHomeShow.com). Children age 12 and under and adults age 65 and older (with I.D.) are admitted free. Military personnel and First Responders receive a free ticket with the purchase of one general admission ticket (with I.D.). Members of Atlanta's housing industry (Realtors, contractors, interior designers, landscapers, etc.) will be admitted for free (with business card at the show entrance) on Friday, March 20, compliments of PMC Building Materials.

On-site parking is free. The Cobb Galleria Centre is located at Two Galleria Pkwy., Atlanta, Ga., 30339, across from Cumberland Mall. The 2015 Spring Atlanta Home Show's 24-hour information line is 770-798-1997. 



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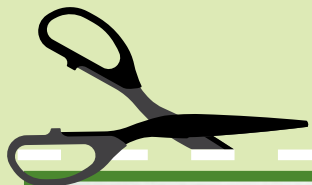
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*Staying on top of daily, monthly, and annual chores around your home is a big job. Maintenance and repair jobs are constants. To save time and money, plan for the seasonal needs of your home, yard, and garden. Here's a spring checklist to keep your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

## Home & Garden Checklist

- ☐ Get going on your spring cleaning. Pick one room to start in and make a list of what you want to do. Then begin working off each item on your list. Do this with each room, and just progress through the house.
- ☐ Take your vacuum and use the proper attachment to clean the exhaust fan in your bathroom. It will operate much more efficiently and that can help prevent mildew, mold and paint problems.
- ☐ Install a programmable thermostat. It takes less than 30 minutes to hook up but can save up to 20 percent in energy costs.
- ☐ As spring starts, check your basement for cracks or leaks. If you see moisture, call a professional to check it out. Many homeowner's insurance policies no longer cover fungus or mildew damage, so sealing basements is more important than ever.
- ☐ Build arbors and trellises before transplanting or sowing seeds for vines and gourds
- ☐ Little air leaks add up to 10 percent or more on your energy bill. Plug them to keep the hot air outside where it belongs. Caulk cracks and weather-strip doors and windows. Don't like the look of caulk or weather stripping? Consider using a weather-resistant foam sealant. It resists moisture and can be sanded, painted and stained for a more appealing look.
- ☐ Carpet cleaning is a must for any home. All winter long, your windows and doors were mainly closed to keep out the cold. This prevented the fresh flow of air to air out your home's contents. Now that the weather is getting warmer, it's time to freshen up your carpets and rugs.
- ☐ Dust will accumulate inside your smoke detector, possibly causing it to give a false alarm. After checking the battery this month, take the top off and vacuum the inside. Also, batteries should be replaced once per year and the detector itself needs replacing about every 10 years.
- ☐ Daylight Savings Time begins Sunday, March 8, 2015. Spring forward by setting your clocks forward one hour. Ensure that all smoke detectors, carbon monoxide detectors, and fire extinguishers are in good working order. Replace batteries in appropriate devices as needed, or at least twice each year.
- ☐ Make room to store winter equipment and clothing by bringing out your spring and summer items.
- ☐ Do you clean out your coffeemaker regularly? Vinegar is a good way to clean it thoroughly and disinfect it as well.
- ☐ Dig out and remove rotted or damaged fence posts, mailbox posts and damaged shrubs from around your home. It is also a good time to remove winter worn branches from tree and shrubs.
- ☐ Get into the spring of things with fresh flowers like potted pink tulips, yellow daffodils or purple irises. Even if the weather is still wintry outside, you are reminded of what will be growing in your own garden.
- ☐ The first day of Spring is March 20! Go outside and breathe in the new season. ☺

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▲ **Tal and Jeanette Kramer**

Tal and Jeanette Kramer have built a successful 25-year career in residential sales and property management on an important foundation – stellar customer service. “We treat our customers’ properties and real estate needs in the same way that we treat our own properties,” explains Tal, co-owner of Avalon

Property Management Services and licensed agent with Atlanta Communities Real Estate Brokerage. “Before we use a vendor to repair a customer’s property, we test that vendor’s skills first on our home or on one of our personal investment properties.”

East Cobb residents since 1985, the Kramers have established quite a track record in the real estate market, with their primary territory in North metro Atlanta. They work together as a team at Atlanta Communities and have consistently remained in the top 1% to 2% of all agents nationally with successful sales since 1992.

In tandem with a thriving residential sales business, the Kramers founded Avalon Property Management Services. Avalon offers full-service management for investment properties. With investment properties of their own since the 1980s, it was a logical next step to put their experience to use.

“Ninety percent of our business comes from referrals,” says Tal. “So we decided to use our property management acumen to serve those loyal customers who were also property investors like us.”

The Kramers offer a host of services through Avalon Management. These services include: tenant marketing and acquisition, tenant screening, rent collection, lease writing, moving inspections, rent collection and repair coordination. In 2014 the team coordinated more than 200 property repairs for their customers.

If you are looking for your first home to purchase, selling your home due to relocation or needing assistance with property management, visit MyDreamHome.com or call Tal or Jeanette Kramer at 770-971-0025. Their depth of knowledge of the real estate market and commitment to customer service are unsurpassed.

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# 2015 March

## 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.

### Most Sundays

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

### Every Tuesday and Saturday

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

### Every Saturday

**Free Arts and Crafts at Lakeshore Learning Store.** 11am-3pm. Ages 3 and up. Make a buggy clip, lucky catch leprechaun, feathery friend, and changing caterpillar. Lakeshore Learning Store, 4287 Roswell Road, Marietta. More info: 770-578-3100 or [www.lakeshorelearning.com](http://www.lakeshorelearning.com).

**Marietta Square Farmers Market** featuring products that are grown and produced in Georgia, including produce, plants, honey, breads, and cheese. 10am-1pm. Historic Marietta Square, 65 Church Street, Marietta. More info: [www.mariettasquarefarmersmarket.net](http://www.mariettasquarefarmersmarket.net).

### MARCH 6

**Trilogy Art Show** sponsored by Marietta/Cobb Museum of Art. A one night pop-up art show, this art show supports local artists, and the Marietta/Cobb Museum of Art. All proceeds will go towards the support of the Marietta/Cobb Museum of Art's youth and outreach educational programming. 7pm-9pm. \$8. Free for MCMA members. Marietta/Cobb Museum of Art, 30 Atlanta Street, Marietta. More info: Rachel at 770-528-1444 x16 or [www.mariettacobbartmuseum.org](http://www.mariettacobbartmuseum.org).

### MARCH 6, 8

**Rigoletto** presented by Atlanta Opera. The subject of one of Verdi's greatest operas, the hunchbacked jester Rigoletto turns his mind to vengeance when he cannot protect the person he most loves from the person he most loathes. Friday: 8pm. Sunday: 3pm. \$26-\$137. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 404-881-8885 or [atlantaopera.org](http://atlantaopera.org) or [ticketmaster.com](http://ticketmaster.com).

### MARCH 6-7, 13-14 & 20-21

**7th Annual "Flea" Market.** An indoor yard sale to benefit Mostly Mutts animal rescue. Gently used furniture, jewelry, collectibles, sales samples, antiques, pet supplies, household & garden décor, handbags, shoes & accessories, books, hardware & sporting goods, baby & children's clothing & toys & supplies, bed & bath items, kitchen/small appliances, and storage/organizational items, and seasonal decor. Friday: 10am-4pm. Saturday: 10am-4pm. The Space Shop Self Storage - East Cobb, 3148 Johnson Ferry Road, Roswell/East Cobb. More info: 770-325-7387 or [yardsale@mostlymutts.org](mailto:yardsale@mostlymutts.org).

### MARCH 6-15

**The Great American Cover-Up Quilt Show** at Bulloch Hall. This year's theme: "Celebrations." A range of quilts from traditional to modern works will be on display. Many quilts will be for sale as well. \$8/adults. \$7/seniors. \$6/children, 6-18. Monday-Saturday: 10am-4pm. Sunday: 1-4pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: 770-992-1731 or [www.bullochhall.org](http://www.bullochhall.org).

### MARCH 7

**Cobb Superhero 5K Run** hosted by Sprayberry High School's Leadership class. The run will raise money to benefit the American Cancer Society's Relay for Life. Includes a costume contest in addition to awards and official race times. Runners will arrive in the back parking lot of Sprayberry High School for open registration from 7am-8am. Race start time is 8:15 am. \$30. Sprayberry High School, 2525 Sandy Plains Road, Marietta. Registration/More info: [www.active.com/marietta-ga/running/races/cobb-superhero-5k-2015](http://www.active.com/marietta-ga/running/races/cobb-superhero-5k-2015).



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## MARCH 7

**Greyhound Nation Celebration.** Attend the Pope High School Foundation's Greyhound Nation Celebration, Luck 'O the Greyhound. All proceeds benefit the Pope High School community. 6:30pm. Tickets: \$40/person. Keegan's, 4401 Shallowford Road, Roswell. More info: [www.popehighschoolfoundation.com](http://www.popehighschoolfoundation.com).

**OCRF Ovarian Cycle Fundraiser.** An indoor cycling event dedicated to raising funds to support much-needed ovarian cancer research. Participants: \$50 registration fee (survivors ride free), and riders are required to raise a fundraising minimum. With the registration fee, riders also receive a free commemorative t-shirt and gift bag, as well as snacks and refreshments at the event. 9am-3pm. Midtown Athletic Club, 135 Interstate N Parkway NW, Atlanta 30339. More info: 212-268-1002 or [www.ocrf.org/news/events/ocrf-ovarian-cycle-ride-atlanta-ga](http://www.ocrf.org/news/events/ocrf-ovarian-cycle-ride-atlanta-ga).

**WellStar Maternity & Baby Fair.** A maternity and baby health information session. Topics include: What is Midwifery? Make an Informed Choice, Managing Labor, Do's and Don'ts of Pregnancy, Immunizations for your Newborn & the Family and more. Vendors, food, door prizes and children's activities. 9am-2pm. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta. More info: [Christina.Bailey@wellstar.org](mailto:Christina.Bailey@wellstar.org).

## MARCH 7

**Wheeler Band Boosters Electronic, Paint and Secure Paper Recycle Day.** Drop off your electronics (including computers and TVs), paint, all metals, and paper for secure shredding. The Wheeler Band Boosters will make sure they are recycled in an environmentally friendly way. 9am-3pm. \$10 to unload a car full of recyclable items, additional fee of \$15 for each computer monitor or TV, \$15 for up to 10 gallons of latex or oil paint, and \$10 for the first box of paper to be shredded and \$5 for each additional box. East Cobb Middle School, 380 Holt Road, NE, Marietta. More info: [wildcatpriderecycle@gmail.com](mailto:wildcatpriderecycle@gmail.com) or [www.wheelerwildcatpride.wordpress.com](http://www.wheelerwildcatpride.wordpress.com).

## MARCH 7-8

**BalletFest Atlanta.** Performances: Saturday: 5pm & 8pm. Sunday: 2pm. \$18/adults.\$13/students & children. Master classes on Saturday and Sunday: \$22/class. Southern Polytechnic State University, Joe Mack Wilson Student Center Theatre, 1100 South Marietta Parkway, Marietta. More info: 770-516-7229 or [www.dancefestinc.com](http://www.dancefestinc.com).

## MARCH 12-14

**35th Annual Garage Sale.** Includes seasonal, office goods, flat screen TV's/PC's, furniture, books, clothes, housewares, toys, baby items and much more. March 12, 13: 9am-6pm. March 14: 9am-1pm. St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-552-6400 or [www.st-ann.org](http://www.st-ann.org).

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# COMMUNITY CALENDAR

## MARCH 12-14

**Once Upon a Leprechaun** presented by Christian Fellowship Theater has a classic fairy tale setting and is filled with mystery and adventure from the emerald isle! Thursday-Friday: 7:00pm. Saturday: 2pm. All seats \$10. Three Taverns Church, 3575 Acworth Due West Road, Acworth. More info: 678-723-8115 or [www.cftdrama.org](http://www.cftdrama.org).

## MARCH 12-15

**American Craft Council Atlanta Show** with more than 225 of the top contemporary jewelry, clothing, furniture and home décor artists from across the country. Preview party Thursday: 6-9pm. \$75. Friday: 10am-8pm with a special price of \$5 after 5pm (Friday only), Saturday: 10am-6pm. Sunday: 11am-5pm. \$12/one-day pass. \$29/three-day pass. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 612-206-3100, [www.cobbgalleria.com](http://www.cobbgalleria.com) or [www.shows.craftcouncil.org/atlanta](http://www.shows.craftcouncil.org/atlanta).

## MARCH 13-15

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

**The Grimm Truth Performances.** Presented by Curtain Call Youth Players. Friday: 7:30pm. Saturday: 2pm & 7:30pm. \$11 per ticket; \$15 per VIP ticket. The Grimm Experience, Sunday: 4pm. \$30 per ticket; \$300 per table. The Art Place, 3330 Sandy Plains Road, Marietta. More info: 770-509-2700 or [www.cccyp.org](http://www.cccyp.org).

## MARCH 13

**Cobb Executive Women Luncheon.** Guest speaker, Candice Saunders, President and Chief Operating Officer of WellStar. Registration/General networking: 11am. Program: 11:15am-1pm. Guests: \$30 online or \$35 at door. Members: \$20 online or \$25 at door. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: 770-859-2359 or [www.cobbchamber.org](http://www.cobbchamber.org).

## MARCH 14-15

**Eastman Gun & Knife Show.** Saturday: 9am-5pm. Sunday: 10am-4pm. \$10/adults. Free/12 and under. Machinists Aerospace Union Hall, 1032 South Marietta Parkway, Marietta. More info: 229-424-4555 or [www.eastmangunshows.com](http://www.eastmangunshows.com).

## MARCH 15

**Etz Chaim's Annual Mah Jongg Tournament.** Foursomes not required. 1-4pm (sign in 12:45pm). \$30. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta. More info: 770-977-3384 or [www.etzchaim.net/preschool](http://www.etzchaim.net/preschool).

## MARCH 17

**Cobb Alcohol Task Force General Meeting.** Cobb District Attorney Vic Reynolds is our featured speaker. He will be speaker on the role that our judicial partners play in enforcing laws and the impact that alcohol and other substances have on the courts system. 11:30am - 1pm. Switzer Library, 266 Roswell Street, Marietta 30060. More info: 404-791-7406

## MARCH 18

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

## MARCH 20-22

**37th Annual Spring Atlanta Home Show** with over 350 local home improvement companies exhibiting their latest in home remodeling products and services. Demonstrations and seminars every day. Friday: 10am-6pm. Saturday: 10am-7pm. Sunday: 11am-5pm. \$10/adults. Free/children 12 & under/adults 65 & older. Military and first responders-Buy one adult ticket, get one free (with ID). Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-798-1997 or [atlantahomeshow.com](http://atlantahomeshow.com).

**Camino Real.** The Atlanta Ballet presents a mind-twisting yet poignant world premiere from Atlanta Ballet's resident choreographer. Friday: 8pm. Saturday: 2pm & 8pm. Sunday: 2pm. Tickets starting at \$20. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 800-982-2787. [www.atlantaballet.com](http://www.atlantaballet.com), or [www.cobbenergycentre.com](http://www.cobbenergycentre.com).



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## MARCH 20-22

**My VOICE is Power Youth Retreat.** Healing from childhood sexual abuse and exploitation is a lifetime journey and many survivors travel a rocky road. An experienced team of counselors will help you sort through the myriad of emotions, challenges, unhealthy beliefs and behaviors. This retreat can accommodate 12 young women ages 13 to 18. Friday: 6pm through Sunday: 2:00pm. \$300. Limited need based scholarships available. More info: Kris Barnes, 678-578-4888 or [info@voicetoday.org](mailto:info@voicetoday.org).

**Once Upon a Ballet** presented by Georgia Metropolitan Dance Theatre. This show spins the tales of three classical story ballets: Cinderella, Swan Lake, and Sleeping Beauty. Watch your favorite fairy tales come to life! Friday: 7:30pm. Saturday: 2pm & 7:30pm. Sunday: 2pm. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info/tickets: 678-287-9020 or [www.georgiametrodance.org](http://www.georgiametrodance.org).

## MARCH 21

**3rd Annual Water Drop Dash 5K** is a fast, flat course along the banks of the beautiful Chattahoochee River in Roswell! This event will kick-off national WaterSense Fix a Leak Week and encourages metro Atlanta residents to conserve water and check their plumbing fixtures for leaks. 7am: Packet Pickup; 8am: Water Drop Dash 5k; 8:45am: Kid's Fun Run; 9am: Awards and Family Water Festival. Individual 5K – \$25 pre-registration, \$30 day of race. Kid's Fun Run – \$15 (Parents are welcome to walk/run with kids at no additional cost). Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 404-463-3256 or [www.waterdropdash.com](http://www.waterdropdash.com).

**AJO4LAX Fest 2015** hosted by Pope High School in memory of Andrew J. Oswald, a Pope Lacrosse standout who died in 2005 from injuries sustained in a car accident. Ten top rated lacrosse teams will play each other starting at 10am. \$7/adults, \$3/children. Ticket is good for all 5 games. Proceeds will benefit the Andrew Oswald Memorial Fund, Ltd. and fund college scholarships, grants to youth and high school lacrosse programs, as well as a partnership with SafeAmerica in support of teen safe driving initiatives. Pope High School, 3001 Hembree Road, Marietta. More info: 678-777-3041, [the\\_oswalds@ajo4lax.com](mailto:the_oswalds@ajo4lax.com) or [www.ajo4lax.com](http://www.ajo4lax.com).

**Cobb County 4-H 2015 Plant Sale Pick Up.** This annual fundraiser includes plants for nearly every landscape, offering hardy and productive varieties of berries, muscadines, and figs, flowering shrubs and perennials for sun and for shade. Plants must be ordered by March 11. One day only pickup 10am-2pm on March 21. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: 770-528-4070 or [www.caes.uga.edu](http://www.caes.uga.edu).

## MARCH 21

**Coming Together Family Night Hike at the Chattahoochee Nature Center.** Bring your family to the CNC to explore the sights and sounds of the Chattahoochee River after dark for the Spring Equinox! Come with your senses heightened as nature wakes from its long winter's nap. Register by March 19. 7-9pm. Admission: \$10/general public. \$7/CNC members. Day of: \$15/general public. \$10/CNC members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: [scheduling@chattnaturecenter.org](mailto:scheduling@chattnaturecenter.org) or 770-992-2055x237.

## MARCH 22

**Atlanta National College Fair.** Students and parents can meet one-on-one with admission representatives from a wide range of national and international, two- and four-year colleges and universities. Learn about admission requirements, financial aid, campus environment and discuss individual needs with onsite counselors. Free. Registration online encouraged. 12-4pm. Georgia International Convention Center, 2000 Convention Center Concourse, College Park. More info: [www.nacacnet.org](http://www.nacacnet.org) or 703-299-6855.

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# COMMUNITY CALENDAR

## MARCH 22

**Chabad of Cobb Torah Parade.** This special event celebrates their new Torah from Israel. The event begins at 10am at Dickerson Middle School, 55 Woodlawn Drive, when the last letters of the Torah will be written. At 11am be part of The Grand Parade, escorted by Cobb County Police from Dickerson to Chabad of Cobb, followed by dancing to live music with the Torah and a festive gourmet lunch at Chabad of Cobb, 4450 Lower Roswell Road, Marietta. More info: 770-565-4412 or [www.ChabadofCobb.com/Torah](http://www.ChabadofCobb.com/Torah).

## MARCH 24

**2015 Peach of an Athlete Role Model Banquet** sponsored by the Boys Scouts of America. Peach of an Athlete recognizes amateur and professional athletes who live their lives with the same values as Scouting. This awards dinner honors 15 collegiate athletes, a professional athlete, and a community leader. 7pm. \$250. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-956-3177.

## MARCH 26

**Northeast Cobb Business Association Business Expo 2015.** Enjoy great food and lots of great networking while connecting with NCBA members in a casual setting. 4-7:30pm. Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-423-1330 or [ncba@northeastcobbba.com](mailto:ncba@northeastcobbba.com).

**Wheeler STEAM Symposium.** Wheeler High School students will be sharing their STEAM (Science, Technology, Engineering, Arts and Math) projects with the community. All are invited for an exciting evening of seeing how students apply their work in robotics, DNA testing, technology in music, and more to the real world. 6:30pm in the Wheeler cafeteria. Free. Wheeler High School, 375 Holt Road, Marietta. More info: 770-578-3266

## MARCH 27

**30th Annual Tribute to Women of Achievement.** This is a YWCA of Northwest Georgia major event to raise funds to benefit their vision of a community free of domestic violence and sexual assault. Silent Auction, Dinner & Awards Presentation celebrate outstanding women for their achievements, leadership and commitment to the advancement of women. The Woman of the Year will be selected and announced. 5:30-9pm. \$100/Dinner Ticket. \$1500/Table Sponsor. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: Kristi Storey 770-423-3599 or [kstorey@ywcawga.com](mailto:kstorey@ywcawga.com).

**Spring 2015 Career and College Expo.** The expo is open to the community. 9am-1pm. Free. Registration deadline March 24 or until space is full. Chattahoochee Technical College, Building B 980 South Cobb Drive, Marietta. More info: 770-528-4574 or [Foundation@ChattahoocheeTech.edu](mailto:Foundation@ChattahoocheeTech.edu)

**The Foxtrotters Dance Club: Puttin' on the Ritz** dance featuring The Continentals Band. Cocktail, dressy or formal, refreshments included. Singles and couples 55+ are welcome. 7:30-10:30pm. \$10. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-509-4900 or [foxtrottersdanceclub.wordpress.com](http://foxtrottersdanceclub.wordpress.com).

## MARCH 27-28

**24th Annual Tossed Out Treasures.** Sandy Springs Society event annually attracts metro's savviest shoppers to bargain hunters and is the ultimate flea market. Friday: 10am-5pm. Saturday: 10am-6pm. Marshall's Plaza, 6337 Roswell Road, Sandy Springs 30328. More info: [www.sandyspringsociety.org](http://www.sandyspringsociety.org).



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## MARCH 28

**1st Annual Gator Gallop 5K and Fun Run** benefits Addison Elementary School Foundation. Open to all students, friends, family and community members. 5K Run: 8am. Tot Trot: 9am. Fun Run: 9:15am. \$30/5K and \$20/Fun Run/Tot Trot. \$30 Phantom. Addison Elementary School, 3055 Ebenezer Road, Marietta. More info: 770-578-2700 or [www.addisonrace.com](http://www.addisonrace.com).

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

**Walton Band Metal/Electronics/Paint Recycling and Garage Sale.** The Walton Band will be collecting electronics, appliances, metal, and old paint for recycling. Suggested donation \$10/car with additional charges of \$20/tv, \$15/computer monitor, \$2/under one gallon of paint, \$3/1 gallon, \$5/2 gallons, \$10/5 gallons of paint. Drop off your recyclables and shop at the garage sale while you are there! 2 gymnasiums will be filled with furniture and small appliances, household items, toys and clothing, books/dvds/cds, and sports equipment, and more. Metal/electronics/paint recycling will be available in Lot D from 9am-3pm. Garage sale is in both gyms from 8am-3pm. Walton High School, 1590 Bill Murdock Road, Marietta. Garage sale donations drop off location: Every Saturday through March 21 at Parkaire Shopping Center #640 between Weight Watchers and Enterprise Rental Car. More info: Susan Corley at 614-378-2071 or to schedule a pick up for large garage sale donation items, [wbop.garagesale@gmail.com](mailto:wbop.garagesale@gmail.com)

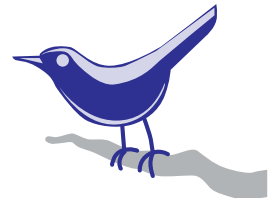
## MARCH 28-29

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

## MARCH 29

**Teen Victim Impact Program: It Won't Happen To Me** an educational initiative to reduce teen deaths due to car crashes. A presentation for teens and their parents, sponsored by the Phillip Michael Silverman Endowment at Congregation Etz Chaim. Recommended ages 15-22. 2:30-4:30pm. Free (a \$5 donation would be greatly appreciated to continue to bring this program to the community). Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta. More info/RSVP: 770-973-0137 or [perry@etzchaim.net](mailto:perry@etzchaim.net).

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## Pet of the Month: Sammy

*Submitted by Heidi Smith*



**Breed:** Yellow Lab

**Age/Gender:** 3-year-old boy

**Favorite food:** Pizza, apples and ice cream!

**Favorite person:** Mommy!

**Best tricks:** Doing flips into the swimming pool

**Turn ons:** Rubbing the belly

**Turn offs:** Vacuum cleaner

**Favorite toy:** Hedgehog the Hedgehog

**Last seen:** Sleeping on his back with his legs in the air

**What makes your pet so special:**

His unconditional love for his family, especially the children

## 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](mailto:petomonth@eastcobber.com)

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

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

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

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

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

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

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

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

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

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

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

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

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# 7th Annual Indoor Yard Sale To Benefit Mostly Mutts



Mostly Mutts is holding their 7th annual indoor yard sale at The Space Shop Self Storage, 3148 Johnson Ferry Road, Marietta, 30062 during the weekends of March 6-7, March 13-14, and March 20-21.

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

The hours of operation are as follows:

- Fridays (March 6, 13, & 20): 10AM – 4PM
- Saturdays (March 7, 14 & 21): 10AM – 4PM

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

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

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

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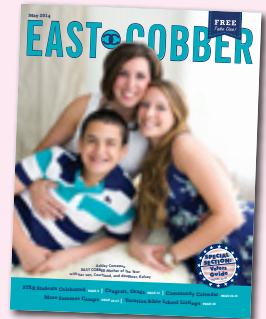
630 Cobb Parkway North  
Marietta, GA 30062  
[www.cobbevc.com](http://www.cobbevc.com)

**(678) 238-0700**

7800 Highway 92  
Woodstock, GA 30189  
[www.cobbevc.com](http://www.cobbevc.com)

## EAST COBBER

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2015  
Essay Contest



▲ Ashley Comeaux  
Mother of the Year 2014

Nothing can quite compare to a Mother's love and we want you to nominate your mom for our annual EAST COBBER Mother of the Year contest. All EAST COBBER readers are encouraged to nominate a mother who either lives or works in East Cobb County to be this year's EAST COBBER Mother of the Year. In 200 words or less, explain why this woman should receive this honor. The Mother of the Year will appear on the front cover of the May edition of the EAST COBBER, participate in our annual Parade, and be eligible to receive gifts from local merchants.

Mail your essay along with photo to:  
EAST COBBER,  
P.O. Box 680455, Marietta, GA 30068 or  
E-mail [contests@eastcobber.com](mailto:contests@eastcobber.com).

**Deadline: April 6, 2015**



# DINING GUIDE

## Ali's Cookies

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# RECIPE OF THE MONTH

**W**heeler PTSA Diversity, Wheeler Culinary Arts and the high school's Parent Resource Center offer free Multicultural Cooking Classes at Wheeler High School every month. Last month, Wheeler High School parents were the featured chefs: Mr. Albertino Couto (Cheff Betto) from Brazil, Ms. Hulya Seymour from Turkey and Ms. Fairhan Alsayyed from Kuwait. Ms. Seymour's recipe for her Turkish dish is featured below.

## TURKISH RULO KOFTE (ROLLED MEATLOAF)

### Ingredients:

- 1 · lb ground beef
- 1 egg
- 1 cup bread crumbs
- 2 carrots, boiled
- 1 cup buckwheat (let stand 15 min. in boiled water)
- 1 tsp salt to taste
- 1/4 tsp black pepper
- 1/4 tsp cumin
- 1/2 cup crushed walnut
- 1/4 cup chopped parsley

### Tomato Sauce:

- 1 cup tomato, crushed
- 1 tbsp tomato paste
- 2 cloves of garlic, mashed
- 1 tbsp olive oil
- 1 tsp thyme/basil
- 1/2-1 cup water

Take ground beef in a big mixing bowl. Add egg, bread crumbs, salt, black pepper and cumin. Knead using your hands for 3-4 minutes. Wet your hands and flatten the ground beef with your hands on the counter. Top with buckwheat. Then place the boiled carrot lengthwise. Close up the edges to make a roll. Stick the ends of the ground beef and then turn the stuck side down and place over a greased oven tray/Pyrex. Bake at 350 F (180 C) for about 35-40 minutes or till the meatloaf is cooked. Meanwhile for the tomato sauce, take oil and garlic in a saucepan. Sauté for 2 minutes and stir in crushed tomatoes and tomato paste. Cook over low medium heat for about 4-6 minutes. Add salt and water. Adjust the thickness as you like, with adding some more water. Bring to a boil and simmer at low heat for about 2-3 minutes and add basil/thyme. Give a stir and turn the heat off. Cut the Meatloaf into 1/2 inch thick pieces and serve with tomato sauce and mashed potatoes.



MS. HULYA SEYMOUR



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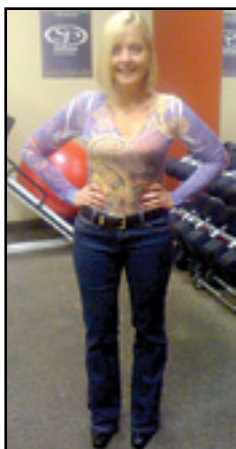
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▲ Linda Kelley, M.D.

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She realized that with a natural approach to hormone balancing, her patients have more energy, better sleep and restored vitality. As her patients started to feel better, they became interested in looking better, so she added nonsurgical Aesthetics to her practice.

Dr. Kelley offers effective cosmetic procedures, including Botox, wrinkle fillers, body sculpting, skin tightening and laser skin treatments. She is excited to now offer Exilis Elite, which uses radiofrequency to heat the skin, stimulating collagen production and skin tightening. The procedure is noninvasive, nonsurgical and requires no injections. Through a short series of painless treatments, Exilis Elite can tighten the jawline, chin and neck and lift the brows. Exilis Elite also works for tightening the body and burning unwanted fatty bulges.

Additionally, Cobb Wellness provides weight loss assistance through a 6-week program, which incorporates high quality nutritional supplements with regular exercise and fitness coaching to keep patients accountable. This program also uses a natural hormone that speeds fat loss.

The Cobb Wellness team provides a personalized approach to each patient. "We take the time to get to know each of our patients inside and out to determine which procedure or program is a right fit for them," says Dr. Kelley.

An East Cobb resident, Dr. Kelley stays current on the latest treatments and techniques. For example, Cobb Aesthetics has partnered recently with the global company Jeunesse that provides cutting edge, high quality anti-aging, weight-loss and skin care products. Dr. Kelley says, "There are a limited number of patients I can help at my office. By partnering with a company like Jeunesse, I am able to help more people get healthier, physically and financially. Baby boomers like me are looking for ways to feel great and open up an additional stream of income for retirement." Dr. Kelley is actively seeking entrepreneurs who are interested in their own anti-aging business.

Cobb Wellness & Aesthetics is conveniently located at 1905 Woodstock Rd. Roswell, Ga., 30075. Take the first step to looking and feeling better and visit [www.cwaesthetics.com](http://www.cwaesthetics.com) or call 770-649-0094.

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# Live Life! Love Life! Be Healthy!

## How One East Cobb Couple Overcame Together & Helped Thousands Achieve Health

By Ashley Poptodorov, Owner, A+A Wellness

It seems like only yesterday that I embarked on my own journey to getting healthy. I remember the day as if it were yesterday. I walked into a local store and I stepped on a scale that gave you a choice of your weight or your horoscope for .25¢. I chose my weight. That moment will forever be frozen in my memory. It spit back a staggering 208 pounds.

I left the store that day without shopping. I sat in my parked car and cried my eyes out for at-least 30 minutes. It was on this very day that I vowed to make a change. I did not know where to begin or what to do but I started simply by putting one foot in front of the other. I tried my best to clean up my diet, I began to run more miles than I care to remember and I began to cut out people that were toxic to me. Part of this meant leaving my ex who was extremely abusive.

Not too long after this, I was blessed to meet Alex who is now my husband. While I was moving in the right direction, it wasn't until Alex that I was able to really learn about what true health was. Alex was always into fitness and nutrition and was eager to help. He designed my first meal plan, created my workout plan, challenged me in the gym (he actually bought my first barbell ever and showed me how to weight train) and worked with me until my body began to morph. He took me grocery shopping, educated me and encouraged me. On days that I felt like I couldn't do it, he was there to remind me that I could. When I felt like throwing in the towel, Alex was right there reminding me why I should stick with it.

My body changed, (I lost 80 pounds!!) and my self-esteem began improving. It was during this time that my own passion for helping others was birthed!

It was a beautiful sunny day and I came bouncing out of the gym with Alex after a great cardio session. The sun was shining and I was FULL of energy! I look at Alex and said "We need to start a business helping others, just like you helped me!" 10 years later and we are still going strong.

Today, A+A Wellness offers the VERY thing that I myself, needed over a decade ago. We support, encourage and guide others towards health. We have



▲ Ashley & Alex Poptodorov  
Owners, A+A Wellness

over 25 years of combined experience and Alex is currently in school to obtain his N.D. Degree. He is as passionate about nutrition as I am about helping others feel better. I do not think anything is more powerful however, than my own personal journey of trials to triumph. Nothing trumps personal experience. When clients say to me "It's tough" or "I am struggling", this girl gets it. I remember and I will never forget. I want others to achieve the lasting success that I have and to know that it is possible.

Alex and I have been blessed to help thousands over the years through the various programs offered by A+A Wellness. Programs such as one to one personal training, small group training, Custom nutritional plans and our fantastic web based fitness & nutritional program. We make living and learning the healthy lifestyle fun and this is why I believe people keep coming back.

Alex and I go the extra mile for our team because we know and remember all too well the amount of support and encouragement I needed on my journey. We pride ourselves on offering you EVERY component to success. Alex creates meal plans that are customized to the individual. We take our clients on educational shopping trips and teach them lessons in labels. We offer text support and look up menus to make suggestions so our team is successful when dining out with their families. We offer the support and motivation daily to keep people focused and on track, even if it's just a simple text throughout the day, accountability is everything.

If you are in a place today where you need guidance and support, have a personal goal you want to reach or just want to learn more about nutrition, contact A+A Wellness. We offer a free consultation and would love to meet with you. Our heart is to help our community and families truly get healthier and with all of the information out there, it helps having a team like us who can help you put all of the pieces together.

Our Motto is: Live Life, Love Life, Be Healthy. Life is just too short to do anything but.

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# Consignment Sales Scheduled for this Spring

## MARCH 6-7

**Mt. Bethel Spring/Summer Consignment and Baked Goods Sale.** More than 400 sellers consign toys, books, bikes, children's furniture, sporting goods, spring and summer clothing, shoes and gear for babies, kids, juniors, and expecting mothers. There will also be a boutique section for upscale brands, custom-made and smocked clothing. All proceeds go to support local and global missions to benefit families and children of all ages. Friday: 9am-7pm (No children or strollers allowed on sales floor on Friday until 12pm. Nursery available from 8:30am to 12pm. Babies in slings/front or back packs allowed anytime). Saturday: 9am-12pm (all items 30% off). Mt. Bethel UMC, 4385 Lower Roswell Road, Marietta. More info: MBCCSale@gmail.com or www.mtbethelccs.com.

**Semi-Annual Children's Consignment Sale** hosted by the Roswell United Methodist Church Preschool and Kindergarten (RUMCK). Three overflowing rooms with 200 consignors and great prices on gently worn spring and summer children's clothing and accessories (newborn-size 14), as well as maternity clothing, baby equipment, nursery décor, play sets and much more. Donated items will be given to the FosterCare Support Foundation. Friday: 9am-2pm (no strollers before noon). Saturday: 8am-12pm (select items ½ price). Roswell UMC, in the Fellowship Hall, Building B, 814 Mimosa Boulevard, Roswell. More info: 770-993-6218 or www.rumc.com/rumck.

## MARCH 7

**NOWAMOM Kids Consignment Sale** sponsored by Northwest Atlanta Moms of Multiples (NOWAMOM). Everything you need for your family from tots to tweens! Strollers welcome! Electronic tagging, so a much faster checkout! 9am-2pm at Sandy Plains Baptist Church, 2825 Sandy Plains Rd, Marietta. More info: email sale@nowamom.org or visit our Facebook page, NOWAMOM KIDS CONSIGNMENT SALE.

## MARCH 20-21

**All 4 Kids Consignment Sale** with 400 sellers. Bring a laundry basket with along belt or rope tied to it to help carry all of your goodies while you shop as no baskets are provided. Adults who donate \$5 cash for Missions will be given early admittance on opening morning. Friday: 9:30am-8pm. Saturday: 9am-1pm. Many items half off on Saturday. Mt. Paran North Church of God, 1700 Allgood Road, Marietta. More info: www.all4kids.com.

## MARCH 20-21

**KinderMart Spring/Summer Children's Consignment Sale.** Save big on children's clothes, swimming gear, toys, baby needs & equipment, books, sporting goods & much more! Financial contributions for this sale will support the Sarah Davidson Scholarship Fund and donations will benefit church outreach and Must Ministries. Friday: 9:30am-7pm. Saturday: 9am-12pm. Many items half price on Saturday. Smyrna First United Methodist Church, 1315 Concord Road, Smyrna 30080. More info: www.kindersmartsale.com.

## MARCH 29-APRIL 2

**Rhea Lana's of Cobb County.** Spring and Summer children's and maternity clothing, toys, furniture, books, shoes, baby gear and more! Shop all your children's needs in one spot. Admission is always FREE! Sell your children's items as a consignor and earn 70-80%! Track your sales LIVE! Volunteer and shop before the public to get the best deals first! Sunday, March 29: 12pm-7pm; Monday, March 30: 10am-8pm; Tuesday, March 31: 10am-4pm; Wednesday, April 1: 10am-8pm; Thursday, April 2: 10am-4pm. Sprayberry Square Shopping Center, 2550 Sandy Plains Road, Marietta/East Cobb. More info: 404-889-4173 or cobbcounty.rhealana.com. 

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in Cobb County

**march 29  
thru  
APRIL 2**

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Saturday, March 28th at 6:00pm**



I ♥ East Cobb



## Local Church to Address Muslim Divide



Emerson Unitarian Universalist Congregation will host a special event titled, "Healing the Muslim – Non-Muslim Divide: A Friendly Faith Exchange," on March 21 from 1 to 4 pm.

Attendees can share their faith experiences in a supportive, safe, structured environment, enjoy food from Muslim countries and pray together for peace, healing and harmony among the peoples of the world. The event is free and open to the public. A donation of food will be accepted. The speaker will be the Rev. Dr. M'ellen Kennedy of Peace and Unity Bridge. Childcare is available for those who register by March 10.

The church is located at 4010 Canton Road in Marietta/East Cobb. For more information, call 770-578-1533 ☎

## Fancy Feline To The Rescue

On the first and last Saturdays and Sundays of each month, Fancy Feline Rescue of the South conducts cat adoptions at Petsmart, 860 Cobb Place Boulevard in Kennesaw (Saturdays: 11am-4pm; and, Sundays: 1-4pm). The non-profit is a no-kill, free-roam cat adoption and rescue organization for cats that are homeless, abused or no longer wanted. Their loving fancy felines are looking for their forever homes. Their adoption fees are very reasonable and all cats are fully vetted. If you can't adopt, you can donate to help with vet bills and daily care of our furry friends. Visit [www.FancyFelineRescue.org](http://www.FancyFelineRescue.org), follow them on Facebook, or contact [FancyFelineResQ@bellsouth.net](mailto:FancyFelineResQ@bellsouth.net). 🐾



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# Something New for the Businesses at Olde Towne

By Carmen C. Abernathy



## ▲ Fountains of Olde Towne shopping center

Progress in a community is sometimes met with mixed emotions. On the positive side, East Cobb is getting a four-story, 80,000-square-foot medical office building near the intersection of Johnson Ferry and Lower Roswell Roads. The building will sit on the 12.7-acre tract that is now the Fountains of Olde Towne Shopping Center. Plans are for the new Northside Hospital building to open by fall 2016 and to bring 400 jobs to the area. On the flip side, the center has been there for almost 25 years. Many of the long-standing tenants liked their Olde Towne "home" and are sad to leave.



## ▲ Don Goodman

Don Goodman is president of Equitable Management Corporation, the company that handled property management for Olde Towne. When Goodman started managing the shopping center in 1995, he described it as a ghost town with broken glass on the sidewalks. He says the original owners had developed the site without much thought about the actual design, evidenced by the fact that the center was

20 feet below the road. Determined to make it a success, Goodman set his rents low and his goals high. The Fountains of Olde Towne stood as a prominent center for almost 20 years, with 90,000 square feet of retail space and 30,000 square feet of office space.

"Because the land value of the shopping center was always higher than its current use, every lease had a termination decision in it," explains Goodman. "We were upfront with the tenants because we knew that the property would sell at some point. Over the years, seven or eight potential buyers came to the table, but no purchase worked out until the recent deal with Northside.

"Olde Towne became home," continues Goodman, whose Olde Towne office is moving to Sandy Springs. "All the tenants are like family. Change of this kind is always difficult."

Looking for your favorite Olde Towne businesses? Some are relocating in a couple of months while others have already moved. A few are trying new ventures, such as a mobile business on wheels. Unfortunately, some of the businesses closed their doors. Here is where you can find them:

## > The Pavilion of East Cobb and Avenue Catering

**Concepts** are moving in May just up the road to Olde Towne Athletic Club at 4950 Olde Towne Parkway, Marietta 30068. The facility will be renamed The Pavilion at Olde Towne and will offer comparable event space and catering options that have always been its signature.

## > Atlanta Falcons Physical Therapy

is making a move in April to 1000 Johnson Ferry Rd., Suite A115, Marietta 30068. This location is in the Crossing Center, across the street from Johnson Ferry Baptist Church.

## > Good Mews

will soon begin construction on a "dream home" for cats at the corner of Robinson and Upper Roswell Roads as the result of a successful capital campaign. The feline shelter should be completed in the May/June timeframe, so Good Mews is currently looking for temporary space and foster homes to house the cats for 4-6 weeks, which is the lag time between the shelter's exit from Olde Towne and when the new space will be ready.

## > Moohan Martial Arts

is rebranding with a new name, White Tiger Martial Arts. The business will be moving to 4811 Lower Roswell Road, Marietta 30068, next to Papa John's Pizza at the corner of Johnson Ferry and Lower Roswell Roads, by the end of April. Also at the end of April, Add a Touch Catering is relocating to 8601 Dunwoody Place, Suite 301, Sandy Springs 30350.

## > Two of the Olde Towne tenants are taking up residence in Stonewood Village Shopping Center,

which is located where Lower Roswell and Woodlawn Roads intersect. You will now find Dr. Stephanie Globerman of **Paws, Whiskers & Claws** at 4719 Lower Roswell Rd., Suite 220, Marietta 30068. **Haven the Dog Spot** is moving its canine business to Stonewood shopping center later in March.

## > The Groovy Little Art Place

is going on the road. Owner Terri Smith is renaming her business Groovy Little Art Bus, which is a mobile art party on wheels. Look on her website, [groovylittleartbus.com](http://groovylittleartbus.com), for dates and times.

>>> continued on next page >>>



- > Gerry Schmidt at **Sports-A-Rama** is operating his business in multiple locations. From the website, sar-eastcobb.com, Schmidt is offering sports clinics and camps at local parks, with an emphasis on teaching baseball and softball skills.
- > Dr. Diana Dinser has already moved the **East Cobb Wellness Center** to 2551 Roswell Road, Unit 420, Marietta 30062. This location is in Piedmont Commons near the intersection of Upper Roswell and East Piedmont Roads.
- > **Modern Gymnastics** is now located at 2520 East Piedmont Rd., Marietta 30062 in the Sprayberry Collection Shopping Center near Sprayberry High School.
- > **Drapery by Suki** has moved its business to 4696 Lower Roswell Rd., #4000, Marietta 30067, which is directly across from the Stonewood Village Shopping Center.
- > **Jazzercise** classes can be found at a new East Cobb address. The location is 4970 Lower Roswell Rd., Marietta 30068, which is in the Parkaire Triangle Shopping Center near Sam's BBQ1.
- > For **Tuesday Morning** fans, there is a location nearby at 2399 Shallowford Rd., Marietta 30066.
- > **Mellow Mushroom** pizza lovers can find another Mellow Mushroom at 2421 Shallowford Rd., Marietta 30066—which is owned by the Fountains of Olde Towne proprietors, Matt and Linda Freyer.

Your Olde Towne businesses look forward to seeing their “old” customers in their new locations. 📍



Coming in April: The 15th Annual  
**Camp Guide**  
 Reserve your Ad Space Today!  
 Deadline: March 16  
 Call 770-640-7070

## Growing Up at the Fountains of Olde Towne

By Sophie Goodman

*Editors Note: Sophie Goodman is the daughter of Don Goodman, the CEO of Equitable Management Corporation (EMC). EMC was the property management company for and part owner of the Fountains of Olde Towne shopping center, 736 Johnson Ferry Road in East Cobb. Last fall, Northside Hospital purchased the shopping center to make way for their new health park.*

I was 10 when I caught a bad case of the flu. My parents both worked full time in the building I identified as “the one with the big clock.” Instead of taking time off work, they packed me up – sleeping bag, pillows and medicine – and took me to work at Fountains of Olde Towne. My mom put me in a dark room with an old white VCR television. I watched Disney movies all day, and eventually got re-packed up and went home.

My parents' office was where I went after school, my home away from home. I had my birthdays at Modern Gymnastics and ate at Mellow Mushroom more times than I can count. I played at Sports-A-Rama and even did physical therapy at Atlanta Falcons Physical Therapy.

Fountains of Olde Towne has been a longstanding fixture in the community for 28 years, and a part of my life for 19 years. When I first learned of the sale, I had mixed feelings, and when the property was bought, those feelings remained. I have a connection to this brick building that housed my childhood.

Fountains of Olde Towne is the scenery behind the majority of my childhood memories – so this is a sad transition. The shopping center that contained all of my childhood memories is going to be replaced by a four-story Northside Hospital Administration building, but those places that housed and nurtured my childhood are still going to be around, just in different places.

What I considered the center of life in East Cobb is transitioning to something different. It may even be better than what it was before, but only time will tell. Progress and change are sometimes a difficult pill to swallow, but without it we would still be in the dark. 📍



Although Sophie is a senior at Georgia College and State University, she is out to conquer the world through her honest, informative journalistic endeavors. Sophie will complete her Mass Communication degree in May. While written words have always been her passion, she aims to broaden her horizons by attending law school.



# 2015 Easter Egg Hunts Planned in East Cobb

The Easter egg hunt is a combination of Christian and spring celebrations and is a popular tradition throughout the United States, and especially East Cobb County. Be sure to bring your Easter basket to collect the eggs. Here's a short list of some local egg hunts for you to enjoy.

## **March 27: 6:30pm**

Laurel Park  
151 Manning Road, Marietta  
770-794-5601 • [www.marietta.com/laurel-park-easter-egg-hunt](http://www.marietta.com/laurel-park-easter-egg-hunt)

## **March 28: 10am**

Jim Miller Park  
2245 Callaway Road, Marietta  
770-528-8875 • [www.marietta.com/marietta-easter-egg-hunt](http://www.marietta.com/marietta-easter-egg-hunt)  
Easter egg hunt, art activities, inflatables, live entertainment, concessions, visits with the Easter Bunny and the Mad Hatter Contest.

## **March 29: 1:30pm**

McCleskey-East Cobb YMCA  
1050 East Piedmont Road, Marietta  
770-977-5991 • [www.ymcaatlanta.org/mcy](http://www.ymcaatlanta.org/mcy)

## **April 1: 6:15pm**

Mt. Zion United Methodist Church  
1770 Johnson Ferry Road, Marietta  
770-971-1465 • [www.mtzionumc.org](http://www.mtzionumc.org)

## **April 4: 12pm**

East Cobb United Methodist Church  
2325 Roswell Road, Marietta  
770-971-3643 • [www.eastcobbumc.org](http://www.eastcobbumc.org)

## **April 4: 10:30am**

Eastside Baptist Church  
2450 Lower Roswell Road, Marietta  
770-971-2323 • [www.ebcfamily.org](http://www.ebcfamily.org)

## **April 4: 9am**

Mt. Bethel United Methodist Church  
4385 Lower Roswell Road, Marietta  
770-971-2880 • [www.mtbethel.org](http://www.mtbethel.org)  
Reservations required for this hunt. The Egg Hunt is for ages 2 through 2nd grade. There will also be a Petting Zoo and the Easter Bunny.

## **April 4: 9am**

Mountain View United Methodist Church  
2300 Jamerson Road, Marietta  
770-928-0050 • [www.mvumc.org](http://www.mvumc.org)  
Free pancake breakfast preceding hunt.

## **April 4: 10am**

Northeast Cobb Community Egg Drop  
Sprayberry High School  
2525 Sandy Plains Road, Marietta  
770-423-1330 • [pjezerinac@jrmmmanagement.com](mailto:pjezerinac@jrmmmanagement.com)

## **April 4: 1pm**

Sandy Plains Baptist Church  
2825 Sandy Plains Road, Marietta  
770-971-8525 • [www.sandyplains.org](http://www.sandyplains.org)

## **April 4: 9am**

St. Andrew United Methodist  
Breakfast with the Easter Bunny and egg scramble  
\$5/Adult, \$2.50/Children (2-11)  
3455 Canton Rd, Marietta  
770-926-3488 • [www.thepumpkinchurch.org](http://www.thepumpkinchurch.org) ☺

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# Get In

## The 15th Annual EAST COBBER Camp Guide!



To get in the EAST COBBER annual Camp Guide which will be featured in the April 2015 issue mail or fax your completed listing form to:

**EAST COBBER**

Camp Listings Editor

P.O. Box 680455

Marietta, GA 30068

Fax: 770-559-3185

e-mail: [campguide@eastcobber.com](mailto:campguide@eastcobber.com)

All listings are subject to editor's discretion. Every attempt will be made to include all camp listings submitted. Advertiser's listings are guaranteed. Form due date: March 16, 2015.

Camp Name(s): \_\_\_\_\_ Organization/Owner: \_\_\_\_\_

Age Group: \_\_\_\_\_ Camp Fee: \_\_\_\_\_

Camp Dates: \_\_\_\_\_ Time: \_\_\_\_\_

Camp Name(s): \_\_\_\_\_ Organization/Owner: \_\_\_\_\_

Age Group: \_\_\_\_\_ Camp Fee: \_\_\_\_\_

Camp Dates: \_\_\_\_\_ Time: \_\_\_\_\_

Contact name: \_\_\_\_\_ Title: \_\_\_\_\_

Website address: \_\_\_\_\_ Email address: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

☐ **Contact me about advertising in the 15th Annual Summer Camp Guide.**

**Call 770-640-7070 for additional information.**

**SUBMISSION DEADLINE: March 16, 2015**

## East Cobb Senior Center Activities Scheduled for March

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

### Dine-a-Round: Marlow's Tavern

March 11 | 11am.

Separate checks; Registration required. Everyone meets at the restaurant, 1311 Johnson Ferry Road Suite 208 Merchant's Walk, Marietta 30068.

### Bone Density Seminar & Screening

March 18 | 10am-12pm

Free; Appointment required

Did you know that 34 million people suffer from osteoporosis? This silent disease may have no symptoms but causes bones to become weak & more likely to fracture or break. WellStar representatives will discuss the physical changes that occur with osteoporosis, how it is diagnosed, what should be tested, complications and prevention. You must attend the seminar to receive a free screening. Space is limited.

### Medication Management

March 20 | 10am-11pm

Free; Registration required

This presentation by Retired Senior Volunteer Program (RSVP) helps you know what questions to ask health care providers; keep track of your records; be aware of interactions that may occur; know when and how to contact poison control; recognize if you or someone else is misusing medications.

### Georgia's "Lemon Law" & Buying a Used Car

March 25 | 10am-11pm

Free; Registration required

Have you experienced continuing problems with a motor vehicle that you purchased in Georgia? If so, you should join this seminar to learn more about the "Lemon Law" and your rights as a consumer and responsibilities in the marketplace. Provided by the Governor's Office of Consumer Protection.



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**Models Open Mon-Sat: 11-5**  
**See Website for Details!**  
**770-516-3678** [WindsongLife.com](http://WindsongLife.com)

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





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

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

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


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

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

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

- > **Wednesdays: 10am-2pm**  
West Cobb Senior Center  
4915 Dallas Highway, Powder Springs
- > **Thursdays: 11:30am-3pm**  
Mt. View Library  
3320 Sandy Plains Road, Marietta
- > **Thursdays: 11:30am-3:30pm**  
West Cobb Library  
1715 Dennis Kemp Lane, Kennesaw
- > **Fridays: 12-3:30pm**  
Central/Switzer Library  
266 Roswell Street, Marietta  
*No tax returns will be prepared at Central Library on 4/3/15*
- > **Fridays: 10am-2pm**  
East Cobb Government Center  
4400 Lower Roswell Road, Marietta  
*No tax returns will be prepared at East Cobb Government Center on 4/3/15*

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

If you plan to use this service, be sure to bring your 2013 return and your 2014 tax documents. Each taxpayer must present their social security cards or other identification documentation for yourself and all dependents. For direct deposit refunds, taxpayer must have their checkbook, a valid blank check or cancelled check. For more information go to [www.aarp.org/taxaide](http://www.aarp.org/taxaide). 

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# Aloha to Aging Offers Monthly Programs

Aloha To Aging is a non-profit created to address the social needs of seniors 55 and older with mild to moderate impairments, assist their family members with their changing role as a family caregiver and create volunteer opportunities for the community. Their office is located and programs are offered at 4608 Lower Roswell Road in Marietta/East Cobb and is open Monday through Thursday from 9:30am until 4pm. For more information call 678-439-1177 or email [info@alohatoaging.org](mailto:info@alohatoaging.org). Listed below are some activities offered:

## Monthly Support Groups

**Alzheimer's/Caregiver Support Group:** Monday, April 6 at 10:30am. Open to family members who are assisting an aging loved one both inside and outside of the home. Helpful tips and resources provide comfort and encouragement. Free respite care is provided for your loved one during meeting, but must call in advance for care to 678-439-1177 or email [info@alohatoaging.org](mailto:info@alohatoaging.org).


**Parkinson's Disease/Care Partner Support Group:** Tuesday, April 7 at 10:30am. You and your caregiver are welcome as we learn how to cope and live with the diagnosis.

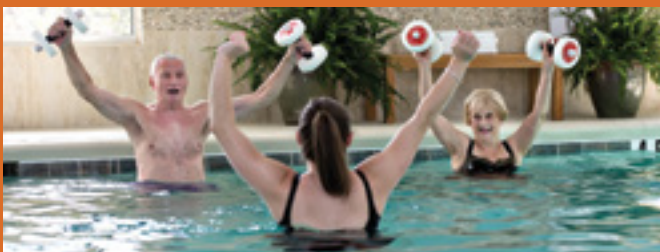
## Monthly Educational/Wellness Programs

**Tailor-Made Yoga for PD--Mat or Chair:** Every Monday, 2:30 -3:30pm. Cost: Two free trial classes, then \$50 for a 10-class package. Participants should bring a mat if they prefer floor exercise but no equipment necessary for Chair Yoga. Class led by Cathy Hightower of PD Gladiators. RSVP to 678-439-1177 or email [info@alohatoaging.org](mailto:info@alohatoaging.org).

**Tai Chi - Standing:** Tuesdays, offered weekly at 2pm and Tai Chi -Seated: Thursdays, offered weekly at 2pm. Cost: \$35 monthly fee per program or \$10 per class. Please RSVP to 678-439-1177 or email [info@alohatoaging.org](mailto:info@alohatoaging.org).

**Healthy Brain Game Day:** Thursday, March 26 at 12pm. If you are 55+, come learn ways to revitalize your brain while having fun! There will be a healthy lunch served and multiple brain building games and prizes. RSVP by March 24 to 678-439-1177 or email [info@alohatoaging.org](mailto:info@alohatoaging.org). Cost is \$10.

**Aging in Place:** Tuesday, March 31 at 10:30am. If your goal is to remain at home for a lifetime, this educational presentation from the Greater Atlanta Aging in Place Council is a MUST! Find out what you need to know to be successful with Aging in Place. Assess your own life, home and community situation and learn how to remain connected and engaged throughout every decade of your life. RSVP for the program by March 26 to 678-439-1177 or email [info@alohatoaging.org](mailto:info@alohatoaging.org). 



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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, krpeters@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.

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

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

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

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

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

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

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

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

- **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. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: Judy Munson, jmteach@bellsouth.net.

- **Cobb Photographic Society.** Photographers of all skill and ability levels are welcome. First and 3rd Monday of each month. 7-9pm. American Business Center, Bldg. 700, Suite 702, 1395 South Marietta Pkwy, Marietta. More info: www.cobbphotosociety.com or info@cobbphotosociety.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 Guerier, 678-354-3590.

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

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

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

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

- **East Cobb Business Association.** Luncheon and featured speaker. Third Tuesday each month. 11:30am-1pm. Indian Hills Country Club, 4100 Clubland Drive, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobba.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 Democratic Alliance.** Third Thursday of the month. 6pm - Social. 7pm - Program. Rib Ranch, 2063 Canton Road, Marietta. More info: Tom Barksdale, 770-715-1218 or tbarksdl@aol.com.

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

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

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

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

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

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

## 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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- \$100/Hr - Keratin Smoothing Treatment

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 zizigolkar@yahoo.com

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

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

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

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

**Georgia Tea Party.** Every Thursday, 7pm. 900 Roswell Street, Marietta. More info: Jerry Kotyuk 404-374-0580 or jtk4@clear.net.

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

**Greater Atlanta Marine Detachment #647.** First Saturday of the month, 11am. Delkwood Grill, 2769 Delk Road, Marietta. More info: www.mclleague.org

**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.** Professional Development and Networking. Fourth Monday of the month, 6:30pm. Meeting & Dinner. HYATT House/Atlanta Galleria, 3595 Cumberland Boulevard, SE, Atlanta. More info: 770-541-2960 or www.iaap-cobbcounty.org.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## Meet Your Future Clients, Customers and Business Associates

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The ECBA meets monthly at Indian Hills Country Club, 4001 Clubland Drive, Marietta at 11:30am for lunch, networking and a great speaker.

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For more information visit [www.EastCobbBA.com](http://www.EastCobbBA.com)



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# SUPPORT GROUPS

## A.A./Al-Anon/Al-Anon

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

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

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

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

## Alzheimer's/Caregiver Support Group Meeting.

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

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

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

• **Bereavement Support.** First and 3rd Wednesday of the month. 5pm. Counseling Room in Parish Office, St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-794-2978.

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

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

• **Caregiver and Share Support Group for Alzheimer's.** First Monday of the month. 6-7pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420.

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

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

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

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

• **Divorce Support Group.** Every Wednesday. 6:30pm. Mt. Bethel Church (Church Room B106), 4385 Lower Roswell Rd. Marietta. More info/to register: Judith Reichenbach, Licensed Counselor, 770-597-9882.

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

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

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

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

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

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

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

• **Fractured Families for Parents Estranged from their Children.** First and 3rd Monday. 7:30pm. Whole Foods, 1311 Johnson Ferry Road, Marietta. More info: Sandy 404-446-6093 or Judy 404-643-3531.

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

• **Grandparents Raising Grandchildren Support Group.** Second Tuesday each month. 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Jeanie, 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](mailto: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](mailto: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](http://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](mailto:suzette@themotherscircle.org) or [www.themotherscircle.org](http://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 [mzionmops@gmail.com](mailto:mzionmops@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.prodigalministries.org](http://www.prodigalministries.org).

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

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

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

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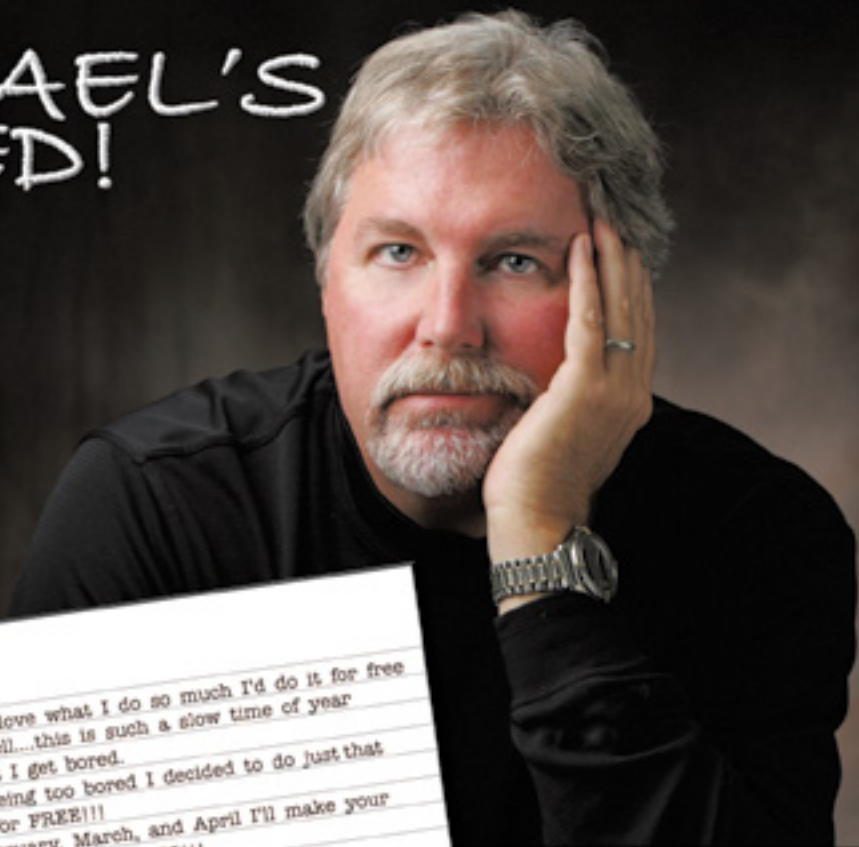


For more information about camp, call 770.977.5991 or visit [www.ymcaatlanta.org](http://www.ymcaatlanta.org)





# MICHAEL'S BORED!



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March 9th - 20th  
April 6th - 17th

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