

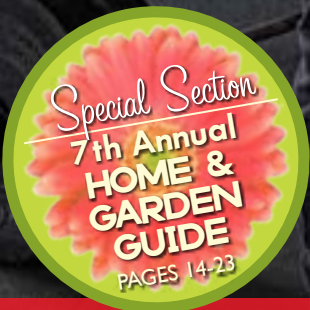
March 2016

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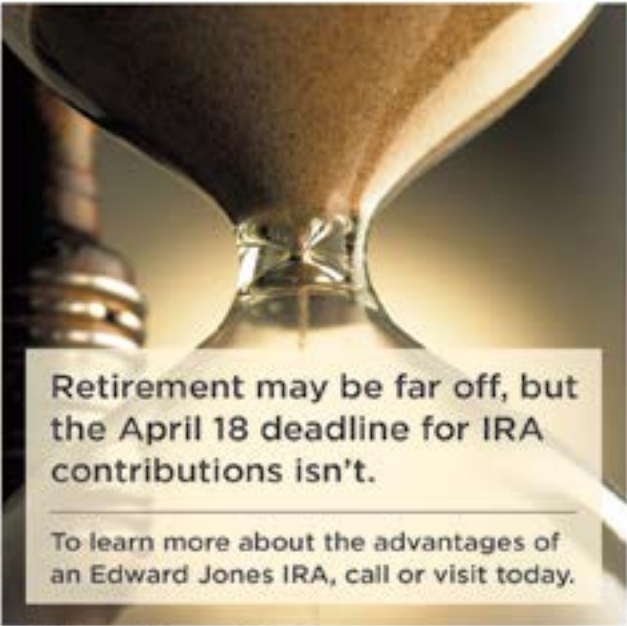
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PUBLISHER'S NOTE



▲ Tyler Barr, President-Elect, Georgia PTA, with EAST COBBER publisher, Cynthia Rozzo, at the ECCC PTA Teacher of the Year luncheon.

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

This edition of the EAST COBBER, as well as previous issues, spotlights those East Cobbers that are giving back to their community and making East Cobb a better place to live.

From the PTA leaders that celebrated our East Cobb Teachers of the Year and Principals (pages 8 & 9) to the Eagle Scouts (page 12) to the nonprofit Second Wind Dreams and the Pope students creating a special memory for a senior citizen (page 52). Our Club Calendar and Support Groups sections list many groups that come together on a regular basis to serve those in need whether it be a Moms Club or a service club.

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

Happy Spring!

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

P.S. As the last cold wind of winter whips through Georgia and the first whisper of spring arrives, it's time to check out our annual Home and Garden Guide on pages 14-23!



On the Cover

This month's front cover features the owners of CrossFit East Cobb: Chris Sims and Jason Sobczak. CrossFit East Cobb is a dedicated CrossFit facility that emphasizes constantly varied, high intensity, functional training. CrossFit East Cobb has trained everyone from kids to busy parents, collegiate athletes and elite military personnel.

"The journey to ideal health and fitness is more enjoyable with the workouts, trainers, and fast friends at CrossFit East Cobb," says co-owner Chris Sims. "Our fitness programs and staff encourage a unique camaraderie. You're not really competing with your fellow CrossFitters as much as competing against yourself; and everyone in the room wants you to win!"

If you want to learn more about how CrossFit East Cobb can not only transform your body but also transform your life, turn to page 6 to read their story. For more information, visit crossfiteastcobb.com. Schedule your first training session, by calling Coach Espo at 404-312-8694.

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

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CrossFit East Cobb: Forging Elite Fitness



▲ Chris Sims, Andrew Esposito, Jason Sobczak



Energy. Goals. PRs. Challenges. Community. Family. Fitness. Fun. Just a few words that describe CrossFit East Cobb or "the box" as members call it. Everyone at CrossFit East Cobb has a fitness goal and is there to achieve it. Some have finite goals and others just want to get healthy, relieve stress, and feel better in their own skin.

Owners Christopher Sims and Jason Sobczak are quick to point out that although the workouts are high intensity, CrossFit East Cobb is not solely an extreme fitness gym. "We are always hearing 'I can't do what you do,'" says Chris. "Not all of our members can squat 400 pounds or run a five-minute mile. When someone comes into CrossFit East Cobb we assess how good his or her engine is, we then create a fitness plan for that individual. We train all types here -- kids, seniors, runners, triathletes, busy moms and dads trying to get in before and after work. The workouts simply differ by varying degrees of intensity. The needs of a 40-year-old soccer mom and an Olympian differ by degree, not type."

Chris and Jason bring an interesting mix of experience to their roles as owners and trainers at CrossFit East Cobb. As evidenced by the military motif and flags that adorn the gym, both have military backgrounds and training. Chris has served in the U.S. Army for more than 16 years. For the past 11 years, he has been a Green Beret in the 20th Special Forces Group. His military service spans six combat rotations and he continues to serve in the Army National Guard. Jason was a paratrooper in the U.S. Army for three years after high school, left to attend college on the GI bill, and has worked in the mortgage business for the last 15 years. He reenlisted after September 11, 2001 with the Georgia Army National Guard's Long Range Surveillance Company, completing a four-year enlistment in 2005. Chris and Jason met in the Guard in 2002 after Chris had left active duty.

Chris started CrossFit training while in the Special Forces Qualification course in 2005. Special Operations Command had begun to use this new fitness program as a test bed for improving America's Elite warriors. Once Chris experienced the benefits of CrossFit training he never turned back. Chris

encouraged Jason to try CrossFit training and Jason could not get enough. During the next few years they remained in touch and discussed the possibility of opening a CrossFit gym; they finally agreed and CrossFit East Cobb was born in 2009.

As one of the first team of owners to bring CrossFit to the metro Atlanta area, Chris and Jason decided on East Cobb to open their gym. Chris grew up in East Cobb, having attended Mt. Bethel Elementary, Dickerson Middle, and Walton High Schools. Returning to his roots, Chris and his family now reside in East Cobb.

Both owners have put their leadership and organizational skills, as well as their energy, into establishing a successful fitness facility. In addition, Chris founded Fitness Fueling Awareness, a 501c3, to give back to the local community. Each year in July, CrossFit East Cobb hosts a charity golf tournament at the Indian Hills Country Club with all proceeds going to support awareness, treatments, and research for Cystic Fibrosis in conjunction with Children's Healthcare of Atlanta.

Since opening day on June 6, 2009, CrossFit East Cobb has been at its current location near the intersection of Johnson Ferry and Lower Roswell Roads. With more than 6,000 square feet and 200+ members, CrossFit East Cobb has built solid roots in the community. Recently named "Best CrossFit Gym in Atlanta" for 2015 by BEST Self Magazine, CrossFit East Cobb continues to be in the top 3 percent of affiliate gyms in the metro Atlanta area and recognized by Reebok as a "preferred partner." This award and relationship is extended only to those affiliates that lead the way in the fitness industry.

Adult classes start as early as 4:30am and the last class ends at 8:30pm. The gym has three classes on Saturday and open gym on Sundays. Specific sessions are offered for kids, seniors, and women only. CrossFit East Cobb has a dedicated women's bathroom and changing room along with three showers and two coed bathrooms. The facility is located at 4696 Lower Roswell Road, Suite 700, Marietta, GA 30068.

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Palm Sunday, March 20

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- 11:15 a.m. - Special Needs Service, Children's Worship Center
- 4 & 7 p.m. - The Great Exchange Easter Concert, Sanctuary

Good Friday, March 25

- 12 p.m. - Traditional Service with the Lord's Supper, Sanctuary
- 12 p.m. - Student Service, Activities Center

Saturday, March 26

- 5 p.m. - Traditional Service, Sanctuary

Easter Sunday, March 27

- 8:30, 9:50 & 11:15 a.m. - Traditional in Sanctuary and Modern in Activities Center
- 11:15 a.m. - Special Needs Service, Children's Worship Center



Scott Sweeney, Cobb County Board of Education Member; John Adams, Deputy Superintendent, Cobb County School District; Chris Ragsdale, Superintendent, Cobb County School District; and, David Chastain, Cobb County Board of Education Vice-Chair

EAST COBB TEACHERS OF THE YEAR CELEBRATED

On February 4, the East Cobb County Council (ECCC) of PTAs held their annual Teacher of the Year and Principal Celebration and Luncheon. This special event honored the East Cobb teachers of the year and principals who make an extraordinary difference for our students every day. The event's theme was "A Rock Star Affair." The 70 East Cobb principals and teachers of the year were recognized for being "Rock Stars" for their students and schools. 🎤



Dr. Peter Giles, Wheeler High School Principal; Patty Pace, ECCC PTA Scholarship Chair; Gretchen Buchanan, Wheeler High School PTSA President; Rachel Buhler, Wheeler High School Teacher of the Year; Abby Shiffman, Past ECCC PTA President; and, Kerry Covington, Wheeler High School PTSA Vice President



Heather Bailey, Mountain View Elementary School PTA Co-President; Jennifer Saboura, ECCC PTA Health & Wellness Chair; Melissa Edwards, Mountain View Elementary School Teacher of the Year; and, Laura Callard, Mountain View Elementary School PTA Co-President



Anita Jones, Sprayberry High School PTSA President; Tanya Lancee, Sprayberry High School Teacher of the Year; and, Victoria Ellis, ECCC PTA Youth Services Chair



Ann Duffy, ECCC PTA Legislation Co-Chair



Lynn Hamblett, Murdock Elementary School Principal; and, Amy Eubanks, Murdock Elementary School Teacher of the Year



Ellen Henry, ECCC PTA Family Engagement Chair; Stephanie Daniels, ECCC PTA Parliamentarian; and, Sara O'Dea, ECCC PTA Secretary



David Banks, Cobb County Board of Education Member; with Anne Davidson, ECCC PTA Co-President

The Stonehaven School Offers an Excellent Christ-Centered Classical Education



The Stonehaven School (formerly Atlanta Classical Christian Academy) is enjoying its 12th year providing an excellent Christian and classical liberal arts education in Cobb County. Stonehaven is located in the heart of Marietta at GracePointe Marietta Church just south of the Marietta Square. We are an independent private Christian school (PreK-8th grade) rooted in the classical liberal arts tradition. A Christ-centered classical philosophy of education seeks to partner with parents in cultivating children that possess wisdom, virtue, and eloquence. We invite prospective families to visit Stonehaven for a tour where you can learn more about the distinctive features of a classical Christian education.

What is the purpose of education? How a school answers this fundamental question will influence every aspect of its academic program. How a family answers this question will influence the type of school they choose for their child. The end goal of most modern schools is to prepare a child for two things: college and work. Although Stonehaven is not opposed to preparing a child for college and work, we want to aim higher. C.S. Lewis said, "Aim at heaven and you will get earth thrown in. Aim at earth and you get neither."

Stonehaven's mission aims at heaven; we seek to glorify God by cultivating truth, goodness and beauty in students through a distinctly Christ-centered classical education.

Why choose a Christ-centered, classical education for your child? Children will spend the majority of hours in their formative years in school. Biblically, the primary responsibility for educating children rests with parents. God calls parents to bring up their children in "the nurture and admonition of the Lord" (Ephesians 6:4) and to diligently teach them God's commandments (Deuteronomy 6). Consider the importance of partnering with your child's school in this venture.

How should your child's education challenge him?

A Stonehaven education is as rigorous as you'll find, but it's rigorous in a way that engages students... teaching them to think for themselves... teaching them to logically and gracefully defend their beliefs... and teaching them the art and love of learning. A classical education lays a solid foundation that will guide and inspire them for a lifetime.

Why seek a school that encourages parent involvement? Involved, engaged families make for a warm and loving school community. Stonehaven parents, grandparents, siblings, and other family members are encouraged to actively participate in the life of the school. Our families feel connected with one another and students benefit from this atmosphere.

How important is the culture of a school and the behavior of its students? At Stonehaven we place high expectations on our students and they are capable of meeting them. In fact, they are happy to. Students are taught to respect one another and are encouraged to address their behavioral mistakes in a way that shapes their hearts. Students are taught to respect adults, to address them politely, to look them in the eye, to shake their hands, and to have meaningful conversation. It's refreshing! We think our students are some of the most pleasant kids to be around... and these expectations actually provide a more joyful school experience for our children.


If Jesus is Lord, He is Lord of all. What does Jesus have to do with education? Everything. He has everything to do with everything.

For more information or to schedule a school tour, visit www.stonehavenschool.org or call 770-874-8885



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NOMINATE GREEN SPACE TO BECOME LOCAL PARK

On January 26, The Cobb County Board of Commissioners did not vote to issue the \$40 million park bonds approved by voters in a 2008 referendum. Instead, they voted to authorize the Recreation Board to review the original list of properties, current parks inventory, assess gaps in parks and green space. Members of the public are invited to nominate properties through April 15 using a form posted on the county website, www.cobbcounty.org, or they may print it out and submit it by mail. 

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EAGLE SCOUTS HONORED BY COBB COUNTY COMMISSIONERS



▲ The recently honored Eagle Scouts from Troop 1011 Eagle Scouts. BACK ROW: Ryan Kahrs, Ben Thornton, Representative Ed Setzler, Adam Schmidt, Michael Pike, Sammy Pike, Sam Fulkerson, Hayden Stadler, Nick Champion, Nick Bowman, Tracey Techau, CEO Atlanta Area Council, Boy Scouts of America; Matthew Christie, J.D. Pike, Davis Odom. FRONT ROW: Michael Qualey, Neil Rossman, Commissioner Bob Ott, Scoutmaster of Troop 1011; Ryan Manderfield, Chris Ott, Commissioner Bob Weatherford, Stephen Polkowitz, David Hood, and Tyler Schwartz.

In January, nineteen Eagle Scouts from Troop 1011 chartered to Mt Bethel United Methodist Church were recognized by the Cobb County Board of Commissioners. Attaining the rank of "Eagle Scout" is the highest honor in Boy Scouts. Less than five percent of all Boy Scouts attain this honor. The troop had seventeen Eagle Scouts in 2015, thirteen in 2014 and nine in 2013. In fact, the Troop has produced 288 Eagle Scouts since its founding 45 years ago.

"It is always worthy of recognition when our young citizens are willing to put forth the extra effort required to attain the rank of Eagle Scout. The high ideals and values that are an integral part of scouting provide a foundation upon which our youth can build their lives as they grow to maturity. The scouts that were recognized have made an impact in their community through their dedication and involvement." said Commissioner Bob Ott (Eagle Scout, 1972) who is also a Scoutmaster for Troop 1011.

At this meeting the County Commissioners also presented Commissioner Weatherford with his Eagle badge 52 years after he earned it. Commissioner Weatherford never had an official ceremony when he earned his Eagle medal back in 1964 because he moved away.

In 2015, Troop 1011 Scouts performed 22 Eagle projects representing over 2,300 service hours to the community. The following is a list of the Eagle Scouts and their Eagle projects:

Ryan Kahrs (2015): Built a fire pit at the Mt Bethel's North Campus Scout area

Ben Thornton (2015): Built mile markers at Kennesaw Mountain National Battlefield

Adam Schmidt (2015): Built serpentine fences at the Visitor's Center at Kennesaw Mountain National Battlefield

Michael Pike (2015): Built the stairs onto the new dock at Mt. Bethel's North Campus lake

Sammy Pike (2015): Built the new dock at Mt. Bethel's Christian Academy's North Campus lake

Sam Fulkerson (2015): Built a wooden bridge at Fullers Park

Hayden Stadler (2014): Built outdoor classroom and fire pit at McClesky YMCA

Nick Champion (2014): Built steps and drainage channel at Kennesaw Mountain National Battlefield

Nick Bowman (2015): Built a pagoda and a bench at Fullers Park

Matthew Christie (2015): Built a series of birdhouses at McFarlane Park

J.D. Pike (2014): Built pedestrian bridges at Allatoona Creek Park on the cross country and bike trail

David Odom (2014): Replaced the stairs on the cross country running trail at Pope High School

>>> Continued on next page >>>

Michael Qualey (2015): Built picnic tables at the Chattahoochee Nature Center.

Neil Rossman (2015): Built railroad tie stairs at McFarlane Park

Ryan Manderfield (2015): Built stone benches and outdoor classroom at High Meadow School

Chris Ott (2015): Built the wooden walkway to the new dock at Mt. Bethel's North Campus lake

Stephen Polkowitz (2013): Built an outdoor classroom at Hightower Middle School

David Hood (2015): Built a fence around the AC units at Mt Zion UMC

Tyler Schwartz (2015): Built kiosks for the gardens at the Chattahoochee Nature Center

Patton Robertson (2015): (Not Pictured) Built a butterfly garden at Lutheran Church of the Resurrection

William Frits (2015): (Not Pictured): Built lumber rack, and benches at Chattahoochee Nature Center. 

.....



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5 Star Links Boosts Sales

Whether you need an accountant or someone to mow your lawn, it's natural to ask a colleague for recommendations on products or services to make sure you are making an educated decision. Everyone wants to make the right choice, and "word of mouth" helps consumers feel comfortable with their purchase.

As more people and business owners search for items and services on the Internet, they automatically seek out products and services that have strong customer reviews. 5 Star Links is a local company that helps businesses expand their online presence on search engines and generate more positive reviews.

Cobb resident, Gary Troutman identified the need for this service when trying to find a physical rehabilitation facility in South Carolina for his father after surgery. Gary only had a list of facilities, but he didn't know anyone to give him a personal referral. "That's when I realized how important reviews could be to customers," said Gary.

After years in business development for technology products, Gary started 5 Star Links because he wanted quality businesses to survive in the age of technology. The company's philosophy is that the owner of the business should focus on doing what they do best and let 5 Star Links help boost their online presence through search engines, online directories and reviews.

"Eighty-eight percent of consumers trust online reviews as much as a personal recommendation, yet many businesses have a limited Internet presence or zero reviews," said Gary. 5 Star Links provides the technology and expertise for businesses, so that local customers can easily find them and can read word-of-mouth referrals from real users.

"5 Star Links has been tremendous in helping our company not only revamp our website and make it SEO compatible but also in helping us establish a system for getting online reviews. The changes in our online presence has increased substantially without spending an enormous amount on advertising, but utilizing the strategies formulated by 5 Star Links," said Sheila Dickerson, a 5 Star Links customer.

For more information on how 5 Star Links can help your business, visit 5StarLinks.com or call 404-920-4770.



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Q. Why is it important to hire a State licensed general contractor? 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/ 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



Diane Spencer, Co-Owner
Frameworks Gallery

Q. Why should I shop at Frameworks Gallery?

A. Frameworks Gallery is a gem tucked into the heart of East Cobb (next door to Fresh Market). For over 40 years, the gallery has been your local source for beautiful and affordable original fine art as well as the most creative framing designs. Family owned and operated, the gallery provides a full range of services from design to delivery and installation of artwork. They also are a great resource for other services such as restoration and repair of oil paintings, works on paper, photographs and frames.

Q. Why is it important to have clean trash and recycle bins?

A. **For Home Owners:** Regular trash bin cleaning is a preventative measure against diseases in and around your bin which can be hazardous to your health. A clean and sanitized trash bin will have little or no Salmonella, E Coli and Listeria, will discourage rodents and reduce mosquito infestations - known transmitters of West Nile and Ziki Virus. **For Business Owners:** Despite the obvious appeal for health reasons, owners are responsible for clean and odorless containers. Keep a clean bin and dumpster and eliminate complaints to code enforcement.



Darrell Simpson, Owner
Sunburst Bin Cleaning

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HOME & GARDEN GUIDE



Terrie O'Keefe, Design Specialist
Kitchen Design Korner

Q.

How difficult of a process is it to remodel my kitchen or bath and what steps does Kitchen Design Korner (KDK) take to insure a successful project?

A.

To put your mind at ease, KDK makes this a simple process. We visit your home to take measurements and envision your goals for the project. At our showroom we design a 3D rendering of your new space and assist you with all of your design selections. As a turnkey company, we partner with LCS general contracting. LCS creates the canvas for KDK to bring your vision to life.

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.



Lindsey Gregg, President
Access Waste

Q.

What sets your service apart from the competition?

A.

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George Lawes, Owner
Kudzu and Company



This is such an interesting store? Where do you get your merchandise?



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How does one learn to taste olive oil?



First, you gently cup the glass of oil in your hand and swirl it gently. You stick your nose into the glass and inhale deeply. Just like tasting wine, swirling the glass helps to release the aromas in the oil. You detect whiffs of grass and olives. You sniff a few more times...now that you've swirled, sniffed, slurped, and swallowed...make your selection from our many exotic Extra Virgin Olive Oils, flavored, and infused olive oils.



Smita Daya, Manager
Olea Oliva!



Chris Devico, Real Estate Agent
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turn to the experts



Local Sisters Carrying on Legacy



▲ Lauren Norris, owner of Garbage Girls with her sister, Lindsey Gregg, owner of Access waste

In the early 90s, East Cobb residents Jim and Luci Gregg were running Robertson Sanitation and raising twin daughters. The company, which serviced the East Cobb community for many years, was one of the first advertisers in the EAST COBBER, and every year, participated in the EAST COBBER parade. Twin daughters Lindsey Gregg and Lauren Norris fondly recall riding on the garbage and recycling trucks down the parade route, handing out candy.

Fast forward a few years; although Jim and Luci are no longer in the business, that wasn't the end for Lindsey and Lauren. Still East Cobb residents, each has started a niche business that grew from their experiences with their parents' business. Both Lauren and Lindsey worked within the industry for several years before eventually deciding to branch out on their own.

Several years ago, Lauren had the opportunity to start her own waste and recycling business, appropriately called Garbage Girls. The company provides self-serve dump trailers and dumpster rentals for residential use. You may have seen a Garbage Girls dumpster as some of them are painted an unmistakable bright pink. Two years ago, Lauren also launched Georgia Shingle Recycling, a niche business that filled a great need in the roofing and recycling industry. Her services are trusted and utilized by many, and today, she's one of the largest shingle recyclers in the country.

In 2013, Lindsey started Access Waste. Initially, she provided roll off dumpsters for construction and commercial purposes. This past January, Lindsey expanded the business to include full-service residential trash collection in East Cobb and south Cherokee County. Rates are a flat \$15/month. "Our goal is to provide exceptional, long term, consistent customer service. We are here to stay and hope to continue to expand and provide additional services to our customer base as warranted," she said.

Both companies are female-owned, which gives them certified minority status. This status also provides incentives to other businesses who utilize their services and support them. While Lauren and Lindsey have separate businesses, they are able to cross pollinate and use one another's services to meet a variety of needs, both commercial and residential.

For more information on Access Waste, including the new residential trash collection service, visit www.accesswastesolutions.com or call (404) 699-2338.

For more information on Georgia Shingle Recycling and Garbage Girls, visit www.gashinglerecyclers.com or call (404) 699-2319.



PAID ADVERTISEMENT

SPRING NATIVE PLANT SALE AT CHATTAHOOCHEE NATURE CENTER



The Spring Native Plant Sale is the biggest fundraiser for the Chattahoochee Nature Center (CNC) and the perfect way to get your home ready for spring! Going native provides a wealth of

benefits to your space, including privacy, beauty, blossoms, food, and homes to our wide diversity of animals. Attract butterflies, pollinators, birds and more to your garden by adding native plants. CNC horticulturists and Master Gardeners will be on hand to answer your plant questions and help you find the perfect plants for your yard—from full sun to full shade! Over 120 plant varieties will be available to purchase, including:

- Butterfly Host and Nectar plants including Milkweed, Hibiscus, Salvias, Asters, Fennel, Bee balm, Joe Pye weed
- Blooming trees and shrubs including Native Azaleas
- Early bloomers including Columbine, Geranium, Bloodroot, Beardtongue, and Irises
- Shade-loving groundcovers including Ferns, Alumroot, Foam flower, Phloxes, and
- A wide selection of herb and veggie seedlings from the CNC Unity Garden.

The Chattahoochee Nature Center is a 128-acre non-profit environmental educational facility located on the Chattahoochee River in the north metro Atlanta area. The Center offers nature trails, a wetland board walk, live animal exhibits, native plant gardens and a Discovery Center with the only Nature Exchange in the southeast. Chattahoochee Nature Center is located at 9135 Willeo Road in Roswell 30075. For more information, call 770-992-2055, or visit www.chattnaturecenter.org. ☺

Spring Native Plant Sale

Members Only: March 31 | 4pm-7pm

April 1 & 2 | 10am-5pm

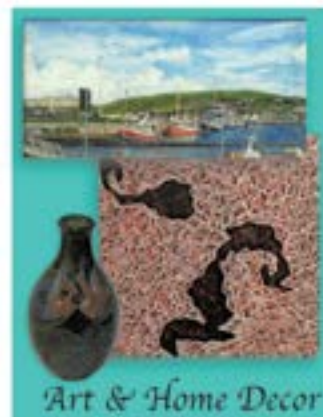
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SPRING ATLANTA HOME SHOW AT COBB GALLERIA MARCH 18-20

The Spring Atlanta Home Show, Georgia's largest home show will be at the Cobb Galleria Centre Friday-Sunday, March 18-20. The popular 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 from the Home Show Stage.

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 18, and will return Saturday morning, March 19 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. Additional speakers will present ideas on clearing out clutter, identifying your personal home style, and more. See www.AtlantaHomeShow.com for the complete speaker schedule.

Show hours are 10am – 6pm Friday March 18, 10am – 7pm Saturday, March 19 and 11am – 5pm Sunday, March 20. General Admission tickets are \$10 and may be purchased at the Show's entrance and online at 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.).

On-site parking is free. The Cobb Galleria Centre is located at Two Galleria Parkway, Atlanta 30339. The 2016 Spring Atlanta Home Show's 24-hour information line is 770-798-1997. ☎



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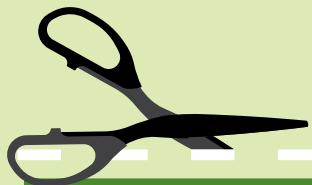
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Staying on top of daily, monthly, and annual chores around your home is a big job. Maintenance and repair jobs are constants. To save time and money, plan for the seasonal needs of your home, yard, and garden. Here's a spring checklist to keep your 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 13, 2016. 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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2016 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.

EVERY TUESDAY AND SATURDAY

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

EVERY SATURDAY

Free Arts and Crafts at Lakeshore Learning Store. 11am-3pm. Ages 3 and up. Make bug eyes headband, colorful carp wind sock, spring in bloom fence, and a cheerful chick basket. Lakeshore Learning Store, 4287 Roswell Road, Marietta. More info: 770-578-3100 or 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: mariettasquarefarmersmarket.net.



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EVERY SATURDAY AND SUNDAY

Trail Hikes. A docent guides you on a journey through the Chattahoochee Nature Center trails using biofacts and activities to spark your "natural" curiosity. 1pm. Admission: \$10/adults. \$7/seniors and students 13-18. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

THROUGH MARCH 26

The Romance of the Nude and Figure, features works of art by local artists in honor of Valentine's Day. 6-8pm. dk Gallery 25 West Park Square Marietta 30060. More info: 770-427-5377 or www.dkgallery.us.

MARCH 4-13

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/child, 6-18. Monday-Saturday: 10am-4pm. Sunday: 1-4pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: 770-992-1731 or bhqgshow@gmail.com.

MARCH 5, 8, 11, 12 & 13

The Pirates of Penzance presented by Atlanta Opera. Sat (3/5): 8pm; Tues (3/8): 7:30pm; Fri (3/11): 8pm; Sat (3/12): 3pm; Sun (3/13): 3pm. \$30-\$131. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 404-881-8885 or atlantaopera.org or ticketmaster.com.



MARCH 7

Cobb Chamber First Monday Breakfast. Welcome Atlanta United FC to our community! Darren Eales, Atlanta United President, will present details of the newly approved 20-year lease with the City of Marietta, as well as plans for the top-flight training facility that will help anchor the Franklin Gateway Corridor. 7:30-9am. General admission: \$60; Admission for Chamber Members: \$45. Cobb Galleria Centre, Two Galleria Parkway, Atlanta 30339. More info: 770-859-2359 or cobbchamber.org.

MARCH 10

WellScreen. Must be 18 years or older to participate. WellScreen services include any of the following: Comprehensive Metabolic Panel: \$20; Lipid Panel: \$30; Thyroid Screening: \$20; Hemoglobin A1C: \$25; PSA: \$40 (Doctors order required for PSA test); Bone Density: \$35; and a Personal Wellness Profile: \$20. Flu shots (\$25 or Medicare Part A and B only) are available. Pre-registration and pre-payment are required. 7:30-10am. East Cobb Health Park, 3747 Roswell Road NE, Marietta 30062. More info: 770-956-7827 or wellstar.org.

MARCH 10-12

St. Ann's Annual Garage Sale. Includes seasonal, office goods, flat screen TV's/PC's, furniture, books, clothes, housewares, toys, baby items and much more. March 10 & 11: 9am-6pm. March 12: 9am-1pm. St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-552-6400 or st-ann.org.

MARCH 11-13

American Craft Council Atlanta Show with more than 225 of the top contemporary jewelry, clothing, furniture and home décor artists from across the country. Friday: 10am-8pm; special Friday evening admission \$5 after 5pm. Saturday: 10am-6pm. Sunday: 11am-5pm. \$13/ ticket. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 612-206-3100, cobbgallery.com.

MARCH 11-13

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

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

MARCH 12

Walton Band Metal/Electronics/Paint Recycling and Garage Sale. Merchandise from 400+ families. Two gymnasiums filled with furniture, electronics, baby items, sporting goods, clothing, books, linens, holiday, housewares, lighting, games, toys, bikes and so much more. All proceeds to benefit the Walton Band and Guard program. 8am-3pm. Cash, checks and credit cards accepted. Walton High School, 1590 Bill Murdock Road, Marietta/East Cobb. More info: 678-719-9267 or wbop.garagesale@gmail.com.

MARCH 13

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. 12:30-4pm. Georgia International Convention Center, 2000 Convention Center Concourse, College Park 30337. More info: 770-997-3566 or nacacnet.org.



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COMMUNITY CALENDAR

MARCH 13

The Village People. Formed in 1977, The Village People have sold over 100 million records worldwide and recently received a Star on the Hollywood Walk of Fame. 3pm. \$30. Jennie T. Anderson Theatre 548 S. Marietta Parkway, Marietta. More info: 770-528-8490

Musical Titans: the Michael O'Neal (MOS) Chorus with Georgia Philharmonic. Ludwig van Beethoven and Anton Bruckner wrote some of the most memorable music of the nineteenth century. MOS joins forces with Georgia Philharmonic to perform some of the grandest music produced by these musical titans. 3 p.m. Tickets: \$15/20 in advance; \$17/22 at the door. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. More Info: 770-594-7974 or mosingers.com.



MARCH 16

My First Story Time. This structured program lasts 15 to 30 minutes and is 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. 10:15-10:45am. Mountain View Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-4964.


MARCH 16

Q.U.E.S.T. College Fair East. QUEST stands for Question-Understand-Explore-Search-Target. This fair will bring together over 75 post-secondary colleges, universities, and technical training programs under one roof so you and your child can begin/continue planning for life after high school. Break-out sessions during the fair covering: financing college, good college fit, the college search and transition for students with learning disabilities, plus admissions reps. 6-8pm. Pope High School, 3001 Hembree Road, Marietta 30062. More info: Pope High School counseling office, 770-578-7903.


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CALL EAST COBBER: 770-640-7070

MARCH 18-20

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-6pm. \$10/adults. Free/children 12 & under/adults 65 & older. Military and first responders-Buy one adult ticket, get one free (with ID). Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-798-1997 or atlantahomeshow.com.

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 georgiametrodance.org.

MARCH 19

2nd 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 addisongatorgallop.com.

4th Annual Water Drop Dash 5K is a fast, flat course along the banks of the beautiful Chattahoochee River in Roswell. 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 waterdropdash.com.

MARCH 19

14th Annual Spring Chicken Run—A Race Against Hunger benefitting Sweetwater Mission. 5K run/walk, 1 mile run/walk, Tot Trot. 8am. 5K: \$30; 1 mile: \$20; Tot Trot: Free. Macland Presbyterian Church, 3615 Macland Road, Powder Springs 30127. More info: 678-523-0133 or springchickenrun.com.

Come Celebrate Wildcat Nation! Wheeler turns 50!

Join alumni, faculty, administrators and family for an unforgettable day back at Wheeler High School. A pep rally and kickoff speeches to celebrate, reminisce with old friends in "Reunion Rooms", take a tour of the brand new school and much more. 2pm. Free. Wheeler High School, 375 Holt Road, Marietta 30068. More info: 770-578-3266.



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East Cobb location: 1518 Blackwell Rd - Marietta 30066
www.silvapiano.com

COMMUNITY CALENDAR

MARCH 19

AJO4LAX Fest 2016 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 and fund college scholarships, grants to youth and high school lacrosse programs, as well as a partnership with SafeAmerica in support of teen safe driving initiatives. Pope High School, 3001 Hembree Road, Marietta. More info: 678-777-3041, the_oswalds@ajo4lax.com, or ajo4lax.com.

MARCH 19-20

Eastman Gun & Knife Show. Saturday: 9am-5pm. Sunday: 10am-4pm. \$10/adults. Free/12 and under. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 229-424-4555 or eastmangunshows.com.

MARCH 20

OCRF Ovarian Cycle Fundraiser. An indoor cycling event dedicated to raising funds to support much-needed ovarian cancer research. 11am-3pm. \$50 registration fee (survivors ride free), riders are required to raise a fundraising minimum. 9am-3pm. Life Time Athletic Atlanta, 5580 Roswell Road, Sandy Springs 30342. More info: 212-268-1002 or ocrf.org/news/events/ocrfs-ovarian-cycle-ride-atlanta-ga.



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JCC Atlanta 1342 Tilly Mill Road, Dunwoody | 678.892.4004 | camp@atlantajcc.org | [MJCCDayCamps](https://www.facebook.com/MJCCDayCamps)

MARCH 20

The Super Hero 5K raises money for the Law Enforcement Torch Run for Special Olympics. These funds help provide year round sports training and competition for children and adults with intellectual disabilities. Registration opens at 7am; 1 mile run: 7:30am; 5K: 8am; Tot trot: 9am. Entry Fees: 5k/1 mile/Phantom \$25.00; Tot Trot \$15.00. The race will start at 1300 Cobb International Parkway in Kennesaw. Come dressed as your SUPER HERO!!! More info: super_hero@att.net or superhero5kkennesaw.com.

MARCH 26

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 highmeadows.org.

MARCH 28

Will to Live Parent Seminar. Pope PTSA will sponsor a parent seminar featuring John Trautwein, founder of the Will To Live Foundation in memory of his son, Will, who was a freshman when he died in 2010. The Will to Live Foundation is dedicated to preventing teen suicide by improving the lives and the 'Will To Live' of teenagers through education about mental health and encouraging them to recognize the love and hope that exists. 7pm. Free. Pope High School Theater, 3001 Hembree Road, Marietta. More info: will-to-live.org.

MARCH 30

Classical Guitar Ensemble concert. 8pm. Free. Kennesaw State University, Bailey Performance Center, 1000 Chastain Road, Bldg. 30, Kennesaw. More info: 470-578-6650 or boxoffice@kennesaw.edu.



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Bergstrom & Associates

Come Worship With Us This Easter

Sunday March 27

7:00 am Sunrise Service

8:30 & 11:00 am Traditional

8:45 & 10:00 am Modern

Nursery available 8:15 am - Noon
Infant through 5 yrs. old

*Celebrate
New Life!*



Mt. Zion UMC
1770 Johnson Ferry Rd.
Marietta, GA 30062
mtzionumc.org

A large, ornate mechanical eye with a green iris is the central focus. It is surrounded by various mechanical components like gears, pipes, and a clock face. The background is a deep blue with some light effects.

CIRQUE DU SOLEIL

KURIOS

CABINET OF CURIOSITIES

UNDER THE BIG TOP
OPENS MARCH 3
ATLANTIC STATION

CIRQUEDUSOLEIL.COM/KURIOS #KURIOS

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PET OF THE MONTH: DUTCHESS

Submitted by Anna Yancey



Animal/Breed: Cat/Oriental

Age & Gender: Female, 5 years old

Favorite Food: Pringles

Favorite Person: Anna "sister"

Best Trick: Laser-flip

Turn Ons: Feathers

Turn Offs: Other cats

Favorite Toy: Laser

Last Seen: Sleeping in my room

What makes your pet so special:
She is a love bug.

Should Your Pet Be Our Pet of the Month?

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

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

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

A Shih Tzu dog with black and white fur is standing on a light-colored wooden floor. The dog is looking towards the camera with its mouth open, showing its tongue. It is wearing a green and yellow striped collar.

We can't wait to see you.



MONTROSE
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& PET HOTEL

1028 Woodlawn Dr, Marietta
www.montroseanimalhospital.com
770-977-9000

PET ETIQUETTE FOR PEOPLE



To be a good neighbor follow these golden rules of dog walking.

- Teach your dog basic commands, such as sit, stay, heel, leave it, and come. Most people don't take kindly to a jumping dog.
- To keep your canine under control, always keep your dog on a 4 to 6 foot leash when walking through the neighborhood.
- Don't allow your pet to potty on other people's lawns or flower beds. Allow your pet to relieve himself before your walk.
- Keep plastic bags with you to pick up after your pooch in case of accidents.
- Ask permission before allowing your dog to greet another person or dog. Not all people are dog lovers, and not all other dogs are well-socialized.
- Warn people beforehand who are visiting your home that you have a dog. Some people are allergic to dogs, so bathe your pet and vacuum thoroughly before guests come over.

With these good manners you and your dog are ready to hit the dog park! 🐕

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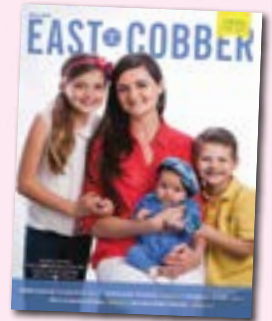
630 Cobb Parkway North
Marietta, GA 30062
www.cobbbevc.com

(678) 238-0700

7800 Highway 92
Woodstock, GA 30189
www.cobbbevc.com

EAST COBBER

Call for Entries:
Mother of the Year
2016
Essay Contest



▲ **Brittney Tomczak**
Mother of the Year 2015

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.

Deadline: April 4, 2016

SUMMER INTERNSHIPS OFFERED FOR HIGH SCHOOL STUDENTS



TAG-Ed's Summer Internship Program was launched in 2009 to encourage young adults to pursue STEM careers and fill Georgia's workforce pipeline. Since the program began, TAG-Ed has placed more than 600 of Georgia's best and brightest students in 100+ companies in Atlanta and around the state. That number continues to grow year after year as host companies are realizing the program's far reaching benefits: not only does the internship provided to these students give them valuable experience that will help shape their paths after high school, but the companies get to play a direct role in the shaping of their future workforce. For five weeks during the summer, typically between June and August, student interns will work on a defined project alongside your team. Previous projects have included website development, prototype testing, social media strategy and much more. Often times, TAG-Ed interns are so successful that they are asked to extend their internships or are recruited to work part-time during the school year. Not only is the program successful, it is easy to get involved.

The process is simple:

1. TAG-Ed works with you to define a valuable project for your company or organization
2. TAG-Ed sends 2-4 prescreened candidates for you to interview via phone, Skype, or in person.
3. Once you have selected your intern, TAG-Ed notifies the student and ensures they complete their necessary paperwork, connects them to

their mentors, and provides a student/mentor orientation on how to make the most of the internship experience

4. TAG-Ed will send an invoice to your company; \$1,000 for the student stipend (5 week standard internship) and \$250 for the program administration. After satisfactory completion we send your intern his/her stipend!

Previous mentors can't say enough good things about their intern experience. One mentor says, "Outstanding – teams she worked with consistently praised [her] high caliber of work, professionalism, and ability to be uninhibited to jump in and do work. [She] even presented to senior level personnel without missing a beat – she impressed them." For a better understanding of the students that have gone through this program and the impact it has made on them, take a look at TAG-Ed's Wall of Fame, spotlighting program alumni, by visiting www.stemreach.org/wall-of-fame.

While the internships take place between June and August, we have already started receiving and reviewing applications! Act now, and make an impact in the life of a Georgia student. If you are interested in investing in Georgia's future workforce by hosting a TAG-Ed summer intern, please visit the website where you'll find links to register, program information, video testimonials, and more: www.tagedonline.org/summer-internships or contact Jillian Heaton at atjillian@tagonline.org. You'll be amazed by what a high school student can accomplish. 🌟



READ MORE. DO MORE.

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

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

Get In

The 16th Annual EAST COBBER Camp Guide!



To get in the EAST COBBER annual Camp Guide which will be featured in the April 2016 issue mail or fax your completed listing form to:

EAST COBBER

Camp Listings Editor

P.O. Box 680455

Marietta, GA 30068

Fax: 770-559-3185

e-mail: campguide@eastcobber.com

All listings are subject to editor's discretion. Every attempt will be made to include all camp listings submitted. Advertiser's listings are guaranteed. Form due date: March 15, 2016.

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 16th Annual Summer Camp Guide.

Call 770-640-7070 for additional information.

SUBMISSION DEADLINE: March 15, 2016

BEAUTY/MAKE-UP

Glow Beauty Bar – Atlanta

2470 Windy Hill Road, Suite 440 • Marietta 30067

770-257-7062 • www.GlowBeautyBarAtl.com

Tues: 2pm to 7pm; Wed & Thurs: 10am to 8pm

Fri & Sat: 10am to 5pm

One convenient location offering essential beauty services for busy women, at affordable prices, and delivered in a fun and luxurious atmosphere. Custom blended airbrush tans, eyelash extensions, permanent cosmetics, and LED Teeth Whitening will allow you to look gorgeous effortlessly. Wake up ready to go with sun-kissed tanned skin, perfectly applied makeup up, a dazzling white smile, and eyes that look like you've already put on mascara for the next six weeks. Indulge in a visit with us soon!

CHIROPRACTOR

Lifeworks Chiropractic

2840 Johnson Ferry Road, Suite 100, Marietta 30062

678-926-9300 • www.lifeworksatl.com

Mon-Wed: 2-6pm; Tues, Thurs, Sat: 10am-1pm

Whether you have acute or chronic pain and need relief or simply want to maintain good spinal health through consistent adjustments, Lifeworks Chiropractic can meet your needs. Our goal is to provide individuals and families with an integrative approach to optimal health through gentle and proven chiropractic care.

DENTISTS

1st Choice Dental

670 Johnson Ferry Road • Marietta 30068

678-905-3066 • www.1stchoicemarietta.com

Mon-Fri: 8am-6pm

Offering complete dental care for the entire family including cosmetic and emergency services. You'll receive quality dentistry, at affordable prices, in a state of the art facility, from a caring and knowledgeable staff.

Cheek Dental

2872 Johnson Ferry Road • Marietta 30075

770-993-3773 • www.cheek.dental.com

Mon-Fri: 8am-5pm

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

Cobb Smiles Dental

2480 Windy Hill Road SE, Suite 405 • Marietta 30067

770-952-0136 • www.cobbsmiles.com

Mon-Fri: 8am-5pm

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RED CROSS CALLS FOR BLOOD DONORS


The American Red Cross urges individuals to donate blood as soon as possible. The current blood supply has dropped critically low throughout the Southeast. Donors of all blood types are welcome, but there is an urgent need for type O negative, B negative and A negative blood donors.

During the holiday season, blood shortages often occur because individual donations decrease, along with the number of organizations that are able to sponsor blood drives. Eligible blood donors must be at least 17 years of age, weigh at least 110 pounds and be in general good health. Donors with type O (positive and negative), B negative and A negative blood should consider an automated red cell donation, a process in which only red cells are donated.

For more information or to schedule an appointment to donate, call 1-800-RED-CROSS (1-800-733-2767) or visit redcrossblood.org.

The following are some of the blood drives being held around East Cobb County during the month of March:

- | | |
|---|--|
| <p>> March 8 10am-3pm
Townpark Commons
Building 225
125 Townpark Drive
Kennesaw 30144</p> | <p>> March 16 9:30am- 2:30pm
WellStar Administration
Building
805 Sandy Plains Road
Marietta 30060</p> |
| <p>> March 10 2:30-7:30pm
Rocky Mount
Elementary School
2400 Rocky Mountain Road
Marietta 30066</p> | <p>> March 20 12-5pm
Casa Montessori School
150 Powers Ferry Road
Marietta 30067</p> |
| <p>> March 14 3-7pm
East Cobb United
Methodist Church
2325 Roswell Road NE
Marietta 30062</p> | <p>> March 24 4-8pm
Lassiter High School
2600 Shallowford Road
Marietta 30066</p> |

Additionally, the Red Cross has a Cobb Donor Center open every day. It is located in the East Lake Shopping Center, 2145 Roswell Road, Suite 250, Marietta 30062. Call 770-578-1977 to set up an appointment to donate. 

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- The Chao Pinhole Surgical Technique™
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www.healthysmilesofeastcobb.com

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Waldron Dentistry

3020 Roswell Road, Suite 100 • Marietta 30062
770-977-5547 • www.waldrondentistry.com

Mon-Thurs: 7am-5pm; Fri: 7am-3pm

Waldron Dentistry provides general, cosmetic, and reconstructive dentistry in a relaxed and caring environment. The services offered include bridges, veneers, white fillings, take home and in-office whitening, IV sedation, root canals, extractions and night guards.

FITNESS CENTERS

CrossFit East Cobb

4696 Lower Roswell Road, Suite 700 • Marietta 30068
404-403-3136 • www.crossfiteastcobb.com

Mon-Fri: 4:30am - 8:30pm; Sat: 8am, 9am, 10am;
Sun: 3:30pm-5pm

CrossFit East Cobb is the original functional strength and conditioning gym located in the heart of East Cobb. Train with the CrossFit methodology which emphasizes constantly varied, high intensity, functional movements. Athletes range in age from 8 to 80 years old and come from all fitness backgrounds.

Fitness 1440

2745 Sandy Plains Road • Marietta 30066
770-579-3488 • www.fitness1440.com/marietta
Hours: 24/7

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

Get In Shape For Women

3822 Roswell Road NE, Suite 114 • Marietta 30062
770-605-8788 • www.getinshapeforwomen.com
Mon-Thurs: 6am-12pm; 4pm-8pm
Fri: 6am-12pm; Sat: 8am-12pm; Sun: Closed

A complete body transformation program including four components: strength training, interval cardio, nutrition, and accountability. Members work with a personal trainer (1 trainer, up to 4 women) and nutrition coach to reach their goals. Our experienced and educated team (Nationally Certified Personal Trainers & four year degree or higher) is equipped to handle all fitness levels.

Women's Premier Fitness

4961 Lower Roswell Road • Marietta 30068
770-565-5450 • www.womenspremierfitness.com
Mon-Thurs: 5:30am-9pm, Fri: 5:30am-8pm, Sun: 9am-2pm
East Cobb's only full-service fitness club and spa for women only. We feature over 60 group fitness classes per week as well as Barre, TRX and personal training. Free child care.

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770-984-0844 • www.footsolutions.com/eastcobb
Mon-Sat: 10am-6pm

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>2520 Windy Hill Road, Suite 102 • Marietta 30067
770-612-8165

www.atlantagastro.com

With more than 40 offices and 10 endoscopy centers, Atlanta Gastroenterology Associates is the largest gastroenterology practice in the southeast dedicated to the evaluation and treatment of both digestive and liver diseases.

HAND SPECIALIST

Atlanta Hand Specialist

3775 Roswell Road, Suite 250 • Marietta 30062
770-333-7888 • www.AtlantaHandSpecialist.com
Mon-Fri: 8am-4:30pm

Atlanta Hand Specialist (AHS) is committed to providing the highest standard of care for patients with hand conditions. AHS will identify and treat these conditions in all age groups, coordinates a multidisciplinary approach for treatment, and facilitates a rapid recovery to a normal, productive lifestyle.

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Nelson Center for Plastic & Reconstructive Surgery LLC

5445 Meridian Mark Road, Suite 395 • Atlanta 30342
470-440-1777 • www.nelson-center.com
Mon-Fri: 8am-5pm

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





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Limited Time Offer*
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Windy Hill Athletic Club

135 Interstate North Parkway NW • Marietta 30339
770-953-1100 • www.windyhillclub.com
Mon-Fri: 5am-10pm; Sat: 7am-8pm; Sun: 8am-8pm
MORE CLUB THAN GYM....With magnificently appointed indoor and outdoor tennis courts, state of the art cardio and strength training equipment, beautifully designed yoga and cycling studios, and a philosophy that nurtures a feeling of community, it's our way of making sure you never go to the gym again.

HEALTH FOOD STORE

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3162 Johnson Ferry Road, Suite 220 • Marietta 30062
470-514-5492
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High quality supplements, vitamins and loose herbs & teas for healthy weight management, joint health, memory focus, natural cleansing, digestive health, sports nutrition, allergies, health & beauty products, essential oils, homeopathy; relaxing & inviting atmosphere.

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1453 Roswell Road • Marietta 30062
770-977-9583 • www.lifegrocery.com
Life Grocery and Café features a healthy selection of organic produce, nutritious foods, extensive supplements serving those with health challenges and dietary needs.

KICKBOXING

9Round Marietta

2100 Roswell Road, #2186,
East Lake Pavilion Shopping Center • Marietta 30062
470-377-4285 • www.9Round.com/MariettaGARoswell
Mon & Wed: 7am-1:30pm, 3:30-8pm; Tues & Thur: 6am-1:30pm, 3:30-8pm; Fri: 7am-1:30pm, 3:30-8pm; Sat: 8am-1pm
9Round Marietta is a specialized fitness center dedicated to serving clients who want a unique, fun, and proven workout that guarantees results. 9Round offers a kickboxing theme fitness program that incorporates a functional, interval, cardiovascular, and circuit training regimens. There are no class times, the workout changes daily with trainers included.

MASSAGE

Hand & Stone Massage and Facial Spa

4475 Roswell Road, Suite 1560 • Marietta 30062
770-565-0805 • www.handandstonemarietta.com
Mon-Sat: 9am-9pm; Sun: 10am-6pm
Hand and Stone offers expert massage, facial and hair removal services seven days a week for your convenience. Massage Therapists and Estheticians will be delighted to customize any services to meet your specific needs.

Massage Heights

1100 Johnson Ferry Road, Suite 345 • Marietta 30068
404-341-7614 • www.massageheights.com/eastcobb
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Membership based day spa offering custom facials and massages provided by licensed therapists.

NUTRITION

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Perimeter Dermatology Welcomes Dr. Corinne Erickson

Kick off your boots, shed the puffy coat, and spring into springtime with confidence that you are taking the best care of your skin by scheduling an appointment with Dr. Corinne Erickson, the newest member of Perimeter Dermatology's team. Dr. Erickson explains, "When the weather warms up and people shed their winter layers, they are often surprised by what they find on their skin. The dry colder climate and exposure to indoor heat dehydrates skin to a scaly state. New growths appear that may not be desirable on bare legs and arms, or that may be of concern for skin cancer. This is the perfect time to check in with a dermatologist to make sure the skin you are about to reveal is as healthy and beautiful as possible."

Dr. Erickson recommends a skin cancer exam as an excellent way to achieve this peace of mind. "During a skin cancer exam, I evaluate the patient from head to toe, looking for abnormal appearing moles, or other lesions of concern for skin cancer. I am also assessing the general skin health of the patient and addressing more specific issues that may need treatment such as acne and eczema. When a patient leaves my office, I want her to feel that her questions have been answered, concerns addressed, and any worrisome growths appropriately evaluated."

In addition to her expertise in general and surgical dermatology, Dr. Erickson enjoys customizing anti-aging strategies for her patients. "Some patients are happy with the gradual improvement that comes from high quality skin



▲ Dr. Corinne Erickson

care products, others really benefit from procedures such as botox, fillers, and lasers. I treat each patient as an individual and carefully craft an anti-aging plan to meet her needs, her wants, and her budget. I love working side by side with the aestheticians at Perimeter Dermatology to maximize the patients' results."

Dr. Erickson is also committed to taking excellent dermatologic care of pediatric patients and helping them learn early on how to care for and protect their skin. "An ounce of sunscreen is truly worth a pound of cure,

and skin cancer prevention starts in childhood. I am passionate about educating people of all ages on how to love living in their skin throughout its ever changing stages."

As a gift from us to you, if you schedule an appointment in March for a Botox treatment with Dr. Erickson, we will take \$100 off!! So call us today for your appointment.

(Offer is valid with a minimum purchase of 20 units and expires 03/31/2016; must sign up for Brilliant Distinctions for all savings)

Perimeter Dermatology is located at 5505 Peachtree Dunwoody Rd, Suite 412 Atlanta, GA 30342. For more information or to make an appointment, please call 404-459-9177



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** Offer expires April 15, 2016. Offer can not be combined with insurance or any other offer.*



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The Cobb & Douglas Medical Reserve Corps (CDMRC) is a network of local volunteers committed to improving the health, safety, and resilience of our communities. CDMRC volunteers include medical as well as non-medical volunteers who are interested in strengthening the public health infrastructure and improving the preparedness and response capabilities of local jurisdictions. CDMRC will identify, screen, train, and organize volunteers in order to utilize and support routine public health activities that augment preparedness and response efforts.

You must:

- Be at least 17 years old
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 - o • Complete Psychological First Aid
 - o • Blood-borne Pathogens

Visit www.cobbanddouglaspublichealth.com/medical-reserve-corps or contact Jenaila Hawkins, MSA, Healthcare Liaison/MRC Coordinator at 770-514-2331 or jenaila.hawkins@dph.ga.gov. 

Are implants right for you?

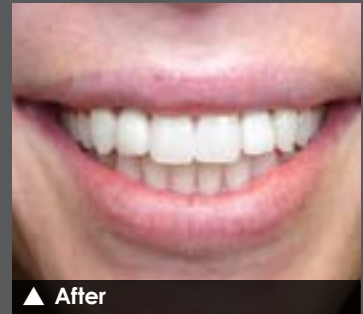
Do you hide your smile because of spaces from missing teeth? Maybe your dentures don't feel secure. Perhaps you have difficulty chewing. If you are missing one or more teeth and would like to smile, speak and eat again with comfort and confidence, there is good news! Dental implants are teeth that can look and feel just like your own! In years past when you lost a tooth you had only two options for replacement – a fixed bridge, which involves grinding down the teeth adjacent to the missing one, or a removable partial denture, which can feel bulky and uncomfortable and must be removed for cleaning. Today, dental implants are commonly chosen as the most favorable treatment for replacing missing teeth and have actually been around for decades.

Implants are manufactured “anchors” that look like cylinders or screws and are usually made of titanium. Restoring teeth with implants first involves surgical placement of the implant, which serves as a “root,” into the jawbone. This is usually done with only local anesthesia in a dental chair in as little as thirty

minutes for a single implant. Most patients have only minor discomfort after the procedure. Typically the implant is allowed to integrate with the jawbone for several weeks before a permanent restoration is placed over it. At that time, a post, or “abutment,” is attached to the implant and a crown is cemented onto the abutment, requiring no anesthesia.

Multiple implants can be placed in cases of several missing teeth or even in patients with no teeth where a denture would normally be worn. Implants can also be used to create “snaps” to which a denture can be affixed to help stabilize the denture, or implants can serve as a base for a fixed bridge. If properly cared for, dental implants can last a lifetime!

Today's implants look and feel like natural teeth, but they are not for everyone. To be a good candidate for implants you must be healthy with healthy bone and have good oral hygiene. Whether you are a young, middle-aged, or older adult or whether you need to replace one tooth, several teeth, or all your teeth, there is a dental implant solution for you!



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LOVE YOUR HEALTH

By Jennifer Saboura, East Cobb County Council of PTAs, Health & Wellness Chair

Last year, six students from East Cobb public schools (East Side Elementary School, Murdock Elementary School, Rocky Mount Elementary School, Sope Creek Elementary School, Tritt Elementary School, and Hightower Trail Middle School) advanced to the National PTA competition. In that round of judging, 3 East Cobb students won awards from the National PTA Reflections contest (from East Side Elementary, Rocky Mount Elementary and Hightower Trail Middle School). This year, over 1,000 East Cobb area students participated in the Reflections program at their schools, and more than 500 winners advanced to the ECCC PTA level of the competition. After conducting its own contest, the ECCC PTA submitted 159 entries to the Georgia PTA Reflections contest, including 31 special artist entries. We are hopeful again that East Cobb students will win at the GA PTA competition level and move on to compete in the National PTA Reflections contest.

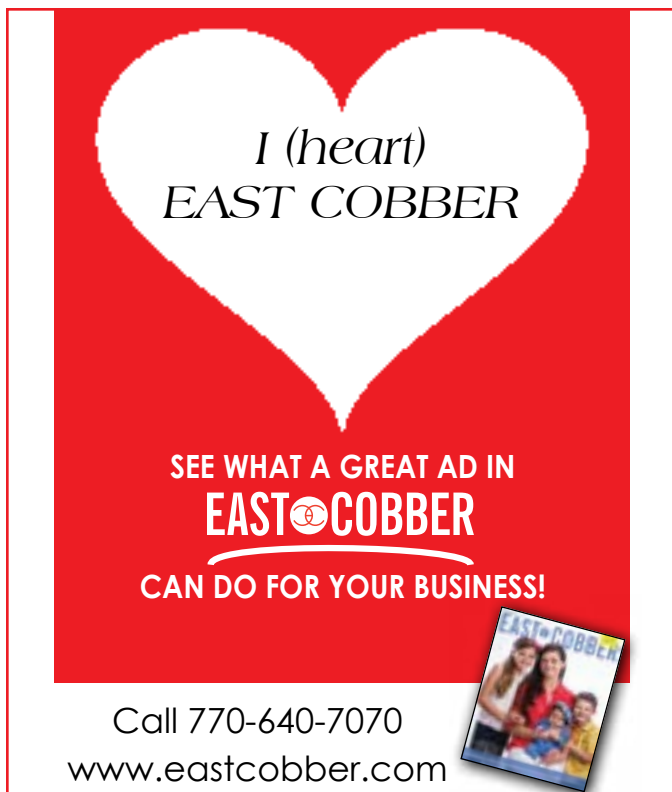
The ECCC PTA will hold a Reflections Award Ceremony for the students who won at the ECCC PTA competition level in early February.

Taking part in the Reflections program is a powerful way for students to engage in and explore the arts. Every child created his or her masterpiece with great care and attention, and we celebrate their participation in this important program. As a community, let us continue supporting our students as they express themselves creatively by showcasing their art in our workplaces, by volunteering as judges and as Reflections committee chairs, and by supporting the Reflections program. As Maya Angelou once said, "You can't use up creativity. The more you use, the more you have."

For more information on the Reflections Program, please visit: ecccpta.org/reflections. 



Jennifer Saboura is the Health & Wellness Chair for the East Cobb County Council of PTAs. Jennifer is also the Health & Wellness Co-Chair for the Mountain View Elementary PTA. She and her husband reside in East Cobb along with their three sons, students at Mountain View Elementary School.




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2016 EASTER EGG HUNTS

The Easter egg hunt is a combination of Christian and spring celebrations and is a popular tradition throughout the United States. Many East Cobb families with young children enjoy participating in Easter Egg hunts. Here's a short list of some local egg hunts for you to enjoy. Be sure to bring your Easter basket to collect the egg.

March 18: 6:30pm

Laurel Park

151 Manning Road, Marietta
770-794-5601
www.marietta.com/laurel-park-easter-egg-hunt

March 20: 1:30pm

McCleskey-East Cobb YMCA

1050 East Piedmont Road, Marietta
770-977-5991 • www.ymcaatlanta.org/mcy

March 23: 6:15pm

Mt. Zion United Methodist Church

1770 Johnson Ferry Road, Marietta
770-971-1465 • www.mtzionumc.org

.....

March 26: 12pm

East Cobb United Methodist Church

2325 Roswell Road, Marietta
770-971-3643 • www.eastcobbumc.org
(2nd-5th grade at 12:15pm, Toddlers and 2's at 12:45pm, and 3's-1st Grade at 1:15pm) Bring a lunch and have a picnic and play games between hunts!

March 26: 6pm

Eggstravaganza Under the Stars

Al Bishop Softball Complex in Marietta,
1082 Al Bishop Drive Marietta
770-528-4333
The 2016 "Eggstravaganza" will feature an evening egg hunt under the stars, bring your flashlights. There will also be children's art activities, live entertainment, inflatables, hula hoop contest, tug-of-war contest, musical chairs, food vendors and more.

March 26: 9am

Mountain View United Methodist Church

2300 Jamerson Road, Marietta
770-928-0050 • www.mvumc.org
Free pancake breakfast preceding hunt.

March 26: 9am

Mt. Bethel United Methodist Church

4385 Lower Roswell Road, Marietta
770-971-2880 • 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, the Easter Bunny.


March 26: 11:30am

Northeast Cobb Community Egg Drop

Sprayberry High School
2525 Sandy Plains Road, Marietta
770-423-1330 • pjezerinac@jrmmanagement.com

March 26: 9am

St. Andrew United Methodist

Breakfast with the Easter Bunny and egg scramble
3455 Canton Rd, Marietta
770-926-3488 • www.thepumpkinchurch.org 



CONSIGNMENT SALES SCHEDULED FOR THIS SPRING

Consignment shopping is a popular trend, especially for baby and children's items. Kids grow so fast, and items like clothes, strollers, car seats, cribs and toys many times seem barely used. Seasonal consignment sales offer a unique venue for both sellers and shoppers. To help parents save some money on children's clothes and accessories, EAST COBBER editors have compiled a list of consignment sales and shops in the East Cobb area.

MARCH 4-5

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

MARCH 4-5

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, Fellowship Hall, Building B
814 Mimosa Boulevard, Roswell
More info: 770-993-6218 or www.rumc.com/rumck

MARCH 10-12

Lil' Lambs Closet Children's Consignment Sale. Gently used seasonal baby and children's clothing, maternity clothing, toys, books, DVDs, car seats, high chairs, strollers, baby bedding, nursery and children's furniture. Proceeds benefit church ministries and community missions. Thursday Private Preview Sale volunteers starting at 11am; consignors 12pm. Thursday Public Preview Sale from 2-8pm (with \$5 admission fee). Friday: 9am-7pm. Saturday: 9am-1pm. Many items half price on Saturday.
Marietta First United Methodist Church
56 Whitlock Avenue, Marietta
More info: 770-429-7800, ext. 7812 or www.lil-lambs.org

MARCH 11-12

Lil' Blessings Spring & Summer Consignment Sale. Premium, gently used children's items. This sale will include gently used children, Jr., and maternity clothes, toys, books, infant items (furniture, accessories, etc.), games, sports equipment, DVD's, and so much more! Friday: 9am-7pm. Saturday: 9am-1pm.
Kennesaw First Baptist Church
2958 N. Main Street, Kennesaw
More info: 770-427-3109 or www.kfbc.org

MARCH 12

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.
Sandy Plains Baptist Church
2825 Sandy Plains Road, Marietta
More info: email sale@nowamom.org or visit our Facebook page, NOWAMOM KIDS CONSIGNMENT SALE

MARCH 18-19

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 18-19

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

Content + Community + Commerce = **EAST COBBER**

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 list of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

Saving Money While Owning a Vehicle

March 8 | 10-11:30am

Free/Registration required

Owning a car is expensive. Come to our seminar and you could save a lot of money each year. Topics to be covered include 10 years or 150,000 miles; New car with no payment; Budgeting for repair and service. Presented by Scott Holton from Aero Auto, there will be a Q & A session.

Nutrition with Richard Dumont

March 10 | 10-11:30am

Free/Registration required

This seminar is a great way to learn very interesting nutritional information in person. The main focus is on understanding how your body works and how to live healthy.

Trusting What Your Tummy Tells You

March 11 | 10-11am

Free/Registration required

Are you experiencing problems with your stomach? Come to our seminar and learn the importance of early preventive care. Presented by WellStar.

Elder Law Issues

March 15 | 10-11:30am

Free/Registration required

Learn the basics of wills, power of attorney, trusts, advance directives and other topics that will help you and your family plan, protect and preserve your assets. Presented by Debra Robinson from Debra Robinson Law, PC.

Better Business Bureau (BBB) Scam Tracker

March 17 | 1 - 2pm

Free/Registration required

BBB Scam Tracker has been launched! This new tracking system provides consumers across North America with a place to report scams and frauds, and to warn others of malicious or suspicious activities. The free interactive online tool offers a heat map showing where scams are being reported. Users can search using a variety of filters to see what scams are happening in their area, or track a particular type of scam, or even see how much money has been lost. Learn how easy this tool is to use! Speaker: Jennifer Bentley from Better Business Bureau.

St. Patrick's Celebration

March 18 | 11am-1:30pm

\$8 Cobb residents; \$10 Non-residents

"Kiss me, I'm Irish," the Leprechauns say as shamrocks and gold coins sparkle as they may; Put on some green and come celebrate St. Patrick's Day! Try a delicious meal: corned beef, cabbage, potatoes, Irish soda bread and green punch. Enjoy Irish dancers from the Mulligan School of Irish Dance. This event is sponsored by Parc at Piedmont and Cigna HealthSpring.

AARP Smart Driver


March 24 | 9am- 4pm

\$15.00 AARP members, \$20.00 Non-members

Bring a lunch. Check with your insurance company about a possible discount.

Dine-A-Round: Movie Tavern

Thursday, March 31 | 11am - 3 pm

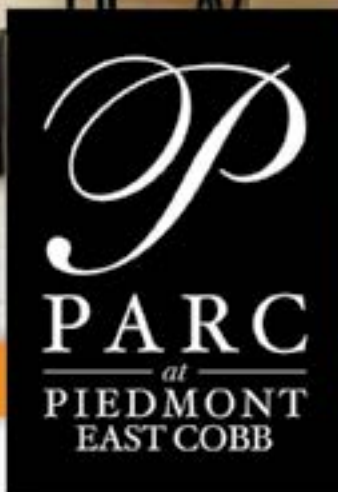
Time & Date subject to change. Movie Tavern, 4651 Woodstock Road, Roswell 30075. Call the center for more details. Cash payment only, paid at the front desk. 



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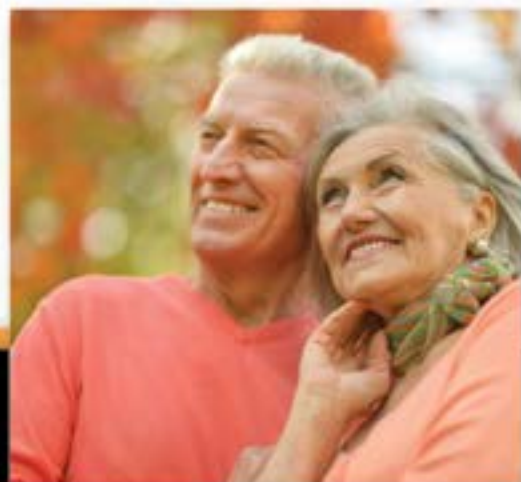


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LEARN HOW TO AGE BY DESIGN AT UPCOMING SUMMIT AND EXPO

“Are you aging by design?” The Aging by Design 2016 Summit and Expo seeks to answer that question by providing invaluable information to help you shape the life you want to live and help you plan for the future.

Register now to attend the Summit and Expo on Saturday, April 30, featuring keynote speakers Coach Vince and Barbara Dooley. Coach Dooley is one of the winningest coaches in college football history and a member of the College Football Hall of Fame. He led the University of Georgia Bulldogs for 25 years and won six SEC championships and a national championship. Barbara has been married to this legend for almost 50 years and is a well-respected author, radio and television personality, non-profit volunteer, career woman and dynamic speaker. Together, the Dooley's exemplify the importance of living a healthy lifestyle that includes nutrition, recreation and connecting with others.

This event, sponsored by WellStar Health System, begins at 9am and will be held at Roswell Street Baptist Church, 774 Roswell Street, Marietta 30060. Following the keynote speakers, there will be an Expo, featuring many local businesses related to living well. Representatives will be able to answer your questions about retirement planning, travel, home health, in-home care, many housing options—including independent, assisted and retirement—and more. Free health screenings will also be available from 10am to 2pm.

Registration is now open and this is an event you won't want to miss. You may register online through www.CobbSeniors.org or by visiting any Cobb County senior center. Early registration is \$5 per person and includes continental breakfast. Early registration is available until 5pm, Friday, April 22. Registration after the deadline is \$10 per person and does not include breakfast.

If you have questions about the Summit and Expo, please call 770-528-5356. ☎



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A photograph of two women sitting at a desk in a classroom or lecture hall. The woman in the foreground is older, with short white hair, wearing a white t-shirt and a gold watch. She is resting her chin on her hand and looking thoughtfully to the side. The woman in the background is younger, with blonde hair and glasses, wearing a red t-shirt. She is also looking to the side. They are both holding pens and looking at papers on the desk.

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POPE HS STUDENTS MAKE ELDER'S DREAM COME TRUE



Pope High School students surround Second Wind Dreams recipient, Phil Pennartz. From left to right: Grace Talbot, Shelby Stokes, Neal Seymour, Cory Morris, Blake Rogers, Andrew Baker, Spencer Clay, and Erika Sprecher.

Through the PTSA Community Outreach program, chaired by Pope PTSA Vice President Cassie Rogers, Pope High School students partner with local non-profit organizations to earn community service volunteer hours and to promote the importance of civic responsibility and 'giving back' to our community.

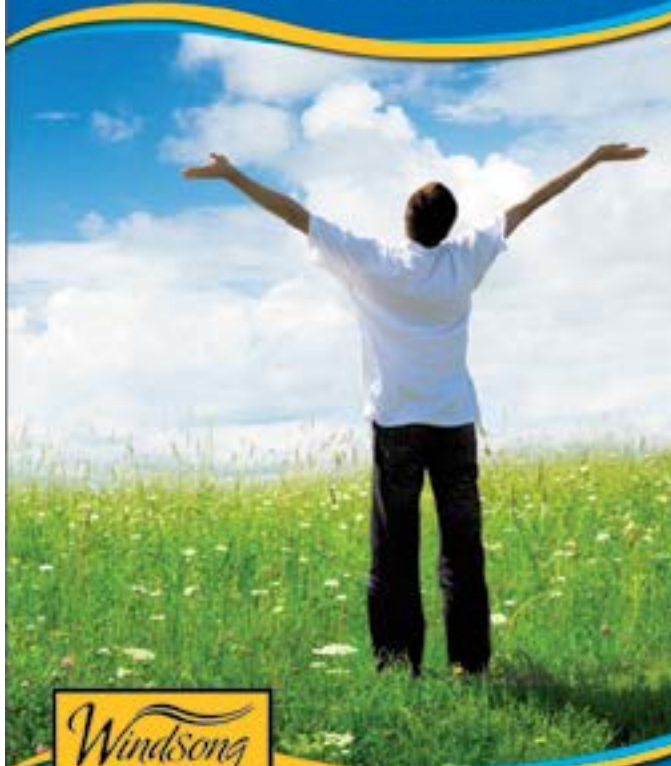
One of the Pope Community Outreach program's most beloved organizations is Second Wind Dreams which was founded in 1997 to discover the dreams of elders and make them come true. Pope HS Community Outreach students visit local elder care communities to speak with elders in hopes of uncovering a dream that the team, affectionately known as the "Dream Team" can make come true.

On a recent discovery mission at Arbor Terrace of East Cobb, Pope sophomore Cory Morris met Phil Pennartz, an 80-year-old veteran, and through the course of their conversation, Phil revealed that he had always wanted to fly a plane. Cory relayed this information back

to the "Dream Team" who put the plans in motion to make Phil's dream a reality. Pope parent Paul Thomas, a Delta pilot and flight simulator instructor, facilitated the visit to Delta World Headquarters in Atlanta for a tour of the operations center and a trip in the Boeing 777 flight simulator. Phil, dressed in official pilot gear and assisted by eight Pope HS "Dream Team" members, learned to fly a Boeing 777 and received his honorary flight training certificate. In Phil's words, he experienced "the best day of my life.... I had goose bumps."

All it takes is a motivated group of high school students with a huge heart, a lot of initiative and great planning skills to treat a member of our elder community to "the best day of his life," says Cassie Rogers, Pope PTSA Community Outreach Chair. Thanks to the wonderful partnership between Pope PTSA Community Outreach, Second Wind Dreams, Delta Airlines and the incredible staff at Arbor Terrace of East Cobb Senior Living Center, Phil walked away with a full heart and a huge smile. 🙌

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CLUB CALENDAR

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

East Cobb Business Association. Luncheon and featured speaker. Third Tuesday each month. 11:30am-1pm. Indian Hills Country Club, 4100 Clubland Drive, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobba.com.

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

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

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

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

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

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

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

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

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

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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, McBreath 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 jerryk623@aif.net.

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

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

IMPS Bridge Club An offshoot of the former Newcomers Club of East Cobb, looking for new members. Various formats, dates and times available. For more information contact Roni Fink @ 404-310-3448 or phingue999@AOL.com.

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

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

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

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

Marietta Kiwanis Club. Every Thursday, 12noon. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, pathuey@comcast.net or www.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 Wellness Club. Last Sunday of the Month, 5pm. Sweetwater Creek State Park, 1750 Mt Vernon Road, Lithia Springs 30122. More info: Dr. Suane Cox, 404-558-5006 or Sandy 404-446-6093.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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SUPPORT GROUPS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Divorce Support Group. Every Thursday through May 31. 6:30pm. Mt. Bethel UMC (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, or www.chadd.net/300.

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

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

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

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

Fractured Families for Parents Estranged from their Children. Second and 4th Sunday. 6:30pm. Call for location. More info: Sandy 404-446-6093.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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