

February 2018

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20th Annual
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Guide
PAGES 30-36

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Singing Valentines [PAGE 7](#) | Winter Break Camps & Activities [PAGE 20](#) | Pet of the Month [PAGE 38](#)



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PUBLISHER'S NOTE



Last month, the police from Precinct 4 selected me to be their Citizen of the Year! I am honored and humbled to accept this award and to join other Cobb Countians from other precincts who were spotlighted at the Cobb County Public Safety Department's Awards Banquet. What a gift to me that throughout my years in East Cobb — not just as publisher of the EAST COBBER magazine and producer of the EAST COBBER Parade & Festival, but as a resident — I have had the opportunity to get to know many police officers and shine a light on their hard work and "heart" work to the larger community. If you'd like get a behind the scenes look at how our police and fire departments work hard to keep us safe, I would encourage readers to sign up for Cobb County's Citizens Public Safety Academy. See page 17 for details.

This edition also marks the 20th anniversary of the special section, "Child Care and Preschool Guide." Born out of my own search for quality child care for my then preschool-aged children, I realized that other parents may be in search of those services. After hours of research and revisions, I am proud to present not only the plethora of child care and preschools offered right here in our own backyard, but also the high caliber of child care facilities that play a vital role in the healthy development of our children. The information on pages 20-26 fulfills the EAST COBBER's mission to provide, you, the reader with useful and relevant information about our community.

Most of us do not consider our work in a romantic way. But I believe work as a parent, a teacher, volunteer or whatever vocation we pursue allows us to show our love for others by contributing our talents for a greater good. The poet Kahlil Gibran observed, "When you work, you fulfill a part of earth's fondest dream assigned to you when that dream is born." This edition of the EAST COBBER spotlights those people in our East Cobb community fulfilling their part of the "earth's fondest dream" by working from the heart. From the Big Chicken Chorus's annual Singing Valentine's fundraiser (page 7) to the health and wellness professionals that inspire us to get in better shape (see pages 42- 53). In fact, on Saturday, February 10, the EAST COBBER is promoting the First Annual East Cobb Fitness Crawl as a fun (and free!) way for residents to discover the local fitness professionals that are here to help us get fit! Check out the details on pages 52 and 53!

Working from the heart,

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

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

On the Cover

This month's front cover features **KELLY+CO**, East Cobb's #1 Real Estate Team.

KELLY+CO members pictured here are Katie Perkins, Sara Bertino, Stephen Lee, Ashley Hill, Aaron Allen, Nicole Miller, Danielle Peña, Kelly Allen & Andi Jowdry.

In business for 20 years, **KELLY+CO** helped more East Cobb families than any other Realtor in 2017 & sells homes for 4% more and 2 weeks faster, on average!

Because most of the team lives in East Cobb, they are able to help both buyers and sellers with their focused expertise and commitment to excellent customer service.

KELLY+CO's office is located at 3730 Roswell Road, Suite 150, in Marietta/East Cobb.

For more information, visit www.LiveLoveEastCobb.com, www.KellyCoHomes.com or call 770-766-9222.

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Week 4 6/18-6/21
Week 5 6/25-6/28**



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BIG CHICKEN BARBERSHOP CHORUS OFFERS SINGING VALENTINES

It's that time of year again! Do something unique and very memorable for that special someone in your life! The Big Chicken Chorus will be delivering Singing Valentines Wednesday, February 14: 9am to 9pm. Deliveries are primarily in the Northwest Metro Atlanta area, with coverage of Cherokee, Cobb and Fulton Counties. Singing Valentines can also be delivered by phone anywhere in the continental U.S.


A surprise visit from a quartet, dressed in tuxedos with a Valentine's Day red vest and bow tie, will deliver a live red rose, a card with your personal message, and two sentimental love songs to your significant other at the location of your choice - home, office, school, restaurant, or other public location. These deliveries can also provide a memorable experience at the office as a gift from the staff to the special receptionist, office administrator or the occupant of the "corner office," or to the staff from management.

The telephone deliveries are \$25. Prices begin at \$50 for a live delivery within a three-hour time window, but arrangements can be made for delivery with a shorter time window at an additional charge.

Orders are already being scheduled and they do have a limited availability of quartets. Deliveries are arranged on a first come, first served basis, so make your plans early and place an order by visiting



www.ordersingingvalentine.com/BigChickenChorus.GA
or by phone to our Singing Valentines hotline at 470-349-0550. Inquiries or requests for additional information can also be made by email to SingingValentines@BigChickenChorus.org.

The Big Chicken Chorus is the performing chorus of the Marietta, GA, Chapter of the Barbershop Harmony Society. The Marietta, GA, Chapter of the Barbershop Harmony Society is a 501 (C)(3) non-profit organization and a member of the United Arts of Cobb County and the Cobb County Chamber of Commerce. 



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LOCAL LITTLE HELPERS VOLUNTEER ON MLK DAY

On January 15, 2018, millions of Americans came together to volunteer and honor the legacy of Dr. Martin Luther King, Jr. who never stopped asking the question, "What are you doing for others?" The MLK Day of Service is a moment to work together to fulfill King's vision for a better America - it's a day "on" instead of a day off.


Little Helpers of Atlanta is one of the many local groups that got involved this MLK Day. Members of Little Helpers of Atlanta joined Jewish Atlanta to complete various service projects throughout the area. From Midtown to Sandy Springs, East Cobb, Dunwoody, John's Creek and Morningside, volunteers packed and sorted food, cooked meals for the hungry, spent time with residents of a women's shelter, delivered treats to firefighters, played games with seniors at a nursing home, repaired and cleaned books, assembled toiletry bags for the homeless and made toys for pets at an animal shelter. Other Little Helpers volunteers took part in projects in their communities like trash pick up at the Chattahoochee Nature Center.

"A big thanks to Jewish Atlanta, In the City Camp, Camp Ramah Darom, Congregation B'nai Torah, The Weber School, Jewish Federation of Greater Atlanta, and JF&CS Atlanta for organizing the day-long event," shares Tran Bui Smith, founder of the local chapter of Little Helpers.

Little Helpers has been helping children help others since December 2010. The family volunteer group holds



William and Elijah Cooke of Marietta delivered treats and thank you notes to firefighters at a fire station in East Cobb.

monthly service projects for children of all ages. The program is designed to help young people understand the value of volunteering, recognize the blessings in their lives, broaden their community perspective and feel the sense of accomplishment received from lending a helping hand. The ultimate goal of the program is to raise confident children who see giving back to the community as a normal aspect of their lives. Little Helpers was created in Memphis, but today has chapters across the country including the Atlanta area. For more information, you can find the group on Facebook at www.facebook.com/pages/Little-Helpers/220754001299924. 

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FEES TO CHANGE AT COBB COUNTY PARKING DECKS

Facing a \$30 million budget shortfall, the Cobb Board of Commissioners has been looking for ways to cushion the budget deficit. One tactic was to increase parking fees. So, last month the Commissioners voted to increase parking fees and set new, extended hours for paid parking. Patrons of the parking decks currently pay a flat \$5 on weekdays between 7am and 5pm with parking on weekends free.

New parking deck fees and procedures took effect February 1 at the two Marietta Square locations: 100 Cherokee Street and 191 Lawrence Street Parking deck patrons will pay at kiosks and upon exit. No cash will be accepted; debit and credit cards only. The fees will be effective 6am - 8pm, Mondays through Saturdays. The decks will be free on Sunday. Here are the new parking fees:

- First 30 minutes: free
- 31 minutes-two hours: \$2
- Two-five hours: \$5
- More than five hours: \$7
- Lost ticket: \$7

Monthly parking passes are available. For more information, call 770-528-2100. ☎

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EAST COBB COUNTY COUNCIL OF PTAS CELEBRATES THE ARTS!

By Rachael Astorga, East Cobb County Council of PTAs Reflections Chair

“**W**ithin Reach.” If you were to show what is “within reach” in a painting, drawing, or photograph, what would it look like?

This fall, over 1,000 East Cobb students pondered that question and created original dances, music compositions, short stories, poems, paintings, films and sculptures that reflected who they are, what they dream of and where they want to go in life.

Each fall, PTAs serving our schools across the country participate in the National PTA Reflections Program, and our East Cobb County Council of PTAs (ECCC PTA) and East Cobb schools also embark on this journey together to celebrate our children's artistic ability. National PTA Reflections is America's oldest and largest arts education program of its kind. The program was developed in 1969 by Colorado's PTA President Mary Lou Anderson to encourage students to explore their talents and express themselves. Since then, the Reflections Arts Program has inspired millions of students to reflect on a specific theme and create original artwork. Each year, students in grades K through 12 are recognized for bringing the theme to life through Film Production, Dance Choreography, Literature, Music Composition, Photography, and Visual Arts.

During the fall, students work tirelessly on their entries, which are judged at the local school level on how well they represent the year's theme, which currently is “Within Reach.” Winning entries from each of our 35 local East Cobb schools advance to represent their school at an additional level of judging, coordinated by our ECCC PTA. For the ECCC PTA Reflections Art Contest, judges select winners for each grade level and category, and those entries advance to the Georgia PTA competition. Subsequent winning entries move on to the National PTA Reflections contest. Judges look for personal interpretations of the theme that best exemplify creativity and technical skill.

This year, over 1,000 East Cobb area students participated in the Reflections program at their schools, and 450 winners advanced to the ECCC PTA level of the competition. After conducting its own contest, the ECCC PTA submitted 129 winning entries to the Georgia PTA Reflections contest. 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 January.

Taking part in the Reflections program is a powerful way for students to engage in and explore the Arts. As an Arts educator, I have seen the power of transformation that the Arts can have on a child. Nothing can explore and develop students' creativity and imagination better than participation in the Arts. Art helps children understand other subjects much more clearly—from math and science, to language arts and geography. 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.

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



Rachael Astorga is the Reflections Chair for the East Cobb County Council of PTAs and the art specialist at Mt. Bethel Elementary. While not teaching art, she is also the proud mom of three children who attend East Cobb schools.

COMING IN OUR MARCH ISSUE OUR ANNUAL HOME & GARDEN GUIDE



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THE IMPORTANCE OF BABY TEETH

Having gone through the terrible twos, tiring threes, and frustrating fours with each of my three children, I have become adept at manipulating a Sesame Street spin brush with banana-berry toothpaste around the mouth of a wiggly little one while, for the purpose of distraction, I sing "Great, green gobs of greasy, grimy, gopher guts." Being a dentist, I know the importance of keeping my little ones' teeth healthy, but many of my patients have questioned why decay in a baby tooth needs to be treated when the tooth is going to come out anyway.

Baby teeth begin erupting into the mouth around the age of 6 months to one year, and some remain in the mouth until the age of 12 or 13. These primary teeth have several important functions: for chewing and good nutrition, for speech and jaw development, as placeholders for permanent teeth, and for self-esteem.

Getting proper nutrition is critical for growth during childhood. Teeth are needed to incise and crush food, and if teeth are damaged or missing, eating those healthy vegetables and other nutritious foods becomes

difficult. When speaking, the tongue and lips must manipulate the air to make sounds. If during speech development, teeth are broken or missing, this learning process becomes more challenging. Baby teeth also hold the space for the permanent teeth hiding underneath so that those teeth will have a place to erupt into the mouth. Without the baby tooth above it, a permanent tooth may find that other teeth have drifted into its place, causing it to erupt into an abnormal position or not erupt at all! A badly decayed baby tooth can have an infection beneath it that damages the permanent tooth below. In addition, decay can make teeth so sensitive or painful that concentrating on schoolwork becomes impossible. And a healthy smile is important in developing self-esteem...especially in those difficult school years.

Help your child maintain a healthy mouth by brushing his or her teeth twice a day as soon as the first baby tooth is seen. Most children will need assistance with brushing properly for many years as the permanent teeth

erupt. A pea sized amount of fluoride toothpaste can be used when your child has learned to spit out, as too much swallowed fluoride can cause nausea and vomiting and over time can cause fluorosis, or spotting of the teeth. Flossing once a day should be added to the routine once there are at least two teeth that are touching each other. Drinking more tap water, which has fluoride (unlike many bottled waters,) and limiting your child's intake of juices and carbonated beverages can also help to prevent cavities.

Lastly, be sure to bring your child to the dentist within six months of the eruption of his first tooth. It is never too early to help your child develop good dental habits!



Dr. Cristi Cheek is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

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"Friends For A Cure" Team



Lee Proper and Max Winkler



"The Incredibles" Team: Maddy Long, Jacey Ice, and Maille Heneghan

The Leukemia & Lymphoma Society's (LLS) Student of the Year campaign is a six-week initiative in which nominated high school students participate in a fundraising competition to raise funds for LLS and win the title Student of the Year. Candidates raise funds in honor of blood cancer patients and survivors. The candidate who raises the most money at the end of the six weeks is named "Student of the Year" and wins a scholarship to the school or university of their choice.

The program is a fantastic opportunity for local area high school students enrolled in public or private schools who are enthusiastic about volunteerism, philanthropy, community outreach, and developing leadership skills to participate in the fight against blood cancers. There are 20 teams/30 students in total from the Atlanta area competing in the "Student of the Year" campaign – 3 teams are from East Cobb County.

The "Friends for a Cure" team is led by Addison Kerns, junior at Wheeler High School, and Emma Loftin, a junior at Walton High School. They are raising money in honor of Peyton Gully. The rest of the team includes:

- > Lucy Loftin - 5th grader at East Side Elementary School
- > Phoebe Goodwin - sophomore at Pope High School
- > Barrett Meadows - sophomore at Johnson Ferry Christian Academy
- > Olivia Conklin - sophomore at Wheeler High School
- > Anna Currant - junior at Wheeler High School

- > Claire DeCastro - junior at Walton High School
- > Grace Empric - junior at Pope High School
- > Katie Jordan - junior at Walton High School
- > Emma Morris - junior at Worthington Christian High School, Columbus, Ohio
- > Amelia Ritch - junior at Walton High School
- > Emily Roach - junior at Walton High School

Donations to the "Friends for a Cure" team can be made online via this link: events.lls.org/ga/AtlantaSOY2018/FriendsForACure

Two more East Cobb teens, Max Winkler and Lee Proper, both from Pope High School are also raising funds for LLS. Lee is raising money in honor of Peyton Gully (a classmate and friend). Max is raising money in memory of his Grandpa, Harold Winkler. Peyton Gully was diagnosed with ALL and AML leukemia in January 2017. After initial treatment, she went into remission for about two months before the cancer came back. Recently, she has received additional treatment and again has gone into remission. She just received her bone marrow transplant to prevent the cancer from coming back. Lee is doing this campaign to honor Peyton and so other kids do not have to fight the cancer Peyton has.

Max lost his grandfather, Harold Winkler, to leukemia (CLL/AML) in September 2015. Max saw his grandfather courageously battle the disease for over five years. Despite his illness, he kept a positive attitude and did not allow the disease to stop him

from enjoying his family and hobbies. Max is doing the campaign in honor of his grandfather's memory and to help find a cure for blood cancers.


Here is their fundraising link: events.lls.org/ga/AtlantaSOY2018/MaxandLee

Another fundraising team also hails from East Cobb. Maille Heneghan, Jacey Ice, and Maddy Long—all from Pope High School—were honored to announce their candidacy for the Leukemia & Lymphoma Society's Students of the Year Fundraising Campaign. The three girls named their fundraising team, "The Incredibles" and are working hard to reach their goal of \$10,000 in just 6 weeks of fundraising!

Maille, Jacey, and Maddy all have personal connections to blood cancers/disorders, and that is why they have decided to take action and raise funds for cancer research through LLS! Each year, the Students of the Year Campaign has an "Honored Hero", and "The Incredibles" have named Alyssa Howell as their honored hero. Alyssa was diagnosed with blood cancer in 2013, and now is in full remission. Due to her blood cancer, Alyssa has dealt with some other serious medical issues, such as having open heart surgery.

Here is their fundraising link : events.lls.org/ga/AtlantaSOY2018/TheIncredibles

This year's program kicked off on January 12, 2018. For six weeks, the candidate teams are focused on raising as much money as possible for LLS and the mission. The campaign culminates in a Grand Finale Gala on March 3 which will include a reception, silent auction and awards presentation at the The Georgia Aquarium. For more information on the Student of the Year campaign, visit: www.lls.org/ga or contact Chantal Robertson, Sr. Special Events Manager, at: Chantal.Robertson@lls.org or 404-720-7849.

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services. It is estimated that there were approximately 4,530 new diagnoses for blood cancer in Georgia in 2016. Visit www.lls.org/ga. 

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HOT ISSUES TO BE TACKLED DURING GEORGIA'S LEGISLATIVE SESSION

State lawmakers from around Georgia gathered January 8 in Atlanta for the annual, 40-day legislative session. It is Gov. Nathan Deal's last session to move his major policy issues--education reform, economic development and criminal justice reform--forward as he finishes his second term in office. Every two years, elections are held for all of Georgia's 56 state Senate seats and 180 state House seats. This legislative session will progress in the shadow of the May primary for all statewide offices, including the races for governor and lieutenant governor. Here are some of the top legislative issues to watch:

ADOPTION

House Bill 159 is intended to modernize the state's adoption laws which have not been updated since the mid 1980s. The Adoption Bill makes it easier and faster to adopt children and place more of the state's 14,000 foster children with families. The latest version of the adoption measure drops "religious liberty" provisions that doomed the legislation last year. Those provisions would have allowed faith-based agencies to avoid placing children with same-sex couples. Opponents of the provision said the language would discriminate against LGBTQ families who are looking to adopt. Gov. Nathan Deal and House Speaker Ralston have called for the bill to pass



without "religious freedom" language. At press time, this bill had passed the Georgia Senate. The bill was going to the Georgia House.

BUDGET

This legislative session will have to approve Georgia's budget for the 2019 fiscal year which runs July 1, 2018 through June 30, 2019. The total budget available to the state is approximately \$50 billion. That includes \$26 billion in state funding, approximately \$14 billion in federal funding, \$4 million in Intra State Government transfers and \$6+ billion in other funds. The legislature must address the growing gap between pension funding and pension obligations for state employees and teachers. Legislators need to deal with the increase in medical costs for the state employee health plan that continues to significantly exceed member contributions. Combined, these mandatory spend items will consume much of the available new funding on the cash side of the ledger. Due to the state's strong credit position, expect to see another substantial bond package to fund a range of infrastructure priorities. (Source: Lexology)

CONFEDERATE MONUMENTS

The violence in Charlottesville, Virginia, that erupted last year over a plan to remove a statue of Robert E. Lee revived the conversation in Georgia about the fate of Stone Mountain and the many other memorials to Confederate leaders around the state. Current state law states it is illegal to “mutilate, deface, defile, abuse contemptuously, relocate, remove, conceal or obscure” Confederate monuments. HB 650 would amend state law to allow local governments to alter, conceal or remove any Confederate monument, plaque, marker, or memorial within the jurisdiction through the adoption of a resolution.

HEALTH CARE

Legislative committees were formed to evaluate the issues relating to disparities in health outcomes and publish its findings with recommendations. Diabetes, opiate abuse, and obesity were just some of the health problems cited in the reports. Medicaid reform, hospitals’ Certificates of Need, and telehealth technologies will also be debated. The Senate Study Committee also took an in-depth look at the physician shortage. It explored how APRNs in Georgia could be a part of the solution for the access to healthcare crisis across Georgia which is particularly severe in the state’s rural areas. Many citizens of Georgia do not receive any care or drive long distances beyond their own counties to access primary care and other health services. Finding access to quality healthcare for all communities may be possible if Georgia follows the national trend removing legal barriers for APRNs to practice at the fullest scope of their education, training and certification.



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MASS TRANSIT

Legislators have been looking into the issue of regional transportation with last session’s formation of the Georgia Regional Transit Council, which is supposed to develop a statewide plan for a “seamless transportation network with dependable trip times for commuters.” The topic of mass transit has been gaining momentum as the state continues to grow and is looking to attract businesses. The commission has yet to release its recommendations but will continue to look at the issue through the end of this year.

OPIOID ABUSE

Opioid abuse is another issue expected to come up. President Donald Trump declared Opioid Abuse a public health emergency in late October 2017, calling it “the worst drug crisis in American history.” According to a Georgia Senate report, 68 percent of the drug overdoses in Georgia in 2015 were due to opioids. Legislation that lawmakers are working on will address recovery centers, patient brokering, access to NARCAN — which is an agent used to counteract and reverse an overdose — and insurance fraud.

RURAL DEVELOPMENT

Last year, Georgia lawmakers crisscrossed the state visiting rural Georgia counties and held meetings with residents about what their county needs. That led to a report that found several common needs in rural communities: education, workforce development, broadband internet access and healthcare. In December, the House Rural Development Council released its recommendations for changes to policies around health care, economic growth, education and telecommunications. Many of those recommendations are set to become legislation. The suggestions range from expanding internet access in rural areas to potential tax breaks for people who move to rural counties. 



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EAST COBB STATE LEGISLATORS

The General Assembly meets in regular session starting the second Monday in January for no longer than 42 days each year. As the new Georgia General Assembly gathers for the 2018 session, the EAST COBBER monthly presents the state legislators that represent the East Cobb area. Citizens interested in locating the legislator that represents them may call Cobb County Board of Elections at 770-528-2300.

State Representatives - East Cobb County



Sam Teasley (R) District 37
404-656-5025
Sam.teasley@house.ga.gov



Teri Anulewicz (D) District 42
404-656-0116
Teri@teriforgeorgia.com



Sharon Cooper (R) District 43
404-656-5069
sharon.cooper@house.ga.gov



Don Parsons (R) District 44
770-977-4426
repdon@donparsons.org



Matt Dollar (R) District 45
404-656-5138
matt.dollar@house.ga.gov



John Carson (R) District 46
404-656-0287
john.carson@house.ga.gov

State Senators - East Cobb County



Jen Jordan (D) District 6
404-656-6446
Jen@jen4ga.com

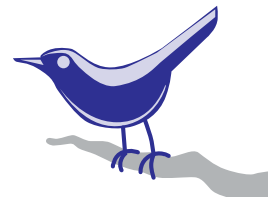


Kay Kirkpatrick (R) District 32
404-656-0150
Kaye.kirkpatrick@senate.ga.gov



Michael Rhett (D) District 33
404-656-0054
Michael.Rhett@senate.georgia.gov

@eastcobber



SIGN UP FOR COBB COUNTY'S CITIZENS PUBLIC SAFETY ACADEMY

The Cobb County Department of Public Safety (DPS) is announcing its Spring session of the Citizens Public Safety Academy (CPSA).

This 14-week program provides an opportunity for Cobb County citizens to obtain an insider's look into the various entities that comprise the Department of Public Safety. During the course, participants will gain knowledge and insight as to how the Police, Fire, Animal Control, and 911 departments are organized and the important role each plays in fulfilling the myriad tasks that ensure the safety of all the citizens of Cobb County.

In order to participate, interested citizens should either live in Cobb County or work for Cobb County government or schools and be at least 21 years of age.

The Spring Academy start date is Tuesday, March 6, 2018 at 6 pm at the Cobb County Public Safety Training Academy located at 2109 Valor Drive, Marietta 30008.

To be accepted into the program, citizens must fill out an application. This application can be emailed to you or be picked up in person at the DPS Training Center located at 2109 Valor Drive, Marietta, GA 30008. The completed application will need to be taken to the Cobb County Public Safety Internal Affairs Department located at 1150 Powder Springs Street, Suite 300, Marietta 30064 by Monday, February 26 at 3pm. It is suggested to bring your driver's license with you as they will need to make a copy for the application process.

Applications that are waitlisted will be held over to the Fall 2018 program if necessary. If you do not have an email address, please make sure to provide a phone number.

The first night of the CPSA will meet at the Cobb County Public Safety Training Academy, 2109 Valor Drive, Marietta, 30008. Participants will meet the training staff, receive a presentation and tour the Academy grounds. Please note the first night begins at 6pm and all subsequent sessions will meet at 6:30pm at various Cobb County Public Safety locations. Classes will be conducted every Tuesday evening for 14 weeks, with graduation being the 14th week. A few of the planned activities include:

- > Meeting with distinguished members of the Public Safety Department
- > Touring the 911 Communications Center and the Medical Examiner's Office
- > Receiving demonstrations from DPS Police Training on weapons/firearms safety and defensive tactics.
- > Participating in classes from the Fire Department special operations, i.e., Hazardous Materials, Heavy Rescue Squad.

The complete schedule will be given out on the first night along with other information. If you have any questions, contact Training Registrar Mallorie Wheat at 770-590-5650. 📞

Call for Entries: Mother of the Year 2018 Essay Contest

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 7, 2018



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APPLICANTS AND DONATIONS NEEDED FOR **MARGIE HATFIELD PTA SCHOLARSHIP**

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

This year, the Margie Hatfield Scholarship Fund will once again award a \$1,000 scholarship to one student from each of the six high schools located within the East Cobb County Council (Kell, Lassiter, Pope, Sprayberry, Walton, and Wheeler). The following criteria, listed in order of significance, are used to evaluate applicants: involvement in service-oriented projects, community and extra-curricular activities, leadership, honors and awards, an essay, references, completeness of application, and grade point average. In addition:

- Any graduating ECCC high school senior who plans to enroll in a full-time course of study at an institute of higher learning may apply.
- Scholarship funds must be used for continuing education.
- There is no limit to the number of students that may apply.
- The deadline for receipt of applications is February 28, 2018. Applications will be available in the counselors' offices in mid-January. Students may also download an application from the ECCC PTA website.
- Winners will be notified in early April and honored at the ECCC PTA general membership meeting held on April 19, 2018.

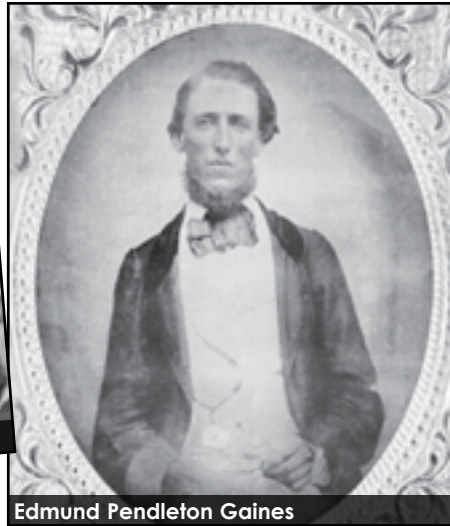
The ECCC PTA relies on donations from the 35 ECCC PTA schools and other community supporters to fund this scholarship. To donate, please contact Patty Pace, ECCC PTA Scholarship Chair, at scholarship@ecccpta.org for more information. ☎

WANTED:

Vintage Photographs and Stories of East Cobb!



Mt. Bethel Girls Basketball Team. 1950-1951



Edmund Pendleton Gaines



Raymond, Cecil, Herbert Moon brothers

Do you have old photographs or vintage postcards of East Cobb County? Are you knowledgeable about your local history? Would you like to help preserve your community's fascinating history?

WANTED... folks to share and pass on memories and knowledge related to East Cobb, its people, places, things and surrounding area. If you live, have lived or have ties to the East Cobb County area, your stories and/or photographs from yesteryear are wanted.

Cynthia Rozzo, founder and publisher of the EAST COBBER, is currently compiling a photographic history of East Cobb and is looking for your help! She is assembling historic images of East Cobb County and the stories that go with them to include in an upcoming book.

Here's a wishlist of photos wanted:

- > East Cobb farm life and farming operations
- > Old church photos
- > Club photos
- > School photographs
- > East Cobb residents with their cars of yesteryear
- > Local residents wearing fashions of the day
- > East Cobb buildings under construction
- > "Old" East Cobb families, such as, Keheley, Dickerson, Lassiter, Blackwell, Powers, etc.

> Political leaders, old political signs from East Cobb

The importance of family collections cannot be overemphasized. Vintage photographs become increasingly fragile and by scanning and reproducing them in a book, they become available for all to see.

"It's going to be a history of our community and we'd like the family histories in there as well," Rozzo said.

To share your photographs and stories, please contact Cynthia Rozzo at 770-640-7070 or you can email your photos as separate jpg attachments to: cynthia@eastcobber.com. "EAST COBBER staff members are available to come by and pick up photos at your home, we'll scan them in the office and safely return your vintage photos," says Rozzo, "We will also be videotaping oral histories. So, if you'd like to share your story, call the EAST COBBER office to schedule an appointment."

Photographs, stories, and pieces of the past — they are all wanted. If you'd like to help keep local history alive by volunteering your talents to this effort, feel free to contact Cynthia@eastcobber.com. ☎

WINTER BREAK CAMPS & ACTIVITIES

The Cobb County School District has created a Winter Break for students. Camps run February 19-23 unless otherwise noted. Want to keep the kids busy during Mid-Winter Break? If you don't want them sitting in front of the television, get them learning and playing at one of these fun activities and camps

FEBRUARY 19

Free Form Lego® Play. Build an item from Lego® Challenge cards or make a structure using your own mental blueprint. No registration required. Ages 5-12 years and their adult caretakers. 2-5pm. Free. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711 or www.cobbcat.org.

FEBRUARY 19-23

D-Bat Winter Break Baseball and Softball Camp. Camp will cover all aspects of the game. Ages 5-12. 9am-2pm, extended camp options available from 8am-6pm. D-BAT Baseball & Softball Academy, 1666 Roswell Road, Bldg 300, Marietta. More info: 678-403-2632 or www.DBATlanta.com.

Windy Hill Athletic Club Winter Sports Camp. Kids can get fit and have fun by participating in our weekly sports camp that builds self-confidence, improves motor skills, and encourages a healthy lifestyle. Pre- and post-camp options available. Ages 5-14. 9am-4pm. \$200 (members); \$300 (non-members). More info: 770-953-1100 or www.midtown.com/atlanta

Covenant Day Camp. Provided for children Kindergarten through 5th Grade. 9am-4pm, extended care: 7am-6pm. Camp Fee is \$25 per day. Covenant Presbyterian Church, 2881 Canton Road, Marietta/East Cobb. More info: 770-422-5130.

Fencing/Ping Pong Camp. Learn about professional fencing and ping pong from Olympic-level coaches. \$199. 8am-5pm. EC Sports, 2550 Sandy Plains Road, Marietta/East Cobb. More info: eastcobbpps@gmail.com or 770-756-7110.

Junior Lifeguard Class. Designed to give participants the foundation of knowledge and skills to be future lifeguards. Participants will learn lifesaving rescue techniques, be able to shadow lifeguards, learn about volunteer opportunities as a Junior Lifeguard at the Y and have fun! Course will include both in water and classroom sessions. Ages 11-15. \$200. 9am-4pm. McCleskey YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991.

School's Out Food Program. Volunteer to help make, deliver and serve lunches to local kids in need during the winter break. 11am-1pm. McCleskey YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991. More info: mistyl@ymcaatlanta.org.

FEBRUARY 19-23

YMCA Dynamite Days Off Camp. Qualified counselors will lead activities that will help build your child's self-confidence, strengthen their social skills, deepen their respect for others and build lasting relationships. 9am-4pm with free before and early care; 7:30-9am & 4-6pm. Ages: 5-12. \$40/day (members); \$60/day (non-members). McCleskey YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991

FEBRUARY 20

Winter Breakout! Can you help save the world from Mr. Magnetic? If so, come to the library to solve puzzles and open locks to stop Mr. Magnetic from scrambling the Earth's magnetic field. Grades 3-5. 1-2:30pm or 3-4:30pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-4964 or www.cobbcat.org.

FEBRUARY 22

Crafternoon STEAM Program. Make a variety of fun crafts during this drop-in program. All supplies provided. Children 9 and younger must be accompanied by a participating adult. 2:30-4pm. Free. Space is limited so registration is recommended by calling. East Marietta Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2711 or www.cobbcat.org

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OLYMPIC GOLD MEDALIST COMING TO EAST COBB

The Peachtree Curling Association will offer two special Learn to Curl classes featuring 2006 Olympic curler Jamie Korab! Jamie is an Olympic gold medalist from Canada. He played on the 2006 Canadian Olympic curling team that won a gold-medal in Turin, Italy. He is visiting the Peachtree Curling facility right here in Marietta/East Cobb as part of a worldwide Olympic celebration tour with the World Curling Federation.

The first set of classes will be offered on Saturday, February 17. Participants will take the typical Learn to Curl class which cover the history, rules, and basics of game play. After learning the basics of curling from Peachtree Curling Club's instructors and Gold Medalist Jamie, participants will be divided up into teams and play a short game. Classes are \$30 per person and will be one hour and 30 minutes starting at 11am, 2pm, 3:30pm, 7pm and 8:30pm. Reserve your spot on www.peachtreecurling.org.

Then on Sunday, February 18, a Kids Curling Class (for boys and girls ages 11-18) will be offered 2-5pm. Students are invited to come learn about the sport of curling and meet Olympic Gold Medalist Jamie Korab in person. The class starts off with a brief review of curling and then participants will head out onto the ice to practice the techniques of throwing rocks, sweeping, and scoring. After your class, kids will enjoy meeting Olympian Jamie Korab with plenty of time for photos and autographs! This event is free but seats are limited, so reserve your spot at www.peachtreecurling.org.

Please bring a clean pair of tennis shoes with you since street shoes are not allowed on the ice. All other equipment will be provided. The rink temperature is 45 degrees so it is recommended that participants wear a hat, gloves, loose, comfortable clothing and dress in layers.

The sessions will be held in the Peachtree Curling Association's facility (specially built for curling) behind the Marietta Ice Rink, 4880 Lower Roswell Road, Marietta/East Cobb. For more information, call 470-729-2875. See you on the ice! 🏒



Photo credit: Curling Canada/Michael Burns

Olympian Jamie Korab

2018 February 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.

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/Adult, \$6/Child (3-12), \$7/Senior 65+, \$7/Student (Ages 13-18), Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

EVERY WEDNESDAY

Family Fun Time is for families with children of all ages. It lasts 40-50 minutes and can include books, activities, a short film, parachute play, music, and a craft. 3:30-4:15pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730.

EVERY FRIDAY

The Gritters Knitters. Do you knit, crochet, or work with yarn in anyway? If you would like to get together to craft, get inspired, and make new friends, then this group is for you. All skill levels are welcome the only requirement is your enthusiasm! Just bring your yarn and yourself. Fridays: 11am-1pm. Gritters Library, 880 Shaw Park Road, Marietta. More info: 770-528-2524.

EVERY SATURDAY

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

FEBRUARY 2-10

Don Quixote presented by the Atlanta Ballet.

Choreographer Yuri Possokhov's *Don Quixote* blends exquisite dancing with an often humorous swashbuckling tale. Travel with the man of La Mancha across the Spanish countryside as he battles imaginary dragons, saves damsels in distress, and encounters a colorful cast of characters along the way. 2pm and 8pm. Tickets: \$20-\$129. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: ticketmaster.com or atlantaballet.com.

FEBRUARY 3

6th Annual Luvin' LAX Youth Clinic. Kick-off your spring lacrosse season with the Lassiter ladies high school team's clinic. All girls from U9, U11, U13, and U15 teams from beginner to experienced players are welcome. Work with Lassiter Varsity Coach, Angela Brunner and the high school payers to improve and learn new skills and techniques. Must bring: lacrosse stick, mouth guard, goggles and athletic shoes. 12-4pm. Clinic fee: \$50 (includes t-shirt, pizza and prizes). Lassiter High School Stadium, 2601 Shallowford Road, Marietta/East Cobb. More info: www.lassiterladieslacrosse.org.

Cobb Chamber of Commerce 76th Annual Dinner.

This black-tie dinner affair celebrates the many accomplishments of 2017 and sets the standard for a successful 2018. 6pm reception. 7pm dinner and program. Tickets: \$175 per person; \$1,500 per table of 10. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: www.cobbchamber.org.

FEBRUARY 3-4

Cobb County Junior Basketball Tournament Championships. Season and championship tournament for 6th-8th graders from Cobb, Cherokee, Paulding, North Fulton, Forsyth and Gwinnett schools. Most Saturday and Sunday games start between 9-11am, check website for updates on times and locations. Tickets: \$5/adult; Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta 3/student; 5 and under free. Final championship game at. More info: ccjbc.com.



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FEBRUARY 5

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

FEBRUARY 6-27 (TUESDAYS)

COPD Academy. Want to learn more about your lungs and Chronic Obstructive Pulmonary Disease (COPD)? A series of 4 classes held every Tuesday. Each week introduces a new topic by subject matter experts. Family members and caregivers welcome to attend. 3:30-5pm. East Cobb Health Park, 3747 Roswell Road NE, Marietta/East Cobb. More info: 770-956-STAR(7827) to register.

FEBRUARY 7

Leah's Story Book Launch. Historian and author Connie M. Huddleston will speak about Bulloch Hall's enslaved population, and will launch her new historical fiction book, *Leah's Story*. Huddleston's book presents a fictional account of one of the Bulloch slaves from early childhood to Emancipation and beyond. Additionally, Bulloch Hall will unveil their new exhibit panel about the Bulloch family's slaves. 7pm. Free, reservations required. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: bullochhall.org.

FEBRUARY 9

Cobb County Master Gardeners Lunch and Learn: Easy to Grow Fruits. You don't have to own a large estate to grow a wide variety of fruits. Former Cobb County Extension Agent Steve Brady will tell you all about the easiest and most adaptive fruits to grow at home! Bring your lunch. 12-1pm. Cobb Water Lab, 660 S. Cobb Drive, Marietta. More info: 770-528-4070 or cobbmastergardeners.com.

Cobb Executive Women Luncheon. Featured Speaker: LaSandra Boykin, Lead Project Manager-Community Engagement, Delta Air Lines, Inc. Program: "*The Three Important P's: Patience, Perseverance, and Passion.*" LaSandra Boykin shares her interesting story about how the three important P's: Patience, Perseverance, and Passion have played roles in both her professional and personal life. Registration/General networking: 11am. Program: 11:15am-1pm. Members: \$25 at door. Guests: \$35 at door. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: Maddie Nachtmann at mnachtmann@cobbchamber.org or cobbchamber.org.

Martinis & Music. Four times a year, people gather at Marietta/Cobb Museum of Art for live music, light refreshments, great art, a cash bar, and a lot of fun. Open to the public. \$10/person. Free for museum members. Regular museum admission rates do not apply for this event. Marietta/Cobb Museum of Art, 30 Atlanta Street, Marietta. More info: 770-528-1444 or mariettacobbartmuseum.org.



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COMMUNITY CALENDAR

FEBRUARY 9

Sweetheart Dance at Northeast YMCA. Celebrate Valentines at the Y! Parents, grandparents, aunts and uncles, invite your special date, ages 12 & under to a semi-formal night with music, dancing, desserts and more. 6:30-8pm. Member: \$5/couple. Non-members: \$10/couple. Northeast YMCA, 3010 Johnson Ferry Road, Marietta. More info: ymcaatlanta.org.

FEBRUARY 9-26

Dirty Rotten Scoundrels presented by Atlanta Lyric Theatre. Based on the popular 1988 MGM film, this musical takes place in the French Riviera. Sophisticated, suave with a good dash of mischief, this comedy features a delightfully jazzy score by David Yazbek (*The Full Monty*). Thursday-Saturday: 8pm. Saturday, February 25: 2pm & 8pm. Sunday: 2pm. Tickets: \$33-\$58. The Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info: 404-377-9948 or atlantalyrictheatre.com.

FEBRUARY 10

1st Annual East Cobb Fitness Crawl. Like a pub crawl, but with gyms instead of regrets. Fitness businesses will hold tours and workouts. This special event offers a variety of fitness activities at local health & wellness businesses so East Cobbers can explore new places and fitness options and find the ones that resonate with them. Free. 8:30am-4pm. More info: eastcobber.com.

FEBRUARY 10

9th Annual Marietta Mardi Gras 5K/1K Run. All proceeds benefit the Junior League of Cobb-Marietta and its community partners. Certified as a Peachtree Road Race qualifier. Start Time: 5K: 8am; 1K: 9am; Tot Trot: 9:15 am. Fees: 5K: \$35; 1K: \$25; Tot Trot: \$15; Phantom: \$25 (T-Shirt Only). Race Start & Finish: Marietta Square, 1 Cherokee Street, Marietta. More info: Skip Breeser, 770-518- 8002, mariettamardigrasrun@gmail.com or marietta5krun.com.

FEBRUARY 10

Annual Lassiter High School Band Mattress Fundraiser. Over 20 different mattresses will be on display. All sizes will be available for sale, with features such as pillow-top, orthopedic, latex, gel memory foam and adjustable beds. Mattresses are brand new with full factory warranty. Every purchase benefits the band. 10am-5pm. Lassiter High School Band Room, 2601 Shallowford Road, Marietta/East Cobb. More info: text 'Lassiter' to 678-999-7278.

Enchanted Evening at the Chattahoochee Nature Center. Whether you're on a first date or have been together for years, come to the Chattahoochee Nature Center for a movie date night. Don't have a date? Grab a friend, bundle up, bring your favorite blankets, and enjoy a movie on their lawn under the stars. Cash bar for your convenience. Bring a picnic dinner. 6:30-9:30pm. Free with admission. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055, ext. 238, or chattnaturecenter.org.

Heartstrings. The Georgia Symphony Orchestra (GSO) string section provides an evening of string music to stir the passions of Valentines weekend. The sounds of Mahler, Mendelssohn, and others create the perfect atmosphere to share with someone special. GSO Principal Harpist Julie Koenig will be featured performing Debussy's *Danse Sacrée* et *Danse Profane*. 8pm. \$10-\$30. Bailey Performance Center, Kennesaw State University, 1000 Chastain Road, Kennesaw. More info: 770-429-7016 or georgiasymphony.org.

Pet Adoption Day. Meet adoptable dogs and cats looking for their FURever home. Adoption fees are a tax-deductible donation to Homeless Pets Foundation and include spaying/neutering, micro-chipping, vaccinations up to date at the time of adoption, one free check-up at Town & Country main vet clinic within 14 days of adoption and a free session with Tenacity dog trainers. 9am-12pm. Janice Overbeck Real Estate, 2249 Roswell Road, Marietta/East Cobb. More info: janiceoverbeck.com.



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FEBRUARY 10

Waldo's Coffeehouse presents Friction Farm. 7pm. Doors open at 6:30pm. Entrance donation: \$10. Snacks and drinks will be provided for an additional donation. Emerson Unitarian Universalist Congregation, 4010 Canton Road, Marietta 30066. More info: uwaldoscoffeehouse@gmail.com or 404-936-4950.

Walton Raider Chase. This 5K will be a celebration of both running and Raider Pride. Olympic style track finish, complete with live music, awards, and raffle prizes. All proceeds benefit Walton Track and Field Cross Country programs. 5K: 8am. \$20-\$30. Walton High School, 1590 Bill Murdock Road, Marietta 30062. More info: waltontrfx.com/raiderchase.

FEBRUARY 10-12 & 16-18

Coming Apart presented by Centerstage North. A funny, refreshing and delightful romantic comedy which opens with the Kittridges saying simultaneously, "I want a divorce." Tickets: \$15. February 10, 11, 16, 17, 18: 8pm. February 12: 2pm. Tickets: \$15 in advance. \$17 at the door. The Art Place Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-331-0079 or centerstagenorth.org.

FEBRUARY 11

Greater Atlanta Coin Show. Many dealers in one place where you can browse, buy, sell or trade coins, currency, bullion, and other collectibles. Experienced coin dealers also provide free verbal appraisals for coins, currency and precious metals. 9am-5pm. Admission: Free. Hilton Atlanta/Marietta Hotel and Conference Center, 500 Powder Springs Street, Marietta. More info: 770-772-4359 or www.atlcoin.com.

FEBRUARY 12

Cobb Chamber First Monday Breakfast. Networking: 7am. Program: 7:30-9am. Members: \$30; General Admission: \$60. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or info@cobbchamber.org.

FEBRUARY 15-17

The Military Family Support Center On-site Sale. The sale is available to retired veterans and active duty personnel and their families who have been granted commissary privileges. This sale features grocery goods sold at cost plus a 5 percent surcharge, and features a stock assortment of about 1,000 items including fresh meat, fresh produce, chilled and frozen items. Thurs-Fri: 9am-5pm; Sat: 9am-4pm. Military Family Support Center, 1901 Terrell Mill Road, Marietta (intersection of U.S. Highway 41 and Terrell Mill Road). More info: Susan Edmonds, susan.edmonds2@deca.mil or 478-222-7618.



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COMMUNITY CALENDAR

FEBRUARY 15-17 & 22-24

The Meeting presented by Theatre in the Square. This dramatic play follows Malcolm X before his fateful appearance at the Audubon Ballroom and an encounter with Dr. Martin Luther King Jr. Thursday-Saturday: 7:30pm; Sunday: 2:30pm. Tickets: \$15-\$30. Theatre on the Square, 11 Whitlock Avenue NW, Marietta. More info: 770-426-4800 or theatreinthesquare.net.

FEBRUARY 16

A Very Vegas Valentine. Hometown girl and Las Vegas Headlining singer Laura Wright returns to Marietta with her fiancé and Las Vegas Headlining comedian Anthony Padilla for a night of laughter, song, stories, and romance. Ages 18+ only. 8pm. Tickets: \$25-\$35 or \$60 per couple. The Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.

FEBRUARY 17

9th Annual Heart of Georgia Open Swap Meet presented by the Vintage Chevrolet Club of America (VCCA). This swap meet and car corral features parts for sale from all manufacturers and welcomes all makes of cars and trucks for sale in the car corral. Swap meet space or car corral spot \$25. 8am-3pm. Admission is \$5. Under 12: free. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: 770-992-4542 or vcca.org.

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FEBRUARY 17

Learn to Curl with an Olympian. Olympic Gold Medalist Jamie Korab will join to teach the Learn to Curl class, showing participants the basics of curling. Jamie played on the 2006 Canadian Olympic Curling Team that won gold in Turin, Italy. He is visiting the Peachtree Curling facility as part of a worldwide Olympic Celebration Tour. 11am, 2pm, 3:30pm, 7pm and 8:30pm. \$30. Peachtree Curling Association, 4880 Lower Roswell Road, Suite 910, Marietta/East Cobb. More info/to register: peachtreecurling.club.

Tough Guys Don't Dance. A screening of this Norman Mailer classic with a discussion from special guest Justin Bozung. Justin Bozung is a freelance writer and researcher who has contributed to such film magazines as Fangoria, Videoscope, Paracinema and Shock Cinema. Free. 11am-2pm. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: cobbcat.org.

Young Artists' Concerto Competition. One of the largest competitions in the South. Features the top competition winners in solo performance with an orchestra. 7pm. \$30/Prime; \$25/Adult; \$15/Senior; \$10/Students. Lassiter Concert Hall, 2601 Shallowford Road NE, Marietta. More info: tickets@georgiaphilharmonic.org or georgiaphilharmonic.org.

FEBRUARY 18

Kids Curling Class with an Olympian. Olympic Gold Medalist Jamie Korab will join to teach the Learn to Curl class, showing participants the basics of curling. Students will learn the basics of curling from our instructors and Jamie, play a game and get a chance to wear the Olympic medal. Ages 11-18. 2-5pm. Free. Peachtree Curling Association, 4880 Lower Roswell Road, Suite 910, Marietta/East Cobb. More info/to register: peachtreecurling.club.

FEBRUARY 19-23

Cobb County School District Winter Break. All Cobb County schools will be closed.

FEBRUARY 21

African American History Month Bingo. Families with children of ages are invited to play a special version of bingo where they learn about influential African Americans and historical events. Children 9 and younger must be accompanied by a caregiver. 3:30-4:30pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730.

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FEBRUARY 21

Hamilton Singalong. Hamifans unite! Instrumental tracks from the Hamilton musical will be played in the Black Box Theater and lyrics projected on a big screen. You provide the enthusiastic voices! Teens and adults welcome. Please note that Hamilton contains some mature themes and language. Free. 3-5pm. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: cobbcat.org.

FEBRUARY 22

Family Fort Night. Camp out after hours at Mountain View! We'll start the night out with a few read alouds and snacks in the Children's Program Room. Once the library is closed, you can build the perfect blanket fort for your family to do your bedtime reading at the library! Bring your own blankets and pillows. We'll provide the s'mores and the books (or you can bring your favorites)! Parents must remain in the library for the duration of the program. This program is appropriate for children of all ages. Free. 5:30-7:30pm. Mountain View Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info/Register: 770-509-4964 or visit the Children's Reference Desk.

FEBRUARY 24

Middle School Night. This night of fun is just for middle schoolers. Kids will enjoy activities like swimming, dodgeball, capture the flag, basketball, crafts, and more. Pizza and drinks will be available for purchase. This event is open to the community. 7-10pm. McCleskey YMCA, 1055 East Piedmont Road, Marietta. More info: ymcaatlanta.org.

FEBRUARY 27

Genealogy Society of Cobb County Georgia Meeting. Handwriting, Misspellings, and Red Flags presented by Maggie Thomas. 7-8pm. First Presbyterian Church of Marietta, 189 Church Street, Marietta. More info: ccgs@cobbgagensoc.org or cobbgagensoc.org.

MARCH 2

Read Across America with Sprayberry High School. A special program to celebrate the life of Dr. Seuss! High school students read their favorite children's literature with the children. Families will then enjoy a special craft activity to do with the children that connects to the book they shared. Appropriate for children of all ages and their caregivers. 10-11am. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: cobbcat.org or 770-528-2524.

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East Cobb Child Care & Preschool Guide

The following pages provide a comprehensive listing of all child care centers, Mother's Morning Out (MMO) programs, and preschools available to children up to the age of 5 in East Cobb County. This information offers a quick review of the child care and educational programs located right here in our East Cobb community. We have not attempted to "rank" or "rate" any centers. Readers are encouraged to thoroughly evaluate any potential caregiver. The Child Care Licensing Section of the Georgia Department of Human Resources regulates the industry and can be very helpful. In the Pre-K column, an * after the check mark indicates that the preschool offers the Georgia Pre-K program.

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4 Year-Olds)	Kindergarten (5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
A CHILD'S NIGHT OUT 1360 Powers Ferry Road., Suite B-255, Marietta 30067	Jackie & Kris Griffith 770-952-9824				✓	✓	✓		✓		✓	
ACADEMY AT NORTH (62) 1700 Allgood Road, Marietta 30062	Teresa Smith 678-285-3226	8 wks +	✓	✓	✓				✓			
ANGEL ACADEMY DAYCARE (30) 4041 Canton Road, Marietta 30066	Terrell & Erika Griffin 770-592-4933	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
BRIGHT HORIZONS AT WILDWOOD (100) 3175 Windy Hill Road, Atlanta 30339	Monique Wilson 770-933-0530	6 wks +	✓	✓	✓*	✓	✓	✓	✓		✓	✓
BUNDLE OF JOY LEARNING ACADEMY 2145 Barnes Mill Road, Marietta 30062	Moseasa 770-5653933	6 wks +	✓	✓	✓		✓		✓		✓	✓
CATHOLIC CHURCH OF ST. ANN'S PRESCHOOL (130) 4905 Roswell Road, Marietta 30062	Nancy Wohlfrom 770-552-6400 ext. 6030		16 mos +	✓	✓	✓		✓	✓			
CHILDCARE NETWORK (174) 2090 Lower Roswell Road, Marietta 30068	Jacklyn Woods 678-374-3940	6 wks +	✓	✓	✓	✓	✓		✓		✓	✓

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CORRIGAN CARE, INC. SPECIAL NEEDS DAY CARE (30) 9205 Coleman Road, Roswell 30075	Amy Corrigan 678-509-3669	6 wks +	✓	✓	✓	✓	✓	✓	✓	✓		✓
COVENANT PRESBYTERIAN CHURCH (50) 2881 Canton Road, Marietta 30066	Lanie Norton 770-422-5130		✓	✓	✓			✓				✓
CRESCO MONTESSORI SCHOOL (82) 3001 Johnson Ferry Road, Marietta 30062	Michelle Knapp 770-992-8031	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
CRÈME DE LA CRÈME (220) 726 Woodlawn Drive, Marietta 30068	Betsy Green 770-971-2205	6 wks +	✓	✓	✓		✓		✓			
DOODLE BUGGS DAYCARE & LEARNING CENTER (50) 2561 Canton Road, Marietta 30066	Hellena Hammand 770-422-0284	6 wks +	✓	✓	✓				✓			✓
EAST COBB CHURCH OF CHRIST (30) THE FIRM FOUNDATION PRESCHOOL 5240 Roswell Road, Marietta 30062	Rhonda Hawkins 770-587-5999 ext. 220		15 mos +	✓	✓	✓		✓			✓	✓
EAST COBB PREP (175) 3875 Shallowford Road, Marietta 30062	Erin Fleishman 770-649-0415	6 wks +	✓	✓	✓		✓					
EASTMINSTER CHRISTIAN PRESCHOOL (110) 3125 Sewell Mill Road, Marietta 30062	Dawn Milazzo 770-485-0611		16 mos +	✓	✓							
EASTSIDE BAPTIST PRESCHOOL (130) 2450 Lower Roswell Road, Marietta 30068	Karen Walker 770-971-4766	6 wks +	✓	✓	✓							
THE EPSTEIN SCHOOL (106) 335 Colewood Way NW, Sandy Springs 30328	Cathy Borenstien 404-250-5600		18 mos +	✓	✓	✓	✓		✓			✓
ETZ CHAIM PRESCHOOL (52) 1190 Indian Hills Parkway, Marietta 30068	Debbie Deutsch 770-977-3384		✓	✓	✓		✓		✓			✓
FAITH LUTHERAN SCHOOL (95) 2111 Lower Roswell Road, Marietta 30068	Daryl Kruse 770-973-8921		15 mos +	✓	✓	✓	✓		✓			
FELLOWSHIP CHRISTIAN SCHOOL (10) 10965 Woodstock Road, Roswell 30075	Sherri McLeroy 770-992-4975				✓	✓	✓					
THE GARDEN SCHOOL OF MARIETTA (35) 4010 Canton Road, Marietta 30066	Jas Darland 770-765-2362			✓	✓	✓	✓		✓			

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THE GODDARD SCHOOL OF EAST COBB (135) 3584 Providence Road, Marietta 30062	Naomi Davis 770-579-1190	6 wks +	✓	✓	✓				✓			✓
THE GODDARD SCHOOL TRICKUM ROAD/EAST COBB (125) 3147 Trickum Road, Marietta 30066	Stephanie Mosac 770-321-8370	6 wks +	✓	✓	✓			✓	✓			
HIGH MEADOWS SCHOOL (75) 1055 Willeo Road, Roswell 30075	Margaret Jones 770-993-2940			✓	✓	✓	✓		✓			
HOLY FAMILY CHURCH PRESCHOOL (105) 3401 Lower Roswell Road, Marietta 30068	Kate Viets 770-973-0038 ext. 824		✓	✓	✓				✓			
JAVITS ACADEMY CENTER (50) 1240 Johnson Ferry Place, Suite E108, Marietta 30068	Shoshana Javits 770-321-8484	6 wks +	✓	✓	✓	✓	✓		✓		✓	
JOHN KNOX PRESBYTERIAN CHURCH PRESCHOOL (95) 505 Powers Ferry Road, Marietta 30067	Karen Otto 770-973-5050 ext. 4		18 mos +	✓	✓				✓			
JOHNSON FERRY BAPTIST CHURCH THE WEE SCHOOL(300) 955 Johnson Ferry Road, Marietta 30068	Kim Mayo 770-794-2997		✓	✓	✓			✓	✓			
KIDDIE KOLLEGE (100) 2000 Lower Roswell Road, Marietta 30068	Erica Finch 770-973-7223	6 wks +	✓	✓	✓*		✓		✓		✓	✓
KIDS R KIDS (180) 4671 Sandy Plains Road, Roswell 30075	Melissa Crumb 770-552-8877	6 wks +	✓	✓	✓*		✓		✓			✓
KIDS R KIDS EAST COBB PRESCHOOL (268) 505 Johnson Ferry Road, Marietta 30068	Joanna Wagner 770-565-2220	6 wks +	✓	✓	✓		✓		✓			✓
KIDS R KIDS EAST COBB (241) 2100 Post Oak Tritt, Marietta 30062	Diane Heilmann 770-971-7200	6 wks +	✓	✓	✓				✓			✓
KIDS R KIDS WEST OAK (188) 1887 West Oak Parkway, Marietta 30062	Beth Anderson 678-594-8700	6 wks +	✓	✓	✓				✓		✓	✓
KIDS ZONE DAYCARE & LEARNING CENTER (130) 137 Johnson Ferry Road, Suite 1100, Marietta 30068	Tiffany Chambers 770-933-6900	6 wks +	✓	✓	✓		✓		✓		✓	
LA PETITE ACADEMY (87) 2358 Shallowford Road, Marietta 30066	Saundra Hill 770-926-8364	6 wks +	✓	✓	✓*		✓		✓		✓	✓
LA PETITE ACADEMY (44) 1805 Williams Drive, Marietta 30066	Tammy Crawford 770-428-1516	6 wks +	✓	✓	✓*		✓		✓			

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LEGACY CHRISTIAN SCHOOL/ WOODSTOCK CHRISTIAN CHURCH (60) 3662 Shallowford Road, Marietta 30062	Heidi Milton 770-578-8445		✓	✓	✓	✓						
LIGHTHOUSE ACADEMY AT EAST COBB UMC (93) 2325 Roswell Road, Marietta 30062	Bronwyne Butler 770-971-3671	8 wks +	✓	✓	✓				✓			✓
MJCCA SUNSHINE SCHOOL AT TEMPLE KOL EMETH (75) 1415 Old Canton Road, Marietta 30062	Raye Lynn Banks 678-812-3720		✓	✓	✓				✓			✓
MONTESSORI SCHOOL OF WOODSTOCK (55) 3899 Canton Road, Marietta 30066	Patricia Shahbazi 770-928-2515		18 mos +	✓	✓	✓	✓		✓			
MOUNTAIN VIEW UMC PRESCHOOL (150) 2300 Jamerson Road, Marietta 30066	Tracie Schwabs 770-591-8659		✓	✓	✓	✓		✓	✓			
MT. BETHEL CHRISTIAN PRESCHOOL (340) 4385 Lower Roswell Road, Marietta 30068	Ginny Mateer 770-971-6812		16 mos +	✓	✓	✓		✓	✓			
MT. BETHEL CHRISTIAN ACADEMY 4385 Lower Roswell Road, Marietta 30068	Jim Callis 770-971-0245					✓	✓					
MT. BETHEL CHRISTIAN DAY CARE CENTER 615 Woodlawn Drive NE, Marietta 30068	Dee Stolz 678-560-8005	6 wks +	✓	✓	✓				✓			
MT. ZION UMC PRESCHOOL (182) 1770 Johnson Ferry Road, Marietta 30062	Kristi Olterman 770-971-1478		✓	✓	✓	✓						✓
NOBLE WORLD MONTESSORI (50) 2502 East Piedmont Road, Marietta 30062	Mehdi Sayfi 770-509-1775	6 wks +	✓	✓	✓	✓	✓		✓			

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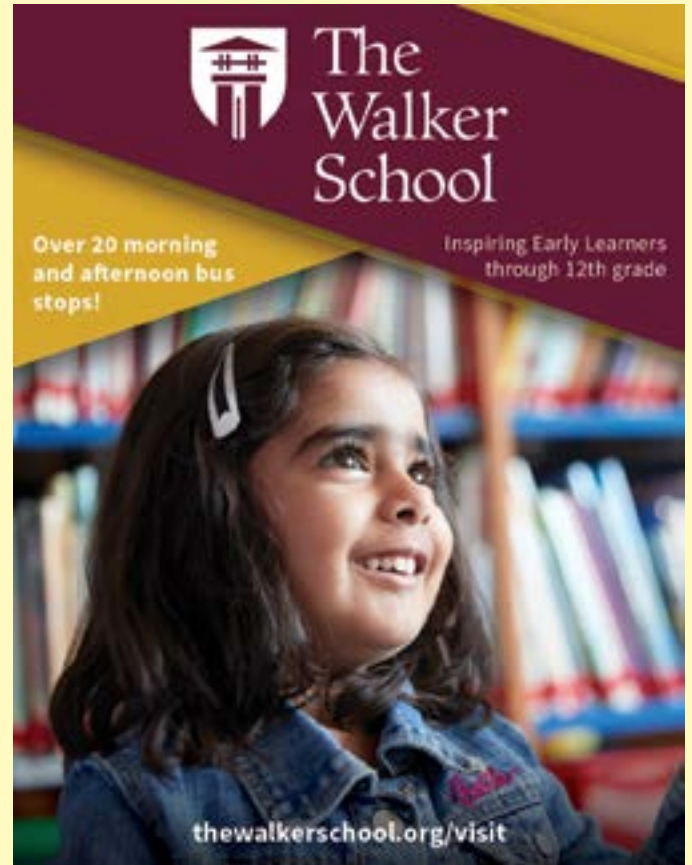
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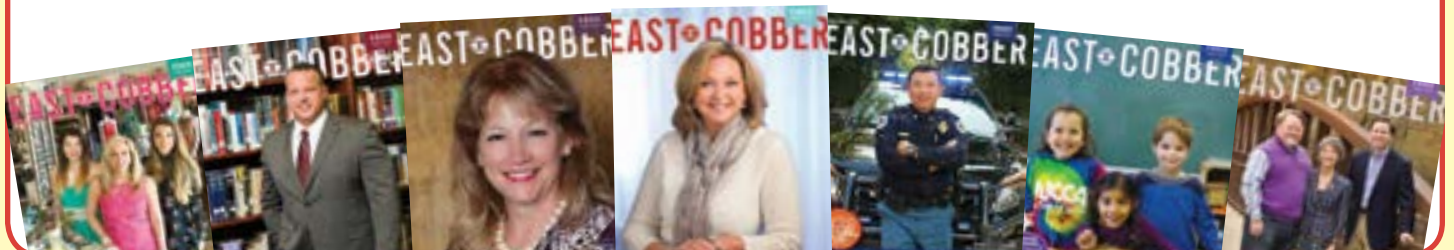
East Cobb Child Care & Preschool Guide

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4 Year-Olds)	Kindergarten (5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
NOONDAY CHRISTIAN ACADEMY (144) 4121 Canton Road, Marietta 30066	Starla Chester 770-926-8891		✓	✓	✓	✓		✓	✓			
PIEDMONT ACADEMY (90) 570 Piedmont Road, Marietta 30066	Dolores Bailey 770-423-9578	6 mos +	✓	✓	✓	✓		✓			✓	
PIEDMONT EARLY LEARNING CENTER (75) 570 Piedmont Road, Marietta 30066	Dolores Bailey 770-423-9578	3 mos +	✓	✓	✓	✓		✓	✓		✓	
PRIMROSE SCHOOL AT EAST LAKE (137) 2065 Roswell Road, Marietta 30062	Cinnamon Snipes 770-971-0148	6 wks +	✓	✓	✓*		✓		✓		✓	✓
PRIMROSE SCHOOL OF EAST COBB AT PAPER MILL (176) 202 Village Parkway NE, Marietta, GA 30068	John and Tara Fudge 470-631-9327	6 wks +	✓	✓	✓*		✓		✓			
PRIMROSE SCHOOL OF LASSITER (130) 282 Lassiter Road, Marietta 30062	Patsy McGilvary 770-641-8535	6 wks +	✓	✓	✓*		✓		✓			✓
PRIMROSE SCHOOL OF SPRAYBERRY (144) 2531 East Piedmont Road, Marietta 30062	Kim Barnett 770-578-4832	6 wks +	✓	✓	✓*	✓	✓		✓			✓
PRINCETON EARLY PREPARATORY SCHOOL (10) 2877 Johnson Ferry Road, Marietta 30062	Vernell Davis 770-417-8841	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
SANDY PLAINS BAPTIST CHURCH (90) 2825 Sandy Plains Road, Marietta 30066	Terri Butler 770-971-8525 ext.25		✓	✓	✓							
SEWELL MILL CHRISTIAN SCHOOL of SEWELL MILL BAPTIST CHURCH (55) 2550 Sewell Mill Road, Marietta 30062	Brandie Ingram 770-971-3746		✓	✓	✓	✓	✓ K5 Only					
SHINING STARS DAYCARE (32) 100 Powers Ferry Road, Marietta 30067	Margaret Aluko 770-977-7840	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
SPRAYBERRY 2.0 2670 Kinjac Drive, Marietta 30066	Natalie Jones 770-672-6289					✓	✓		✓		✓	✓
SPRAYBERRY ACADEMY (174) 2110 Post Oak Tritt, Marietta 30062	Samantha Swift 770-977-0877				✓*		✓					✓
ST. ANDREW UMC PRESCHOOL (150) 3455 Canton Road, Marietta 30066	Jenni Cockrell 770-592-7250		16 mos +	✓	✓	✓						✓
ST. CATHERINE'S EPISCOPAL CHURCH PRESCHOOL (150) 571 Holt Road, Marietta 30068	Karolyn Olliffe 770-971-2839	✓	✓	✓	✓		✓	✓				
THE SUNSHINE HOUSE (156) 4677 Paper Mill Road, Marietta 30067	Sherma Dailey 770-955-2768	6 wks +	✓	✓	✓*		✓		✓		✓	✓
TEMPLE BETH TIKVAH EARLY CHILDHOOD EDUCATION CENTER (20) 9955 Coleman Road, Roswell 30075	Susan Cosden 770-642-4168 or 770-642-0434		✓	✓	✓	✓			✓			✓
WALKER SCHOOL, THE (75) 830 Damar Road, Marietta 30062	Tara Williams Owens 678-581-1099			✓	✓	✓	✓		✓			

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EAST COBBER

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



The 18th Annual EAST COBBER Camp Guide!



To get in the EAST COBBER annual Camp Guide which will be featured in the April 2018 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, 2018.

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 18th Annual Summer Camp Guide.

Call 770-640-7070 for additional information.

SUBMISSION DEADLINE: March 15, 2018

PET OF THE MONTH: RICO

Submitted by Camryn Gosnell

Owners: Steve, Sarah, Gabi, Camryn, and Jax Gosnell



Breed: French Bulldog

Age: 5 in human years (35 in dog years)

Gender: Male

Favorite Food: Dad's hats (Dad has to get a new one every week now!)

Favorite Person: Dad (45 years)

Best Trick: Putting dents in the top couch cushions and making Mom mad! (Oops)

Turn ons: Long naps, going for a ride, human food (peanut butter!)

Turn offs: Vacuums, doorbell, knowing he's not as big as he thinks he is.

Favorite Toy: Sweatshirt sleeves, Dad's hands

Last Seen: Guarding against intruders!

What Makes them Special: When he's too excited he pees, and has major anxiety, toots on command, thinks he's the king of the world, and just plain old fits in with our family. We love him so much and couldn't ask for a better dog! (even though he has major issues)

Should Your Pet Be Our Pet of the Month?

Fill out the information on your pet and send it to:

EAST COBBER, P.O. Box 680455, Marietta, GA 30068.

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

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: _____

This is a doggone great spot to advertise your business!



Call

EAST COBBER

770-640-7070

Bully Ball Raises Funds for English Bulldogs

The Ninth Annual Bully Ball, a black tie optional event benefiting Georgia English Bulldog Rescue (GEBR) of the Southeast, will take place at Grand Hyatt Buckhead, 3300 Peachtree Road in Atlanta, on Saturday, February 17.


Spend an evening with Bullie fans and Bulldogs. Take a chance, and come join in for an evening of fun that features fine foods, special guests (four-legged, as well as two-legged), and Vegas-style casino fun! Enjoy blackjack, roulette, craps, and more while gambling for a good cause. The Bully Ball will have many fabulous raffles, live and silent auction items that have been donated by generous supporters of bulldog rescue.

Donations will be made to various English Bulldog rescues in the Southeast. Tickets are \$175 per person. Ticket includes filet/lobster dinner, open bar, valet, and one raffle ticket. For more information, please contact Lauriel Leonard, Committee Chair at thebullyball@gmail.com or 404-409-5904.

GEBR is a 501(c)(3) corporation that rescues abused, abandoned, sick and unwanted English Bulldogs. They provide them with veterinary care, rehabilitation and training before placing them in permanent homes. Staffed solely by dedicated volunteers and one full-time employee, GEBR has no formal facilities or shelter, and relies on experienced, volunteer foster homes to tend the dogs in their care.



Since its inception, GEBR has rescued over 500 English Bulldogs. 75 dogs were rescued or surrendered in 2017 alone, with 43 currently in foster homes. With the support of donors, sponsors and volunteers, GEBR can educate the public about responsible English Bulldog ownership, while helping rehabilitate and rehome these dogs into loving homes. Over the last seven years, the Bully Ball has raised more than \$900,000 to help neglected English Bulldogs in the Southeast. With five colleges in the

Southeast using bulldogs as mascots, many people purchase a bulldog before researching the special needs of the breed. For more information, you can visit www.GeorgiaEnglishBulldogRescue.org. 

.....

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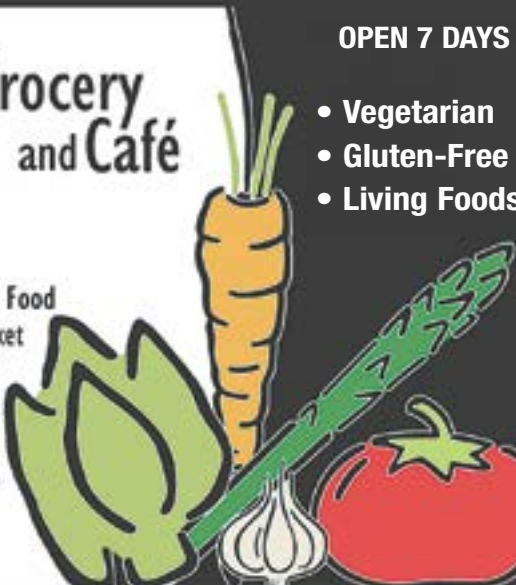
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SOME FOOD SWAPS TO MAKE YOU HEALTHIER

By Lisa Pukish-Ringenberg

The term "healthy" is subjective because we all have different needs to suit our own individual selves, but I do think we can all agree that there are certain staples in our diet that could easily be improved upon to give us a little edge in being healthier. I don't like the term "diet" because it is synonymous with the word deprivation. Here are some easy swaps to help you morph into a more quality food lifestyle, where weight loss and being healthier are natural side effects.

TABLE SUGAR ~ I recommend looking into plant based Stevia. Zero calorie and an absolute 0 on the glycemic index meaning even diabetics can use it. This kind of sweetener is 300x sweeter than sugar - so just 1 small teaspoon is equal to a whole cup of sugar!

MAYONNAISE ~ This is a great one to get creative with! Instead of mayonnaise you can spread hummus, guacamole, pesto, a gourmet mustard, or yogurt. In salads like tuna or chicken, search for Mediterranean recipe versions that don't require mayo and taste so amazingly fresh!

OIL ~ A little splash here and there can really add up, as most oil is 125-150 calories per tablespoon! Now think about coating a pan...that could be about 5-7

tablespoons and 600-800 calories before you've even added food! Oil can easily be replaced with water or broth for stir-frying and completely replaced 1:1 ratio with applesauce for baking cakes and cupcakes! Get your healthy oils from eating coconuts, avocados, fish and nuts.

TORTILLA CHIPS ~ Another favorite staple in most southern households is tortilla chips. I am not about deprivation so I found a way for clients to enjoy these too! Cut up corn tortillas like you would a pizza, making 8 triangles. Place the triangles on a cookie sheet and bake at 350 for a minimum of 8 minutes, and then to desired level of crispiness. Because these chips are simply used as a means of transporting healthier options like homemade salsa, hummus or cowboy caviar, they don't need oil or salt. The flavor is all on top! They are healthier and sturdier than a store bought chips and keep 5-6 days in a Ziploc bag. 🍷



Lisa Ringenberg is a certified integrative nutritionist and owner of Kitchen Counter Intelligence. She wants you to love food and for your food to love you back by nourishing you with good health.

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From the common to the complex, we treat a variety of symptoms, digestive disorders and liver conditions. With multiple convenient locations in Marietta (East Cobb, Kennestone, and Windy Hill), including pediatric and adolescent care at the Kennestone office, getting the right kind of care for the whole family is easy.

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2100 Roswell Road, Suite 1120 • Marietta 30062

770-821-9211 • burnbootcamp.com/east-cobb-ga

Mon-Fri: 5-10:30am & 4:15-7:30pm; Sat: 8-10am

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

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>4774 Lower Roswell Road • Marietta 30068

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770-222-2322 • www.braces-braces.com

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Mon & Wed: 8am-5pm; Tues: 7:20am-4pm; Thurs: 7:20am-2pm

Our orthodontic practice's top priority is to provide you the highest quality orthodontic care in a friendly, modern and comfortable environment for children and adults.

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678-217-2115 • www.acupunctureandinjury.com

Mon-Fri: 9am-6pm

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READ MORE. DO MORE.

Each EAST COBBER issue and eastcobber.com's 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

FEBRUARY MARKS AMERICAN HEART MONTH

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for men and women. While Americans of all backgrounds can be at risk for heart disease, African American men, especially those who live in the southeast region of the United States, are at the highest risk for heart disease. That's why this February during American Heart Month, Million Hearts® is encouraging men and women to take charge of their health and start one new, heart-healthy behavior that can help reduce their risk of heart disease and stroke.

You can make a big difference in their heart health by taking these small steps during the month of February and beyond.

- Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups

even if you think you are not sick. Partner with your doctor and health care team to set goals for improving your heart health, and don't be afraid to ask questions and trust their advice.

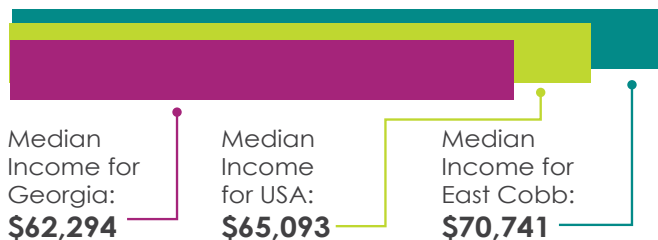
- Add exercise to your daily routine. Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- Increase healthy eating. Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices.
- Take steps to quit smoking. If you currently smoke, quitting can cut your risk for heart disease and stroke.
- Take medication as prescribed. Talk with your doctor about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help. 📞

EAST COBBER: Serving East Cobb County since 1993

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

AFFLUENT

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



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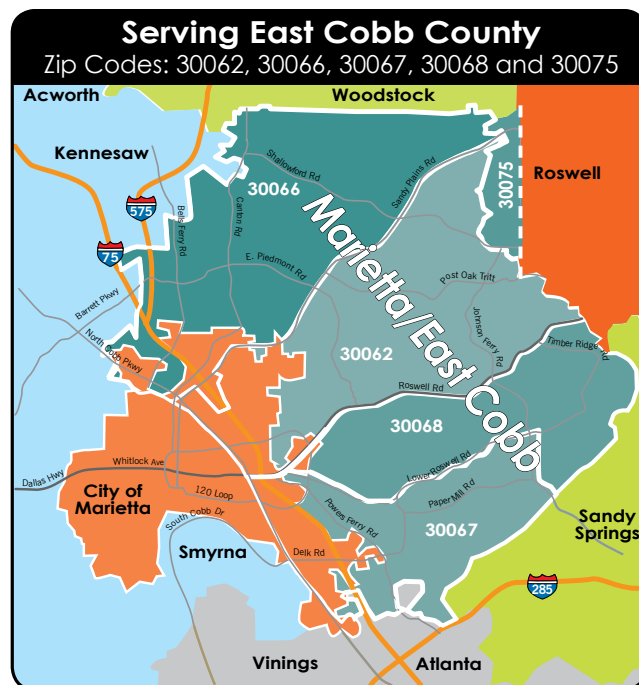


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with at least
one Child



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

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

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

Small group personal training for women. Nationally Certified Personal Trainers work with 1-4 women at a time to provide quality personal training at an affordable rate. Each woman gets the individual attention she needs for fitness and nutrition.

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770-500-4541 • www.concordrx.net

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Laren Brown

- Community Marketing Executive

EAST COBBER

Northeast Cobb businesses, call:

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or e-mail
laren@eastcobb.com



WHAT'S YOUR STORY?

Let Us Tell It!

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

CUSTOMERS COME FIRST AT KASHA'S HAIR SALON

Jane Laine, Kasha Manner, Heidi Sheddine, and Maria Proulx

at East Cobb, beginning with installing the Kasha's Hair Salon sign to working as a receptionist at the front desk.

Recently opened Kasha's Hair Salon is located at 1520 Shiloh Road, located in the Canton Stage Plaza High School. Beautifully decorated and clean.

"Creating a friendly, professional," says Kasha. "I wanted people to get their hair done in a safe, fun, and enjoyable way. I have a lot of experience in the hair industry. Here, the people who own, color and style it and a better understanding of the hair industry."

Along with Kasha, there are two other women, Heidi Sheddine and Maria Proulx, who are also part of the team. Heidi Sheddine is a professional stylist with over 10 years of experience. Maria Proulx is a professional stylist with over 10 years of experience. Kasha's Hair Salon is a friendly place where you can get your hair done in a safe, fun, and enjoyable way.

Some of her customers are from the East Cobb area. Kasha's Hair Salon is a friendly place where you can get your hair done in a safe, fun, and enjoyable way.

Kasha's Hair Salon is open from 9am to 5pm on Saturdays. Kasha's Hair Salon is a friendly place where you can get your hair done in a safe, fun, and enjoyable way.

It's no secret just how much people value their hair. They go to great lengths to schedule appointments. But Kasha Manner's customers think it's a big deal. Not only do they value that perfect cut, but they also helped Kasha start her own salon.

E. SMITH AIRS OUT HVAC QUESTIONS

Debbie Alenworthy, Vice President of E. Smith Heating & Air Conditioning

Our homes are comfortable primarily because of two basic reasons — that blood and air for our hot gas furnace and that very heat in winter. Unless one steps working properly, we usually don't think too much about our home's heating and cooling. Could our comfort levels be even better than that we are? How can we do it technology with efficiency with our HVAC system? Debbie Alenworthy, vice president of E. Smith Heating and Air Conditioning, Inc., addresses these questions. Alenworthy emphasizes the importance of a professional licensed HVAC company to handle your heating and cooling issues.

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

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

The pros can do it so that a zoning system helps solve the hot and cold spots by adjusting the air that goes to each zone. A thermostat in the zone automatically opens and closes a damper in the duct work. Different rooms can be set to different temperatures.

A mini-split unit can help with comfort levels if you aren't a living space, such as a basement office. Alenworthy says temperatures inside your house because your central system won't be used to handle the extra load. Quiet and efficient, a mini-split unit consists of a separate outdoor unit and an indoor blow-out unit that mounts on a wall to distribute the heated or cooled air.

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

Alenworthy gives a warning about installing Wi-Fi thermostats. "All homeowners should think twice if you are already monitoring company offers to give you a free Wi-Fi thermostat. Many companies usually don't employ HVAC technicians, and some air conditioning systems require specific manufacturer thermostats. The last thing you want is for your cooling to stop, only to find out your free Wi-Fi thermostat is not compatible with your cooling system."

Looking for a professional licensed HVAC company? E. Smith Heating & Air Conditioning has been serving East Cobb for more than 30 years. To schedule an appointment, call 770-422-0800 or visit www.esmithhvac.com.

PREPARE FOR A SUCCESSFUL COLLEGE EXPERIENCE

For many high school students, post graduation plans will include attending college. Once the hurdle of getting accepted has been met, there are certain skills you need to be successful in college. If a student could begin college with all the necessary skills, the chances of success will greatly increase. Some students need professional

skills before starting college. This is college advisor Cheryl Rosenfield and the team.

East Cobb resident, offers advising services to increase the likelihood of successful education. These college success skills include time management, decision making and life goals. "My target demographics is high school seniors, first and second year college students who are successful as they wanted to be and students. The goal is for me to help the student their college experience," said Cheryl.

Cheryl works with a provided with an plan. "The student will be asked a series of questions to get to know him or her and his plan. From there, the individualized plan on specific needs," she explained. For high school typically meets with a student 2-3 times per week with a follow up session once he or she has

start and professional background has had college success advising services. Cheryl holds a Communications and a Master's in Business, from Certificate in Academic Advising, University of Georgia at Chattahoochee and as an Academic Advisor at Georgia State at Georgia Perimeter, she worked with staff as those who needed to take pre-college support students.

Other readers, Cheryl is offering \$10 off the fee. For more information on her services, call her email her at csrotenfield@gmail.com.

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

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

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

- **2-3 Paragraphs introducing your business to the community and highlighting your marketing message**
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The First Annual East Cobb Fitness Crawl



1st Annual
**East Cobb
Fitness Crawl**
Presented by the EAST COBBER

Saturday,
February 10, 2018
8:30am - 4pm

PARTICIPATING FITNESS PROVIDERS:

Burn Boot Camp

CycleBar

East Cobb YMCA

Fitness Together

Studio 348

Women's Premier
Fitness

Northeast Cobb
YMCA

Like a pub crawl, but with gyms instead of regrets. EAST COBBER is signing up local fitness businesses in East Cobb to be a part of the 1st Annual East Cobb Fitness Crawl. No need to sign up, just show up to the participating fitness centers.

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

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

Are YOU In?

1st ANNUAL EAST COBB FITNESS CRAWL
Saturday, February 10, 2018

QUESTIONS, CALL EAST COBBER TODAY
770-640-7070

The First Annual East Cobb Fitness Crawl Saturday February 10



Come Visit These Fitness Centers! It's Free!

❶ BURN BOOT CAMP EAST COBB

2100 Roswell Road, Suite 1120, Marietta 30062
770-821-9211 • burnbootcamp.com/east-cobb-ga
8-8:45am Boot Camp
9-9:45am Boot Camp
30-minute Express Boot Camps at 10:15am, 11am,
11:45am, 12:30pm, and 1:15pm

❷ MCCLESKEY EAST COBB Y

1055 E Piedmont Road, Marietta 30062
770-977-5991

8:30-9:25am	STEP AEROBICS	MAIN
9:30-10:25am	STRENGTHEN & TONE	MAIN
9:30-10:30am	GROUP CYCLE	CYCLE
10:30-11:25am	ZUMBA	MAIN
11:45am-1pm	YOGA-VINYASA	MAIN

❸ STUDIO 348

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12:30-3:30pm - Check out their trainers in action.
15 minute workouts at 12:30pm, 1pm, 1:30pm,
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9am-2pm - Stop by for facility tours and see
Fitness Together trainers in action.
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Marietta 30068
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8:00 CB60 60 min
9:15 Classic 45 min
10:30 Classic 45 min
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ALL RIDES ARE FREE FOR NEW RIDERS!!!!
Choose "ROOKIE RIDER" pricing option.

30-minute Introductory rides:
11:30am, 12:30pm, 1:30pm

*There is no need to sign up for the INTRO rides!

❻ WOMEN'S PREMIER FITNESS

4961 Lower Roswell Road, Marietta 30068
770-565-5450 • www.womenspremierfitness.com
8am Body Pump
8:40am Body Attack
9:20am Body Vive/RPM
10am Body Step
10:40am Body Combat
11:20am CX Worx/GRIT Mashup
12pm Body Flow

❼ NORTHEAST COBB Y

3010 Johnson Ferry Road, Marietta 30062
678-569-9622
7:15-7:30am UPPER CUTS MAIN
7:35-8:25am CARDIO KICKBOXING MAIN
STARTS @ 8am Y RUN CLUB LOBBY
8:30-9:45am GROUP & STRENGTH CYCLE
8:35-9:15am KETTLEBALL MAIN
9:30-10:25am BARRE MAIN
11am-12:15pm YOGA-GENTLE MAIN

AARP TAX-AIDE OFFERS FREE TAX HELP

AARP is once again helping Cobb County residents file their taxes on time and correctly. There is no charge for the service and all tax preparers are trained by AARP. AARP Tax-Aide is the nation's largest, free, volunteer-run tax assistance and preparation service. AARP Tax-Aide volunteers prepare federal, state and local tax returns for taxpayers who have straightforward tax returns starting February 1 through April 17. Membership in AARP is not required and the service is available to everyone regardless of age. Appointments are not required and electronic filing is available at all locations.

Taxpayers should bring their 2016 return and all 2017 tax documents. Each taxpayer must also present their social security cards or other identification documents for themselves and all dependents.

For direct deposit refunds, taxpayers must have their checkbook and a valid blank or canceled check.

AARP Tax-Aide volunteers will be available at the following locations convenient to East Cobb County:

- ♦ Mondays and Tuesdays from 10am to 2pm at the Cobb County Senior Wellness Center, 1150 Powder Springs Street in Marietta.
- ♦ Mondays from 10:30am to 2pm at Gritters Library, 880 Shaw Park Road in Marietta.
- ♦ Tuesdays from 10:30am to 2pm at the East Cobb Library, 4880 Lower Roswell Road in Marietta.
- ♦ Thursdays from 11:30am to 3pm at the Mountain View Library, 3320 Sandy Plains Road in Marietta.
- ♦ Fridays, except for March 30, from noon to 3:30pm at the Central Switzer Library, 266 Roswell Street in Marietta.
- ♦ Fridays, except for March 30, from 10am to 2pm at the Robertson Community Center, 2753 Watts Drive in Kennesaw.

For more information, visit aarp.org/taxaide. 

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Marietta, GA 30067
ThriveAtEastCobb.com

With 25 private suites, Thrive At East Cobb is a boutique community where residents will enjoy personalized care in a home designed with them in mind.

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Call or text to arrange a visit with our family advisor today. **470-250-0808**


memory care

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR FEBRUARY

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.

How to Take the Stress Out of Downsizing (#2052)

Friday, February 2 • 10-11:30am

Free; Registration required

How to change your living arrangements without being physically or emotionally stressed, get past being overwhelmed about the monumental decisions that have to be made. Presented by Nicki Rachlin with Caring Transitions.

Don't Lose Your House to Medicaid (#2053)

Tuesday, February 13 • 11am-1pm

Free; Registration required

When a loved one requires skilled nursing level of care, many families face the difficult question of how to pay for the care. The cost of skilled nursing care in Georgia can be as much as \$10,000 per month. Nursing Home Medicaid offers assistance with nursing home bills for those individuals who meet certain eligibility requirements. Please join Nelson Elder Care Law to learn how you can protect your house, along with additional strategies to protect your other assets. Complimentary lunch sponsored by Benton House at Woodstock.

Dine-a-Round (#2055)

Wednesday, February 7 • 11am-1pm

Cappozi's New York Pizza

2960 Shallowford Road, Marietta 30066

Separate checks for lunch; Registration required.

Everyone meets at the restaurant.

Keep Your Heart Healthy (#2054)

Tuesday, February 20 • 10-11:30am

Free; Registration required

Heart disease and strokes are the leading causes of death. You can lower your risk by making some changes to your lifestyle including doing some things that are easy, simple, and even enjoyable. Come to this seminar to learn more about your heart. Presented by Bridgett Skelton, RN, BSN, RNC-OB with Brookdale.

AARP Smart Driver (#1999)

Thursday, February 22 • 9am-4pm


\$15 AARP members/\$20 Non-members

(cash or check only)

The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Learn age-related physical changes and how to adjust your driving to compensate. Check with your insurance agent about a possible discount. Bring a lunch.

.....





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INDEPENDENT AND ASSISTED LIVING COMMUNITY

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COBB COUNTY CHARGING FEE TO USE SENIOR CENTERS

On Tuesday, November 14, 2017, the Cobb County Board of Commissioners voted to establish an annual membership fee for seniors using any Cobb County senior center. The membership fee for Cobb residents will be \$60/year; and, \$90/year for non-residents. You must have a valid 2018 Cobb Senior Services (CSS) membership BEFORE you may register for or participate in any class or activity taking place on or after February 1, 2018. You may create your yearly membership online at www.CobbSeniors.org or by visiting any Cobb County senior center. Cash, check and credit cards (MasterCard/Visa/American Express/Discover) are acceptable forms of payment. Included in the yearly membership are free evidence-based health programs such as Cooking Matters, Matter of Balance, etc., access to the workout facilities and free coffee. Exercise and art classes are not included. If you can't afford the membership fee, call 770-528-5355 to discuss possible options. You must be within the federal poverty guidelines for consideration.

Registration for winter 2018 classes began Monday, January 22 for Cobb residents and Non-residents; there will not be a separate registration week for Non-residents. Both in-person registration & online registration will begin at 9am. There will no longer be a separate time for persons registering at the center versus persons registering online. Class fees remain the same through March 31; however, the new fee structure for courses will be in place for classes starting in April. Please see fee schedule available at each senior center.

FREQUENTLY ASKED QUESTIONS

1. Why is membership being instituted?

The Citizens Oversight Committee brought together county citizens to look at the overall operations of the county and address areas where we could build sustainability and augment services. The goals were to assess organizational structure, review reve-

nues and expenses, establish service priorities, evaluate budget options and make recommendations (cobbcounty.org/images/documents/archives/Citizens_Oversight_Committee_Report_2012.pdf.)

2. When does membership begin?

Cobb Seniors Services (CSS) membership begins February 1, 2018. Your membership will be valid for one year from date of enrollment. You may create your membership beginning Thursday, January 4.

3. How do I become a member?

There are two ways to create your membership:
1-You may register at a Cobb County senior center in person, at which time you will receive your membership card.

2-You may register online at www.CobbSeniors.org; however, you must bring your printed transaction receipt to a senior center in order to receive your membership card. No membership cards will be mailed.

* Members will be charged \$5 for a replacement card.

4. I currently have an Aquatics membership card with Cobb PARKS; will I get a new card with the CSS membership?

No. You will not receive a new membership card when obtaining a CSS membership. The two (2) memberships will be attached to the card originally assigned through PARKS, and vice versa.

5. Is there a discount for couples?

No. There will not be a discount for couples; each person will need a CSS membership.

6. Will everything be free once I become a member?

No. Some activities will be free, such as Cooking Matters and Matter of Balance classes, etc., access to the workout facilities and coffee. However, some activities will have an assessed cost, such as Bingo, cooking classes, parties, etc. Resident & Non-resident fees will apply.

7. Do I have to pay for events/classes/trips in addition to the membership?

Yes. Classes/events/trips for which there is a charge will be in addition to the CSS membership. Resident/Non-resident rates apply.

8. Is my membership valid at all the senior centers?

Yes. Your CSS membership is valid at any Cobb County senior center.

9. Do first-time visitors (in-county or out of county) have to become a member?

No. Visitors will be able to use a guest pass which is valid for a one-time use. Guest passes are non-transferable and participation in ongoing classes is not included with a guest pass.

10. Do occasional participants, i.e. those who come to play pool or card players, have to become a member?

Yes. Your membership fee will depend upon your residency status.

11. Do I need to be a member if I only want to take the trips?


No. However, if you are not a member, you (and any escort) will be charged the Non-resident fee to participate in the trips. Members receive a 10% discount on trips.

12. If I pay my membership at a particular senior center, will the funds stay at that center?

No. Membership fees will be utilized according to center needs. Funds raised by the "Friends of" groups will be utilized to enhance programs and services at that particular center.

13. I am a member of the Senior Citizen Council so do I still need a Cobb Seniors Services (CSS) membership?

Yes. Your CSS membership is not related to your Senior Citizen Council membership.

Please call 770-528-5355 or email AgingByDesign@cobbcounty.org with questions not addressed above. 



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CLUB CALENDAR

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

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

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

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

Atlanta Metropolitan Council Navy League. 2nd Tuesday of the month. 7pm. Navy Recruiting District HQ, 2400 Lake Park Drive, Suite 410, Smyrna. Membership open to all civilian and retired military with an interest in supporting our men and women of the Navy, Marine Corps, Coast Guard, Merchant Marines. More info: 678-234-2310 or campbellfc@comcast.net.

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

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

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

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

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

• **Cobb County Republican Women.** 4th Friday of the month. 11:30am. Hilton Atlanta/Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: 770-785-2522 or www.ccrwc.org.

• **Cobb Marietta Retired Educators Association.** 2nd Thursday of the month. 11:30am. Luncheon reservations required. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: www.cmrea.org.

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

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

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

• **East Cobb Bass Club.** Visitors, boaters and non-boaters are welcome. 1st Tuesday of the month. 7pm. Free admission. Attendees pay for dinner. The Rib Ranch, 2063 Canton Road, Marietta. More info: 770-364-3036 or noeyf1@bellsouth.net.

• **East Cobb Business Association.** Luncheon and featured speaker. 3rd Tuesday of the month. 11:30am-1pm. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbba.com.

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

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

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

• **East Cobb Jewish Networking Group.** Every Wednesday. 7:30am. Sugar Benders Bakery, 255 Village Parkway, Marietta/East Cobb. More info: Vic Anapolle 404-432-0626 or vicanapolle@aol.com.

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

• **East Cobb Lions Club.** 2nd Tuesday of the month. 6:30 PM. Come-N-Get It restaurant, 1409 Church Street extension, Marietta. More info: Steve Hughes, 770-378-0095.

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

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

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

• **Georgia Nature Photographers Assoc.** 3rd Thursday of the month. 7pm. Nature photographers of all skill levels are welcome to our monthly meetings. The Mansour Center, 995 Roswell Street, Marietta. More info: www.gnpa.org or info@gnpa.org.

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

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

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

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

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

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

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

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

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

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

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

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

Martha Stewart Bulloch Society of Children of the American Revolution meets one Sunday per month from September through May, 2-4pm. Osage Terrace Room and Pavilion at Bulloch Hall 180 Bulloch Avenue, Roswell. More info: Tamara 770-696-4806 or www.msbnsr.com.

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

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

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

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

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

Peach State Depression Glass Collectors' Club. 2nd Tuesday of the month except December. Guests welcome. 6:30pm social; 7pm meeting. Marietta Museum of History, 1 Depot Street, Marietta. More Info: psdgc.com.

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

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

Shakespeare Reading Group. First and 3rd Thursday of the month. September-May. 2-4pm. First Presbyterian Church, Room 050, 189 Church Street, 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: songofatlanta.com or 770-696-6502.

Sons of the American Revolution. Captain John Collins Chapter, meets the third Tuesday of every month, 6 pm, at Cherokee Cattle Company, 2710 Canton Highway. More info: Earl Cagle 770-579-2748 or ecagle1@bellsouth.net

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

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

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

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

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SUPPORT GROUPS

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

Al-Anon. For family and friends of alcoholics. Thursdays, 7:30-8:30pm. Johnson Ferry Baptist Church, 2881 Canton Road, Marietta. More info: 770-587-0483.

Alzheimer's/Caregiver Support Group Meeting. First Monday of each month, 10:30am. Open to family members who are assisting an aging loved one both inside and outside of the home. Free respite care is provided for your loved one while we meet. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road, Marietta. More info or to RSVP: 770-722-7641.

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

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

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

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

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

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

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

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

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

Divorce Care. 13-week course beginning the 3rd Wednesday of August, 6:30-8pm. Open to all ages. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

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

Divorce Support Group by Visions Anew for women who are contemplating or going through the divorce process. First Thursday of the month, 7-8:30pm. East Cobb Government Center, 4400 Lower Roswell Road, Marietta. More info: www.visionsanew.org.

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

Domestic Violence Support Groups. Sessions in English and Spanish. Wednesdays, 6:45-7:45pm. Childcare available for children 6 weeks-12 years. Children over 12 may attend and learn childcare skills. More info: 770-427-3390.

East Cobb Satellite of CHADD (Children & Adults w/Attention-Deficit/Hyperactivity Disorder) Parental Support Group. 2nd Tuesday of the month, 6:30-8pm. Mt. Bethel United Methodist Church (Room B109) 4385 Lower Roswell Road, Marietta. More info: Cappie Suttle, 404-368-9394, east-cobb@chadd.net, or www.chadd.net/300.

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

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

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

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

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

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

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

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

JACS (Jewish Alcoholics, Chemically Dependent and Significant Others). For Jewish members of 12 Step groups. 7-8pm. First and 3rd Tuesdays of the month except on Jewish holidays. Congregation Etz Chaim, in the library, 1190 Indian Hills Parkway, Marietta. More info: 770-928-2523 or teshuva@aol.com.

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

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

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

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

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

Parents of Prodigals. For parents of struggling teens and young adults. 2nd and 4th Thursdays, 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Fair Brocard, 770-612-1197 or www.prodigalchildministries.org.

Parkinson's Disease Support Group. For persons with Parkinson's disease and their caregivers. 2nd Sunday each month, 4pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Building A, Roswell. More info: Robin Cleveland, 678-819-3915.

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

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

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

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