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Adam Bunyard  
Owner  
Snappy Services

Father of the Year **PAGE 8** | East Cobb Valedictorians **PAGE 10** | Dog Days Race **PAGE 48**

Local Election Results **PAGE 18** | Fourth of July Festivities **PAGE 20**





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# THIS ISSUE



## FEATURED

8 FATHER OF THE YEAR

16 MAJ. QUAN HONORED

20 FOURTH OF JULY FESTIVITIES

48 DOG DAYS RACE

## EVERY MONTH

22 COMMUNITY CALENDAR

30 PET OF THE MONTH

32 DINING GUIDE

36 HEALTH & WELLNESS

44 SENIORS

50 CLUB CALENDAR

52 SUPPORT GROUPS

# EAST COBBER

P.O. Box 680455 • Marietta, GA 30068  
770-640-7070 • FAX: 770-559-3185  
[www.eastcobber.com](http://www.eastcobber.com)  
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**Founder | Publisher**  
**CYNTHIA ROZZO**  
[cynthia@eastcobber.com](mailto:cynthia@eastcobber.com)

### Account Representatives:

East Cobb Businesses - Merchant's Walk - Roswell Road  
**MICHELLE O'SHAUGHNESSY**  
678-357-9384 • [michelle@eastcobber.com](mailto:michelle@eastcobber.com)

Northeast Cobb Businesses  
**LAREN BROWN**  
770-880-0965 • [laren@eastcobber.com](mailto:laren@eastcobber.com)

**Graphic Designer:** Tamara Stephens



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EAST COBBER is a locally owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information. The EAST COBBER is distributed free to homes, schools, and 500+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068 and 30075.

Comments and stories are always welcome.

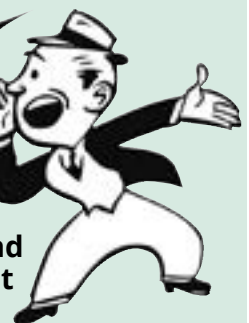
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*23rd Annual East Cobber Parade and Festival*

*September 15*

*[www.eastcobber.com/parade](http://www.eastcobber.com/parade)*



While each season offers its own unique brand of magic, summer brings with it a warmth and slowness. The hectic school schedule gives way to swim meets, day camps, barbecues, and road trips. If you have young 'uns, the EAST COBBER has a special social media series, "EAST COBBER Frugal FunMom Field Trip of the Day" for each day of summer. I pulled this information together years ago, because, as a mom of three, I was looking for enriching ways (and cheap!) to fill my kids' summer days. Each activity was a fun way to discover parts of Atlanta I wouldn't have otherwise. So, please be sure to visit [eastcobber.com](http://eastcobber.com) every Friday

morning for a weekly list of free activities for the upcoming seven days and/or check out the EAST COBBER Facebook page every day to see what the field trip of the day is.

Father's Day falls on the third Sunday in June — June 17, this year. Father's Day is a celebration honoring fathers and celebrating fatherhood, and the influence of fathers in society. I am fortunate to have a father who made time for me while I was growing up. Like a lot of fathers, he may never "go down in history" nor did he make a lot of money, but his quiet and steadfast love for his family combined with his humble acts of helping others, caring for the community, a deep faith in God, encouraging me to always do my best and his strong patriotism are priceless gifts that influence who I am and what I do to this day.

In this world of hype and celebrity, many young men and women (and older, too!) are searching for a role model. Many of us are lucky to have role models within reach and that we can truly be inspired. Moms and dads are the most obvious heroes for us to emulate. This publication is happy to grant these often overlooked, ordinary folks a few minutes of fame. Hence, the annual Father of the Year essay contest and articles about other East Cobb residents that contribute to our quality of life are happily published in the EAST COBBER. The people featured in this edition—from Steve Pyburn, the EAST COBBER's Dad of the Year (see page 8) to Maj. Jerry Quan (see page 16) to the Rotarians who work together for their Dog Days Run that raises money for local nonprofits (see page 48) —all are excellent examples of role models right here in our own backyards, within our reach. There's a lot of "good" we can learn from our parents, friends, and fellow East Cobbers. I hope after reading this summer edition, like every edition, you will not only learn a little bit more about what is going on in our community but also be inspired by the people that make East Cobb such a great place to live!

Hope you make some special memories this summer!

*Cynthia*

Cynthia M. Rozzo  
Founder | Publisher  
[cynthia@eastcobber.com](mailto:cynthia@eastcobber.com)

## On the Cover

This month's front cover features East Cobber Adam Bunyard, Owner of Snappy Services. Snappy Electric, Plumbing, Heating & Air is a local business that you can count on for all of your home repair and maintenance needs. Adam focuses on exceeding customer expectations with every repair and installation. Snappy offers services that include plumbing; electrical repairs; heating and air conditioning installation/repair; air duct sealing; drain cleaning and home energy audits.

Snappy is proud to separate themselves from the other large companies by treating their employees like family, providing exceptional customer service to local homeowners, and giving back to the community that supports them.

For more information about this locally-owned and operated business, you can read their story on page 6 or visit [snappyservices.com](http://snappyservices.com).

Snappy is the one call you need to make for all of your home service repairs, installations, and other needs to create home comfort, safety and convenience. Call 770-321-3433 to schedule an appointment.

Front cover photo taken by  
Michael Drewitz of  
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# CUSTOMERS CAN TRUST SNAPPY ELECTRIC, PLUMBING, HEATING & AIR



Adam and Heather Bunyard, owners of Snappy Services

Snappy Electric, Plumbing, Heating & Air is a local business that you can count on for all of your home repair and maintenance needs. Snappy's owner, Adam Bunyard, focuses on exceeding customer expectations with every repair and installation. Snappy offers services that include plumbing; electrical repairs; heating and air conditioning installation/repair; air duct sealing; drain cleaning and home energy audits.

Adam grew up in Cartersville and started his career remodeling homes as part of his family's business. He learned from a young age that he enjoyed seeing how happy his customers were with the work and improvements that were performed on their homes.

Adam furthered his training by becoming a certified electrician for commercial and residential projects. In 2005, he

became an operations manager at Snappy Electric. During his tenure, the business grew and expanded to include plumbing and heating and air conditioning services with a focus on commercial businesses and property management accounts. During this period, Snappy drifted away from its focus on homeowners and residential service.

When Adam and his wife, Heather, decided to buy Snappy, they had a goal to provide a local family-owned home service company to the community, but most importantly, to better provide a superior work culture for their employees. In recent years, the market trend has seen the big name electric, plumbing, heating and air companies bought by large national and international investment groups. This can lead to a disconnect with the employees and customers, which Snappy aims to avoid. They experienced this first hand with



the previous ownership out of Connecticut that owned and operated many home service brands.

Adam and his wife have three children, and they are very passionate about the community. As the new owners, they also wanted to get back to Snappy's roots: working on personal residences and building quality, lasting relationships with their customers. This shift has led to repeat business, further strengthening Snappy's commitment to providing quality, honest and affordable services to local homeowners.

Snappy is proud to separate themselves from the other large companies by treating their employees like family, providing exceptional customer service to local homeowners, and giving back to the community that supports them.

"Turning Snappy back into a family-owned and customer satisfaction driven company has been a fantastic and rewarding decision," shares Adam. "We love living in East Cobb, and it's been the perfect place to raise our family."

To give back to the community, Snappy partners with a local non-profit, Safehouse Outreach, that helps transition homeless people in need. When clients refer Snappy to their friends and neighbors, Snappy gives out gift cards as a thank you and a portion of every gift card is donated to Safehouse.

"Our customers invest so much into their homes, and we want to send the most qualified technicians who care about service and value. I firmly believe creating a culture that puts our employees first ensures our clients receive superior service from everyone on the Snappy team," says Adam. Their service technicians try to provide 2-3 options for most service calls and Adam asks his technicians to educate the customer, so that they can make the best decisions for their home based on the facts.

This is how their company slogan, "Snappy makes homes Happy!" came about.

Snappy also offers very affordable annual service programs to maintain the heating and cooling equipment in your home, including an annual water heater flush. Each air conditioning system is a complex mechanical and electrical entity with many working parts. Replacing a broken air conditioning unit can be expensive, so maintaining your existing AC unit is essential to increase its longevity. Not only will a well-maintained system last much longer, it will also run more efficiently, which saves you money.

For electrical repairs, Snappy does it all. Their services include lighting upgrades and installation; outdoor accents and security lighting; electrical service repair and upgrades; home inspection repairs and the installation of smoke and carbon monoxide detectors.

Additionally, you can count on Snappy's team of plumbers for all of your plumbing needs, including faucet repairs and installation; toilet repairs; bathtub and shower installations; water heater service and repairs; drain cleaning and water line issues.

Adam recognizes there are a lot of home service companies out there. He is proud that Snappy has all the capabilities of a large enterprise, but with the personal attention of a local family owned business.

Snappy is the one call you need to make for all of your home service repairs, installations, and other needs to create home comfort, safety and convenience. Visit them at [snappyservices.com](http://snappyservices.com) or call 770-321-3433 to schedule an appointment.



# STEVE PYBURN: EAST COBBER Father of the Year 2018



EAST COBBER's Father of the Year, Steve Pyburn and his children, Connor (14), Christina (8), and Bryce (12).

Here is the winning essay written by Harriett Pyburn about her husband, Steve Pyburn:

“I nominate my husband, Steve Pyburn, for the Father of the Year award. While he is busy with his job at Cartoon Network and all the obligations that go along with being an adult, Steve always prioritizes being available for our three children: Connor, 14; Bryce, 12; and Christina, 8.

Steve has always made himself available to coach any and all youth sports. He did not sign up to coach Connor's preschool soccer team because he didn't feel qualified. After watching one practice, he realized that energy and availability were the most important qualifications. He has been coaching ever since (soccer, baseball, flag football, and basketball).

Additionally, I love his tradition to take each of our children on a trip each year. The destinations vary – sometimes big, sometimes small – but the point is to spend uninterrupted time with each child. Afterwards, they love working together on their growing scrapbooks of these trips.

Finally, I love the role model that he is. He would rather play a board game than turn on the TV. His coaching emphasizes respect, effort and fun. He teaches Sunday School. He volunteers in our community. I love that my children are learning these important priorities first-hand.”





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# Congratulations, Dad!

*EAST COBBER's Father of the Year 2018 is invited to participate in this year's EAST COBBER Parade. Steve Pyburn also receives the following gifts donated by local businesses:*

**Biscuits and More** – \$25 Gift Certificate

**Bruster's Ice Cream (Shallowford)** – Gift Certificate for 8" Cake and 5 Free Ice Cream Cones

**Camel Car Wash** – 4 Free Car Washes

**Chicago's Steak & Seafood Restaurant** – \$50 Gift Card

**Catfish Hox Restaurant** – \$25 Gift Certificate

**Egg Harbor Cafe** – \$25 Gift Card

**GTC Merchant's Walk 12 Cinema** – 4 Movie Passes

**Honest-1 Auto Care** – VIP Coupon Club Card with Free Oil Changes, Tire Rotation, Brake Inspection & more.

**Kale Me Crazy** – 2 Free Smoothies

**Red Sky Tapas** – \$15 off Lunch/Brunch

**Smallcakes (Avenue at East Cobb)** – 4 Free Cupcakes

**Teriyaki Madness** – 4 Free Bowls

**Van Michael's Mens** – Haircut and Shave Gift Certificate

**Yogli Mogli (Johnson Ferry Road)** – 5 Free Yogurts (up to \$5)

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# EAST COBB VALEDICTORIANS

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College: Georgia Institute of Technology



Mark Andrew Giles, Jr.  
**Sprayberry High School**  
College: Mercer University



Anastasia Achieng Onyango  
**Lassiter High School**  
College: Harvard University



Andrew Hoon Chyong  
**Walton High School**  
College: Georgia Institute of Technology



Caleigh Ann Cullinan  
**Pope High School**  
College: The University of Georgia



Shawn Michael Doss  
**Wheeler High School**  
College: Johns Hopkins University

## DID WE MISS YOUR LOCATION?

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

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# IS DISCOUNT DENTISTRY A GOOD BARGAIN?

Every now and then at our dental practice here in East Cobb, my appointment coordinator at the front desk receives a call from a prospective patient asking, "How much do your crowns cost?" This is a tough question to answer. Are we talking about strictly the out-of-pocket expense for the crown itself, or do we look at the long-term cost of a great restoration versus a mediocre one? If I were in need of a kidney transplant or a surgeon to repair my knee, I can not imagine shopping for a doctor based on price only. I want to be sure that the job is going to be done as skillfully as possible, so I base my decision on the doctor's past performance and experience. And, of course, I want a doctor who has my best interest at heart...one whom I can trust to make good decisions on my behalf concerning recommendations for treatment and who uses the best materials and techniques. But for some reason, some people view dental procedures as a commodity. Perhaps they are not aware of the importance of a healthy, properly functioning oral system or that crowns, implants, examinations, and many other dental procedures and services may greatly vary in quality or longevity from one dental practice to another. For example, a crown done in one office may last 8-10 years while one done in another office would last twice as long. Also, not having a proper, thorough examination

can lead to future issues that could have been prevented. At Cheek Dental our dentistry truly IS a bargain when you consider the kind of service and quality of restorations that you receive.

Our team is dedicated to serving our community and views each patient as if he or she were a member of our own family. Having a relationship of trust is paramount in working with you so that we can together develop a plan for your long-term oral health. When we perform an examination, we are comprehensive and look not only at which teeth need treatment, but WHY do they need treatment. Is there an underlying issue with tooth grinding or with the way they fit together? Are there dietary issues or habits that may be causing premature breakdown of the teeth or restorations? Are there health-related issues like sleep apnea, diabetes, or acid reflux that could be contributing to poor oral health? Knowing how the entire oral system is functioning is critical before making recommendations for dental work.

The crowns and other ceramic restorations made in our office are meticulously designed and fabricated in one appointment using our Cerec CAD/CAM system. The fit is superior, the esthetics are absolutely beautiful, and these restorations are extremely durable. There is also less sensitivity with these crowns since the fit

is so precise and because they are bonded on the tooth the same day the tooth is prepared. And patients love that they receive in just one appointment crowns that are virtually imperceptible to the naked eye... with no messy impressions and no temporary crowns!

When shopping at Wal-Mart versus Macy's you can expect to find different quality clothing. You can also purchase tools that are cheap and break easily or tools are high-quality and long-lasting. Similarly, you can receive precision dental work that is natural-looking, functional, and long-lasting or dental treatment that may use lesser materials, not be comprehensive, and not even be the right treatment for you. Unfortunately, if price alone is all that is considered, quality of treatment may be unknown, so be sure that you are comparing value and not just price.



**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](http://www.cheekdental.com).

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# EAST COBB COUNTY COUNCIL PTA RECOGNIZES OUTSTANDING SENIORS



Pictured above are the ECCC PTA Margie Hatfield Scholarship recipients: Mitchell Gacuzana, Kell High School; Alexander Pace, Wheeler High School; Loren Tsang, Pope High School; Margie Hatfield, Laura Key, Walton High School; Madeline Wonders, Sprayberry High School; and Kaitlyn Trevathan, Lassiter High School.

Six local high school seniors were named Margie Hatfield Scholarship recipients at the East Cobb County Council of PTAs (ECCC PTA) general membership meeting held on April 19 at Kell High School. The scholarship was established in 1989 to honor the dedication and years of service by Mrs. Hatfield to ECCC PTA. The scholarship recognizes and awards outstanding seniors who have demonstrated a commitment to service and citizenship in the genuine spirit of PTA. The winners, each of whom received a \$1,000 cash award to be used to further their education, were selected on the basis of their applications, personal essays and letters of recommendation. Funded by the local units of ECCC PTA and donations from community members, the scholarship program has awarded over \$100,000 to students over the years. Mrs. Hatfield was on hand for the presentations. All of the winners contribute to our community in significant ways through school and community activities. Congratulations to these outstanding seniors! 🎉

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# EAST COBBER PARADE

## MARCHES ON FOR 23rd YEAR



The 23rd annual EAST COBBER Parade & Festival is scheduled for Saturday, September 15. The day's festivities will be kicked off with the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands, and a cornucopia of East Cobb groups will march down the one-mile parade route.

The EAST COBBER parade will step off at 10am, starting at 1223 Johnson Ferry Road, travel 1 mile south ending at Olde Towne Parkway.

Immediately following the EAST COBBER Parade, at approximately 11am, the EAST COBBER Festival will be held in the south parking lot (across from Olde Towne Pkwy) of Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb.

From 11am to 3pm, the free Festival will feature arts and crafts, local businesses, food concessions, carnival games, and an entertainment stage. The Festival offers East Cobb County residents an opportunity to come together and enjoy an

afternoon of local entertainment, carnival games and good food. Booths will be set up to showcase everything from jewelry to local schools. East Cobb kids will have plenty to do at the EAST COBBER Festival, from getting their face painted to taking a chance at a carnival game to hopping in a moonwalk. Festival goers will also be treated to food from East Cobb restaurants and civic clubs.

Many thanks to this year's sponsors: WellStar and the EAST COBBER. Thanks to their generosity, this special event has become a popular pastime for East Cobb residents.

Come be a part of this very special, old-fashioned celebration – the 23rd annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. If you are interested in marching in the Parade, renting a booth or performing on the Festival stage, call the EAST COBBER at 770-640-7070 or visit [www.eastcobber.com/parade](http://www.eastcobber.com/parade). 📞



# POLICE PRESENT DEFENSE CLASS

**M**arietta Police Department announced that it is offering Rape Aggression Defense (RAD) courses on July 16, 18, 23 and 25 from 6-9pm. RAD is an empowering and simple, yet effective self-defense course for women. The techniques taught are designed to be quick and effective in delivering pain to vulnerable locations on the attacker's body. The instructors will teach women of all fitness levels various options to escape attacks. The RAD course is taught in four individual three-hour classes. Participation in all four classes is necessary to complete the course.

Participants must be at least 14 years old to attend. Women 14-17 years-old must attend with their mother or another adult female. There is a \$10 fee for each person attending the training. Class size is limited.

To register visit [www.eventbrite.com/e/marietta-rad-womens-july-class-tickets-46254027040](http://www.eventbrite.com/e/marietta-rad-womens-july-class-tickets-46254027040). 📍

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# CONGREGATION ETZ CHAIM HONORS MAJOR QUAN

Congregation Etz Chaim recently hosted its annual gala, an evening of comedy and celebration, honoring Major Jerry Quan, Retired Precinct 4 Commander, Cobb County Police. More than 210 people attended the event. Highlights of the evening included comedy, dinner, and the honoring of Major Quan with a presentation of a Proclamation by the State of Georgia for all that he has contributed to the community.

"We honored Jerry because he has treated everyone with respect over the years, and has made a significant effort to get to know the members of our congregation," said Allison Saffran, Congregation Etz Chaim President. "Jerry respects the practices of our religion, and he embodies the characteristics of a truly good and righteous person. We will genuinely miss seeing him at Etz Chaim."

"For 17 years, Major Jerry Quan has had a special relationship with Congregation Etz Chaim. He has been part of our fabric," said Marty Gilbert, Congregation Etz Chaim's Executive Director. "He has watched leadership change, new members join, and children grow and become members themselves. Through all these years he has been a warm and steady presence. We wish only good things as he enters this new phase of his life."

Congregation Etz Chaim was established in the fall of 1975 to meet the needs of the expanding Jewish community of north metropolitan Atlanta. An affiliate of the United Synagogue of Conservative Judaism, Etz Chaim is a modern Conservative synagogue committed to blending tradition and change. The 2018 Etz Chaim Celebration Committee included: Randy Figur, Janis Greenfield, Ilene Levin, Jennifer Pila, and Ellen Spandorfer. 🕍



Major Jerry Quan holds the state proclamation created in his honor.



Judy Keo, Ryan Cloninger, Lai Quan, Lydia Quan, Major Jerry Quan, and Jenny Quan.



Etz Chaim Gala guests applaud Major Quan.



# EAST COBBER SET FOR STARTER'S ROLE IN PEACHTREE ROAD RACE

**R**eady. Set. GO! It all starts with Debbie Douthit, the Peachtree Road Race that is. The Peachtree Road Race is a 10-kilometer run held annually in Atlanta on July 4, Independence Day. The Peachtree Road Race is the world's largest 10-kilometer race, a title it has held since the late 1970s. The race has become a citywide tradition in which over 70,000 amateur and professional runners try to register for one of the limited 60,000 spots. The event also includes a wheelchair race which precedes the footrace. The race attracts some of the world's elite 10K runners and has served as both the United States' men's and women's 10K championship. For the past four years, East Cobb resident, Debbie Douthit, has been the official starter of The Peachtree Road Race. Debbie writes below of how she snagged this special position and what it means to her.

*As I stood on the starter stand last year with my son, Spencer Welch, he looked out over the 65,000 runners that were about to start the largest 10K in the USA and commented, "Wow! This really is a cool gig!"*

*My mind quickly started reflecting and tears welled up in my eyes thinking just over 25 years ago my son was on top of his dad's shoulders cheering as the runners went by while his younger brother was in the stroller. For us, and for thousands of others, who come to watch the Peachtree Road Race, this event was a family Fourth of July tradition. We would wake up at 5am, drive to Howell Mill, park and then wait with anticipation as the wheelchair athletes would pass us. And then the fastest runners in the world would stride by. It was so exciting to watch runners from all over the world that would come just for the experience of the Atlanta Peachtree Road Race. We would cheer, clap and wish them well.*

*Fast forward approximately 20 years. I was dating my now husband Jerry Douthit, a real East Cobber (he grew up in these parts). He had run and volunteered for the Peachtree Road Race for over 10 years when we met. He encouraged me to join him in volunteering and running the Peachtree Road Race. I wasn't a runner but what the heck? So, we volunteered on July 3rd putting out the street signs, waters, getting Old Glory ready to be raised at 5:45 am the next day. It was a full day and then we returned on the 4th at 4:30am*



**Debbie and Jerry Douthit at the Peachtree Road Race**

*to help with who ever needed us at the start line from flag raising to cheering on the runners. Then we would leave and run/walk the "Peachtree". The first few years tears just flowed as I ran with thousands of people cheering me on.*

*We would always tell Kyle, the head crew chief of the entire start line area, should you ever need a crew chief in any of the start line areas just give us a call. Then one day, 5 years ago, the call came. Kyle called. They wanted us to be the official starter(s) for the Peachtree Road Race. Ray Ganga had been the starter for 32 years and wanted to retire. He wanted us in his place. They want us to start the race? Oh my goodness! A million thoughts ran through my head: 65,000 runners. What if this? What if that? My knees were wobbling at just the thought of it!*

*So, the first year, we prepared months in advance and arrived at 3am on race day to shadow Ray. Then the next year, we became the official starters of the Peachtree Road Race. We arrived at 3am to get the start line set up. Our volunteers arrived at 4am. Jerry handled the ground volunteers and getting the waves settled in at the start line. I am up high on the starter's platform with the announcer and clock making sure we are on time. The Mayor of Atlanta starts the wheelchair athletes and the world class runners and then the flag is handed over to me. I cannot describe the feeling standing up high and seeing 65,000 runners in front of you. . . knowing they have come from all over the world. Wheelchair racers, world class champions, and folks just like you and me just wanted to be a part of the greatest and largest 10K in the USA! Once the last wave of runners passes by it's clean up time and volunteers are returning Peachtree Road back to its normal state. My heart swells with pride to be an American listening to God Bless America and watching Old Glory sway over Peachtree Road. So yes, it really is a cool gig. *

# EAST COBB PRIMARY ELECTION RESULTS

On Tuesday, May 22, East Cobb residents, along with the rest of Georgia citizens, participated in primary elections to vote for Republican and Democratic candidates for a variety of public offices. In Cobb County, 84,113 out of a total of 473,356 registered voters (17.77%) exercised their right to vote. The following presents the vote tally of some of the contested races on which East Cobb voter were asked to vote. Unopposed candidates are not included in the list of results.

## Governor-Republican Candidates

	Cobb Votes	State Votes
<b>L.S. 'Casey' Cagle</b>	<b>14,957</b>	<b>236,890</b>
<b>Brian Kemp</b>	<b>8,740</b>	<b>155,970</b>
Hunter Hill	9,962	111,362
Clay Tippins	6,499	74,138
Michael Williams	1,561	29,594

Because neither candidate received more than 50 percent of the vote, a runoff will be held July 24. The winner will face Stacey Abrams (D) in the November General Election.

## Governor-Democratic Candidates

	Cobb Votes	State Votes
<b>Stacey Abrams</b>	<b>31,000</b>	<b>423,400</b>
Stacey Evans	10,540	130,537

## Cobb County Board of Commissioners District 3-Republican Candidates

	Total	
<b>JoAnn K. Birrell (Incumbent)</b>	<b>5,634</b>	<b>58.63%</b>
Tom Cheek	3,973	41.37%

## Cobb County Board of Commissioners District 3-Democratic Candidates

	Total	
<b>Caroline L. Holko</b>	<b>5,767</b>	<b>80.55%</b>
James (Jim) Smith	1,393	19.45%

## United States Representative, District 6- Democratic Candidates

	Cobb Votes	District Votes
<b>Lucy McBath</b>	<b>4,226</b>	<b>15,085</b>
<b>Kevin Abel</b>	<b>3,019</b>	<b>12,705</b>
Bobby Kaple	2,762	10,920
Steven Knight Griffin	740	2,893

Because neither candidate received more than 50 percent of the vote, a runoff will be held July 24. The winner will face Rep. Karen Handel (R) in the November General Election.

## Georgia State House, District 37- Democratic Candidates

	Total	
<b>Mary Frances Williams</b>	<b>1,964</b>	<b>70%</b>
Ragin Edwards	514	18.34%
Bill Bolton	327	11.67%

Mary Frances Williams will face Sam Teasley (R) in the November General Election.

## Georgia State House, District 43- Republican Candidates

	Total	
<b>Sharon Cooper (Incumbent)</b>	<b>3,033</b>	<b>100%</b>

Republican primary candidate Kevin James was disqualified from the race for owing nearly \$21,000 in outstanding federal taxes according to a ruling from Secretary of State Brian Kemp's office. State Representative Cooper will face Luisa Wakeman (D) in the November General Election.

## Georgia State House, District 44- Republican Candidates

	Total	
<b>Don L Parsons (Incumbent)</b>	<b>2,953</b>	<b>79.53%</b>
Homer Crothers	760	20.47%

State Representative Don Parsons will face Chinita Allen (D) in the November General Election.

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# DEMOCRATIC BALLOT QUESTIONS

Voters in the May 22 Democratic primary were invited to weigh in on gun control, Medicaid expansion, the drawing of political district boundaries, and mass transit investment. The Georgia Democratic Party asked voters to choose yes or no to four questions on the ballot. The four non-binding ballot questions gauged voters' opinions for the Democratic Party to consider in future legislation. The Republican Party didn't put policy questions on its primary ballot.

## Democratic Party Question

Should the sale and distribution of bump stocks be prohibited in the state of Georgia?

	Cobb Votes	State Votes
<b>YES</b>	<b>32,165</b>	<b>398,165</b>
NO	7,093	122,790

## Democratic Party Question

Should Georgia allow voters to elect our own representatives by amending our Constitution to place the power of drawing district lines under the authority of an independent, non-partisan commission?

	Cobb Votes	State Votes
<b>YES</b>	<b>31,938</b>	<b>400,434</b>
NO	7,872	127,477

## Democratic Party Question

Should Georgia pull down our federal tax dollars to save rural hospitals and create more than fifty thousand jobs by expanding Medicaid?

	Cobb Votes	State Votes
<b>YES</b>	<b>37,797</b>	<b>494,663</b>
NO	2,737	46,468

## Democratic Party Question

Should Georgia alleviate traffic congestion, reduce carbon emissions, and better connect communities by investing a substantial amount of existing tax dollars in mass transit?

	Cobb Votes	State Votes
<b>YES</b>	<b>37,263</b>	<b>456,429</b>
NO	3,385	81,142



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# FOURTH OF JULY FESTIVITIES

Our nation's birthday is celebrated coast to coast with fireworks, picnics and festivals. Metro Atlanta is no different. Several cities have Fourth of July events that offer a fun time for your family. Here are some great ways to celebrate Independence Day that are just a short drive away:

## ★ ACWORTH – July 4

**4th OF JULY CELEBRATION** sponsored by The City of Acworth and the Acworth Business Association. Live music will start at 4pm. Fireworks will begin at approximately 9:30pm. Food vendors will be on site. Free admission. Parking pass and tables available for event. Residents: \$50; Non-residents: \$70. Parking without a pass is available in downtown. Lake Acworth Beach at Cauble Park, 4425 Beach Street, Acworth. More info: 770-917-1234 or visit [www.acworthparksandrecreation.org](http://www.acworthparksandrecreation.org).

## ★ ALPHARETTA- July 4

**JULY 4TH FIREWORKS AT WILLS PARK.** Celebrate Independence Day with family and friends at Wills Park! Food Trucks and music start at 6pm, The spectacular fireworks display begins at dusk. Fireworks will be shot regardless of the weather conditions. Wills Park, 1825 Old Milton Parkway Alpharetta. More info: 678-297-6130 or [www.alpharetta.ga.us](http://www.alpharetta.ga.us).

## ★ DUNWOODY- July 4

**DUNWOODY 4TH OF JULY PARADE** hosted by the Dunwoody Homeowners Association and the Dunwoody Crier newspaper. Features marching bands, local celebrities, and floats. Parade starts at 9am at the intersection of Mt. Vernon Road and Jeff Ferry Road (West side of the street), follows west on Mt. Vernon to Dunwoody Village at 5483 Chamblee Dunwoody Road, Dunwoody. Spectators are encouraged to set up chairs along Mt. Vernon and Dunwoody Village Parkway. The festival begins immediately after the parade, approximately 11:30am. The festival area is to the left of the Dunwoody village entrance. This year's theme: Dunwoody Salutes America and the Arts. More information: 770-354-7653 or [www.dunwoodyga.org](http://www.dunwoodyga.org).

## ★ EAST COBB – July 4

**MEMBERSHIP APPRECIATION DAY** hosted by Indian Hills Country Club (IHCC) featuring fireworks at dusk. IHCC allows the community to come by and grab a seat on the lawn and enjoy the fireworks extravaganza. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb.

## ★ KENNESAW – July 3

**SALUTE TO AMERICA**, a pre-Independence Day celebration, will feature high-energy, live music and family entertainment from 6-10pm in Downtown Kennesaw. Fireworks begin at 9:30pm. Free admission. Food and beverages for sale. Historic Train Depot, 2828 Cherokee Street, Kennesaw. More info: 770-422-9714 or [www.kennesawjuly3.com](http://www.kennesawjuly3.com).

## ★ MARIETTA – July 4

**FOURTH OF JULY CELEBRATION** presented by Marietta Parks and Recreation. Parade starts 10am at Roswell Street Baptist Church, 774 Roswell Street SE, Marietta, and ends at Marietta Square/ Glover Park. Followed by concerts, museum tours, arts and crafts show, food, carnival games. Fireworks finale at 9:30pm in Glover Park/Marietta Square. More info: 770-794-5601 or [www.mariettaga.gov](http://www.mariettaga.gov).

## ★ POWDER SPRINGS – July 4

**INDEPENDENCE DAY CELEBRATION** featuring music, children's activities, food and fireworks at dark. 7pm-10pm. Historic Town Square, 4488 Pineview Drive, Powder Springs. More info: 770-943-1666 or [www.cityofpowdersprings.org](http://www.cityofpowdersprings.org).



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★ **ROSWELL – July 4**

**4th ANNUAL BARBEQUE AND BLUEGRASS 4th of JULY CELEBRATION** on the grounds of Barrington Hall. The King Family, who built Barrington Hall, held a 4th of July Barbeque for their friends and neighbors in the 1800's. Their tradition is re-created with live music, barbecue, beer, soft drinks and desserts for sale. Plus, fun games on the lawn and hayrides in the front yard. Free. 11am- 4pm. Barrington Hall, 535 Barrington Drive, Roswell 30075. More info: 770-640-3855 or [www.roswellgov.com](http://www.roswellgov.com).

**ANNUAL FIREWORKS EXTRAVAGANZA** presented by the City of Roswell. Live entertainment, Kids Zone, and food trucks. Bring picnics, blankets and chairs. No dogs, alcohol, drugs or tobacco allowed. The fun starts at 5:30pm. Fireworks at dark (approximately 9:30, depending on weather). Free. Food and Kid Zone for a fee. Roswell High School front lawn, 11595 King Road, Roswell. More info: 770-641-3705 or [www.roswellgov.com](http://www.roswellgov.com).

★ **WOODSTOCK – July 4**

**JULY 4TH SPECTACULAR** begins at 10am with a parade starting at Woodstock Elementary, 230 Rope Mill Road, traveling down Main Street to Sam's Club at Hwy 92. After the parade a festival with food, children's activities, musical entertainment, and crafts until 3pm at The Park at City Center, 101 Arnold Mill Road, downtown Woodstock. Fireworks begin at dusk behind the Target Shopping Center at Hwy 92 and I-575. More info: [www.woodstockga.gov](http://www.woodstockga.gov). 📍

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# 2018 *June+July* 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: [cobbemc.com/content/request-wood-chips](http://cobbemc.com/content/request-wood-chips).

## EVERY MONDAY

**Garden Tour at Barrington Hall.** Discover how the gardens have been restored, receive gardening tips, and learn about heirloom and native plants. Free tour of the historic gardens at Barrington Hall. Begins at the main house back porch. No reservations are necessary. 9:30am. Free. Barrington Hall, 535 Barrington Drive, Roswell. More info: [roswellgov.com](http://roswellgov.com).

## EVERY THURSDAY

**Christian Movie Night.** Enjoy a different movie every week with popcorn, candy and soda. 7pm. Admission free. Johnson Ferry Baptist Church Room 272/274, 955 Johnson Ferry Road, Marietta/East Cobb. More info: Debbie.dellano@jfbcc.org.

## EVERY THURSDAY, FRIDAY & SATURDAY

**Historic Marietta Trolley Tour.** All aboard for a one-hour, fully narrated exploration of the historic city of Marietta. Experience Marietta's rich heritage, from the vibrant Downtown Square, past grand Antebellum homes, to the battle fields at Kennesaw Mountain. Thursday and Friday: 1pm; Saturday: 10am. \$20/adults; \$12/children; \$18/Seniors & Students. The Historic Marietta Trolley Company, 131 Church Street, Marietta. More info: [www.mariettatrolley.com](http://www.mariettatrolley.com).

## JUNE 7-10

**Murder! At The Strand: The Encore.** If you missed the sold-out April run, it's back for an encore. An immersive theatrical who-dun-it! Using all of The Strand, this interactive, world-premiere event challenges the audience to identify the true story behind a nefarious crime and the criminal with the motive to commit it. This is an opportunity for patrons to experience the historic Earl and Rachel Smith Strand Theatre as never before. Thursday & Friday: 7pm & 8:45pm; Saturday: 3pm, 7pm & 8:45pm; Sunday: 3pm. Tickets: \$40-\$45. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or [www.earlsmithstrand.org](http://www.earlsmithstrand.org).

## JUNE 8 & 9

### **The Eve of Jackie: The Legacy of Jackie Wilson.**

Broadway actor Chester Gregory channels the dynamic spirit of Jackie Wilson: "Mr. Excitement," one of the most influential artists in rock 'n' roll history. He shares his thoughts on his personal life and career in show business. He is unaware that it will be his final performance in completion, as it is the evening before his inevitable collapse on stage the following day. Age Restriction: must be 18+. 8pm. \$35-\$50. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or [theatreinthesquare.net](http://theatreinthesquare.net).

## JUNE 8-10, 14-17, 21-24

**Tarzan** presented by Atlanta Lyric Theatre. Based on Disney's animated musical and Edgar Rice Burroughs' Tarzan of the Apes, featuring music by Phil Collins, makes this show an unforgettable theatrical experience. Thursday-Saturday: 8pm. Sunday: 2pm. \$36-\$58. Cobb Civic Center, Jennie T. Anderson Theatre, 548 S. Marietta Parkway, Marietta. More info/tickets: 404-377-9948 or [www.atlantalyrictheatre.com](http://www.atlantalyrictheatre.com).

## JUNE 9

**5-K-9 Run.** The Northeast Cobb Business Association will host its annual "5-K-9" run with proceeds supporting the Cobb Sheriff's Department K-9 Unit and a service dog for autism. 8am. Registration: \$25 online at [www.northeastcobbba.com](http://www.northeastcobbba.com) or [active.com](http://active.com). Race begins at Piedmont Church, 570 Piedmont Road, Marietta. More info/sponsorship: 770-377-0072.

**8th Annual Roswell Lavender Festival.** Inspired by Barrington Hall's own lavender queen, Evelyn Simpson, a descendant of Barrington. A celebration of all things lavender and will feature the many varieties, uses and folk remedies associated with this ancient plant. Demonstrations, children's activities, vendors, food samples, music and more. 10am-5pm. Free. Barrington Hall, 535 Barrington Drive, Roswell 30075. More info: [roswellgov.com](http://roswellgov.com) or 770-640-3855.

### **Live! In Roswell Series presents Davina and the Vagabonds**

This high-energy live show has musical influences ranging from Fats Domino and the Preservation Hall Jazz Band to Aretha Franklin and Tom Waits. 8pm. \$30. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-594-6232 or [roswellpresents.com](http://roswellpresents.com).



## JUNE 9

**Girls Gone Strong Fun Fitness Fundraiser** benefitting Sawyer Road Runners, a team of girls at Sawyer Road Elementary. Boot Camp in the park founder will host the fundraiser to include adults and children. Work out stations will be set up throughout the park and include running exercises. Bring a water bottle. 10am. \$10. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info/sign up via PayPal: [heidi@bootcampinthepark.org](mailto:heidi@bootcampinthepark.org).

**Smyrna Summer Concert Series featuring Alex Guthrie.** A local artist brings his powerful, soulful vocals and southern charm to this concert. 7pm. Free or tables available to reserve \$30/residents \$40/non-residents. Village Green, 200 Village Green Circle, Smyrna. More info: 678-631-5540 or [www.smyrnacity.com](http://www.smyrnacity.com).

## JUNE 9, 12, 15-17

**Sweeney Todd** presented by the Atlanta Opera. This dark and witty tale based on the Victorian short story The String of Pearls, Stephen Sondheim's musical thriller won the 1979 Tony Award for Best Musical. Tuesday: 7:30pm; Friday & Saturday: 8pm; Sunday: 3pm. \$35-\$131. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or [www.cobbenergycentre.com](http://www.cobbenergycentre.com).

## JUNE 9 & 23 & JULY 14 & 28

**Marietta Square Artists Market** features artwork created by juried artists showcasing the best of local work. 9am-2pm. Mill Street near Marietta Square. More info: [www.artistsmarketmarietta.com](http://www.artistsmarketmarietta.com).

## JUNE 9, JULY 22 & AUGUST 5

**Civil War Music Program.** Join musicians and living historians as they demonstrate the important role that music played in the civil war. 11am-3pm. Free. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or [www.nps.gov/kemo](http://www.nps.gov/kemo).

## JUNE 10

**Sundays on the River Concert** featuring **River Whyless**, a quartet whose musical sounds have been described as folk-rock, nature-pop and baroque-folk. 6-9:30pm. Tickets: \$12 for lawn seating, \$16 for table seating. Cash bar available, no outside alcoholic beverages permitted. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: [www.chattnaturecenter.org](http://www.chattnaturecenter.org).



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## JUNE 10 & JULY 8

**Family Friendly Breakfast with Butterflies.** Enjoy a family-friendly morning with exclusive access to the butterfly encounter where you can enjoy a light breakfast, experience several species of butterflies in the CNC's Butterfly Encounter tent and explore the grounds prior to opening. Register by June 7 – Limited Spaces. 10am-12pm Ages 4+: \$25 general public; Members: \$15. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055x237, or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JUNE 11

**21st Annual Carpenter Open Golf Tournament.** Join the Knights of Columbus Council 9792 to support local charities with a round of golf and silent auction items. \$150/individual (includes greens fee, golf cart, continental breakfast, buffet lunch. Cash bar available.) 7am registration and breakfast; 8:45am shot-gun start. Indian Hills Country Club 4001 Clubland Drive, Marietta/East Cobb. More info/registration: 770-598-9982 or [www.CarpenterOpen.com](http://www.CarpenterOpen.com).

## JUNE 12 & JULY 10

**Gritters Afternoon Book Club.** Come discuss the book of the month. June: *Before We Were Yours* by Lisa Wingate; July: *Hillbilly Elegy* by J. D. Vance. 2-3pm. Free. Gritters Library, 880 Shaw Park Road, Marietta. More info: [www.cobbcat.org](http://www.cobbcat.org).

## JUNE 13

**A Conversation with President Bill Clinton.** Join President Clinton as he discusses his forthcoming novel, *The President is Missing*, and the timely issues it raises about our world today. 7:30pm. \$75-\$135. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or [www.cobbenergycentre.com](http://www.cobbenergycentre.com).

## Mice Tours Murray & Etta: Etta Spies with Her Little Eye.

Tours for the smallest visitors Toddlers age 3-5 and their parents are introduced to history through very basic concepts. 10:30am. \$5/family (1 adult and up to 3 children) additional adults/children are \$5 each. Reservations required by calling 770-794-5710. Marietta Museum of History, 1 Depot Street, Marietta. More info: [www.mariettahistory.org](http://www.mariettahistory.org).

## JUNE 13-14, 27-28

**Defensive Driving/Driver Improvement Class** presented by Safe America. If you are already driving but want to lower the cost of your car insurance or if you've gotten a traffic ticket and need to take a defensive driving class, this class is for you. 6-hour class taught by certified instructors. 6-9pm. Court ordered/point reduction: \$95. Insurance rate reductions only: \$30. Safe America Foundation, 2000 First Drive, Suite 310, Marietta. More info: 770-973-7233 or [www.safeamericadrivers.org](http://www.safeamericadrivers.org).

## JUNE 13-16 & 20-23

**A Midsummer Night's Dream** presented by Shakespeare Kennesaw. One of Shakespeare's happiest comedies, featuring crossed loves, fairy spells and strange transformations. 8pm. Tickets: \$10-\$27. Legacy Gazebo Amphitheater at Kennesaw State University, 1000 Chastain Road, Kennesaw. More info: [arts.kennesaw.edu](http://arts.kennesaw.edu) or 470-578-6000.

## JUNE 14 & JULY 9

**Divorce Care.** Are you dealing with anger, depression, infidelity, financial issues, spiritual confusion, problems with children, or just need someone to listen and talk to who understands your pain and fears? 7-8:30pm. Free. Mt. Bethel United Methodist Church Room B111, 4385 Lower Roswell Road, Marietta/East Cobb. More info: 678-560-7230 or [kibbieparish@mtbethel.org](mailto:kibbieparish@mtbethel.org).

## JUNE 15 & 16

**Cobb County Rodeo.** Professional cowboys and cowgirls compete for championship points. Events include bareback riding, bull riding, steer wrestling, tie down roping, team roping and barrel racing, trick riders and the rodeo clowns! 8pm. Tickets: \$15/adults; \$12/children. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: [www.cobbcountyrodeo.com](http://www.cobbcountyrodeo.com).

## JUNE 16

**Dream Dash.** 5K benefitting the Kennesaw Dream Foundation and their Kennesaw Teen Center. Late registration: 6:30am. Race start: 8am. \$30 in advance; \$35 Race Day. Kennesaw First Baptist Church, 2958 North Main Street, Kennesaw. More info/register: [kennesawgrandprix.com](http://kennesawgrandprix.com) or [www.active.com](http://www.active.com).

**Never Too Much: A Luther Vandross Story.** Look back to Luther Vandross' early years as a songwriter and session singer for the likes of Roberta Flack and David Bowie. His famous live performances will be recreated with all his hits! 3pm & 7pm. \$35-\$45. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or [www.earlsmithstrand.org](http://www.earlsmithstrand.org).

## JUNE 16 & JULY 21

**Pop-In for Family Fun.** Explore the museum in a whole new way! Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. June's theme is the "Red, White and Blue." July's theme is "Summer Crafts." 10:30am-3:30pm. Admission: \$5 with a family cap at \$20. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or [www.mariettahistory.org](http://www.mariettahistory.org).



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## JUNE 18

**Cobb Budget Town Hall Meeting** held by Cobb County Commission Chairman Mike Boyce. Cobb budget officials are projecting a deficit between \$30 million-\$55 million. The public is invited to discuss the proposed cuts. 7pm. Free. East Cobb Senior Center, 3322 Sandy Plains Road, Marietta/East Cobb. More info: [mike.boyce@cobbcounty.org](mailto:mike.boyce@cobbcounty.org).

**Keeping Our Children on Course.** A golf fundraiser for Family Promise of Cobb County. Family Promise helps homeless families and their children in Cobb County find and keep housing. Registration begins at 7:30am; shotgun start 9am, luncheon follow at clubhouse with prizes for winning raffle tickets. \$125/player or \$500/foursome (includes golf cart, t-shirt and lunch). Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. More info: 404-218-1343 or [www.familypromisecobbcounty.org](http://www.familypromisecobbcounty.org).

## JUNE 19

**Coffee with a Cop.** Come have coffee and conversation with Precinct 4's Community Engagement Officer, Nathalie Jegg. 5-7pm. Free. Starbucks Coffee, 3631 Sandy Plains Road, Marietta/East Cobb. More info: [Nathalie.jegg@cobbcounty.org](mailto:Nathalie.jegg@cobbcounty.org) or 770-499-3981.

## JUNE 23

**Trolls: Live.** This live show transports audiences to a colorful, wondrous world populated by the overly optimistic Trolls, who have a constant dance in their step and a song on their lips, and the comically pessimistic Bergens, who are only happy when they have trolls in their stomachs. 7pm. \$25/Adults; \$10/Students. Spoken Images Theatre Company, 3378 Canton Road, Marietta/East Cobb. More info: [www.spitheatre.com](http://www.spitheatre.com).

## JUNE 24 & JULY 22

**Low-Cost Pet Vaccination Clinic.** Save an average of 50% off retail pricing for vaccines and supplies like flea, tick, and heartworm preventative. Each guest will also receive a gift card for a FREE pet exam at Town & Country Veterinary Clinic. (\$50 value) 100% of the fees from this clinic will be donated to the Homeless Pets Foundation. Making this a 100% donation and tax deduction for YOU! This clinic is open to the public and no appointment is required. 12-2pm. Janice Overbeck Real Estate Team Office, 2249 Roswell Road, Marietta/East Cobb. More info: 404-585-8881.

## JUNE 29

**Glover Park Concert Series featuring Bogey & The Viceroy.** Enjoy music under the stars with a classic soul to today's hits sound. Bring a picnic and blankets or set up lawn chairs after 4pm. No tarps or tents. Personal tables can be set up in the street on North Park Square after 5:30 (but not in Glover Park). Concert at 8pm. Free. Glover Park, 50 Park Square, Marietta. More info: 770-794-5601 or [www.marietta.com](http://www.marietta.com).

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# COMMUNITY CALENDAR

## JUNE 30

**Fast and Furry 5K.** Enjoy running a 5K with your pooch to benefit Cobb Animal Shelter. The course runs along County Services Road, with awards for fastest dog and humans. 8am. \$30. 1060 Al Bishop Drive, Marietta between County Services and Callaway Road. More info: [www.cobbanimalcontrol.org](http://www.cobbanimalcontrol.org).

## Star Spangled Spectacular Saturday and Family Fun Festival

sponsored by Kennesaw State University. This annual event features a family fun festival followed by a patriotic concert with performances by the KSU Big Band and KSU Summer Orchestra, closing with a spectacular fireworks finale. Family fun festival activities start 5pm. Concert begins 8pm. FREE. Fifth Third Bank Stadium, 3200 George Busbee Parkway, Kennesaw. More info: [starspangled.kennesaw.edu](http://starspangled.kennesaw.edu) or 470-578-6000

## JULY 4

**Birds Eye Parade View.** Get a birds-eye view of the Marietta's 4th of July parade from the rooftop on the Strand. A cash bar will include morning beverages. Doors open at 9am; parade 10am-12pm. \$10. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or [www.earlsmithstrand.org](http://www.earlsmithstrand.org).

## JULY 6

**Marietta Square Art Walk.** Enjoy an evening of shopping, dining, and a variety of arts & culture, around the charming streets of the Marietta Square. Top local dance, musical, visual and performing artists share their talent in front of the many boutiques, restaurants, galleries, and museums of the culturally rich and authentic Marietta Square. Every 1st Friday through November. 5-9pm. More info: [www.ArtWalkMarietta.com](http://www.ArtWalkMarietta.com).

## JULY 6-8

**Scary-etta Trolley Ghost Tour.** Join Ghosts of Marietta and The Historic Marietta Trolley Company for a 90 minute "spirited" ride aboard the trolley. This tour does include a very brief period of walking, if you have any issues walking please let them know. Tours last approximately 90 minutes and the walk is about 2 blocks. 8-9:30pm. Adults: \$27; Children: \$14. 131 Church Street, Marietta. More info: 770-425-1066 or [ghostsofmarietta.com](http://ghostsofmarietta.com).

## JULY 7

**Atlanta GLOW's Young Women's Leadership Conference.** Each year the Conference brings together leading professionals from all over Atlanta. Equipping college-bound or college-going women to be thriving, self-sustaining leaders and effective agents of economic growth in their communities. 9:30am - 3:30pm. \$35. Mansour Center - Travis Duke Community Room, 995 Roswell Street NE, Marietta. More info/register: 678-870-4569 or [www.atlantaglow.org](http://www.atlantaglow.org).

**Roswell Riverside Sound Series featuring Joe Alterman Quartet.** Free. 7-9pm. Food available on site 6-9pm for purchase. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or [www.roswellriversidesounds.com](http://www.roswellriversidesounds.com).

## JULY 8

**Annual GA 400 Hospitality Hwy Bike Ride.** Ride your bike on the forbidden Hwy GA 400. All lanes are closed so you can ride safely and get the thrill of a lifetime. Join 1,700 other riders to embark on a memorable ride of 9, 27, 45, 62 or 101 miles throughout the best roads in North Georgia filled with horse farms and small country roads. Registration: 5:30am; Ride: 7am (Arrive before 6:30am). \$45/ adults, \$30/ youth (12-18) in advance. Start/Finish Sky Zone parking lot, Kings Market Shopping Center, 1425 Market Boulevard, Roswell. More info: [www.ga400century.com](http://www.ga400century.com).

**MORE ONLINE**  
For late-breaking events this month, visit [www.eastcobb.com](http://www.eastcobb.com)



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## JULY 8

**Sundays on the River Concert featuring Adron.** Her music is infused with an international texture and a vintage, yet original and personal sound. 6-9:30pm. Tickets: \$12 for lawn seating, \$16 for table seating. Cash bar available, no outside alcoholic beverages permitted. Chattahoochee Nature Center, 9135 Willetto Road, Roswell. More info/tickets: [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JULY 9

**Cobb Chamber First Monday Breakfast** sponsored by Kaiser Permanente HealthPlan of Georgia. 7:30-9am. General admission: \$60. Members: \$30. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: 770-980-2000 or [www.cobbchamber.org](http://www.cobbchamber.org).

## JULY 10-15

**Diverse Cobb Photo & Artifact Collection Drive.** Help preserve all of Cobb County's history. Bring your photos of family, friends, places & events, also old businesses, schools, churches, and community members to be scanned and returned or donated to our archives. 10am-4pm. Free. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or [www.mariettahistory.org](http://www.mariettahistory.org).

## JULY 11

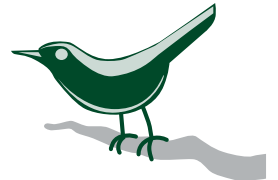
**Mice Tours Murray & Etta: Etta's Favorite Shapes.**

Tours for the smallest visitors Toddlers age 3-5 and their parents are introduced to history through very basic concepts. 10:30am. \$5/family (1 adult and up to 3 children) additional adults/children are \$5 each. Reservations required by calling 770-794-5710. Marietta Museum of History, 1 Depot Street, Marietta. More info: [www.mariettahistory.org](http://www.mariettahistory.org).

## JULY 13-14

**Antique Gun & Military Collectibles Show & Sale.** Friday: 12-5pm. Saturday: 9am-4pm. \$7/adults; \$1/ages 7-12. 2-day pass \$10. International Association of Machinists and Aerospace Workers, Local Lodge 709, Union Hall, 1032 South Marietta Parkway, Marietta. More info: 704-282-1339 or [richard@thecarolinatrader.com](mailto:richard@thecarolinatrader.com).

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**Our Great Summer Event Lineup**

**JUNE 2—Sports and Collectibles Show**  
Legendary pitcher **Denny McLain** Greet & Autograph

**JUNE 30—July 4th Celebration**  
Free Cookout and Sales Worth Celebrating

**JULY 7—Sports and Collectibles Show**  
Rock out with former Braves pitcher **John Rocker**

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# COMMUNITY CALENDAR

## JULY 13-22

**181st Marietta Campmeeting.** For nearly 200 years, fellow Christians have come together, on this sacred ground, to share their experiences with God. Campmeeting is a non-denominational revival where everyone is invited to join in the glorious celebration of our Lord. Starts with a covered dish picnic at 6pm on Friday followed by the first service at 7:30pm. Services will be held twice daily (11am and 7:30pm) the remaining days ending with the 11am service on Sunday, July 22. Guest pastors and speakers. Free. 2300 Roswell Road, Marietta. More info: [www.mariettacampmeeting.com](http://www.mariettacampmeeting.com).

## JULY 14

**Smyrna Summer Concert Series featuring Throwback Experience.** Bring your dancing shoes because the entire family will want to boogie down. The Southeast's most dedicated, high energy party band promises a musical journey through the 60s, 70s, and 80s. 7pm. Free or tables available to reserve \$30/residents \$40/non-residents. Village Green, 200 Village Green Circle, Smyrna. More info: 678-631-5540 or [www.smyrnacity.com](http://www.smyrnacity.com).

## JULY 18

**Coffee with a Cop.** Come have coffee and conversation with Precinct 4's Community Engagement Officer, Nathalie Jegg. 8-10am. Free. Keller Williams, 2249 Roswell Road, Marietta/East Cobb. More info: [Nathalie.jegg@cobbcounty.org](mailto:Nathalie.jegg@cobbcounty.org) or 770-499-3981.

## JULY 21

**Jason Aldean: High Noon Neon Tour.** Open acts include Hootie and the Blowfish, Luke Combs and Lauren Alaina. Gates open at 4pm. Tickets: \$45.50-\$325. Sun Trust Park, 755 Battery Avenue, Atlanta. More info: [www.braves.com/jasonaldean](http://www.braves.com/jasonaldean).

**Mini Con.** Bring the whole family and celebrate comics and pop culture. There will be panels and workshops with professional comics, creators and cosplayers, comic art gallery, artist and vendor tables, face painting, gaming, food and more. 1-6pm. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: [www.cobbcat.org](http://www.cobbcat.org) or James Mitchell 770-509-2711.

## JULY 22

**Butterfly Encounter Photography Workshop.** Join nature photographer Eric Bowles for a workshop to help you take better photographs of butterflies and other garden subjects. You'll have private access to the Butterfly Encounter and the butterfly garden, along with classroom time to talk about technique, equipment, and tips. Registration required by July 19. Ages 16+. 10am-2pm. General Public: \$40 General Public; Members: \$30. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JULY 24

**It's Elementary! Cobb County 911.** Ever wonder what happens when you call 911? Using fun activities, parents and children will learn the rules of how and when to 911, what information they need to give the 911 operator, and explain who will respond to their emergency. Designed for grades K-5 to adults. Parents are required to stay with their children during the program. 3-4pm. FREE; Registration required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-4964 or [www.cobbcat.org](http://www.cobbcat.org).

## JULY 27

**Glover Park Concert Series featuring Grains of Sand.** Enjoy music under the stars with a Carolina beach feel. Bring a picnic and blankets or set up lawn chairs after 4pm. No tarps or tents. Personal tables can be set up in the street on North Park Square after 5:30 (but not in Glover Park). Concert at 8pm. Free. Glover Park, 50 Park Square, Marietta. More info: 770-794-5601 or [www.marietta.com](http://www.marietta.com).

## JULY 27 & 28

**Southeast Homeschool Expo.** The expo is devoted entirely to the display, sale and discussion of educational materials with entire exhibit hall displays of materials by the best Christian, secular and specialty publishers. Sessions on getting started, "how to" on different subjects, preparing for college and more. Friday: 10am-9pm; Saturday: 10am-5pm. \$10/online; \$20/at the door; Children under 18: Free. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: [www.southeasthomeschoolexpo.com](http://www.southeasthomeschoolexpo.com).

## JULY 28-29

**42nd Collectible Glass Show and Sale** sponsored by The Peach State Depression Glass Club. Beautiful American made glass from the 1800's through the depression era and into the mid-century will be featured for sale. Saturday: 10am-5pm; Sunday: 10am-4pm. \$8/Adults, free for children under 16. Hudgens Hall, Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More info: [psdgc.com](http://psdgc.com) or [showchair@psdgc.com](mailto:showchair@psdgc.com).

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## JULY 29

**For Pets' Sake.** A fundraiser for Mutt Madd-ness, a unique opportunity for animal lovers to meet rescue representatives and local crafters while raising funds and awareness for causes that support our furry friends. Attendees will enjoy a comfortable indoor ballroom setting with ample parking and an on-site restaurant. 12-4pm. FREE. Old Towne Athletic Club, 4950 Olde Towne Parkway, Marietta/East Cobb. More info: 404-406-6322.

## JULY 30

**Georgia Historic Newspapers.** One of the databases that comes free with your library card is Georgia Historic Newspapers, now with an all-new easy-to-use interface, from colonial times right up to "only yesterday". Vintage advertisements, dispatches from military campaigns, editorial views on then-current controversies, maybe even mentions of your ancestors — all can be found right on your screen. Join branch manager Bruce Thompson to see Georgia history's first draft in the pages of her historic newspapers. 3-4pm. Free. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: [www.cobbcat.org/event/georgia-historic-newspapers](http://www.cobbcat.org/event/georgia-historic-newspapers).

## AUGUST 1

**First Day of School** for Cobb County public schools.

## AUGUST 2

**Open House at the College of Continuing & Professional Education (CCPE) at KSU.** Info sessions on Healthcare, Management, Technology, Hospitality, Languages, Paralegal, HR, Finance, Real Estate classes and more. 10% discount on enrollment in most classes. Free. 6-8:30pm. College of Continuing & Professional Education, KSU Center, 3333 Busbee Drive #3301, Kennesaw 30144. More info/register: 470-578-6765 or [ccpe.kennesaw.edu](http://ccpe.kennesaw.edu).

## AUGUST 4

**East Cobb Triathlons.** This is a qualifier for the championship race at the beginning of October. Choose from 3 distances for the adults and races for children. The swim portion takes place inside the Mountain View Aquatics Center. 7:30am. \$30-\$70. Mountain View Aquatic Center, 2650 Gordy Parkway, Marietta/East Cobb. More info: [www.fivestartnpt.com](http://www.fivestartnpt.com).

**Mountain View Arts Alliance Summer Stars Concert Series featuring Wasted Potential Brass Band.** A New Orleans-style Second Line brass band. It's what fun sounds like. Bring your blanket or lawn chairs. Concessions available or bring a picnic. Lawn opens at 7pm. Free. The Art Place, 3330 Sandy Plains Road, Marietta/East Cobb. More info: [www.theartplace.us](http://www.theartplace.us).

**Roswell Riverside Sounds featuring Dangermuffin.** Free concert runs 7-9pm. Food available on site 6-9pm for purchase. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or [www.roswellriversidesounds.com](http://www.roswellriversidesounds.com).

**Smyrna Summer Concert Series featuring the Mustangs and Banks and Shane.** The Mustangs are known for their musicianship and harmonies, this lively 6-piece group covers your favorite music from the past 40 years. Crowd pleasers Banks and Shane are a high energy, hard kick, blow the roof off band that will have the crown dancing the night away under the stars! 6pm. Free or tables available to reserve \$40/residents \$50/non-residents. Village Green, 200 Village Green Circle, Smyrna. More info: 678-631-5540 or [www.smyrnacity.com](http://www.smyrnacity.com).

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# PET OF THE MONTH: LEXIE

*Submitted by the Fugedy Family*



**Animal/Breed:** Staffordshire Terrier

**Age/Gender:** 9-years-old/Female

**Favorite Food:** Filet mignon, roast beef, steak

**Favorite Person:** Cristna (mother), Gloria (grandmother), Elaine (godmother)

**Best Trick:** Eating, sleeping, greeting anyone she meets, rolling in the grass

**Turn Ons:** Taking long walks, napping on pillows, swinging on the glider in the sun

**Turn Offs:** Cold weather, rainy weather, inclement weather

**Favorite Toy:** Any pillow, large or small that she can fluff up & sleep on

**Last Seen:** Hanging out with her besties, Huddie (a pit bull mix) & the Lilanator (a Basenji)

**What makes your pet so special:** Her sweet, gentle personality & demeanor

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

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

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

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

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

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

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

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

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

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

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

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

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

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# ARE YOU READY TO MEET YOUR NEW BEST FRIEND?



Who is your best friend? According to Rover.com, 64% of Americans will put their pet at the top of the list and for good reasons--trust, assurance, fun and unconditional love to name just a few. But are we giving our best friends back as much as they give us? Best Friends Animal Society in Atlanta warmly invites East Cobbbers to learn more about their work in our community as they strive to reach their goal: no dog or cat ever killed in a shelter again by 2025. The avenues for us to get involved in the movement are many.

The mission of Best Friends Animal Society is to bring about a time when there are No More Homeless Pets. They do this through building community programs and partnerships across the nation. A national organization, Best Friends established a regional program in Atlanta in 2016 and works collaboratively with area shelters, animal welfare organizations and individuals to save the lives of pets in area shelters.

Best Friends Pet Adoption Center is open seven days a week and at any given time hosts over 40 dogs and 25 cats to who are available for adoption. The center serves as a life-saving hub for animals and base for local programming and coalition-building. Volunteer opportunities, either as an individual or as a part of a service project team are plentiful and the rewards will have you wagging your tail in no time. Join the gang at the Strutt you Mutt at Atlantic Station September 8th or explore rewarding projects at the center. But be warned: there is a very good chance you will fall desperately in love with your new best friend. Together, we will Save Them All!

## Best Friends Pet Adoption Center

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# WE ALL HAVE A STORY TO TELL

more than 30 departments and have given an 47,800 hours of service to Northside in the ar.

year's luncheon, themed "Volunteers are the success," honored s and other very s recognized the Auxili e eager to continuing ion.

Moore, of East C s of service to the y. Moore volunteer to patients and tr and cars. East Cob recognized at the ev ect.

gain this year, we provide compassion to patients, familie for special project Lisa Angel, Auxili t. "I am humbled ers. It is a privilege conscientious group presented Northside with a check for 9, raised from all of the Auxiliary's fundrais- erts in 2012-2013 including sales in the Gift ommissions on baby photo sales and several de to employees. The money was used

bas areas of the hospital.

- Volunteers delivered 3,559 flower arrangements and 2,728 pieces of mail to patients, and ported 5,752 patients.

Community Health Educ 22 puppet shows to

happy) volunteers mo ts and their familie cal-Surgery units.

55 items, including and scarves, for b Nursery and patie

unteers visited with breast and other ca e 423 follow-up call cancer patients.

Auxiliary has always r ponent to hospital uatrocchi, preside l. "There are no lin s our volunteers me each and every de greatly appreciate all that they do."

For more information about the Northside Hospital-Atlanta Auxiliary, call 404-851-8707 or v [www.northside.com/fundations](http://www.northside.com/fundations)

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# DINING GUIDE

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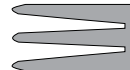
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www.chicagosrestaurant.com

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Sun: 12pm-10pm  
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www.harryspizzaandsubs.com



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# KALE ME CRAZY... BUT HEALTHY EATING CAN BE TASTY, TOO



Manager Karina Brizuela

What do you get when you combine a banana, cherries, cashews, coconut yogurt, almond milk, and vegan protein? At Kale Me Crazy in The Avenue East Cobb, you get a Recovery, which is a smoothie concocted for post-workouts. This is just one of many quick and nutritious options available that are both healthy and delicious.

According to Manager Karina Brizuela, the first store location in Inman Park established itself as a place where healthy habits start. Now with 13 stores in metro Atlanta and a total of 18 nationwide, Kale Me Crazy continues its commitment to healthy eating by offering 98 percent organic or natural grown ingredients in all its food and juices. Menu selections are prepared fresh daily, including almond milk that is made in-house. All food and juices are dairy and gluten free.

"Everyone deserves access to real food, no matter how busy you are," says Brizuela. "We are so much more than a juice bar. Although we offer juices, coffee, tea, and smoothies, we have an extensive menu of acai bowls, toasts, salads, wraps, and a poke bowl, which is wild-caught tuna served with rice and toppings. There is something for everyone, and it all tastes really good."

Brizuela goes on to say that doctors, pharmacists, chiropractors, and other health professionals recognize the benefits of Kale Me Crazy's products and recommend them to patients or clients to incorporate into their diets. In fact, Kale Me Crazy has partnerships with several local health care providers.

"Many of our menu selections contain vitamins, nutrients, antioxidants, and other ingredients that directly address certain physical conditions," explains Brizuela. "For instance, our Wheatgrass Shot is high in minerals, and doctors recommend it for cancer patients. Another highly recommended option is The Painkiller -- a combination of ginger, lime, turmeric, and raw honey -- that helps to reduce inflammation. For workout enthusiasts, we have several smoothies specially created to replenish protein and nutrients after an intense workout."

To further advance its commitment to healthy habits, Kale Me Crazy offers one-day and three-day cleansing packages. They include fruit-based and green juices.

The East Cobb location is at 4475 Roswell Road, Suite 1620, in The Avenue East Cobb. For your convenience, hours are Mon-Fri: 7am-8pm, Sat: 9am-8pm, and Sun: 9am-6pm. For fast and easy ordering, download the Kale Me Crazy App or order on the website, [kalemecrazy.net](http://kalemecrazy.net), for store pickup. To reach by phone, call 770-559-9001. Healthy eating never tasted so good.

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## KIDS CAN EAT FREE IN EAST COBB

Dining out on a budget? Here are some restaurants that are "kid friendly" and offer free meals for the kids. Be sure and double check with the restaurant before you go to make sure they haven't changed their policy. If you know of any other specials, or you find that one of these specials has been discontinued, please let us know at [info@eastcobber.com](mailto:info@eastcobber.com).

### EVERY DAY

#### IHOP

3130 Johnson Ferry Road, Marietta 30062  
770-640-1731 • [www.ihop.com](http://www.ihop.com)  
Kids eat free with adult purchase after 4pm.

#### O'Charley's Restaurant + Bar

3550 Sandy Plains Road, Marietta, 30066  
770-579-2690 • [www.ocharleys.com](http://www.ocharleys.com)  
Kids 10 and under eat free with adult purchase, free pie Wednesdays.

### MONDAYS

#### Paradise South of the Border

3605 Sandy Plains Road, Marietta, 30066  
770-579-6226 • [www.paradisegrillemarietta.com](http://www.paradisegrillemarietta.com)  
Kids eat free with adult purchase.

#### Suburban Tap

1318 Johnson Ferry Road, Marietta, 30068  
770-977-4467 • [www.suburbantap.com](http://www.suburbantap.com)  
Kids eat free with purchase of an entree.

#### Tijuana Joe's

690 Johnson Ferry Road, Marietta, 30068  
770-321-1233 • [www.tijuanajoes.com](http://www.tijuanajoes.com)  
Kids eat free with adult purchase.

#### Zaxby's

2080 Lower Roswell Road, Marietta, 30062  
770-977-4907 • [www.zaxbys.com](http://www.zaxbys.com)  
Kids eat free with adult purchase 4-8 pm.

### TUESDAYS

#### Taqueria Tsunami

70 South Park Square, Marietta, 30060  
678-324-7491 • [www.taqueriatsunami.com](http://www.taqueriatsunami.com)  
Kids eat free with adult entrée purchase.

### WEDNESDAYS

#### Paradise Grille

3605 Sandy Plains Road, Marietta, 30066  
770-579-6226 • [www.paradisegrillemarietta.com](http://www.paradisegrillemarietta.com)  
Kids eat free with adult purchase.

#### WR Social House

25 North Park Square, Marietta, 30060  
770-792-9995 • [www.wrsocialhouse.com](http://www.wrsocialhouse.com)  
Kids eat free starting at 5pm.

### SATURDAYS

#### Moe's Southwest Grill

688 Johnson Ferry Road, Marietta, 30068  
678-560-4666 • [www.moes.com](http://www.moes.com)  
Kids eat free with adult purchase 3-9pm.

### SUNDAYS

#### Jersey Mike's Subs

>2960 Shallowford Road, Marietta, 30066  
770-578-3973 • [www.jerseymikes.com](http://www.jerseymikes.com)  
>4400 Roswell Road, Marietta, 30062  
770-321-3998 • [www.jerseymikes.com](http://www.jerseymikes.com)  
1 Kids sub free with purchase of regular sub combo.

#### Red Sky Tapas

1255 Johnson Ferry Road, Marietta, 30068  
770-973-0100 • [www.redskytapas.com](http://www.redskytapas.com)  
1 free meal from Kids menu per adult entrée purchased between 4-9pm.

Please note that restaurant specials, dates, times, ages, and promotions change all the time, so please be sure to call the restaurant and verify any of the above information before going. 📞



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A neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere.  
1205 Johnson Ferry Road  
Marietta 30068  
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770-579-6800  
www.jchristophers.com

## Jersey Mike's Subs

>Submarine Sandwiches  
Serves the most authentic submarine sandwich available. The Certified Angus Beef top rounds are cooked right in the store. The meats and cheeses are all top-quality premium brands. The bread is fresh-baked every day on the premises. Everything's prepared right in front of you.  
4400 Roswell Road, Suite 148  
Marietta 30062  
Mon-Sun: 10am-9pm  
770-321-3998  
www.jerseymikes.com

## Kale Me Crazy

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Mon-Fri: 7am-8pm; Sat: 9am-8pm; Sun: 9am-6pm  
770-559-9001  
www.kalemecrazy.net

## Keegan's Public House

>Irish-American  
Authentic Irish pub with old world atmosphere, great food, and extensive beer and wine selections.  
4401 Shallowford Road, #136  
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www.keegansirishpub.net

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www.newluckychina.com

## Teriyaki Madness

>Asian Grill  
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2960 Shallowford Road  
Marietta 30066  
Mon-Sat: 11am-9pm;  
Sun: 11am-8pm  
770-693-2091  
www.teriyakimadness.com

## Tin Lizzy's Cantina

>Tex Mex  
A taqueria known for its unique flavors and fresh margaritas. Come enjoy live music on the patio or watch your favorite game on the many flat screens! Taco Tuesdays: \$2 taco menu after 2pm on Tuesdays.  
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Sun-Thurs: 11am-11pm;  
Fri-Sat 11am-Midnight  
770-609-2689  
www.tinlizzyscantina.com



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# HEALTH & WELLNESS

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3535 Roswell Road, Suite 37 • Marietta 30062  
678-560-7978 • [www.drshutcm.com](http://www.drshutcm.com)

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25 years experience in traditional Chinese medicine treating pain management, respiratory system, emotional/mental health, nervous system, digestive system, smoking/weight loss, wrinkle reduction, high blood pressure, and much more.

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678-303-4420 • [www.flowersmedical.com](http://www.flowersmedical.com)  
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## CARDIOLOGY

### Sibley Heart Center

Katina Hunter  
2835 Brandywine Road, Suite 400 • Atlanta 30341  
770-488-9218 • [www.choa.org/cardiology](http://www.choa.org/cardiology)

Mon-Fri: 8:30am-5pm

Sibley Heart Center Cardiology is composed of more than 50 pediatric cardiologists providing comprehensive services for patients with acquired or congenital heart disease.

## DENTISTS

### Cheek Dental

2872 Johnson Ferry Road • Marietta 30062  
770-993-3775 • [www.cheek.dental.com](http://www.cheek.dental.com)  
Mon-Fri: 8am-5pm

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



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Dr. Benjamin  
Barden





## DENTISTS

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770-973-8222 • [www.NaturalSmile.biz](http://www.NaturalSmile.biz)

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Implants, root canals, cosmetic and family dentistry for all ages. Oral sedation available for fearful patients. Rest assured that everyone you meet here will be courteous, warm and exceptionally helpful. Please call the office for more info.

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770-971-3376 • [www.dermatologyconsultants.org](http://www.dermatologyconsultants.org)

Mon-Fri: 7am-5pm

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## FITNESS CENTERS

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770-565-5450 • [www.womenspremierfitness.com](http://www.womenspremierfitness.com)

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East Cobb's only full-service fitness club and spa for women only. We feature over 60 group fitness classes per week as well as Barre, TRX and personal training. Free child care.

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4101 Roswell Road, Suite 800 • Marietta 30062

770-984-0844 • [www.footsolutions.com/eastcobb](http://www.footsolutions.com/eastcobb)

Mon-Sat: 10am-6pm

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**Medical Degree:** Mercer University School of Medicine

**Residency:** Emory University Department of Family and Preventative Medicine

Learn more about Dr. Jhurani by visiting

[piedmont.org/DrJhurani](http://piedmont.org/DrJhurani)



**Sunaina Jhurani, M.D.**  
Family and Preventative Medicine

790 Church Street NE, Suite 250  
Marietta, Georgia 30060  
678.797.8201



## WEIGHT LOSS WINNER

**Name:** Michelle Leebrick

**Occupation:** Stay-at-home mom

**Family:** Ricky Leebrick, son; Bryce Leebrick, son

**Lived in East Cobb since:** July 1, 2015

**Age:** 40

**Height:** 5'6"

**Former weight:** 232 pounds

**Current weight:** 148 pounds

**Weight lost:** 84 pounds

**How long did it take to lose the weight:** mid-July 2015 - February 2018

**Why I lost the weight?** Because after my husband left me I needed to get healthy so I could take care of my two boys.

**My biggest challenge:** My biggest challenge was during the loss of my mom staying focused on eating clean when everyone was bringing in food for us to eat. I gained ten pounds in ten days because of what I was eating and not getting in thirty minutes of some form of exercise. I'm back in plan now!

**How did I lose it:** Watching my portions, eating lean meats and making sure to get at least thirty minutes of exercise in 5-6 days a week.

**Favorite healthy food:** Quinoa breakfast with almond milk, bananas and nuts. Grilled salmon for dinner with squash and zucchini.

**What keeps me motivated:** The new man in my life, my kids and knowing my mom loved seeing me lose the weight!



**BEFORE - Michelle Leebrick at 232 pounds.**



**AFTER - 2 1/2 years later, Michelle weighs 148 pounds.**

**How has my life changed:** I can keep up with my two boys now and I couldn't when I was 232 pounds. I love playing "man hunt" with my two boys and my boyfriend's three boys.

**Lesson learned:** I don't ever want to be 232 pounds again so I know I need to watch what I eat by making healthy choices and that it's okay to take 30-45 minutes for myself daily to exercise. 🍷

-Hala Fuleihan

## DID WE MISS YOUR LOCATION?

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

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 AGE: 54

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# HEALTH & WELLNESS

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## PAIN MANAGEMENT

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3823 Roswell Road, #201 • Marietta 30062  
678-217-2115 • [www.acupunctureandinjury.com](http://www.acupunctureandinjury.com)  
Mon-Fri: 9am-6pm

We provide pain management services primarily using acupuncture and physiotherapy. We treat chronic and acute pain and injuries. We also use herbal medicine to treat a number of ailments. We treat narcotics addiction using Buprenorphine (Suboxone) and herbal remedies. We also use bioidentical hormone pellets for hormonal problems.

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1000 Johnson Ferry Road  
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The leader in private, personal training. We help our clients achieve, if not exceed, their lifelong wellness goals in a clean, professional and friendly environment.

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# LOCAL AUDIOLOGIST TO SERVE ON NATIONAL BOARD

**P**eachtree Hearing, based in East Cobb, is pleased to announce that its founder, Dr. Melissa Wikoff, has been appointed to the board of directors for the American Tinnitus Association (ATA). Dr. Wikoff will serve on the board with other notable doctors, scientists, and professionals around the world who are dedicated to treating tinnitus. Also serving in an honorary role on the board with Dr. Wikoff is well known actor William Shatner, who for years has been dedicated to helping spread awareness about tinnitus.

"I am committed to bringing hope, better care, and treatment options to those who suffer from tinnitus. It is a great honor to be selected to serve the American Tinnitus Association," said Dr. Wikoff. "My involvement with the ATA will provide access to experts in the field and more knowledge of tinnitus treatment options to

my patients here in Atlanta." The ATA's mission is to promote relief, prevent, and find cures for tinnitus, evidenced by its core values of compassion, credibility, and responsibility. Tinnitus is a condition where one experiences ringing in the ears or other noises when no such external physical noise is present. It can be debilitating for chronic tinnitus sufferers. 🗣️



Dr. Melissa Wikoff



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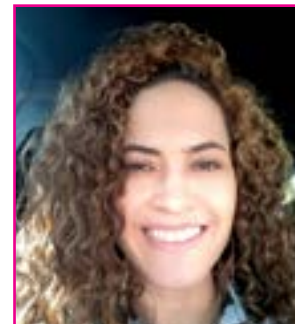
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## SLIM & CLEAN BODY CARE AND WAXING: WHERE BEAUTY AND WELLNESS COME TOGETHER

Small businesses are established for different reasons -- experience in an industry or maybe passion for a product or service. For Nivia de Oliveira, her East Cobb salon was opened as a result of a long personal journey. De Oliveira's goal through her business, Slim & Clean, is to share what her journey taught her about beauty and wellness.



Nivia de Oliveira

The genesis of Slim & Clean began more than decade ago with family health issues. The overwhelming issue was de Oliveira's three-year-old son who was diagnosed with autism. Her other two children were diagnosed with ADHD, and her husband had severe allergies that disrupted daily activities.

"I began researching causes and seeking alternative remedies for these health problems," says de Oliveira. "All research led to unbalanced body chemistry, which I discovered can be improved through nutrition, supplements, and detoxification. So I started making changes to our diet and lifestyle. After several months, every family member showed significant improvements. More than 10 years have passed, and we all continue to live healthier lives including my autistic son who is a fully functioning teenager."

Wanting to share her newfound knowledge with others in her East Cobb community, de Oliveira decided to open a salon that would address both beauty and wellness from the inside out.

"It's important to look at each person as a whole," she says. "The name Slim & Clean reflects the concept of combining beauty and wellness to help people become the best versions of themselves."

For the first two years in business, Slim & Clean has focused on aesthetics, offering waxing services, skin care and spa treatments for the entire body.

De Oliveira is now adding a health coach to provide nutritional counseling for her customers. "I am finally completing my original dream of offering all the tools and services needed to help people feel and look their best," she says.

Slim & Clean is located at 2635 Sandy Plains Road, Suite 105 in Marietta/East Cobb. For more information, visit [www.slimandcleanwaxingsalon.com](http://www.slimandcleanwaxingsalon.com) or call 678-324- 6169 for appointments.

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# 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



*New Loris, Kasha Mamer, Zhell Sheddin, and Marie Pomeroy*

It's no secret just how much people value their hair stylists. They go to great lengths to schedule life around that cut or color appointment. But Kasha Mamer's customers look at it a step further. Not only do they value that perfect cut, but they also helped Kasha start her own salon in 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 2520 Meadowdale Road in the Center Stage Plaza High School. Scheduling is easy and convenient.

"Creating a friendly, professional," says Kasha, "I wanted my salon to give their hair a new look, the experience of a high-end salon. I also wanted to give away the many services. Here, the person who cuts, colors and styles it, and a better understanding of the hair."

Along with Kasha, there are three other stylists. They make up her team. What makes her is the center. Her of combined professional experience, she is now in her own salon. Her of combined professional experience, she is now in her own salon. Her of combined professional experience, she is now in her own salon.

According to Kasha, her salon is a place where you can get your hair done in a relaxed, comfortable environment. She is now in her own salon. Her of combined professional experience, she is now in her own salon.

## PREPARE FOR A SUCCESSFUL COLLEGE EXPERIENCE



For many high school students in the East Cobb area, post-graduation plans will include attending college. Once the bubble of getting accepted has burst, there are many things to consider. One is the cost of college. Another is the type of college. A third is the location. A fourth is the type of college. A fifth is the type of college. A sixth is the type of college. A seventh is the type of college. An eighth is the type of college. A ninth is the type of college. A tenth is the type of college. An eleventh is the type of college. A twelfth is the type of college. A thirteenth is the type of college. A fourteenth is the type of college. A fifteenth is the type of college. A sixteenth is the type of college. A seventeenth is the type of college. An eighteenth is the type of college. A nineteenth is the type of college. A twentieth is the type of college. A twenty-first is the type of college. A twenty-second is the type of college. A twenty-third is the type of college. 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## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JUNE

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. Cobb seniors who wish to register for any of these activities or use one of the county's six senior centers will have to pay a \$60 annual membership fee. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

### Happy Hours with Dr. Mark Levine #3938

Tuesdays, June 5 - July 17 (No class on July 3) | 10-11am.

Free; Registration required.

This free workshop will teach you skills to boost your overall happiness, improve your mood, and reduce stress.

### Funeral Home 101 #3939

Tuesday, June 5 | 10-11am.

Free; Registration required.

Planning is always good. Join our seminar to help ease your family's emotional burden, avoid difficult decisions at a stressful time, what happens after the funeral and what documents will you need. Presented by Mayes Ward Dobbins.

### Aren't Trusts Just for Millionaires? #3941

Tuesday, June 12 | 11am-1pm.

Free; Registration required.

In the past trusts seemed to be reserved for the wealthy, but they are now becoming important planning tools for people at all asset ranges: probate avoidance, privacy, incapacity planning, and management. In addition to the benefits which revocable trusts have which wills do not, the trust has other capabilities which wills can also achieve. Presented by Nelson Elder Care Law; Lunch sponsored by Benton House of Woodstock.

### Dine-a-Round #3940

Wednesday, June 13 | 11am-1:30pm.

Loyal Q and Brew. 4880 Lower Roswell Road Ste 850,

Marietta. Separate checks; Registration required.

Everyone meets at the restaurant.

### Let's Go Greek #3945

Wednesday, June 13 | 1-3pm.

Free; Registration required.

We love the bright, fresh flavors of the Mediterranean. In this culinary adventure, we will tour the Greek islands. Learn surprisingly quick, easy-to-make a classic, super healthy, Mediterranean Greek salad with Mediterranean dressing. Presented by Terri Carter University of Georgia Cobb County Extension.

### Travel 101: What You Need to Know #4004

Thursday, June 21 | 10-11:30am.

Free; Registration required.

Nothing is both as rewarding and as stressful as traveling. Join this seminar to learn how to select and pack an ideal travel wardrobe and much more. Presented by Kimbela Horne Pierce with Globus Company.

### AARP Smart Driver

Thursday, June 28 | 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 possible discount. Bring a lunch.




# SENIOR CITIZENS CAN GO TO COLLEGE FOR FREE IN GEORGIA

So what can you do when you retire and want to keep your mind sharp or need to gain additional skills to stay competitive at work? For many, the answer is to go back to school! Taking classes for fun or to work on a degree, college is for free if you are 62 and older and live in the state of Georgia.

The Board of Regents of the University System of Georgia allows anyone 62 and older to sit in on classes where there is space available in almost all of the 30 Georgia's colleges and universities for free. Seniors have discovered they can audit or take classes for credit and not have to take the exams or earn a grade or they can take classes and work toward getting a degree. Opportunities are available for seniors to take classes that are challenging or fun. Seniors who are retired, or seniors who are thinking of retiring, can use their free time to learn something new. Studies have shown that as people age, learning something new keeps brains active and often wards off signs of Alzheimer's and dementia.

A Senior Citizen Guide for College at [www.aseniorcitizenguideforcollege.com/2010/07/georgia](http://www.aseniorcitizenguideforcollege.com/2010/07/georgia) provides a comprehensive list of Georgia colleges and universities providing reduced or free tuition for seniors over 62. It's easy to contact the undergraduate admissions office at the Georgia college of your choice to find out how to register for classes. Admission offices will provide all of the information on registration and classes available.

In the Atlanta area, there are many community colleges and universities offering classes either free or for a minimal cost. If you are unable to leave your home to attend classes, look into auditing select university classes online. Usually the only costs are for books or lab fees. For information on the eligibility requirements to enroll in a Georgia college or university, visit The University System of Georgia website. 

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## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JULY

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. Cobb seniors who wish to register for any of these activities or use one of the county's six senior centers will have to pay a \$60 annual membership fee. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

### Handle Me with Care #4043

Tuesday, July 10 | 11am-12:30pm.

Free; Registration required.

Brannon + Black, LLC., will explain the extent of decision-making power that is granted by a Georgia Advance Directive for Health Care, the responsibilities of a healthcare provider when directed by a patient or an agent, and the protection granted to a provider when the directive is followed. Complimentary lunch sponsored by The Holbrook of Acworth.

### National Hot Dog Month Celebration #4061

Wednesday, July 11 | 11am-1:30pm.

\$12/Cobb residents; \$15/Non-residents.

Tickets now on sale.

July is National Hot Dog Month. Come learn the history of the hot dog presented by Andy Kastelik with ADP and enjoy a delicious beef hot dog with the different toppings and sides catered by Skips Chicago Dogs. Music by DJ Greg Picciano.

### Window Bird Watching #4044

Tuesday, July 17 | 10-11:30am.

Free; Registration required.

Let's attract some birds to the window and enjoy feathery friends. In this seminar you will learn some common local species and discuss what citizen scientists are doing to help protect them. Presented by Mike Kahle Cobb County Watershed Stewardship Program.

### Spices and Their Benefits #4186

Wednesday, July 18 | 10:30-11:30am.

Free; Registration required.

Studies show that many different herbs and spices may offer health benefits. Spices allows us to decrease our salt consumption without sacrificing taste. Join Jobcy Alexander, Registered Dietitian with Cobb Senior Services, to explore some common and uncommon spices and herbs and learn how to incorporate them into your diet.

### Nutrition and Aging Myths #4187

Friday, July 20 | 10-11am.

Free; Registration required.

Learn the reality about nutrition myths and healthy nutrition tips.

### Dine-a-Round #3958

Wednesday, July 25 | 11am-1:30pm.

Semper Fi Bar & Grill, 9770 Main St, Woodstock, GA 30188. Separate checks for lunch; Registration required. Everyone meets at the restaurant.

### AARP Smart Driver #2693

Thursday, July 26 | 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 possible discount. Bring a lunch.

### The CCC Camp at Kennesaw Mountain National Battlefield Park #4045

Friday, July 27 | 10-11:30am.

Free; Registration required.

In 1938, the Civilian Conservation Corps set up camp at Kennesaw Mountain National Battlefield Park. The CCC was a part of Roosevelt's New Deal and provided 200 men for four years to develop the park and its trails. Walk in their footsteps by hiking the park's Camp Brumby Trail. Presented by Anne & David Strand, Trail Ambassadors, Kennesaw Mountain Trail Club.

### Burgers and Shakes # 4193

Monday, July 30 | 11:30am-1:30pm.

\$8 supply fees.

Use the indoor/outdoor grill to make delicious burgers and make some homemade ice cream.



# ALOHA TO AGING

## JUNE & JULY PROGRAMS

Aloha to Aging is a local nonprofit that offers healthy aging, wellness and educational programs for active seniors. The following is a sampling of some of the programs offered in June and July. They are located at 4608 Lower Roswell Road in Marietta/East Cobb 30068. For more information: 770-722-7641. RSVP for all the events below at [info@alohatoaging.org](mailto:info@alohatoaging.org).

### "Medicaid 101" Lunch and Learn

Tuesday, June 5th • 12-1:30pm

Do you know that you may get help paying for your Medicare premiums and out-of-pocket medical expenses from Medicaid? You may also qualify for "extra" help from Medicare to pay the costs of Medicare prescription drug coverage. Come explore the world of Medicaid with Dottie Denham, Benefits Consultant with Cigna HealthSpring. Bring your questions and appetite. A light lunch will be provided.

### Healthy Brain Game Day and Lunch

Thursday, June 7th & July 19 • 12-1:30pm

A healthy mind is the essential key to staying independent, involved and enjoying our lives to the fullest at any age. Join Aloha to Aging for a healthy lunch and exciting series of games to keep your mind sharp and stimulated. Suggested donation of \$10.

### Gentle Yoga Class

Every Tuesday (closed July 3rd) • 10-11am

Join Carolyn Purvis, licensed Yoga Instructor, for an hour yoga class. This class is appropriate for everyone, at any level of experience! This is a great option for beginners and seniors. You will stretch, strengthen, and practice balance poses. We start seated on a chair (for stretching/centering) and then move to standing positions (strength/balance) and move onto the floor, ending in a deep state of relaxation. Many modifications will be given, floor poses can be modified for the chair. Class size limited. \$25 per month, no daily rate. Bring your own, block(s), blanket, and water.

### Aloha Day Club

Monday and Wednesday • 10:30am-2pm

We keep the Aloha spirit alive in a social day program for those 55 and older who are no longer driving and need engaging activities outside of their residence. Our week day program incorporates exercises, music and stimulating games and discussions into each session. Our Day Club participants range from 55 - 96 years young!



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# LOCAL ROTARY CLUB'S DOG DAYS RUN CELEBRATES A DECADE PLUS ONE!



**H**onoring the heat and humidity of late Summer, the public is invited to the 13th annual Dog Days 5K Run on Saturday, August 4th. Produced by the Rotary Club of East Cobb, the big event kicks off at 7:30am. Everyone is welcome to run, jog or walk the race. There will be good music, great food and lots of prizes and giveaways! There will be bounce houses for the kids and plenty of food and fluids for all entrants, plus lots of awards and a cool commemorative 13th Annual Dog Days shirt! This is a family-friendly and pet-friendly race so the public is encouraged to bring their families and dogs to enjoy the race. Returning for this year's race is the refreshing fire truck hose spray at the end of the race to help cool down the runners!

Over the years, the Rotary Club of East Cobb has donated more than \$616,000 from the race proceeds to local and international service projects. 100% of the Dog Days Race proceeds support more than 20 local/international non-profits, including YMCA, Center for Family Resources, School Mates Literacy Project, Camp Horizon, Wheeler High School AVID Program, AIDS Awareness, Walton Robotics, Project Mail Call, Recognition Awards for Cobb County Public Safety and Kids2Leaders, just to name a few. "Join us for a fantastic race and fun activities, while at the same time making a difference in our community," says Rotary Club President Anne Marie Pitts.


This year's Dog Days 5K Race once again returns to the McCleskey-East Cobb YMCA, 1055 East Piedmont

Road in Marietta/East Cobb and is once again a USATF certified 5K course.

A cash prize of \$125 will be given to top male and female finisher in the following categories: Open, Masters (40-49), Grand Masters (50-59) and Seniors (60+). Medals will be awarded to the top 3 finishers in the following categories: 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

This year the pre-registration fee is still \$20 and must be received by July 22nd, 2018, which makes it the best value of any East Cobb race (\$30 Race Day). There is a \$30 fee to be a "Phantom" Runner. If you are unable to run, but want to support this event, please register as a "phantom" runner. A t-shirt will be mailed to you after the race.

To register for the 13th Annual Dog Days Race, visit [www.DogDaysRun.com](http://www.DogDaysRun.com). For more information, contact Anne Marie Pitts at [ampitts@kellogg-partners.com](mailto:ampitts@kellogg-partners.com) or 678-428-3630.

Rotarians are business and community leaders who take an active interest in service to our community. The motto of Rotary International is "SERVICE ABOVE SELF," and the members of the Rotary Club of East Cobb exemplify this statement in their business activities and daily lives. The Rotary Club of East Cobb meets every Wednesday at 7 am at the Indian Hills Country Club, 4001 Clubland Drive in Marietta/East Cobb. For more information about the club, visit [EastCobbRotary.com](http://EastCobbRotary.com). 



# Join the Fun at the 13th Annual Dog Days Run!

## Saturday, August 4<sup>th</sup>, 2018



**5K & Tot Trot W/ Awards Ceremony**  
**Fire Truck Spray Cool Down**  
**CASH PRIZES to top finishers | CHIP DEVICES for all runners**



*Benefits Rotary Club of East Cobb service projects such as: School Mates Literacy Project, Canine Assistance, Aids Awareness, The Center for Family Resources, Cobb County Public Safety, Kids2Leaders Inc.*

### Event Information

\$20.00 Pre-registration -by July 28, 2018  
 \$30.00 Race Day -August 4, 2018  
 \$30.00 "Phantom" Runner

**Location Start/Finish:**  
 McCleskey-East Cobb YMCA  
 1055 East Piedmont Road  
 Marietta, GA 30062



### Easy Registration

Online at:  
[DogDaysRun.com](http://DogDaysRun.com)  
 In person at **Big Peach Running Co.**  
 1062 Johnson Ferry Road  
 Marietta GA 30068  
 Phone: 770-579-0444

By mail using the form below (entries must be received by July 28, 2018).  
 Race day registration available.

### Start Times

6:30am Registration Opens  
 7:30am Dog Days 5K  
 8:30am Tot Trot  
 8:40am Awards Ceremony

**Please send check & entries to: Rotary Club of East Cobb | PO Box 72081 Marietta, GA 30007-2081**

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Gender M / F Age as of August 4, 2018 \_\_\_\_\_

E-Mail (for reminders & updates) \_\_\_\_\_

Circle shirt size: youth medium    adult small    adult medium    adult large    adult x-large

*For and in consideration of the Rotary Club of East Cobb ("RCEC") accepting my entry as a participant in Dog Days Run on August 4, 2018, the sufficiency of which is hereby acknowledged, I, do hereby release, remise, discharge and hold harmless RCEC and the YMCA of Metro Atlanta ("YMCA"), their officers, agents, members, sponsors, affiliates, servants, employees, successors, and assigns from any and all liability, claims, demands, suits, actions, causes of action and any consequences of every kind or nature for injury to me or to my property or, if applicable, to my minor child, relating directly or indirectly to my affiliation with or participation in the Dog Days Run Event ("Event"). I hereby acknowledge my understanding that participating in a running or walking event such as this can cause short or long term injury, illness or death. It is further understood and agreed that this release is intended to and does cover all actions, causes of action, claims and demands by reason of any damage, loss or injury, known or unknown, which arise out of, are related to or may be traced either directly or indirectly to the Event no matter how remotely they may be related to the Event. Registration on line or my signature evidences my understanding and acceptance of the above.*

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature if not 18 \_\_\_\_\_ Date \_\_\_\_\_

### Contact Information

[www.DogDaysRun.com](http://www.DogDaysRun.com)



**Rotary Club of East Cobb**

Anne Marie Pitts

[ampitts@kellogg-partners.com](mailto:ampitts@kellogg-partners.com)

Des Yawn

[d.yawn@comcast.net](mailto:d.yawn@comcast.net)

[www.EastCobbRotary.com](http://www.EastCobbRotary.com)

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**It's not too late to add your company to the 2018 Dog Days Run Sponsor list. Ask for a Sponsor Packet today!**

# CLUB CALENDAR

**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 (September-May). 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 campbellc@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.

• **Bridge Club.** Four free lessons; \$7 thereafter. Every Saturday. 1-4:30pm. Beginners and those that have never played. 1809 Roswell Road, Marietta. More info: 770-973-7717.

• **Cobb County Democratic Committee.** Monthly breakfast 2nd Saturday each month. 10am. Smyrna Community Center, 200 Village Green Circle SE, Smyrna. More info: www.cobbdemocrats.org.

• **Cobb County Gem & Mineral Society.** 2nd Tuesday of the month, 7pm at their Clubhouse, 516 West Atlanta Street, Marietta 30060. More info: www.cobbcountrymineral.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, Aug-April. 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. Marietta Enrichment Center, American Business Center, Bldg 700, Suite 702, 1395 South Marietta Parkway, Marietta. More info: www.cobbbphotosociety.com or info@cobbbphotosociety.com.

• **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. 11am. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbbba.com.

• **East Cobb Civic Association.** Last Wednesday of the month. 7pm. Please check www.eastcobb.net for meeting location and speaker information.

• **East Cobb Civilians.** 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 tbarksdal@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 & 4th Tuesday of the month. 7pm. Piccadilly Restaurant, 536 Cobb Parkway, Marietta. More info: Susan.Hampton@lionbank.com.

• **East Cobb New Horizons Band.** Monday mornings. Jazz Ensemble: 9am; Concert Band: 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: eastcobbr Rotary.com.

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

• **Georgia Perennial Plant Association.** 3rd Monday of the month. 7pm. 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 29, 921 Gresham Road, Marietta. More info: Al Heflin, 404-317-5201.

• **Georgia Tea Party.** 2nd and 4th Thursdays. 7pm. 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.

• **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. 7:30pm. Marietta Pizza Company, 3 Whitlock Avenue, Marietta. More info: www.cobblp.org or call 770-795-1331.

• **Marietta Kiwanis Club.** Every Thursday. 12:15pm. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, pathuey@comcast.net or www.mariettakiwanis.org.

• **Marietta Lions Club.** 2nd Thursday of the month. 6:30pm. Come-N-Get-It Restaurant, 1409-E Church Street Extension, NW, Marietta 30060. More info: Steve Hughes, 770-378-0095.

• **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.

• **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: Tammra 770-696-4806 or www.msbnscar.com.

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**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.

**Northeast Cobb Business Association.** Luncheon meeting 3rd Wednesday of the month. 11:30am-1pm. \$15/members. 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](http://www.nowamom.org) or 678-404-0034.

**Northwest Jewish Networking.** Every Wednesday. 7:30am. Panera Bread at the Avenue East Cobb, 4475 Roswell Road, Marietta. More info: Vic Anapolle 404-432-0626 or [vicanapolle@aol.com](mailto:vicanapolle@aol.com).

**Peach State Depression Glass Collectors' Club.** 2nd Tuesday of the month except December. Guests welcome. 6:30pm social; 7pm meeting. Powers Ferry UMC Fellowship Hall, 245 Powers Ferry Road, Marietta. More Info: [psdgc.com](http://psdgc.com).

**Retired Old Men Eating Out (R.O.M.E.O.)** Every Tuesday, 7am. 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: [www.songofatlanta.com](http://www.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](mailto: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](mailto: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. 9:45-11:15am. A great way to improve your speaking and leadership skills. Guests always welcome. Northeast Cobb Y, 3010 Johnson Ferry Rd, Marietta. More info: [www.risingphoenix.toastmastersclubs.org](http://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](http://ybusinessnetwork.webs.com).

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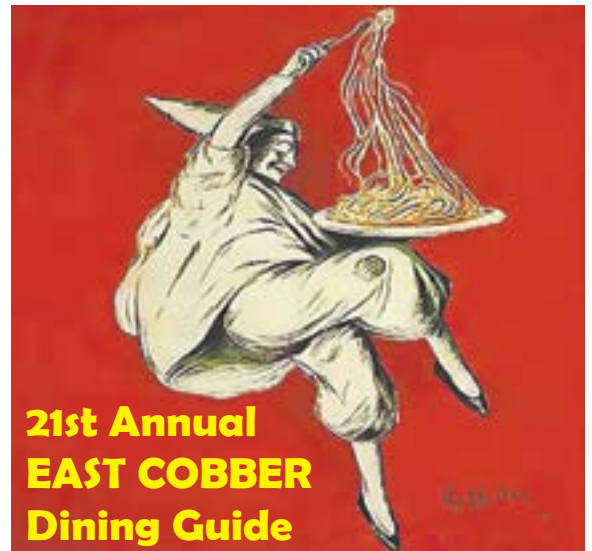


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**ECBA**  
East Cobb Business Association



# 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](mailto:jpm105@comcast.net).

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

**Al-Anon.** Thursdays, 7-8:30pm. Mt. Bethel United Methodist Church Room A18, 4385 Lower Roswell Road, Marietta. More info: 770-973-5347 or [jpm105@comcast.net](mailto:jpm105@comcast.net).

**Al-Anon.** Wednesdays, 8-9pm. Mt. Zion United Methodist Church, Room 305, 1770 Johnson Ferry Road, Marietta. More info: 770-973-5347 or [jpm105@comcast.net](mailto:jpm105@comcast.net).

**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.



**Bereavement Support.** Every Wednesday. 5pm. Lower level in Parish Office, Catholic Church of St. Ann, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6018.

**Caregiver Support Group.** First Monday of the month. 4:30-5:30pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or [ACaudell@arborcompany.com](mailto: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](mailto: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 of Marietta, 148 Church Street NE, Marietta. More info: Ria, 404-539-4287 or [www.tcfmarietta.org](http://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.

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

**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.

**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: Katrina, 678-938-3820.

**Grief Share.** 13-week program on Mondays. 7-8:30pm. Join at any time. Johnson Ferry Baptist Church, Room 354, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

**Grief Share.** 13-week program on Thursdays running through Aug 2. 7-8:30pm. Join at any time. Mt. Bethel United Methodist Church, Room B116, 4385 Lower Roswell Road, Marietta. More info: [mtbethel.org/event/griefshare](http://mtbethel.org/event/griefshare).

**Infertility, Miscarriage, Adoption Loss, or Death of an Infant.** Thursdays, 7-8:30pm. Mt. Bethel United Methodist Church, Room B109, 4385 Lower Roswell Road, Marietta. More info: 678-560-7230 or [kibbie.parish@mtbethel.org](mailto:kibbie.parish@mtbethel.org).

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

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

**Parents of Prodigals.** For parents of struggling teens and young adults. 2nd and 4th Thursday, Aug-May. 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Room 270, Marietta. More info: Fair Brocard, 770-612-1197 or [www.prodigalchildministries.org](http://www.prodigalchildministries.org).

**Parkinson's Disease Support Group.** For persons with Parkinson's and their caregivers. 1st Tuesday each month, 11am. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road. More info: 770-722-7641.

**Spousal Support Group.** 2nd Thursday of the month. 1:30-2:30pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or [ACaudell@arborcompany.com](mailto:ACaudell@arborcompany.com).

**Widowed helping Others (WHO).** For those newly widowed, please contact the church for more information. Catholic Church of St. Ann, 4905 Roswell Road, Marietta. More info: 770-552-6400 ext. 6018.

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**LGE**  
Community Credit Union®

\*Member who is eligible for required. \*\*APY: Annual Percentage Yield. Rate effective 05/01/18 and subject to change without notice. The 2.00% APY applies to balances up to \$25,000 per member. A lower rate will be paid on balances over \$25,000. \*\*Cash back rewards is limited to your LGE Visa Credit Card. "No Spend" rule applies. Cash back rewards are credited to your LGE credit card account. Excluded transactions include, but are not limited to, ATM withdrawals, cash advances, balance transfers, ATM interest paid, posted credits, unprocessed charges, and those occurring during the calendar month. Cash back rewards will decrease the amount of net spend eligible for cash back. Rewards are posted to the first business day of each month for prior month activity. Accounts not verified by one and/or more of the following states may not be eligible for cash back rewards. LGE Visa Credit Card must be on the same account as your high rewards checking to be eligible for the cash back reward.

LGEccu.org | Member Services | 800-424-1000