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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.

Please address all correspondence to cynthia@eastcobber.com.

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PUBLISHER'S NOTE



Publisher Cynthia Rozzo

Happy Summer!!! Considering we just had a whole year snatched from us by the plague-that-shall-not-be-named, I hope you are reading this mag relaxing on your back deck or on your way out the door for a quick summer getaway with your nearest and dearest. My pic was taken in sunny Florida, Panama City Beach to be exact! Sunny summer days have us in the mood for one thing and one thing only: ice cream. Check out the top ice cream shops you can enjoy right here in East Cobb (see pages 24 + 25). And yet, before you know it, school starts on August 2, so we included some Back-To-School editorial tidbits, like the upcoming Ed-SPLOST VI vote (see page 10 for details).

The COVID-19 pandemic has tested all of us — from the young to the old, to the sick and the healthy — each one of us has been impacted by

this deadly virus. In this issue, we feature how a couple of East Cobbers coped during the COVID lockdown. On page 8, we spotlight Ali Amirfazil's trip across the country on his bike! And, on page 27, we compiled Murdock students' perspectives on lessons they learned from this global health crisis.

And while we have all learned to cope and deal with the stay-at-home orders, mask mandates, travel restrictions, workplace changes and new responsibilities, it has — to put it lightly — not been easy. The past year-plus has been heavy and exhausting, with barely enough time to breathe before the next piece of not-so-great COVID-19 news drops. It seems, though, that we are rounding a corner as cases, hospitalizations and deaths continue to drop and vaccines become more available.

And yet, I have to tell you, dear reader, (in case you did not see my posts on social media) that due to the health climate earlier this year, we decided to cancel the 2021 EAST COBBER Parade + Festival. We understand some of you may question this decision, so let me try to explain. First and foremost, back in February and March we could not predict whether or not the CDC's guidelines would be relaxed by September. Then, the EAST COBBER Parade + Festival typically takes hundreds of collaborative volunteer hours throughout the year, with contracts signed and commitments made by February each year. We did not feel it was fair to book dozens of small businesses for this one-day special event without full assurance that we would be able to hold up our end of the contract. The logistics of holding a festival during a pandemic that draws thousands of people is daunting, and ultimately not in the best interest (if we had to cancel at the last minute) of business owners and volunteers- all of whom we hold dear. We do not take this decision lightly, and we tried to find a way to carry on, but for now we will need you to mark the third Saturday in September 2022 in your calendars as EAST COBBER's Parade + Festival's belated 25th birthday - it's going to be a big one!

A handwritten signature in blue ink that reads 'Cynthia'.

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

On the Cover

Pictured on this issue's front cover are dentists Dr. Kristy Chandler, Dr. Cristi Cheek, and Dr. Houston Brice of Cheek Dental.

High-quality dentistry serves as the cornerstone for Cheek Dental. Patients of all ages are treated by skilled professionals with state-of-the-art equipment and technology. In particular, Cheek Dental excels at creating beautiful custom crowns made the same day, which means that no second appointment is needed. The Cheek Dental team are also talented at creating beautiful porcelain veneers, dental implants, and cosmetic dentistry services, which include smile makeovers, bonding, and invisible braces.

You can read more about Cheek Dental on pages 6 and 7. If you are looking for a dental office that adheres to meticulous attention to detail, an eye for aesthetics, and a warm, personal approach, look no further than Cheek Dental. The office is conveniently located at 2872 Johnson Ferry Road in Marietta/East Cobb. For more information, check out the website at www.cheekdental.com or call for an appointment at 770-993-3775.

Front cover photo taken by Jennifer Mehling of Jennifer Mehling Photography.



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CHEEK DENTAL DELIVERS SERVICE WITH A SMILE



The Cheek Dental Team: Jordan, Brittney, Kelly, Allison, Gayle, Dr. Chandler, Dr. Brice, Dr. Cheek, Meleah, Jenn, Kathy, Jennifer and Luana

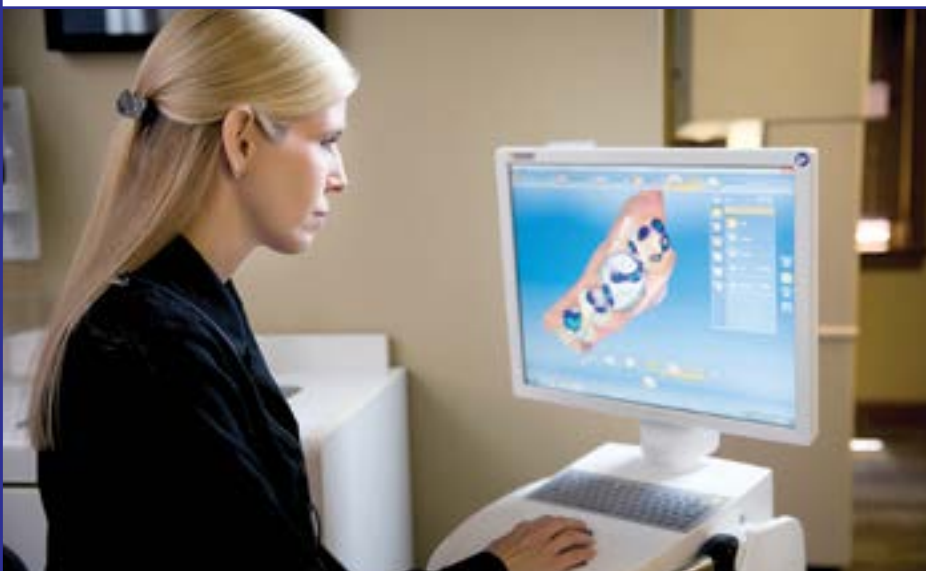
Dr. Cristi Cheek knew in second grade that she was going to be a dentist. And all along, a significant part of her dream was to create an office environment with an uplifting, positive atmosphere where everyone, both patients and staff, felt like family. Today she has exceeded those childhood dreams with a thriving practice that has a family feel and a patient base that places complete trust in Cheek Dental.

This year Cheek Dental celebrates 19 years in the East Cobb community. “It has always been

important to me to undertake any task with the right motives,” explains Dr. Cheek. “My philosophy has always been that if you do something for the right reasons, all the pieces fall into place. The growth and longevity of my practice is a result of how we treat our patients -- from an excellent clinical approach of course, but also in terms of forming relationships and developing mutual respect. Just as important is the way we treat each other in our office. Many of my team members have been with me for more than a decade and

are like my second family. Staff longevity is crucial to having an extraordinary practice.”

According to Dr. Cheek, Cheek Dental has three core values from which the practice operates. Thirteen dedicated team members adhere to these values. The first is having a servant’s heart – doing whatever it takes to ensure each patient has the best experience possible. She says this includes offering blankets to patients if the office feels cold to walking patients out to their car using an umbrella if a rainstorm pops up. The second core value is valuing patients’ and employees’ time. Cheek Dental patients rarely wait longer than five minutes for their appointments, and team members are committed to helping each other so that they all can head home on time to be with their families at the end of the day. The third is promoting honesty and integrity, which creates trust with patients. She cites the fact that she and her team view patients as extensions of their family and collaborate with each patient to create individual treatment plans that address a patient’s whole



Dr. Cheek designing a CAD/CAM crown

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health needs while considering the patient's concerns.

As Cheek Dental continued to prosper over the years, Dr. Cheek began the search for a like-minded practitioner to join the practice and was very selective when she chose Dr. Kristina Chandler who became part of the team in 2016. Graduating in the top of her class from the Medical College of Georgia (as did Dr. Cheek), Dr. Chandler, along with Dr. Cheek, share a vision for serving others through dentistry. "I enjoy working with my hands and the artistry involved in creating beautiful smiles," says Dr. Chandler. "I love interacting with patients and feel that one of the most important factors in a successful doctor-patient relationship is trust."

In spite of COVID, the practice has continued to grow. At the end of July, Cheek Dental welcomes a third dentist to the team, Dr. Houston Brice, who is also a graduate of the Medical College of Georgia and grew up in the East Cobb area. Dr. Cheek says every team member agreed he was the perfect fit for the position, and all the team is excited to be working with him. One of the many aspects Dr. Brice loves about dentistry is the ability to help patients who have struggled with dental anxiety. "So many people have an inherent fear of going to



Cheek Dental reception area

the dentist," he says. "One of my favorite challenges of dentistry is helping my patients understand that dentistry doesn't have to be terrifying or painful. You can deliver quality care with a gentle, compassionate style that generates confidence from your patients."

High-quality dentistry serves as the cornerstone for Cheek Dental. Patients of all ages are treated by skilled professionals with state-of-the-art equipment and technology. In particular, Cheek Dental excels at creating beautiful custom crowns with its CEREC CAD/CAM technology. With this technology, there is no temporary crown since the crown is made the same day, which means that no second appointment is needed. The Cheek

Dental team are also talented at creating beautiful porcelain veneers, dental implants, and cosmetic dentistry services, which include smile makeovers, bonding, and invisible braces.

If you are looking for a dental office that adheres to meticulous attention to detail, an eye for aesthetics, and a warm, personal approach, look no further than Cheek Dental. "We simply want our patients to be happy when they leave," concludes Dr. Cheek.

The office is conveniently located at 2872 Johnson Ferry Road in Marietta. For more information, check out the website at www.cheekdental.com or call for a comprehensive appointment, 770-993-3775.



Therese: "BEFORE"



Therese: "AFTER"



Kelly: "BEFORE"



Kelly: "AFTER"

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WALTON ALUM CYCLES ACROSS THE COUNTRY

By Adam Darby

In 2020, many picked up hobbies old and new remaining in quarantine during the pandemic. But for recent Georgia Tech graduate, and Walton High School alum, Ali Amirfazli, his new hobby was taken to the absolute extreme. Currently residing with his parents in East Cobb, Amirfazli decided to take the trip of a lifetime biking more than 2,200 miles from Georgia to Los Angeles, CA last December.

"I love traveling. I see it as a way to explore and push my limits and see what I can get out of where I'm going," Amirfazli said.

After graduating from Georgia Tech with a Bachelor's in Computational Science and Engineering, Ali decided to reward himself with this trip before beginning his master's program the following semester. Although his family remained reluctant, they supported his decision and tracked his whereabouts to ensure his safety. Amirfazli cites his older sister as his own "spiritual anchor" and motivator before he left.

"I spent too much time convincing myself I could do it and I spent too much time on my bike to turn back now...I walked out of my own house by my own power on my own bike and that's how I got to LA," Amirfazli said.

He started travelling on December 6 with the intent of reaching Los Angeles by the 31st to meet with some friends who agreed to fly there and celebrate his birthday on New Year's Day. With a little less than one month to reach his destination, he calculated biking roughly 100 miles each day for the trip to be a success. With nothing but a vintage bicycle purchased off Craigslist, a couple of mapping apps, and a few thousand dollars in savings, he was off to Cali battling snow, rain, and wind among many conditions.

"Being outside was good for mental health and super important...I was trying to appreciate...being outside and exploring all of this," Amirfazli said. "I learned how I respond to setbacks...whether it was an issue with the road or horrible conditions...I could prove to myself that I was better than these setbacks."




Ali Amirfazli takes a break from his cross-country biking trip.

For most cyclists, it would take years of experience and preparation before deciding to tackle a trip like this, but that was not the case for Amirfazli who just started biking less than a year before leaving. He trained daily for months simulating different conditions, circumstances, and distances.

"My thought process in all of this was that in my training, I wanted to be as miserable as possible and I wanted to hate being on the bike so that when it came to the actual trip, I would be comfortable," Amirfazli said.

Documenting his travels via Instagram, he reduced his daily mileage to allow for his friends to arrive in LA before he did. Amirfazli arrived safe and sound. Without regretting a single moment, he offered a few words of advice for those hoping to also complete the journey.

"Know why you're there and be sure about it...you have to create your own meaning for when things aren't going so well. Be sure about it and if your motivation is true, you can endure it," Amirfazli said. "Those aspects of wanting to travel and wanting to explore, the good comes with the bad." For more details and photos of Ali's trip, visit his Instagram account @Ali2Cali. 



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ED-SPLOST EXTENSION TO BE VOTED ON THIS NOVEMBER

Cobb County School district is seeking an extension of the Special Purpose Local Option Sales Tax (SPLOST) with a referendum on the November 2 ballot. The current \$797 million SPLOST V was passed in March 2017.

What would be Cobb Ed-SPLOST VI would begin in 2024 and for five years would continue to collect a one-percent sales tax for school facility, maintenance and technology expenses. Many projects are on Cobb County School District leaders' draft wish list if voters approve another estimated \$894 million Education Special Purpose Local Option Sales Tax (Ed-SPLOST) referendum this fall.

The proposed list includes a rebuild of Sprayberry High School's main building, which parents have pushed the district for over the last several months; a new elementary school in south Cobb; a second career academy in the north Cobb area; and a commencement and special events center for the district.

Other projects on the list are as follows:

- Bells Ferry Elementary School addition/modifications
- North Cobb High School facility upgrades
- Tapp Middle School facility upgrades
- Kincaid, Mt. Bethel, Murdock, Sope Creek and Tritt Elementary School annexes
- Infrastructure improvements – HVAC, electrical, roofing, plumbing, flooring, lighting, painting
- Athletic facility and stadium upgrades – Americans with Disabilities Act (ADA) and safety improvements, restoration, and repairs
- Individual school site improvements which include but are not limited to signage, canopies, and asphalt paving
- Safety, security, and support enhancements
- Academic and technology refresh/upgrades/enhancements
- Undesignated classrooms

"This Ed-SPLOST list was built based on the most up-to-date county growth data...and is vitally important for the needs of our students and our schools..." Superintendent Chris Ragsdale said. 🗳️

2021-22 COBB COUNTY SCHOOL CALENDAR

August 2	First Day of School
September 6	Labor Day Holiday
September 27-October 1	Student Holidays
November 2	Student Holiday
November 22-26	Thanksgiving Holidays
December 20-January 4	Winter Holidays

2022

January 5	First Day of 2nd Semester
January 17	M.L. King Holiday
February 21-25	Student Holidays
April 4-8	Spring Holidays
May 25	Last Day of School

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Session 3:	June 21 - June 25
Session 4:	June 28 - July 2
Session 5:	July 12 - July 16
Session 6:	July 19 - July 23
Session 7:	July 26 - July 30
Session 8:	August 2 - August 6



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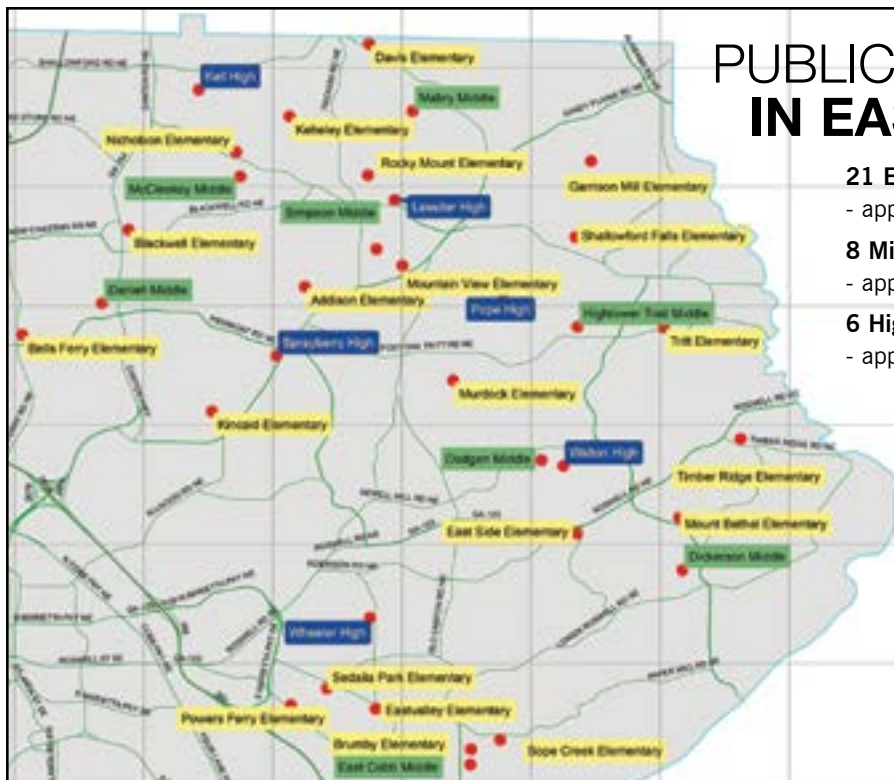
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PUBLIC SCHOOLS LOCATED IN EAST COBB COUNTY

21 Elementary Schools

- approx. 14,701 Elementary School students

8 Middle Schools

- approx. 8,486 Middle School students

6 High Schools

- approx. 12,280 High School students



MAP LEGEND

- Elementary School
- Middle School
- High School





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MATH CONCEPTS MADE EASY BY KELLY



Kelly Moncrieff

Kelly (Moncrieff) Kelly's gift for teaching math has made her quite the academic icon in the East Cobb community. She discovered a Facebook page entitled, "You know you had Mrs. Moncrieff if...". According to Kelly, the Facebook group had existed for three years when she came upon it. Hundreds of her former students joined in to record memories, as well as to

attribute their math acumen to the teacher who finally made math concepts make sense, opening a door for many students.

As she retires from the Cobb County School System after 27 years, Kelly is not resting on her laurels. She plans to tutor under her new business name, Math Concepts Made Easy by Kelly. Kelly's target group is homeschool students who meet with her virtually during regular school hours (no after-school tutoring). She offers both thirty-minute and one-hour sessions for middle school math through Algebra. The groups will include one to four students in each session. In addition to her role as a teacher, Kelly has tutored math both full time and adjunct for more than 30 years.

According to Kelly, her trademark statement has always been: "Math is fun when you understand." Through three decades of teaching and tutoring, Kelly credits a great deal of her success to struggling with math during her early education.

"I had to relearn math in order to teach it," explains Kelly. "And because I struggled with math, I have never taken for granted that a student will grasp a concept right away just because it was taught to him or her. It's a process of breaking down skills a student knows -- and sometimes that student doesn't even realize that he or she knows them. I focus on building confidence in a student's ability to understand math concepts and then present these in a variety of ways."

During her career, Kelly was named Mabry Teacher of the Year and Walmart Teacher of the Year. Now, upon her retirement, former students from several Cobb County schools, including Mt. Bethel Elementary, Dickerson Middle, Mabry Middle, and Simpson Middle, remember Kelly as a teacher who made a difference in their lives. The Facebook group proves this. Also, included here is an excerpt from a letter written to the Cobb County superintendent from a parent about Kelly's teaching:

"When Megan began sixth grade, she hated everything about math. Ms. Kelly told Megan that she would make math her favorite subject. Needless to say, Megan was very skeptical. But in a very short time, math did become her favorite subject. Yesterday, she told me she wants to be a math teacher when she grows up!"

"I have always been determined to make math fun and easy to understand for my students," says Kelly. "Based on the feedback and success of my students, I have the desire to continue sharing my love of math."

If you have a homeschool student who could benefit from tutoring for middle school math through Algebra, please contact Kelly Kelly at krkelly531@gmail.com.

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RANDI SCAMIHORN • POST 1

rscamihorn.boardmember@cobbk12.org

Schools represented in Post 1:

High Schools:

Allatoona, Kennesaw Mountain, North Cobb

Middle Schools:

Awtrey, Barber, Durham, McClure, Pine Mountain

Elementary Schools:

Acworth, Baker, Bullard, Frey, Hayes, Kennesaw, Lewis, McCall, Pickett's Mill



DAVID CHASTAIN • POST 4

dchastain.boardmember@cobbk12.org

Schools represented in Post 4:

High Schools:

Kell, Sprayberry

Middle Schools:

Daniell, McCleskey, Palmer

Elementary Schools:

Addison, Bells Ferry, Big Shanty, Blackwell, Chalker, Keheley, Kincaid, Nicholson, Pitner, Rocky Mount



JAHA HOWARD • POST 2

jhoward.boardmember@cobbk12.org

Schools represented in Post 2:

High Schools:

Campbell, Osborne

Middle Schools:

Campbell, Floyd, Griffin, Lindley 6th Grade Academy, Lindley Middle, Pearson

Elementary Schools:

Belmont Hills, Birney, Fair Oaks, Green Acres, King Springs, LaBelle, Nickajack, Norton Park, Russell, Smyrna



DAVID BANKS • POST 5

dbanks.boardmember@cobbk12.org

Schools represented in Post 5:

High Schools:

Lassiter, Pope

Middle Schools:

Hightower Trail, Mabry, Simpson

Elementary Schools:

Davis, East Side, Eastvalley, Garrison Mill, Mountain View, Murdock, Powers Ferry, Sedalia Park, Shallowford Falls, Tritt



LEROY TRE' HUTCHINS • POST 3

thutchins.Boardmember@cobbk12.org

Schools represented in Post 3:

High Schools:

HAVEN Academy, Pebblebrook, South Cobb

Middle Schools:

Cooper, Garrett, Tapp

Elementary Schools:

Austell, Bryant, City View, Clarkdale, Clay Harmony Leland, Compton, Early Learning Center, Hendricks, Mableton, Powder Springs, Riverside, Sanders



CHARISSE DAVIS • POST 6

cdavis.boardmember@cobbk12.org

Schools represented in Post 6:

High Schools:

Cobb Horizon, Walton, Wheeler

Middle Schools:

Dickerson, Dodgen, East Cobb

Elementary Schools:

Argyle, Brumby, Mount Bethel, Sope Creek, Teasley, Timber Ridge



BRAD WHEELER • POST 7

bwheeler.boardmember@cobbk12.org

Schools represented in Post 7:

High Schools:

Harrison, Hillgrove, McEachern

Middle Schools:

Lost Mountain, Lovinggood, Smitha

Elementary Schools:

Cheatham Hill, Dowell, Due West, Ford, Hollydale, Kemp, Milford, Still, Varner, Vaughan



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MY IDEAL COLLEGE DIVES DEEPER INTO THE COLLEGE DECISION PROCESS

According to a recent study, roughly two-thirds of college graduates struggle to launch their career with the remaining third being successful because of starting their education with a major selected and having completed at least one internship. Laurie Genevish refuses to accept those numbers and fights that statistic head-on with her own business, My Ideal College. Founded by Genevish in 2018, My Ideal College has a four-month program that works alongside high school teens to dissect their personal interests and future ambitions to eliminate the common uncertainty that comes with selecting a college education. With so many students changing schools or majors and digging themselves deeper into debt, this program ensures that teens are on the right path for them before anything is finalized.

"In the end, they come out with a clear idea of what career they want to pursue, what education they would need for it, and they are happy wanting to do that," Genevish said. "So many parents are like, 'Oh, I wish I had you when I was growing up'...parents are thrilled because their teen has a clear path. They know what they want to do."

Based out of her home, Genevish begins the process with a free 30-minute strategy session with the student's parent(s) before resuming the program. She then sets up personalized coaching sessions with the student to further discuss the details of their career aspirations and which academic options best serve those goals and interests. This is initially done through the completion of the Harrison Assessment which concentrates on discovering someone's work preferences and behavioral attributes aiding in career selection.

Genevish takes the time to dive into the student's professional interests or what they enjoy doing that translates into a viable career option before discussing their ideal salary and future living situation. From there, she decides if schooling is needed



Laurie Genevish advising one of her clients.

and provides a catered list of schools along with the types of programs or degrees that would best lead them to their dream career. Being a strong supporter of professional networking, she will even put the student in contact with someone working in their respective field if she knows anyone who can provide professional advice or assistance.

"I take it a step further by making sure that college is the right thing and that they're going to the college that has the major they want...I just want to get the word out and

serve as many families and teens and college students as possible," Genevish said.

Once being a confused college student who changed career paths herself, she has seen so many students fall into huge loan debts due to hasty decisions, changed majors, and inapplicable education choices. Now a mother of two children of her own, she finds great value in investing in her children's future. While assisting the student with their needs during each program, she also hopes to help parents feel secure in their child's decision allowing them to be better informed and more involved in the process.

"Parents feel more comfortable [knowing] that their child is going to go to college and paying that tuition check knowing that they're going to be on the right path," Genevish said. "I've learned so much about the education system and the college system. Really, as parents, we need to take an active role in helping our teens plan their future."

For more information on how you can help your child find their passion and receive a free introductory strategy session, visit www.myidealcollege.org or call 678-761-3550.



PAID ADVERTISEMENT

EAST COBBER

BURIED TREASURE

By Nicole B. Adkins

Like many protecting vulnerable family members, we have spent the last year+ isolating. Though my husband works in person, I was fortunate enough to finagle working from home. We also made the leap to pull the kids from the school system to begin "Rainbow Kitty A-CAT-emy"! (Named by the kiddos).

As a family who loves and was mourning travel, culture, community, and new experiences, we decided this was the time to go deeper rather than wider. For science, we decided to discover our own back yard. We began the journey of getting our yard certified as a wildlife habitat through the National Wildlife Federation and committing our yard as a future pollinators' habitat through the Xerces Society. This meant focusing on and upgrading nature-friendly practices, including composting, leaving our leaves, avoiding pesticides and herbicides, and working to identify and replace invasive non-native plant species with native flora to support local wildlife.

It is an endless undertaking, not the least of which has included pulling rivers of English Ivy by hand, as well as Wintercreeper, Japanese Stiltgrass, Chinese Ligustrum, Japanese Honeysuckle, Leatherleaf Mahonia, the list goes on. Some of these are quite beautiful, but so are native plants, and those – unlike the invasive, help to support pollinators, songbirds, and other species we need and enjoy.

We have planted lots of locally occurring flora, including Witch Hazel, Elderberry, Viburnum, Carolina All-Spice, a few species of native Azalea, native ferns, Beauty Berries, Winter Green, Wild Strawberries (the yummy ones, not mock strawberries), Dogwoods, Redbuds, Orange Milkweed, and others.

Besides what we have planted, gems have begun to emerge from where the ivy once tangled. Wild Ginger with its strange, sweet little jug flowers, Yellow Passion Vine, Strawberry Bushes (Hearts a Bustin'), Wild Grapes, Raspberries, Red Mulberry, Blue Mistflower, and Virginia Creeper. In a time of missing outside company, these treasures have appeared like new friends.

We are definite novices; we still have much to learn. Mostly, we are learning not to rush it. Let nature show us the way.

Because of the ongoing work and time spent outside, we have seen amazing activity in our yard. Various songbirds, owls, hawks, lizards, frogs, gorgeous insects, chipmunks, rabbits, the list goes on. Some of these may be thought of as pests, and frankly, our yard might look kind of messy to outside eyes. But learning to live in sync with what was once here and nurturing what wants to be here has given us new sight.

We see our role not as landowners, but as custodians. We imagine that the former guardians of this land (Muscogee/



Zoe rescuing an insect from her DIY birdbath.



Isaac making mudpies!

Creek and Cherokee peoples) may have had much to share in terms of how to honor their balance with nature here.

Perspective: our four-year-old gently rescuing a spider and placing it lovingly in our garden, making up songs about flowers, and watching an "ant party" in a Tulip Poplar blossom. Our eight-year-old greeting a bee, writing a poem about seeing blue sky through a lattice of branches, and sketching and correctly identifying a red-bellied woodpecker. Discovering a tree frog under a leaf. Observing parent cardinals feeding their noisy babies in the holly outside our window.

The greatest treasure we have discovered is the time spent learning and growing in awareness together. We have come to know that yes, home is where the heart is, but also, adventure is where you find it. 🌿



Nicole B. Adkins, teaching artist, playwright, and dramaturg, teaches part-time in the Theatre & Performance Studies department at Kennesaw State University; is Visiting Faculty for Playwright's Lab, the graduate playwriting program at Hollins University in Roanoke, VA; and is Artistic Associate at YouthPLAYS.com. Nicole, husband Eric, and children Zoe (age 8)

and Isaac (age 4) have been East Cobb residents in the Holly Springs Crossing subdivision since 2019.

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Saturday, August 7, 2021 at 8:00 a.m.
Lassiter High School's Lutzie 43 Field
Marietta, GA

*All funds raised benefit the Lutzie 43 Foundation
and the 43 Key Seconds Safe Driving Initiative*

2021 July/August COMMUNITY CALENDAR

JULY 6-10

That Puppet Guy, Lee Bryan Presents The Zany Zoo.

Delights for the entire family abound in this action-packed show that's perfect for everyone. Among the myriad members in this merry menagerie, you'll thrill to the antics of a frog on roller skates, a weightlifting bear, a juggling dog, a bumble bee ballerina, and even a belly dancing bunny! \$5/person (age 2 and up), tickets sold in pods of 2 or 4. Tuesday, Thursday & Saturday: 10am; Wednesday & Friday 10am & 1:30pm. Roswell Cultural Arts Center, Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: www.RoswellPuppets.com.

JULY 8, 22 & AUGUST 12, 26

Chattahoochee Sunset Sips presented by Chattahoochee Nature Center. Enjoy a night out with families and friends for a fabulous concert. Bring a picnic, and a blanket or chairs. This is a laid back, family friendly series and the grounds are open for you to explore. 6:30-9:30pm. Free/members; \$10/adults; \$7/seniors and students ages 13-18; \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.



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2 DAY PASS (FRI & SAT) \$10.00

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JULY 10

Cobb Idol. A live outdoor concert competition featuring the best voices in Cobb. Proceeds support The Strand Theater. \$10. 8pm. Life University Amphitheater, 1269 Barclay Circle SE, Marietta. More info/tickets: strandmarietta.org.



Outdoor Movie: The Sandlot. Enjoy trivia questions prior to the movie. Bring outdoor chairs, blankets, your favorite food and drinks (no alcohol) to enjoy this fun movie experience. \$20/family, registration required. Lot opens at 7pm. Movie begins at sundown. Big Shanty Park, 2050 Kennesaw Due West Road NW, Kennesaw. More info/registration: cobbcounty.org/parks, click on "Register and Reserve" and click on the "Special Events" tab and the "Special Event-Parks" tab.

Sport Fanatic 5K. Run on a mostly flat and fast asphalt course through downtown Kennesaw. Each of the six races is professionally timed and USAT&F Certified. The course is perfect for competitive runners seeking a qualifying time for the Peachtree Road Race. But the festival-like atmosphere and plentiful food and drink make these races perfect for beginner runners/walkers as well as families. \$15-\$25. Sign in begins at 6am. Fun Run: 7:30am; Race: 8am; Tot Trot: 8:55am. Kennesaw First Baptist Church, 2958 North Main Street, Kennesaw. More info: kennesawgrandprix.com.

JULY 10 & 24, AUGUST 14 & 28

Open-Hearth Cooking and Living History at Smith Plantation.

Living history interpreter Clarissa Clifton demonstrates open-hearth cooking using traditional 19th century southern recipes. Sensing how lengthy this process can be, visitors are welcome to drop-in at any point then go enjoy the grounds and exhibits, take a ticketed house tour (\$5), and then pop back into the kitchen to see the results. From baking without an oven to cooking vegetables and meat over a fire, recipes and presentation will change seasonally but there is always something delicious to smell and good conversation. Please note that this is for educational demonstration purposes only. Visitors are not encouraged to participate or taste food for safety precautions. 10am-3pm. Free. Smith Plantation, 935 Alpharetta Street, Roswell. More Info: 770-641-3978 or www.roswellgov.com/discover-us/historic-house-museums#events.

JULY 11

Sundays on the River Concert: The Joe Gransden Quartet with special guest vocalist Robin Latimore. A night of jazz, blues, and swing. Cash bar available, no outside alcoholic beverages permitted. Outside food welcome, bring your picnic basket and a blanket or chairs. 7pm. Tickets: \$21/ for lawn seating in advance; \$23/pavilion seating in advance. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: www.chattnaturecenter.org.

JULY 11 & 18

Summer Fun Family Concert Series presented by Wesley Chapel UMC. Grab your camp chairs and picnic gear for an evening of popular music and kids' activities! 5:30-7pm. Free. Wesley Chapel United Methodist Church, 4495 Sandy Plains Road, Marietta. More info: 770-993-4919 or wesleychapelumc.org.

JULY 16-17

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

JULY 17

Drive-In Musical Revue: In The Groove. Get in the groove with this funky, fun, soulful theater show! You will be whisked away to Hitsville, USA and experience your favorite Motown tunes. \$30/car. 7:30pm. Cobb Civic Center Parking Lot, 548 South Marietta Parkway SE, Marietta. More info: 770-528-8490 or www.andersontheatre.org/drive-in.

JULY 17

Georgia Players Guild: Music of the Eagles. Returning to the stage with a live night of The Eagle's music. \$25/advanced; \$30/day of event. 8pm. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info/tickets: strandmarietta.org.

MUST's own Dancing with the Stars benefiting MUST ministry programs. In addition to the dance competition, enjoy the silent auction. Immediately following the competition, all are invited to the after-party hosted by Celebrity Ballroom Dance Studios (2727 Canton Road Suite 520, Marietta). Includes adult beverage, food, and a dance party where you can dance with the Celebrity dancers and pros! Cocktail attire is appropriate. Competition: 6-7:30pm. \$50/general admission. Piedmont Church, 570 Piedmont Road, Marietta/East Cobb. More info: www.mustministries.org/must-dance.

The Lyric's Bright Nights: A Cabaret Series. featuring the best and brightest vocalist in the Atlanta theatre community. Each cabaret will include both Lyric regulars and new faces singing musical theatre and jazz standards. 8pm. Tickets: \$25. Lyric Studio Theatre, 12 Powder Springs Street, Suite 280, Marietta. More info/tickets: atlantalyrictheatre.com.

JULY 17 & AUGUST 21

Pop-In for Family Fun. Crafts and activities will be provided to take home for a fun learning environment that explores different topics of history with a local focus. July theme: Independence; August theme: 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.

JULY 23

City Green Live: Tribute: A Celebration of the Allman Brothers. Rugged with vintage equipment, they interpret the Allman catalog in such a way that these songs written in the '60s and '70s come alive again. 7:30pm. Gates open at 5pm. Free. City Springs, City Green Venue, 1 Galambos Way, Sandy Springs. More info: 770-206-2022 or citysprings.com/events.

JULY 23 & 24

Movie & Margaritas: Mamma Mia! Get ready to party it up with a margarita in one hand, your flashiest boa in the other, and a theatre full of your favorite friends at Mamma Mia. There will be a margarita bar to complement this big screen showing of Mamma Mia. Live organ pops variety show and sing-along starts a half hour before the movie. \$10. Friday: 8pm; Saturday: 3pm & 8pm. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info/tickets: strandmarietta.org.



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COMMUNITY CALENDAR

JULY 25

Summer Fun Family Concert Series Grand Finale presented by Wesley Chapel UMC. This is YOUR chance to shine! Can you sing, dance, juggle, tell jokes... if so, brush up on your act! Submissions must be pre-approved. Please email church.office@wesleychapelumc.com to get started. Or just grab your camp chairs and picnic gear and enjoy! 5:30-7pm. Free. Wesley Chapel United Methodist Church, 4495 Sandy Plains Road, Marietta. More info: 770-993-4919 or wesleychapelumc.org.

JULY 30

Glover Park Concert Series: Next Level Band. 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 pm but not in Glover Park. 8pm. Free. Glover Park, 50 Park Square, Marietta. More info: www.marietta.com.

JULY 30-31

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-7pm; Saturday: 10am-5pm. \$10/advance; \$20/at the door; Children under 18: Free. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: www.southeasthomeschoolexpo.com.

AUGUST 2

First Day of School for Cobb County public schools.

AUGUST 6

Cobb Executive Women August Luncheon. Dedicated to cultivating mutually beneficial and supportive professional relationships among executive women in Cobb County. 11:15am-1pm. \$15/Members in person; \$20/non-members in person; Free virtually. Cobb Chamber of Commerce, 1100 Circle 75 Parkway, Suite 1000, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

AUGUST 6

Marietta Square Art Walk. A self-guided tour of historic Marietta Square's eclectic art scene. Art galleries, museums, cultural venues, restaurants, and boutiques hosting artists within their businesses will display an Art Walk banner in their window. 5-9pm, rain or shine. Free. Maps available at each participating location and at the Marietta Welcome Center, 4 Depot Street NE, Marietta. More info: www.ArtWalkMarietta.com.

AUGUST 7

Dog Days Run. Dog Days 5K honors the heat and humidity of summer and over the years, the Rotary Club of East Cobb has donated more than \$500,000 from race proceeds to local and international service projects. 7:30am. \$30 (through July 31). McCleskey East Cobb YMCA, 1055 E. Piedmont, Marietta/East Cobb. More info/registration: dogdaysrun.com.

East Cobb Triathlon. Choose from 3 distances for the adults and races for children. The swim portion takes place inside the Mountain View Aquatics Center. 7:30am. \$45-\$85. Mountain View Aquatic Center, 2650 Gordy Parkway, Marietta/East Cobb. More info: www.fivestartnpt.com.

Lutzie 43 Road Race 5K. Honoring the memory of Lassiter and Auburn football player, Philip Lutzenkirchen. All proceeds benefit the Lutzie 43 Foundation's programs. The race on-site start/finish line will be at Lutzie Field at Lassiter High School and features a fast, smooth run through the streets of East Cobb. Virtual registrations available. Race: 8am. Pre-registration (by July 4): \$21-\$30. Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: www.classy.org/event/2021-lutzie-43-road-race/e340091.

Outdoor Movie: Abomible. Enjoy trivia questions prior to the movie. Lot opens at 7pm. Movie begins at sundown. You may bring outdoor chairs, blankets, your favorite food and drinks (no alcohol) to enjoy this fun movie experience. \$20/family, registration required. Lost Mountain Park, 4845 Dallas Highway, Powder Springs. More info/registration: cobbcounty.org/parks, click on "Register and Reserve" and click on the "Special Events" tab and the "Special Event-Parks" tab.

AUGUST 8

Georgia Bridal Show. Find everything you need in one place and in one day for your big day! Meet the photographer behind the photos, taste the cake, listen to the DJ's music, see the gowns and tuxedos in person, talk to a honeymoon specialist about the right trip for your budget, and more! 12-4pm. \$10/advanced; \$15/cash at the door. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: www.georgiabridalshow.com.





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AUGUST 8

Sundays on the River Concert: Kevin Bales Jazz Quartet.

Join GRAMMY-nominated jazz pianist Kevin Bales, vocalist Keri Johnsrud, and their quartet as they present Beyond the Neighborhood: The Music of Fred Rogers. Cash bar available, no outside alcoholic beverages permitted. Outside food welcome, bring your picnic basket. 7pm. Tickets: \$21/ for lawn seating in advance; \$23/pavilion seating in advance. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: www.chattnaturecenter.org.

AUGUST 11-14

All 4 Kids Consignment Sale. VIP tickets available for early and extra hours. Thursday: 9am-8pm; Friday: 9am-3pm. Saturday: 9am-1pm (half off). Check website for payment options. Cobb County Fairgrounds, 2245 Callaway Road, Marietta. More info: www.all4kids.com.

AUGUST 13-15 & 20-22

Jukebox Giants: Motown & More. Live theater returns with a song and dance musical revue featuring the most popular hits of the Motown era and beyond! \$20-\$30. Friday: 8pm; Saturday & Sunday: 3pm & 8pm. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info/tickets: strandmarietta.org.

AUGUST 14

Atlanta Concert Band. Enjoy this free concert. 3-4:30pm. Free. Roswell Cultural Arts Center, 950 Forest Street, Roswell. More info: atlantaconcertband.org.

Dream Dash 5K. Run on a mostly flat and fast asphalt course through downtown Kennesaw. Each of the six races is professionally timed and USAT&F Certified. The course is perfect for competitive runners seeking a qualifying time for the Peachtree Road Race. But the festival-like atmosphere and plentiful food and drink make these races perfect for beginner runners/walkers as well as families. \$15-\$25. Sign in begins at 6am. Fun Run: 7:30am; Race: 8am; Tot Trot: 8:55am. Kennesaw First Baptist Church, 2958 North Main Street, Kennesaw. More info: kennesawgrandprix.com.

Free Comic Book Day. Each year, participating comic book shops across North America and around the world give away comic books for absolutely free to anyone who comes into their stores. Back2Back Comics, Cobb Antique Mall, 2800 Canton Road, Vendor 034, Marietta/East Cobb and Great Escape Comics & Games, 1050 East Piedmont Road, Suite 106, Marietta/East Cobb. More info: 770-364-2376 and 770-973-2253 or freecomicbookday.com.



AUGUST 15

Family Fun Day: Summer Adventures Day. Come celebrate the end of summer –be sure to wear your swimsuit, you might get wet on this day filled with adventure! Canoeing on Kingfisher Pond, outdoor adventure activities, water science stations, guided hikes and more. 12-4pm. Admission: \$10/adults; \$7/seniors and students ages 13-18; \$6/ages 3-12; Free/members with reservation. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org/special-events/family-fun-days.

AUGUST 20-21

Pigs and Peaches BBQ Festival. In its 20th year, the festival features two days of non-stop music, good eats and interactive family-fun. Friday: 6-10pm; Saturday: 10am-10pm. Free Admission. Adams Park, 2600 Park Drive, Kennesaw. More info: www.pigsandpeaches.com

AUGUST 21

Drive-In Cabaret: 80s & 90s Edition. Featuring actors and musicians from the Atlanta Lyric Theatre, an 80's and 90's-themed showcase with classic tunes and toe-tapping hits. \$30/car. 4pm & 7:30pm. Cobb Civic Center Parking Lot, 548 South Marietta Parkway SE, Marietta. More info: 770-528-8490 or www.andersontheatre.org/drive-in.

Recycling Day benefitting Pope High School Band. Bring recyclable goods such as electronics, appliances and metal. Additional fees apply for TVs, monitors, tablets, large items, paint and paper shredding. Pick-up available with advance reservation. 9am-2pm. \$10/per car. Northeast Cobb YMCA, 3010 Johnson Ferry Road, Marietta/East Cobb. More info: www.popeband.com/recycle.

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Submitted by Elena Mitchell



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Favorite person: Literally everyone

Best trick: Playing hide and seek with her toys

Turn ons: People, toys, dog park, sunshine

Turn offs: Harness

Favorite toy: Squeaky bone

Last seen: Snuggled under the covers

What makes your pet so special: She always makes us smile!

SHOULD YOUR PET BE OUR PET OF THE MONTH?

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

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

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

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What makes your pet so special: _____

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HERE'S THE SCOOP: EAST COBB'S ICE CREAM TRAIL

By Eleni Haralabidis

Summer is here, and East Cobbers understand first-hand how Atlanta got the nickname, "HOTlanta"! And that means we are all looking for ways to cool down. What's a sweeter way to do that than with some of East Cobb County's favorite ice cream shops. Not only do we have lots to choose from in East Cobb — and everyone has their favorite--EAST COBBER invites folks to checkout East Cobb's own Ice Cream Trail. Here's a look at the trail and some other go-tos for a sweet, frozen treat to enjoy this summer and beyond! Please note that COVID-19 conditions in East Cobb County could change at any time, potentially affecting hours of operation and capacity limits. Many shops also offer mobile ordering.

BIG EASY SNOBALLS

> **East Lake Shopping Center**
2125 Roswell Road
Marietta
www.bigeasysnoballs.com



A sno-ball is a Louisiana confection made with finely shaved ice and flavored cane sugar syrup. Commonly confused with the snow cone or snowball, the ice of a sno-ball is fine and fluffy; while a snow cone's ice is coarse, crunchy, and granular. Moreover, in a snow cone the flavored syrup sinks to the bottom of the cup; while in a sno-ball the ice absorbs the syrup. The Big Easy offers over 100 different flavors, yummy toppings.

COLD STONE CREAMERY

> **640 Johnson Ferry Road**
Marietta



Did you know their ice cream is made fresh in every store? Churned from the finest ingredients and mixed with your choice of candy, cakes, fruits or nuts on a frozen granite stone they proudly serve the crafted personalized works of art!

BRUSTER'S REAL ICE CREAM

> **2044 Lower Roswell Road Marietta**
> **3735 Trickum Road Marietta**



Their ice cream is made fresh—right in the store—available flavors vary by location.

Stores offer at least 24 fresh flavors daily. Thanks to Bruster's new non-dairy flavors, everyone can enjoy our oh-so-tasty flavors made with coconut milk. Check the flavor board at your Bruster's location for today's fresh non-dairy offerings!

MARBLE SLAB CREAMERY

> **Providence Walk**
4101 Roswell Road
Marietta



Their ice cream is homemade in small batches daily using the freshest ingredients for the richest flavor. So, whatever you try, you can expect to discover something incredible. 66 different flavors of ice cream, sorbets and lowfat yogurts according to the website.

GET IN TOUCH!



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www.eastcobber.com
editor@eastcobber.com

MENCHIE'S FROZEN YOGURT

> **The Avenue-East Cobb**
4475 Roswell Road
Marietta

Menchie's offers something for everyone, including non-fat, gluten-free, no sugar added and dairy-free frozen yogurt dessert options. Menchie's also provides delicious 100% plant-based (vegan) frozen yogurt flavors, including Dark Chocolate Mousse made with Almond Milk, Cookie Sandwich made with Almond Butter, Chocolate Hazelnut made with Cashew Milk, and Mint Chocolate Chip made with Almond Butter to name a few. Menchie's frozen yogurt is delicious on its own but it's absolutely amazing when you've customized it the way you like it. You can not only choose from seasonal fruits that are cut fresh daily but from a variety of chocolates, candies, nuts, syrups, and even special surprises that are only available for a limited time.



PELICAN'S SNOBALLS

> **1642 Roswell Road Marietta**
 > **3600 Canton Road Marietta**

Born from a New Orleans tradition of combining smooth fluffy snow with bold flavors, Pelican's SnoBalls serves over 100 fantastic flavors. There is no better treat to beat the heat. Stop by your Marietta neighborhood Pelican's today.



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> **The Avenue-East Cobb**
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15 flavors of small-batch ice cream are made daily. The ice cream flavors are a nod to Smallcakes's famous cupcake recipes. They take the great flavors of their cupcakes and turn them into an incredible, rich and creamy ice cream.



SNOWY ROLLS ICE CREAM

> **3162 Johnson Ferry Road**
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They make Thai-style rolled ice cream with fresh and natural ingredients. Their locally farm-sourced cream is both non-homogenized and hormone free to preserve their rich and thick taste. Tons of different flavors and toppings to choose from to really personalize your ice cream. They also offer bubble tea!



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> **1255 Johnson Ferry Road Marietta**
 > **3605 Sandy Plains Road Marietta**

Get creative and swirl any combination of yogurt flavors, then top it off with your favorite toppings. Make it big or make it small, healthy or decadent, any way you like. That's because YOU are in control, not some clerk behind the counter. And because your creation is priced by weight, you even control what you pay. 🍷



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EAST COBBER RELEASES SERIAL NOVEL


Hijacking Justice, the latest in Lance J. LoRusso's Blue Mystery series featuring Detective Johnny Till was released last month, to subscribers of the Lance LoRusso Books Newsletter. Each week, a new chapter of this police thriller will be released. With a plot similar to today's headlines, LoRusso draws upon his extensive experience representing over 100 law enforcement officers involved in shootings, in this serial novel portraying a fictionalized world where the fair treatment of our front-line heroes is often sacrificed to feed power hungry politicians and a criminal machine. In this eight-episode story, Detective Johnny Till finds himself thrown in jail and charged with triple murder after being ambushed while visiting Ingram County on the Georgia Coast to help put away a serial rapist. Fans and readers of police mysteries can go to lancelorussobooks.com to sign up for the LoRusso Books Newsletter and read the thrilling chapters of *Hijacking Justice* as they are released weekly. Regardless of when a person signs up, they will get all the chapters in the order in which they were released. *Hijacking Justice* is a great easy read for the summer. Readers can also make a donation to the Cobb County Public Safety Foundation that directly benefits and supports our first responders on the frontlines.

"I am very excited and proud to release *Hijacking Justice* and continue the story of Johnny Till" said author Lance J. LoRusso. "For fans of *Hunting of Men*, they will love the continuing saga of Johnny and for new readers it will be a captivating read and introduction to the world of the Blue Mystery series. But more importantly, it shows what our brave men and women in blue confront in today's polarized world." In *Hunting of Men* the first book featuring Johnny Till, LoRusso draws upon his diverse law enforcement background that saw him work the street, serve as a trainer, hostage negotiator, and an investigator. The book launches the career of central character, Johnny Till who will be the key character in all the Blue Mystery books. The book's title, *Hunting of Men*, is drawn from Ernest Hemingway's quote, "There is no hunting like the hunting of man, and those who have hunted armed men long enough and liked it, never care for anything else thereafter." The mystery in *Hunting of Men* focuses upon a cold case murder. Johnny Till is a force to be reckoned with as a new homicide detective for the Lawler County Police Department. As tradition demands, on his first day on the job, Till pulls a cold case file to investigate. The file in question is one that has



haunted the department and community for years: the cold-blooded murder of Officer Michael Dunlap, gunned down in the black of night some twenty years earlier.

Now, in order to solve the murder and heal the victims left behind, Till must reopen old wounds and retrace the final days of Dunlap's life. The journey will lead him down a rabbit hole to a darker, more sinister conspiracy, one that threatens to steal the lives of children around the world. In order to close this cold case, Till must not only come into his new role as a homicide detective, but face his own fears to truly become a hunter of men.

Lance LoRusso is the Principal of the LoRusso Law Firm located in Atlanta, Georgia. As a civil litigator with a law enforcement background, he focuses his practice on critical incident and media response, catastrophic personal injury and wrongful death cases. A former officer, LoRusso is a strong advocate for Georgia law enforcement. He serves as General Counsel to the Georgia Fraternal Order of Police as well as Lodge Attorney for Cobb County's Lodge 13 of the Fraternal Order of Police. Additional information on *Hijacking Justice*, Lance LoRusso, and his other books may be obtained at www.lancelorussobooks.com. 

MURDOCK KIDS SHARE LESSONS LEARNED FROM COVID PANDEMIC

Many young generations have been shaped by the global crises they faced—Depression-era poverty, Cold War nuclear fears. Add to them the COVID generation. Ms. Jennie Dang, fourth grade teacher at Murdock Elementary School, asked her students to share their perspectives on what they learned during the COVID pandemic like: mask mandates, online learning, grandparents kept at a distance, and canceled summer camps, to name a few consequences. But as the following responses from these young students show, they also have grown and learned, gained maturity and wisdom.

The most important thing I learned from COVID is the importance of family. Before COVID I would always play with my friends, and do schoolwork. It's gotten a lot better now but at the beginning of COVID I was spending a lot of time at home plus virtual school. We would watch shows, and play games. I'm at school now (in person) and I'm very grateful for that. During this time, I've gotten a lot closer with my mom, dad, and my cat, Tessa!



-Caris Buonavita

If you think that virtual learning is better for kids, I disagree. One reason I think students should be face to face is virtual kids could not focus if there is noise in the house or outside. Another reason, is if their connection is bad they can't hear the teacher. If you are face-to-face that won't happen. Also, parents won't have to keep driving to pick up papers, so they can finish their work. Lastly, face-to-face is better because the student can see a kid their age more often. Which is basically social interaction.



-Aadyn Soriano

Patience is the key to surviving the COVID-19 pandemic. To begin, if you get COVID tested you have to be patient and wait about three days. Another thing, you have to listen to the news to see if you can go back to school. I know that these things take a lot of time and they have changed me and the people around me.



-Jordan Nathan

Covid-19 has been very stressful for all of us. However, I think I have a solution to the stress. I believe that chanting Nam-Myo-ho Renge-Kyo (Nawm-Mee-oh-ho-Rain-gay-kee-oh) can help reduce the stress of COVID-19. Whenever I chant, I feel at peace. It's like all my problems melt away ... I feel refreshed. Whenever you feel stressed out about COVID-19, chant for happiness.



-Eden Setterland

In my opinion, remote learning is the best thing ever! Remote learning rocks because you don't go to school, you don't have to learn 7-8 hours, and you get to stay comfy. It's just like a free day!



-Tony Intriago

The most important thing I learned during the COVID-19 pandemic is the value of sports. When I've been playing sports I've made friends here and there. When I wasn't playing sports I had one or two friends. In addition, during the pandemic originally for the first couple of months I was lazy, out of shape, and fat. Well now, from playing sports I'm healthy and in shape. Lastly, when I wasn't playing sports during the pandemic I was sad.



-Hudson Underriner

Wearing a mask is horrible. Now you may think differently, but we are talking about me. I think wearing a mask is horrible because it hurts your ears, it is hard to hear people because they are wearing a mask, and when you are running or doing some thing that makes you tired and you can barely breathe because of it! Even though it's horrible you have to wear it because it protects you from COVID-19. So you should wear a mask even though it's annoying.



-Caroline Warren

The most important thing I've learned during COVID-19 is how easy working at home is. I think it's nice that I can eat whenever I want, and have all my classes right in front of me . . . [And] my dad will get me almost anything I want for lunch. Since all my classes are right in front of me, all you have to do to get to your next class is click the class you want to be in, and you're in it!



-Andrew Feeley

In my opinion, during the pandemic, the most important thing I learned is that patience is needed, a lot. To start out, it had taken a lot of patience to wait for a vaccine. Also, it was key to wait for 2020 to end.



-Gabe Adrian

The most important thing I've learned during COVID is the value of socializing. One reason is it helps us to express ourselves. Also you would be lonely. You would be on electronics all day. Most importantly, friends help you in times of need. If you're sad they'll talk to you.



-Landon Chitnis

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LUTZIE 43 FOUNDATION HOSTS 7TH ANNUAL ROAD RACE

The Lutzie 43 Foundation is hosting the seventh annual Road Race 5K run. The Road Race was the first event the foundation hosted after Philip Lutzenkirchen's passing in 2014. Since the first race, it has become a staple event in the Marietta community and to Auburn and Lutzenkirchen fans across the country. This event will be held at Lassiter High School in East Cobb-- Philip's hometown, at Lutzie 43 Field on Saturday, August 7. The race will begin at 8am.

"The Road Race is special to the Lutzie 43 Foundation and my family as it was one of the first events the foundation hosted shortly after Philip's passing, says Mike Lutzenkirchen, father of Philip. The Road Race allows the local community to gather together and run in honor of Philip and the legacy he left. Additionally, we have a virtual runner option that allows supporters and those that knew Philip to participate in the Road Race by running from wherever they reside. The funds raised for this event help support the Lutzie 43 Foundation's Prepared for Life (PFL) Scholarship program and our 43 Key Seconds safe driving initiative. We are grateful for the support we have seen over the years from the community and local businesses and hope that this year is our biggest event yet."

Lassiter High School has memorialized Philip by giving the football field the title "Lutzie 43 Field." In addition to running the Road Race on-site, runners from across the country have the opportunity to participate in the Road Race. Runners can register as a virtual runner and run from wherever they are. Runners have joined virtually from across the country over the years and allows Auburn fans an opportunity to remember and honor Philip.

Early bird discounted registration ends July 4 at midnight. All runners will receive an official Road Race t-shirt and on-site runners will be chip timed. Virtual runners will still receive a t-shirt. Virtual runners should register by July 31 to ensure the Road Race shirt arrives by August 7. All funds from the Road Race benefit the Lutzie 43 Foundation and the mission of ending distracted and impaired driving.



Mike and Mary Lutzenkirchen

The Lutzie 43 Foundation aims to encourage and empower all drivers to be positive ambassadors for safe driving through character development, mentorship and real-world application. The Lutzie 43 Foundation was established in loving memory of former Auburn football player Philip Lutzenkirchen, shortly after he lost his life in a car accident in 2014. In his memory, the foundation's 43 Key Seconds safe driving initiative aims to create the first nationally recognized symbol for distracted and impaired driving awareness and prevention.

The foundation's motto for youth is to "Live like Lutz, Love like Lutz, and Learn from Lutz," reflecting its desire to help others live out the many positive character attributes that Philip displayed while learning from the circumstances that led to his death. For more information, visit lutzie43.org. 📺



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COBB SENIOR CENTERS ANNOUNCE NEW PROTOCOLS



Tim Lee Senior Center

Cobb Senior Services announced new protocols for their multipurpose centers and neighborhood centers that went into effect June 1. The multipurpose centers, which include the Freeman Poole Center, the North Cobb Senior Center, the Senior Wellness Center, the Tim D. Lee Senior Center, and the West Cobb Senior Center will have the following protocols and hours:


Multipurpose Centers

- Days/Hours of Operation are Monday-Friday, 8am-5pm
- Masks, while no longer required, are encouraged to be worn inside all senior centers.
- Temperature screenings, while no longer required, are encouraged to continue upon arrival at the senior centers.
- Programming consists of ongoing activities, classes, and seminars.
- Virtual programming will continue to be offered
- Groups will begin to return to the centers as space allows.
- Registration is available online and by telephone only
- Food may be brought in by individuals (lunch/snacks/drinks). Microwaves will be available for use (except at Tim Lee Senior Center).
- No food/coffee will be provided by the centers except for special events, at which boxed or pre-packaged meals will be offered, whether the event is inside or outside.
- Water fountains will be available.

Neighborhood Centers

- Days/Hours of Operation will be Monday-Friday, 10am-2pm
- Maximum number of twenty (20). This number includes drive-in clients.
- Masks, while no longer required, are encouraged to be worn inside all senior centers.
- Masks will still be required to be worn while in a Cobb County vehicle.
- Temperature screenings are required prior to boarding a Cobb County vehicle.
- Programming will consist of ongoing activities, nutrition education, required grant programming, seminars, and socialization.
- Virtual programming will continue to be offered.
- Food may be brought by individuals (lunch/snacks/drinks). Microwaves will be available for use.
- Water fountains will be available.

For more information, contact Cobb Senior Services at 770-528-5355 or CobbSeniors@cobbcounty.org. 



Signs a Senior Parent May Need Help

House Care Signs

1. The yard and house aren't properly maintained
2. Their house becomes uncharacteristically messy or cluttered
3. There's a stack of unpaid bills, and it keeps getting higher

Self-Care Signs

4. A disheveled appearance or disregard for hygiene
5. Lack of fresh, healthy food
6. A change in their general mood, or they have lost interest in hobbies and activities
7. Forgetting to take medications or fulfill prescriptions
8. Unexplained bruising, which could indicate falling
9. Becoming more forgetful, such as missing important appointments
10. Gaining or losing weight drastically

The Benefits of a Senior Living Community

Pegasus Senior Living communities provide convenient services, programs, activities, maintenance, and dining options. Not to mention a local team of dedicated associates on-site who are passionate about caring for seniors.

A Pegasus community can enrich lives by providing that extra time to pursue a hobby, meet like-minded people, or ignite a newfound passion, things that may not come as easy if your loved one continues living alone at home.

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TIM D. LEE SENIOR CENTER ANNOUNCES CLASSES

Senior centers are not what they used to be. Today's senior center is a vibrant, action-packed combination of local fitness center, job and volunteering headquarters, transportation hub, and tasty dining locale. Here are some classes offered at the Tim D. Lee Senior Center, 3332 Sandy Plains Road in Marietta/East Cobb. Registration for Summer classes begins on Monday, June 28 at 9am. Online and in person registration only. Payment for each class is due in full at the time of registration, and may be made with cash, check, money order, Visa, MasterCard, Discover, and American Express. Classes may not be taken on a pay as you go basis. Class payments by check or money order should be made payable to Cobb Senior Services.

MONDAY

Beginner Line Dance

July 12 - September 20 (No class September 6)

9:30-10:30am | \$30

You will learn basic line dance steps and sequences. Dance to a variety of music types. Get lively, move with confidence, and stay fit while having fun.

Gentle Yoga

July 12 - August 30 (No class August 16)

11am-12pm | \$21

The class will start on a chair. It will include warm ups, gentle flows, breath work, meditation and balance. Please bring: a yoga mat and a yoga block.

Spanish Level 2

July 19 - September 27 (No class September 6)

10-11:30am | \$45

Previous Spanish knowledge required. Two books are required: Spanish Middle/High School by Carson Dellosa and Easy Spanish Step-by-Step by Barbara Bregstein.

TUESDAY

Fitness with Jola

July 13 - September 21

11:30am-12:30pm | \$33

This class is low impact training, suitable for all fitness levels. Designed to increase muscle strength, range of movement and improve balance for daily life activities. A chair is used for seated exercises and standing support, class can be modified depending on fitness levels. What You need to bring: hand-held weights, elastic tubing or resistance band, ball (any ball can be use but no bigger or smaller than the soccer ball), set of "drumsticks" (anything you can find at the house; spatulas, short pool noodles etc. must be at least foot long).

WEDNESDAY

Beginner Pilates

July 14- September 15

9:30-10:30am | \$30

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance. You will flow through a series of movements designed to condition your entire body. Please bring a yoga mat.

Smoveys Workout

August 18 - September 22

12-12:45pm | \$18

A new, fun, innovative exercise program, which promotes general fitness, weight loss, and provides therapeutic benefits. Smoveys are a pair of molded hollow rings and each contains four stainless steel balls. Benefits include: balance, stability, power, walking, mobility, endurance, and coordination. Smoveys hollow rings are provided.

Beginner Tai Chi

July 14 - September 15

1-2pm | \$30

Tai Chi is a "moving meditation" class for new students with less than two years of experience. Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination.

Intermediate Tai Chi

July 14 - September 15

2:15-3:15pm | \$30

Tai Chi is a "moving meditation." This class is for the more experienced participants who have two or more years of experience. Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination.

>>Thanks for reading the East Cobber! Be sure to support our advertisers!<<

FRIDAY

Guitar Basics 101

July 16 - September 10 (No class August 20)
10-11am | \$8

In this class you will learn parts that make up a guitar, how to tune your guitar, and basic strumming. You will need: acoustic guitar (not a classical), guitar tuner, and picks.

Fitness with Jola

August 13 - September 24 (No class August 20)
11:45am-12:45pm | \$18

This class is a low - impact training, suitable for all fitness levels. Designed to increase muscle strength, range of movement and improve balance for daily life activities. A chair is used for seated exercises and standing support, class can be modified depending on fitness levels. Selection of the age proper music makes class - fun and enjoyable. What You need to bring: hand-held weights, elastic tubing or resistance band, ball (any ball can be use but no bigger or smaller than the soccer ball), set of "drumsticks" (anything you can find at the house; spatulas, short pool noodles etc. must be at least foot long).

Pound Workout/Rockout

August 13 - September 24 (No class August 20)
1-1:45pm | \$18

This class is designed to transform drumming into an incredibly effective way of exercising. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

EAST COBBER

NEXT ISSUE: SEPTEMBER/OCTOBER

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