

July/August 2022

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# EAST COBBER



Students from  
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## EAST COBBER

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

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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  
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Comments and stories are always welcome.

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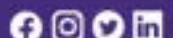
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# PUBLISHER'S NOTE



Do you remember where you were when you heard the news? The news that EAST COBBER founder, Cynthia Rozzo, was retiring. I remember very well. I was driving to Augusta to watch my oldest son pitch in his final college baseball game when I got a phone call from Cynthia telling me that after 29 years, it was time for her to retire. My son did pitch in his last game, Cynthia did retire, and I am now the new publisher of the EAST COBBER! I am so honored to continue the legacy that Cynthia created.

I was born in Oklahoma, raised in Texas, met my husband, Jon, in Virginia and (for the past 22 years) have been raising our family in East Cobb. That's typically what I say when asked where I am from. I never lived in any one place for very long, but when we landed here in June 2000, with my 5-year-old daughter, Ashley, and 6-month-old son, Alex, we made East Cobb home. Since then, we have added three more boys to our crew: my sons, Jon Walker and Nathan; and my first grandson, "J". You can read more about me on page 8.

My children have been in Cobb County schools 22 years-- with 7 more to go! And probably like most of you, chose to live where education is top priority. But what has kept us here are the East Cobb residents that step up and make our community a better place to live. Like Fay Morris selling books so kids with cancer can have a good read while being treated at Children's Healthcare. You can read that story on page 12. Or the East Cobb Rotarians who are producing their 17th annual Dog Days Run that has raised almost one million dollars for local nonprofits (see page 19) and the Lutzenkirchen family making it their life's work to educate teens to drive safely (see page 24). This is what makes East Cobb such a great place to live. As the new owner and publisher, I am thrilled to continue the EAST COBBER's mission of shining a light on these good people and their good works.

Feel free to email me ([laren@eastcobber.com](mailto:laren@eastcobber.com)) your ideas or tell me about your neighbor(s) doing good, so we can feature them in an upcoming issue.

A handwritten signature in black ink that reads "Laren".

Laren Brown, Publisher  
[laren@eastcobber.com](mailto:laren@eastcobber.com)

## On the Cover

Pictured on this issue's front cover are students from GRACEPOINT School. This year, GRACEPOINT celebrates its 10th anniversary, currently serving 130 students in grades 1-8.

GRACEPOINT School equips dyslexic students with the skills needed to develop into independent and confident learners, through sequential, systematic and multisensory instruction. At GRACEPOINT teachers and staff are dedicated to educating students in a Christ-centered environment. Together, they work to develop each student's God-given spiritual, physical, and mental gifts to the fullest.

While the school currently resides on the Piedmont Church campus (570 Piedmont Road, Marietta/East Cobb 30066), GRACEPOINT will be moving to the former MUST Ministries headquarters on Cobb Parkway in the Fall of 2023. At double the size of their current facility, the new location will provide larger classrooms, two STEAM labs, an indoor PE space, two science labs and ample space for future growth.

You can read more about GRACEPOINT on page 6. For additional information, visit the school's website at [www.gracepointschool.org](http://www.gracepointschool.org) or call 678-709-6634.

Front cover photo taken by  
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# GRACEPOINT SCHOOL CELEBRATES 10 YEARS OF SERVING THE DYSLEXIC LEARNER

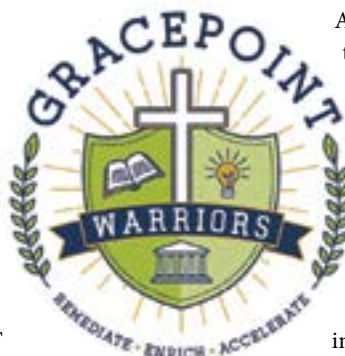


Forming a school founded on both academic and faith-based values is no easy task, but creating that environment for students experiencing the daily struggles of dyslexia poses an even greater challenge. Unfortunately, for one out of every five students, dyslexia seemingly closes the book before the story even begins. At GRACEPOINT School, students are encouraged to embrace their dyslexia focusing on their strengths in an academic setting that provides supportive faculty challenging them to become strong, independent learners. GRACEPOINT remediates weaknesses while enriching and growing each student's natural gifts.

"At GRACEPOINT, God's Word is woven into every aspect of the school day," said Director of Marketing and Communications Susan Spruill. "The teaching style is designed to meet the dyslexic learner's academic and spiritual needs...while emphasizing good morals and character, a personal relationship with Christ is always the foundation of spiritual discipleship."

In early 2012, two Cobb County mothers decided to make a change as their sons struggled in the traditional school system. Through their faith, Molly Holm and Angie Strack took it upon themselves to create an academic environment that supported frustrated dyslexic learners. Under professional guidance, GRACEPOINT School opened six months later in August with four students. Now marking its 10th anniversary, the school has reached an enrollment of 135 students.

"GRACEPOINT helps students, and their families understand that dyslexia is not a disability to overcome, but a learning difference that is best nurtured academically, spiritually, and physically in an environment like the one found at GRACEPOINT School," Spruill said. "Through God's grace, students receive a remarkable gift of being surrounded by peers who see the world just like they do."



Allowing students to embrace their dyslexia rather than suffer from it, GRACEPOINT implements multisensory and systematic learning techniques and methodologies not seen in a typical classroom. The student-teacher ratio for reading and math is five to one, and eight to one for other core subjects. Each day, students receive 75 minutes of explicit reading instruction using the Orton Gillingham teaching approach with added Morphology instruction.

"It continues to amaze me how fast my son learns in the GRACEPOINT environment and how much he wants to go to school. The teachers are dedicated to making each child a success by tailoring the learning to their individual abilities and rate of progression which challenges them to do more than they thought they ever could," said Amy Marriott, the mother of a fifth-grade student currently attending the school in her testimonial.

As the school continues to expand its outreach and the student population grows, so must its learning space. While the school currently resides on the Piedmont Church campus, they have reached full capacity. Earlier in April, GRACEPOINT purchased the MUST Ministries building on Cobb Parkway. At double the size of their current facility, it will provide larger classrooms, two STEAM labs, an indoor PE space, two science labs and ample space for future growth. After these renovations are completed over the course of the next year, the new facility is slated for a grand opening in Fall 2023.

As GRACEPOINT reaches more dyslexic students, the school will start its next chapter in a new location where students learn through their learning difference and pave the way for future endeavors with a specialized Christian education tailor-made for their needs.

For more information on enrollment or the current renovations, visit the school's website at [www.gracepointschool.org](http://www.gracepointschool.org) or call 678-709-6634.

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# WHICH TOOTHBRUSH IS BEST?

In our dental office, we are often asked our opinions on the best products for keeping the mouth healthy. In regard to toothbrushes, there are so many on the market these days, how do you choose? Is one more effective than another? And what is the best technique when using that toothbrush?

Some studies have shown that toothbrushes with either multi-level bristles or angled bristles perform better. In any case, a soft bristled toothbrush, whether manual or electric, is best for protecting the gums while removing the soft plaque and food debris. People who have dexterity problems such as the elderly, people with disabilities, or children, or those who have dental appliances, like braces, may find a powered toothbrush easier to use. And some people just enjoy using an electric toothbrush and are more likely to brush better with one! Know that once plaque hardens and becomes tartar, no amount of brushing, no matter how hard, can remove it. A professional cleaning with your dentist will be necessary.

Our favorite manual toothbrush here at Cheek Dental is the Butler

GUM Technique Deep Clean toothbrush. We love its multilevel, soft, thin bristles. Among the electric ones, we like the Oral B iO, the Sonicare Diamond Clean, and the Waterpik Sonic Fusion 2.0. One cool extra about the Waterpik toothbrush is that a selected setting allows for water to spray from the toothbrush head as you use it, helping to remove the plaque and food debris in between your teeth while you brush.

Whichever toothbrush you choose, you should brush your teeth twice a day for two minutes using a fluoride toothpaste. Two minutes is necessary to achieve significant plaque removal, and use of a toothpaste containing fluoride decreases your risk of caries (decay) and helps remineralize teeth, strengthening them. The best technique is to place the toothbrush against the gumline at a 45-degree angle to remove plaque from above and just below the gumline. If it is a manual toothbrush, move the toothbrush gently in a circular motion. Electric toothbrushes do most of this motion for you... you just have to put the toothbrush in the right spot! Brushing should touch upon all surfaces of the teeth - inner, outer and chewing. Also, you

should replace your toothbrush (or electric toothbrush head) every three to four months, more often if the bristles are visibly matted or frayed.

After using a toothbrush, rinse it thoroughly to remove any remaining paste and debris. Then when you store your toothbrush, be sure to place it in an upright position and allow sit to air dry. Storing a moist toothbrush in a closed container promotes growth of bacteria. And never share your toothbrush! Sharing a toothbrush could result in an exchange of microorganisms between people and can spread viruses and disease from one mouth to another.

No matter which toothbrush you choose, be sure to use it at least twice a day. And the perfect ending to some really good toothbrushing is FLOSS!



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**EAST COBBER**

# MEET THE NEW PUBLISHER OF THE EAST COBBER: LAREN BROWN

**F**or the past 8 years, Laren Brown has helped people promote their businesses and causes using the marketing opportunities that the EAST COBBER offers. She is now bringing that people-first approach to her new role as publisher and owner of the EAST COBBER. Former publisher and founder Cynthia Rozzo announced her retirement in early May.

*"One of Laren's greatest strengths is her ability to advocate for local business owners. I am thrilled EAST COBBER will continue to embody the vibrant, thriving East Cobb community under Laren's very capable care," shared EAST COBBER Founder Cynthia Rozzo. I look forward to seeing her creative imprint and enjoying many editions in the years ahead."*

*This July/August 2022 issue will be followed by September/October and November/December editions. Starting in 2023, the magazine will resume its traditional publication schedule of eleven times per year: January, February, March, April, May, June/July, August, September, October and November, December. "We wanted to move quickly so the momentum was still there," Brown said. "After the sale, we didn't want to skip a beat."*

*The 46-year-old, a native of Tulsa, Oklahoma, has lived in East Cobb for 22 years. Laren currently lives with her family, husband Jonathan; Alex, 22; Jon Walker, 13; Nathan, 11; and their English Springer Spaniel, "Dingerz" in the East Cobb subdivision, Beacon Hill. On May 9, her oldest daughter, Ashley, 27 (married to Joseph Antonini), just made Laren a grandma with the birth of a son, "Baby J".*

## **Why did you choose to buy the EAST COBBER?**

I couldn't think of a reason why not to! The EAST COBBER is a part of East Cobb's fabric and I have had a front row seat to how it got that way. I moved here



**Pictured above are: (Top Row) EAST COBBER's new owner, Laren Brown, with her daughter, Ashley Brown Antonini; and son-in-law, Joseph Antonini; (Middle Row) sons, Nathan, Jon Walker holding Baby "J"; and Alex; (Bottom) husband, Jon Brown.**

in 2000 with a 5-year-old and 6-month-old. I was new to Georgia, and I didn't know anyone, so it was a great resource for me to be informed about my community but most importantly helped me decide what to do with my kids! With so many new families and businesses moving in, how would they know what to do with theirs? The EAST COBBER does such a good job at connecting East Cobb residents with local resources, and hyperlocal info. I was determined to buy this business opportunity, so I could build on the journalistic legacy of the EAST COBBER and lead this iconic brand into the future.

## **You're now officially one week into your new role; what have you learned or discovered that's really made you happy?**

I am walking into a dream team of people I get to work with; they care about the community, its readers, its advertisers. Everyone is dedicated to providing the highest quality products to serve the East Cobb market, and it's fun to collaborate with really smart people on growing and evolving our service to the community.

## **What is your vision for the EC?**

The magazine isn't really about my vision, it belongs to the East Cobb community so I think it will go where we all take it. Having said that, I am eager to lead EAST COBBER into a new era that pays tribute to the



publication's enduring legacy while increasing its influence by publishing unique and helpful content on whatever platform our readers seek it. If I stay focused on doing those things, then I figure one of my great grandchildren could be Publisher one day!

**Will your family be involved in the EAST COBBER?**

Oh, you will see everyone involved in one way or another. My daughter already has a year in [as social media manager in 2020], and you will see my oldest son delivering magazines to businesses.

**Do you have any hobbies?**

Logistics. Sounds funny but it comes in real handy when trying to be everywhere for everyone.

**Do you have a favorite restaurant or dish in East Cobb?**

Fuji Hana always makes everyone happy, but I spend a lot of my "going out" time at Paradise South of the Border.

**What do you do on your time off?**

You can find me on a ballfield, court, or pool cheering on my kids.

**What are the best ways for people to get a hold of you?**

Currently the best way to contact me is via email at [laren@eastcobber.com](mailto:laren@eastcobber.com) or at the office number: 770-640-7070. 📞

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# EAST COBB CITYHOOD DEFEATED

This past February, a bill (HB 841) authorizing a local referendum on whether the area of East Cobb, could incorporate as a city was approved by the Georgia General Assembly. The East Cobb bill contained a provision that would put the question "Shall the Act incorporating the City of East Cobb in Cobb County according to the charter contained in the Act be approved?" on the May 24 General Primary ballot.

After numerous debates and town halls, approximately 60,000 East Cobb residents had the opportunity to vote on May 24. With a total vote count of 22,219, the East Cobb Cityhood referendum was defeated by a 73.4 to 26.6 percent margin. The official vote tally was, as follows:

16,313 voted **NO** and  
5,906 voted **YES**.

If the referendum had been approved, the city of East Cobb would have provided the following government services:

- Zoning and planning
- Code enforcement
- Parks and recreation
- Public Safety (Police and Fire Services)
- Road Maintenance.

Under the bill, six city council members would have been elected at-large and a mayor selected by the newly elected council. There were to be three council districts, with each of them having two members who must reside in those districts. If the referendum passed, an election for these new city posts would have been placed on the November ballot.

Opponents questioned whether an extra layer of government was needed and at what cost. 🗳️



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## 2022-23 COBB COUNTY SCHOOL CALENDAR

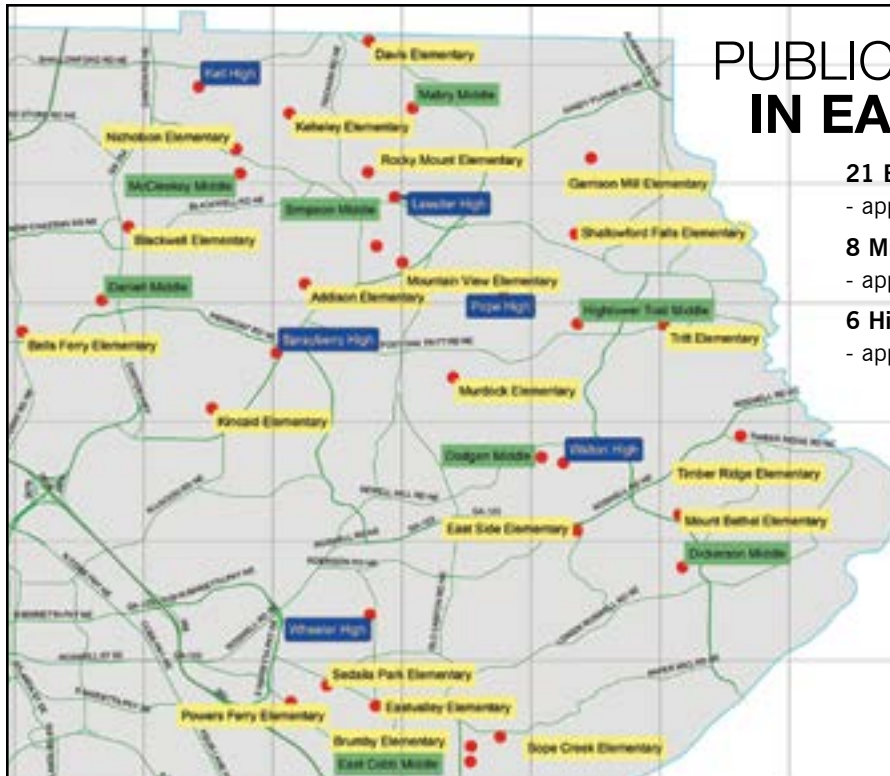
<b>August 1</b>	First Day of School
<b>September 5</b>	Labor Day Holiday
<b>September 26-30</b>	Student Holidays
<b>November 8</b>	Student Holiday
<b>November 21-25</b>	Thanksgiving Holidays
<b>December 19-January 4</b>	Winter Holidays

### 2023

<b>January 5</b>	First Day of 2nd Semester
<b>January 16</b>	M.L. King Holiday
<b>February 20-24</b>	Student Holidays
<b>April 3-7</b>	Spring Holidays
<b>May 24</b>	Last Day of School

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- 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



## COBB BOARD OF EDUCATION FOCUSES ON SCHOOL SAFETY

**D**ue to recent tragic events in the nation, the Cobb Board of Education focused on how Cobb Schools keeps students and staff safe—the District's top priority. The Cobb Schools dedicated Police Department features a total of 70 highly-trained officers who keep school campuses safe. The veteran Cobb Schools police have an average of 26 years of service under their belt. That's a total of more than 1,690 years of combined experience!

"Like the Superintendent, my number one priority has always been and will also be to ensure ALL of our students and staff have a safe learning environment. It has always been important here, and we have made big investments to keep our campus and students as safe as possible. In Cobb, safety has and will always come first," said Board Chair David Chastain.

Some of the other safety features include the Vector Alert TipLine, which students, staff, and families are encouraged to use to report safety threats 24-7 via the web, phone, email, or text. Cobb Schools Concerned Cops, which includes police officers, administrators, and teachers, serves as a mentoring program for at-risk high school and middle school students. More details on all of Cobb's safety initiatives can be found at [www.cobbshield.com](http://www.cobbshield.com).

When students return to schools in August, there will be a new crisis alert system that will enable teachers and staff to call for help with a push of a button on their badge.

Centegix, which is the fastest and easiest way for teachers and staff to call for help in emergencies from the everyday to the extreme, allows each badged employee to help keep campuses safe and will be fully installed and functional in every Cobb County School by August 1. When every second counts, the innovative safety solution in Cobb Schools will empower everyone to get help immediately.

With the Centegix alert system in place as the 2022-2023 school year begins, the District will also start administering unannounced code red drills. The drills allow for a "snapshot" of a school's preparedness for a Code Red Lockdown, with a follow-up debriefing and discussion for administrators.

Moving forward, the District also plans to look at other safety and security options, including recruiting and training retired military, law enforcement, and other agents of the administration to serve as armed guards of schools. As Superintendent Ragsdale explained, the District has asked for permission to use the Elementary and Secondary School Emergency Relief (ESSER) Fund to assist with safety and security measures. In addition to the focus on safety and security, District staff also recognize the need to attend to students' mental health challenges and will be increasing the number of school psychologists.

"We, as educators, must make sure we are putting in place all measures necessary to ensure the safety of our students and staff. Student safety has been, and continues to be, our number one priority," said Superintendent Ragsdale. 🇺🇸



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# EAST COBB RESIDENT TO HOLD FUNDRAISER FOR PEDIATRIC CANCER PATIENTS

There's nothing like getting lost in a good book. Under normal circumstances, books can offer a welcome break from reality, but when life throws an unexpected curveball like a cancer diagnosis, books become so much more. Books can become a lifeline, a comfort, and a much-needed escape—especially for children with cancer.



**East Cobb resident Fay Morris**

Realizing this, East Cobb resident, Fay Morris, has planned a unique fundraiser for cancer patients at Children's Healthcare of Atlanta. She and her husband have purchased 300 copies of the children's book, *Poodle on a Noodle* by her friend,

Laura Fritz. *Poodle on a Noodle* is a story about the adventures of a dog who gets sick and has to be treated including getting his hair cut. Here's an excerpt from the book:

*"Most often we are healthy  
but sometimes we get sick.*

*When we are feeling really bad and things just  
don't get better, we go to the doctor to learn  
what is the matter.*

*The doctor is here to help us not hurt us,  
but sometimes needles sting.*

*If you close your eyes and think of ice cream,  
you may not feel a thing."*

The author Laura Fritz had breast cancer several years ago. She adopted a dog, Casey, to help make her recovery better and to make her get out and exercise more. She began taking Casey to hang out at Lake Allatoona. Casey would stop swimming and just hang out when she would put him on a noodle. People would say "Oh, look! A poodle on a noodle." She began posting pictures of her pet on her cubicle at work. One day her boss told her the pictures were perfect for a children's book. Thus began Laura's journey to write a children's book.



**Laura Fritz, author of *Poodle on a Noodle*, with her poodle, Casey**

*Poodle on a Noodle* tells stories and has pictures of the adventures of Casey including a birthday party, a motorcycle ride, and a day at the beach. As a cancer survivor, Laura wanted the book to have a positive message for young cancer patients. The book shows children that even little poodles lose their hair and curls and sometimes need medical care.

Fay explains how her fundraiser came to be, "While Laura was telling me her story of how she wrote *Poodle on a Noodle*, my retired teacher head was thinking what a great book for children who are suffering cancer treatments. The author, Laura, shared that she just wished she could get the book in the hands of children with cancer. She already donates portions of the proceeds to Children's Healthcare of Atlanta. My brain kicked in and I said that this book would be in the hands of parents and children with cancer. I committed to Laura that Children's Healthcare of Atlanta would have this book in every child's hospital room. Laura contacted Children's Healthcare of Atlanta and



she was told that 300 books would be welcomed." So, that became the goal: to have a *Poodle on the Noodle* book be placed in each cancer patient's room at Children's Healthcare of Atlanta.

This fundraiser is asking friends and local residents to purchase one or more books. Each book is \$10. Once purchased, donors can sign the inside cover. Fay says she has extra copies if someone wants to purchase one for a child or grandchild.

"Once we raise enough to cover 300 books for Children's Healthcare of Atlanta, we will donate to Children's Cancer Center which is a support organization that provides programs to families that have a child diagnosed with cancer," states Ms. Morris.

The fundraiser is scheduled for July 23, 2-6pm, at Fay Morris's house at 702 Woodmont Drive, Marietta/East Cobb 30062. The author, Laura Fritz, will also be in attendance at the fundraiser.

For more information about this special book, you can go to [www.poodleonanoodle.com](http://www.poodleonanoodle.com). For more details about the fundraiser, contact Fay Morris at 770-712-4282 or [Fay99morris@gmail.com](mailto:Fay99morris@gmail.com). 📞

**Next Issue:**  
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**Kyra**  
 Howard University

"Walker has encouraged me try to new things and embrace my ideas in every aspect of life."



**Janie**  
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"Walker has shown me how to form relationships with lots of different people and encouraged me to get involved in many activities ranging from athletics to the arts, to student leadership."

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# 2022 *July/August* COMMUNITY CALENDAR

## JULY 9

**Kids Fishing Rodeo.** Bring your gear and bait. Trophies awarded for the 5 biggest fish and overall. Ages 3-16. 9-11am. \$5. Hyde Farm Park, 721 Hyde Road, Marietta/East Cobb. More info/registration: [cobbcounty.org/parks](http://cobbcounty.org/parks), click on "Register and Reserve" and click on the "Special Events" tab and the "Special Event-Parks" tab.

## JULY 12-16

**The Squirrel Stole My Underpants** presented by The Got-tabees. Sylvie is sent to the backyard to hang up the laundry. The moment her back is turned, a mischievous squirrel steals her favorite piece of clothing and runs off. Will our lonely heroine rescue her underpants and discover the magic within herself? \$7/person (age 2 and up). 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](http://www.RoswellPuppets.com).

## JULY 14

**Beatmaking.** This program will cover the basics of beat making. Focus on how to sequence drums and midi. Ages 14 and up. 6-7pm. Free. Sewell Mill Library Creative Studios, 2051 Lower Roswell Road, Marietta/East Cobb. More info: Adolph Lopez at 770-509-4988.

## JULY 14 & 28, AUGUST 11 & 25

**Sunset Sips** presented by Chattahoochee Nature Center (CNC). Enjoy a night out with families and friends for a fabulous concert. Bring a picnic (beer and wine available for purchase). This is a laid-back, family friendly series and CNC's grounds are open for you to explore. 6:30pm. Free/members; \$15/adults; \$11/seniors and students ages 13-18; \$9/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [chattnaturecenter.org](http://chattnaturecenter.org).

## JULY 15

**BASSH 2022!** Fourth annual Business Association Summer SHowdown! A family-friendly event where business associations compete against each other in field day games. There will be food, entertainment, prizes and giveaways. All proceeds and donations will be directed to the Tommy Nobis Center. 1-4pm. Free admission. Swift Cantrell Park, 3140 Old 41 Highway, Kennesaw. More info: [bassh.info](http://bassh.info).

## JULY 15 & 16

**Antique Gun & International Military Show.** Friday: Noon-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).

## JULY 15-17, 22-24 & 29-31

**Summer Surf Party** presented by Georgia Ensemble Theatre. Five talented performers bring a tribute to the music of the Beach Boys, the Drifters, Jan & Dean, and Chuck Berry. Relive the days of surfboards, woodies, huarache sandals, and guitars on the beach with all your friends, seated at tables under the pavilion or on the lawn under the stars. Wear your tropical shirt and your flip-flops, bring a picnic if you like, and get ready for a beach party! 8pm; Gates open 7pm. \$20-\$300. Chattahoochee Nature Center, Ben Brady Pavilion, 9135 Willeo Road, Roswell. More info: [get.secure.force.com/ticket#](http://get.secure.force.com/ticket#).

## JULY 16

**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](http://www.mustministries.org/must-dance).

## JULY 16

**Smyrna Summer Concert Series featuring The Free!** An upscale party band that blends modern style and rootsy charm. 7-10pm. Free. In front of City Hall, 2800 King Street, Smyrna. More info: 678-631-5540 or [www.smyrnacity.com](http://www.smyrnacity.com).

## JULY 17 & AUGUST 20

**Pop-In for Family Fun.** Explore the Marietta Museum of History. Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. July theme: Rockets & Robots; August theme: Summer Crafts. 10:30am-3:30pm. Free. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or [www.mariettahistory.org](http://www.mariettahistory.org).



## JULY 18

**Exploring the Early Universe with the James Webb Space Telescope.** It takes light more than thirteen billion years to travel from the edge of the universe to the astoundingly precise mirrors of the epoch-making James Webb Space Telescope (JWST)—but you can learn all about it in sixty minutes! This is the summer that humanity will begin observing more of the farthest reaches of space. Join NASA ambassador Chris Thompson at Sewell Mill Library for the story of JWST along with the latest images and discoveries. 6-7pm. Sewell Mill Library, 2051 Lower Roswell Road, Marietta. More info: 770-509-2711.

## JULY 21 & AUGUST 18

**Alive in Roswell.** The festival is held concurrently on Historic Canton Street, Roswell Antique and Interiors Lot, and Historic Roswell Town Square. Free regular trolley service connects the free parking at Roswell City Hall and the Historic Town Square. The festival features music, food trucks, hundreds of interactive vendors, kids' games and entertainment, and enjoys participation from the many boutiques, small businesses and restaurants surrounding the venues. 5-9pm. Free. Free Parking locate in several places in downtown Roswell. See website for locations. More info: [aliveinroswell.com](http://aliveinroswell.com).

## JULY 23 & AUGUST 27

**Roswell Riverside Sounds Concert Series** presents Eddie9V for July; see website for August artist. 7-9pm. Free. Food, beer and wine available for purchase, until sold out. Riverside Park, 575 Riverside Road, Roswell. More info: [www.roswellriversidesounds.com](http://www.roswellriversidesounds.com).

## JULY 23 & 24

**45th Collectible Glass Show and Sale.** 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. Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More info: [psdgc.com](http://psdgc.com) or [showchair@psdgc.com](mailto:showchair@psdgc.com).

## JULY 29 & AUGUST 26

**Glover Park Concert Series** featuring for July: Chuck Martin (Country) and for August: Brotherhood (Doobies Tribute). Only blankets and lawn chairs are allowed inside of Glover Park. Tables, tarps and plastic ground coverings are prohibited. Tables and chairs may be brought and set up in the street on North and East Park Square after 6pm. Tables may be reserved on the first normal business day of the month beginning at 8am. Free. 8pm. More info: 770-794-5601 or visit [www.mariettagov/concerts](http://www.mariettagov/concerts).

## JULY 29 & 30

**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-6pm; 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).



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# COMMUNITY CALENDAR

## JULY 30

**Cobb Idol.** A live concert competition featuring the best voices in Cobb. Proceeds support The Strand Theater. \$20. 8pm. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info/tickets: [strandmarietta.org](http://strandmarietta.org).

## AUGUST 1

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

## AUGUST 4-6

**All 4 Kids Consignment Sale.** VIP tickets available for early and extra hours. Tuesday (VIP ticket required, \$25-\$35): 2-5pm entry times based on ticket purchased. Wednesday (VIP ticket required, \$10): Noon start time. Thursday (Free): 9am-8pm. Saturday (Free) 9am-1pm. (1/2 off). Check website for payment options. Cobb County Fairgrounds, 2245 Callaway Road, Marietta. More info: [www.all4kids.com](http://www.all4kids.com).

## AUGUST 4-7

**Cobb International Film Festival.** An opportunity for filmmakers of all levels to share their work. Event times vary throughout the weekend. Tickets: \$15-\$50. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: [earlsmithstrand.org](http://earlsmithstrand.org) or [cobbfilmfestival.com](http://cobbfilmfestival.com).

## AUGUST 5

**Near Death Experience Lecture.** Join Anastasia Wesselink Moellering as she discusses her 2019 Near Death Experience, where she connected to an indescribable bliss and infinite all-knowing Oneness and gained the understanding of who we really are and why we are having a physical experience. She came back with a clear message that there is no getting this life "right or wrong." 7pm. \$35. Unity North Atlanta Church, 4255 Sandy Plains Road, Marietta. More info/tickets: [unitynorth.org](http://unitynorth.org).

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

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# 2022 LUTZIE 43 ROAD RACE

## SATURDAY, AUGUST 6

8AM @ LUTZIE FIELD  
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*All funds raised benefit the Lutzie 43 Foundation  
and the 43 Key Seconds Safe Driving Initiative*

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Join our community of over 12,623+ East Cobbers on Facebook



## AUGUST 5 & SEPTEMBER 2

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

## AUGUST 6


**Lutzie 43 Road Race 5K.** Honoring the memory of Lassiter and Auburn football player, Philip Lutzenkirchen. All proceeds benefit the Lutzie 43 Foundation and the East Cobb County chapter of Fellowship of Christian Athletes (FCA). The race start/finish line will be at Lutzie Field at Lassiter High School and features a fast, smooth run through the streets of East Cobb. Registration: 7am; Race: 8am. Pre-registration: \$30- \$43. Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: [lutzie43.org](http://lutzie43.org).

## AUGUST 6

**Dog Days Run** produced by the East Cobb Rotary. Dog Days 5K honors the heat and humidity of summer. The Rotary Club of East Cobb has donated more than \$900,000 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](http://dogdaysrun.com).

## AUGUST 7

**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! 12-3pm. \$10/advanced; \$15/cash at the door. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: [www.georgiabridalshow.com](http://www.georgiabridalshow.com).




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[editor@eastcobber.com](mailto:editor@eastcobber.com)

# COMMUNITY CALENDAR

## AUGUST 12-14, 19-21

**Jukebox Giants: Motown & More.** A song and dance musical revue featuring the most popular hits of the Motown era and beyond! Music lovers can take a trip back to the golden age of classic pop, rock and Motown with sensational singers, dazzling dancers, colorful costumes and stunning sets as the top jukebox favorites of the 50's, 60's, and 70's come to life. Fridays: 8pm; Saturdays: 8pm; Saturday (8/20) & Sundays: 3pm & 8pm. Tickets: \$20-\$35. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.

## AUGUST 13

**ATL Brew Fest.** Enjoy an afternoon of 100+ beer samples, live music from local favorites, shop with local vendors. 3-6pm. Tickets: \$30-\$70. Live! at The Battery Atlanta, 825 Battery Avenue SE, Atlanta. More info: Deanna King, 678-615-5310 or [www.axs.com/events/436051/atl-brew-fest-tickets](http://www.axs.com/events/436051/atl-brew-fest-tickets).

## AUGUST 19 & 20

**Pigs & Peaches BBQ Festival.** In its 21st year, come enjoy non-stop music, good eats, cold beer and interactive family fun. Friday: 6-10pm; Saturday: 10am-10pm. Free admission and parking. Adams Park, 2600 Park Drive, Kennesaw. More info: [pigsandpeaches.com](http://pigsandpeaches.com).

## AUGUST 20

**Legion Comic Convention.** This family friendly event will feature comic books, toy vendors, artists and Anime vendors. Noon-5pm. \$5/kids; 10 and under/free. American Legion Post 160, 160 Legion Drive, Smyrna. More info: [alpost160.com/events](http://alpost160.com/events).

**Making Miniatures Fun for Families.** Join Dana K. Wachsmann and members of the Making Minis Fun Club. Guided Mini Workshop 10 am to 1 pm: Make a miniature project. Participants, ages 10 years and older, will be guided through the craft project; \$5-10 fee for supplies to be paid on the day of the program (wooden workbench /potting table, aprons, books/magazines) (cash only/ exact change). Bring Your Own Minis: 10 am to 4 pm: Are you already working on a miniature project? Bring your own mini projects to work on throughout the day. Lunch break 1 pm to 2 pm so please plan accordingly (bring a brown bag lunch to picnic or explore local restaurants). Intended for adults and children, ages 10 years and up with a participating adult. 10am-4pm. Free. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/ East Cobb. More info: Mountain View Regional Library at 770-509-2725.

## AUGUST 20

**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 plus additional fees for some items. Northeast Cobb YMCA, 3010 Johnson Ferry Road, Marietta/East Cobb. More info: [www.popeband.com/recycle](http://www.popeband.com/recycle).

## AUGUST 21

**Family Fun Day: Summer Adventures Day.** A day of fun activities like canoeing, archery, water science activities, and outdoor adventures. Noon-4pm. Admission: \$15/adults; \$11/seniors and students ages 13-18; \$9/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org/special-events/family-fun-days](http://www.chattnaturecenter.org/special-events/family-fun-days).

## AUGUST 26 & 27

**Mamma Mia! & Margaritas.** Get ready to party it up with a margarita in one hand, your flashiest boa in the other, and a theater 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 pre-show starts a half hour before the movie. \$12. Friday: 8pm; Saturday: 3pm & 8pm. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info/ tickets: earlsmithstrand.org.

## AUGUST 27

**Cobb International Festival.** In honor of all the unique influences that make our community thrive, Cobb County Parks will host second International Festival. Entertainment, food, vendors, kid's games, crafts and activities. Noon-6pm. Free admission. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: 770-509-2743 or [www.cobbcounty.org/parks/event-centers/cobb-international-festival](http://www.cobbcounty.org/parks/event-centers/cobb-international-festival).

## AUGUST 28

**Miss Mary's Ice Cream Crankin'** benefitting The Drake House, which provides short-term crisis housing to homeless mothers and their children. Taste over 100 unique flavors of homemade ice cream and enjoy ice cream eating and stacking contests, bouncy house, music, face painting and children's games. 2-4pm. \$7/ person; \$20/family of 4. First Baptist Roswell, 710 Mimosa Boulevard, Roswell. More info: [thedrakehouse.org](http://thedrakehouse.org).

## SEPTEMBER 4 & 5

**10th Annual Noshfest.** Celebrate Jewish food and culture. Enjoy booths of crafts, goods, interactive exhibits, and tours of the sanctuary. Kids zone, dancing and live music. 11am-5pm. Admission: two canned goods to donate to MUST Ministries. Temple Kol Emeth parking lot, 1415 Old Canton Road, Marietta/East Cobb. More info: [noshfest.com](http://noshfest.com).





# LOCAL ROTARY CLUB SPONSORS 17TH ANNUAL DOG DAYS RUN


**H**onoring the heat and humidity of late summer, the public is invited to the 17th annual Dog Days 5K Run on Saturday, August 6. 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 activities for the kids and plenty of food and fluids for all entrants, plus lots of awards and a cool commemorative 17th 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.

Over the years, the Rotary Club of East Cobb has donated more than \$900,000 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, 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 Wade Patrick.



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. Cash prizes will be given to top male and female finishers.

The pre-registration fee is still \$30 and must be received by July 31, 2022, which makes it the best value of any East Cobb race (\$35 Race Day). There is a \$35 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 17th Annual Dog Days Race, visit [www.DogDaysRun.com](http://www.DogDaysRun.com) and click on the "Sign Up Today" link. For information on sponsoring or running, contact Des Yawn at [d.yawn@comcast.net](mailto:d.yawn@comcast.net).

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 7am 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). 



## READ MORE. DO MORE.

Each EAST COBBER issue and [eastcobber.com](http://eastcobber.com)'s blogs, facebook posts and twitter feeds offer you the latest in local arts and entertainment, dining, community events, school news, and health tips.

Get more out of East Cobb: visit [www.eastcobber.com](http://www.eastcobber.com)

## PET OF THE MONTH: SCRABBLE

*Submitted by Mary Ann Doering*



**Breed:** Mexican Double Yellowhead Amazon Parrot

**Age/Gender:** 35-year-old male

**Favorite Food:** Cashews

**Favorite Person:** my daughter Maris

**Best Trick:** Calling out for me by name: "MARY ANN! MARY ANN!"

**Turn Ons:** Singing, head scratches

**Turn Offs:** Being alone, Going to the vet

**Favorite Toy:** Paper towel tubes

**Last Seen:** Climbing upstairs to be with Maris

**What makes your pet so special:** He is great company and is a lifetime pet; he might even outlive me!

## 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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# NOSH FEST MARKS 10TH YEAR

## CELEBRATING JEWISH FOOD & CULTURE



NOSH FEST Co-Chairs: Sarah Thalheimer and Dale Jacoby



Noshfest, one of the largest Jewish food and culture festivals in the region, is celebrating 10 years of food and fun, and you're invited to the party! Temple Kol Emeth will host its annual Noshfest event on Sunday, September 4, and Monday, September 5, from 11am to 5pm daily in the temple's parking lot at 1415 Old Canton Road in Marietta.

"There is something for everyone at Noshfest," said Sarah Jacoby Thalheimer, who is co-chairing the event with her sister Dale Jacoby, both second-generation members at TKE. There will be live music, arts and craft vendors, and a "Kids Zone," including a petting zoo and face painting. And, by popular demand, this year's anniversary event will feature more home-cooked traditional Jewish foods. Local Jewish family chefs will prepare all your favorite foods from recipes that have been passed down *l'dor v'dor*, from generation to generation.

"Noshfest isn't just for our Jewish community members," Jacoby added. "We welcome all our diverse neighbors from across the region to join us!" In addition to food and fun, festivalgoers will have the opportunity to learn about the Jewish culture through interactive exhibits and tour the Temple Kol Emeth sanctuary with a member of the ritual committee.

There is no cost to attend Noshfest, but festival organizers ask everyone attending to do a "Mitzvah" or "good deed" and bring two canned goods per family instead of a paid admission. All food

collected on admission will go to MUST Ministries' efforts to feed the hungry in Atlanta.

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

**NOSH FEST**  
More than just food!

**A Labor Day Tradition**

**Sunday, September 4<sup>th</sup> | 11am - 5pm**  
**Monday, September 5<sup>th</sup> | 11am - 4pm**

- ▶ Jewish Soul Food
- ▶ Arts & Crafts
- ▶ Kid's Activities
- ▶ Live Entertainment
- ▶ Free Admission
- ▶ Bagel Eating Contest
- ▶ Temple Tours

**Noshfest.com**

Temple Kol Emeth  
1415 Old Canton Rd. • Marietta, GA 30062

# HEALTH & WELLNESS

## ACUPUNCTURIST

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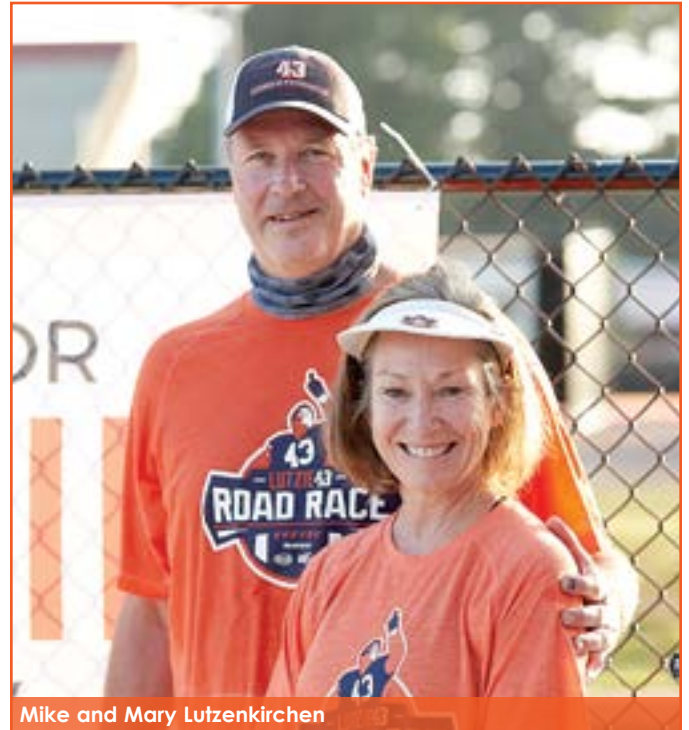
# LUTZIE 43 FOUNDATION HOSTS 7TH ANNUAL ROAD RACE

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 6. 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 6. 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](http://lutzie43.org). 📺



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# EAST COBB MOM CREATES PROGRAM FOR OLDER WOMEN, "WE'RE NOT DEAD YET"

**E**ast Cobber Neeahntima Dowdy, creator of We're Not Dead Yet: Women Rocking their Next Chapter, is on a mission to motivate and inspire women over 40, 50, 60 and beyond to live their best life now.

"Society isn't the problem anymore," Neeahntima said. "Over-50 and over-60 influencers have huge followings tens and are getting huge income from sponsors. Maye Musk (Elon's mom) graced the cover of Sports Illustrated Swimsuit Edition at 74. If we want to step out of the shadows, we just need to do it."

Neeahntima said as she was crossing the 50-year mark, she started noticing women around her who were reinventing themselves after 40 and 50.

"I started wondering if there was something more I could be doing," she said. "I wasn't sitting on the sofa... I kept busy, but I wondered if there was something bigger."

One day, she had a lightbulb moment: "what if I had a YouTube channel where I interviewed these inspirational women, to motivate the rest of us to reinvent ourselves."

Since launching her YouTube channel last September, she's interviewed women—many East Cobb— with varied stories of reinvention. She's featured a stay-at-home mom turned artist, a widow who opened an art gallery, a financial services professional who started a pie company, and an over 50 hip hop dance troupe, just to name a few.

"These women share common themes of overcoming fears, taking that first step, failing forward, and most importantly doing what gives you joy," she said.

Neeahntima has built an audience on YouTube as well as a growing a We're Not Dead Yet community on Instagram, TikTok, Clubhouse, and Facebook. She taught herself video editing and built her website. She has appeared on several podcasts and on WATC-TV's Atlanta Live program.

"I think there is unlimited potential for We're Not Dead Yet," Neeahntima said. "It is resonating with women, who are increasingly wanting to maintain that growth mindset throughout their life. At 56, I'm going to keep pushing the envelope of my comfort zone and follow the path wherever it leads."

You can find her content here: [www.werenotdead-yetwomenover40.com](http://www.werenotdead-yetwomenover40.com). 



**Neeahntima Dowdy**

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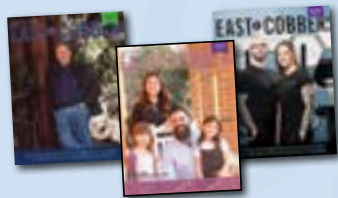
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Depending on the particular scenario, Alexander says that your heating and cooling comfort can improve by adding either a zoning system or a mini-split unit to your current HVAC system.

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

She goes on to say that a zoning system helps solve the hot and cold spots by adjusting the air that goes to each room. A thermostat in the room automatically opens and closes a damper in the duct work. Different rooms can be set to different temperatures.

A mini-split unit can help with comfort levels if you add a living space, such as a basement office. Alexander says temperatures cannot also because your central system may not be sized to handle the extra load. Quiet and efficient, a mini-split unit consists of a separate outdoor unit and an indoor blower unit that mounts on a wall to distribute the heated or cooled air.

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

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

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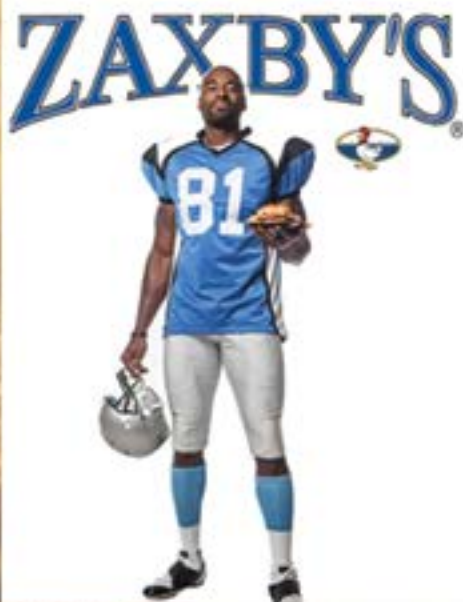
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