

May/June 2022

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Mike and Katie Warechowski
FITNESS TOGETHER

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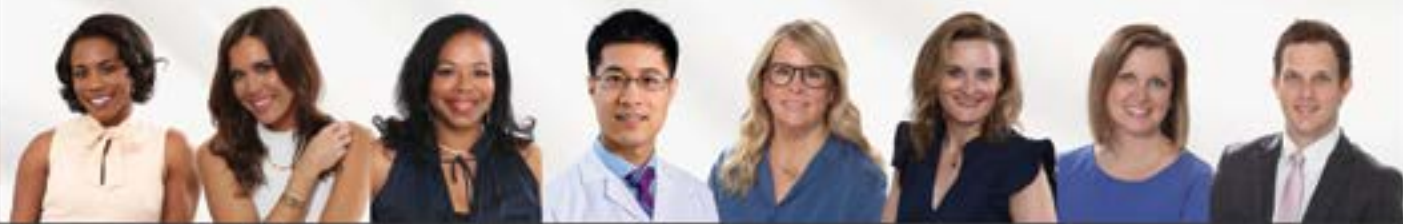
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EAST COBBER is a locally owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information. The EAST COBBER is distributed free to homes, schools, and 500+ 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



29 years is a long time for anything. In this challenging magazine industry, 29 years is an eternity. After almost three decades, 310 issues, 24 community parades, thousands of weekly E-newsletters (with 21,000+ email subscribers), a website, a Facebook page, Instagram and Twitter, I am retiring. In fact, my official last day will be June 29, my 60th birthday! Since 1993, I have been publishing articles about my neighbors—volunteers, artists and advertisers, clubs and community leaders, musicians and moms. The EAST COBBER front cover always featured those people in East Cobb County making this area an even better place to live. The EAST COBBER became well-known for

its special sections, such as, our Camp Guide, Pet Guide, Preschool Guide, Private School Guide—and more! It was always my intention to provide useful and relevant information that East Cobb residents could not find anywhere else and that focused exclusively on East Cobb.

I hope you have enjoyed reading the EAST COBBER as much as I have enjoyed putting each edition together. After so many years of meeting readers and business owners, I am reminded everyday of how many really nice people there are in this community. East Cobb has so many residents who take the initiative to help out, to share their opinions, and/or talents, in order to make East Cobb County a better place to live.

The annual EAST COBBER Parade & Festival is another example of neighbors coming together to celebrate our great community, and for me, as the producer/ director of the parade, I have been able to witness firsthand the genuine kindness, generosity, and cooperation East Cobbers demonstrate to make what became the largest parade in all of Cobb County such a rousing success. Sadly, this annual event will not be produced this year.

I may have put the magazine out, but it belongs to the East Cobb community. Special credit goes to the East Cobbers that called me to discuss story ideas, submit articles, and to advertise. In a world of conglomerates and sensational journalism, your kind comments and constructive criticisms inspired me to continue my work as publisher of a truly grassroots publication that promoted the positive.

Thank you to you, reading this, for coming here to share, to listen, to connect with me and your neighbors. It will take a long time for me to process the rareness of this connection, and the feeling that it's over. But it's not over. The changes people create in one another do not go away. You made EAST COBBER with me, and its spirit will live on in whatever comes next for us all.

All the best,

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

P.S. If there is anyone out there that wants to carry on the mission of the magazine and/or the annual parade and festival, feel free to email me at cynthia@eastcobber.com.

On the Cover

On this issue's front cover are Katie and Mike Warechowski, owners of Fitness Together. They are celebrating 20 years of helping East Cobbers achieve a healthier lifestyle.

According to Katie, the 20-year milestone is significant because it demonstrates that Fitness Together provides clients with long-term support as they focus on staying healthy.

"There is no one size fits all for any client," explains Katie. "A customized program is developed specifically for each client as that person receives a one-on-one assessment of his or her current fitness level. Each client also gets nutritional counseling geared toward redefining what healthy eating means."

In 2019, MFV Expositions, the world's largest producers of franchise expos, awarded Fitness Together the Best Franchisee of the U.S.A. award, which is a part of the Best Franchisee of the World program.

Fitness Together East Cobb offers 45-minute sessions for both individual and small group training. In private workout suites, personal trainers provide fitness through strength and cardio training. Monthly memberships are available, and custom and package rates are competitive. Katie and Mike are also offering a special discount to celebrate their 20th anniversary: 20% more sessions at 20% off. (*special restrictions apply) For more information, you can read their story on page 6, visit www.fitnessstogether.com/eastcobb or call 770-321-1347.

Front cover photo taken by
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THE STAYING POWER OF FITNESS TOGETHER EAST COBB

East Cobb's Highest Rated Personal Training Studio Turns 20



Fitness Together client Andy Robertson with trainer Tabia Crumbley



Mike and Katie Warechowski, Fitness Together owners

If the Warechowskis knew one thing about their future when they became part of Fitness Together East Cobb in 2002, they were committed to the health and well-being of each client who walked through the door. Now as franchise owners, Katie and Mike Warechowski celebrate 20 years of helping East Cobbers achieve a healthier lifestyle.

No one can attest to an enterprise's staying power like a satisfied client. Andy Robertson, who has been working out with Fitness Together trainers since 2007, describes the fitness center as a place with a fun atmosphere that simply feels like home.

"I came to Fitness Together about 15 years ago as a slightly overweight 40-something who needed to get in shape," he says. "Katie wanted to know how committed I was as she explained the necessities of both exercise and diet. Obviously, pretty committed because I did not quit and have stuck with my training goals ever since. They do bust your butt here, but they are friendly and helpful while they do it."

According to Katie, the 20-year milestone is significant because it demonstrates that Fitness Together provides clients with long-term support as they focus on staying healthy. "There is no one size fits all for any client," explains Katie. "A customized program is developed specifically for each client as that person receives a one-on-one assessment of his or her current fitness level. Any limitations, injuries, or unique needs or goals are addressed. After that, personal trainers provide long-term support as fitness goals are met and then reevaluated for the next phase. Each client also gets nutritional counseling geared toward redefining what healthy eating means."

In an industry where personnel can be ever-changing, the Warechowskis' commitment

to the community speaks volumes. The two met while obtaining degrees in exercise and health science at Kennesaw State University. Mike was the first trainer hired at Fitness Together's first East Cobb location, and Katie joined a year later. Then in 2007, the owner decided to sell the business, and the Warechowskis became the new owners with a target to become the best fitness center in East Cobb. As they expanded their business, they moved to the current location at 1000 Johnson Ferry Road, Building 400, Suite 412 (across the street from Johnson Ferry Baptist Church) in 2016. They now employ a studio manager and eight additional trainers.

Always striving for excellence, Fitness Together solidified its standing as a premiere East Cobb business when it was awarded the 2017 Franchisee of the Year by Wellbiz Brands, Inc., the leading franchise portfolio company for wellness, fitness, and beauty brands. Other recognized brands under the Wellbiz umbrella are Elements Massage, Drybar, Amazing Lash, and Radiant Waxing. Then in 2019, MFV Expositions, the world's largest producers of franchise expos, awarded Fitness Together the Best Franchisee of the U.S.A. award, which is a part of the Best Franchisee of the World program. This program is a global initiative that highlights franchisees who have used franchising to positively change their lives and/or improve their communities.

FITNESS TOGETHER®

According to Katie, as with most businesses, the recent pandemic affected Fitness Together. As challenging as it was, two changes have occurred from that time which have proven beneficial. The first change was the addition of virtual sessions to its training options.

"Before the pandemic, we had never given much thought to virtual training," she says. "We had to quickly explore ways to keep our business going during the lockdown, and virtual training was a natural fit. Most clients have returned for in-person workouts, but some now schedule virtual training sessions when they travel or have time constraints that prevent them from coming in. Being able to offer online options has created a new level of flexibility."

The second change concerns clientele. Although most Fitness Together clients are in their 40s, 50s, and 60s, Katie says there has been an upswing in the mid-to-late 30s age group in the past year. Not quite sure what to specifically attribute this change to, she has observed a more focused mindset for all ages as clients place an even greater emphasis on healthier immune systems and general overall health as a result of the pandemic.

Fitness Together East Cobb offers 45-minute sessions for both individual and small group training. In private workout suites, personal trainers provide fitness through strength and cardio training. Monthly memberships are available, and custom and package rates are competitive. Hours are Monday-Friday, 6am-7:30pm and Saturday, 6am-1:30pm. For more information, check out www.fitness-together.com/eastcobb or call 770-321-1347. **Be sure to ask about Fitness Together's 20th year anniversary special: 20% more sessions at 20% off. (*special restrictions apply)**

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Each EAST COBBER issue and 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



CONGRATULATIONS, GRADS!

The Cobb County School District announced dates for high school commencement ceremonies across the county that will take place in person this spring. The ceremonies will occur the week of May 23. They will also be live-streamed, according to the district's website. All Cobb County ceremonies will take place at the Kennesaw State University Convocation Center. The graduation dates are:



Kell High School • Monday, May 23 • 7:30pm

Lassiter High School • Wednesday, May 25 • 3:30pm



Pope High School • Friday, May 27 • 2:30pm

Sprayberry High School • Thursday, May 26 • 7pm



Walton High School • Thursday, May 26 • 10am

Wheeler High School • Wednesday, May 25 • 7:30pm



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CAN YOUR CHILD BREATHE?

The most fundamental requirement in the life of a human being is breathing. No matter how much food, shelter, and love you receive, without breath there is no life. The ability to breathe and to breathe well can be affected by several things, and there are signs and symptoms that tell us when someone is not breathing well. When I began my training in dentistry in 1996, breathing in our patients was not something we were taught to concern ourselves with... it was not our specialty. But there is new awareness among medical professionals of how much more common breathing disorders are becoming, and dentists are positioned to be the best diagnosticians of these issues, as many signs and symptoms often show up in the mouth.

In our practice when we examine a child for possible issues with breathing, we look for signs of tooth wear, crowded teeth or a bad bite, a tight lingual frenum (muscle fiber under the tongue), large tonsils, a long face, allergic shiners under the eyes, nasal-sounding speech, and longer facial development. We ask the parent if their child snores, is a restless sleeper or has night terrors, regularly breathes through their mouth, sucked their thumb past the age of three, wet their bed regularly, had multiple ear infections, has issues with ADHD, and if

they have ever been diagnosed with acid reflux. When a child has a few of these signs and symptoms, we discuss the need for a sleep study or further evaluation by an ENT, as many times these children are having problems breathing while they sleep and may be suffering from sleep apnea or other sleep breathing related issues. So why are some of our children having sleep breathing disorders?

There are different theories as to why our airways are narrowing, but one theory which many medical professionals agree may be a big contributor to the problem is a lack of breastfeeding. Many years ago, breastfeeding was the way all babies were fed, and they were fed this way until they could move to solid foods. There was no formula or processed baby food, so babies were breastfed until they could eat "real food." When a baby breastfeeds, it takes a lot of effort for the mouth to take in the breast and work to get the milk to flow. All this effort strengthens the jaws and causes the jaws to grow wide which helps move the tongue (which is attached to the lower jaw) out of the airway and provides more room inside the mouth. Having larger jaws also means having more room for the teeth and, therefore, less crowding. But bottles with their small nipples drip formula (or even pumped breastmilk)

into the baby's mouth and do not require as much effort. Then with our small weak jaws, we continue on with baby food mush which also does not contribute much toward the development of large, strong jaws.

Once a child is diagnosed with a sleep breathing disorder, we begin efforts to correct the problem. Some solutions are tonsil and adenoid removal or orthodontic treatment with a palatal expansion device. Some children may even require speech and/or myofunctional therapy to help train the tongue where to sit during speech and at rest. But the first step is diagnosis, so if your child has some of the beforementioned signs and symptoms or you have concerns that your child may be suffering from an airway issue, please seek the advice of a dentist or medical professional trained to identify and diagnose these problems.



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

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EAST COBBER

LOCAL ROCK BAND TAKES THE STAGE FOR CHARITY

By Adam Darby



Pictured above are Ross's hit Show members: Tom Hamlin, Joe Murphey, Ross Veal, Owen Barnes and Ron Caird

Whether engaged in a full-time career or enjoying your days in retirement, it is not likely that many of us would also devote the time and energy needed to sustain a successful local rock band. But for Ross's hit Show, they are doing just that to make up for lost time after a long break from the music scene.

"Everyone's story in the band is a little different, but we are all older guys who love music and have found a way of getting back into playing it again," said Joe Murphey, an East Cobb resident and the band's drummer, vocalist, and harmonicist.

About 10 years ago, founding members Ross Veal (Vocals, Rhythm Guitar), Ron Caird (Vocals, Lead Guitar), and Joe Murphey (Vocals, Drums, Harmonica) met at a Saturday jam event at the now-defunct Darwin's Burgers & Blues in Atlanta. The event was meant to draw in local musicians who experienced

a long hiatus from music to place focus on other life endeavors such as a career, family, marriage, etc. When the event ended in 2019 due to the permanent closure of the bar, the three musicians met weekly to practice in their garages and basements. It was then they decided to start a band to provide local entertainment and eventually raise money for charity.

"We are all life-long musicians, but with some gaps in time," Murphey said. "[I] really didn't touch my drum kit for almost 30 years as college, law school, and having/raising kids all took precedence. After becoming an 'empty nester'... I started looking for a way to get back into the music scene."

Their first major performance was initially planned for spring 2020, but this was quickly canceled due to the COVID pandemic. They continued to meet and rehearse to fine-tune their sound and remain ready to

perform. In April 2021, they played a charity show at the Oak Street Bottle Shop in Roswell allowing them to raise \$8,000 for Lunches for Learning, a non-profit organization providing lunches to school children in Honduras to remove them from begging on the streets and promote their education. Playing the Rolling Stones' Sticky Fingers album in its entirety to commemorate its 50th anniversary, this show began the band's partnership with the Rotary Club of East Cobb.

"Ross'S hit Show was happy to support the cause. So successful was that concert, that [we] did it again in September 2021," Murphey said. "Proceeds and donations collected support Lunches for Learning's mission to provide lunches for starving school children in Honduras, which keeps them in school and thus breaks the multi-generational cycle of poverty that persists in much of rural Honduras."

As time went on, the band grew adding more members including Owen Barnes (Bassist, Vocalist), Harvey Glickson (Lead Guitar), Mike Miccoli (Saxophone), Mike Davis (Percussionist), Greg Austin (Keyboard, Fiddle, Vocals), and Tom Hamlin (Guitar). While most reside in East Cobb, Hamlin lives in Roswell and Barnes is in Cherokee County. While Murphey is currently in a law firm with his wife along with being

a full-time mediator at Miles Mediation & Arbitration, many of the members are either retired or thriving in other career pursuits of their own.

When it comes to their music, they enjoy consistently changing their sound. Rather than covering the same "tired classic rock songs", they prefer to play the lesser-known works from various rock and folk artists of the 60s and 70s with a few more recent alternative country tunes also added to the setlist.

"From the outset, our vision was to create a sound that was familiar and approachable but also edgy and different," Murphey said. "We also try to keep it fresh by changing it up."

The band finished out the month of April with performances at Porter Brew & Que in Dunwoody and the Hog & Ale House in Marietta. However, they will be doing their third charity show for Lunches for Learning returning to the Oak Street Bottle Shop on May 7 with their continued partnership with the rotary club. Ross'S hit Show continues to play hard long after the work bell rings.

To follow the band and learn more about upcoming performances, visit their self-titled Facebook page at www.facebook.com/RosssHitShow where you can also enjoy videos from shows and rehearsals. 🎸



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COBB SCHOOLS AMONG BEST COMMUNITIES FOR MUSIC EDUCATION

From participation in widely known parades across the country and beyond to performances at major events and a host of honors for students and staff, there is no doubt Cobb Schools has earned a reputation for a commitment to music education. In fact, this year marks the 20th year the NAMM Foundation has designated Cobb Schools among the Best Communities for Music Education in the nation.

That honor is awarded to districts that demonstrate outstanding achievement in providing music access and education to all students.

"We are so proud of the students and teachers for being recognized by the NAMM Foundation for the 20th time. This achievement speaks to the commitment, quality, and support of our music educators, students, parents, and community stakeholders in the Cobb County School District. Music education is an essential part of a complete education for students, and we thank the Cobb County School District for making it a priority each and every day," said Chris Ferrell, the Cobb Schools Supervisor of Instrumental Music.

This year's awards program for the Best Communities for Music Education was designed to celebrate schools and districts adapting, innovating, and persevering in the face of change. Researchers at The Music Research Institute at the University of Kansas, in conjunction with The NAMM Foundation, created a new way for districts and schools to address the inroads and setbacks impacted by the pandemic, as well as goals for equity and access to music education for all students and national standards for music education in a short, qualitative survey.

"Music educators, administrators, and communities truly rallied to support and sustain music education through a period of intense change and adaptation. These districts and schools persevered in serving their students and communities and assured that music education was part of curriculum offerings," shares Mary Luehrsen, Executive Director of The NAMM Foundation. "We applaud the commitment and efforts of all music educators, school administrators, and community members in providing students the opportunity to explore their creativity through music."



On March 29, the Wheeler High School marching band performed in the National Vietnam Veterans Day Parade in Hawaii.

Here are recent accolades and honors for East Cobb Schools:

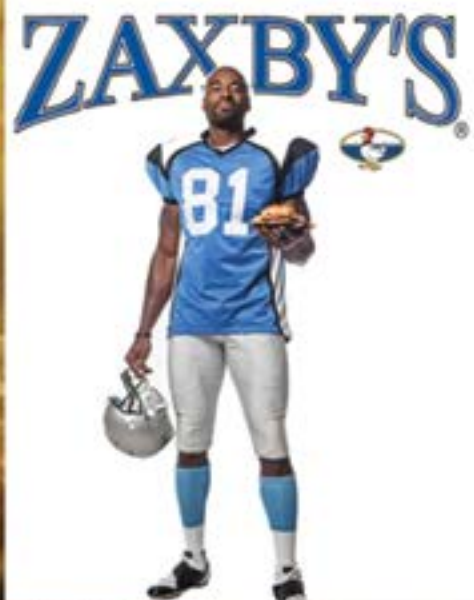
- 80 Cobb students represented the District in the GMEA All-State Bands
- 52 Cobb students represented the District in the GMEA All-State Orchestras
- John Philip Sousa Foundation Bandworld Legion of Honor - Andy Esserwein, Sprayberry High School
- John Philip Sousa Foundation Bandworld Legion of Honor - John Palmer, Walton High School
- National Band Association Citation of Excellence - John Palmer, Walton High School
- National Band Association Citation of Excellence - Chris Johns, Walton High School
- Walton High School Marching Raider Band performed in the 2022 National Cherry Blossom Festival Parade.
- Wheeler High School performed in the National Vietnam Veterans Day Parade in Hawaii.

Although nearing the end of the school year, school music programs still provide opportunities for their students to demonstrate musical talents. East Cobb's Rocky Mount Elementary School chorus are singing "The Star-Spangled Banner" at an Atlanta Braves game on May 15. 🎵

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2022 May/June COMMUNITY CALENDAR

FIRST AND THIRD TUESDAYS

Tutoring K-5. Tutoring can help strengthen subject comprehension, boost confidence, and build important learning skills. The East Cobb Library offers in-person homework help to K-5 students. 3-5pm; 45 min sessions focusing on Math and English. Free; Registration required. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730.

EVERY WEDNESDAY IN MAY

Gritter Preschool Storytime. Preschool Storytime includes read-a-louds, rhymes, music and a small craft to encourage reading readiness and social skills. 10:30am. Free, ages 2-5; Registration required. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: 770-528-2524 or www.cobbcat.org.

EVERY THURSDAY

Brown Bag Concert Series in Glover Park. Enjoy some outdoor fun at the Brown Bag Concert Series, order lunch at a restaurant on the square or bring your own. Band changes every week. Noon-1pm. Free. Glover Park, Marietta Square, 50 Park Square, Marietta. More info: 770-794-5601 or www.marietta.com/brown-bag-concert-series.

EVERY SATURDAY

Marietta Square Artisan Market an open-air showcase of locally-created fine art and premium hand-crafted goods, including paintings, drawings, and photography of fine artists settled alongside skilled craftspeople who feature an eclectic roster of distinctive goods including fire pits, cutting boards, terraria, pens and fine jewelry. Saturday: 9am-12pm. Rain or shine. Located in the parking lot beside the Marietta Square Market, 68 North Marietta Parkway NW, Marietta. More info: artistsmarketmarietta.com/about.

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

THROUGH MAY 31

Eco-Tinker: Interactive Exhibits. Head outdoors for a nature-inspired tech and tinker stations where you can experiment and explore. There's plenty to play with while you learn at STEM stations. Mon-Sat: 10am-5pm; Sun: 12-5pm. Free/Members; \$10/Adult; \$6/Child (3-12); \$7/Senior 65+, \$7/Student (Ages 13-18); Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

MAY 6 & 8

THE (R)evolution of Steve Jobs presented by the Atlanta Opera. Apple Computer founder Steve Jobs, one of the most influential people of the modern age, is transformed into a dramatic character in this compelling 2017 opera by DJ and composer Mason Bates and librettist Mark Campbell. As the character Jobs looks back on a life dappled by dizzying heights and crushing disappointments, this charismatic, hard-driving visionary confronts the complexities of life and death. Cast in an appealing electro-acoustic soundscape generated by Mac laptop (of course) and live musicians, The (R)evolution of Steve Jobs cycles through key moments in his lifelong—and futile—pursuit of perfection and control over everything that matters to him. Saturday: 8pm; Tuesday 7:30pm; Friday: 8pm; Sunday: 3pm. Tickets: \$341-\$146. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 770-916-2800 or cobbenergycentre.com.

MAY 6-8

53rd Annual Mother's Day Gem, Mineral, Jewelry and Fossil Show presented by the Georgia Mineral Society. Educational exhibits, club displays, mineral and fossil specimens. Friday-Saturday: 10am-6pm; Sunday: 12-5pm. Free. Cobb Civic Center, 548 South Marietta Parkway SE, Marietta. More info: www.gamineral.org.

MAY 7

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. Dr. No's Comics & Games Superstore, 3372 Canton Road, Suite 104, Marietta/East Cobb and Great Escape Comics & Games, 1050 East Piedmont Road, Suite 106, Marietta/East Cobb. More info: 770-422-4642 and 770-973-2253 or freecomicbookday.com.



Taste of East Cobb. Enjoy samplings from local restaurants, live entertainment, silent auction and kids' activities. Fundraiser for the Walton High School band. 11am-5pm. Festival admission: Free. Food tastes \$2-\$5 Johnson Ferry Baptist Church, South Parking Lot, 955 Johnson Ferry Road, East Cobb. More info: tasteofeastcobb.com.

MAY 13 & 14

We Care Veterans Fair. 100 Agencies Serving Veterans in one Location. Over 300 Solutions on site. Bring your families, this event is for Veterans of all ages, lifestyles, and military service. 9am-5pm. Free. Cobb Civic Center, 548 South Marietta Parkway, Marietta. More info: www.wecarevetfair.com.

MAY 13-15

Marietta Greek Festival. A community celebration of Greek culture and food sponsored by the Greek Orthodox Church of Marietta. Enjoy food, entertainment, dancing, shopping, children's activities and more. Friday: 4-10pm; Saturday: 11am-10pm; Sunday: 11am-4pm. Tickets: \$5-\$30 (weekend passes and meal deals available). Holy Transfiguration Greek Orthodox Church, 3431 Trickum Road, Marietta/East Cobb. More info: 770-924-8080 or www.mariettagreekfestival.com.

Strike Your Fancy presented by the Atlanta Ballet. Following its triumphant premiere in Atlanta Ballet's reimagined 2020-2021 season of Silver Linings, Claudia Schreier's Pleiades Dances makes its way to the theatre stage. Adding a classical element to the evening is Paquita – a famed nineteenth century classic. Finally, an all-new work by Atlanta Ballet Company dancer Sergio Masero. Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. Tickets: \$25-\$134. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/ tickets: 800-745-3000 or cobbenergycentre.com.

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COMMUNITY CALENDAR

MAY 13-15 & 18-21

I Hate Hamlet presented by CenterStage North. Television star Andrew Rally is about to start rehearsals to play Hamlet—and he is terrified. Unsure of himself, worried about his career, Andrew doesn't know what to do. In the midst of his confusion, he is visited by the ghost of legendary actor John Barrymore. Barrymore explains that all actors who take on the role are visited and mentored by their predecessors, and that he cannot leave Andrew until he takes the stage as Hamlet. Andrew's girlfriend wants him to be a romantic hero of the stage, his friend wants him to accept a lucrative new TV gig, and Barrymore wants him to accept his own great theatrical mantle. As Andrew grows under Barrymore's larger-than-life wing, he is forced to confront the ultimate question: who he wants to be, or not to be. Wednesday-Saturday: 8pm; Sunday: 2pm. Tickets: \$12-\$25. CenterStage North at The Art Place-Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info/tickets: 770-331-0079 or www.centerstagenorth.com.

MAY 14

Annual Garden Tour. Explore the private gardens and projects of Master Gardeners throughout West Cobb. This is a self-guided tour, but docents will be at each garden to answer questions. The garden tour map is available to download online. 9am-4pm. Tickets: \$15/online; \$20/day of the event; Free/Children 17 and under. More info/tickets: www.cobbmastergardeners.com.

Bands A Plenty presented by the Atlanta Wind Symphony. The Atlanta Wind Symphony's joint performances with the Chattahoochee High School Wind Ensemble. The Chattahoochee High School Wind Ensemble, directed by Nick Garofalo, takes the stage for the first half of the concert, followed by the Atlanta Wind Symphony. The concert closes with a combined band performance of popular film composer John Williams' March from "1941." 3pm. Free. Kennesaw State University Bailey Performing Arts Center, 1000 Chastain Road NW, Kennesaw. More info: www.atlantawindsymphony.org.

MAY 14, 17-18, JUNE 14 & 15, 25, 28 & 29

Defensive Driving/Driver Improvement Class presented by Safe America. If you are already driving but want to lower the cost of your car insurance or if you've gotten a traffic ticket and need to take a defensive driving class, this class is for you. 6-hour class taught by certified instructors. 1 day: 9am-3:30pm; 2 day: 6-9pm. Court ordered/point reduction: \$95. Insurance rate reductions only: \$30. Safe America Foundation, 2000 First Drive, Suite 310, Marietta. More info: 770-973-7233 or www.safeamericadrivers.org.

MAY 16

Cobb Chamber Marquee Monday: Small Business of the Year Awards. 8-10am. General admission: \$45; Members: \$35. Coca Cola Roxy Theatre - Truist Park Battery, 800 Battery Avenue, Suite 500, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

MAY 21

The Firebird and Music of Remembrance presented by the Georgia Symphony. Three magical works conclude the GSO's 71st season. American Jennifer Higdon's Blue Cathedral is one of her most performed work, Igor Stravinsky's Firebird Suite (1919) is a collection of music from the ballet of the same name, and Luigi Cherubini's Requiem in C minor, this work features the return of the Georgia Symphony Orchestra Chorus for the first time since the pandemic to a GSO Classics performance. 8pm. Tickets: \$12-39. Dr. Bobbie Bailey & Family Performance Center, 488 Prillaman Way, Kennesaw. More info: www.georgiasymphony.org.

Trot to Clot 5K. Families and pets are invited to join at The Battery to help send children to Camp Wannaklot, Georgia's only summer camp for boys and girls impacted by an inherited bleeding disorder. Runners are welcome to join and will be placed at the front of the start line before the 5K begins. 8am. \$35. The Battery, 800 Battery Avenue SE, Atlanta. More info: classy.org/event/trot-to-clot-at-the-battery.

MAY 21 & JUNE 18

Pop in for Family Fun. Provides children and their families the opportunity to interact with the Marietta Museum. May theme: Military appreciation. June theme: Cultures of Cobb. 10am-4pm. Free. Marietta Museum of History, 1 Depot Street, Marietta. More info: www.mariettahistory.org.

MAY 25

Last Day of School for students in Cobb County Schools.

MAY 27 & JUNE 24

Glover Park Concert Series. May: BJ Wilbanks; June: Catalinas. 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.marietta.gov/concerts.

MAY 28

Classic Collections performed by the Georgia Philharmonic. The final concert of the season will showcase The Overture to Oberon by Carl Maria von Weber, Georges Bizet's Symphony in C, and The Symphonic Metamorphosis of Themes by Paul Hindemith. 7pm. Tickets: \$10-\$50. Lassiter Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info: 404-500-9276 or www.georgiaphilharmonic.org.



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MAY 28 & JUNE 25

Roswell Riverside Sounds Concert Series presents for May: Emily Wolfe and June: J & the Causeways. 7-9pm. Free. Food, beer, wine and Sangria available for purchase. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or www.roswellriversidesounds.com.

MAY 30

Atlanta Concert Band Concert. A versatile music ensemble that revels in the opportunity to bring to our audiences everything from classical and traditional music to pop, jazz and movie scores. 11:30am. Free. Marietta National Cemetery, 500 Washington Avenue, Marietta. More info: www.atlantaconcertband.com.

EVERY TUESDAY IN JUNE

LEGO Club. Come free build with provided Legos or pick up a challenge card to try something new. 2-3pm. Free, ages 5-11; Registration required. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711 or www.cobcat.org.

EVERY WEDNESDAY IN JUNE

Family Movies at the Library. Escape the heat and relax while watching a movie in the community room. Movie titles change every week, check website for title. 2-4pm. Free. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711 or www.cobbcounty.org/library/events/family-movies-sewell-mill-library-cultural-center.

JUNE 3-5

The Blade Show presented by BLADE Magazine. The world's largest knife show will feature the most diverse array of knife manufacturers, custom knife makers, collections and products as well as unique educational seminars and competitions. Friday: 12-6pm. Saturday: 9am-6pm. Sunday: 9am-2pm. Advance tickets: \$25/1-day pass; \$55/3-day pass; Ages 12 & under free with paid adult admission. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: 877-746-9757 or www.bladeshows.com.





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COMMUNITY CALENDAR

JUNE 4

90th Annual Atlanta Radio Club Hamfest. One of the longest running gatherings of radio amateurs for buying, selling, demonstrating, exhibiting, and swapping of equipment, with new and used equipment as well as parts. Please check website for times and ticket information. Jim Miller Park, 2245 Callaway Road SW, Marietta. More info: www.atlantahamfest.org.

Roswell Annual Lavender Festival. Inspired by Barrington Hall's own lavender queen, Evelyn Simpson, a descendant of Barrington. The festival is a celebration of all things lavender and will feature the many varieties, uses and folk remedies associated with this ancient plant. Demonstrations, children's activities, vendors, food trucks, music and many more surprises. 10am-5pm. Free. Barrington Hall, 535 Barrington Drive, Roswell 30075. More info: roswellgov.com or 770-640-3855.

JUNE 4-5

23rd Annual Flying Colors Butterfly Festival. Visit with live butterfly at the butterfly encounter. The festival will also include plants available for sale in addition to games, education and fun. Tasty food and live entertainment. Saturday: 9am-3pm; Sunday: 12-5pm. General Public: \$15; Members: \$12; Free/Ages 2 and under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

JUNE 6

Family Promise of Cobb County Annual Golf Outing and Fundraiser to support the mission to assist homeless and low-income families with children residing in Cobb County. It is a day filled with golf, friends and food. \$150 per golfer; \$600 for a foursome. 7:30am: Check-in; 9am: Shotgun start. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. More info: familypromisecobbcounty.org.

Ride the Water Cycle. Drip! Drop! The water journey never stops! A special Storytime about the wonderful journey of water. Start off by reading the book Hey, Water! By Antoinette Portis, a spunky story about a little girl who explores the different shapes and sizes of water. Afterward, you'll learn about the water cycle by singing the Water Boogie song and crafting a water cycle bracelet to take home. Free, ages 4 and up; Registration required. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730 or cobbcat.org.

JUNE 11

Smyrna Summer Concert Series featuring PHAZE II Jazz. PHAZE II has embarked on a journey to show the world the many talents that this jazz band has to offer. 7pm. Free. In front of City Hall, 2800 King Street, Smyrna. More info: 678-631-5540 or www.smyrnacity.com.

JUNE 13

Cobb Chamber Marquee Monday: 2022 Woman of Distinction award. 8-10am. General admission: \$40; Members: \$35. Coca Cola Roxy Theatre - Truist Park Battery, 800 Battery Avenue, Suite 500, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

JUNE 14

Basics of Green Screen. Get started on compositing images with Photoshop and Premiere in this beginner class. From basic recording setup to finalizing an effect on a computer, learn how to composite both video and photos as well as how to avoid common pitfalls and mistakes. This class is open to adults and teens, ages 14 and up. 4-5pm. Free; Registration necessary. Video Studio at Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-4988 or www.cobbcat.org.

JUNE 15-19 & 23-26

Matilda presented by Atlanta Lyric Theatre. Matilda is a little girl with astonishing wit, intelligence and psychokinetic powers. She's unloved by her cruel parents and is the bane of headmistress, Miss Trunchbull—Matilda's courage and cleverness just might save the day. Packed with high-energy dance numbers, catchy songs and an unforgettable gang of "revolting" children, Matilda is a joyous girl power romp. Wednesday-Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. \$38-\$63. Cobb Civic Center, Jennie T. Anderson Theatre, 548 S. Marietta Parkway, Marietta. More info/tickets: 404-377-9948 or atlantalyrictheatre.com.

JUNE 25

DinoFest at the Library. Do you dig dinosaurs? The Sewell Mill Library & Cultural Center will kick off a fun-filled day with everything dinosaurs. They'll have dinosaur-themed arts and crafts, story-time, and a special guest from the Tellus Science Museum who will give an informative presentation about dinosaurs and even display real fossils! Afterward, enjoy a free screening of the original Jurassic Park movie in the Black Box Theater. 11am-5pm. Free; Registration required. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-4988 or www.cobbcounty.org/library/events/dinofest-sewell-mill-library-cultural-center.

JUNE 27

Stuffed Animal Sleep Over at the Library. Special story time in your pajamas and with one of your favorite stuffed animals, action figures, dolls, or other toys. Then, after the story time is over, the stuffed animals will spend the night at the library. What will they do? You'll have to wait and see. But rest assured Mr. Jay and Mrs. Brooke will take pictures to share what your Teddy Bear was up to while you were asleep. 3:30-4:30pm. Free, ages 1-5; Registration required. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730 or cobbcat.org.

JUNE 30

Chalk the Walk. The Mountain View Regional Library's sidewalks are your canvas! Come transform them into a masterpiece with sidewalk chalk! Chalk will be provided, but you can also bring your own. Intended for children of all ages with a participating adult. 10am-4pm. Free; No registration required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-2725 or www.cobbcat.org.

JULY 3

Salute to America will feature two stages of live music, festive street entertainment, food vendors, and kid's activities. The evening will conclude with a brilliant fireworks finale, visible from Depot Park and along Main Street, at 9:30pm. 6-10pm. Free. More info: www.kennesaw-ga.gov/salute-to-america.



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Favorite Person:

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Best Trick: Nap

Time

Turn Ons: Running

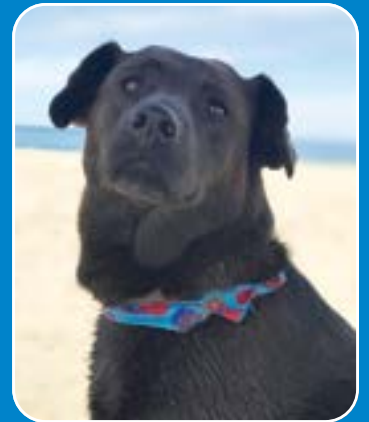
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Turn Offs: Going to the Vet

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EAST COBB'S BELOVED MARIETTA GREEK FESTIVAL IS BACK!



Want to experience Greece, but don't have time for the flight? Come to the Marietta Greek Festival on May 13th, 14th & 15th, and leave your suitcases behind!

Come enjoy your favorite homemade Greek goodies, music, dancing and atmosphere as you make your way around the beautiful grounds - experiencing the beauty of the Greek culture.

You'll pick up the scent of delicious Greek dishes as your palate is tempted by heavenly Greek pastries. Your ears will perk up at the live music, while your eyes gaze upon the authentically costumed dancers as they perform in the South's only Greek amphitheater! Inside the Agora (marketplace), you'll have a unique shopping experience courtesy of a multitude of merchants. Outside, your children can participate in various games, activities and crafts in the Kid's Area. The Taverna offers adults the opportunity to quench their thirst with Greek wine, beer, and liqueur, and the Greek Street Food tent offers delightful portable food options. Be sure to take a guided tour of the Byzantine style sanctuary to see the beautiful iconography and learn more about the Orthodox faith!

Admission is \$5 and children under 12 are free. This year the festival is offering special online ticket packages that include free admission, as well as other substantial coupon deals. The festival also donates a portion of its proceeds to local charities.

The festival is held at Holy Transfiguration Greek Orthodox Church, 3431 Trickum Road, Marietta,

with complimentary parking & shuttle services. The hours of operation are: Friday, May 13, 4-10pm; Saturday, May 14, 11am-10pm and Sunday, May 15, 11am-4pm.

Visit www.mariettagreekfestival.com or call the Church Office at 770-924-8080 for more information about festival details, sponsorship opportunities, volunteer positions and more.

Come be Greek for the day...or three! OPA! 🇬🇷

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MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Did you know that May is National Physical Fitness and Sports Month? An annual observance, National Physical Fitness and Sports Month is a time to highlight the importance of staying active through sports and other fitness activities.

Despite the unprecedented challenges and disruptions of the past year, we continue to see examples of Americans finding innovative ways to stay active and healthy. Some have moved their workouts into their living rooms or garages. Others have taken up new sports. Many have simply rediscovered the satisfaction of a walk through their neighborhood. Despite this creativity, far too many people struggle to incorporate regular physical activity into their daily lives. During this National Physical Fitness and Sports Month, Americans are encouraged to stay active for their health and wellbeing. Whether by

pursuing a more active lifestyle, making physical activity a priority and an essential part of everyday living, or supporting efforts in local communities that increase access to sports and physical fitness opportunities for all, participating in physical activities leads to a healthier lifestyle.

Physical activity is one of the best tools we have to help combat chronic diseases experienced by over half of all Americans. Even a single session of moderate-to-vigorous physical activity can boost your mood, sharpen your focus, reduce your stress, and improve your sleep. More regular physical activity—over months or years—can contribute to a reduced risk of depression, heart disease, several types of cancer, dementia, type 2 diabetes, and obesity. 🧘

(excerpt from Pres. Biden's National Physical Fitness and Sports Month Proclamation 2021)

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The SAFE KIDS Coalitions of Cobb and Douglas Counties are non-profit, charitable organizations and networks of SAFE KIDS WORLDWIDE (www.safekids.org), the first and only national organization dedicated solely to the prevention of unintentional childhood injury – the number one killer of children ages 19 and under.

SAFE KIDS Cobb County is led by both Cobb & Douglas Public Health and WellStar Health System. SAFE KIDS Cobb County is committed to preventing and reducing injuries to Cobb and Douglas children through education and by providing safety equipment to families in need.

The Coalitions provide information and education on:

- Home safety, including safe sleep for infants
- Child Passenger safety
- Poison prevention
- Water safety
- Bicycle safety
- Fire safety
- Pedestrian safety
- Youth Sports Safety

SAFE KIDS Cobb & SAFE KIDS Douglas Coalitions provide free car seat education to help parents ensure their child's car and booster seats are installed and fit properly. Availability is limited, so all parents and



caregivers are encouraged to schedule an appointment to have their seat installed. For more information, visit: www.safekidscobbcounty.org.

Inspections will be held at the Child Safety Seat Inspection Station at Cobb County Safety Village located at 1200 Al Bishop Drive, Marietta 30008. The testing times are: Tuesdays: 9am-1pm; Wednesdays: 9am-4pm; 2nd & 4th Thursday: 4-8pm and 3rd Saturday: 10am-1pm. To schedule an appointment, call: 770-514-2369. 📞

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VSA Alpharetta Office
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Suite 214

THIS SUMMER, DO SOMETHING YOU'VE ONLY DREAMED ABOUT.

"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."

ENROLL NOW

SUMMER 2022

JULY 9TH

DENTAL STAFF SCHOOL

ALOHA TO AGING SEEKS VOLUNTEERS

Founded in 2009 by Dawn Reed, Aloha To Aging aims to empower family caregivers, aging care recipients, volunteers and the community in a positive manner through quality programming and support groups. Aloha To Aging provides a nurturing and socially stimulating environment for adults 50 and older who need engaging activities outside of their residence (and have primarily stopped driving). Aloha Day Club is therapeutically structured to include fellowship with peers, music, seated exercise, stimulating and creative activities, multigenerational programming and also a morning snack and lunch. Operating out of Covenant Presbyterian Church (2881 Canton Road, Marietta/East Cobb) Aloha To Aging has annually positively impacted over 3,000 individuals, even through COVID-19 pandemic, to age well and better understand and respond to the ever-changing needs associated with caring for an aging person.

This non-profit could not execute their rich and diverse offerings without the help of volunteers. Whether you have 4 hours a month or 2 hours a week, would prefer a one time project, or have multiple talents you'd like to share, Aloha To Aging would like to hear from you. Here are some of the volunteer opportunities:

Team Educator Volunteers: Looking for fun, spirited individuals to assist with educational programs.

Fundraising Volunteers: Help us staff or organize our annual Aloha Live & Silent Auction or create a new event.

Administrative/Computer Volunteers: If you are computer savvy or enjoy organizing, then come join our team!

Grant Writers: If you have the talent, we have the need!

Development/Fundraising: Help identify opportunities for fundraising events and potential partnerships for our fundraisers.

Event planning/Educational Programming: Help identify and plan monthly educational programs, classes, or events that will be offered to the community.

Database Management and Statistics: Assist in managing our database, identify ways to improve our input, and extract and analyze data.

Market Research: Help research and identify various local organizations, associations and membership groups. Research local, regional, and national trends and programs for active senior populations and those with Parkinson's and Alzheimer's.

Marketing and Outreach: Help with marketing initiatives including writing content for social media, print pieces, website, and email campaigns, identifying additional marketing/public relations opportunities, and coordinating distribution of information to local media contacts.

If you are interested, email Aloha To Aging at info@alohatoaging.org or call 770-722-7241. 

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Content + Community + Commerce = 

COBB SENIOR SERVICES PRESENTS THE "CHANGE THE WAY YOU AGE" EXPO

Every year, Cobb County Senior Services brings together an extensive collection of exhibitors who provide products, resources and valuable services to the 50+ community. If you are looking for information about healthcare, senior housing, county services, recreation, technology, transportation or entertainment, the "Change The Way You Age" Expo will provide lasting connections to help enhance your quality of life.

There will be more than 40 vendors at the free event, 10am-1:30pm, Wednesday, May 18 at the Cobb County Civic Center, 548 S. Marietta Parkway, Marietta.

Meet representatives from Medicare, senior communities, caregiving, wellness products and many more. There will be free health screenings as well. You can attend seminars on Medicare for beginners and fraud and forgery.

Vendors will provide you with valuable resources including:

- Medicare
- Caregiving
- Wellness products
- Assistive technology
- In-home care
- Advance Directives
- Senior communities

Seminars:

- 10:30am: Medicare 101
- 12 noon: Fraud and Forgery

For potential vendors:

Exhibitor fees:

- \$250 for businesses
- \$100 for non-profits

Electricity is limited and an additional \$25

There are a few spaces left! Request your application by emailing cobbseiors@cobbcounty.org.



St. George Village is offering a rare opportunity for direct entry into our Wellington Court memory care neighborhood. Friendship House, our memory support neighborhood with a person-centered focus, reflects our promise to care for residents as we would a family member or dear friend. Residents will also have access to our Treasures of Lakeview skilled nursing center, if ever needed.

We are currently accepting applications for openings in Friendship House.

Call Dawn Zawoysky for qualifying details: 678-987-0409.



"St. George Village is Roswell's only LifePlan community offering independent living, assisted living, memory care and skilled nursing neighborhoods."

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Choose

the degrees that will
help you **reach higher.**

34

On-campus
chiropractic-related
clubs.

Life University's Doctor of Chiropractic (D.C.) degree is a 14-quarter program that includes three levels of clinical practice. The sequential curriculum combines hands-on training and academic rigor and graduates some of the most highly-skilled chiropractic healthcare practitioners on the planet.

3

Graduate degree
programs, one of
which is offered
online.

Life University also offers three Master's degree programs within its College of Graduate and Undergraduate Studies, **along with an accredited post-baccalaureate program** that will prepare the student for careers in a variety of professional fields.

16

Techniques offered
as part of the
D.C. curriculum.



The Master's in Sport Health Science (*established 1990*) leads to careers in fields such as sports chiropractic, exercise science, athletic coaching, sports injury management and performance nutrition.



The Master's in Clinical Nutrition (*established 2012*) leads to careers in organizations such as physician's offices, hospitals, schools, health clubs, nursing homes and food companies in areas such as research, development, sales, marketing, public relations and public education.



The Master's in Positive Psychology (*established 2014*) leads to careers in research, management and leadership in business organizations, educational institutions and governments, as well as health care.



The post-baccalaureate Dietetic Internship program provides didactic and internship opportunities for students who aspire to achieve Registered Dietitian credentials.

5

Sport Health Science
tracks tailored to
fit your career
goals.

#1

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