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Lutzie 43 Road Race Lassiter High School

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EAST COBBER

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2 June/July 2023



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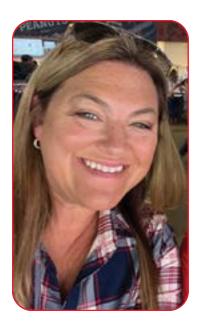
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PUBLISHER'S NOTE



This June/July issue is another effort to spotlight East Cobb residents who excel in their fields or contribute to our quality of life. The outstanding people featured in this edition—from Mike and Mary Lutzenkirchen, who, after losing their son in a car accident, made it their life's mission to educate other's children on safe driving (see page 6) to the Rotary Club members putting together their annual Dog Days Run (see page 32) to the high school valedictorians

and salutatorians (see pages 12-13) to students spending their weekends building a home for a mother and her two children (see page 10)—are right here in our own backyards.

Summer is a season of warmth and is characterized by longer days, sun-kissed adventures, and a relaxed atmosphere. It's a time when people embrace outdoor activities, bask in the sunshine, and create lasting memories with loved ones. A time to do just that is June 18th, Father's Day. Thank you to all the incredible dads, and Happy Father's Day! Summer also brings us July 4th, a day of celebration, symbolizing the country's independence. Check out pages 22 and 23 on where to enjoy this year's festivities and fireworks.

I hope after reading this edition, like every edition, you will not only learn a little bit more about what is going on in our community but also be inspired by the people that make East Cobb such a great place to live.

Have a great summer 🐖

Laren Brown, Publisher laren@eastcobber.com

4 June/July 2023

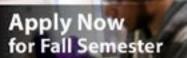
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On the Cover

This month's cover features the Ninth Annual Lutzie 43 Foundation Road Race: Honoring Philip Lutzenkirchen's Legacy. Lace up your running shoes and be a part of this special event together to remember Philip and support the mission of the Lutzie 43 Foundation. Whether you run on-site at Lutzie 43 Field or participate virtually from anywhere in the country, your contribution helps us make a difference. **Register now to secure your** spot and help end distracted, impaired, and unsafe driving. Let's Live like Lutz, Love like Lutz, and Learn from Lutz. The race is on August 5 at 8am. Race starts at Philip's alma mater, Lassiter High School's Lutzie 43 Field, 2601 Shallowford Rd, Marietta/East Cobb. For more information and to register, visit www. lutzie43.org.

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LUTZIE 43 FOUNDATION HOSTS 9TH ANNUAL ROAD RACE

The Lutzie 43 Foundation is hosting the ninth 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 5. The race will begin at 8am.

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 crash in 2014. In his memory, the foundation's 43 Key Seconds safe driving initiative aims to create the first nationally recognized symbol for distracted, impaired and unsafe driving awareness and prevention.

"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 and run in honor of Philip and the legacy he left. Additionally, there is 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 the 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

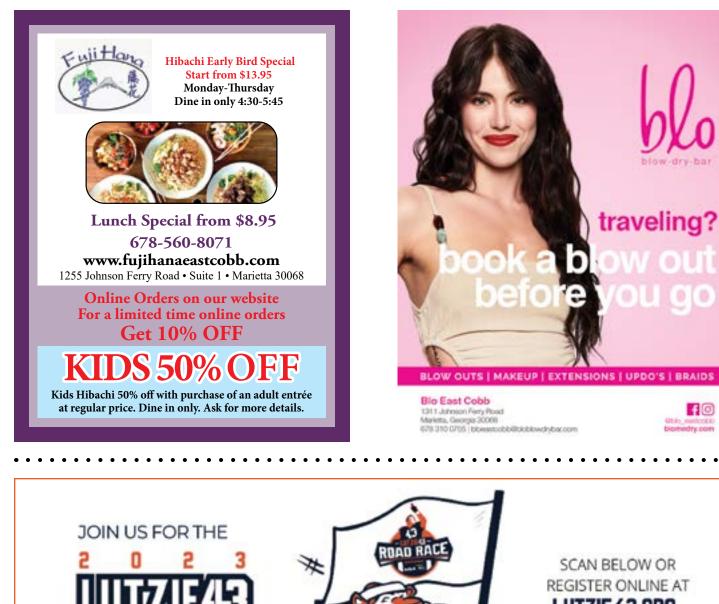


from wherever they are. Runners have joined virtually from across the country over the years.

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 should register by July 26 to ensure the Road Race shirt arrives by August 5. All funds from the Road Race benefit the Lutzie 43 Foundation and the mission of ending distracted, impaired, and unsafe driving.

The foundation's motto 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.









LASSITER SOCCER MAKES HISTORY WITH BACK-TO-BACK WINS

by Samantha Whitley

t is officially summertime in Cobb County, but some Lassiter students may still be thinking about spring. That's because on May 5th the Lassiter Boys Soccer team made history by winning back-to-back state championships. Junior Tyler Aromin scored the final goal in overtime, handing Lassiter a 3-2 victory over River Ridge and the state title for GHSA Soccer in the 6A division. Lassiter Boys Soccer had only won a state title in 1996, making this the first time that boys soccer won the state title two years in a row for Lassiter High School in 2022 and 2023.

Lassiter Boys soccer is now ranked number four in the nation and number one in Georgia for 6A soccer.

The team could not execute these wins without guidance from their head coach: Coach Penny. Penny expressed that he was extremely proud of his boys, especially for their total of "107 days of soccer from tryouts to the state championship." When asked about this experience from a coach's perspective, Penny said, "It is an amazing feeling to be a part of something so special not only once, but back-to-back years."

Throughout the season, the Lassiter Soccer players had to fight for this state title, with nearly every game going into overtime. Cole Higgins, a senior on the Lassiter Soccer team, credits his coach for the team's ability to clinch this major victory. He explains, "Coach Penny instilled in us all season that we have to battle no matter the score line. This mindset throughout the team gave us the motivation to get the job done."

This mindset gave Higgins something to always remember: "Holding another trophy this year was personally one of the happiest moments of my life and knowing that my last ever high school game was a win is something I will cherish forever."

Lassiter's historic soccer season will be remembered among its players for many reasons. From the pressure of the playoffs to the incredibly loyal student section that supported them all the way through. Drew Campbell, a senior on the Lassiter Soccer team, explains the nerves from the expectation to win state again; He felt more content than last time, but, "the pressure in the week before the game was much more than last year."

However, Campbell says the stress of the pressure was all worth it because of the encouragement from the student section. "The feeling of accomplishment as we saw all our friends and family come onto the field as we won was amazing," says Campbell.

Another senior on Lassiter's soccer team, Nathan Jordan, also enjoyed the student section. He tells his favorite memory as "hearing the final buzzer sound and running over to our student section and celebrating with all of them." The roar of the crowd after this win gave the team a sense of community that they will never forget.





ARE YOUR TEETH BEING DISSOLVED AWAY?

Enamel is the hardest substance in the body. It serves as a protective helmet for the tooth, shielding the softer dentin and sensitive pulp inside. Acids in the foods and drinks we consume as well as from our gut can destroy that enamel, making our teeth more vulnerable. Teeth without healthy enamel are more susceptible to cavities, more sensitive to temperatures and sweets, appear more vellow or darker, and crack or break more easily.

When we think of acids that we consume, we often think of carbonated beverages and sour candy. But would you believe that even water can be acidic? The more the water is filtered. the more acidic it can become. And there are some brands of bottled waters, like Aquafina and Dasani, that are more acidic than other more neutral pH brands such as Fiji and Smart Water. A neutral pH is one that is right around 7. As the pH of a food or liquid drops below 7, the more acidic and damaging to teeth.

Stomach acids can be brought up into the mouth through acid reflux, excessive vomiting, and severe snoring which can create a vacuum that siphons stomach acid up into the throat. All of these are conditions that need medical treatment as these disorders create more problems than just those that affect the teeth.

Sometimes we unknowingly rinse with acids. Tom's of Maine, Crest ProHealth, Scope, and Listerine mouthrinses all have a pH lower than 7 and can contribute to creating more acidic conditions in the mouth. At Cheek Dental we have changed our general recommendation of the past 15 years of rinsing with Listerine after brushing and flossing to using a newer product made by CariFree, their CTx3 rinse, which has a more alkaline pH of 8.3. Therabreath, Cepacol, PerioSciences, and CloSYS also all make

mouthwashes with a 7 or greater pH.

None of us wants our teeth to be sensitive, appear darker, develop cracks, and have cavities. If you have noticed any of these signs and symptoms, see your dentist to see if acids are dissolving away your smile.



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 COBB SCHOOLS COALITION DEDICATES **26TH HABITAT HOME**



Laurelle the new homeowner with her two children, join Cobb students and club sponsors along with Habitat for Humanity, NW Metro Atlanta, on the dedication day of their newly built home in Marietta.

obb County High School Coalition and Smyrnabased Habitat for Humanity of NW Metro Atlanta dedicated the affiliate's first home build of the year. The one-story house will be the home for single mother Laurelle and her two children.

This is the 26th Habitat home built by the students of the Habitat clubs of the Cobb County High School Coalition. The Habitat for Humanity student chapters at four Cobb high schools participated in this year's coalition: Pope, Walton, Campbell, and Hillgrove High School.

The house is located in Marietta. Laurelle currently lives in Smyrna with her two children and works as a Paraprofessional in the kindergarten class at Birney Elementary School. She spends 46 percent of her income on housing costs, and their current apartment makes her concerned for her family's health. She is also looking forward to being able to provide her son and daughter separate bedrooms. Laurelle says she heard about Habitat for Humanity's international work where she grew up in St. Croix, US Virgin Islands, but she decided to apply when her son's therapist told her about the homeownership program. Now, she's on her way to closing on a new home in Marietta, with an affordable, zero-interest mortgage. "Every year, it is amazing to see busy high school students give up their Saturdays for nine weeks to build this house," says Jessica Gill, CEO, Habitat for Humanity, NW Metro Atlanta. The students are led by great teachers who help them raise the funds for the project all year and build alongside them and the homeowner each Saturday."

Cindy Cassanova, Habitat Club sponsor from Pope High School, says, "They not only get to be a part of building a home for a family, but they also get to do it with peers from other area schools," says Cindy. She says dedication day is an amazing experience. "Seeing the family and crew all dressed up and celebrating a new home that will be loved and lived in for years...well that is what it is all about."

Habitat for Humanity of Northwest Metro Atlanta was started in 1985. On April 1, 1986, Cobb County Habitat for Humanity was officially incorporated as an affiliate of Habitat for Humanity International. In 2008, the organization expanded to include Douglas and Paulding counties and the name changed to Habitat for Humanity of Northwest Metro Atlanta. Since 1986, nearly 600 homes have been built, rehabilitated, or repaired as part of our pursuit to provide decent, affordable housing in Cobb, Douglas, and Paulding counties. To learn more about the local affiliate, visit habitatnwma.org or habitat.org.



LOCAL WOMAN TRANSFORMS ZAXBY'S INTO ELEGANCE EVENTS VENUE

NAZANIN MORADIMEHR OPENS HER DREAM EVENT SPACE IN EAST COBB

By Marie Muir

A spacious room set with tables draped in gold linen glows beneath the soft light of five crystal chandeliers. It's hard to believe the building at 2080 Lower Roswell Road in Marietta was originally a Zaxby's. Wheeler High School class of 1998 graduate, Nazanin Moradimehr saw the hidden potential in this East Cobb property. She purchased the place in January of 2023 and began extensive renovations in April. Join the community and witness this incredible local transformation at the grand opening of Elegance Events venue on

Sunday, June 18. The free, indoor-outdoor celebration kicks off at 6pm and will feature live music by local DJ Amir, Gyro Chef food truck, floral decor by Urban Blooms Atlanta, and event design displays by Nazanin.

Nazanin, better known as Nazy by friends and family, has been in the restaurant and catering industry for most of her life. She grew up in a Mediterranean cafe on Cobb Parkway that was owned and operated by her parents. Although her parents closed the cafe and moved their business to Florida over 20 years ago, Nazy launched her own successful hospitality career in Georgia. She is an event planning connoisseur who holds a bachelor's in hospitality from Florida International University and a doctorate in business from Argosy University. The former restaurant owner is excited to step into her new role as venue owner of Elegance Events.

Nestled in a quiet corner of Newmarket Center shopping mall, Elegance Events venue has a clean, neutral exterior and is



Nazanin Moradimehr invites the community to the grand opening of Elegance Events venue on Sunday, June 18 at 6pm.

partially surrounded by trees. Nazy was drawn to the property's accessible location and all-inclusive amenities. Bountiful on-site parking, a full-service catering kitchen, and modern bathrooms ticked all of her boxes. The event space can accommodate up to 200 guests, but is most comfortable with 120 when a dance floor is included. Nazy describes the space as

"This is home to me. I grew up around here. I wanted to be a part of this community, because this is my community. I looked at a lot [of properties], I've seen places everywhere, but I wanted to be here." -Nazanin Moradimehr

a blank canvas. An exposed industrial-chic ceiling painted black and nine commercialsize windows can be styled for events ranging from weddings to conference meetings. Guests have access to an expansive bar and floorto-ceiling projection screen. In addition to the venue, Nazy offers event planning and design, catering, and a selection of event rentals. Her most unique rental items include a wrought iron cinderella carriage, a massive world globe, and a palanquin for carrying royal guests of honor. Nazy has a passion for

bringing client event visions to life with customized decor and menus.

Elegance Events caters to everyone, literally. Nazy can prepare any kind of food upon request, however her talent shines best in Mediterranean and Persian cuisine. Clients in and outside of East Cobb are welcome to enlist Nazy's services or hire alternative vendors for their event. Whether she's building a balloon arch or cooking food for fifty, she always remains calm and maintains a positive attitude. Recently, Nazy helped a client plan a successful surprise marriage proposal at a lakeside 40th birthday party. She is eager to celebrate the grand opening of Elegance Events and to share her services with the community. Nazy is supported by a small team of friends and family that includes her 15-year-old son Sam Moradi who plays football at Walton High School and their pet bunny, Marshmallow. Learn more about Elegance Events at eleganceevents. info. Nazy can be contacted at Mnazy22@ yahoo.com or 813-817-4659.

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EAST COBB VALEDICTORIANS CLASS OF 2023



CLARE WU (GPA 4.750) Kell High School College: California Institute of Technology Major: Computer Science



SEBASTIAN JEAN FRANCOIS (GPA 4.750)

Sprayberry High School College: Cornell University Major: Computer Science



ARSH MUKHTAR ALI (GPA 4.8) Lassiter High School

College: Georgia Institute of Technology Major: Computer Science



CHAITANYA YETUKURI (GPA 4.826) Walton High School College: Georgia Institute of Technology

Major: Business Administration



SHAUNAK KARNIK (GPA 4.815) Pope High School

College: Georgia Institute of Technology Major: Computer Science



RITHU HEGDE (GPA 4.803)

Wheeler High School College: Undecided Major: Mathematics



GRAPHIC DESIGN

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EAST COBB SALUTATORIANS CLASS OF 2023



ELANA DARSEY (GPA 4.719) Kell High School College: Georgia Institute of Technology Major: Computer Engineering



THOMAS GEORGE (GPA 4.742)

Sprayberry High School College: Georgia Institute of Technology Major: Civil Engineering



JOSHUA MICHAEL WU (GPA 4.759)

Lassiter High School College: Georgia Institute of Technology Major: Computer Science



GAVIN DU (GPA 4.808)

Walton High School College: Northwestern University Major: Economics



AMY KOKAN (GPA 4.778) Pope High School College: Georgia Institute of Technology Major: Mechanical Engineering



EWURABA BUCKLE (GPA 4.766)

Wheeler High School College: Massachusetts

Institute of Technology Major: Computer Science





EAST COBB STUDENTS RECEIVE THE SILVER PEN AWARD

The Silver Pen Program, now a statewide award, was created over 25 years ago by the Kiwanis Club of Marietta Golden K (KCMGK). Since then, the Silver Pen Award has been presented by the KCMGK to Cobb County Fourth grade students. The essay completion was competitive since the award was open to all 4th grade students on a school-wide level.

Jim Perry, past president of the KCMGK and Silver Pen Award presenter, summarized it this way, "The Club challenges all fourth graders in three schools to write a comprehensive essay on a topic assigned by the Club. Teachers in each section of fourth grade send their best two submissions to the school administration. One paper from each class is submitted to the Club, which has a panel of judges selects the winner from each school. The Silver Pen Award was our Signature Program for many years, and its success became widely known. Now, this is an approved program for Kiwanis Clubs throughout the Georgia District."

This year, the KCMGK awarded the Silver Pen Awards at three Cobb County schools: Acworth, Rocky Mount, and Tritt Elementary. The winning students were ASHLEY LANGAN, Acworth ES; JAMES THORPE, Tritt ES; and DEANNA MUNK, Rocky Mount ES. Each winner was presented with a silver pen in a velvet sleeve, a roll of \$25 uncirculated one-dollar coins acquired directly from the Philadelphia Mint, and an engraved plaque. The presentations were made during the morning broadcast to the whole school.



L to R: Dr. Cheri Vaniman, Principal Rocky Mount ES; Peter Munk (dad); Karen Munk (mom); Aimee Mendel, past president KCMGK: Jim Perry, presenter and past president KCMGK; John Kone, president KCMGK and Dr. Sage Doolittle, Rock Mount ES; Front: Deanna Munk, Silver Pen Award Winner

Everyone was incredibly proud of the Silver Pen Award winners; however, the most surprising change observed by us, the adults (parents, teachers, and Kiwanis Club members), was the delivery! At each school, the SP awards were presented LIVE, to each classroom, via a "closed circuit" in-house TV system. "We never had anything like this when I was in Elementary School," one parent went on to say." Both students and adults are thankful for all the technological changes that have taken place in our schools over the years. For more information on Kiwanis Club of Marietta Golden K visit: www.facebook.com/mariettagoldenk or email: kiwanisclubgk@gmail.com. @



14 June/July 2023

FAMILY SALON Family Salon KIDS KUTS SHIFTS FOCUS TO SERVE FAMILIES OF ALL AGES



For 24 years, Family Salon Kids Kuts has remained a local staple in East Cobb. Originally focused on providing children with exceptional haircuts, they continue going strong at their original

location. But with

original customers

returning as adults

with children of their

own, the salon decided to place a stronger

emphasis on the first

word in their title after

the onset of the global

pandemic.

Sabra Dupree, Owner

Family Salon Kids Kuts



"I have been really blessed here with loyal customers," said Owner/Stylist Sabra Dupree. "In 2020, we had to take out the car chairs and the toys and the magazines and everything out of the front. So, when we did that, we just decided that we were never going to put those back in and graduate to more of a family atmosphere instead of solely on kids...like I said, a lot of those kids grew up."

Chiraz Hamandeh, Master Stylist

Savannah Ashby, Manager

While many local businesses surrounding them had to close due to the widespread loss of business during COVID, Sabra decided to keep her salon open while taking the necessary safety precautions. With such a long and loyal customer base, they continue to support the salon with some even bringing them lunches when the salon is at its busiest.

PAID ADVERTISEMENT

by Adam Darby

"I want to tell my community, 'thank you', for blessing us and keeping us afloat because a lot of places did have to close," Sabra said. "The most rewarding part is to have someone who went off to college and come back here for their haircut because it's such a familiar salon. So, the longevity of the salon, I feel, gives us a leg up compared to all of the other salons in the area."

Despite existing for almost a quarter of a century and keeping many of their longtime stylists, the salon understands that there is a whole new generation of up-and-coming stylists ready to offer their talents. For that reason, they provide training and apprenticeships for women to receive the experience needed to earn a cosmetology license without the tuition that often comes with it.

Serving as an apprentice under Sabra for two years before working alongside her for an additional seven. Sabra is excited to hand the reins over to their new manager, Savannah Ashby. With two stations currently open for new stylists looking to make a change, the salon shows no signs of stopping as they continue to make their mark within the community.

Family Salon Kids Kuts is located at 2323 Shallowford Road, Suite 113 in Marietta. They are open Monday to Saturday and accept both walk-ins and appointments. Customers who mention this article upon arrival will receive 20% off of any service through August 1.

To learn more, visit www.mykidskuts.com.

2023 Since Silly COMMUNITY CALENDAR

EVERY MONDAY

Kennesaw Farmers Market features an average of over 30 local farmers and merchants offer fresh tomatoes, flowers, seasonal fruits and vegetables, plants, herbs, and a variety of local food and products. Be sure to get there early for the best selection. The market also includes a 'Makers Market' with vendors selling handmade goods. 3:30-7:30pm. Free. Depot Park, Big Shanty Drive parking lot, 2828 Cherokee Street, Kennesaw. More info: www.facebook.com/KennesawFarmersMarket.

EVERY MONDAY, WEDNESDAY & FRIDAY

Kennesaw Mountain National Battlefield Museum Tour. It's more than just the artifacts! Join for two special tours of the Visitor Center museum where Rangers take you on a journey through the entirety of the Civil War (with heavy focus on the Western Theater and the Battle of Kennesaw Mountain). Discuss the causes, biggest battles, blunders and how the war still affects us today over 150 years later. 2pm. \$5/parking (includes everyone in vehicle). Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or www.nps.gov/kemo.

EVERY TUESDAY (EXCEPT JULY 4)

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

EVERY WEDNESDAY

Avenue Active at Avenue East Cobb. In partnership with Lululemon, and barre3. Each class will provide a full-body workout that combines strength + mindfulness, leaving you feeling balanced and empowered! Be sure to sign up for the loyalty program at check-in, earn 5 stamps (1 class = 1 stamp) on your loyalty card and receive exclusive swag items. Complimentary juice and energy bite samples from Kale Me Crazy at check-in. After class, present your "Wine Down" Voucher (received at checkin) to New York Butcher Shoppe for a complimentary glass of wine and 10% off the bottle. Bring your own mat. Weather permitting. 6-7pm. Free. Avenue East Cobb, Front parking lot near Tin Lizzy's, 4475 Roswell Road, Marietta. More info: /avenueeastcobb.com/events/ avenue-active-2. 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; Registration required. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711 or www.cobbcat.org.

EVERY FRIDAY

Electric Avenue at Avenue East Cobb. Groove into the weekend with tunes from local artists at Electric Avenue. Grab a bite and drink to enjoy during the show from Avenue Restaurants. Guests are encouraged to bring their own tailgate chairs for seating. Coolers and outside beverages are not permitted. Weather permitting. Check website for band schedule. 6-7pm. Free. Avenue East Cobb, Front Parking lot across from Tin Lizzy's, 4475 Roswell Road, Marietta. More info: avenueeastcobb. com/events/electric-avenue.

EVERY SATURDAY

Marietta Square Artisan Market is 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. 9am-2pm. Rain or shine. Located in the parking lot beside the Marietta Square Market, 68 North Marietta Parkway NW, Marietta. More info: www.facebook.com/ MariettaSquareArtisanMarket.

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.

Sandy Springs Farmers Market has unique vendors each week set up shop providing an open-air opportunity to purchase fresh produce and artisan foods. Many bring their farm to your table. others offer deliciously prepared specialty foods. 8:30am-12pm. Rain or shine. City Springs, 1 Galambos Way, Sandy Springs. More info: citysprings. com/farmersmarket.

EVERY SATURDAY & SUNDAY

River Canoe Trips. Take a leisurely 2.5-hour evening paddle with the nature center's experienced canoe guides, while learning all about the environment of the Chattahoochee River. This trip is a great first-time experience or a fun way to reconnect with the river you already treasure. Along the way participants will look for wildlife and learn about the wetland ecosystem that is unique to metro Atlanta. All equipment is provided. 5-8pm. Ages 8+. General public: \$35; CNC members: \$30. Advance registration by the Wednesday prior is required. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. For registration/scheduling: 770-992-2055 x237 or www.chattnaturecenter.org/visit/experience/canoeing.

JUNE 4, JULY 2 & AUGUST 6

Caffeine & Octane Car Show. Do you have a car enthusiast? Spend the morning at one of the largest monthly car shows. 9am-Noon. Free. Town Center Mall, 400 Ernest W Barrett Parkway, Kennesaw. More info: caffeineandoctane.com/about-caffeine-and-octane.

JUNE 5, JULY 3 & AUGUST 7

Comedy Live at Avenue East Cobb. Grab a bite and drink to enjoy during the show from Avenue Restaurants. Guests are encouraged to bring their own tailgate chairs for seating. Coolers and outside beverages are not permitted. Weather permitting. 6-7pm. Free. Avenue East Cobb, Front Parking lot across from Tin Lizzy's, 4475 Roswell Road, Marietta. More info: avenueeastcobb. com/events/electric-avenue.

JUNE 8 & 22, JULY 13 & 27

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.

JUNE 10

31st Annual Creeper's Car Club Fun Run. There will be a swap meet, door prizes, music and food. 9am-3pm. \$20; All proceeds will be donated to Children's Miracle Network Hospitals/CHOA and Georgia Special Olympics-Cobb County. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: Rodney Carson: 770-653-1701 or creeperscarclub60@gmail.com.



COMMUNITY CALENDAR

JUNE 10 & 24, JULY 8 & 22

Open-Hearth Cooking and Living History. Living history interpreter and cook, Clarissa Clifton, demonstrates open-hearth cooking using recipes from both African traditions and known Black female cooks. Clarissa explains the methods of cooking over an open fire using traditional cast iron cookware. Please note that this is for educational demonstration purposes only. 10am-3pm. Free. House Tour tickets may be purchased. Smith Plantation, Cookhouse behind the historic house museum, 935 Alpharetta Street, Roswell. More info: www. roswellgov.com/discover-us/historic-house-museums/ events/open-hearth-cooking.

JUNE 10 & JULY 15

Smyrna Summer Concert Series presents for June: Electric Avenue (80's) and July: Platinum Band (Party). 7-10pm. Free. In front of City Hall, 2800 King Street, Smyrna. More info: 770-434-6600 or www.smyrnacity.com.

JUNE 12

Library Mini-Golf. Put your putt-putt skills to the test with a miniature golf course that puts the "tee" in tee-rific. For ages 9-14. All materials provided. 5-6pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730 or www.cobbcounty.org/library/ events/5023.



For additional information or questions, email Jay Mokulay at 3tm caulay3D@gmail.com

COMMUNITY CALENDAR

JUNE 13

Wonderlab-Oil Spill Cleanup. Oil spills are unfortunate consequences of using fossil fuels. At this hands-on session you will learn about the environmental impact of oil spills, learn ways scientists help save the animals who are impacted by these tragic events and try your hand at some of their techniques. Intended for ages 6-11. 3-4pm. Free; Registration required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-42725 or www.cobbcounty.org/library/ events/4834/wonderlab-oil-spill-cleanup.

JUNE 15 & JULY 20

Alive in Roswell. The festival is held concurrently on Historic Canton Street and the Roswell Antique and Interiors Lot. Free regular trolley service connects the free parking at Roswell City Hall and Woodstock Park to the event. The festival features music, food trucks, hundreds of interactive vendors, 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.

JUNE 17

Marietta Museum of History Free Admission Day. Come explore the history of Marietta.10am-4pm. Free. Marietta Museum of History, 1 Depot Street, Marietta. More info: www.mariettahistory.org.

JUNE 17 & JULY 15

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

JUNE 18

Tied Up In Knots. A tribute being paid to 5-time, Emmy Award winner, and legendary television character actor Don Knotts. Starring Karen Knotts, Don Knotts daughter, Karen shares fond memories of her special father-daughter bond plus stories about visiting the set of Mayberry and the cast members who were not like their TV characters. Great "inside" stories for all of us "Mayberry fans"! 3pm. \$25. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info/ tickets: 770-293-0080 or www.earlsmithstrand.org.



JUNE 24 & JULY 22

Roswell Riverside Sounds Concert Series presents for June: The Deslondes and July: Tami Neilson. 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.

JUNE 27

Summer Movie Marathon. Come binge the classics at the Sewell Mill Cinema. Dress in cosplay and come on down to the Black Box Theatre to watch the original Star Wars trilogy on the big screen! This program is for all ages. All movies are rating PG. Be sure to check the website for updates. 5pm. Free. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-4988 or www.cobbcounty.org/library/events/5416/summermovie-marathon.

JUNE 27 & JULY 25

Avenue Kids. Bring your tots to Avenue East Cobb for an afternoon they won't forget at Avenue Kids! Each month will feature themed activities, crafts, games + more to help their imagination grow. Recommended for children under 7. June theme: Kick-off to Summer Carnival. July theme: Luau. Weather permitting. 4-6pm. Free. Avenue East Cobb, 4475 Roswell Road, Marietta. More info: avenueeastcobb.com/events/avenue-kids.

JUNE 28

Jewelry Making Basics. Learn the basics of bead jewelry making. Eva Green, a local jewelry maker will teach us the fundamentals of using wire and glass beads. You will create your own beautiful beaded jewelry to take home. Supplies will be provided. Intended for ages 10 and up. 6-7:30pm. Free; Registration required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-2725 or www.cobbcounty.org/ library/events/4328/jewelry-making-basics-eg-designs.

JUNE 30 & JULY 28

Concert Series in Glover Park. Enjoy some live music with a lunch or evening concert. June band: Guardians of the Jukebox (80's Tribute) and July: Chuck Martin & The Line-up (90's Country and Classic Rock). Tables, tarps and plastic ground coverings are prohibited. For the 8pm concert: 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. Noon-1pm or 8pm. Free. Glover Park, Marietta Square, 50 Park Square, Marietta. More info: 770-794-5601 or www.marietta.com/brownbag-concerts.

EAST COBBER

NEXT ISSUE: AUGUST • DEADLINE: JULY 15 CALL EAST COBBER: 770-640-7070

JULY 8

Cobb Tasting Festival. Food vendors, business vendors, a Kidzone Area, Live entertainment, music, giveaways, prizes, and much more. 10am-4pm. Free Admission; \$3 parking; food samples \$1-\$8. Jim Miller Park, 2245 Callaway Road SW, Marietta. More info: tasteoffoodtrucks.com/cobb-tasting-festival.

JULY 12

Neon Midnight: Electronic Music Concert featuring

Phantasm. Join Phantasm, local artist and DJ, as he plays some of his foot-moving, all-original electronic music. Bring your dancing shoes, a blanket, and some snacks! This program is intended for all ages, however, be aware that music is loud and there are flashing lights. Glowsticks will be handed out while supplies last. 6:30-7:30pm. Free. Sewell Mill Library, Outdoor Amphitheater, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-4988 or www.cobbcounty.org/library/events/5291/neonmidnight-electronic-music-concert-featuring-phantasm.

JULY 14 & 15

Antique Gun & Military Collectibles Show & Sale. Antique Guns, U.S. and Foreign Military Arms, Civil War Collectibles, Books, and Military Collectibles of All Periods. Exhibited, Bought, Sold, and Traded. Friday: Noon-5pm; Saturday: 10am-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.





COMMUNITY CALENDAR

JULY 14-23

Marietta Campmeeting. For nearly 200 years, fellow Christians have come together, on this sacred ground, to share their experiences with God. Campmeeting is a nondenominational revival where everyone is invited to join in the glorious celebration of our Lord. For schedule, see website. Free. Marietta Campground, 2300 Roswell Road, Marietta/East Cobb. More info: mariettacampmeeting.org.

JULY 17

Sleuths & Sweets. Do you think you have what it takes to solve the mystery? Join East Cobb Library teens as they sleuth their way to the truth. Sweets provided! For teens ages 13 and up. 5-6pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730 or www.cobbcounty.org/library/ events/5022/sleuths-sweets.

JULY 20

Braves Summer Concert Series featuring For King and Country. Immediately following 12:20pm game. Free with purchase of game ticket. SunTrust Park, 755 Battery Avenue, Atlanta. More info: www.mlb.com/braves/ tickets/concerts/for-king-and-country.

JULY 21-23, 28-30 & AUGUST 4-6, 11-13

Once On This Island. Through almost non-stop song and dance, this full-hearted musical tells the story of Ti Moune, a peasant girl who rescues and falls in love with Daniel, a wealthy boy from the other side of her island. Check website for showtimes and prices. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or www.theatreinthesquare.net.

JULY 22

MUST's own Dancing with the Stars benefiting MUST ministry programs through event ticket sales, votes for dancers, silent auction items and more. Immediately following the competition, all are invited to the after party hosted by Celebrity Ballroom Dance Studios (2727 Canton Road, Suite 520, Marietta). Includes an 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; \$250/VIP Seating. Piedmont Church, 570 Piedmont Road, Marietta/East Cobb. More info: www.mustministries.org/must-dance.

JULY 22 & 23

46th 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 (good for both days), Early bird shopping Saturday 9am: \$15. Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More info: psdgc.com or showchair@psdgc.com.



COMMUNITY CALENDAR

JULY 28 & 29

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. Friday: 10am-7pm; Saturday: 10am 5pm. \$20/online; \$30/at the door; Children under 18: Free. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: www.southeasthomeschoolexpo.com.

JULY 29

Cobb Idol. A live concert competition featuring the best voices in Cobb. Proceeds support The Strand Theater. \$15. 8pm. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info/tickets: strandmarietta.org.

AUGUST 1

First Day of School for Cobb County public schools.

AUGUST 4

National Park Free Day. National Parks that charge a fee will be free in honor of the Great American Outdoors Act. Kennesaw Mountain National Battlefield Park is included. More info: www.nps.gov/planyourvisit/fee-free-parks.htm.

AUGUST 5

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 \$600,000 from race proceeds to local and international service projects. 7:30am. \$30 (through July 31). McCleskey East Cobb YMCA, 1055 E. Piedmont, Marietta/East Cobb. More info/registration: dogdaysrun.com.

East Cobb Triathlon. Choose from 3 distances for the adults and races for children. The swim portion takes place inside the Mountain View Aquatics Center. 7:30am. \$45-\$75. Mountain View Aquatic Center, 2650 Gordy Parkway, Marietta/East Cobb. More info: www.fivestarntp.com.

Lutzie 43 Road Race 5K. Honoring the memory of Lassiter and Auburn football player, Philip Lutzenkirchen. All proceeds benefit the Lutzie 43 foundation. 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: \$21-\$30 (before July 4). Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: lutzie43.org. @

EAST COBBER Parade & Festival Saturday, September 9, 2023

- Parade Route: The EAST COBBER Parade will step off at 10am, starting at 1223 Johnson Ferry Road, travel 1 mile south
 ending at Olde Towne Parkway in Marietta/East Cobb 30068. *Festival Site:* The EAST COBBER Festival will be in the
- south parking lot of Johnson Ferry Baptist Church, immediately following the EAST COBBER Parade. From 11am-3pm, the admission-free Festival will feature arts and crafts, local businesses, food concessions, carnival games, and an
- entertainment stage. More Info Application: 770-640-7070 or eastcobber.com/parade

20 June/July 2023

TEMPLE KOL EMETH CELEBRATES RUBY JUBILEE

s part of its year-long celebration of the 40th anniversary of its founding, Cobb County-based Temple Kol Emeth (TKE) held a "There's No Place Like Home" themed Ruby Jubilee on Saturday, April 29. More than 200 members of the TKE community gathered for the gala event co-chaired by Sarah Thalheimer and Ryan Singer, which included dinner, a silent auction and entertainment by comedic magician Jake Schwartz, who kept the crowd laughing.

The Cobb County Commission provided a proclamation to honor the past, present and future of the Reform Jewish temple, which was founded in 1982 by seven families and has grown to encompass more than 400 families. In the four decades since opening its doors, TKE has been a welcoming Jewish presence in Cobb County, serving a diverse congregation that includes interfaith families and members of every race, age and background. Past presidents, including founding member and longest serving president Jane Aronoff, were honored at the event.

"Temple Kol Emeth's 40th Anniversary Ruby Jubilee was a wonderful occasion to come together as a community to honor our past and celebrate our future," said Temple Kol Emeth President Jodi Roberts. "We are a dynamic, inclusive, and growing community grounded in our Jewish faith. Celebrations such as this provide the opportunity to reflect on our past and share our excitement for the future of our temple community."

The celebration continues with the installation of the Birthright Bench by nationally recognized wood sculpture artist and congregant Doug Pisik. The 600pound wooden bench will provide a new sitting area featuring a wall of cubbies along the back, which includes prayers and thoughts from TKE congregants, symbolic of the Western Wall.



Pictured above from I-r; Mitzi Schepps, Frank Mix, Sandi Davis, and John Herbst, celebrating at the Ruby Jubilee Gala.

Prayers from the bench were taken to Israel by 45 congregants participating in the 40th Anniversary Israel trip that took May 27 through June 7. During the trip, TKE members participated in hands-on learning and a spiritual unearthing of Israel, exploring ancient artifacts and new-age discoveries throughout Tel Aviv, Galilee, the Dead Sea and Jerusalem.

Temple Kol Emeth was founded in 1982 by seven families who felt the need for a Reform Jewish presence in Cobb County and has been affiliated with the Union for Reform Judaism since 1987. A Southern Reform congregation in suburban Atlanta, Temple Kol Emeth welcomes Jews by choice and interfaith families and enjoys a congregation diverse in age and background. Temple Kol Emeth is located at 1415 Old Canton Road in Marietta/East Cobb. For more information, visit www.kolemeth.net.



FOURTH OF JULY FESTIVITIES

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

ACWORTH - July 4

JULY 4TH CONCERT AND FIREWORKS. Live music will start at 5:30pm. Fireworks will begin at approximately 9:30pm. Food vendors will be on site. Free admission. If parking is full or you don't have a pass; parking is available in downtown. No shuttle service from downtown. Handicap parking will be available at McCall Primary School and there will be a shuttle provided for handicap attendees. Handicap shuttles begin at noon. Cauble Park, 4425 Beach Street, Acworth. More info: 770-917–1234 or visit www.acworthparksandrecreation.org.

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★ ALPHARETTA – July 4

JULY 4TH FIREWORKS AT WILLS PARK. Celebrate Independence Day with family and friends at Wills Park! Attendees are encouraged to pack a picnic, including blankets and chairs. The spectacular fireworks display begins at dusk. Wills Park, 11925 Willis Road, Alpharetta. More info: 678-297-6130 or www.alpharetta.ga.us.

🛨 DUNWOODY – July 4

DUNWOODY 4TH OF JULY PARADE features marching bands, local celebrities and floats. Parade starts at 9am at the Intersection of Mt. Vernon Road and Jett Ferry Road (West side of the street), follows west on Mt. Vernon to Dunwoody Village at 5483 Chamblee Dunwoody Road, Dunwoody. Spectators are encouraged to set up chairs along Mt. Vernon and Dunwoody Village Parkway. The festival begins immediately after the parade, approximately 11:30am. The festival area is in front of the US Post Office in Dunwoody Village. This year's theme: 50 Years of Wildcat Pride. Celebrating Dunwoody High School! More information: 770-354-7653 or www.dunwoodyga.org.

🛨 EAST COBB – July 4

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

★ KENNESAW – July 3

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

★ MARIETTA – July 4

4TH IN THE PARK CELEBRATION Parade starts 10am at Roswell Street Baptist Church, 774 Roswell Street SE, Marietta, ends at North Marietta Parkway. Followed by concerts, art and crafts show, food and carnival games. Fireworks finale at 9:30pm in Glover Park/Marietta Square. More info: 770-794-5601 or www.mariettaga.gov.

★ POWDER SPRINGS – July 4

POWDER SPRINGS 4TH OF JULY featuring music, children's activities, vendor booths, food, car show and fireworks at dark. 6pm-10pm. Thurman Springs Park, Home of the Hardy Family Automotive Amphitheater, 4485 Pineview Drive, Powder Springs. More info: 770-943-1666 or cityofpowdersprings.org/ 873/4th-of-July-Celebration.





🖈 ROSWELL – July 4

ANNUAL FIREWORKS EXTRAVAGANZA. Live music, entertainment, and food trucks. Bring your chairs and blankets to spread out at one of several fireworks viewing areas throughout the park. Fireworks will start at sunset. The fun starts at 6pm. Free. Roswell Area Park,10495 Woodstock Road, Roswell. More info: 770-641-3727 or www.roswellgov.com.

★ SANDY SPRINGS – July 4

STARS AND STRIPES CELEBRATION Bring your own picnic, purchase from one of the nearby restaurants, or check out one of the food trucks! Lawn opens at 4pm, food trucks open at 6pm, concert starts at 7:30pm. Following the concert will be fireworks. Blankets, lawn chairs (low back chairs preferred) and umbrellas are allowed (lower umbrellas when the music starts. Free. 6-10pm. City Green at City Springs, 1 Galambos Way, Sandy Springs. More info: www.visitsandysprings.org.

🖈 WOODSTOCK – July 4

JULY 4TH SPECTACULAR begins at 7am with the Annual Freedom Run (start and finish on Elm Street). Parade begins at 10am at Woodstock Elementary, 230 Rope Mill Road, traveling down Main Street to Sam's Club at Hwy 92. After the parade, a festival with food, children's activities, musical entertainment and crafts from 11am-3pm at The Park at City Center, 101 Arnold Mill Road, downtown Woodstock. Fireworks begin at dusk behind the Lowes Shopping Center at Hwy 92 and I-575. Parking maps and more info: www.woodstockga. gov or woodstock.recdesk.com/RecDeskPortal/ Portals/770/July 4th Spectacular Flyer 2023.pdf. @



FIREWORKS ORDINANCES IN COBB COUNTY

Cobb County Code bans fireworks from 9pm-10am. This is spelled out in the county's code under the noise ordinances. Violations are a misdemeanor offense.

FIREWORKS IN COBB COUNTY PARKS

Pyrotechnics are prohibited at ALL county parks per County Ordinance § 90-63.

Sec. 90-63. – Restricted or Prohibited Uses of Park Facilities

1. Pyrotechnics prohibited - It shall be unlawful for any person to possess, display, use, set off, or ignite any firecracker, fireworks, smoke bombs, rockets, or other pyrotechnics.



EXEMPTIONS CARVED IN BY STATE LAW.

The state legislature has spelled out several exemptions to county code in O.C.G.A. § 25-10-1 et seq. This allows exemptions to county ordinances for the use of fireworks on specific dates and times.

December 31 (New Year's Eve) - Fireworks may be discharged until 1am.

January 1 (New Year's Day) - Fireworks may be discharged until midnight.

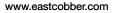
On the last Saturday and Sunday in May - Fireworks may be discharged until midnight.

July 3 - Fireworks may be discharged until midnight.

July 4 - Fireworks may be discharged until midnight.

On the first Monday in September - Fireworks may be discharged until midnight.

To view the Georgia code section regarding fireworks, visit: O.C.G.A. § 25-10-2.





EAST COBBER PARADE AND FESTIVAL CELEBRATES 25 YEARS OF FUN



The annual EAST COBBER Parade and Festival will be held on Saturday, September 9, starting at 10 am. This year marks the 25th anniversary of this community-building tradition, started by EAST COBBER founder and original publisher Cynthia Rozzo and carried on by the current publisher and owner, Laren Brown.

The EAST COBBER Parade is a beloved event steeped in history and tradition. It began in 1995, holding a parade down Johnson Ferry Road, East Cobb's main street. The tradition has grown over the years, and today, it is one of Cobb County's premier annual events, drawing thousands of people to witness or participate in a vibrant display of music, costumed characters, floats, and marching bands.

In 1993, the EAST COBBER magazine was launched to build a sense of community in the growing East Cobb community. The main aim was to promote the people, special events, schools, and businesses that make East Cobb County such a great place to live and work-- and for so many, to raise a family.

Cynthia fondly remembers her hometown parades, and in 1995, she brought that small-town tradition to the residents of East Cobb. "I wanted to bring a sense of 'place' to our community and create an event that kids growing up here would remember...I did not have children at the time, but I wanted my future children to experience that small-town feel and create excitement that a parade and festival provide," she said.

She also wanted to offer a unique way for the local businesses to introduce themselves to the community in a fun and festive atmosphere.

Cynthia retired in June of last year, and with the announcement that Laren Brown, EAST COBBER's Community Marketing Executive of 8 years, would be the new owner and publisher of the EAST COBBER. "So many people congratulated me and wished me well, but the first question was always, Will there be a parade next year?" recalls Laren.

The community has always embraced the EAST COBBER Parade. In 1995, 500 people marched in the parade. More than 2,000 participants are expected this year, representing more than 100 unique groups with more than 10,000 spectators. The parade is a tribute to the local schools. "Our principals and Teachers of the Year are the parade's VIPs. We realize many people move to East Cobb because of the schools, and the parade has always been a unique way to honor and celebrate all our great schools," said Laren. A free community festival, including entertainment, arts and crafts, concessions, carnival games, and local businesses, follows the parade.

The parade and festival could only happen with the generous support of its sponsors. CertaPro Painters is in its inaugural year as an advertiser with the EAST COBBER, and supporting the parade as the Presenting Sponsor is a natural extension of that existing relationship.

While generations may have come and gone since its original establishment, one thing remains constant: The EAST COBBER Parade continues to capture hearts and brings joy to everyone involved (or watching) each year! Mark your calendars and plan on attending one of East Cobb's longest standing and revered traditions! The parade starts at 1223 Johnson Ferry Road, and will travel south on Johnson Ferry Road to Olde Towne Parkway. The festival will be held at the south parking lot of Johnson Ferry Baptist Church, 955 Johnson Ferry Road, and will begin immediately after the parade from 11am-3pm.

For more information on how you can be a part of this community event, please visit www.eastcobber.com/ parade.





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JLCM'S MINT JULEP MINGLE RAISED \$5,000



From left, Colette Sleight, Mint Julep Mingle Silent Auction Chair; Amber Wilson, 2022-23 JLCM VP of Fund Development and Finance; and Mint Julep Mingle Co-Chairs Vivian Ballweber and Erica Walden.

The Junior League of Cobb-Marietta's Mint Julep Mingle drew quite a crowd May 6, as approximately 120 guests enjoyed music, contests, a raffle and prizes, hors d'oeuvres, drinks and a live broadcast of the 149th Annual Kentucky Derby—while also helping raise about \$5,000 for our community partners.

"The Mint Julep Mingle was so much fun and well-received by our guests, so I have no doubt it will continue to be a staple event year after year for our League," says Amber Wilson, JLCM's VP of Finance and Fund Development. "From the thoughtful Derby-themed catering menu to specialty cocktails and watching Mage win, this inaugural was one for the books!"

Wilson adds that guests also had a blast getting "down and Derby" on the dance floor, even after having a dance competition.

"Not to mention, the event was profitable in its first year, which means we get to give back more to our community partners serving women and children all across our area!" she continues.

Held at Boxwood Social Hall on the Marietta Square, the League's first-ever Mint Julep Mingle will help add to the Marietta-headquartered location's opportunity to continue to make a financial impact for those who are underserved in Cobb County. Each year, JLCM's financial impact is more than \$200,000 through annual



Cobb County Sheriff Craig D. Owens Sr. (left) with Nadia Williams, 2022-23 JLCM President. The sheriff's office was one of this year's event sponsors at the Mint Julep Mingle.

grants and volunteer hours being given to various community projects and agencies throughout Cobb, including the Cobb County Safety Village, Center for Family Resources, SafePath Children's Advocacy Center, Center for Children and Young Adults, Communities in Schools, Omosaze Inc. and the Cobb County Youth Museum.

"I also want to thank all of our League members who volunteered for a shift, donated items to the silent auction, helped us secure sponsors and partners, and sold tickets," Wilson says. "Our inaugural Mint Julep Mingle would not have been a success without you!"

We hope to see you next year, so go ahead and mark your calendars for the 150th Annual Kentucky Derby on Saturday, May 4. And, if you already know you'd like to be a sponsor or partner for next year, please reach out to the VP of Fund Development at vpfunddevelopment@jlcm.org.

Founded in 1933, the Junior League of Cobb-Marietta is an organization of women committed to promoting voluntarism, developing the potential of members, and improving the community through the effective action and leadership of trained volunteers. The purpose is exclusively educational and charitable. To learn more about the organization, make a donation or if you are interested in joining the League, visit jlcm.org.



LOCAL FRIENDS TEAM UP TO HOST ITALIAN TRAVEL TOURS



DnS Boutique Travels tour group makes Pici pasta in a cooking class in Tuscany, Italy.

elores Lazerson and Suzanne Rivchun grew up in New York and moved to Atlanta, Georgia to pursue career opportunities.

Delores is married with two adult children. She and her husband, Dr. Allen Lazerson, lived in Marietta for forty years and recently semi-retired to Sarasota, Florida. Delores's lust for travel was instilled by her parents. Each year her parents would pick a city and they would spend several days exploring points of interest, visiting museums, and experiencing the local cuisine.

Suzanne moved to Marietta 45 years ago to pursue a teaching career and soon after obtained a doctorate in Chiropractic. Suzanne married David Lieberman in 2008 and became an instant stepmother and grandmother. Suzanne discovered her passion for travel after spending several months traveling throughout Mexico on her own after she completed undergraduate school. She then made it her mission to follow her passion and continue traveling.

Delores and Suzanne met several years back through their husbands and instantly became good friends. Discovering that they both shared a love of adventurous travel, good food, wine and a love of different cultures, especially the Italian culture, they planned a three-week trip to Tuscany and Umbria, visiting multiple villages and towns where communities had thrived for many millennia.

While on their quest to learn about Italian history, they met with many locals and visited towns, churches and synagogues throughout the regions. Both were inspired by what they learned and shared this while conducting an Italian cooking class at their synagogue, Congregation Etz Chaim. This was the start of DnS Boutique Travels, LLC.

Having semi-retired from successful careers and other business ventures, they combined their talents,



Delores Lazerson and Suzanne Rivchun of DnS Boutique Travels in Florence, Italy.

travel planning experiences, business development and organizational skills and then formed DnS Boutique Travels and began bringing those interested to Tuscany, Italy.

Guests will tour many hilltop towns, villages and UNESCO tourist sights scattered throughout the Tuscan and Umbrian Regions. Many of these towns are Tufa towns built by the ancient Etruscans.

DnS Boutique Travels tours during the cool spring and fall months. "During the spring, the hills are green and covered with poppy fields, and fragrant and fresh vegetables are abundant," says Delores. Suzanne adds, "During the fall, the same hills are golden, and they are bountiful with olives, saffron, and grapes." Both seasons provide our travelers with wonderful produce used during their cooking lessons with local chefs." Classes are conducted near olive groves and vineyards and on family farms. Following the lessons, guests enjoy the foods they just prepared. Meals are always accompanied by varieties of local wines.

Tours include farmhouse accommodations, private group ground transportation, all meals, activities, and centralized pick-up and drop-off in Florence.

The duo likes to conduct small group tours on how they like to travel. "We immerse our guests in the culture, foods, and wines of the region."

The next tour will be October 21-29, 2023. For more information, visit www.dnsboutiquetravels.com or email dnsboutiquetravels@gmail.com.



PET OF THE MONTH

PET OF THE MONTH: FERDIE

Submitted by The Levine Family



Animal/Breed: Green Cheek Conure

Age & Gender: 9-year-old male

Favorite Food: Cool Ranch Doritos

Favorite Person: The Fam! Jason, Donna, Maddie and Justin

Best Trick: Dancing

Turn Ons: Watching people eat

Turn Offs: Being locked in his cage

Favorite Toy: Disco ball

Last seen: Dancing on the top of his cage

What makes him special: He has got spunk!

SHOULD YOUR PET BE OUR **PET OF THE MONTH?**

Owner's Name: _____

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TIPS TO EASE YOUR DOG'S ANXIETY **DURING FIREWORKS**

Fireworks during holidays like the Fourth of July can cause distress for many dog owners, as their dogs often become anxious, howl, and bark excessively. It is widely known that Independence Day sees a high number of dogs running away due to fear. If you have a new dog and are uncertain about its reaction, a good indicator is how they handle thunderstorms, as dogs that struggle during storms are likely to fear fireworks too. Fortunately, you can take steps to help your dog during these events. Here are nine tips, approved by experts, to assist you in preventing your dog from becoming overwhelmed by fireworks.

1. KEEP YOUR DOG AWAY FROM FIREWORKS

Don't take your dogs to fireworks shows, and don't leave them outside during fireworks. Keeping your dog inside on the evening in question is the best.

2. MAKE SURE YOUR PET HAS PROPER ID

Ensure that the information on your pet's collar is current and make sure your dog is microchipped and has a GPS device. If they escape, there's a better chance they'll get returned.

3. CREATE A SAFE HAVEN FOR YOUR DOG

Create a place where your dog will feel comfortable. Get your pet used to a calming environment beforehand.

Try setting up an area in a quiet space away from windows — such as a basement or a larger closet — so that they can't hear or see fireworks. Use a crate if that's where your dog feels safe, and make sure to provide your pup with familiar toys and treats.

4. PLAY WHITE NOISE

You can try leaving a fan, TV, or radio on to help mask the sounds of the fireworks. Classical music has been shown to have calming effects on dogs.

5. COMFORT YOUR DOG

If you can, try staying home with your dog or leaving them in the hands of a trusted person.

It's important to remain calm and use a soothing, even tone. Petting them can be comforting — long, slow, firm strokes along the length of their body are typically very soothing.

6. WALK THEM BEFORE THE FIREWORKS START

Head out for your long walk before the sun sets to increase the chances that you'll avoid the sounds.



7. DESENSITIZE YOUR DOG TO THE SOUNDS OF FIREWORKS

If you suspect your dog will freak out at the sound of fireworks, try playing sounds of fireworks (softly) so your dog is used to hearing them. Try pairing a video of the sounds of fireworks with a treat your dog likes. The volume should be low enough that your dog can notice it but does not show signs of stress like panting, pacing, leaving the area, or trying to hide.

8. TALK TO YOUR VET

If your pet's anxiety is severe, consider booking an appointment with your vet well in advance of the holiday so you can discuss a medication that could help soothe your dog's anxiety. You can also ask about trying over-thecounter CBD, dog-calming treats, or dog anxiety vests.

9. CONSIDER HIRING A TRAINER

If fear is negatively impacting your pup's life, consider enlisting the expertise of a trainer, says Stanley. "You can work with a trainer or behavior consultant to desensitize your dog to fireworks or other fears gradually — it's never too soon to start planning for next year."





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EAST COBB LIBRARY HOSTING SUMMER FOOD SERVICE PROGRAM

appy Helpings, Georgia's Summer Food Service Program, will provide free meals to children free of charge in three Cobb County public libraries weekdays in June and July.



Cobb County Public Library and Georgia Educational Resources Inc. (GER) are teaming up for the fourth year to provide summer meal service. Happy Helpings is funded by the U.S. Department of Agriculture and administered by the Georgia Department of Early Care and Learning. The program this summer break 2023 will be sit down breakfast and lunch meals unlike last year's drivethrough service in library parking lots.

The meals will be offered on a first-come, first-served basis while supplies last on the following locations and dates, excluding the week July 3-7: Tuesdays, Wednesdays, Thursdays on June 6-July 27, breakfast 9:30am-10am, lunch 11:30am-12:15pm: Charles D. Switzer Library, 266 Roswell Street, Marietta. 770-528-2320. Prepared by a local county-inspected commercial kitchen, the meals are free for children ages 18 and younger. Adults 19 years and older who are enrolled in school programs for persons with disabilities will also receive meals. Parents and caregivers must remain with the children during the meals.

Last year, CCPL and GER provided 26,950 meals to 1,925 children through a drive-through service at libraries.

"It is difficult to learn, concentrate, or even have the energy to play when you're hungry," said Terri Tresp, Division Director of Branch Services. "The Happy Helpings program provides nutritious meals and snacks to children that can improve their summer experience. The library is very grateful to once again partner with GER to provide this vital community service."

For information on the Happy Helpings program, visit www.happyhelpingsga.com.

For information on Cobb County Public Library summer programs and activities, visit www.cobbcat.org.



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LOCAL ROTARY CLUB SPONSORS 18TH ANNUAL DOG DAYS RUN

onoring the heat and humidity of late summer, the public is invited to the 17th annual Dog Days 5K Run on Saturday, August 5. 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 \$600,000 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 \$30 and must be received by July 31, 2023, (\$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 18th Annual Dog Days Race, visit www.DogDaysRun.com and click on the "Sign Up" link.

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.



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$\mathbf{34}$ June/July 2023

SPARKLE SUCCESS STORY

by Ginger Markert-Brusa

o you know Angela Searcy? Angela has been an elementary school teacher for 26 years. She lives in Marietta with her husband of 25 years and their two sons.

Angela started Sparkle Wellness in June 2021 and has lost 40 pounds. She is 54 years old and is 5 feet, 4 inches tall.

Tell us about your Lifestyle Change: Jacynta Harb and I have been friends for about 5-6 years. I had heard of Sparkle and was interested but kept putting it off. I had reached a weight I had never seen before, and I was not happy with myself. Finally, I talked with Jacynta, and she asked me to give it a try. I was hooked! She and the other Sparkle ladies made me feel like I could do anything. I enjoyed learning new things about food and overall wellness. The Sparkle community made losing weight fun! This has been the best thing I've done for myself in years.

What kind of changes have you made to your eating

habits? I've always thought I was eating healthy, but I learned it wasn't healthy enough. I started reading labels and realizing that there are so many hidden things in our food that are not good for us. I started making small changes like switching brands, cutting back on my baking habits, and shopping the outer aisle in the grocery store. It's amazing what little changes will do to improve your health. I stopped eating bread and noticed how much better I felt. My family loved all the new recipes I was trying (which were just changing certain ingredients in old recipes), and my husband lost weight as well.

What are your small steps to making changes?

Step One. I made up my mind that I was worth it. Step Two. I joined Sparkle!

Step Three. Make small changes one at a time. For example, switch out rice for cauliflower rice and canola oil for avocado oil.

Do you have an exercise routine? I love to walk! My husband and I try to walk 3-4 miles several times each week. I have started strength training and have recently joined a gym.

What is the biggest challenge you faced on the journey?

The biggest challenge is my love of baking. I enjoy it so much but had to cut way back. Sugar is a big pull for me, especially dark chocolate. I adjusted recipes and found Hu organic brand chocolates that I feel good about eating, so I still get to have that little treat.



Angela Searcy before and after losing 40 pounds.

Have you had a struggle during your journey? Losing

weight was easier than I thought it would be, with so much support. Keeping it off is a different story. It's more complicated than you think, but Sparkle has a plan to help you maintain your weight loss and continue to improve your health. You don't go back to your old ways, or you will end up in that old body. I keep focused on what I eat and make sure to add in regular movement.

What are your top tips for others?

- 1. Track your food.
- 2. Eat real food.
- 3. Don't give up!

How has your life changed? I have more energy and have been able to do things I hadn't done in many years. I feel good most of the time, and I know that is due to the food I put in my body. I've learned to read labels and understand what's going into my body and my family's bodies. Sparkle has changed not only my life physically, but mentally and spiritually as well. I know that I am helping my family live a longer, healthier life.

For more information, visit sparkleanewyou.com or call 404-242-5062.





SENIORS

FREE COLLEGE FOR SENIOR CITIZENS IN GEORGIA

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

The Board of Regents of the University System of Georgia allows anyone 62 and older to sit in on classes where there is space available in any of the 31 Georgia's colleges and universities for free. Seniors have discovered they can audit or take classes for credit and not have to take the exams or earn a grade or they can take classes and work toward getting a degree. Opportunities are available for seniors to take classes that are challenging or fun. Studies have shown that as people age, learning something new keeps brains active and often wards off signs of Alzheimer's and dementia.

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

In the Atlanta area, there are many community colleges and universities offering classes either free or for a minimal cost. If you are unable to leave your home to

VVE CARE Veteran fair

nited Military Care is excited to host the 2023 We CARE Veterans Fair at the Cobb Civic Center on Friday, August 4, 2023, from 8:30am until 4pm and Saturday, August 5, 2023, from 8:30am until 2pm. There is no charge to attend or receive service and everyone is welcome.



Take this opportunity to sign up for VA benefits, learn about and access state and local programs for Veterans, and meet a community that loves and respects you and your service.

Tickets and appointments are not required. If you have your DD214 or other military/veteran paperwork you are encouraged to bring it with you; however, you can receive assistance without documentation.

For more information, please call 770- 973-0014 or email wecarefair@unitedmilitarycare.org.

<<< Continued from previous column <<<

attend classes, look into auditing select university classes online. Usually the only costs are for books or lab fees. For information on the eligibility requirements to enroll in a Georgia college or university, visit The University System of Georgia website.







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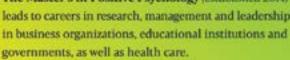
The Master's in Sport Health Science (established 1990) leads to careers in fields such as sports chiropractic, exercise science, athletic coaching, sports injury management and performance nutrition.

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,

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sales, marketing, public relations and public education. The Master's in Positive Psychology (established 2014) leads to careers in research, management and leadership





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