

THE WEST COBB AREA'S FAMILY LIFESTYLE NEWS MAGAZINE

MARCH 2018

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Monthly



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Cover story on page 15

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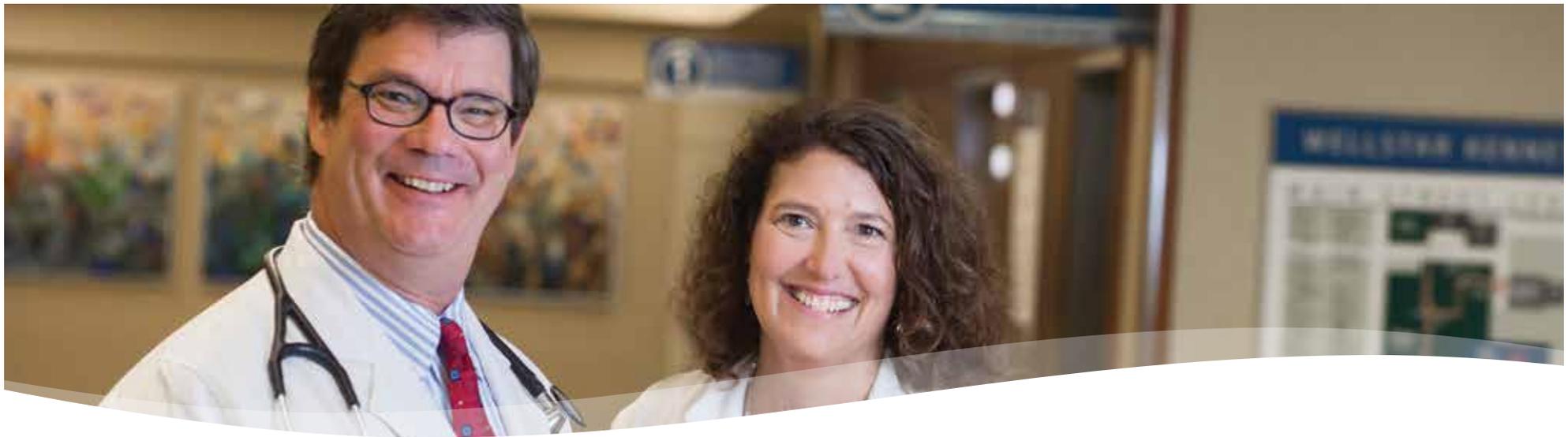


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Monthly

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Our Town Monthly

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The bedroom is supposed to be your sanctuary. But lately you're wearing your sheets thin tossing, turning, fussing and fidgeting... just **PRAYING** for a few peaceful minutes of sleep. And each *tick* of the clock is a cruel reminder that you're STILL waiting for your sleep aid to kick in. And how does that pill work again? When in need, trudge to the bathroom, pour a glass of water, and choke down one or two pills; then repeat each night until addicted...?



medicine my doctor gave me. I've taken this product several times and have been very happy with the results. I told my doctor about it. He tried it and now he is recommending it to his patients that have sleeping problems."

– Sherry A, Acworth

Fortunately, I found a better way to get a perfect night's sleep and what I'm about to share will allow you to experience something you haven't felt at bedtime in years – CONTROL. But, I need to be clear this "sleep anytime" secret is nothing you've ever heard about before. Not from your doctor or current pharmacist.

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– David C, Kennesaw

"This product is amazing. I've had problems falling asleep all my life. Most over the counter things don't work for me. Phentropic works better than the prescription

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– Ben H, Acworth

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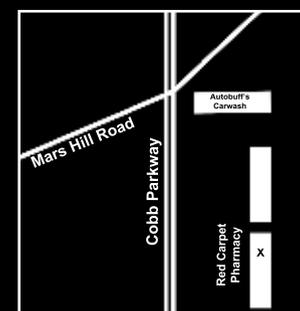
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march calendar of events

LITTLE LAMBS CHILDREN'S CONSIGNMENT SALE: Returning to Marietta First United Methodist Church March 8 – 10th, 56 Whitlock Avenue, Marietta. Buy or sell quality children's and maternity clothing, as well as toys, games, furniture and more! Visit lil-lambs.org for more information.

BORN AGAIN BLESSINGS CHILDREN'S CONSIGNMENT SALE: Children's and maternity clothes, shoes, toys, nursery items, baby equipment, furniture and more! Friday March 9, 9am-7pm. Saturday March 10, 9am-noon. Preview sale: Thursday open to workers and sellers only. First time moms can sign up for early shopping privileges. Riverstone Church, 2005 Stilesboro Rd. NW, Kennesaw, GA 30152. More info: www.bornagainblessings.com

DUE WEST TREASURE CHEST CHILDREN'S CONSIGNMENT SALE: March 9TH, from 9:30am – 7pm, and March 10th, from 8am – Noon. Shop early on Thursday from 7-9 pm with a \$5 cash entry fee! Boys and girls clothing, infants to children's size 12, shoes, toys, ride-ons, books, baby gear, and furniture. Due West Treasure chest is located at 3956 Due West Rd in Marietta.

ALL 4 KIDS CONSIGNMENT SALE: Thursday, March 8th from 9:30am – 8pm, Friday, March 9th from 9am – 6pm, and Saturday, March 10th, from 9am – 1pm. Cobb County Civic Center, 548 South Marietta, Parkway in Marietta. www.all4kids.com for more information.

NORTHWEST ATLANTA MOMS OF MULTIPLES KID'S CONSIGNMENT SALE: Saturday, March 10th from 9am – 2pm at Sandy Plains Baptist Church, 2825 Sandy Plains Road in Marietta. Sizes range from preemie to juniors. Sale is held at Sandy Plains Baptist Church in Marietta. Strollers and children welcome! Please bring a bag to shop. Brought to you by the North West Atlanta Moms of Multiples Club, a non-profit support group for moms of twins and triplets. www.NowamomSale.org, email sale@nowamom.org

TOUCH-A-TRUCK: March 10th, from 10am-2pm., at Depot Park in Downtown Kennesaw. (2828 Cherokee Street NW, Kennesaw) Imagine a playground that allows families to get up-close and personal with big trucks, heavy construction and public safety equipment, cool cars and specialty vehicles... that's Touch-A-Truck! Have a blast watching your kids touch levers, flip switches, and shift gears that make their favorite vehicles whirl and rumble at this one-day-only "museum" of local transportation. Admission is FREE. Food and beverages will be available for purchase.

KENNESAW BUNNY BREAKFAST: March 17th, from 8am – 11:15am at Ben Robertson Community Center, 2753 Watts Drive in Kennesaw. Treat your family to a buffet including hot and ready pancakes, scrambled eggs and sausage, as well as, a medley of fresh fruit and delicious breakfast sweets. Everyone's favorite cottontail will be making his way from table to table to say hello to all the boys and girls. Be sure to bring your camera to capture all the memories. Seating's are available from 8:00 a.m. to 9:15 a.m. or 10:00 a.m. to 11:15 a.m. Tickets are only \$6 per person and can be purchased online or at the Ben Robertson Community Center.

EASTER EGG SCRAMBLE AT LAUREL PARK: Presented by Marietta Parks and Recreation. The event will be on Friday, March 23 at 6:30 p.m. The Easter Bunny will be available for photos after the Egg Scramble until 7:30 p.m. Arrive early to find parking and your child's correct age group. Laurel Park is located at 151 Manning Road in Marietta.

NEW BEGINNINGS UNITED METHODIST CHURCH EASTER EGGSTRAVAGANZA: March 24th, from 1-3pm at New Beginnings UMC, 2975 Cobb Parkway in Kennesaw. For more information, please visit www.NBUMC.org, or call 770.421.9980.

NORTHEAST COBB EGG DROP: Hosted by Piedmont Church and Cobb County School district. Bring the whole family out for the 9th Annual Northeast Cobb Community Egg Drop presented by Superior Plumbing & C&S Paving, Inc. Get ready as more than 90,000 eggs and pieces of candy are spread out and dropped from a helicopter at the football fields at Sprayberry High School on March 31! The Egg Hunts will get started around the football field at 11:30 a.m., as children ages three and under will begin their egg hunt. At 1:30 p.m., a helicopter will fly over and drop thousands of eggs for the four to seven year olds to hunt. At 2:00 p.m., C&S Paving will be sponsoring the special needs egg hunts held in the end zone directly following each hunt, and at 3:30 p.m., the children eight to 10, will begin the final hunt. Toddler hunts for the small children will be held at 11:30 a.m., 1:30 p.m., and 2:00 p.m., in the food court area sponsored by Children's Health Care of Atlanta.

MARIETTA ART WALK: Art Walk is a free self-guided walking tour that celebrates the vitality of Marietta's diverse cultural Arts scene, showcasing local artists and performers along sidewalks throughout Historic Downtown Marietta. The first Friday of every month, the evening comes alive as performance, dance, culinary and visual Art permeate every corner of the charming Historic Marietta Square. During this free, self-guided walking tour guests will enjoy gallery openings and free admission

(Continued on page 26)

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STYLE REPORT *by Tara Hanover*

Spring finally arrives this month! March 20th to be exact. This winter seemed to last forever and I was beyond bored with heavy coats, icy snow and chilly wet days. After 3 years of writing the Style Report, I am hoping you are not bored with me (fingers crossed). But just in case anyone needed a little break, I decided to go to the beauty pros, the best in the business, for their insider tips this month. (I took some notes myself)

Cosmopolitan.com

- Styling your own hair can be frustrating as it's often hard to get it just right. Aveda's Artistic Director of Cutting, Ricardo Dinis, says a simple change of scenery is all you need to get those strands to stay in place. If you've just showered, be sure to blow-dry your hair in a room other than the bathroom. The steam and humidity from your shower may be what's keeping you from creating the perfect coif.
- Just thinking about wearing a dense concealer when it's hot out can make you sweat. Makeup artist Mally Roncal, founder of Mally Beauty, suggests mixing your cover-up with eye cream to add moisture and create a sheerer, lighter look and feel.
- Celebrity make-up artist Troy Surratt says a monochromatic look is classically feminine. So mix a bit of your lipstick (whether red, poppy pink, or coral) with moisturizer to make a cream blush and dab it on the apples of your cheeks.

Marieclaire.com

- "Mixing foundation with moisturizer is an easy way to lighten your coverage options if you already have a fuller coverage foundation." — Caitlin Wooters, makeup artist
- "If you're extremely oily and don't have face primer handy just apply a little corn starch to your skin before your foundation." — Niki Metz, director of artistry for Jouer
- "Your complexion products (foundation, concealer, etc.) should match the inside of your arm, not the back of your hand." — Maggie Ford Danielson, Benefit global beauty authority
- "To reduce puffiness pop eye lotion in the icebox and apply to lids before eye makeup." — Petra Strand, creator of Pixi by Petra
- "Apply mascara before liquid liner to create a guide for the perfect cat-eye flick." — Sarah Lucero, global director of education and artistry for Stila
- "Apply a nourishing balm to your eyebrows before going to bed. This will guarantee extra strength and growth—thicker eyebrows in two weeks." — Terry de Gunzburg, founder of By Terry op

- "Apply primer all the way up into the brows so your brow color won't budge."
— Niki Metz, director of artistry for Jouer

Shape.com

- "If you're not a professional makeup artist, it can be difficult to line those eyes, but then again liquid liner tends to stay on longer and smudge-free. So what I do is, I line my eyes first with a pencil liner because it's easier to make that straight line with it. Then I go back on the line with the liquid liner. It's kind of like coloring! The result? Your eye liner will stay on, smudge-free, and well-lined."
— Ysolt Usigan, beauty and style contributor at Huffington Post
- "I have extremely thick tresses that get dry and frizzy during extreme seasonal shifts. I apply a conditioning hair masque and leave it on overnight, rinsing in the morning. Hair becomes angelical soft and immediately rescued." — Amy E Goosman, author of "Wear This, Toss That!"
- "For an eye look that's defined but not too heavy, line your upper lash line with black eyeliner and the bottom lash line with brown eyeliner. This is one of my biggest makeup artist tricks for beautiful, soft eyes!" — Mally Roncal, celebrity make-up artist
- "Always carry Chapstick on you and never let your lips get dried up and cracked. No matter what brand or color lipstick you wear, chapped, dry lips will show and never look good."
— Anne Chertoff, freelance beauty and wedding style expert
- "A well-fitting bra is the best beauty trick there is—boost the girls in and up to look younger, thinner, and more proportioned!" — Jene Luciani, Style and beauty expert, author of The Bra Book
- "Everyone you will ever meet knows something that you don't" — Ben Nye

I love learning from my colleagues and I feel I get better just by watching and listening to them. I don't look at it as a competition; instead I look at it as a way to grow and learn. This past year I started attending trade shows again and I realized that I came away with something from each class...either a new tip, a new tool or even things I had known or did before, but I had forgotten. Remember: Never stop learning and never stop growing and you are only in competition with the person that YOU were the day before.

Everyday get up, dress up, show up and NEVER give up!



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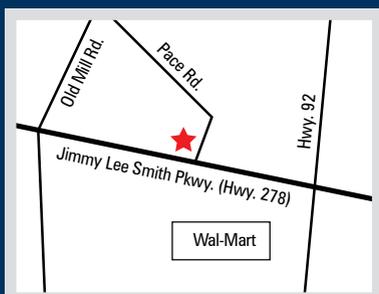
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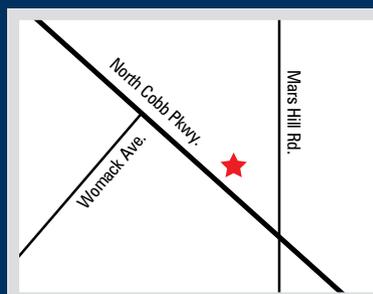
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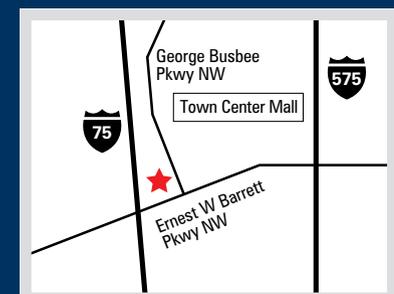
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IN THE MIDDLE OF A PURCHASE...

by Gillen Joachim - GANEK WRIGHT MINSK PC
www.titlelaw.com

Over the years I have heard many incredible stories of odd, difficult, or downright disturbing things that have occurred during a purchase and sale transaction and closing.

They range from guns being drawn at closings, to real estate agents being arrested for battery. Some are hard to believe (even though I was there for the two above.)

But, it leads people to some very legitimate questions of, "What happens if...?"

A few endings to the question above that I receive are, "What happens if a seller dies while we are under contract? Or a Buyer?" "What happens if a seller is sued?" "What happens if the sellers file divorce?"

The simple answer is, "It can really slow things down." The more complex answers are:

If a seller dies while under contract, in order to sell, the estate must be probated and an administrator or executor then sells the property out of the estate. If a Buyer dies, most often the Seller will have to find another Buyer.

If a seller is sued and the property is named in the suit, the suit must be either dismissed or reduced to judgment. If the latter, the judgment must be followed.

If the sellers file divorce, the divorce must be either dismissed, reduced to an order, including a settlement agreement, or the parties and their attorneys must agree to the sale and the distribution of the proceeds.

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MOHS MICROGRAPHIC SURGERY

by Dr. John Kayal

What is Mohs Surgery?

In last month's article, we discussed the three most common types of skin cancer, Basal Cell, Squamous Cell and Melanoma. One of the treatment options discussed was Mohs surgery. Developed by Dr. Fredrick Mohs in the late 1930's, it is the most accurate and effective way to treat skin cancers. Since then, the surgery has been studied and refined to be more effective. Although it may potentially be a little time consuming, it provides excellent cure rates and cosmetic results, since it's a tissue sparing procedure.

What Happens During Mohs Surgery?

The procedure is an outpatient procedure done under local anesthesia, it involves removing small layers of tissue one at a time. While the patient waits, the tissue slides are read under a microscope in the office's lab. If any cancer cells remain, the surgeon will know exactly where they are and will remove another small layer from that precise area. The tissue is read again under the microscope and the procedure is repeated again until all cancer cells have been removed. Since the procedure involves removing small layers of tissue at a time, it is tissue sparing. This means it spares as much healthy tissue as possible, which leaves a much smaller scar and improves cosmetic results. The patient leaves the office with the peace of mind knowing 100 percent of the cancer has been removed while conserving as much tissue as possible.

What Happens After Mohs Surgery?

Once the cancer has been determined to be completely removed, one of three options will be made 1) close the wound with stitches 2) allow the wound to heal itself or 3) take skin from another area of the body to create a skin graft or flap. The surgeon makes this decision based upon the location and depth of the surgery. The medical assistants will then give precise instructions to the patient about how to take care of the wound at home. Swelling and soreness is common after surgery and will subside with a few days to a week.

What About Follow Up Care?

After a patient has had Mohs surgery or any treatment for skin cancer, it is advised to return to the office for skin cancer screenings twice per year. Studies have shown that once one develops a skin cancer, there is a 50 % likelihood that they will develop another in the next 5 years. It is important to monitor your own skin at home by following the ABCDE's of skin screenings discussed in last month's article. Sun protection is absolutely crucial and a sunscreen with an SPF of 50 is recommended each and every day.

Dr. John Kayal is board certified in Dermatology and a fellow in the American Academy of Dermatology as well as the American College of Mohs Micrographic Surgery and Cutaneous Oncology. If you have any areas of concern or would like to discuss Mohs surgery for an existing skin cancer, please call Kayal Dermatology and Skin Cancer Specialists to set up an appointment at 770-426-7177 or visit the website at www.nwgadermatologists.com or www.mohscollege.org

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Simply Thriving Mama

10 TOXIC INGREDIENTS HIDING IN YOUR HOME

by Dr. Kimberly Huck

Have you ever thought about how many products you use every day in your home? Laundry detergent, deodorant, dish soap, hairspray, makeup, nail polish remover, baby wipes, shampoo, body wash, even the food you eat.... That's only 10 of the different products you may use on a daily basis. For many of us, there are tens or maybe even hundreds more!

But the real question is, what's IN those products? Have you ever really looked? Do you actually read ingredient labels before purchasing a product that will be used in your home, on your body, and around your family every day or do you just quick grab something you recognize that's cheap and seems like it will do the trick?

Let me tell you: I used to do the latter. When I was single, I'd thoughtlessly buy food only because it looked tasty; I'd buy products that were affordable and worked well, never considering what they were made of; I'd just use what everyone else was using, because why not? It wasn't until I married my husband, we started a family, and I learned the importance of living toxin-free. I realized that the ingredients I choose to put on, in, and around my body MATTER. They affect my health and the health of my family, so we all deserve for me to play ingredient detective and make sure the products I'm buying for us are safe.

GlobalHealingCenter.com estimates that on average it is not abnormal for an individual to be exposed to over 2 million toxins each day. 2 MILLION. Unfortunately, the reality of the world we live in is that many of those toxins come from our outside environment and are almost impossible to avoid. In a world full of endocrine-disruptors, allergy inducers, carcinogens and just downright nasty chemicals lurking here, there, and everywhere, what is possible is controlling what enters your home and making sure the products you're choosing for your family are completely safe!

I'm going to be honest with you, becoming an ingredient detective doesn't happen overnight. It takes time, practice, and commitment to really learn how to decipher the many ingredients that are in our everyday products. That's why I want to do what I can to help you! I've compiled a list of 10 of the most commonly seen toxic ingredients that are hiding in personal care products, household products, and food in almost every home in America.

- | | |
|---------------------|---|
| Artificial dyes | Formaldehyde and formaldehyde-releasing preservatives |
| Parabens | PEGs (polyethylene glycols) |
| Phthalates | Aluminum |
| Phenoxyethanol | Natural flavors |
| Synthetic fragrance | Organophosphate pesticides |

Do you see any of these ingredients in your products? Sadly, I'm sure you do. The great news, though, is that you can start making safe swaps right now! Here are some great tools to help you get started: The Environmental Working Group is a well-known non-profit organization that provides a tremendous amount of information to help you avoid dangerous products and find safe alternatives. The EWG's Skin Deep focuses specifically on cosmetics and personal care products and will help you avoid toxic chemicals in these areas. Think Dirty is another amazing resource; an app available for free download through Apple that allows you to scan personal care products and cosmetics with your phone in order to see a safety rating, as well as specific ingredient info and data, that has been compiled from scientific studies, non-profit environmental organizations, and government agencies. This app is an incredibly helpful for anyone who is new to toxin-free living and not yet familiar with ingredients. (I personally never use a product if it rates higher than a 2 in this app!)

If you're interested in learning more about toxin-free living, specifically why these ingredients are dangerous and to get some tips for making safe, affordable product swaps, you're welcome to join my private Facebook group, Simply Thriving Mama! We dive into all of these ingredients and more to help you figure out how to de-tox your home and make sure you're choosing safe products.

**Information taken from the EWG database*

Dr. Kimberly is a chiropractor, toxin-free living educator, natural mama, and co-owner of American Row House fitness studio in the Marietta Square. If you have comments, questions, or topic suggestions for Simply Thriving Mama, please email kimberlyhuckdc@gmail.com.





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With an impressive reputation, **KMAH** is in its eighth year of providing family-focused pet care and has grown their practice/family through compassion, knowledge and consistency. After their first visit to **KMAH**, a new client's common reaction is to say they've finally found the vet they've been seeking for their furry family members. Just check out their reviews, they speak for themselves.

The new **Kennesaw Mountain Animal Hospital** facility opens March 5th, with 5,000 square feet of hospital space and 5,000 square feet of day-play and boarding. Request a tour, they'll gladly accommodate.

Founder and owner, Dr. Carrie Friedewald hails from UGA College of Veterinary Medicine where she was honored with the class award for Excellence in Small Animal Medicine and Surgery. Dr. Carrie is a Marietta native and has been practicing in her beloved hometown since graduation from UGA in 2002. **KMAH** is the realization of a life-long dream and this new facility actually surpasses any dream she could have ever imagined.

Dr. Melissa Roberts is a graduate of Mississippi State College of Veterinary Medicine where she graduated with both a DVM and a Master's in Veterinary Science. Dr. Melissa has made **KMAH** her home from its start in 2010. She excels in both medicine and surgery and is devoted to the development of meaningful relationships with both her clients and patients.

Dr. Taryn McDonald is also a graduate from UGA College of Veterinary Medicine and is a Marietta native. After completing her externship at **KMAH** in 2014, Dr. Taryn made the practice her home when her high level of knowledge, skill and compassion became a clear fit for **KMAH**.

Collectively, there are 40 years of post-degree experience between the doctors. They truly love what they do and strive to educate pet owners. With a focus on plan-based treatment, time is taken to ensure the pet owner understands their animal's condition and options for care, enabling pet owners to make educated decisions for next steps. **KMAH** doctors have written specific articles regarding their most common diagnoses that are given to the pet owner. These articles ensure they have the opportunity to read and absorb the information again about their pet's condition after they leave the facility.

The KMAH Experience

The **KMAH** experience is balanced with stress-free care for both the pet owner and the patient. Largely known for their compassionate staff, the moment you walk in you are greeted by a reception staff that truly care about you and your pet's experience. You are next greeted by a vet tech that is incredibly knowledgeable with a level of compassion rivaled by none.

When it's time to meet with the doctor, their personable "bedside manner" will put you and your pet at ease. This personable and compassionate environment begins a dialog where pet owners feel comfortable to ask questions. Most importantly, the doctors listen... questions and comments are welcomed as the doctors learn a lot about the owner's and patient's situation.

Pet owners can expect a doctor/client/pet relationship like no other they've ever experienced. Educating pet owners is a crucial component to a pet's health. With the new facility, **KMAH** will offer ongoing seminars relevant to what's currently affecting pets locally, educating owners on what to look for and steps necessary for effective care. These seminars are perfect for dispelling fact from misinformation and answering questions pet owner have but haven't had the opportunity to ask. The entire staff has completed dog behavioral classes and continues to expand their knowledge with ongoing **KMAH** sponsored classes. And for all of you cat lovers, **KMAH** is also equipped with an in-house "Cat Guru."

From skin issues to digestive issues, surgery or cancer care, **KMAH** is a state-of-the-art facility fully equipped to diagnose and care for some of the most complex veterinary cases.

The KMAH Boarding and Day Care Experience

The new state-of-the-art facility additionally houses 5,000 square feet of boarding and day-play with two large outdoor play areas and a large indoor play area, luxury suites for boarding, an indoor cat hotel and kitty playroom. The entire kennel staff is certified in dog behavior, body language and group-play and they make it a point to bond with all the pets that stay at the hotel or just come to play for the day. The facility will also offer puppy play classes as well as puppy training classes. With extended hours for the hotel and day-play facility, it makes it easy to drop off your pet and still make it to or from work.

The KMAH Grooming Experience

KMAH certified groomer, Brittany, has been in the industry for 10 years. She meets with the owners at check-in to ensure the owner's expectations are clear. Her skill and gentle demeanor create a positive grooming experience for the pets. If there is a stressful moment, Brittany will consult with the pet owner to ensure they are aware and discuss possible lower stress options for the groom.

The KMAH Motto

Overall, the new **KMAH** facility is the fulfillment of the dreams of the entire staff to be able to offer the best care for their patients in a state-of-the-art facility. They truly live their motto, where they "treat you as family and your pets as their own."

Kennesaw Mountain Animal Hospital

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Better Safe Than Sorry by Mark Orlor

Do you have a Family Motto; a short phrase or sentence that your family uses to encapsulate a guiding principle or philosophy that drives your actions? Neither do we.

Well, that's what I thought at least. Apparently, my two oldest daughters were asked this question during a class and they filled in what they thought was our Family Motto.

As a parent you are constantly providing instruction to your children, so it is a natural assumption that some of this instruction will be ingrained upon your charges and that they will glean some life-guiding principles from this birthright of knowledge.

Therefore, my wife and I expected our Motto to be something like, "Put God First," or "Do Your Best and Greatness will be Your Reward." You know, the kind of stuff you see on kitty-posters, or on that annoying guy's wall at the office.

What we got though was, "Better Safe than Sorry."

"Can you believe that?" my wife exclaimed, "We bust our humps schooling, reminding and berating them on good behavior and goal-setting and this is the BEST both of them can come up with!?"

I didn't think it was that bad.

"It could be worse," I surmised, "they could have offered 'You Better Clean Your Stupid Room.'"

That is actually said much more often than, "Be All You Can Be".

I think I am mostly to blame for this though. My family has a long history of thinking about great motos, but never actually voicing them...I think its genetics.

My father's grandfather came over to this country from a small village in Italy that my wife and I had a chance to visit many years ago. While there, I was struck by the massive force that ancestry plays in our lives and that the choices made by persons so long ago still resonate through our DNA-influenced actions today.

During the visit we toured the town square and my eyes began to mist over when I stopped in front

of a monument in the center of the Piazza memorializing the resident-soldiers killed during the Third Italian War of Independence who all shared my last name. A distant relative who we had tracked down prior to our trip was standing beside me as I pointed to the names and said, "Mia famiglia." (My family, sniff-sniff)

She laughed and grabbed my hand so that instead of pointing at the list of names on the Memorial it was pointing to the cavernous Dolomiti Mountains that surrounded the valley and said, "No, la tua famiglia scappo' sulle colline." Roughly translated, "No-way Jose, YOUR family ran as fast as they could to the hills."

Logically that made sense, because I would not be standing there if my great-grandfather's name was on that marble obelisk in the square and not on an Italian cattle-ship's manifest in 1890 headed to New York listed as "Stow-away."

So, that night I sat down with the children and told them, "Kids, I want to share with you the Orlor Family Motto which was brought down from generations of our ancestors. It is 'Meglio Prevenire Che Curare.'"

"Better Safe than Sorry."

It just sounds better in Italian.

*Mark Orlor is a full-time husband, father and part-time
observationist. Mark can be reached at mlorler@yahoo.com.*





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Marietta's newest and most unique festival. Be there from the beginning.

The City of Marietta and the Marietta Arts Council are pleased to present the inaugural M2R Trailfest, a two-day celebration of Marietta's new Mountain to River Trail. The festival kicks off Saturday, April 14 at 3pm with a unique ribbon cutting to be held at the Marietta Visitors Bureau, the center point of the Festival. The festivities continue on Sunday, April 15, as the trail hosts additional performing acts along the trail between 12-4pm. Visual and performing arts, live music, food trucks, and public art installations stretch throughout 2 miles of the trail and offer an immersive celebration of the arts for all ages. The M2R Trailfest will stretch from Lewis Park near Well-Star Kennestone Hospital, along the Marietta Square, ending in Brown Park. The juried art festival will focus on three themes: The experience of living in Marietta, health and wellbeing, and/or the history of Marietta. Public art installations will be on display during the two-day festival with select visual art installations displayed for up to 60 days.



Interested artists and art groups should visit www.m2rtrail.com to submit an application. Presented in tandem with the Marietta Square Art Walk is the M2R Trailfest Preview Night. Street performers, dancers, and live music will line a portion of the trail from 6pm-9pm Friday, April 6, 2018.



More than 15 years in the making, the Mountain to River trail stretches from Kennesaw Mountain, continues through the Marietta Square, and ends at the City limits on Atlanta Street. It serves as the backbone for future growth of

Marietta's planned trail system, which will connect residents, pedestrians, and cyclists from across the City of Marietta. Even better, the Mountain to River Trail will connect separated trail systems from across Cobb County. A limited number of sponsorship opportunities are available, including artist and installation pairings. Funds raised will be used to produce M2R Trailfest and support the Marietta Art Council, whose mission is to enrich the artistic and cultural landscape of the City of Marietta through advocacy, education, and public art. Please visit www.m2rtrail.com for more information or contact mariettaartcouncil@gmail.com.



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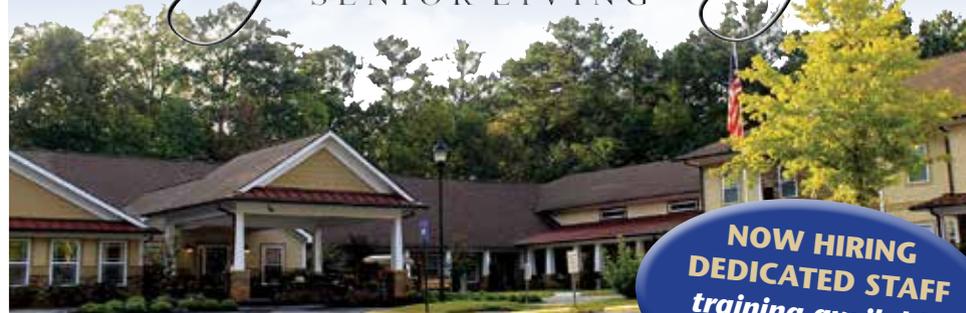


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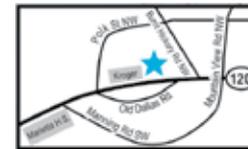
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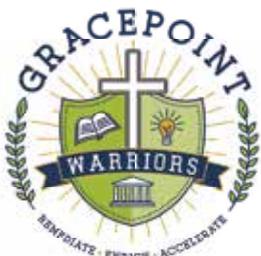


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THE SCIENCE OF BEAUTY

SECRETS TO GLOWING SKIN

By Eliana Ocheseanu - The Skin Whisperer at Refinery21 studio

As we grow older, our healthy body processes start to slow down or come to a complete stop. Blood flow, cell turnover and hydration are few of the important ingredients to healthy glowing skin.

Before you continue reading this article, remove your make-up, and gently pinch the skin on the apple of your cheek about five times. If you don't see any pinkness your skin is more than likely under circulated and you need to increase blood flow. If your skin turns pink, it has good, proper circulation and your task is to keep that going as it will slow down with age, If your skin turns bright red, it means there is too much circulation at skin level and you need to be careful not to aggravate it.

To get the glowing skin you want, the goal is for your circulation to be right in the middle, not too much but also not too little.

USE PRODUCTS WITH STIMULATING AND ENERGIZING INGREDIENTS

Since circulation can be impaired with age, skin care products with ingredients such as peppermint, vitamin B12, niacinamide and ginseng root extract work to improve blood flow activity to bring a fresh radiance. When applied topically, they may dilate the blood vessels, allowing the skin to accommodate more nutrient-rich blood. Peptides are also great to stimulate cellular activity bypassing the ageing process.

HAVE A FACIAL

One of my favorite facials, Oxygeneo, capitalizes on the Bohr Effect that was discovered by Christian Bohr in 1904. The effect indicates that when the carbon dioxide concentration increases, the hemoglobin releases oxygen from within. During the treatment, the skin is covered with an antiaging or brightening gel that interacts with a sodium bicarbonate capsule creating an abundance of carbon dioxide on the skin's surface to trigger the Bohr effect. Although this treatment is not available at every spa, all facials should include a 10 to 20 minutes massage that will increase oxygenated blood circulation.

TAKE DEEP BREATHS

Breathe in slowly until your lungs fill up completely. Hold your breath for 10-15 seconds. Let ALL of the air out slowly, as this removes carbon dioxide and cellular waste from the body. Practice this as often as you can during the day. Not only does it help to lower blood pressure and decrease stress, practicing deep breathing will allow oxygenated blood to flood your system to get your dull skin to glow.

EXFOLIATE PROPERLY WITH THE RIGHT EXFOLIANT

The quickest way to instantly get glowing skin is to use a light chemical exfoliant. By dissolving and removing dry surface cells, you instantly reveal fresher, brighter, plumper cells that reflect light and give the skin a smoother look.

MAKE THE LIGHT BOUNCE OFF YOUR SKIN

Sometimes an impaired moisture barrier causes a dull skin appearance. If your skin is dry and flaky, it means you have a damaged moisture barrier. When this happens, your skin develops tiny, invisible cracks that allow not only moisture to escape but also allows light to penetrate. To help repair your moisture barrier, look for the following ingredients when choosing a moisturizer: Borage Oil, Carrot Oil, Ceramides, Linoleic Acid, Shea Butter, Squalene, Sunflower Oil, Safflower Oil, Jojoba Oil, Sweet Almond Oil, Evening Primrose Oil.

These ingredients will correct both the lack of oil and lack of hydration deep within your skin and actually repair the skin's lipid moisture barrier to make your skin moist, supple, smooth.... and light reflective.

With a little extra effort, you can certainly brighten up the look of your dull skin and instantly look younger. Oh, and if you have some time left, use my favorite trick to instant skin glow: hang your head upside down for three minutes a day.

Eliana has over 20 years of experience in skin care. She has trained and managed estheticians at MAC Day spa, formerly Sanda Ganè European day spa. She is now the owner of Refinery21 studio and she is always available for free consultations. Email her with any skin care related questions at eliana@refinery21studio.com



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THE ART OF GEORGIA III

Celebrating Home

On January 2, 2018, Jennifer and Bernard Nolan had the opportunity to present 2 of their paintings to Governor Nathan Deal to hang in the executive offices of the State Capitol as part of the juried show: "The Art of Georgia III, *Celebrating Home*". This third iteration of the exhibit is the

culmination of a five year program that celebrates original works of art created by Georgia artists. Since it's inception there has never been husband and wife artists who were both chosen at the same time until now. To view all artists' work

selected visit www.gaarts.org and click on The Art of Georgia III.





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Tech Dad

by James Floyd Kelly

While I work and write about technology, I do try my best to take time away from it. I've written before about getting my boys away from their screens, and I've had some very positive feedback from readers regarding the need for non-digital activities.

Well, let me offer up another little suggestion for those times when a child needs a break from the computer... the tablet... the phone... the TV. This idea is something my mother introduced to me decades ago (but with a few of my own little upgrades). My mom and dad are both hands-on-crafter-maker-fixer-uppers, and I never had a chance to avoid the DIY bug. For those times when I uttered the "I'm bored" phrase or got in trouble and needed some quiet time, my mom would open up her crafting closet, pull out a handful of items such as felt, string, scissors, glue, and other odds-and-ends, and tell me to get to work making something. Sometimes it was easy – "Make me something to hang on the fridge." Other times, it was difficult – "Make your dad something to help him find his keys."

I learned quickly that fast meant going back and doing it again. Mom wanted me to think out a solution before doing any cutting or gluing. If my creation looked like I wasn't taking the project seriously... I was sent back to start all over. (My dad did the same thing with my science projects and other special tasks, giving me access to some of the tools in his workshop to try it myself FIRST. Then he'd help where my skills were lacking... or where I could start a fire or irritate a neighbor.)

Jump forward some years, and I've got two boys of my own who amazingly get into trouble as well as occasionally utter, "I'm bored" within earshot. My solution is similar to my mom's, but mine is portable and I've got two of them... one in each boy's closet, ready to go.

I'm going to tell you how to recreate it. The solution starts with a simple 5-gallon bucket. Home Depot sells them for less than \$4.00. It's got to have a handle! While you're there, buy a pack of paint stir sticks, too.

Get your bucket and your child and then head to Michael's or Hobby Lobby or wherever you prefer to buy craft materials. For my buckets, I went to Hobby Lobby. Take your child and your bucket inside the store and show it to one of the employees and tell them you're here to "fill it up."



Go crazy. Start with felt and glue and tape and pipe cleaners. Toss in a pair of scissors (get an adult pair if you think they can handle it) and a bag of Popsicle sticks. Find a small package of acrylic paints (black and white paints are a requirement, and then get as many primary colors as you can) and a cheap bag of paintbrushes in various sizes and bristle

shapes. Find some wiggly eyes, a bunch of beads, a ball of string and a spool of thread or two, some foam sheets (8.5x11 or larger) in a dozen colors, and some clothespins (the old-school-style and the more common variety).

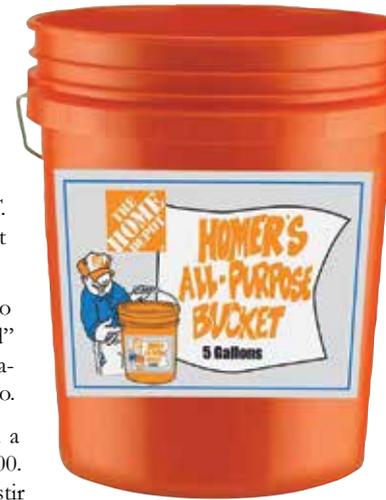
Push all this down and make more room in your bucket. Trust me, this stuff isn't going to break.

Grab some tiny cardboard boxes, some markers, a ruler, and some pushpins. If space permits, you might consider dropping in some chalk, a bag of glass beads, some fishing line, and a roll of duct tape.

I know... it's a lot of stuff. And the bill is probably going to hover around \$50-100 or more. But I promise you that it's totally worth it, and you'll get dozens and dozens of hours worth of free babysitting if you put a child to work creating something with the supplies they've just helped you collect in the bucket.

Final bits of advice: (1) Don't always make the bucket a punishment. The bucket is meant to put a child's brain to work and be fun (eventually). (2) Keep the bucket filled when it gets low, and you'll always have a response for "I'm bored." (3) Don't expect perfection, but do show appreciation.

James Floyd Kelly is a full-time technology writer. He has written over 35 books on a variety of technologies that includes LEGO robotics, 3D printing, and programming. He lives in Smyrna, Georgia with his wife and two boys.



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March

what's cookin'?

Irish Kitchen Prayer

Bless us with good food, the gift of gab and hearty laughter.

May the love and joy we share be with us ever after. Amen

In honor of St. Patrick's Day treat yourself to the flavors of Ireland with a delicious Irish Coffee and one of our all time favorite dishes - Shepherd's Pie.

how to make irish coffee

Makes 1 drink

- 6 ounces Hot, freshly brewed coffee
- 1 teaspoon Granulated sugar
- 1 teaspoon Packed brown sugar
- 1 1/2 ounces Irish whiskey
- Freshly whipped cream



1. Preheat your mug, and then fill with coffee: Pour hot water into a mug or heatproof glass to take the chill off. Pour out the water. This will also prevent your glass from cracking. Fill the mug about 3/4 full with the coffee.

2. Add sweetener: Add the granulated and brown sugars and stir until fully dissolved.
3. Add Irish whiskey: Add the whiskey and stir to incorporate.
4. Top with whipped cream: If using lightly whipped cream, pour it slowly over a warm spoon onto the coffee, being careful not to break the coffee's surface. This takes some practice. A more foolproof way to not break the surface is to whip the cream a bit more and dollop it gently on top. Drink while hot!

Lightly whipped will give you a frothy cream collar on top. If you want to pile the cream high, you'll need to whip it to medium-stiff peaks.

shepherd's pie

POTATO LAYER:

- 3 medium russet potatoes, peeled and chopped (about 4-5 cups)
- 2 tablespoons butter
- 1/2 - 1 cup milk
- 1/2 cup Parmesan cheese
- 1/2 cup shredded sharp cheddar cheese
- Salt and pepper
- 1 teaspoon garlic powder
- 1 egg yolk

MEAT FILLING:

- 2 - 2 1/2 pounds ground beef, turkey, lamb, or sausage (or a combination of any)
- 1 cup chopped onion
- 2 large carrots chopped small (about 1 cup)
- 2 cloves garlic, finely pressed
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 3 tablespoons flour
- 1 tablespoon tomato paste
- 1 1/4 cups low-sodium beef or chicken broth
- 1 teaspoon Worcestershire sauce

- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme (or 1 teaspoon fresh)
- 1/4 teaspoon dried rosemary (or 1 teaspoon fresh)
- 1/2 cup frozen corn kernels
- 1/2 cup frozen peas
- 1 cup shredded sharp cheddar cheese

1. Preheat the oven to 375 degrees F. Lightly grease a 9X13-inch pan with cooking spray (I've also used a slightly smaller ceramic casserole dish with good results, too, just makes the layers slightly thicker).
2. Place the potatoes in a medium saucepan and cover with 1-2 inches of water. Add a teaspoon of salt. Bring to a boil and cook for 15 minutes or so (it will depend on how large or small the potatoes are cut) until the potatoes are tender.
3. Drain the potatoes and return to the pot. Mash the potatoes lightly. Add the butter, milk (start with 1/2 cup and add more if needed), Parmesan and cheddar cheeses, salt and pepper to taste, and garlic powder. Mash together until smooth and creamy. Stir in the egg yolk until combined.



4. For the meat and vegetable mixture, in a large 12-inch nonstick skillet over medium heat, add the ground meat, onion, carrots, garlic, salt and pepper. Cook, breaking the meat into small pieces, until the meat is no longer pink and the vegetables are starting to soften, 5-7 minutes or so. Drain any excess grease from the mixture.
5. Sprinkle the flour over the meat and cook over medium to medium-high heat for a minute or so, stirring constantly. Stir in the tomato paste, broth, Worcestershire sauce, oregano, thyme, and rosemary. Bring to a simmer and continue to simmer gently for 10 minutes.
6. Stir in the corn and peas.
7. Pour the meat mixture into the prepared pan. Spread the mashed potatoes over the top all the way to the edges of the pan creating a seal over the meat mixture. Sprinkle the 1-cup cheddar over the top of the potatoes.
8. Bake for 35-40 minutes until the edges are golden and the casserole is bubbling. Let it rest out of the oven for 10 minutes before serving.

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TAKE A LOOK AT WHAT FOLKS ARE SAYING ABOUT WEST COBB 9ROUND 30 MINUTE KICKBOX FITNESS!



Lisa Thigpen: Mother, Wife

"I have been working out at 9Round West Cobb for almost three months and I love it! My strength, flexibility and cardio have improved immensely! The trainers are great...super encouraging, fun and always welcoming! Everyday is a different workout and it is always challenging! It's the best 30 minutes of my day!!"

Tino Valerio: Father, Husband, Medical Sales Account Executive

Since early January, Tino has lost 13 pounds. This picture was taken in early February. "I love the convenience, my increased stamina, the trainers, friendly atmosphere and the stress relief. 9Round has made a positive difference in my life... I feel I have so much more energy to conquer the day. Fantastic workout!"



Bethany North: Mother, Wife, Product Director for The Weather Channel

"I've been going to 9Round West Cobb for almost 3 months and love it! I needed a gym that could fit into my crazy schedule and I love being able to get a full workout in 30 minutes! The trainers at 9Round are really helpful and challenge you with different workouts daily. I can clearly see a difference in my arms and core since starting and I haven't felt this good in a long time!"



Ben Ferris: Father, Husband, Financial Advisor

"I am very excited to share my experience with 9Round! When you have something this good, you just want to tell everyone about it. My exercise routine for the last 4 years has basically been nonexistent, but in November of 17 I stumbled into this gym and it all changed. The staff is awesome, energetic, and encouraging. The workout is addictive and I have seen a huge change personally in just these short three months. I have lost weight, gained energy, reduced stress, and increased strength. I couldn't recommend this gym with any higher accolades. They will work with you wherever you are in your fitness journey."

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Mark Coulter: Father, Husband, Southwest Airlines Pilot

"It's not uncommon for me to tell my wife that I'm feeling stressed after I've been flying. She now responds, 'Go to 9round!' Before I started with a 9round regiment, my blood pressure was 150 over 90. It's now 120 over 80. I love the workout- it's exhilarating and extremely beneficial for my long-term health!"



March calendar of events

(Continued from page 6)

ability to explore Marietta, all while gaining knowledge about its history, culture and architecture, at the same time savoring the appetizing culinary selections available on the bustling square. Every Saturday from 11am – 2pm. For more information, please visit www.mariettafoodtours.com.

POP-IN FOR POP CULTURE: Every 2nd Tuesday at The Marietta Museum of History, Depot Street, Marietta, GA 30060. Pop-in from 5-8pm and explore different topics of pop culture from the 1950's and 60's. All activities are FREE with regular admission. For more information, please visit www.mariettahistory.org.

KENNESAW FIRST BAPTIST MOTHERS OF PRE-SCHOOLERS (MOPS): Looking for Mom friends? MOPS is just what you need! MOPS give you: time with friends, delicious brunch, relevant speakers, and creative activities, all with fun, safe childcare during meetings! Our MOPS meetings are the 2nd and 4th Tuesday of each month from 9:30 - 11:30am. For more info, contact Jenn Dennison at 770-842-9926 or KFBCMOPS@gmail.com.

RIGHT IN THE COMMUNITY: If you are the primary caregiver for a child or adults with Developmental Disabilities, it's important to know that there is help for you. Right in the Community offers programs and services for children and adults with Developmental Disabilities including Respite Care, Crisis Care, Residential Services, Workshops, Information, Referral and more. Serving Cobb and surrounding counties for over 50 years as Cobb Association for Retarded Citizens, Right in the Community carries on with the same and more services. For more information, visit our website at www.rightinthecommunity.org or call 770-427-8401.

DAUGHTERS OF THE BRITISH EMPIRE: The Daughters of the British Empire is a nationwide organization for women of British or British Commonwealth birth and ancestry. If you would like to meet for a cup of tea and a chat, or learn more, please contact Maureen at dbemb@yahoo.com.

SUPPORT GROUPS OFFERED THROUGH VISIONS ANEW: Visions Anew, a non-profit that assists women through the divorce process, sponsors a number of free support groups around the city each week. Please see www.visionsanew.org for places, dates, and times in your area. Support Groups offered by Visions Anew for Men only at the Vinings Fire Station, 4336 Paces Ferry Rd Atlanta, 30339. Meets 1st & 3rd Friday of each month, 7:00-8:00 PM.

KENNESAW BUSINESS ASSOCIATION: Climb Aboard! With over 300 members, the KBA has been around for over 30 years. Monthly luncheons are held on the second Tuesday of each month at the Kennesaw State University Center on Busbee Drive. Buffet lunch begins at 11:30 am and costs \$15 for members and \$20 for non-members. Alive After Five is an evening mixer held on the third Tuesday, and the Wake-up KBA morning mixer is held at Bar B Q Street on the fourth Tuesday of selected months. For more information, check their website at www.kennesawbusiness.org or call 770.423.1330.

MARIETTA TROLLEY TOURS: The Historic Marietta Trolley offers tons of fun for everyone this spring and summer. From Scary-etta Ghost Tours, to a great ride to and from the Braves games'. For details and complete tour schedules, please visit www.mariettatrolley.com.

NORTHWEST ATLANTA MOMS OF MULTIPLES: (Formerly Cobb Parents of Multiples Club). Please join us on the second Tuesday of every month (except December) at 7:00pm for our monthly meetings. We are a parent's club for families with or expecting twins, triplets, quads, etc. We also offer monthly play dates, Mom's Nights Out, and special family events throughout the year. Please join us at our fun and informative monthly meetings and find out more about us! Visit our website for more information and to confirm meeting date/time. www.nowamom.org or call the information line at 678.235.8468.

TWICE BLESSED CONSIGNMENT SALE located at 4075 Macland Road in Powder Springs. March 22nd from 5pm- 9pm, March 23rd from 9:30am-4:00pm, March 24th from 8am-12:00pm. Many items will be half price on the last day. twiceblessed@mceachernumc.org

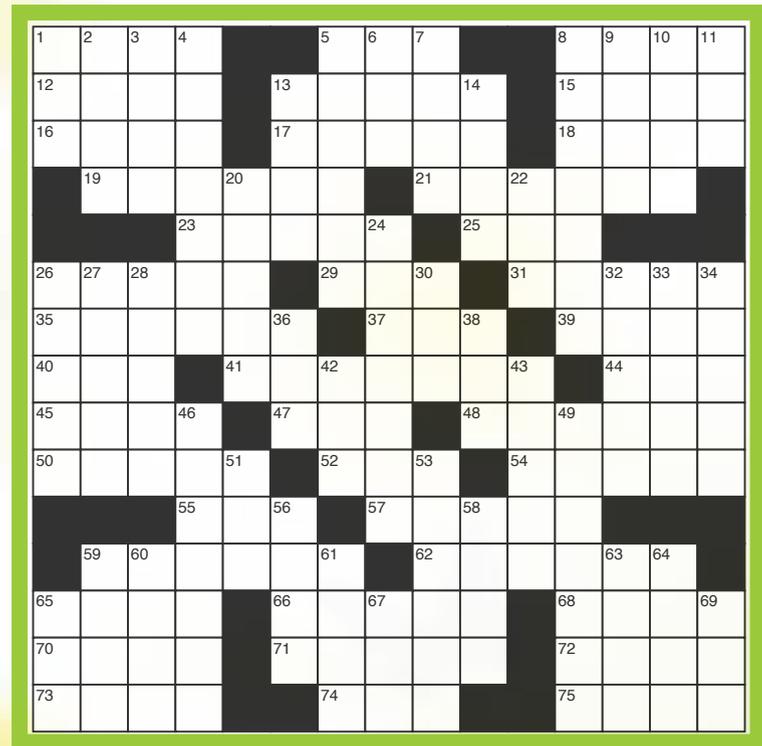
THE ROTARY CLUB OF NORTH COBB: Weekly meetings are held on Thursdays 7:30 a.m. at Pinetree Country Club. Find out how we support our groups individual projects in SERVICE ABOVE SELF. We provide humanitarian service that encourage high ethical standards in all vocations and help build good will here and internationally. Become involved with other businesses who are interested in giving back. Visit our web site @ www.northcobbrotary.org/index.htm.

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Deadline is the 15th of the month for the following month's issue.

to Marietta/Cobb Museum of Art. Guests can grab a drink at one of many local restaurants and walk around, enjoying late night shopping at the many one-of-a-kind boutiques and a unique variety of Art and performance.

MARIETTA FOOD TOURS: The Marietta Square Food Tour takes you on a 3 hour guided tour of 7 locally owned and operated eateries. The walking tour allows you the unique

March crossword



across

- 1 Truant
- 5 Catch
- 8 Past
- 12 Curved roof
- 13 Boat locomotion needs
- 15 Manner
- 16 Mined metals
- 17 Analyze
- 18 Doctor's picture
- 19 Raps with the knuckles
- 21 Hazards
- 23 Bandit
- 25 McDonald's "Big ___"
- 26 City
- 29 Wing
- 31 Country house
- 35 Tape
- 37 Stray
- 39 Alliance
- 40 Fire remains
- 41 Marred
- 44 Incorporated (abbr.)
- 45 Has toed
- 47 Scientist's office
- 48 Then
- 50 Prove
- 52 Clod
- 54 African country
- 55 Guy
- 57 Adhesives
- 59 Crossbred
- 62 Left over, like merchandise
- 65 Elias ____, sewing machine
- 66 Unclothed
- 68 Back of a coin
- 70 What children learn
- 71 Protein part, with "acid"
- 72 Sap
- 73 Castle canal
- 74 Touch affectionately
- 75 Upon

down

- 1 Hubbub
- 2 Labor
- 3 Sign
- 4 SE African country
- 5 Qualm
- 6 Relief
- 7 Radar echo
- 8 Yellow toll car
- 9 Lunge
- 10 Extremely long time periods
- 11 Negative
- 13 Rice wine
- 14 Plant trunk
- 20 Leafy vegetable
- 22 Radiation dose
- 24 Slang for dirty hotel (2 wds.)
- 26 Speak in public
- 27 Subatomic particle
- 28 Hurts
- 30 Curve
- 32 Hike a mountain
- 33 Dear
- 34 Capital of Ghana
- 36 New Jersey's neighbor
- 38 Arbitrator
- 42 Food and Agriculture Organization (abbr.)
- 43 Metes
- 46 Most dense
- 49 Rice broth cheese meal
- 51 Serving of corn
- 53 Articulate
- 56 One of Columbus' ships
- 58 Ruin
- 59 Bum
- 60 Young Women's Christian Association
- 61 Moist
- 63 Set down
- 64 Loam
- 65 ___radio
- 67 Killed in action
- 69 MGM's Lion

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102% in 5 Days

325 Dewpoing Ct., Marietta

100% in 5 Days

3955 Hiram Lithia Springs Rd.
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