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Plus

*ZIPPING THROUGH
CHATTAHOOCHEE
NATURE CENTER*

*A SAILBOAT
AND A DREAM*

CHARLIE DANIELS

ON HELPING VETERANS, NEVER RETIRING AND GETTING ARRESTED IN MEXICO



CHATAHOOCHEE NATURE CENTER

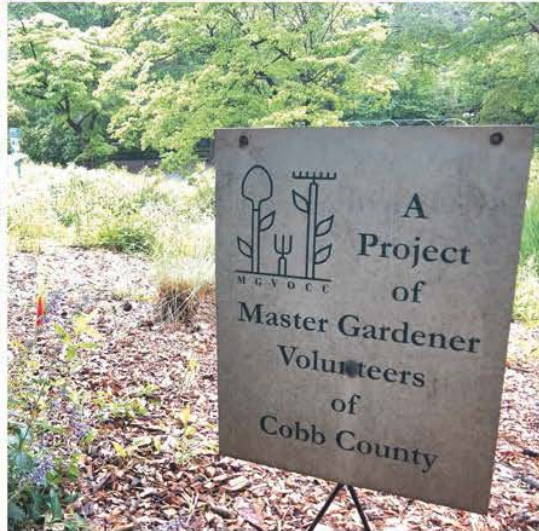
New Adventure Courses Allow Visitors to *Soar*



STORY AND PHOTOS BY AMANDA MORRIS



“Look deep into nature, and then you will understand everything better.”
 -ALBERT EINSTEIN



SOMETHING NEW IS IN THE AIR at the Chattahoochee Nature Center (CNC) — about 55 feet up in the air. For more than 40 years, visitors to the CNC have experienced nature close to home through gardens, wildlife exhibits, nature trails and plenty of educational opportunities. Now, visitors can experience nature in a new way, testing their abilities on two adventure courses. In these latest additions to the CNC — the Aerial Adventure Course and the Zipline Canopy Tour — visitors soar through the air like the red-tail hawks that frequent this area’s trees.

The Aerial Adventure Course includes four ziplines and many challenging elements, like a suspension bridge and ropes that you wouldn't consider crossing if you weren't harnessed safely to the cable system. Safety is a top priority here, and each visitor is given detailed instructions before experiencing the ziplines. A trained guide, with a pack on his back full of safety equipment and a first aid kit, leads each group through the course and helps any visitor that needs it.

The Zipline Canopy Tour includes a few challenge elements and seven different zip lines, each progressively longer or faster than the last. "Clear Maggie," calls one zipline guide to the other, announcing that the course is clear for the next zipliner. Each line is named, and "Maggie" is fitting for the line that soars through huge magnolia trees. After getting a few ziplines under their belts, visitors reach "Queen." On this line,



it's too far for the guides to hear each other's yells, so they break out their radios to call the "Clear Queen" signal. The next line is called 'King,' and it takes them over Beaver Pond. Three of the seven ziplines lead guests over Beaver Pond, and "King" is the longest. One of zipline guide Adam's favorite lines is "Skimmer," which carries you just feet above Beaver Pond on the fastest line.

Bordering the zipline course are two of the Nature Center's six trails: Stone Cabin Trail and Beaver Pond Trail. The latter leads around Beaver Pond, where the zipliners crisscross. On this trail, you can see the source for its name in the gnawed trees that the beavers have left behind.

Mark Gialanella, Community Programs Coordinator, explained: "There's a lot of activity along the river and through the wetlands. You'll see a lot of beaver chews, where beavers have chewed through trees." In the Beaver Habitat, a beaver swims in a small pond, then climbs out to gnaw on its food of twigs and leaves. Gialanella said: "They will chew through quite a few trees in their lifetime. Their teeth never stop growing, so they chew on the trees to eat the layer between the hard bark and the hardwood, which is very nutritious for them. This also files down their teeth."

In addition to the Beaver Habitat, the center also houses Bald Eagles, many different hawks, vultures, a variety of owls and more. The enclosures give people a chance to learn about the animals indigenous to the area and to see them up close.

"Every animal we have here is native to Georgia," Gialanella said. "They are here because they are not able to be released because of some injury or illness. Or perhaps they were somebody's pet and so they can't learn to hunt for themselves." In addition to housing over 75 injured, non-

Finding relief with CBD Oil



Breana Holmes is walking testimony to the medicinal effects of CBD oil. She experienced relief from her anxiety and fibromyalgia since it has relieved her pain and helped keep her calm when she begins to feel anxious. It was after discovering CBD oil and experiencing the benefits herself that she decided to open Your CBD Store in Smyrna.

"I also wanted to be able to help others who are looking for alternatives as relief." She explained as she described her motives for opening her store.

CBD oil has caught the media's eye as of late since it is derived from the hemp plant. It is important to note that marijuana is a type of hemp plant, but not all hemp plants contain the psychoactive chemical THC. Because CBD is not psychoactive and will not get you high, it is legal in most states, including Georgia.

Currently, CBD is used by people around the world to help relieve symptoms of anxiety, depression, inflammation, and pain, as well as manage certain symptoms of epilepsy. Even for those who do not suffer from chronic conditions, CBD may still be a beneficial supplement in the same way that other natural supplements are used. There are many people who micro-dose, taking a small amount each day.

The products at Your CBD Store are made with terpene-rich CBD oil harvested from industrial hemp plants. All products are third-party tested and a certificate of analysis is provided. Your CBD Store in Smyrna is located off of Cobb Parkway, near Best Buy & SunTrust Park



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releasable animals, the Wildlife Department of the Nature Center also treats animals brought in by the public. “We treat over 600 animals a year at our wildlife clinic,” Gialanella said.

Alongside the walkways that lead between the animal enclosures and beyond are more than three acres of gardens with more than 600 native plants. The smell of flowers hangs in the air, and the call of songbirds greet visitors as they walk through the different gardens. In the Butterfly Garden, the center selected specific plants to attract butterflies. The flowers provide nectar as food for the butterflies as well as a place for the butterflies to lay their eggs.

The CNC celebrates the butterflies with its annual Butterfly Encounter, which runs from June through July. At the event, guests can see a variety of butterflies up close and buy a nectar-stick to entice a butterfly to land on the sweetened twig.

For a completely different habitat, visitors can cross Willeo Road and walk along the wooden boardwalk into the wetlands area. The River Boardwalk Trail leads visitors on a raised, wooden boardwalk through shallow bodies of water and marshes. Everything is different in the wetlands and visitors

notice the change in the lighting, the sounds and the smells. The tall trees cast shadows on the boardwalk; the sounds change to the trills, croaks and chirps of frogs and toads; and the smell in the air changes to the musty scent of decomposing vegetation.

The River Boardwalk Trail leads visitors on a loop passing by a wide viewing spot of the Chattahoochee River and back to the Marsh Platform. On this platform, guests can often spot ducks, heron or geese.

These wetlands and the Chattahoochee River are an important part of our water system as Gialanella explains.

“Atlanta gets 70 to 80% of its water from the Chattahoochee River,” he said. “Its watershed is the smallest watershed in the United States, supplying the greatest amount of people. That’s why it’s so important that it is kept as healthy as possible, but also why it’s so important that pollutants don’t get into it or are reduced as much as possible. Wetlands are a big part of that. Wetlands act as giant filters. So the soil and the plants can filter out some of those pollutants before it gets to the main water source.”

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CHATTAHOOCHEE NATURE CENTER

770-992-2055 // ChattNatureCenter.org/
9135 Willeo Road - Roswell, GA 30075

Plan to spend at least two hours. If you plan to picnic or take in a program, give yourself even more time!

HOURS OF OPERATION

Monday-Saturday: 9 a.m. – 7 p.m.
Sunday: Noon – 7 p.m.
Closed New Years Day,
Thanksgiving, Christmas Eve
and Christmas Day

GENERAL ADMISSION:

\$10 Adults
\$7 Seniors (Ages 65+)
& Students (Ages 13 -18)
\$6 Children (Ages 3 -12)
Children 2 & under are free

AERIAL ADVENTURE COURSE

1-1.5 hours
Ages 4 and up (ages 4-9 must be
accompanied by an adult)
\$34.95 (plus CNC admission fee –
paid on arrival)

ZIPLINE CANOPY TOUR

1-1.5 hour
Ages 8 and up
\$49.95 (plus CNC admission fee –
paid on arrival)

COMBO – AERIAL ADVENTURE COURSE & ZIPLINE CANOPY TOUR

3 hours
Ages 8 and up
\$79.95 (plus CNC admission fee)



Families love the CNC and the areas designed for children. Frequent visitor Christina Wunner said: “The center is tailored for kids with fun, colorful things in the garden. In the Learning Center, kids can exchange treasures that you find in your yard. The people that work there are super helpful and teach kids. They make it fun.” Wunner also pointed out that parents can sit and relax in the air conditioning of the Learning Center while the kids play.

The Chattahoochee Nature Center is the largest nature center in Atlanta. The 127 acres of the CNC, located in Roswell (and a sliver in Cobb County), gives visitors a chance to experience nature close to home. Wunner, offered: “It’s a little getaway without having to go too far from home. You don’t have to go all the way to the city, and you have the same experience as the botanical garden and zoo all in one. And I like that it’s never too crowded.”

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