February 2014

# EAST® COBBER



Community Calendar PAGE 28 | Hyde Farm Update PAGE 38 | Health & Wellness Guide PAGE 46

Dancers Raise Money for Food Allergy Research PAGE 14 | Tax Breaks for Homeowners PAGE 57

NORTHSIDE HOSPITAL CANCER INSTITUTE: ADVANCED TREATMENTS THAT HELP YOU

# **Get Back to Nature**



Northside Hospital Cancer Institute diagnoses and treats more breast, gynecologic and prostate cancers than anyone else in Georgia. Northside is the only hospital in metro Atlanta chosen by the National Cancer Institute as a Community Cancer Center. So, right here at Northside, you have access to the latest cancer research and treatments. It is our privilege to help thousands of people survive cancer, so they can get back to their families and enjoy the wonders of nature. They are, after all, among them.



# Choose the SAT/ACT Prep Program That Delivers Real Results!

untington has the best SAT and ACT prep programs for students seeking dramatic score improvements to expand their college options. Choose a 28-Hour or Premier Program to fit your needs.

## **Proven Results**

 Since 2011, students at our center have increased their scores an average of 240 points on the SAT and 5.4 points on the ACT! We've been helping students in East Cobb for over 20 years.

## 28-Hour Program

 Provides 1-1 personalized instruction in all subject areas: Math, Critical Reading and Writing for the SAT program or English, Math, Reading and Science for the ACT program.
 Plus the Huntington Advantage!



## **Premier Program**

 Provides 1-1 personalized instruction to meet your needs. Plus the Huntington Advantage! Our personalized program is designed around your strengths and weaknesses to help you achieve your test score goal. We begin with a complete initial assessment using a full-length practice exam, followed by an initial conference with you and your parents to discuss your personalized program. Regularly scheduled conferences are held to discuss your progress.





## THE HUNTINGTON ADVANTAGE:

Applies to all programs

- 1-1 private tutoring
- Test-taking strategies
- Flexible scheduling
- Convenient locations
- Specially-trained teachers
- · Fully-accredited programs
- Proven success since 1977



770-977-2800

# THIS ISSUE

## **Featured**

- 14 Dancers Raise Money for Food Allergy Research
- 38 Hyde Farm Update
- 57 Tax Breaks for Homeowners

# Don't Miss!

20-27

2014 Child Care & Preschool Guide

Completely
Updated!
East Cobb's only
comprehensive
guide for parents
looking for the
best care for their
preschooler.

## This Month

- 28 Community Calendar
- 40 Dining Guide
- 46 Health & Wellness
- 56 **Seniors**
- 60 Club Calendar
- 64 **Support Groups**

# EAST@COBBER

P.O. Box 680455 Marietta, GA 30068 770-640-7070 • FAX: 770-559-3185 www.eastcobber.com

Volume 21 | Number 5
Founder | Publisher

**CYNTHIA ROZZO** cynthia@eastcobber.com

**Account Representatives:** 

Northeast Cobb Businesses

**ASHLEY WILKIE**404-617-8896 • ashley@eastcobber.com

East Cobb Businesses - Merchant's Walk - Roswell
MICHELLE O'SHAUGHNESSY

678-357-9384 • michelle@eastcobber.com

Restaurants

**TRICIA MORRIS** 

404-281-3860 • tricia@eastcobber.com

Online Administrator: Elizabeth Wentz Graphic Designer: Tamara Stephens



www.eastcobber.com www.facebook.com/EastCobber www.twitter.com/eastcobber



EAST COBBER monthly is published by EAST COBBER, LLC. Copyright © 2014 by EAST COBBER, LLC. All rights reserved. Reproduction or any use of editorial or pictorial content in any manner, without written permission, is prohibited. Any opinions expressed here do not necessarily represent the views of the EAST COBBER. EAST COBBER is a locally-owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information.

The EAST COBBER is distributed free to homes, schools, and 400+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068, and 30075.

Comments and stories are always welcome.

Please address all correspondence to
cynthia@eastcobber.com.

<u>Subscriptions</u> are available for \$20/year. Send check or money order payable to EAST COBBER to the above address.

Front cover photograph taken by Michael Drewitz of Michael's Photography.

#### MAKING LIFE LESS TAXING.....



W. ROBERT MCGOLDRICK, CPA,CFP
CERTIFIED PUBLIC ACCOUNTANT
CERTIFIED FINANCIAL PLANNER

770-992-7614

·TAX PLANNING & PREPARATION
·BUSINESS / INDIVIDUALS / NON-PROFIT ORGANIZATIONS
·RETIREMENT PLANNING

ESTATES & TRUST

SMALL BUSINESS ACCOUNTING

2866 JOHNSON FERRY ROAD, STE 100 MARIETTA, GA 30062



SECURITIES OFFERED THROUGH TRIAD ADVISORS, INC.
MEMBER FINRA/SIPC







# Give Your Child The Tools To Succeed!

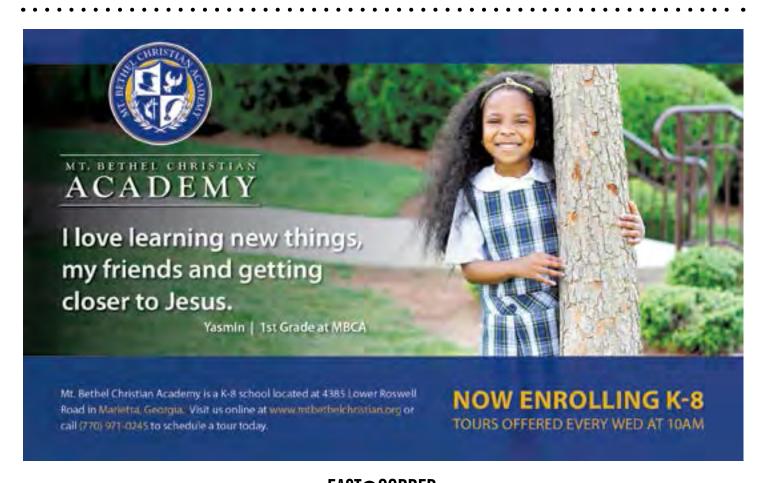
With Club Z! One-On-One Tutoring In Your Home

- All Subjects PreK- Adult
- SAT/ACT prep Study Skills
- Foreign Languages Flexible Schedules
- Affordable Rates Certified and Degreed Tutors



770-426-4508

www.clubz.com/marietta

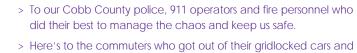


# PUBLISHER'S NOTE



I am writing my publisher's letter during the aftermath of the now infamous Snowpocalypse 2014-a winter storm that dumped three inches of snow on metro Atlanta, iced roads, forced the cancellation of almost 800 flights, caused roughly 1,200 accidents, injured at least 130 people, killed two, wrecked countless commutes and stranded thousands in local schools and businesses. Stories of commuters' struggles, politicians spinning, and Northerners mocking us abound. However, in the midst of this Snowjam, Metro Atlantans and East Cobbers demonstrated grit, Southern hospitality, ingenuity and/or experienced random acts of kindness.

As is always our intent here at the EAST COBBER, we shine a light on those doing good in the community. There are not enough pages to share all of the Snowmageddon stories, (not to mention I am past deadline and the February issue was already laid out for printing) but I felt it important to acknowledge the silver lining in this unprecedented



walked miles and miles home.

- > Heartfelt thanks to our schools' staff members and bus drivers who went above and beyond to keep our students safe throughout the day and even through the night as some were unable to leave.
- > Much gratitude to the schools, stores and churches that offered refuge for those who needed a break from the traffic, and in some cases, overnight accommodations.
- > To those East Cobb neighbors who were inspired to offer random acts of kindness—from passing out water and snacks at gridlocked street corners to those mom and dads that squeezed extra passengers in their cars so students wouldn't be left at school.
- > Kudos to East Cobber Michelle Sollicito who created SnowedOutAtlanta on Facebook. Her efforts connected those able to help to those in need. I was proud to see her get national acclaim for her efforts.
- > Congratulations to East Cobber Amy Anderson who gave birth to a baby girl on an Atlanta highway during the winter storm Tuesday. Amy's husband, Nick, is a lacrosse coach at Pope High School.

East Cobb County is such a great place to live because it is filled with great people as the above list exemplifies. Snowpocalypse gave us an opportunity show what we are made of East Cobb. And, every issue of the EAST COBBER magazine is another opportunity to relish in all that goodness that goes on around us every day-not just in a Snowjam.

I ♥ East Cobb!

Cynthin\_ Cynthia M. Rozzo Founder | Publisher cynthia@eastcobber.com











## On the Cover

This month's cover of the EAST COBBER features students from the MJCCA's Sunshine School. Located in East Cobb's beautiful Temple Kol Emeth (TKE), the Sunshine School cultivates connections to Jewish values and traditions while creating an inclusive environment for families from all backgrounds.

A NAEYC-accredited preschool, students ages 1 through 5 thrive on a colorful curriculum including reading, math, writing and creative arts that takes them from the classroom to the playground and even the organic garden. Begin your child's journey of exploration and learning at the Sunshine School. Front cover photography by

Michael Drewitz of

Michael's Photography





# CHILDREN THRIVE AT THE MJCCA'S SUNSHINE SCHOOL IN EAST COBB







Are you looking for a preschool that is warm and nurturing, yet focused on learning? Do you want a school that has met the highest accreditation standards? How about a place that will embrace your child's natural curiosity and provide opportunities to learn about the Jewish faith? If so, consider The Sunshine School as the preschool of choice for your family.

The Sunshine School is the MJCCA's (Marcus Jewish Community Center of Atlanta) East Cobb preschool. Recognizing that preschool is an important step in your child's educational journey, The Sunshine School combines experienced educators with a stellar learning environment that focuses on the whole child.

Located at Temple Kol Emeth on Old Canton Rd., the school offers spacious classrooms that allow children to explore various learning centers focused on reading, writing, math, and creative arts. The outdoor area includes two playgrounds and an organic garden, which is cultivated by the students and teachers throughout the year as part of the curriculum.

The Sunshine School is open to children ages 1 (as of Sept. 1) through pre-K and provides flexible hours for working parents. The core day is from 9:30 a.m. – 1:30 p.m., and the school offers extended learning opportunities starting at 7:30 a.m. and from 1:30 – 6 p.m. The school also is open during the summer for summer camp.

The preschool curriculum encourages children to be actively involved in the learning process, and teachers provide developmentally appropriate activities that promote learning through problem solving, communication, and exploration. The school also provides enrichment opportunities like music, Judaics, science and yoga.

The Sunshine School's director, Raye Lynn Banks, has worked with the MJCCA for more than 40 years, and she loves her job. In her tenure, she has seen the program grow into a full day program with the highest accreditations that supports working families while nurturing and educating children.

"The teaching staff sets The Sunshine School apart and makes it so special. Our teachers bring years of education and experience to their jobs, and it shows in how they engage the children academically and socially," says Raye Lynn.

Leslie Zlotnick is one parent who sings the praises of The Sunshine School staff and teachers. "The warmth and love shown by the staff at the Sunshine School are incomparable to any other school in the area. It truly is a family!"

Although the MJCCA's preschool is Jewish-based, it welcomes families from all backgrounds and celebrates many different cultures. In fact, the school recently hosted its first International Festival in which the children rotated through eight different countries filled with music, crafts, food and demonstrations.

The school encourages a partnership with families and provides many opportunities for parents to be involved. Dan Liu, a parent from China shares, "We love The Sunshine School. My son's teachers put so much thought and energy into giving the children cultural exposure. We were referred here by friends, and we are so happy here."

The MJCCA's preschool also hosts reading, music and art festivals throughout the year as a way to further engage students and their families in learning.

While there are other area preschools to choose from, The Sunshine School is recognized as being one of the best. The school has been accredited by NAEYC (National Association for the Education of Young Children) and received a three star (the highest) ranking in the state accreditation program.

If you are interested in a fully-accredited school with experienced teachers in a warm, loving atmosphere for your child, be sure to visit The Sunshine School. Registration for the 2014-15 school year and summer camp begins Tuesday, Feb. 4. For more information, visit www.atlantajcc.org/preschool or contact Raye Lynn at 678-812-3714.

PAID ADVERTISEMENT



#### **EAST COBB HOMESELLERS**

Find Out What Homes in Your Neighborhood are Selling for. FREE List with Pictures!

Visit:

www.ECobbHomePrices.com or FREE Recorded Message 1-800-679-1112 ID# 1041

**RE/MAX Greater Atlanta** 

@eastcobber





# THANKS, ADVERTISERS



You make the EAST COBBER available FREE to 40,000 affluent, well educated East Cobb residents every month!

## **Environmental Education Important in East Cobb**

by Cristin Zegers

Environmental education is definitely a hot topic in school systems around the country as we work to educate and raise the next generation. These kids are going to be our environmental lawyers, they will develop alternate forms of energy, they will protect and advocate for our planet's wildlife, and they will run companies that are mindful of their impact on our soil, water and air. But environmental education is more than preparing them for future developments in thought and technology in order to protect the Earth and conserve our resources. It's also about going back to basics—looking at the way we used to live so they can be good stewards of the Earth and connect with their roots, so to speak.

The children in the 35 elementary, middle, and high schools in East Cobb are growing up with a heightened awareness of environmental issues—and they are passionate about the cause! From recycling flip-flops and electronics to packing waste-free lunches, their enthusiasm for being a part of the solution is exciting to watch!



School gardens are popping up all over East Cobb, especially thanks to organizations like Whole Foods Whole Kids Foundation and Keep Cobb Beautiful (to name just two) that offer grants for vegetable gardens and other outdoor learning spaces. As environmentally savvy as many of our children are, they don't know where their food comes from. The typical American meal is comprised of ingredients from at least five countries outside of the United States, on average. The growing popularity of farmers markets and produce co-ops is helping to bring awareness to "eating local," but school gardens take it one step further.

The kids get to dig in the dirt, plant seeds, and watch them grow. Valuable science, language arts, math, social studies, and art lessons are employed in the gardens. And when it comes time to harvest their vegetables, these kids are trying foods they would typically turn their noses up to at home. It's a win on so many levels.

Especially with our class sizes growing, hands-on learning in a natural environment offers additional benefits to children. Experiential learning in outdoor classrooms has been proven to reduce behavioral issues, improve academic performance, and is particularly effective with children struggling with ADHD and social skills development.

Most school PTAs in East Cobb have an Environmental Education Committee that brings these important programs to our kids. If you're interested in getting involved in some Earth-friendly initiatives, contact your school's PTA President, or email Cristin Zegers, East Cobb County PTA Environmental Education Chair, at enviroed@ecccpta.org.



Cristin Zegers serves as
Environmental Education Chairperson
for the East Cobb County Council PTA.
She also calls on her love of nature in
her work as a Design Consultant and as
an Aromatherapist, and can be found
on the trails or kayaking on the river in
East Cobb in her free time. Originally

from Massachusetts, Cristin has lived in Indian Hills since 2003. She and her husband, Harry, have three children: Ava, a seventh grader at Dickerson Middle School; Harrison, a fifth grader; and Piper, a fourth grader, both at East Side Elementary School.



# Passing The Wrench A Classic Car Story of Succession



When Skip Smith began working with classic cars in his Walden Subdivision garage 27 years ago, he never imagined that his son Brandon would share his passion and turn it into a successful Fast Cobb business.

"It was just a natural progression", said Brandon, a 2002 Pope graduate. "I would work with my dad when he was in the garage tinkering with his cars. I built my first suspension when I was 7."

At 8, Brandon built a basket case 58 Jaguar, including the wiring.

"My hands were small and I could get them into the areas my dad could not," he said. "When we finished six years later, the car scored 999.8 at the nationals."

The father/son duo traveled throughout the United States to visit auto auctions and car collections. At 17, Brandon began buying and restoring his own classic cars, a hobby that continued throughout college.

As Brandon's passion developed, a business idea began to hatch.

"One thing I heard over and over again from my dad's friends was, 'If I had the space I would buy that car,'" said Brandon. "I guess it just stuck."

Brandon opened Classic AutoSmith on Lower Roswell Road about a year ago. With 25,000 square feet of space and a full service and interior trim facility, Brandon and his team have the tools to service, store, restore and sell classic, exotic and vintage cars and trucks.

"To put it simply, Classic AutoSmith caters to the motoring enthusiast community," he said. "We offer affordable classic, vintage and exotic collectors vehicle storage, consignment sales and service.

"Our approach is to offer complete concierge/conservator services seven days a week at an affordable price for the classic, vintage, exotic and collector automotive enthusiast," said Brandon.

"Today we are servicing and storing vehicles for customer as far away as West Virginia."

Visit Classic AutoSmith at 1819 Lower Roswell Road, Marietta, GA 30068, at the corner of the South 120 Loop and Lower Roswell Road, directly across from the East Gate Shopping Center. Brandon and his team can be reached at 770-578-0066 or online at www.classicautosmith.com.

1939 Ford Coupe Convertible



PAID ADVERTISEMENT

# East Cobb Teen Featured Singer at The Strand Organ Concert



▲ Daniel Mata with organist Ken Double

In an unusual pairing of vocalist and accompaniment, singer Daniel Mata, who won the inaugural Variety Stars of Tomorrow competition two years ago, and international concert theatre organist Ken Double, at the Allen Theatre Organ, will team up for a concert of pops entertainment at the Strand Theatre in downtown Marietta. This will mark the concert debut for Daniel Mata, with the show set for Sunday afternoon, February 23, 2014 at 3pm.

Daniel Mata is one of triplets. Along with brother Luis and sister Maria, they were born in Caracas, Venezuela. Their mother, Maria, who now works for the Center for Disease Control (the CDC) in Atlanta, had an interesting habit while pregnant with the triplets and commuting to work in Caracas. She would constantly listen to the music of vocalist Andrea Bocelli, and Maria insists with obvious validity, this is part of the reason Daniel sings, and Luis and Maria play piano and violin.

What makes the story even more amazing is that all four of them might not be with us today. The triplets were born almost eight weeks prematurely; weighing just more than two pounds. For two months these infants fought through brain hemorrhage, heart complications; weeks of feeding tubes; infection; lung and breathing issues and more. The label "miracle triplets" could easily apply.

Furthermore, mother Maria was diagnosed with a major liver infection and abscess, which was discovered shortly after the birth. She is convinced that had Daniel (who arrived first of the three) not decided it was time to be born despite being eight weeks early, the liver issue might have spread and taken all four lives. This is why the title of this show – Born To Sing – takes on such serious and deeply emotional meaning for the entire family.

Today, the triplets are in their junior years at Lassiter High School, honor roll students and musicians, and typical teenagers. And Daniel is pursuing his music with a passion to match his Godgiven talents. A CNN International interview at age 14 provided him the opportunity for exposure via YouTube. That led to the *Variety Stars of Tomorrow* contest in 2012. Daniel's classic treatment of operatic favorites like *O Sole Mio* and *Nessun Dorma* captured top honors in the competition.

He will feature those two selections in his concert, along with more mainstream "pop" tunes, some of which will focus on his Latin heritage. There will also be one new piece, specially composed for Daniel, which will make its performance debut in this concert.

During this concert, Daniel's "orchestra" will actually be the Allen Theatre Organ in the Strand Theatre. Playing "maestro" will be organist Ken Double, who was the featured performer at the dedication of this instrument in November of 2012.

Double is the President/CEO of the American Theatre Organ Society, and has toured the world presenting concerts. An orchestral instrument by its nature, it will be Ken's privilege to provide the musical background for most of Daniel's selections, along with presenting several solo selections aimed at demonstrating the variety of music the theatre organ can create.

This performance, February 23rd at 3pm, will mark Daniel's concert debut, allowing this young man with the amazing life story his first opportunity to be the featured attraction on stage.

Tickets are priced at \$17 in advance; \$22 at the door; students 18 and under \$10. They can be purchased on line via the Strand Theatre box office at www.earlsmithstrand.org. Call the Strand Theatre for more information at 770-293-0080, or contact Ken Double directly at 404-790-5400.

# Cobb County Libraries Announce New Hours of Operation

The Cobb County Public Library System is expanding and adjusting the hours of operation of all its branches to meet citizens' needs for access to libraries and library services. The change of hours took effect January 6.

Larger libraries, including the Switzer Library, Mountain View Regional Library, South Cobb Regional Library, East Cobb Library and the West Cobb Regional Library, will now be open Monday through Wednesday, 10 a.m. to 9 p.m., and Thursday through Saturday, 11 a.m. to 6 p.m.

Medium-sized libraries, including East Marietta, Gritters, Kemp Memorial, Kennesaw, Powder Springs, Stratton and Vinings, will be open Monday through Wednesday, 10 a.m. to 8 p.m., Thursday and Friday 11 a.m. to 6 p.m., and Saturday 1 p.m. to 6 p.m.

Smaller libraries, including Acworth, Lewis A. Ray, and Sibley, will be open10 a.m. to 7 p.m. Monday through Wednesday, closed Thursday and Friday, and open Saturday from 1 to 6 p.m.

The Sweetwater Valley Library's hours will also change; this location will now be open 10 a.m. to 7 p.m. Monday through Wednesday and, on Thursday, from 1 to 6 p.m.

A summary of all hours for all branches can be found on the library's website at www.cobbcat.org.

# Cobb County Commissioners to Hold Public Hearings on Taxes for Braves Stadium

Cobb County has scheduled public hearings prior to a February 25 vote to create tax districts that will help pay for the new \$672 million Braves stadium. At the start of each year, Cobb County Commissioners review code amendments. New tax districts are approved as part of the county code rather than through legislation by state lawmakers. One tax district will roughly follow the boundaries of the 5.5-square-mile Cumberland Community Improvement District. The new district would tax commercial property owners and apartment complex owners an additional 3 mills, bringing in \$5.2 million a year.

Commissioners are expected to approve a second code change to charge hotels and motels in the new district a fee of \$3 a room per night. The \$3 fee would generate \$2.7 million annually. A third code change would enact a county-wide 3 percent rental car tax expected to collect \$400,000 annually.

Public hearings on the creation of the new tax districts to fund the stadium will be held on February 11 at 9am and February 25 at 7pm. Both meetings will be located in the Cobb County Government, Building A, 100 Cherokee Street in Marietta 30060.



>>Thanks for reading the East Cobber! Be sure to support our advertisers!<<

# East Cobber Carving Out a Niche of Unique Art and Craftsmanship

by Elizabeth Wentz





When guests walk into Britta Patellis' East Cobb home, they're likely to be greeted by an original menagerie that includes her canine companion "Karma", three cats (one a three-legged rescue), a horse and a giraffe named "Gertie." The cats may come and go thanks to her work as a vet technician at Animal Hospital of East Cobb, but the wooden figures of Gertie and the horse remain ever watchful near the dining room.

Patellis, a woodcarver, crafted the almost life size carousel animals entirely by hand. An East Cobb resident since 1979, this East Cobb mom cut her woodworking chops at the Horsin Around Carving School in Tennessee after hearing about the program from a friend in 1999. "I spent about a year traveling to Chattanooga, learning to carve," said Patellis. Fifteen years later, Patellis is still carving. She creates and sells custom carved animals from her East Cobb studio for discerning carousel enthusiasts across the country.

Each animal is created entirely by Patellis, free-hand, and takes 150-200 hours to complete. At completion, carousel horses weigh about 70 pounds and cost several thousand dollars. Her major influence is the traditional Dentzel style of carousel carving, though she does include original aspects in each piece.

Though Patellis has always had a love of horses, she credits her mother, a trained architect, with fostering a love of drawing. Growing up, there was always a paper and pencil around, Patellis said.

After graduating from Walton High School, she earned a degree in illustration from Georgia State University. But Patellis relies on more than her considerable artistic talent when woodworking. Patellis approaches each project like a puzzle, beginning with a general idea and solving challenges as they present themselves.

"Don't tell me no," she said. "I don't like rules, I like to work my way through (things) and figure it out."

In addition to custom carvings, Patellis' talents extend to furniture restoration. She accepts commissioned work and can expertly restore and refinish almost any wood furniture. She also paints pet portraits.

For more of Britta Patellis' work, visit www.facebook.com/brittapatelliswoodcarving.

# Cobb County Commissioners Appoint New Public Safety Director



▲ Sam Heaton

Last month Cobb County Commissioners appointed Cobb County Fire Chief Sam Heaton as the new Public Safety Director. He replaces Jack Forsythe who resigned on January 6 after serving a year in the position.

The Cobb County Public Safety Director ensures public safety services to all citizens of the County. Sam Heaton directs, manages and supervises all operational areas of the Public Safety Agency to include the County police department, fire department, animal control, emergency services, E-911 bureau, internal affairs, MCS intelligence unit, training division and the administrative office within the department. The county's public safety agency has a budget of \$143.5 million, including 655 sworn firefighters and 609 sworn police officers. He also serves as Co-chair for Cobb County Homeland Security to coordinate various jurisdictions and agencies inside and out of Cobb County Government in Homeland Security matters, and acts as liaison to state, local and federal agencies.

# John Michael Miller, CPA, Inc.

1033 Sandy Plains Rd., Suite E • Marietta, GA 30066

(770) 419-3399 (Phone) (770) 419-2028 (Fax)

johnmillercpa@gmail.com www.IncomeTaxPreparation.com

- Homeowners \$240 (for most returns)
- Corporate Returns & Partnership Returns
- Monthly Business Accounting
- Now on YouTube.

Visit us at www.YouTube.com/johnmillercpainc

As you know, tax time is once again upon us. Have your tax return prepared by a CPA with over 20 years experience preparing tax returns. You will receive fast, reliable service at reasonable rates.

Your Federal and State returns will be carefully prepared to make sure that you get every deduction to which you are entitled. You will also be advised on how to keep your taxes as low as possible for next year.

FREE Electronic Filing to our clients

\$25 OFF

BY APPOINTMENT • FAX • MAIL

\$10 OFF RETURNS UNDER \$**175** 

Coupon may not be combined with any other offer.

PAYROLL SERVICES

Ist Month FREE

WITH SIX MONTH CONTRACT
CALL FOR RATE

Coupon may not be combined with any other offer.

MONTHLY ACCOUNTING

1st Month FREE

WITH SIX MONTH CONTRACT
CALL FOR RATE

Coupon may not be combined with any other offer.

**INCOME TAX PREPARATION** 





≯ Pre-SAT (PSAT) Prep



Your child's one full grade level in 40 hours of instruction! www.tutoringcenter.com

4880 Lower Roswell Road, Suite 445 Parkaire Landing Shopping Center

(Between East Cobb Library and Kroger) 770-977-1888

# Diagnostic Assessment

(\$ 150 Value)

**Plus** 

# WITH ENROLLMENT

All Programs

With this coupon. Not valid with any other offers or promotions.

Offer expires 2/28/2014



# **Dancers Raise Money** and Awareness for Food Allergy Research

by Elizabeth Wentz

When two of Dance Stop Studio's company members developed chronic illnesses that lasted almost two years, the studio took notice. The students complained of headache, general lethargy, GI pain and stomach issues, and missed plenty of dance classes in the process.

After two years of misdiagnosis, both students were identified as having Celiac Disease, an autoimmune digestive disease that damages the villi of the small intestine and interferes with absorption of nutrients from food.

Celiac disease is triggered by the consumption of gluten, which is found in wheat, barley and rye. In those with celiac disease, gluten consumption can lead to malnourishment and left untreated, can lead to other autoimmune diseases, osteoporosis, thyroid disease and cancer.

Food allergies are an all too common reality for many parents, sometimes with life threatening implications for children. On average, two children in every classroom have a food allergy, according to FARE (Food Allergy Research & Education).

Dance Stop recognized a need for food allergy awareness in the East Cobb community and has pledged support of FARE through their mid-Winter concert. Forty percent of ticket sales to the concert's three shows will benefit FARE.

"It's such a challenge for these food allergy kids to stay safe, to exist. It's crazy," said Gerry Kelton of Dance Stop Studios.

Dance Stop Studio's Mid-Winter Concert will be held March 1-2 at the Jenny T. Anderson Theatre at Cobb Civic Center. Tickets to this family-friendly event are \$15. Kelton said the concert will feature the Dance Stop Company dancers with all original work and showcase jazz, tap, contemporary, ballet and pointe. For tickets or to make a donation to benefit FARE, contact Dance Stop Studios at 770-578-0048 or www.dancestopstudios.com.

To learn more about FARE, visit www.foodallergy.org.





## Ginepri Performance Tennis is Raising a Racquet



▲ Julius Robberts, Jason Parker, Rene Ginepri, Robby Ginepri.

With new talent and a renewed commitment to East Cobb's tennis community, Olde Towne Athletic Club raises the standard for what it means to be a top-notch tennis facility. Best described by co-owner Jason Parker as a place with an uplifting, contagious family atmosphere, Olde Towne Athletic Club's tennis program is now known as Ginepri Performance Tennis (GPT), and offers instruction for the very young to competitive college-bound/pro tour bound students to adult recreation – and everything in-between.

Robby Ginepri, co-owner and current ATP Touring Professional says "At GPT you will have the team and support system needed to achieve your dreams." According to Rene Ginepri, General Manager and co-owner, a considerable factor that sets GPT apart from other facilities is the caliber of its professional staff. "There is no other program in the state that can offer the quality of instruction that we offer at GPT," he says. "Our pros have outstanding credentials with proven records."

Some of these include: Robby Ginepri, Director of Tennis Programming, ranked as high as #15 on the ATP tour and a

previous semi-finalist at the US Open; Julius Robberts, Director of Tennis, NCAA All American; Jason Parker, Director of Player Development, coach for several, top #100 ATP and WTA players; Travis Rettenmaier, Career High ATP Doubles Ranking of #57; Edina Gallovits, ranked as high as #54 on the WTA Tour; Joseph O'Dwyer, current coach for ATP touring professionals; and the latest staff addition, Richie Martin, who recently established a 10 & under program for the Hong Kong Tennis Federation.

"GPT is all about long-term relationships, as evidenced by our latest commitment to the 10 and under program," explains Parker. "We want to start there and take them through their school-age years. If one of our participants is looking for a college scholarship, we have the connections to help him or her follow that dream."

Providing world class instruction at all levels and ages, GPT offers several specific programs, including an all-inclusive Home School Program in which junior participants receive training in areas of fitness, mental skills, Yoga, nutrition and video analysis. GPT offers individualized programs for juniors attending the after school drill program. GPT's summer tennis camps have been dubbed "the finest Junior Tennis Camp in the South."

"Our participants can receive not only on-court training, but essential off-court training as well," says Robberts, a co-owner who is also the Mental Skills coach. "We provide all avenues for these young players to excel."

So tennis, anyone? Ginepri Performance Tennis at Olde Towne Athletic Club has tennis for the very young (ages 4+) and the young at heart! Adult programs include drills, round robins, ALTA & USTA teams, social tennis mixers and more! For information, visit www.GinepriPerformanceTennis.com or call Jan Parrott at 770/578-9901.

PAID ADVERTISEMENT



# 14% Discount

# Our Valentine to You!



Clip this ad to receive a 14% Discount towards a purchase of Draisen Edwards merchandise.

Expires 2/28/2014, one per household/one-time use, no minimum purchase required.

770-971-9755 • draisenedwardsmusic.com • To register for babies to age 8 programs visit musiktogrow.com

>>Thanks for reading the East Cobber! Be sure to support our advertisers!<<

## East Cobb Lions Recycle Eyeglasses



the world. Among the many service projects, Lions are best known for their program to recycle eyeglasses as a way to help the visually impaired. It costs Lions less than 8 cents to provide a pair of recycled eyeglasses and change someone's life.

For children, clear vision means a better education, healthier development and a better quality of life. For adults, clear vision means greater employment opportunity and economic strength. For seniors, clear vision means less dependence on others. Lions clubs collect millions of eyeglasses each year to address the need for glasses, making eyeglass recycling one of their most popular activities.

You can donate glasses and change someone's life. Help a child read, an adult succeed in his job, a senior maintain independence, and provide a community with more opportunities to grow and thrive. You can drop off your usable eyewear at Lions-sponsored collection boxes. Typical locations include libraries, schools, community centers, places of worship, coffee shops, optometrist offices and other public places. See the highlighted box for East Cobb locations where you can drop off your eyeglasses.

The East Cobb Lions Club is in its 55th year of service. They are an active and growing group of service-minded men and women who are interested in improving the community. They are young people, families and Baby Boomers alike. To become a Lion is to become an active volunteer, a member of a respected international organization, a leader in the community and a friend to people in need.

If you're interested in becoming a member of the East Cobb Lions Club, call Lion Ray Moore at 770-425-7881 or email famousray@comcast.net. East Cobb Lions meet at 7pm on the 2nd and 4th Tuesdays of each month at Sunrise Senior Living, 1551 Johnson Ferry Road, Marietta. You'll grow personally and professionally, and you'll know that what you do is worthwhile and appreciated.

### East Cobb Locations for East Cobb Lions Eyeglass Collection Boxes

- > East Cobb Senior Center 3332 Sandy Plains Road • Marietta 30066
- > FOR EYES
  4101 Roswell Road, Suite 105 Marietta 30062
- > Costco Optical Department 2900 Cumberland Mall, Atlanta • 30339
- > Mount Bethel United Methodist Church 4385 Lower Roswell Road • Marietta 30068
- > Eyes on Providence 3535 Roswell Road NE, Suite 8 • Marietta 30062
- > Eastside Baptist Church 2450 Lower Roswell Road • Marietta 30068
- > H.M. Patterson and Son 1157 Old Canton Road • Marietta 30068
- > Powers Ferry United Methodist Church 245 Powers Ferry Road • Marietta 30067
- > Dr. John Miller, O.D. 4343 Shallowford Road • Marietta 30062
- > Dr. Gray Sass, O.D. 1545 Powers Ferry Road, Suite 240 • Marietta 30067
- > East Cobb Veterinary Clinic
  1314 East Cobb Drive Marietta 30068
- > Marietta Eye Clinic 3939 Roswell Road, Suite 100 • Marietta 30062
- > Holy Trinity Lutheran Church 2922 Sandy Plains Road • Marietta 30066

# State Legislators to Hold Town Halls



▲ State Sen. Hill



▲ State Rep. Carson



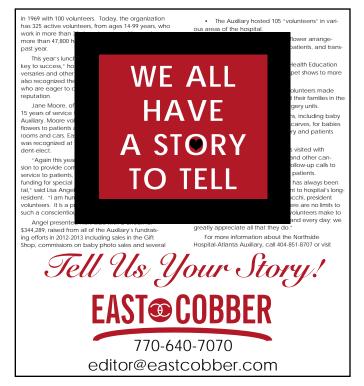
▲ State Rep. Dollar

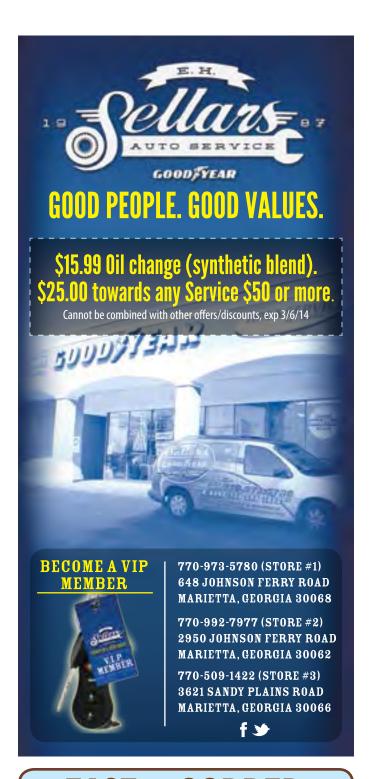
Come hear from your state legislators! Several local lawmakers are planning town hall meetings as the legislative session continues this winter. All Marietta and Cobb County residents are invited to attend.

State Senator Hill and State Representative John Carson will address current issues including pending legislation, during their town hall meeting to be held on February 10 at Mountain View Library, 7-8pm. Mountain View Library is located at 3320 Sandy Plains Road, Marietta/East Cobb.

State Senator Hill and State Representative Matt Dollar will host a town hall on Wednesday, February 19, at Walton High School Auditorium, 1590 Murdock Road in Marietta/East Cobb. The meeting is scheduled from 7-8pm.

State Senator Hill and State Representative John Carson will host another town hall on Monday, March 10, at Mountain View Library, 7-8pm.







# Fragile Kids Foundation Announces "One Night Of Southern Hospitality"



▲ Jackson Puckett, with Carolyn Polakowski, Executive Director of Fragile Kids Foundation.

The Fragile Kids Foundation (FKF) announced the date of its largest fundraising event, "One Night of Southern Hospitality," to be held at The Estate (formerly Anthony's on Piedmont in Atlanta) on Friday, March 7 at 7:30pm. The evening will feature a performance by award-winning contemporary jazz and R&B multi-instrumentalist Brian Culbertson, delicious food by Legendary Events, whiskey and wine tasting, cigar rolling, silent auction, and more. All proceeds benefit FKF, which provides provides rehabilitative and medical equipment not covered by insurance or government programs for medically fragile children in Georgia from birth to age 21.

"Not only is this event a rare opportunity to hear Brian Culbertson in an intimate performance, but it's an opportunity to have a great night out, all while investing in Georgia's most fragile kids," says Carolyn

Retirement Planning • Investment
Management • College Planning •
Long-Term Care, Disability
& Life Insurance

\*\*Karen Vining\*\*
President

770-971-9141
ViningFinancial.com

4994 Lower Roswell Rd, Suite 4 Marietta, GA 30068
Securities offered through Triad Advisors, Inc. Member FINRA/SIPC

Polakowski, executive director of Fragile Kids. Carolyn is also an East Cobb resident.

"Fragile Kids is one of the only organizations working to fill the growing gaps in the healthcare system for rehabilitative and therapeutic equipment for low-income, disabled children, and this event is an important way to raise funds for those children in need."

VIP tickets for the event are \$300 and include a private gathering with Mr. Culberston at 6:30 p.m. General admission tickets are \$150. Tickets are limited and will only be available while supplies last. All tickets can be purchased online at www.fragilekids.org. For more information about tickets or sponsorship opportunities, please contact Jill Gossett at jill@fragilekids.org or 770-951-6115.

Established in 1988, the Fragile Kids Foundation provides rehabilitative and medical equipment not covered by insurance or government programs for medically fragile children. The organization serves children from birth to age 21 with critically needed equipment, transportation support, and therapy tools that cannot be secured by other means. Fragile Kids strives to create safer, healthier lives for children living with a wide range of diagnoses, including: Cerebral Palsy, Muscular Dystrophy, Spina Bifida, Mitochondrial Disorder, Retts Syndrome, Angelmans and other genetic/traumatic injuries. Assistance offered to families includes: wheelchair lifts, stair-lifts, and overhead lifting systems to safely transport children in wheelchairs, ramping for homes and vans, specialized car seats, toileting and bathing systems, specialized strollers and more. Since its inception, Fragile Kids has helped more than 5,000 children across Georgia with equipment grants and the sharing of loaned equipment.



## **Pope Grad Sings for Pope Francis**





▲ Rachel Hamadi

On December 18, 2013, East Cobb resident, Rachel Hamadi, performed for Pope Francis in Saint Peter's Square at the Vatican in Rome, Italy with the international group, Up with People. Up with People sang and performed international dances during Pope Francis' last weekly audience of 2013. Since it was also Pope Francis' birthday, the group sang a special, "Happy Birthday" for the Pope.

As a part of *Up with People* in 2012, Rachel performed and traveled through the Southwest and the Northeast of the U.S. as well as throughout Europe, Asia, and South America. She was invited to once again join *Up with People* for this special performance at The Vatican. While performing for national and international leaders around the world was not uncommon during her travels, Rachel shared that performing in St. Peter's Square will always be a highlight of her experiences. "It was a beautiful, sunny, clear day. However, it was quite chilly being so close to Christmas. By the time Pope Francis arrived, we had been outside for hours and were all so cold we questioned if we had frostbite. But, we quickly forgot about all that when

we were able to perform for and meet the Pope. Pope Francis was so kind, nice, and funny. It was such an honor to meet him. Being able to perform for Pope Francis during his weekly audience and to also meet him was a unique, once-in-a-lifetime opportunity. I will never forget that day."

Ms. Hamadi is the daughter of Charles and Lynda Hamadi of Marietta/East Cobb. She is a 2010 Pope High School graduate and is currently a pre-school teacher at Primrose School of Woodstock East while she pursues her degree in Early Childhood and Elementary Education. Rachel's mother, Lynda, is also an alum of Up with People having traveled in 1983-84. During Lynda's time with *Up with People*, she also had the opportunity to perform for the Pope--then Pope John Paul II.

Up with People is a global education organization which aims to bring the world together through service and music. The unique combination of international travel, service learning, leadership development and performing arts offers students an unparalleled experience and a pathway to make a difference in the world, one song at a time. Since 1965, Up with People has provided young people from around the world a unique international education experience unmatched by any other program. More than 21,000 young leaders from 100+ countries have traveled abroad with Up with People. To learn more about Up with People, go to www.upwithpeople.org.

The following pages provide a comprehensive listing of all child care centers, Mother's Morning Out (MMO) programs, and preschools available to children up to the age of 5 in East Cobb County. This information offers a quick review of the child care and educational programs located right here in our East Cobb community. We have not attempted to "rank" or "rate" any centers. Readers are encouraged to thoroughly evaluate any potential caregiver. The Child Care Licensing Section of the Georgia Department of Human Resources regulates the industry and can be very helpful. In the Pre-K column, an \* after the check mark indicates that the preschool offers the Georgia Pre-K program.

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Pre-K (4 Year-Olds)	Kindergarten ( 5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
A CHILD'S NIGHT OUT (15) 1360 Powers Ferry Road., Suite B-255, Marietta 30067	Jackie Griffith 770-952-9824		15 mos+	٧	~		٧		>	~	>	
ANGEL ACADEMY DAYCARE (55) 4041 Canton Highway, Marietta 30066	Jesselyn Elliott 770-592-4933	6 wks +	~	>	<b>✓</b> *		>		>		~	~
BRIGHT HORIZONS AT WILDWOOD (119) 3175 Windy Hill Road, Atlanta 30339	Barbara Clay 770-933-0530	6 wks +	~	~	✓*		~		~		~	~
CATHOLIC CHURCH OF ST. ANN'S PRESCHOOL (150) 4905 Roswell Road, Marietta 30062	Nancy Wohlfrom 770-552-6400 ext. 6030		16 mos+	>	~	~			>			
CORRIGAN CARE, INC. SPECIAL NEEDS DAY CARE (5) 9205 Coleman Road, Roswell 30075	Amy Corrigan 678-509-3669	3 mos+	~	~	~	~		~		~		~
COVENANT PRESBYTERIAN CHURCH (60) 2881 Canton Road, Marietta 30066	Lanie Norton 770-422-5130		~	>	~			~	>			~
CRESCO MONTESSORI SCHOOL (80) 3001 Johnson Ferry Road, Marietta 30062	Michelle Knapp 770-992-8031	6 wks +	١	>	>	٧	٧	~	>		١	~
CRÈME DE LA CRÈME (170) 726 Woodlawn Drive, Marietta 30068	Jeannie Burdette 770-971-2205	6 wks +	٧	>	~		٧		>			~
DOODLE BUGS DAYCARE & LEARNING CENTER (50) 2561 Canton Road, Marietta 30066	Lena Hammand 770-422-0284	6 wks +	7	~	~				>			~
EAST COBB PREP (180) 3875 Shallowford Road, Marietta 30062	Erin Fleishman 770-649-0415	6 wks +	>	>	>		٧		>			
EASTMINSTER CHRISTIAN PRESCHOOL (67) 3125 Sewell Mill Road, Marietta 30062	Cathi Cahn 770-977-2976 ext. 11		16 mos +	>	~			~				
EASTSIDE BAPTIST PRESCHOOL (100+) 2450 Lower Roswell Road, Marietta 30068	Karen Walker 770-971-4766	6 wks +	~	>	~							
THE EPSTEIN SCHOOL (102) 335 Colewood Way NW, Sandy Springs 30328	Cathy Borenstien 404-250-5600		~	V	~	~	V		~			





Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Pre-K (4 Year-Olds)	Kindergarten ( 5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
ETZ CHAIM PRESCHOOL(42) 1190 Indian Hills Pkwy., Marietta 30068	Debbie Deutsch 770-977-3384		~	~	~		~	~	~			~
FAITH LUTHERAN SCHOOL (87) 2111 Lower Roswell Road, Marietta 30068	Karla Kemmerling 770-973-8921		18 mos+	>	<b>&gt;</b>	٧	~		>			
FELLOWSHIP CHRISTIAN SCHOOL (15) 10965 Woodstock Road, Roswell 30075	Katherine M. Teston 770-993-1650				\ \	٧	~		>			
GATEWAY ACADEMY & CHILDCARE ACADEMY (95) 2090 Lower Roswell Road, Marietta 30068	Helen Gwude 770-948-7201	6 wks +	~	~	~		~		~		~	~
GIGGLES LEARNING CENTER (120) 3639 Canton Road, Marietta 30066	Diane Whitmire 770-928-6670	6 wks +	~	~	~		~		~	~	~	~
THE GODDARD SCHOOL (135) 3584 Providence Road, Marietta 30062	Naomi Davis 770-579-1190	6 wks +	٧	>	~				>			~
THE GODDARD SCHOOL (120) 3147 Trickum Road, Marietta 30066	Shannon Jadlocki 770-321-8370	6 wks +	~	~	<b>✓</b> *	~		~	~			~
HIGH MEADOWS SCHOOL 1055 Willeo Road, Roswell 30075	Jay Underwood 770-993-2940			>	>	٧	~		>			
HOLY FAMILY CHURCH PRESCHOOL (58) 3401 Lower Roswell Road, Marietta 30068	Mary Jo Nichols 770-973-0038 ext. 824		٧	>	<b>&gt;</b>				>			
JAVITS ACADEMY & LEARNING CENTER (15) 1240 Johnson Ferry Place, Marietta 30068	Shoshana Javits 770-321-8484	6 wks +	٧	>	~			~	>		٧	
JOHN KNOX PRESBYTERIAN CHURCH PRESCHOOL (95) 505 Powers Ferry Road, Marietta 30067	Karen Otto 770-973-3283		18 mos+	>	~				>			
JOHNSON FERRY BAPTIST CHURCH THE WEE SCHOOL(300) 955 Johnson Ferry Road, Marietta 30068	Kim Mayo 770-794-2997		~	٧	7			~	~			

Scholarships

offered to
ALL Pre-K
students
covering up
to 90% of

Tutision

ETZ CHAIM PRESCHOOL

\*Provides Child Centered Learning

Offers Full and Part Time Hours

OHAS Low Student to Teacher Ratios
Obs State Licensed and Accredited

NOW ENROLLING FOR SUMMER FALL

Www.etzcham.net - debbie@etzcham.net - 770.977,3384







Excellent, Christ-centered preschool education in the heart of East Cobb

Now Enrolling for Fall! Ages 16 months - PreK-4

www.epres.org • 770-977-2976

Eastminster Presbyterian Church • 3125 Sewell Mill Rd • Marietta, GA • Conveniently located on the corner of Sewell Mill & Old Conton Roads

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Pre-K (4 Year-Olds)	Kindergarten ( 5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
KIDDIE KOLLEGE (100) 2000 Lower Roswell Road, Marietta 30068	Debra Walker 770-973-7223	6 wks +	~	~	<b>✓</b> *		~	~	~		~	~
KIDS R KIDS (180) 4671 Sandy Plains Road, Roswell 30075	Melissa Smith 770-552-8877	6 wks +	~	~	<b>/</b> *		~		~			
KIDS R KIDS EAST COBB PRESCHOOL (240) 505 Johnson Ferry Road, Marietta 30068	Julie Davis 770-565-2220	6 wks +	~	~	~		~		~			~
KIDS R KIDS EAST COBB (185) 2100 Post Oak Tritt, Marietta 30062	Diane Bradley 770-971-7200	6 wks +	~	~	~				~			~
KIDS ZONE DAYCARE & LEARNING CENTER (130) 137 Johnson Ferry Road, Suite 1100, Marietta 30068	Helene Hindman 770-933-6900	6 wks +	~	~	>		~		~		~	~
LA PETITE ACADEMY (87) 2358 Shallowford Road, Marietta 30066	Patricia Villard 770-926-8364	6 wks +	~	~	<b>✓</b> *		~		~		~	~
LIGHTHOUSE ACADEMY AT EAST COBB UMC (81) 2325 Roswell Road, Marietta 30062	Bronwyne Butler 770-971-3671	8 wks +	~	~	~				~			~
MJCCA SUNSHINE SCHOOL AT TEMPLE KOL EMETH (70) 1415 Old Canton Road, Marietta 30062	Raye Lynn Banks 678-812-3720		~	~	~		~		~	~		~
MONTESSORI INTERNATIONAL ACADEMY (85) 2145 Barnes Mill Road, Marietta 30062	Tiffany Smith 770-565-3933	6 wks +	~	~	<b>/</b> *		~		~		~	
MONTESSORI SCHOOL OF WOODSTOCK (60) 3899 Canton Road, Marietta 30066	Patricia Shahbazi 770-928-2515		~	~	~	~	~		~			
MOUNTAIN VIEW UMC PRESCHOOL (56) 2300 Jamerson Road, Marietta 30066	Tracie Schwebs 770-591-8659		V	~	~			~	~			
MT. BETHEL CHRISTIAN PRESCHOOL (376) 4385 Lower Roswell Road, Marietta 30068	Ginny Mateer 770-971-6812		16 mos +	~	~			~	~			
MT. BETHEL CHRISTIAN ACADEMY 4385 Lower Roswell Road, Marietta 30068	Jim Callis 770-971-0245					~	~					
MT. BETHEL CHRISTIAN DAY CARE CENTER 651 Woodlawn Drive NE, Marietta 30068	Dee Stolz 678-560-8005	~	~	~	٧							
MOUNT PARAN NORTH PRECIOUS ONES LEARN N' PLAY (80) 1700 Allgood Road, Marietta 30062	Julie Bostardi 678-285-3226	8 wks +	>	~	٧		>		>		~	





>>Thanks for reading the East Cobber! Be sure to support our advertisers! <<

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Pre-K (4 Year-Olds)	Kindergarten ( 5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
MT. ZION UMC PRESCHOOL (184) 1770 Johnson Ferry Road, Marietta 30062	Kristi Olterman 770-971-1478		~	٧	~	>			>			~
NOBLE WORLD MONTESSORI (67) 2502 East Piedmont Rd., Marietta 30062	Mehdi Sayfi 770-509-1775	6 wks +	~	7	7	>	~		>			
NOONDAY CHRISTIAN ACADEMY (140) 4121 Canton Road, Marietta 30066	Libby Dunn 770-926-8891		~	~	~	~		7	~			
ONE WORLD SPIRITUAL CENTER WEE ONE WORLD (24) 3535 Shallowford Road, Marietta 30062	Danielle Pearl 678-901-9691	6 wks +	~	~				~			~	
PIEDMONT ACADEMY (100) 570 Piedmont Road, Marietta 30066	Dolores Bailey 770-423-9578	~	~	~	~	~	~	~	~	~	~	~
PRIMARY PREP ACADEMY (150) 1887 West Oak Parkway, Marietta 30062	Donna Anderson 678-594-8700	6 wks +	~	~	~				~			
PRIMARY PREP ACADEMY 3829 Roswell Road, Marietta 30062	Hazel Olivares 770-579-1979	6 wks +	~	~	~		~		~		~	~
PRIMROSE SCHOOL AT EAST LAKE (140) 2065 Roswell Road, Marietta 30062	Cinnamon Snipes 770-971-0148	6 wks +	~	~	<b>✓</b> *		~	~	~	~	~	
PRIMROSE SCHOOL OF LASSITER (130) 282 Lassiter Road, Marietta 30062	Patsy McGilvary 770-641-8535	6 wks +	~	~	<b>✓</b> *		~	~	~			
PRIMROSE SCHOOL OF SPRAYBERRY (144) 2531 East Piedmont Road, Marietta 30062	Christine Stadler 770-578-4832	6 wks+	~	~	<b>/</b> *	~	~		~			~
RATED K FOR KIDS ONLY (60) 2800 Canton Road NE, Marietta 30066	Sarah Wathall 770-425-4799	6 wks +	~	٧	<b>/</b> *		>		>	V	~	~





# **Choosing a Preschool**









The moment has arrived. Your little baby has sprouted wings and is ready to leave the nest – at least for a few hours. Preschool looms on the horizon. So how important is this? It turns out, very. Those crayons and pipe cleaners may look innocent enough, but how and where they're introduced can have long-reaching ramifications.

According to the U.S. Department of Education, preschool plays a large role in later academic success. "Children in high quality preschools display better language, cognitive, and social skills than children who attended low quality programs." They have longer attention spans, stronger social abilities, and better language and math skills well into their elementary school careers. In fact, 20 or 30 odd years after they've put down their wooden blocks and stepped away from the sand table, they're still reaping the benefits – they're more likely to graduate from high school, more likely to hold high paying jobs, even more likely to own their own house.

While most schools offer some amount of circle time and fingerpaint, they are not all the same. Here's how to sort through the preschool mumbo jumbo, and pick the right place for your child. What to Consider:

- > Credentials. Currently, only Georgia and Oklahoma offer free preschool to all the kids in their state.

  Most preschools are privately run. That means they make their own rules. Make sure the schools you are considering employ teachers that have earned early childhood education degrees. Ask if the school itself is accredited. For more information, go to www. naeyc.org, the website for the National Association for the Education of Young Children.
- > Hours. There's a difference between day care and preschool. Day care often offers more hours for kids of working parents, in a less scheduled environment. Preschool programs tend to be shorter, and more structured. Decide your needs and look for a program that correlates.
- > **Discipline.** We all hope to raise perfect angels, but let's get real a major part of young development is testing boundaries. Ask how the school deals with

behavior such as hitting or biting. Ask how they deal with conflict – do they believe children should work things out themselves? Do they believe in "time outs"? It's important that you agree with a school's disciplinary approach and trust their judgement – small children have a hard time with mixed messages.

- > Nutrition. One of the great things about preschool is that children are positively influenced by their peers they may not touch fruit at home, but if everyone else is eating apples, they might be coerced to try them. Of course, they may also be negatively influenced. Does the school provide lunch and/or snacks or will you pack them from home? If they supply the goods, ask what they serve. Pretzels and cheese cubes, or cookies and milk? Don't choose a school with a teacher who loves to bake if you don't want your kids eating sweets. If your child has food allergies, make sure they can ensure their safety.
- > Look at the Art. A picture is worth a thousand words, so look at what's hanging on the walls. Does everything look the same? Is all the crayon within the lines? Some schools emphasize facts: "Trees are green." Others encourage imagination: "Interesting. I've never seen a baby growing on a tree before!"
- Visiting. Does the school have an open door policy? Can parents visit at any time, or are there set days for observation?
- Safety. How does the school ensure student safety? How do they keep track of pickups at the end of the day?
- > Philosophy. More brain development occurs in the first five years of life than at any point thereafter. Educators have different views and approaches, even as early as the preschool years. Some schools are completely "play based," others have kids as young as three or four tracing numbers and letters to prepare them for kindergarten. It all comes down to learning style.

(Reprinted from education.com)



### Emmy's Academy

Emmy's Academy will provide high-quality, accredited childcare to children with typical and special needs 6 weeks through 5 years old. Monday through Friday from 7:30am - 6:30pm. Opening in 2014, the Academy will offer early intervention, specialized developmental care, and low student to teacher ratios all in an inclusive educational environment. While all children can be enrolled in the Academy childcare program, the children with special needs will also have access to on-site physical, occupational, speech and music therapies, and will receive personal attention from highly-trained special education teachers. Emmy's Academy will strive to maintain a fully inclusive environment for our children, and welcome all children regardless of diagnosis or special circumstances. Emmy's Academy will be located at 9205 Coleman Rd, Roswell, GA 30075.





PHOTOGRAPHY / Nina P. Shields

# 5th Annual Emmy's Bash



Friday, Aug 22, 2014 7pm – 11pm

#### The Pavillion at East Cobb

A night of hors d'oeuvres, drinks and entertainment benefiting Corrigan Care, Inc. The evening will highlight the many families who can benefit from the services Corrigan Care provides. A silent auction will be held to raise additional funds.

For more information visit www.corrigancare.org

### **MOM'S MORNING OUT**

Monday - Friday 9:30am - 12:30pm! \$15 Per Child

We welcome children with special needs and their siblings (ages 3 months – 5 years). We are located at 9205 Coleman Rd, Roswell, GA 30075. Space is limited so register your child soon!

### RESPITE NIGHTS

Monthly respite nights for families with special needs children, siblings welcome!

Roswell (Emmy's Academy - ages 6 months - 10 years) Kennesaw (Bounce U - ages 3 years - 10 years) Cumming (Warehouse Ministry - ages 3 years - 10 years)

\$10 Per Child

Contact Amy at amy@corrigancare.org or 678-509-3669

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Pre-K (4 Year-Olds)	Kindergarten ( 5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
SANDY PLAINS BAPTIST CHURCH (84) 2825 Sandy Plains Road, Marietta 30066	Angie Spiva 770-971-8525		~	~	~							
SEWELL MILL CHRISTIAN SCHOOL of SEWELL MILL BAPTIST CHURCH (160) 2550 Sewell Mill Road, Marietta 30062	Glynda Lundquist 770-971-3746		~	~	~	>						
SHREINER ACADEMY (100) 1340 Terrell Mill Road SE, Marietta 30067	Joanna Wagner 770-953-1340		~	~	~	>	~		~			
SPRAYBERRY ACADEMY (240) 2110 Post Oak Tritt, Marietta 30062	Stacy Morgan 770-977-0877				<b>~</b> *		~		~			~
ST. ANDREW UMC PRESCHOOL (140) 3455 Canton Road, Marietta 30066	Helen Geesey 770-592-7250		16 mos +	~	~			~				~
ST. CATHERINE'S EPISCOPAL CHURCH PRESCHOOL (190) 571 Holt Road, Marietta 30068	Karolyn Olliffe 770-971-2839		V	V	V							
THE SUNSHINE HOUSE EARLY LEARNING ACADEMY (85) 2499 Shallowford Road, Marietta 30066	Courtney Gilmer 770-928-9982	6 wks +	~	~	<b>✓</b> *		~		~		~	~
THE SUNSHINE HOUSE (125) 4677 Paper Mill Road, Marietta 30067	Monique Reynolds 770-955-2768	6 wks +	~	~	<b>/</b> *		~		~		~	~
TEMPLE BETH TIKVAH EARLY CHILDHOOD EDUCATION CENTER (52) 9955 Coleman Road, Roswell 30075	Jenifer Friedman 678-350-0076		٧	>	>	٧			~			
TRANSFIGURATION CATHOLIC CHURCH (130) 1815 Blackwell Road, Marietta 30066	Darragh Browning 770-977-1442		٧	>	~	>		~				~
THE WALKER SCHOOL (75) 830 Damar Road, Marietta 30062	Gail Doss 678-581-1099			~	~	~	~		~			
THE WOOD ACRES SCHOOL (250) 1772 Johnson Ferry Road, Marietta 30062	Judith Thigpen 770-971-1880		~	~	~	~	~		~			



# Just Ask a Mom."

"My favorite aspect of Primrose is the personal attention that the leachers and staff give to parents and students. They truly care about students and make them feel comfortable and welcomed."

Becki, Primrose Mom

Stop in and take a tour to see for yourself.



Primrose School of Sprayberry 2531 East Piedmont Road, Marietta, GA 30062 770.578.4832 | PrimroseSprayberry.com



• • • • • • • • • • • • • • • • •

田大〇 Active Mines, Nac



facebook.com/east cobber



@EastCobber



www.eastcobber.com editor@eastcobber.com





3899 Canton Road, Marietta (770) 928-2515 WoodstockMontessori.com MontessoriWoodstock@gmail.com

- All certified Montessori teachers
- From ages 18 months to 6 years
- Tuition starting at \$540 per month
- Breakfast and lunch included
- Half, full, and extended days available
- 13 years in business, 35 years experience
- Summer enrichment program available
- Free enrollment with this ad







Cherishing Childhood - Valuing Education

### St. Catherine's Episcopal Preschool

571 Holt Road • Marietta GA 30068 www.stcatherines.org • 770-971-2839

- · Ages one year to pre-K · Qualified, dedicated staff
  - Planned preschool learning curriculum
    - · Loving, safe, and healthy environment
  - All children welcome regardless of race, national origin, or religious preference.

#### 2014-2015 OPEN REGISTRATION

Feb. 5th through Feb. 27th, 2014
Wednesdays and Thursdays 10 AM-12 PM
No Appointment Necessary









**Free Mulch.** Cobb EMC offers free mulch from the clearance maintenance of Cobb EMC power lines. It is available throughout the year and can be delivered when crews are in your area. More info: 678-355-3413.

#### **Every Sunday**

**Kabbalah Café.** Delve into the mystical secrets of Judaism based on the Chassidic teachings of Tanya. This tale of two souls will give you the tools to understand yourself in unprecedented ways. 9:30-10:30am. Chabad of Cobb, 4450 Lower Roswell Road, Marietta. More info/to register: 770-565-4412 or www.chabadofcobb.com.

#### **Every Tuesday and Saturday**

or www.lakeshorelearning.com.

Feeding Time at the Chattahoochee Nature Center. Join a naturalist for an in-depth look at one of their resident animals as they are being fed. 4pm. Admission: \$10/adults. \$7/seniors. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055.

#### **Every Saturday**

Free Arts and Crafts at Lakeshore Learning Store.

11am-3pm. Ages 3 and up. Make a Love-To-Read Bookmark, Heart-Shaped Card Holder, My Collage Picture Frame or Jester Hat! Lakeshore Learning Store, 4287 Roswell Road, Marietta. More info: 770-578-3100

#### **Every Saturday and Sunday**

**Trail Hikes.** A docent guides you on a journey through the Chattahoochee Nature Center trails using biofacts and activities to spark you "natural" curiosity. 1pm. Admission: \$10/adults. \$7/seniors. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055.

#### **Through February 16**

Cobb County Junior Basketball Tournament. Season and championship tournament for 6th-8th graders from Cobb, Cherokee, and Paulding counties as well as North Fulton schools. Games start at 5pm, Monday-Friday, and 9am, Saturday-Sunday. Hudgins Hall at Cobb Civic Center, 548 S. Marietta Parkway, Marietta. More info: www.ccjbc.com.

#### February 1-9

Winter Bird Seed Sale. Feed your feathered friends premium birdseed and benefit the Chattahoochee Nature Center. Pre-sale orders can be placed online or at the Nature Store. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.





#### February 3

First Monday Breakfast sponsored by Cobb Chamber of Commerce. Speaker: Dr. Thomas Frieden, Director, Centers for Disease Control and Prevention. 7:30am. General admission: \$60. Members: \$25 online or \$40 at door. Cobb Energy Performing Arts Centre, 2800 Galleria Parkway, Atlanta 30339. More info: 770-980-2000 or www.cobbchamber.org.

Defensive Driving/Driver Improvement Class presented by Safe America. If you are already driving but want to lower the cost of your car insurance or if you've gotten a traffic ticket and need to take a defensive driving class, this class is for you. 6-hour class taught by certified instructors. Registration needs to be done in person due to a state form requiring signature. Safe America Foundation, 2480 Sandy Plains Road, Marietta. More info: 770-973-7233 or www.safeamericadrivers.org.

#### February 7-15

Roméo et Juliette presented by Atlanta Ballet, perfect for Valentine's Day, Roméo et Juliette will take you on an emotional, cinematic journey that will leave you quivering in anticipation and breathless. Thursday-Saturday: 8pm. Saturday & Sunday matinee at 2pm. Sunday: 2pm. \$20-\$117. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: ticketmaster.com or atlantaballet.com.





#### February 7-22

Beached Wails by Topher Payne presented by CenterStage North. Every year, the Harmon sisters enjoy a getaway from their homes, husbands, and children in Mississippi, and hit the beach in Gulf Shores. This year's "Sister Trip" includes an unexpected visitor, carefully constructed secrets that begin to unravel, a \$3000 dress makes an appearance, and a debate on Barbara Hershey's filmography threatens to tear them apart. \$60. Thursday-Saturday: 8pm. Sunday: 2pm. The Art Place Mountain View, 3330 Sandy Plains Road, Marietta 30066. More info: www.centerstagenorth.org or call 770-331-0079

#### February 8

4th Annual Marietta Mardi Gras Run sponsored by Junior League of Cobb-Marietta to benefit various charitable community projects and agencies in Cobb County. Certified as a Peachtree Road Race qualifier. Shoes for the Cure will team up with the event for a shoe drive. ALL shoes are welcome- not just running shoes. There will be bins for drop off available. 5K starts at 8am; 1K starts at 8:45am; Tot Trot starts at 9am. \$25 by February 6; \$30 thereafter. Tot Trot: \$15. Packet pick-up and dinner on February 10th at The Red Eyed Mule on Church Street Extension and post-race celebration brunch at Marlow's Tavern in Kennesaw. Marietta Square, Marietta. More info: Emily Katarski, 678-481-0148 or www.marietta5k.com or www.jlcm.com.

Annual Little Miss Cobb County Pageant sponsored by Miss Cobb County Pageant. Beauty titles will be awarded for Tiny Miss Cobb to Teen Miss Cobb plus a separate talent search for Talented Miss and Talented Teen. 9:30am-6pm. Southern Poly Tech, 1100 South Marietta Parkway, Marietta. More info: Gene Phillips, 770-435-6378 or www.misscobb.com.





#### February 8

Recycling Drive. The Mt. Bethel Christian Academy (MBCA) 8th grade class will be hosting a metal and electronics recycling drive, with proceeds funding the MBCA 8th grade trip to Washington D.C. 9am-1:30pm. \$10 disposal fee. Mt. Bethel Christian Academy, 4385 Lower Roswell Road, Marietta 30068. More info: 770-971-0245 or judynott@comcast.net.

Vintage Chevrolet Club of America (VCCA) present Heart of Georgia Chapter Car Show & Swap Meet. Cars and parts for sale with many local vendors. 8am-3pm. \$5. Under 12 free. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: 770-921-8306 or vcca.org.

West African Rhythms and Flavors at Barrington Hall. Barrington Hall proudly welcomes Chef Sallie Ann Robinson and the musicians of Drum Rise to demonstrate their talents at Barrington Hall with a celebration of West African heritage completely devoted to the sounds, scents, tales and flavors of the area. 11am-3pm. Barrington Hall, 535 Barrington Drive, Roswell. More info: 678-639-7500 or www.southerntrilogy.com.

#### February 11

Cobb Taxpayers Association (CTA) General Membership Meeting. Featured guest speakers, Cobb School District Board members, Kathleen Angelucci and Tim Stultz. This meeting represents a great opportunity to make your concerns known, and learn how you can play a role. 7-9 pm. Please RSVP. House of Lu; 89 Cherokee Street, Marietta. More info: 404-925-8960 or llamberton@comcast.net.

#### February 13 & 14, 17 & 18

Cobb County Schools closed.

# Get Your Event Listed

We'll need: event name, date, description, ticket prices, times/hours, site address, phone number, email, and web address. The deadline for the Community Calendar is the 15th of the month prior to the next issue. Email your info to: calendar@eastcobber. com. Be sure to include any related photos and/or posters.

#### February 13-16

Les Miserables presented by The Center for Excellence in the Performing Arts at Pebblebrook High. Perfoming arts students kick off the 2014 Encore Season with the winner of EIGHT Tony Awards. \$15. Thursday-Saturday: 8pm. Sunday: 3pm. Jennie T. Anderson Theatre, Cobb County Civic Center Complex, Marietta, 30060. More info: Phone: 770-528-8490.

#### February 14

Cobb County Master Gardeners Lunch and Learn: Weed ID for Weed Control. Tired of fighting weeds? One challenge we face is that all of them cannot be controlled the same way. "Neal Tarver, Urban Agriculture and Natural Resources Agent, will help us identify weeds in order to select the most effective method to control them. Bring your lunch. 12-1pm. Cobb Water Lab, 662 S. Cobb Drive, Marietta. More info: 770-528-4070 or www.cobbmastergardeners.org.

Cobb Executive Women Luncheon. Program: Women's Healthcare Panel Discussion. Members: \$20 online/\$35 at door. Guests: \$30 online/\$45 at door. Registration/ General networking: 11am. Program: 11:15am. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.



#### February 14-March 1

Tuesdays with Morrie presented by the Polk Street Players presents this acclaimed drama by Jeffrey Hatcher and Mitch Albom. Directed by Barbara Rudy and starring local favorites Matt Calvo and Murray Sarkin, the play is brimming with laughter, tears and heartfelt life lessons. Performances Friday & Saturdays: 8pm. Sunday, February 23: 2:30pm. Thursday, February. 27: at 8pm. Tickets \$12.50-\$20 (Sat. dinner shows February 15 & 22). St. James' Episcopal Church, 161 Church St., Marietta 30060. More info: 770-218-9669 or www.polkstreetplayers.org

#### February 15

I LOVE Nature! Show Mother Nature some love during this fun-filled family event! Drumming up Some Love with Dave Holland: 11am. Mother Nature Valentine: 12pm. Build a Bird House: 12-1pm. Ask Mother Nature: 1pm. All Ages. Members: Free. Non-members: \$10/Adult; \$7/ Seniors; \$6 kids (3-12). Chattahoochee Nature Center, 9135 Willeo Road, Roswell, 30075. More info: 770-992-2055 or chattnaturecenter.org.





#### February 15

Movie: 42 presented by the East Cobb library to celebrate African American Heritage Month. This film is about Jackie Robinson and how he paved a new road for minorities in 1948 by being the first African-American to play in Major League Baseball. 11:15am. East Cobb Library, 4880 Lower Roswell Road, Marietta 30068. More info: 770-509-2730 or eastcobr@cobbcat.org.

#### February 16

The Locomotive Half Marathon and Thunder 5K. Races begin and end at Barrett Summit. 7:30am start for half marathon. 8am start of 5K. Race Expo on Saturday, February 16, 3-7pm, at the Hilton Garden Inn, 895 Cobb Place Boulevard, Kennesaw. Bibs will be available for pick-up at the Expo or on race day beginning at 6:30am. Half marathon: \$60. 5K: \$25 until February 14; \$30 thereafter. Register at any Big Peach Running store or online at www.active.com. Barrett Summit, 1990 Vaughn Road, Kennesaw. More info: www.locomotiveraceseries.com.

Sinfonia, Chorus, and Chamber Music, a Georgia Youth Symphony Orchestra and Chorus Concert. Saturday: 3pm. Sunday: 7:30pm. \$5. Dr. Bobbie Bailey Performance Center, KennesawStateUniversity, 1000 Chastain Road, Kennesaw. More info: 770-429-7016 or www.georgiasymphony.org.



#### February 18

Crafty Readers Celebrate African-American History Month. Presented at Mountain View library, come hear stories about escaped slaves navigating to freedom. Then participate in a special craft where children make their own constellations. K-3rd grade. 3:30-4:15pm. Mountain View Library, 3320 Sandy Plains Road, Marietta 30066. More info: 770-509-4964 or mountaic@cobbcat.org

Tetley Distinguished Leader Series. The Michael J. Coles College of Business at Kennesaw State University, annual Tetley Distinguished Leader Lecture Series offers free monthly talks from business executives on a variety of business and industry topics. February's lecture will feature Virginia Hepner, President and CEO of Woodruff Art Center. Free. 2pm. Kennesaw State University, 1000 Chastain Road, Kennesaw 30144. More info: www.coles.kennesaw.edu.

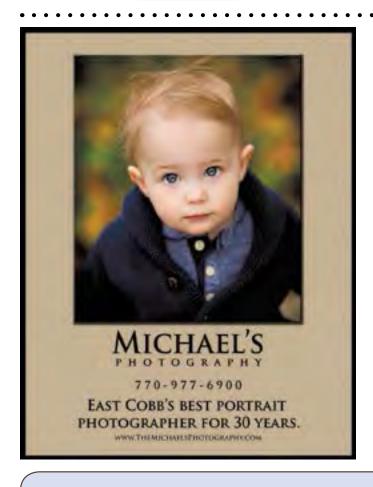


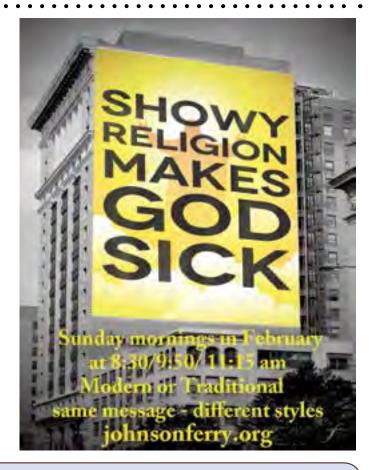
#### February 20

Stewards of Children: 7-Steps to Protect Children from Child Sexual Abuse produced by Darkness to Light. This workshop is designed to educate adults about the risks of child sexual abuse and to establish a plan of protection for each child. It seeks to remove the "responsibility to protect" from the child, and place it on informed adults who accept the responsibility to be alert, watchful and prevention/protection oriented. Free with purchase of \$20 workbook. 9:30-11:30am. VOICEToday office, 3855 Shallowford Road, Suite 110, Marietta 30062. More info: Chris Ugi, 678-578-4888 or chris@voicetoday.org

#### February 22

3rd Annual Coach Jay Yeah Baby Race. Fost, flot grass 5K. 9am start for 5K. 9:15am for Kickin' it 5K Relay. 10am, the Mohawk Mile. Packets will be available for pick-up at Big Peach Marietta, February 19 and Big Peach Kennesaw, February 20. 5K: \$30 until February 18; \$35 thereafter. Kickin' it 5K Relay: \$90 until February 18 (no late registration). Mohawk Mike: \$20 until February 18; \$25 thereafter. United Quest Clubhouse, 605 Hawkins Store Road, Kennesaw. More info: www.coachjay5k.com.





Content + Community + Commerce =



#### **February 22**

Cobb Alcohol Taskforce Youth Summit 2014. The event provides youth-led "hands-on" leadership skill building activities and projects to help shape a collective youth voice to lead the way for local underage and youth binge drinking prevention efforts. 9am-2pm. Cobb County Safety Village, 1220 Al Bishop Drive, Marietta 30008. More info: Amy Benson, 678-385-1371 or ahoffman@dhr.state.ga.us.

Middle School Madness at the Northeast Cobb YMCA.

Enjoy music, games and activities: basketball, Wally ball, video games, a Dodge ball tournament, and hang out with your friends in the Teen Center. Pizza and drinks will be sold in the concession area. 7-10pm. Northeast Cobb YMCA, 3010 Johnson Ferry Road, Marietta. More info: 678-569-9622 or Christinal@ymcaatlanta.org or www.ymcaatlanta.org.

#### February 23

Docent Orientation at the Chattahoochee Nature Center.

This introduction class will explore the various areas of education volunteering, including leading guided hikes on the weekends, interpreting exhibits around the grounds, and doing live animal presentations for visitors. Ages 10-adult. Pre-registration required. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: Rebecca, 770-992-2055, ext. 236, or r.gilbert@chattnaturecenter.org.





#### February 27 - March 1

All 4 Kids Consignment Sale with over 600 sellers. Bring a laundry basket with along belt or rope tied to it to help carry all of your goodies while you shop as no baskets are provided. Adults who donate \$5 cash for missions will be given early admittance on opening morning at 8:30am. Thursday: 9:30am-7pm. No strollers before 11am. Friday: 9am-6pm. Saturday: 9am-1pm. Many items half off on Saturday. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 770-528-8875 or www.all4kids.com.

#### February 27-March 16

**F. Scott Fitzgerald's The Great Gatsby** presented by Georgia Ensemble Theatre.Wednesdays: 7:30pm. Thursdays-Saturdays: 8pm. Sundays: 2:30pm. \$23-\$33/adults. \$20-\$23/seniors, excludes Fridays & Saturdays. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: 770-641-1260 or www.get.org.

#### March 1

Carnevale (Mardi Gras), La Società Italiana will be hosting their annual fundraiser to benefit Our Lady of Perpetual Help Cancer Home. Enjoy an evening of dining and dancing to live music. There will be a raffle and silent auction at this charity event to assist the Home. 7pm. Marietta Country Club, 1400 Marietta Country Club Drive NW, Kennesaw, 30152. More info: Roseanne Perniciaro at 770-889-4625.



Dr. Francisco Silva, DMA and Mireille Silva, MM



FREE LESSON AND INTERVIEW

770-565-7177

East Cobb location: 1518 Blackwell Rd - Marietta 30066 www.silvapiano.com

#### March 1

**Lutador Grappling Mixed Martial Arts Tournament.** Cobb Civic Center, 548 S. Marietta Parkway, Marietta. More info: www.lutadorgrappling.com.

NOWAMOM Kids Consignment Sale sponsored by Northwest Atlanta Moms of Multiples. Everything you need for your family from tots to tweens! Strollers welcome! Electronic tagging, so a much faster checkout! Open to the public on Saturday, March 1st, 2014 from 9:00am-2:00pm at Sandy Plains Baptist Church, 2825 Sandy Plains Rd, Marietta, GA 30066. For more information email sale@nowamom.org or visit our Facebook page, NOWAMOM KIDS CONSIGNMENT SALE. Now accepting cash, checks, credit/ debit cards (\$2 processing fee). Bring this ad in to get in before the public sale on Saturday, March 1st from 8am-9am

#### March 1-2

Dance Stop Studio's Mid-Winter Concert. The concert will feature the Dance Stop Company dancers with all original work and showcase jazz, tap, contemporary, ballet and pointe. Forty percent of ticket sales will benefit Food Allergy Research & Education (FARE). \$15. Saturday: 2pm & 7:30pm. Sunday: 3pm. Jennie T. Anderson Theatre, 548 S. Marietta Parkway Marietta 30060. More info: 770-578-0048 or www.dancestopstudios.com

#### March 1-22

**Drivers Education** presented by Marietta/Cobb Driver's Education. 30 hours of classroom instruction and 6 hours of individual training behind the wheel. This program meets the requirements for Joshua's Law and qualifies for the Teen Driver's Education insurance discount. 8am-2:30pm. \$375. Dodgen Middle School, 1725 Bill Murdock Road, Marietta. More info: 770-429-3170 or www.mariettacobbdriverseducation.com.

#### March 2

Oscar Night® America-Atlanta, Atlanta's only officially sanctioned Oscar party. Attire: Red carpet chic. Doors open at 7pm. Telecast viewing: 5:15pm-midnight. \$150 includes DJ and dance floor, "Predict the Winners" Ballot Contest, swag bag raffle, one complimentary drink, hors d'oeuvres and desserts. Proceeds benefit The Center for Family Resources. Cobb Energy Performing Arts Center, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 770-428-2601 or www.atlantaredcarpet.com.

#### **March 7 & 8**

RUMCK Children's Consignment Sale. Roswell United Methodist Church Preschool and Kindergarten (RUMCK) will host it's semi-annual children's consignment sale. More than 200 consignors and great prices on gently worn spring and summer children's clothing. Friday: 9am-2pm. Saturday: 8am-12pm. Roswell United Methodist Church, 814 Mimosa Boulevard - Roswell 30075. More info: 770-998-8699 or www.rumc.com/rumck

#### March 8

4th Annual Prom Dress Consignment Sale. Sponsored by Strength in Stilettos, a non-profit student organization dedicated to supporting, enhancing and empowering girls. Find the perfect prom dress, with proceeds benefitting Allatoona and Kennesaw Mountain High School programs, as well as, college scholarships for girls. 10am-2pmAllatoona High School, 3300 Dallas Acworth Highway, Acworth. More info: promsale11@yahoo.com or www.strengthinstilettos.org.







# Atlanta Jewish Film Festival Features Big Names and Oscar Contenders

The Atlanta Jewish Film Festival (AJFF), already the biggest film event in the city and the world's second largest Jewish film festival, is expanding screenings by more than 25 percent in 2014, ensuring that more festivalgoers have access to the festival's hottest tickets.

As Atlanta's largest exhibitor of foreign and independent cinema, AJFF continues to bring influential, touching and often controversial films to a region that might otherwise never get a chance to see them. Having drawn nearly 32,000 attendees in 2013, this year's festival runs from January 29-February 20, 2014 and features 65 films (52 features and 13 shorts) from 20 countries.

Beyond hosting screenings, AJFF is also expanding to more venues. This year, the festival will show films at seven different venues throughout metro Atlanta, and it will host an immersive art experience celebrating iconic Jewish filmmakers at an eighth venue. The festivities kicked off with an Opening Night Gala at the Cobb Energy Performing Arts Centre and offers movie showings at Merchant's Walk Stadium Cinema 14 in Marietta/East Cobb.

"Every year we strive to make the festival better for our audience," said Kenny Blank, executive director of the Atlanta Jewish Film Festival. "The 2014 Atlanta Jewish Film Festival represents a huge leap forward in meeting the overwhelming demand and improving the quality of the festival. Festivalgoers will have more opportunities to see the most sought after films than ever before. We want everyone to experience these meaningful and entertaining films that might not ever play in Atlanta otherwise."

"Our programming purposely focuses on the ways Jewish life intersects with the broader world," said Blank. "We're very proud the festival appeals to non-Jews, as well as both the affiliated and unaffiliated Jewish community, and teaches us things not just about ourselves, but about each other as well." The 2014 festival will runs until February 20 at venues across metro Atlanta. To see the full list of films and for tickets, visit www.AJFF.org.



# MOVIES TO BE SHOWN AT MERCHANT'S WALK STADIUM CINEMAS 14

#### WEDNESDAY, FEBRUARY 5

12:20 PM Cupcakes

2:40 PM Bethlehem

7:00 PM The Baby

8:00 PM The Prime Ministers

9:15 PM Marvin Hamlisch

#### THURSDAY, FEBRUARY 6

12:00 PM Hanna's Journey

2:30 PM American Jerusalem

7:00 PM Ida

8:00 PM Hunting Elephants

9:10 PM Blumenthal

#### FRIDAY, FEBRUARY 7

12:00 PM For a Woman

12:10 PM In The Shadow

2:40 PM Mel Brooks: Make a Noise

2:50 PM The Jewish Cardinal











### READ MORE. DO MORE.

Each EAST COBBER issue and eastcobber.com's 20 blogs offer you the latest in local arts and entertainment, dining, community events, school news, and health tips.

Get more out of East Cobb: visit www.eastcobber.com

### Pet of the Month: Beatrice

Submitted by Sharon Phillips



Animal Breed: British Shorthair

Age & Gender: 1-year-old; Female

**Favorite Food:** Anything spelled T R E A T.

Favorite Person: Sharon

**Best Trick**: Dancing on top of scratching post.

**Turn Ons:** Watching birds at bird feeder.

**Turn Offs:** Getting a manicure. **Favorite Toy:** Her "mousie".

Last Seen: Napping

What makes your pet so special: Quick to learn,

very sweet

# Should Your Pet Be Our Pet of the Month?

Fill out the information on your pet and send it to: EAST COBBER, P.O. Box 680445, Marietta, GA 30068

Please include a picture with your entry. Or email description and a jpg to: petomonth@eastcobber.com

Pet's Name:
Animal/Breed:
Age & Gender:
Favorite Food:
Favorite Person:
Best Trick:
Turn Ons:
Turn Offs:
Favorite Toy:
Last Seen:
What makes your pet so special:
Owner's Name:



This is a doggone great spot to advertise your business!

Call EAST© COBBER 770-640-7070



#### **DOG CLUBS**

#### **Bulldog Club of Metropolitan Atlanta**

www.bulldogclubofmetropolitanatlanta.com
The Bulldog Club of Metropolitan Atlanta is a member
of The Bulldog Club of America's Division VIII. Their
goals are to protect the interests and advance the
welfare of the AKC Bulldog.

#### **Cavaliers of Greater Atlanta**

www.ckcscatlanta.org

A sanctioned breed specialty club licensed by the AKC to conduct dog shows and matches. Membership is maintained in the American Cavalier King Charles Spaniel Club (the ACKCSC), which is the AKC parent club for the breed. The purpose of the club is to protect and advance the interests of the breed by promoting quality breeding, sportsmanlike competition and the education of members and the general public.

#### Chattahoochee Weimaraner Club

www.chattahoocheeweim.org

Jim Macke • jimmacke@chattahoocheeweim.org
The Chattahoochee Weimaraner Club offers a multitude of opportunities for Weimaraner enthusiasts,
including a number of fun days throughout the year
which give you a chance to try agility, swimming, bird
work, and just plain fun.

#### **Greater Atlanta Boston Terrier Club**

www.akc.org/akc\_clubs

President Wanda Goodson • Goodsoncpa@aol.com

#### Kennesaw Kennel Club

PO Box 803 • Marietta, GA 30061 www.kennesawkennelclubinc.org AKC All Breed Kennel Club. They offer conformation training and obedience classes three times a year. They also have breeder referral.

#### Smyrna/Atlanta Toy Dog Meetup Group

www.toydog.meetup.com/Smyrna-Atlanta-toydo-glovers/Bring your spayed or neutered toy dog(s) for play dates and parties. Meet/network and share tips and experiences with other Toy Dog pet parents. Toy/small breed dogs up to 15 lbs are welcome.

#### Southeastern Greyhound Club (SEGC)

364 Country Club Drive • Newnan, GA 30263 770-GREYPET (473-9738) • www.greyhoundadoption.org info@greyhoundadoption.org

The Southeastern Greyhound Club's purpose is to provide Greyhound owners with a variety of ways to have fun with their Greyhounds, and to promote the breed by spreading the word about what wonderful pets Greyhounds make.





Visit us online at www.eastcobber.com

### **Hyde Farm Update**

by Chris Brown



▲ J.C. Hyde on his farm (circa 1990)

Hyde Farm, a historic tract in East Cobb owned by the National Park Service and Cobb County, continues to progress toward preservation and opening to the public, according to Cobb officials and staff at a recent meeting with Vice Chair Abbie Parks and Preservation Committee Chair Chris Brown. Thus far the county has converted a nearby house to a visitors center, worked with the University of Georgia on interpretation options for the grounds, and engaged a consultant to propose specific plans for preserving the buildings and interpreting the site to the public. The county authorizes limited access to the property at this time. Supporting frames were constructed around outbuildings several years ago to keep them from collapsing, but no preservation has been done on the buildings.

Eddie Canon, Director of the Parks, Recreation, and Cultural Affairs Department of Cobb County, summarized many of the issues the county has faced since taking ownership of the buildings. Some of these issues, including rigorous controls over the use of SPLOST funds and a similarly rigorous competitive bidding process for the consultant, have caused the progress to be slower than many have wished. Abbie and Chris expressed concern over the apparent deterioration in the farm structures as a result of this year's heavy rains. Mr. Canon said that the County has staff at the property regularly and is monitoring the condition of the buildings. CLHS holds about \$240,000, received from the Trust for Public Land in 2010, designated for preservation of the farm buildings, but none of this money has been spent yet.

The consultant, AMEC Environment & Infrastructure, Inc. (AMEC), was engaged by the county early in 2013 to assimilate the various planning efforts conducted in the past 5 years and to develop a detailed plan for preserving the structures and interpreting the site to the public. Reports from AMEC are expected by the county around the end of 2013, including detailed construction drawings and a prioritized list of projects in which CLHS may

become involved. Until that time the county has decided not to begin any work on the buildings because it wants to conduct the work only once after approving the plans. The county sees its top priorities as the farm house and barn, followed by the outbuildings.

In response to the Cobb Landmarks and Historical Society (CLHS) question "What can we do to be helpful?," Mr. Canon asked that we be patient until the consultant's reports have been received, and that we be ready to evaluate and choose among the potential projects that get defined by early 2014. Abbie and Chris emphasized the importance to CLHS that the buildings be protected from further deterioration. CLHS stands ready to contribute the designated funds, as well as its expertise and enthusiasm, toward the preservation of Hyde Farm at the earliest possible date.

Since the meeting with Mr. Canon, Mandy Elliott, Preservation Planner for the county, reports that the Parks and Recreation Department, the Development and Inspections Department, and the fire marshal met with AMEC to discuss any code compliance issues that will need to be addressed for public access and safety. This meeting, which will be followed by a site visit, will enable AMEC to incorporate and safety or code requirements into its construction documents for the rehabilitation of the buildings.

CLHS will maintain communication with the county to monitor the schedule for the plans from the consultant and to prepare for active engagement when projects get identified.

(Reprinted from The Landmarker a publication by Cobb Landmarks and Historical Society, Inc. October 2013)



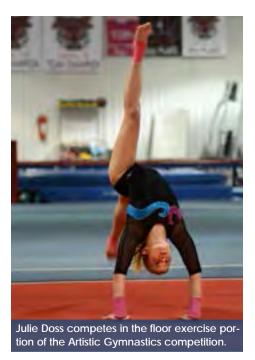
# **East Cobbers Participate** in State Special Olympics

The Special Olympics Georgia State Indoor Winter games were held in Cobb County January 24-26. More than 1,500 athletes with intellectual disabilities competed in gymnastics, basketball, floor hockey, roller skating, bowling, and power lifting. In addition to the athletes from across Georgia, more than 500 coaches as well as friends and family came to cheer on the athletes. Several athletes from East Cobb participated in the games. (Photo credit: Zachary Zoeller)













### DINING GUIDE

>American Freshly prepared, preservative free home-cooked goodness. Dine-in, take-out, catering and curbside service. Open for lunch and dinner. Daily specials and seasonal menu changes along with 38 varieties of wine. 1111 Johnson Ferry Road, Marietta 30068 770-612-2533 www.bakeithappen.com

#### **Broadway Diner**

>American Serves breakfast, lunch, and dinner. 1333 Johnson Ferry Road Marietta 30068 770-977-3337 thebroadwaydiner.com

#### ..... Café Life at Life Grocery

> Vegetarian Healing, Wellness, & Healthy Food for the Mind, Body & Soul. Choose from a variety of organic vegan foods. Enjoy healthy, delicious, & nutritious all day buffet & salad bar. 1453 Roswell Road Marietta 30062 Mon-Sat: 11am-7pm Sun: 12-5pm 770-977-9583 www.lifegrocery.com

#### Chicago's Steak & Seafood

> American 4401 Shallowford Road Roswell 30075

.....

Mon: 5pm-9pm Tue-Thur: 5pm-10pm Fri-Sat: 5pm-11pm Sunday Brunch: 11am-2pm 770-993-7464

www.chicagosrestaurant.com .....

#### **Cookies By Design**

Cookies by Design created the world's first cookie arrangement more than 20 years ago and continues to provide customers with gift-giving arrangements of individually hand-decorated cookies for every occasion. 3101 Roswell Road Marietta

30062

>Cookies

Mon-Fri: 9am-6pm Sat: 10am-3pm 770-578-0200 www.cookiesbydesign. com/locations/Georgia/ Marietta/30062

40 February 2014

#### **Cuban Diner**

>Cuban Quality home-cooked, authentic Cuban cuisine. 1484 Roswell Road Marietta 30062 Mon-Thur: 11am -9pm Fri-Sat: 11am-10pm 770-509-2576 www.mariettacubandiner.com

#### **Edible Arrangements**

> Fruit Delicious, high quality, artistically designed fresh fruit arrangements that are practical and healthy gifts and centerpieces for everyday occasions and events. Parkaire Landing Shopping Center 4880 Lower Roswell Rd., Ste 820 Marietta 30068

• Target Shopping Center 1125 Woodstock Road, Suite 300

Roswell 30075 Mon-Fri: 8am-7pm Sat: 8am-5pm Sun: 8am-1pm 770-579-7081

www.ediblearrangements.com .....

#### **Fat Lady Baker**

> Prepared food and bakeshop Prepared foods and bakeshop. Don't hit the drive-thru! Stop in and grab one of many entrees, a loaf of bread, some slow cooked green beans, and desert. Heat up for a delicious healthy dinner on the table in a few minutes! Let the Fat Lady Cook Tonight! 2995 Johnson Ferry Road Marietta 30062 Tues-Fri: 10am-6:30pm Sat: 10am-1pm (if not sold out) 770-587-3005 www.fatladybaker.com

......

#### Fuji Hana Steak, Sushi, Thai

> Japanese & Thai A hibachi chef cooks right before your eyes. A fun place to be for any occasion. 1255 Johnson Ferry Road, Suite 1 Marietta 30068 Lunch: Mon-Fri: 11:30am-2:30pm Sat-Sun: 12-3pm Dinner: Mon-Thurs: 4:30-10pm Fri-Sat: 4:30-10:30, Sun: 4:30-9:30 678-560-8071 www.fujihanaeastcobb.com

#### **Hong Kong Star Chinese Cuisine**

>Chinese

Hong Kong Star Chinese Cuisine offers exciting dishes with Asian flair that is both delicious and satisfying. 4719 Lower Roswell Road

Marietta 30068 Sat-Thurs: 11am-10pm Fri-Sat: 11am-10:30pm 678-398-9698

www.hongkongstarmenu.com

#### J. Christopher's

> Breakfast, Brunch, Lunch J. Christopher's is a neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere.

1205 Johnson Ferry Road Marietta 30068 Daily: 7am-2pm 770-579-6800

www.jchristophers.com

#### **Kani House**

> Asian

A family owned and operated chain of Japanese steak and sushi restaurants. Their goal is total guest satisfaction. 910 Marietta Highway, #110 Roswell 30075

Mon-Thur: 11:30am-2pm & 5-10pm Fri: 11:30am-2pm & 5-11pm

Sat: 12pm-11pm Sun: 12pm-10pm 678-461-8831

www.kanihouse.com

#### ..... Keegan's Public House

> Irish-American Authentic Irish pub with old world atmosphere, great food, and extensive beer and wine selections. 4401 Shallowford Road, #136 Roswell 30075

Mon-Thurs: 11am-1am Fri-Sat: 11am-2am Sun: 11am-Midnight 770-640-1100

www.keegansirishpub.net









#### Lee's Golden Buddha #7

>Chinese

Chinese, Malaysian, Thai & Korean cuisine. Dine-in or carryout; delivery available. Consumer choice award for best Chinese restaurant from 1999-2004. 2524 Cobb Pkwy, Smyrna 30080 Mon – Sun: 11am – 10:30pm 770-980-1800 www.leesgoldenbuddha7.com

#### **Marlow's Tavern**

>American

Marlow's Tavern features the "best of the best" in American tavern fare served in a modern atmosphere. The menu offers a diverse combination of classic dishes that are updated and elevated to a gourmet level. Marlow's Tavern provides a casual: and friendly gathering spot to enjoy a great night on the town. 1311 Johnson Ferry Road Marietta 30068 Monday-Thursday: 11:30am-12 midnight Friday-Saturday: 11:30am-1am Sunday: 11am-12 midnight 770-977-7747 www.marlowstavern.com

#### Smallcakes East Cobb

> Gourmet Cupcakes Smallcakes bakes and frosts 15 signature flavors every morning, fresh from scratch. We feature seasonal and special flavors daily. Check us out on Facebook for daily specials and promotions... Smallcakes East Cobb. 2424 Roswell Road #10 Marietta 30068 Mon-Thurs: 10am-8pm Fri-Sat: 10am-9pm; Sun: 12-6pm 678-540-3568 www.smallcakeseastcobb.com

#### **Sugar Benders Bakery**

> Bakery

Family owned and operated neighborhood bakery. We specialize in custom cakes and incredible pastries and desserts. A full breakfast and lunch menu is also available seven days a week Paper Mill Village 255 Village Parkway, Suite 240-A Marietta 30067 Mon-Sat: 7am-8:30pm Sun: 9am-3pm 678-402-8588 www.sugarbenderscakes.com





### **Restaurant Roundup**

<u>Sun Dried Restaurant and Lounge</u> - 2635 Sandy Plains Road Marietta 30066 • (678) 540-6642 • sundried.us

Opening late 2013, Sun Dried Restaurant offers World Cuisine which is a unique blend of flavors from around the world utilizing local seasonal produce and regional ingredients. Spend a few minutes with Chef Nijike and you begin to feel the passion he has for cooking. His stories on ingredients and how he uses them to prepare the dishes are enchanting. Nijike says "the ingredients make the story."

Situated in the former Café Med location the restaurant serves both lunch and dinner. The menu includes entrees from the "Farmer, Butcher, Fisherman, and Garden". Dinner entrée prices range from \$7 to \$19. A full bar is served.

<u>Valenti's</u> - 255 Village Parkway • Marietta 30068 (770) 951-1394 • valentifamilydining.com

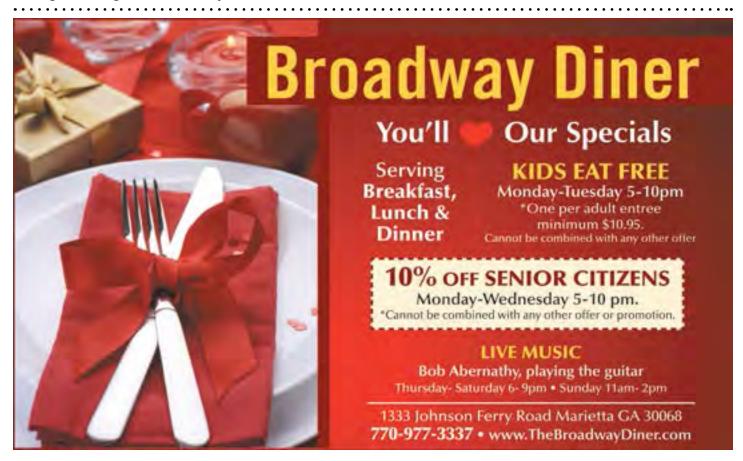
How about nice Italian dinner while listening to live piano music? Valenti's alternates between two different piano players every Thursday through Sunday and once a month on Thursday nights, New York, New York Night with a Tony Mele will croon tunes from Frank Sinatra, Dean Martin, Michael Buble and more. Don't miss the first New York, New York night featuring Mele on February the 6th.

<u>The Movie Tavern</u> - 4651 Woodstock Road • Roswell 30075 (770) 407-6653 • movietavern.com

Dinner and a movie have been taken to the next level. The Movie Tavern in Sandy Plains Village, which opened last month, shows first-run movies combined with a wide range of chef prepared dining options. Not just popcorn and candy, at the Movie Tavern you can order appetizers, burgers, pizza, salads, and sandwiches. There's a full bar for adults and for the kids a full range of soft drinks and milk-shakes. And don't forget to leave room for dessert—cookies, cakes, and brownies. Prices range from \$7 to \$15 and are in addition to the price of the movie. All screening rooms have individual leather chairs and table tops with one "extreme theater" room having reclining chairs. Check their website often for movie "theme" nights. Saturday and Sunday include breakfast at their 9 am showing.

<u>Baked</u> - 1111 Johnson Ferry Road • Marietta 30068 (770) 612-2533 • bakeithappen.com

Did you know that Baked delivers? Not only can you get a delicious pre-made meal by walking in but now you can have it delivered to your home. New subdivisions are being added every week but to date here is a current list:



Asheforde, Atlanta Country Club, Baldwin Farms, Belmont, Blackland Ridge, Camden Place, Chadds Lake, Crossgate, Forest Brook, Hampton Farms, Hampton Lake, Hampton Woods, Hidden Hollow, Indian Hills, Indian Ridge, Kings Cove, Lake Colony, Lashley Farms, Mullberry Farms, Oakleaf Plantation, Old Paper Mill, Pepper Mill, Princeton Lakes, Princeton Mill, Princeton Walk, River Hills, River Oak, River of Inverness, River Park, Sibley Forest, Sibley Mill, Stonewall, The Gates, The Vineyards, Villas of Parkaire, Ward Meade Farm, Willeo's Place, Willow Point, Woodlawn Lake, Woodlawn Place and Woodstone Subdivision.

<u>Chicken Salad Chick</u> - 4101 Roswell Road • Marietta 30062 (770) 565-3985 • www.chickensaladchick.com/home

The Chicken Salad Chick is coming to East Cobb. Opening March 4th in the Providence Square Shopping Center, the Chicken Salad Chick will feature 15 different chicken salads, certain to please everyone. Always on the quest for the "perfect" chicken salad, founder Stacy Brown would always order the chicken salad at restaurants and noticed one thing. They all included chicken and mayonnaise. Using chicken and mayonnaise as the base Stacy began to work on her perfect chicken salad. After much tasting and tweaking she finally created "the one". Brown began selling it to friends and neighbors. The demand became too much and after a partnership with her future husband they opened their first restaurant.



Tricia Morris covers local restaurant industry news and writes articles and reviews related to all things food, beer, wine, spirits, coffee and more. She is a native of Marietta and lives in East Cobb with her husband, mother and two children. Years ago, Tricia used to write the Metro and Dining sections

of the Hudspeth Report, an entertainment newspaper catering to the dining and nightclub scene in Atlanta.





>>Thanks for reading the East Cobber! Be sure to support our advertisers!<<

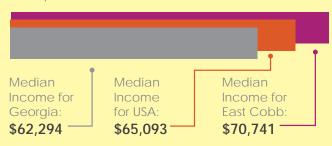
# DINING GUIDE

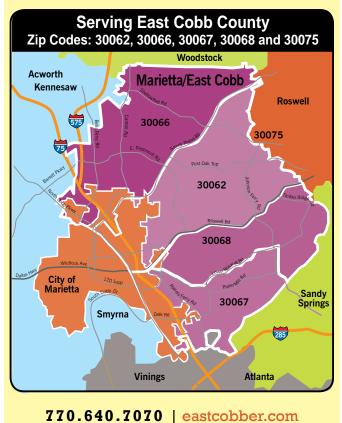
# REACH & CONNECT WITH OUR EXCLUSIVE, EAST COBB AUDIENCE

**EAST COBBER** targets East Cobb residents better than any other publication in Metro Atlanta. 'East Cobb' County is comprised of the following zip code areas: 30062, 30066, 30067, 30068 and some of 30075. Here is a snapshot of the East Cobb community we serve:

#### **AFFLUENT**

East Cobb County is the wealthiest area in all of Cobb County and one of the most affluent in Metro Atlanta.





# **Restaurant Health Inspections**

The following are the results of inspections done by the Environmental Health Division of the Cobb County Health Department.

Grading scale: A=100-90, B=89-80, C=79-70, U=69 or less. A grade of New is for new restaurants or in case of a change of ownership.

for new restaurants or in case of a change of ownership.	
Restaurant	Current Grade
Aspen Signature Steaks	
2942 Shallowford Road	90 <b>A</b>
Marietta 30066 • Date: 12/31/2013  Baked	90A
1111 Johnson Ferry Road Suite 150	
Marietta 30067 • Date: 01/14/2014	91 <b>A</b>
California Pizza Kitchen	
4250 Roswell Road, Suite 620	D
Marietta, GA 30062 • Date: 01/02/2014	87 <b>B</b>
Chipotle Mexican Grill 1281 Johnson Ferry Road. Suite 104	
Marietta 30068 • Date: 01/17/2014	92 <b>A</b>
Delkwood Grill	OLE L
2769 Delk Road	_
Marietta 30067 • Date: 01/03/2014	91 <b>A</b>
Dunkin Donuts	
980 East Piedmont Road Marietta 30062 ● Date: 01/10/2014	100 <b>A</b>
Einstein Bros. Bagels	100
2960 Shallowford Road, Suite 109	
Marietta 30066 • Date: 12/27/2013	81 <b>B</b>
Hong Kong Star Chinese Cuisine	
4719 Lower Roswell Road, Suite 110	
Marietta 30068 • Date: 12/26/2013  Houlihan's Restaurant	94 <b>A</b>
1401 Johnson Ferry Road	
Marietta 30062 • Date: 12/27/2013	99 <b>A</b>
International House of Pancakes	
3130 Johnson Ferry Road	
Marietta 30062 • Date: 01/23/2014	97 <b>A</b>
Montana's Bar & Grill	
2995 Johnson Ferry Road Marietta 30062 • Date: 12/27/2013	90 <b>A</b>
Jerseys Sports Bar & Grille	3071
2550 Sandy Plains Road, Suite 300	_
Marietta 30066 • Date: 01/03/2014	92 <b>A</b>
Pizza Hut	
2520 East Piedmont Road, Suite 124 Marietta 30062 • Date: 01/10/2014	95 <b>A</b>
Ouiznos	3374
2595 Sandy Plains Road	
Marietta 30066 • Date: 01/21/2014	100 <b>A</b>
Ritter's	
4719 Lower Roswell Road, Suite 210	A
Marietta 30068 • Date: 01/13/2014	90 <b>A</b>
Shangrila 1282 Johnson Ferry Road, Suite 108	
Marietta 30068 • Date: 01/22/2014	98 <b>A</b>
Taco Bell	0021
4880 Lower Roswell Road	
Marietta 30068 • Date: 01/15/2014	100 <b>A</b>
Wendy's	
1043 Sandy Plains Road Marietta 30066 • Date: 12/27/2013	91 <b>A</b>
Williamson Brothers BBQ	_
1425 Roswell Road, Marietta 30062 • Date: 01/02/2014	91 <b>A</b>
Zaxby's	100 Å
2756 Sandy Plains Rd, Marietta 30066 • Date: 01/03/2014	100 <b>A</b>

# WHAT'S YOUR STORY?

# Let Us Tell It!

It's such a basic question, but one that most businesses struggle to answer ... much less communicate clearly. But in today's age of endless marketing messages competing for a very short attention span, clearly communicating your "story" is an absolute imperative. Articulating and embracing your brand story is what makes it happen.

#### **Dermatology Affiliates** Welcomes Dr. Abbott to East Cobb



As the days grow shorter in the fall and winter months, now is the perfect time to how is the perfect time to begin a reparative skin care regimen to correct unfor-tunate summer sun dam-age. This process is now easier than ever, because Dermatology Affiliates recently added Cynthia Abbott, M.D. to its practice. Known for their focus on patient care, the phy

▲ Christine Rhodes

see pal impacting skin, nails or hair. They and treating skin cancer. They al eczema and removing warts or r

Dr. Abbott has always felt at world of science and the world of draws her to the field of dermato both skills to bring out healthy ar "I feel like all my life I have those two," Dr. Abbott says.

"In college I majored in both ny master's in Medical Illustratio

in Cosmetic Dermatology. I am treatment that I do for a patient thetically pleasing." The visual appeal may have Abbott's interest in dermatology going is the variety of people sho

Dr. Abbott also completed Dr. Abbott also completed a at Kosair Children's Hospital in Lo she feels she has expertise in Peo Cosmetic Dermatology.

"What I mostly love about d generational factor," Dr. Abbott kids and World War II vets in the

To get the most out of your natologist, Dr. Abbott recomme

medical needs.

"Be educated, know your of know your medical history," she together to treat your diseases a



Dermatology Affiliate 4939 Lower Roswell Road, Suite Parkaire Shopping Center. Fo visit www.dermatologyaffiliates

#### Get Jeans at The Hub Boutique Casual Fashion **That Flatters Your Body**



nd her brother Dennis Farrell. In ue Religion jeans with a casual ourchased at The Hub Boutique.

by Christine makes you feel you're visiting a friend rather than getting a haircut. Stylist Christine Rhodes has recently moved her business to one of the 12 private suites in Sola Salon Studios, which is located in the heart of East Cobb.

Brilliantly lit with ceiling to floor windows, Christine's cozy corner of the world provides you with just the place for what she calls "personal pampering." It's all about you - no wait-

ing and no scuffling from chair to chair. The suite gives you privacy and her undivided attention.

A hair color specialist and stylist, Christine has been in the business for 25 years. For the past 13 years, she worked at Van Michael's Salon in Sandy Springs. Wanting to branch out on her own, Christine was looking for both freedom and flexibility. "I want to be flexible for my clients," says Rhodes.
"When you work for a large salon, someone else is handling
your schedule, and the products you use are chosen for you. Now I can offer better scheduling and product choices. The privacy of the suite also gives my clients a personal experi-

Christine considered her current customer base when searching for a new location. The new Johnson Ferry address is convenient for her East Cobb customers. For the Sandy Springs customers, she is just a few miles north of her previ ous location.

Appointments are available on Tuesdays through Saturdays. Christine emphasizes that she is flexible in her scheduling, with Thursdays designated for late appointments.

Hair Art by Christine is located at 1062 Johnson Ferry Road, Suite #100, Studio #127, in East Cobb. (The studio are directly behind Goldberg Bagel Company and Deli.) To schedule an appointment, call 678-794-5162



na, East Cobb resident Laura Fanoe ull of upscale jeans, cute little tops, e gift items. Laura gave her shop ndma's shop, The Hub Boutique "The he ultimate nod to grandma. She and I were best friends." The Hub aura's mother-in-law, Dorris, family friend are helping out.

e, I wanted to give local women filty to great designer clothing with-onsuming commute. I want The Hub to" store when you are in need of ck-me-up." shares Laura.

opens for business November 3, just er and the search for holiday gifts! es will be able to find high-end ages will be able to find high-end had both normal and a-bit-heavier eans, until she found the best hat make everyone look great! She re something for everybody...to he perfect fit."

ue, you can shop for upscale, well ed gifts. Explore not just shades of ral other color options. NYDJ, the Your Daughter Jeans, are available ing from the cleaner-looking Henry look of True Religion.

ating San Diego Hat Company mer-really cool scarf that has a pocket," que item is a soy candle that makes n your hands, as a kind of lotion. cute things you might find? Check t Merchant's Walk shopping center, d, Suite 140, in Marietta/East Cobb. informative website at www

Want your marketing story and company featured in an upcoming issue of the EAST COBBER? EAST COBBER is ready to tell your story in print and online.

By publishing an advertorial we can turn your expertise into story lines that shape opinions and compel people to action. We are dedicated to enhancing and celebrating East Cobb businesses.

An advertorial is an advertisement designed to simulate editorial content, while at the same time offering valid information to your prospective clients. Distinguish your company from your competition, with a powerful advertorial. Your half-page advertorial includes:

- 2-3 Paragraphs introducing your business to the community and highlighting your marketing message
- Copy editing and proofreading
- Guaranteed placement in the EAST COBBER magazine and on eastcobber.com
- We will also email you a link that will give your clients and prospective customers access to your advertorial

Stay one step ahead of your competition by ordering your advertorial today! Contact us to receive more information on how strong advertorial messages can greatly improve your sales, while boosting your business to new levels.

TO ADVERTISE WITH THE EAST COBBER: 770-640-7070 | EASTCOBBER.COM

# HEALTH & WELLNESS

#### **ACUPUNCTURIST**

#### **Acupuncture and Wellness Center**

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist 3535 Roswell Road, Suite 37 • Marietta 30062 678-560-7978 • www.drshutcm.com

Mon-Fri: 9am-6pm; Sat: 9am-4pm

25 years experience in traditional Chinese medicine treating pain management, respiratory system, emotional/mental health, nervous system, digestive system, smoking/weight loss, wrinkle reduction, high blood pressure, and much more.

#### **CHIROPRACTOR**

#### HealthSource Chiropractic, Progressive Rehab, and Wellness

3036 Roswell Road • Marietta 30062

770-578-0785 • www.healthsourcemarietta.com

Mon: 8:30am-12:30pm; 3-6:30pm, Tues: 3-6pm, Wed: 1-4pm,

Thurs: 8:30am-12:30pm; 3-6:30pm, Fri: 8:30am-12pm,

Sat: 10am-12pm

Offers a large variety of services including: Chiropractic care, Progressive Rehabilitation, WellnessNutrition, Weight-loss, Personal Injury, Worker's Compensation, Massage Therapy. Medicare and Insurance Accepted. We look forward to helping you reach your optimum health and enjoy the life you were meant to live.

#### The Joint

1205 Johnson Ferry Road, Suite125 • Marietta 30066 678-766-1441 • www.thejoint.com

Mon-Fri: 10am-7pm; Sat: 10am-4pm

The Joint brings affordable and convenient chiropractic to patients through locally owned and operated clinics nationwide. With the help of dedicated and experienced chiropractors, each of our locations offers exceptional chiropractic care making quality healthcare easily accessible for all those who seek to live healthier lives.



#### COUNSELING

#### Debbie J. Emerson, LPC

4343 Shallowford Road, Suite C-2 • Marietta 30062 404-512-1972 • www.debbieemersoncounselor.com MA in Marriage and Family Therapy Child and Adolescent Specialization Daytime & evening hours; Saturday hours available. Counseling for the entire family. Play therapy. Anxiety, Depression, Parenting concerns. Emotion focused (closeness) marriage therapy. Premarital counseling.

#### Life Coaching 4U

1640 Powers Ferry Road, Bldg. 9, Ste. 350 • Marietta 30067 770-633-1023 • www.galinabannova.com

Mon-Fri: 4pm-8pm

Since 2000, Life coaching is designed to take you from where you are now to where you want to be. I'll help you gain relief, clarity and a new direction for your life beyond anything you may have imagined.

# Life Coaching & Spiritual Direction—Counseling for Women, Young Adults, Adolescents

Marietta Location

770-722-5297 • j\_chabib@bellsouth.net

Joan Chabib M.Ed., Ed.S., Licensed Professional Counselor Certificate of Spiritual Direction

25 years experience as a Professional School Counselor. Create a life that resonates with who you truly are deep in your heart.

#### **DENTISTS**

#### East Cobb Dentistry for Kids

2880 Johnson Ferry Road, Suite 100 • Marietta 30062 678-813-2388 • www.eastcobbkidsdentist.com

Hours: Mon-Fri: 8am-5pm

Provides the best dental care for your children and treating your children the way we would treat our own.











### READ MORE. DO MORE.

Each EAST COBBER issue and eastcobber.com's 20 blogs offer you the latest in local arts and entertainment, dining, community events, school news, and health tips.

Get more out of East Cobb: visit www.eastcobber.com

# Autism Awareness Day March 1 at the Southern Museum

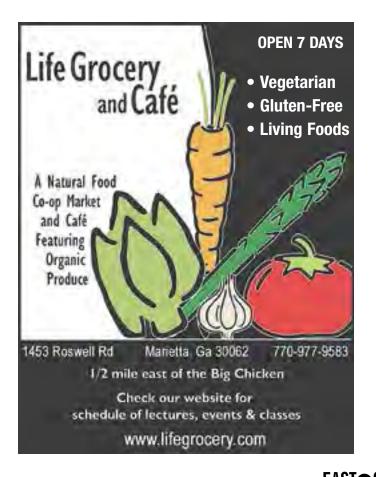
The Southern Museum, in conjunction with the Lionel Collectors Club of America and Autism Speaks, will host a special day for families affected by autism from 9 a.m. to noon March 1.

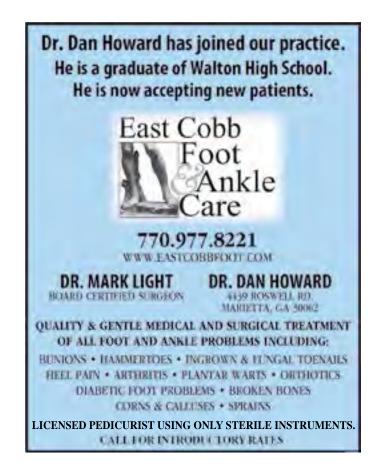
Three different types of model train layouts for children of different ages and needs will be provided by the Lionel Collectors Club. Other features include a room with puzzles and activities, and special showings of the museum's "Story of the Great Locomotive Chase" movie.

Staff and volunteers from Autism Speaks will be on hand to assist during the event and offer education and support for families with autistic members.

Reservations are recommended. Reserve tickets at southernmuseum.org.

For more information, call Dena Bush at (770) 427-2117, ext. 3184 or email dbush@kennesaw-ga.gov. **3** 







# **East Cobb Women Get in Shape**



▲ Pictured above are women who got in shape at Get in Shape for Women fitness center: top row: Debby Kramb, Michelle Robinson, Amy Rein; middle row: Whitney Mills, Susana Hoffman; bottom row: Carol Goss, and Lynne Stevens.

It was a time for celebration when the most recent group to finish the fitness program at East Cobb's Get In Shape For Women gathered for a photo. Altogether these seven women lost 200 lbs. But surprisingly, losing weight was not the most important aspect of completing their transformations. When asked about the program, the portrayals that emerged -- being happier, feeling healthier and sleeping better - overrode the weight loss benefits.

What prompted this particular group of individuals to join Get In Shape For Women was fairly typical – weight loss and improved physical fitness. According to those interviewed, the key component for sticking with the program and achieving their set goals was the accountability and support they received through the fitness center staff. The women also commented that a contributing factor was that the center's owners, Janey Walker and Jennifer Spann, identified with their clients since both

owners has undergone similar weight loss transformations, inspiring them to open the East Cobb facility.

Susana Hoffman, former client who is now a trainer at Get In Shape For Women, says, "I am in the best shape of my life and feel great. I finally found a program that challenges both my body and mind. Because of a surgery, I had not exercised for a while when I first started going to the facility. But after just two weeks, I knew this was going to work. The center has a great sense of community, with trainers who helped me form an individual blueprint. If I stumbled, they helped me reset and get on the right track."

Weighing in with comments, clients Whitney Mills and Lynne Stevens reinforce this view. Mills says, "I have experienced a complete life change through learning how to incorporate weight training, cardio and nutrition. I truly feel transformed. I remember on my first day, I told the trainer that I probably wouldn't stay with it. But everyone was so welcoming and supportive. They didn't give me a list and tell me what I couldn't eat. They helped me identify my individual strengths and weaknesses and simply make better nutrition choices."

Stevens adds, "Since the facility is only for women, there is a sense of camaraderie of working together toward a shared goal, which is getting back in shape and staying there. I have tried many different gyms and programs in the past and was always enthusiastic at first, and then my enthusiasm waned. The accountability at Get In Shape For Women kept me focused on my goals. If I didn't show up for a session, the trainer called me wanting to know where I was. The staff walked with me every step of the way."

To achieve their fitness goals, most of these women attended three one-hour sessions per week. However, because each client receives a customized program for her particular goals and time commitments, some had differing schedules.

These seven women achieved their individual weight loss goals, and at the same time, improved how they felt both physically and mentally. In the end, losing weight was an added perk.



VISIT

EASTCOBBER.COM

A great place to find the latest community news.

#### **DENTISTS**

#### Johnson Ferry Dentistry

4250 Roswell Road, Suite 110 • Marietta 30062 770-509-5585 • www.JohnsonFerryDentistry.com Mon-Fri: 7am-5pm

Finding a dentist in Marietta that's dedicated to your dental care can be difficult. Our friendly and knowledgeable staff is committed to understanding and meeting your needs as a patient. Our goal is to keep your teeth looking their best and being more efficient and accurate with your dental care.

#### Family Dentistry of Marietta

2125 Post Oak Tritt Road • Marietta 30062
770-977-9090 • www.marietta-dentistry.net
Mon-Wed: 8am-5pm, Thurs: 7:30am-4:30pm
Dr. Mark Goch and his team of skilled professionals work
together to provide you with the personal and professional
care you expect and deserve. We offer a full range of dental
services to meet your individual needs and desires.

#### Marietta Family Dental Care P.C.

Dr. Azita Mansouri & Dr. Michael Mansouri 4720 Lower Roswell Road • Marietta 30068 770-973-8222 • www.naturalsmile.biz Hours: Mon-Thurs: 7:30am-6:30pm

Implants, root canals, cosmetic and family dentistry for all ages. Oral sedation available for fearful patients. Please call

our office for more info.

#### **ENT**

#### Dr. Weiss MD, ENT

3901 Roswell Road, Ste. 225 • Marietta 30062 770-971-1533 • www.drweissent.com

Dr. Weiss is an experienced otolaryngologist who provides comprehensive ear, nose, and throat healthcare, as well as allergy care for patients. Dr. Weiss cares for the ENT needs for patients of all ages, from childhood to adulthood.

#### **FITNESS CENTERS**

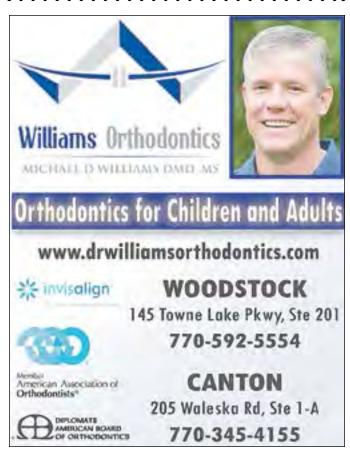
#### Get in Shape for Women

3822 Roswell Road NE, Ste. 114 • Marietta 30062 770-605-8788 • www.getinshapeforwomen.com Mon-Fri: 6am-noon; 4pm-8pm; Sat: 8am-12pm Specializes in small group personal training and nutritional counseling for women. Our total body transformation program works based on 4 components: weight training, cardio, supportive nutrition and accountability. Results start when you do!

#### Women's Premier Fitness

4961 Lower Roswell Road • Marietta 30068
770-565-5450 • www.womenspremierfitness.com
Hours: Mon-Thurs: 5:30am-9pm, Fri: 5:30am-8pm, Sun: 9am-2pm
Women's only fitness center specializing in Les Mills group
fitness classes, yoga, personal training and fitness equipment.
Free childcare and an onsite massage therapist available.





# EAST COBB'S ELITE EALTHY LIFESTYLE COACHES Programs offered: One to one personal training Small group personal training Custom Nutritional plans Web based fitness/nutrition Why A+A Wellness? We customize a program to fit YOU. You will never get lost in a large group class. Our one to one or unal group sessions are private and comfortable. **Build friendships and have FUN** getting healthy Owners Alex and Ashley walk the walk, alex is in school for his N.D. Degree and Ashley has lost 80 pounds! She started at 208! We teach you EACH vital aspect to living a healthy lifestyle. Our program is about EDUCATION. MENTION THIS AD FOR 10% OFF ALL TRAINING **PACKAGES** CALL TODAY TO BOOK YOUR FREE ASSESSMENT! 770-905-7400

#### HAIR SALON

#### Patrick Carmen NR.9 Salon

2520 East Piedmont Road, Suite K • Marietta 30066 678-427-8000 • Tues- Sat. \$35 Cut and Style for new clients.

#### **HEALTH FOOD STORE**

#### Life Grocery

1453 Roswell Road • Marietta 30062 770-977-9583 • www.lifegrocery.com Life Grocery and Café features a healthy selection of organic produce, nutritious foods, extensive supplements serving those with health challenges and dietary needs.

#### INTERNAL MEDICINE

#### Laureate Medical Group

1121 Johnson Ferry Road, Building One, Suite 320 • Marietta 30068 678-718-2940 • www.laureatemed.com

Mon-Fri: 8am-4pm

Since 1962, Laureate Medical Group has built a reputation based on providing excellent medical care combined with sincere compassion for patients. Our Board Certified internists see patients in five locations: East Cobb, Midtown, Sandy Springs, Alpharetta and Jonesboro. The practice also offers specialized care in rheumatology, endocrinology and sleep medicine.

#### **MASSAGE**

#### Massage Envy

1205 Johnson Ferry Road, Suite 126 • Marietta 30068 678-213-2368

www.massageenvy.com/clinics/GA/East-Cobb.aspx Mon-Fri: 8am-10pm; Sat: 8am-6pm; Sun: 9am-6pm With customized massages and Murad Healthy Skin facials, you can help relieve stress, decrease anxiety, increase energy and improve your skin texture, tone and appearance. Our professional massage therapists and estheticians will work with you to customize your session just for you.

# Who says nothing in life is free? Take a moment to sign up and we'll send you our weekly e-newsletter featuring useful and unique news about East Cobbers and our East Cobb community. Sign up at www.eastcobber.com

# Red Cross Calls for Blood Donors

The American Red Cross urges individuals to donate blood as soon as possible. The current blood supply has dropped critically low throughout the Southeast. Donors of all blood types are welcome, but there is an urgent need for type O negative, B negative and A negative blood donors.

During the holiday season, blood shortages often occur because individual donations decrease, along with the number of organizations that are able to sponsor blood drives. Eligible blood donors must be at least 17 years of age, weigh at least 110 pounds and be in general good health. Donors with type O (positive and negative), B negative and A negative blood should consider an automated red cell donation, a process in which only red cells are donated.

For more information or to schedule an appointment to donate, call 1-800-RED-CROSS (1-800-733-2767) or visit redcrossblood.org.

The following are some of the blood drives being held around East Cobb County during the month of February.

>February 7 • 8am-7:30pm St. Peter & St. Paul Episcopal 1795 Johnson Ferry Rd., Marietta 30068

>February 12 • 11am-4pm WellStar Corporate Office 793 Sawyer Rd., Marietta 30062

>February 13 • 2-6pm Johnson Ferry Baptist Church 955 Johnson Ferry Rd., Marietta 30068

>February 25 • 3-7pm St. Catherine Episcopal Church Site: St. Catherine's Episcopal Church 571 Holt Rd., Marietta 30068

>February 27 • 10:30am-3:30pm WellStar Windy Hill Hospital Site: Wellstar Windy Hill Hospital 2540 Windy Hill Rd., Marietta 30067

Additionally, the Red Cross has a Cobb Donor Center open every day. It is located in East Lake Shopping Center, 2145 Roswell Road, Suite 250, Marietta 30062. Call 770-578-1977 to set up an appointment to donate.



www.eastcobber.com



East Cobb's premier source for local info since 1993 770-640-7070

# HEALTH & WELLNESS

#### **MEDICAL CENTER**

#### **American Clinics for Preventive Medicine**

1234 Powers Ferry Road, Suite 103 • Marietta 30067 770-419-4471 • www.ACPM.net

Hours: Tues-Sat: 10am-6pm

#### **MEDICAL IMAGING SERVICES**

#### Marietta Imaging Center

780 Canton Road NE, Suite 230 • Marietta 30060 770-792-1234 • www.mariettaimaging.com Hours: Mon-Fri: 8am-5pm; MRI, Sat: 8am-4pm

Full service imaging including CT, MRI-open and closed, MRA, EEG, Nuclear Medicine, Fluoroscopy, X-Ray, Mammography, Ultrasound and DEXA (bone density) exams. Same day appointments available for most exams.

#### Northside/East Cobb Imaging

1121 Johnson Ferry Road, Bldg. #1, Ste. 300 • Marietta 30068 404-851-6577 • www.northside.com

Northside/East Cobb Imaging provides high-quality advanced imaging services including digital mammography, MRI, CT, bone density and digital x-ray services for patients of all ages. All images are read and interpreted by an on-site, board-certified radiologist. Physician referral required.

#### **ORTHOPAEDIC & SPORTS MEDICINE**

#### The Center for Orthopaedic & Sports Medicine

1211 Johnson Ferry Road, Marietta 30068 770-565-0011 • www.arthroscopy.com Hours: Mon-Thurs: 8am-5pm; Fri: 8am-4pm Dr. J.F. "Rik" Hammesfahr and Dr. Craig E. Well are board certified orthopedic surgeons, specializing in arthroscopic surgery and sports medicine. Digitial x-ray, ultrasound, MRI, casting, and bracing are provided in a comfortable state of the art facility.

#### **ORTHODONTISTS**

#### Aesthetic Orthodontic Care, PC

Johanna B. Jenkins, DDS 4939 Lower Roswell Road • Marietta 30068 770-671-0400 • www.bracesatlanta.com

Dr. Jenkins specializes in braces for adults and children featuring lingual, invisalign, clear and metal braces. We offer complimentary consultations, accept insurance and have flexible payment plans. Visit us in our East Cobb office at Parkaire!

#### Williams Orthodontics

145 Towne Lake Parkway, Suite 201 • Woodstock 30188 770-592-5554 • www.drwilliamsorthodontics.com

Mon: 8am-5pm; Tue: 9am-5pm; Wed: 8:30am-5pm;

Thurs: 7am-4pm.

52 February 2014

Doctor specializing in the treatment of both children and adults.

# **EAST@COBBER**

#### PERSONAL TRAINING

#### **Body Design**

Paul Feldman, Owner

1880 W. Oak Pkwy Suite 216 • Marietta 30062 770-980-9888 • www.bodydesigntraining.com

By Appointment

Body Design Training provides professional training to teach every client how to incorporate health and fitness into their daily lifestyle.

#### Fitness Together East Cobb

1255 Johnson Ferry Road, Suite 26 • Marietta 30068

770-321-1347 • www.cobbfitness.com

Hours: Mon-Sat: 6am-9pm by appointment only Exercise and nutrition the right way is tough! Enlist the help of a highly qualified trainer to help you achieve your goals and educate you along the way. Fitness Together is East Cobb's only truly private personal training studio providing customized one-on-one and small group training as well as assessment testing, cardio prescription and nutritional counseling.

#### **Reformation Pilates Studio**

3661 Shallowford Road • Marietta 30062 770-401-0203 • www.reformationpilates.com 9am-7pm (By Appointment Only) Specialized personal training based on 20+ years of experience. 1 hour private and small group sessions in a fully equipped Pilates studio.

#### **PILATES / YOGA**

#### Pilates Tutor

255 Village Parkway, Ste. 240 • Marietta 30067 678-234-0202 • www.pilatestutor.com

Mon-Thurs: 7am-8pm; Fri & Sat: 7am-1pm; Sun: 12-4pm Unlike other fitness studios, or even gyms, we take a holistic, personalized, and concierge-like approach to helping you improve your physical and mental health. We offer Pilates on equipment, personal training, mat Pilates, yoga, TRX and the Best Barre Class Ever. Our unique space includes two training rooms and an outdoor studio set in a natural environment.

#### **PODIATRISTS**

#### East Cobb Foot & Ankle Care

4439 Roswell Road • Marietta 30062

770-977-8221 • www.eastcobbfoot.com

Mon-Wed: 9am-5pm; Thurs & Fri: 8:30am-4:30pm

Providing medical and surgical treatment for all foot and ankle conditions including bunions, hammertoes, ingrown, fungal toenails, heel pain, warts, fractures, sprains, diabetic care. A licensed surgical center is located on site. Pedicures are offered with all sterile instruments and anti-fungal nail polishes. Welcome Dr. Dan Howard to our practice.

Wanna get your advertising in top shape?

> **Advertise** in the **EAST** COBBER.

TO **ADVERTISE:** Call Us!

770-640-7070



# Jessica's New Future



A few years ago, Jessica Demby was struggling, After graduating from high school Jessica tried college, but soon realized it wasn't for her. Jessica did not know what to do and felt she had run out of options. All she knew was that living at home and making minimum wage was not what she wanted. Now, in less than two years she's doubled her salary, has paid vacations and holidays, and is truly enjoying her work every day.

# What did she do?

Jessica enrolled in the Dental Staff School, run by Janet Waldron and her husband, Dr. Jon Waldron, practicing dentist. Today, the Dental Staff School offers students the same great opportunity to build a career Jessica has enjoyed. In just ten weeks, students learn professional dental assisting in a real-office setting. Each Saturday, the school hosts the current class of students and offers state-of-the art dental equipment for students' lessons. From working on models to practicing with the dentists and fellow students, Jessica really enjoyed the hands-on learning. "It wasn't boring," she says, "it was a whole fot of fun!"



Dental Staff School (www.DentalStaffSchool.com) is a fen-week dental assisting school in Fetham, AL: Marietta, GA: Knoxville, TN and Franklin, TN. Classes are held on Salurdays of local working dental offices and leaching facility of Patterson Dental Supply. The program is accredited through National Accreditation for Colleges and Schools, Non-public Postsecondary Commission in Georgia and the Alabama and Tennessee Higher Education Commission. NEW Orthodontic Course; Brighter Smiles and Brighter Future Johnston Orthodontics -- Marietta's most trusted orthodontist for over 20 years - is now offering an Orthodontic Cross Training Course.

Contact the Dental Staff School: (888)-307-0320 and (678) 819-3919 or email janet@dentalstaffschool.com,

START YOUR NEW FUTURE AS A DENTAL PROFESSIONAL TODAY!

# HEALTH & WELLNESS

#### **PODIATRISTS**

#### Podiatry Group of Georgia

147 Johnson Ferry Road • Marietta 30068 404-806-3731 • www.podiatrygroupofgeorgia.com

Mon-Thurs: 8:30am-4:30pm; Fri: 9am-2pm

Podiatry Group of Georgia offers both conservative and surgical treatment of the foot and ankle. Services that Podiatry Group of Georgia offers are: Sports and Recreational Injuries; Foot and Ankle Deformities, Fractures, Sprains, Bunions, Hammer Neuroma Diabetes and related limb affects, Ingrown Toenails, and Nail Conditions

#### REPRODUCTIVE SPECIALISTS

#### **Reproductive Biology Associates**

1100 Johnson Ferry Road NE, Suite 200 • Atlanta 30342

404-459-3472 • www.rba-online.com

Mon-Fri: 7am-4pm

Reproductive Biology Associates have been leaders in IVF in Georgia since 1983. RBA was Georgia's first IVF program and is responsible for Georgia's first IVF birth. Based in Atlanta, RBA is a full service female and male fertility clinic with satellite offices in Buckhead, Cumming, Fayetteville, Lawrenceville, and Marietta, Georgia.

#### **TENNIS & FITNESS**

#### Olde Towne Athletic Club

4950 Olde Towne Parkway • Marietta 30068 770-578-9901 • www.oldetowneathleticclub.com

Fitness Center: Mon-Fri: 5am-10pm; Sat: 7am-8pm; Sun: 7am-6pm

Tennis: Mon-Fri: 9am-10pm; Sat: 9am-8pm; Sun: 9am-6pm A healthy mind, body, and soul starts at Olde Towne Athletic Club! Fitness Training. Tennis Lessons & Teams. Massage

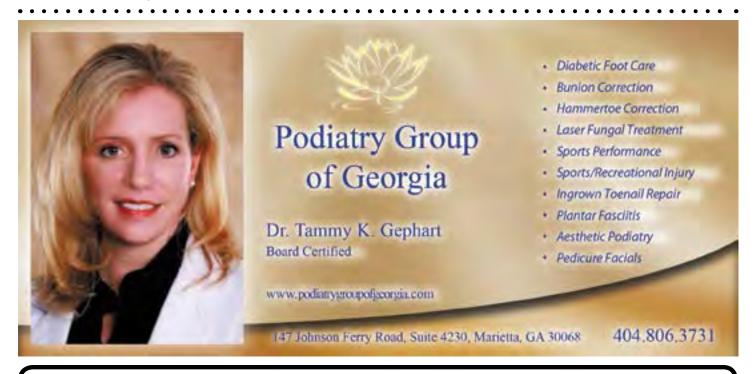
Therapy. Yoga. Great Hours!

#### THERAPEUTIC MASSAGE & SKIN CARE

#### LaVida Massage of Marietta (East Cobb)

4880 Lower Roswell Road, Ste. 70 • Marietta 30068 770-973-6385 • marietta.ga.lavidamassage.com New client special everyday: \$39.95 for a 60-minute massage session or \$59.95 for a 90-minute massage session for new clients.







"Like" us on Facebook and be eligible to win great prizes! Check out: www.facebook.com/eastcobber today!

# Celebrate National Wear Red Day<sup>®</sup> on Friday, February 7

Heart disease is the No. 1 killer of women in the United States, claiming more lives than all forms of cancer combined. For more than 10 years, the American Heart Association has sponsored National Wear Red Day® to raise awareness in the fight against heart disease in women.

Celebrate National Wear Red Day® with Go Red For Women on Friday, February 7 to help fight women's No. 1 killer—heart disease. Join the movement nationwide and learn how you can honor women like you on this important day in the information below. For more information, visit: www.goredforwomen.org. 

•

# I have lost 20.6 lbs and 5.1% body fat!





# 25% of couples just like you have difficulty achieving pregnancy

Reproductive Biology Associates, Georgia's first IVF Center, has helped thousands of couples fulfill their dream of having children. Our personalized treatment plans combine compassionate patient care with state-of-the-art technology, much of which our physicians pioneered. If you have attempted conception for six to twelve months without success, or have experienced two or more pregnancy losses, we

Monica VI. Best, M.D.

encourage you to contact our experts including Dr. Monica W. Best at our newest location on the Kennestone Hospital campus in Marietta. We also have offices conveniently located in Atlanta/Sandy Springs, Atlanta/Piedmont, Cumming, Lawrenceville, Eayetteville and Albany.

Reproductive Biology Associates

699 Church Street. Suite 240 Marietta, GA 30060 + 678-905-2950 - www.rba-online.com

**GET IN TOUCH!** 



facebook.com/east cobber



@EastCobber



www.eastcobber.com editor@eastcobber.com

# East Cobb Senior Center Activities Scheduled for February

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a listing of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

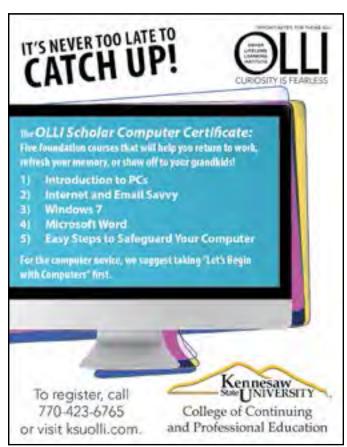
#### **Blood Pressure Checks**

Tuesdays, February 4, 18 & 25 | 10am - 12pm February 4, 18, 25

#### **Brain Fitness**

Tuesdays, February 4 – March 4 & Friday, March 7 | 10 – 11:30 am Free Registration required-limited to 35

A healthy mind is the essential key to staying independent, involved and enjoying life to the fullest at any age. An exciting series of classes all focused on keeping your mind active, focused, and sharp! Topics will include Memory and Aging – What's Normal/What's Not; How Stress Affects Your Brain; Brain Food – Foods to Improve Your Cognitive Function and more.





#### Team Trivia

Friday, February 7 | 1 – 3pm \$3 Cobb residents; \$4 Non-residents Teams of four will battle it out for prizes in a contest of knowledge on everything from history to pop culture. Snacks provided by At Home Personal Care.

#### Ice Cream and a Movie: Casablanca

Monday, February 10 | 1 – 4pm \$4 Cobb residents; \$5 Non-residents

"You must remember this, a kiss is just a kiss a sigh is just a sigh" Is there a more romantic movie or two people more in love than Rick and Elsa and willing to make the ultimate sacrifice? Come watch this romantic classic to help celebrate Valentine's Day. Ice cream and popcorn add to the romance.

#### Dine-a-Round: Jersey's Sports Bar & Grille

Tuesday, February 11 | 11:30am – 1pm On your own; Reservations required. Intersection of Piedmont & Sandy Plains Road. Everyone meets at the restaurant.

#### Love Letters and Brunch

Friday, February 14 | 9:30 – 11am \$6 Cobb residents; \$8 Non-residents

Pat Boone sang about "Love Letters in the Sand" and in Verona, Italy girls leave letters to Juliet to ask her to help them with love. Come share the sentiments of old and new love letters in a celebration of St. Valentine's Day. Letters will be read that were sent home from World War I. Share yours, your parent's or your grandparents letters while having brunch. How romantic!

#### **AARP Smart Driver**

Tuesday, February 25 & Thursday, February 27 | 9am - 12pm \$15 AARP Members; \$20 Non-members. Registration required

#### **Heart Healthy Habits**

Wednesday, February 26 | 11am - 12pm

Free; Registration required

Take a moment to assess your lifestyle. Are you living a heart-friendly life or you are heading for disaster? Preventing heart disease requires attention to many aspects of your life. Consider the heart healthy habits presented. Which ones can you add to your heart-healthy lifestyle? Presented by Barbara Woodhouse, nutritionist with Atherton Place.

#### **Hearing Screenings**

Thursday, February 27 | 9am - 12pm Free; Registration required Provided by Dr. Brett Greenblatt of Wellstar.

#### **A Tax Break for Homeowners**

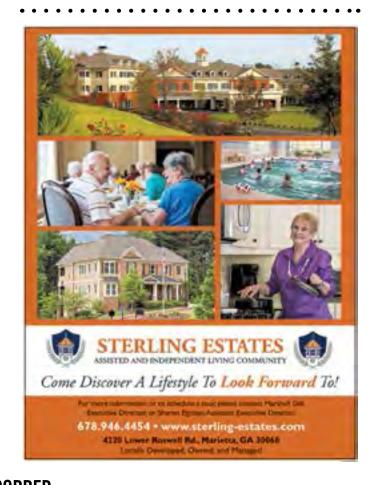
Homestead Exemption Applications are due by April 1, 2014. Homestead Exemption is a tax savings on homestead property available to the following types of eligible homeowners.

- <u>BASIC HOMESTEAD</u> tax savings of up to \$257, depending on your tax district and other exemptions.
- <u>SCHOOL TAX</u> exempt from all County school taxes; must be 62 or older on Jan. 1; proof of age required.
- <u>DISABILITY</u> (\$12,000 income limitation) must be totally and permanently disabled on Jan. 1; doctor's certification required.
- <u>STATE VETERAN'S DISABILITY</u> for disabled veterans as defined in OCGA 48-5-48; extends to unremarried spouse or minor occupying homestead.
- <u>VETERAN'S SURVIVING SPOUSE</u> for un-remarried surviving spouse of a member of U.S. Armed Forces who was killed or died as a result of war or armed conflict.
- OVER 65 (\$10,000 income limitation) \$4,000 exemption in State tax category; must be 65 or older on Jan. 1; proof of age required.
- OVER 65 (No income requirement) exempt from all State ad valorem taxes up to 10 contiguous acres immediately surrounding the residence; must be 65 or older on Jan. 1; proof of age required.
- SURVIVING SPOUSE OF A PEACE OFFICER OR FIREFIGHTER KILLED IN THE LINE OF DUTY Exemption from full value of homestead for un-remarried surviving spouse of a peace officer or firefighter killed in the line of duty; supporting documentation required.

In Cobb County the Tax Commissioner's office processes exemption applications. Homeowners have until April 1, 2014, to apply for Homestead Exemption(s) for this tax year. Applications not received by the deadline will be processed and applied in the following year. The applicant must own and occupy the property on January 1 and their name must appear on the deed in order to qualify. Homeowners must apply separately

for each exemption for which they are eligible; exemptions are automatically renewed thereafter unless there is a change in ownership or eligibility. Homeowners must notify the Tax Commissioner's office if they are no longer eligible for an exemption. It is not necessary to reapply if the home has been refinanced. A Homeowner's Property Tax Exemption brochure will be mailed to new property owners after the first of the year.

Tax bills are mailed on August 15 and payment is due within 60 days to avoid late charges. Homestead Exemption applications and payments must be received or U.S. Postmarked (metered postmark not accepted as proof of timely mailing) by the filing or payment deadline to be considered timely. Applications, detailed information, tax bills and online bill payment options are on the Cobb County Tax Commissioner's website at www.cobbtax.org or call 770-528-8600.



### **Medicare & Diabetes Resources for Older Adults**

By Stephanie Carary, Volunteer for Cobb Senior Services

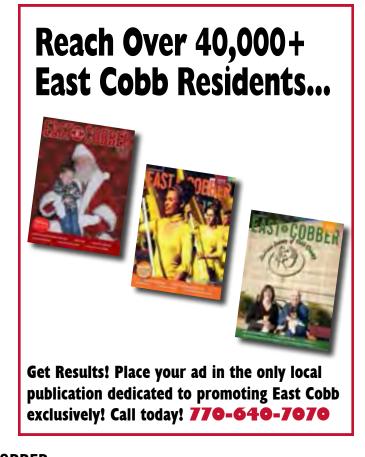
- The newest Medicare and You book is sent on request. This book has invaluable information regarding the Medicare system and about diabetes. Call 1-800-MEDICARE for your free copy.
- Since May 1, 2011, the U.S. Treasury Dept has not been sending out paper checks to new Social Security applicants. Your options will be direct deposited to a bank, credit union or to a prepaid debit card. Those already receiving paper checks or those with disabilities must switch to electronic payments by March 1, 2013. For more information, call 1-800-333-1795 or visit www.direct.org.
- The Medicare Diabetes Screening Project has partnered with selected area YMCAs to provide a lifestyle coach to help overweight adults diagnosed with prediabetes for a free 16 week fitness program. The program is limited to 200 people which will meet monthly in groups of 8-15 people. Use your medicare diabetes screening benefits. For information to enroll call Linda Vaughan YMCA of Metro Atlanta at 404-527-7690 or visit www.preventdiabetes@YMCAatlanta.org.
- Living Well Workshops are facilitated by a trained leader who will teach techniques to manage symptoms of diabetes on your own. Action plans are used to find solutions to the medical, emotional and social aspects of your symptoms. This program is composed of six workshops over 6 weeks at convenient locations throughout the community. These workshops will teach you: how to deal with frustration, fatigue, pain and isolation; appropriate exercise to maintain and improve strength, flexibility and endurance; appropriate use of medications and communicating effectively with family, friends and health professionals; nutrition; and, how to evaluate new treatments. Call 404-463-3289 or visit www.agewiseconnection.com for more information. Other sources that may be helpful to you:
  - > American Diabetes Association 1-800-342-2383 or www.diabetes.org

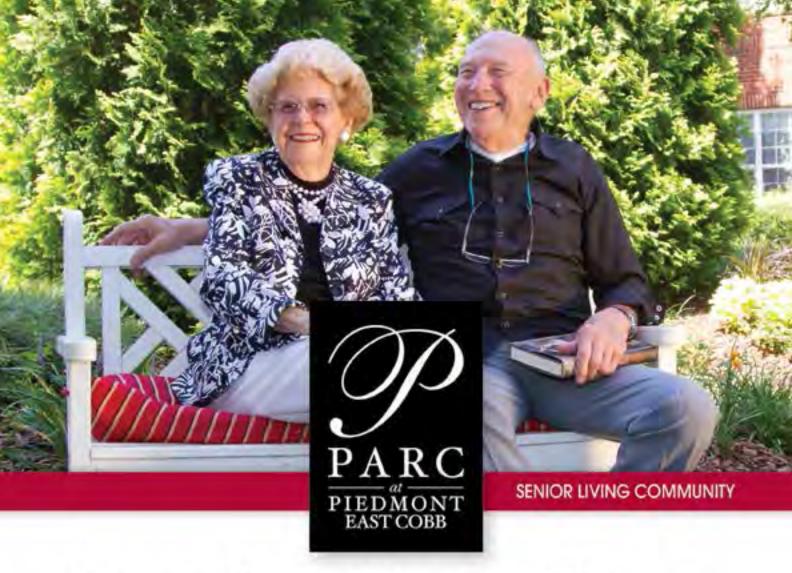


- > National Diabetes Education Program 1-800-438-5383 or www.ndep.nih.gov
- > Medicare 1-800-633-4227 or www.medicare.gov
- > National Council on Ageing www.ncoa.org
- > Medicare Diabetes Screening Project www.screenfordiabetes.org
- > Diabetes, Exercise and Sports Association www.diabetes-exercise.org

Here are some referral and information programs available to seniors at no charge:

- > Georgia Cares at 1-800-669-8387 is the state health insurance assistance program and has information regarding: Medicare and Medicaid programs that work with Medicare; Benefits programs; Supplemental insurance; Long term care insurance, prescriptions, assistance programs and more.
- > Agewise Connection at 404-463-3333 helps seniors and disabled persons of any age, their families and caregivers access services 24/7. Visit www.agewiseconnection.com.





# Exceptional Senior Living...



770.565.8828

Independent and Assisted Lifestyles
Exceptional Service, Care and Amenities
Serving families in East Cobb, Marietta,
and Roswell's finest neighborhoods

# Parc at Piedmont - East Cobb

999 Hood Road | Marietta, GA 30068 Intersection of East Piedmont and Roswell Road (Highway 120)

www.parcatpiedmont.com

# CLUB CALENDAR

AARP Chapter 2830. First Thursday of each month. 1:30pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Mary Johnson, 770-926-7881 or doule37uga@comcast.net.

American Association of University Women (AAUW) of Cobb County. Second Tuesday of the month. 7pm. Mansour Center, 995 Roswell Street, Marietta. Does not meet in July & August. More info: Karen Peters, krpeters@aol.com.

American Needlepoint Guild. Second Tuesday of the month. 6:45pm. Tiny Stitches, 2520 East Piedmont Road, Marietta. More info: 770-394-0065.

Anne Hathaway Garden Club. Third Wednesday of the month (except July and August). Marietta Educational Garden Center, 505 Kennesaw Avenue NW, Marietta. More info: Charlene Robinson, 770-971-7786.

Atlanta Illini Club. Professional and social networking for University of Illinois alumni, families and friends in the Atlanta area. Game watches at the Rose & Crown, 1931 Powers Ferry Road, Marietta. More info: www. atlantaillini.com or club@atlantaillini.com.



Atlanta Metropolitan Council Navy League. Second Tuesday of each month. 7pm. Navy Recruiting District HQ, 2400 Lake Park Drive, Suite 410, Smyrna. Membership open to all civilian and retired military with an interest in supporting our men and women of the Navy, Marine Corps, Coast Guard, Merchant Marines and associated youth programs. More info: 678-234-2310 or campbellfc@comcast.net.

Atlanta World War II Roundtable. Third Thursday (Sept-June) of the month. 11:30am. Petite Auberge Restaurant, North Druid Hills Road @ LaVista Road, Atlanta. More info: 770-928-4579 or jkovach2000@yahoo.com.

"Aware & Conscious Birds"
Book Club. Mondays. 7-8:30pm.
Bikram Yoga Marietta, 80 Powers
Ferry Road, Marietta. More info:
awareconsciousbirds@gmail.com or
www.consciousness.meetup.com/203.

Big Chicken Chorus. Every Monday evening. 7:00pm. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. Male a cappella harmony chorus. More info: Frank, 770-587-1264, fehrach@aol.com, or www.bigchickenchorus.org.

**Bridge Club.** Four free lessons; \$5 thereafter. Thursdays 7:30pm and Sundays 2pm. Singles are welcome. 1809 Roswell Road, Marietta. More info: 770-973-7717.

Business Breakfast Networking of East Cobb. Professional Referral Networking. Second Tuesday each month. 8:15-9:30am. C'est Moi/Café Paris, 1100 Johnson Ferry Road, Marietta. More info: Ellen Kelly, 404-713-2830 or Lnkelly@sbcglobal.net.

Business Network International (BNI). The World's largest referral organization. Multiple chapters in the area, please refer to the website: bnisoutheast.com for listings. More Info: Anita York, 678-888-0200

Cobb County Democratic Committee. Monthly breakfast 2nd Saturday each month. 9am. 3 Amigos Mexican Bar & Grill, 1000 Whitlock Avenue, Marietta. More info: 770-420-7133 or www.cobbdemocrats.org.

Cobb County Gem & Mineral Society. Second Tuesday of the month. 7:30pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: Becky Patellis, 770-973-7483 or Kay Yoest, 770-952-3244.

Cobb County Genealogical Society.
Fourth Tuesday of the month. 7pm.
First Presbyterian Church of Marietta,
189 Church Street, Marietta. More info:
www.cobbgagensoc.org or
ccgs@cobbgagensoc.org.

Cobb County Republican Women. Fourth Friday of the month. 11:30am. Hilton Atlanta/Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: 770-785-2522 or www.ccrwc.org.

Cobb Marietta Retired Educators Association. Second Thursday of every month. 11:30am. Luncheon reservations required. Freeman-Poole Senior Center, 4025 South Hurt Rd., Smyrna. Contact: Carolyn Wilson, clw770@bellsouth.net or 770-427-6840

Cobb Photographic Society.
Photographers of all skill and ability levels are welcome. First and 3rd Monday of each month. 7-9pm.
American Business Center, Bldg. 700, Suite 702, 1395 South Marietta Pkwy, Marietta. More info:
www.cobbphotosociety.com or info@cobbphotosociety.com.

Cobb Regional Republican Women. Third Tuesday, every month. 7pm. Cobb GOP Office, 799 Roswell Street, Marietta. More info: Neva Lent lentneva@aol.com.

Colored Pencil Society of America.
Atlanta District Chapter 107. First
Monday of the month. 7pm. North
DeKallo Cultural Center, 5339
Chamblee-Dunwoody Road, Room 2
(second floor in the back), Dunwoody.
More info: Nancy Guerine,
678-354-3590.

Danc'n Singles. A square dance club. First and 3rd Saturday of the month. 8-10:30am. FOP Lodge, 2350 Austell Road, Marietta. More info: 770-943-6979.  Dinner-and-a-Book Club. More info: RuthE or Batya at Thou Shalt Read, 770-993-5432 or

 sales@andthoushaltnotread.com.
 Dog Hikers of Georgia. Every Sunday.
 10am. Various locations. Non-dog owners welcome. More info: Dr. Dan Batchelor, 770-992-2362.

Dudes 'n Darlins Square Dance Club.
Dances on 2nd and 4th Friday each,
month. 8-10pm. Mountain View
Community Center, 3400 Sandy Plains
Road, Marietta. More info: Margaret,
770-751-7210, dudesndarlins@comcast.
net, or www.dudesndarlins.com.

East Cobb Bass Club. Visitors, boaters and non-boaters are welcome. First Tuesday of each month. 7pm. Free admission. Attendees pay for dinner. The Rib Ranch, 2063 Canton Road, Marietta. More info: 770-364-3036 or noeyf1@bellsouth.net.

East Cobb Business Association. Luncheon and featured speaker. Third Tuesday each month. 11:30am-1pm. Hollycrest Hall, 2235 Sewell Mill Road, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@ lionbank.com, or www.eastcobbba.com.

East Cobb Civic Association. Last Wednesday of the month. 7pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: Jill Flamm, 770-552-8206 or www.eastcobb.net.

East Cobb Civitans. Second and 4th Thursday of the month at noon for lunch at The Olde Town Athletic Club (behind Tuesday Morning & Sports-O-Rama), 4950 Olde Towne Parkway, Marietta. More info: 770-578-9901.

East Cobb Community Friends for Children's Healthcare of Atlanta. Third Tuesday of the month. 7pm. Meetings are in members' homes and vary each month. We work to benefit CHOA with fund raisers and service projects. More info: Suzanne Strickland, 770-992-2882, or Patricia Laffaldano, Patricia.laffaldano@gmail.com.

East Cobb Democratic Alliance. Third Thursday of the month. 6pm -Social. 7pm - Program. Rib Ranch, 2063 Canton Road, Marietta. More info: Tom Barksdale, 770-715-1218 or tbarksdl@aol.com.

East Cobb Kiwanis Club. Every Wednesday evening. 7pm. Paradise South of the Border, 3605 Sandy Plains Road, Marietta. More info: Johnny Johnson, 770-977-2026 or edwardjohnsjewelers@yahoo.com.

East Cobb Lions Club. Second and 4th Tuesday of the month. 7pm. East Side Baptist Church, 2450 Lower Roswell Road, Marietta. More info: Don Garrow, 770-955-6914.

East Cobb New Horizons Band.
Monday mornings, 11:00am. If you are 50 or older, play a musical instrument and have been looking for a great place to make music, come join us! Great people and good music! To learn more go to our website, ecnhb. com or email webmaster@ecnhb.com.

Rotary of East Cobb invites you to be our guest! Indian Hills Country Club 7:00AM Every Wednesday



#### **Guest Speaker:**

Feb. 5<sup>th</sup>: Louis Miller- General Manager of Atlanta Airport Feb. 12<sup>th</sup>: Rotarians Speaking on Polio update Feb. 19<sup>th</sup>: Cindy Chapman- Manager, Atlanta Botanical Garden

Thanks Advertisers!

You make this publication <u>FREE</u> to 40,000 readers every month!

# CLUB CALENDAR

East Cobb Open Networking. Professional Referral Networking. Every Friday. 7:30-9am. Capozzi's NY Deli, 4285 Roswell Road (next to Michaels), Marietta. \$3 cover. More info: Tim Langley, 770-289-9711 or drtim02@yahoo.com.

East Cobb Rotary Club. Every Wednesday. 7am. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: Bob Schwale, 770-640-6954.

East Cobb Woodcarvers Club. Every Thursday. 9-11am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-645-0817.

Georgia Perennial Plant Association.
Third Tuesday of the month. 7:30pm.
Atlanta History Center, McElreath Hall,
130 West Paces Ferry Road NW, Atlanta.
More info: www.georgiaperennial.org.

Georgia Vietnam Veterans Alliance. Third Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post, 921 Gresham Road, Marietta. More info: Bill Kalish, 770-298-9966.

Georgia Nature Photographers Association. Third Thursday of the month. 7pm. Nature photographers of all skill levels are welcome to our monthly meetings. The Mansour Center, 995 Roswell Street, Marietta. More info: www.gnpa.org or info@gnpa.org

Golden "K" Kiwanis Club. Every Thursday. 10am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Joe Vanhorn Jr., 770-424-6654.

Happy Tails Pet Therapy. Orientation for prospective members 1st Thursday or Saturday of the month. 10:30-11:30am and 7-8pm. Mt. Bethel Christian Academy, 4385 Lower Roswell Road, Building F, Room F001, Marietta. Check dates: 770-740-8211 or www.happytailspets.org.

IMPS Bridge Club An offshoot of the former Newcomers Club of East Cobb, looking for new members. Various formats, dates and times available. For more information contact Roni Fink @ 404-310-3448 or phinque999@AOL.com.

International Association of Administrative Professionals (IAAP)-Cobb County Chapter. Fourth Monday 6pm. Education program and networking dinner. Wyndam Atlanta Gallerial, 6345 Powers Ferry Road NW, Atlanta. More info: Karen Ortega-Carbonell, kortega@habitat.org.

Jewish War Veterans, Bicentennial Post 976. Third Sunday of the month. 11am. Marriott Hotel, Perimeter Center. More info: Fran Jacobson, 770-436-7456.

**Libertarian Party of Cobb County.** First Thursday of the month. 7:30pm. More info: www.cobblp.org or call 770-795-1331

Marietta Kiwanis Club. Every Thursday. 12noon. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, pathuey@comcast.net or www.mariettakiwanis.org.

Marietta Lions Club. Second Thursday of the month. 7pm. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: 770-565-8230. Marietta PFLAG. Fourth Sunday each month. 1-3pm. Newcomers are welcome. Pilgrimage United Church of Christ, 3755 Sandy Plains Road, Marietta. More info: mariettapflag@gmail.com.

Marietta Rotary Club. Every Wednesday. 12noon. Marietta Conference Center, 500 Powder Springs Street, Marietta. More info: Adele Grubbs, 770-424-8212 or www.mariettarotary.org.

 Marietta VFW Post 2681. Dinner with VFW Ladies Auxiliary. First Thursday of
 the month with separate meetings following dinner. 6:15pm. 140 Powers
 Ferry Road, Marietta. More info: www.vfwpost2681.org

Martha Stewart Bulloch Children of the American Revolution Society meets one Sunday per month from September through May, 2-4pm. Osage Terrace Room and Pavilion at Bulloch Hall 180 Bulloch Avenue, Roswell. More info: Paula, 770-594-1819.

Moms in Prayer (formerly Moms in touch) for parents of Dickerson Middle School. Every Thursday at 1pm. Meeting location available upon request. More info: Movita Stallworth, 770-321-1783 or mo633@comcast.net.

Moms in Prayer (formerly Moms in touch) for parents of children at East Cobb Middle School. Every Tuesday at 11am. Meeting location: Eastside Baptist Church (in the prayer room). More info: Esther Thenot, 678-372-2336 or Philippe@Thenot.net

Moms in Prayer for East Side Elementary parents. Every Thursday at 10am. More info: Rachel Bloom, 770-973-4705-372-2336 or familybloom@ gmail.com.

National Association of Active and Retired Federal Employees (NARFE), Second Wednesday of each month. 11:30am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More Info: 770-973-2834.

Newcomers Club of Cobb County.
Third Tuesday each month. 10am.
Various social activities throughout
the month for those new to Cobb
County or just looking for new friends
and activities. John Knox Presbyterian
Church, 505 Powers Ferry Road,
Marietta. More info: 770-234-5068 or
newcomersofcobbcounty@yahoo.com.

North Metro Mothers of Multiples Club. Third Monday of the month. 7pm. Chicago's, 4401 Shallowford Road, Roswell (corner of Johnson Ferry & Shallowford). More info: www.northmetromultiples.org.

North Metro Women's Connection. Second Wednesday of each month. 11am-1pm. Hollycrest Hall, 2235 Sewell Mill Road, Marietta. More info: 770-335-6013.

Northeast Cobb Business Association. Luncheon meeting 3rd Wednesday of each month. 11:30am-1pm. \$15. Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-460-6222.

Northwest Atlanta Mothers of Multiples (formerly Cobb Parents of Multiples), a parent's club for families with or expecting twins, triplets, quads, etc. Second Monday of each month (except December). 7pm. North Metro Church, 2305 Barrett Parkway, Marietta. More info: 678-235-8468 or www.nowamom.org. Order Sons of Italy in America Marietta Lodge #2607. General membership

meeting 2nd Monday each month. Pot Luck Dinner (except June, July, August-dessert and fruit). 7-9pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: 770-928-9314 or degrillmouse@comcast.net.

Peach State Depression Glass Collectors'
Club. Second Tuesday of month except
December. Guests welcome. 6:30
Social; 7pm meeting. Marietta Museum
of History, 1 Depot Street, Marietta. More
Info: psdgc.com

Polk Street Speakers Toastmasters. First and 3rd Tuesday of the month. 6-7:30pm. St. James Episcopal Church, 161 Church Street, Marietta. More info: www.polkstreetspeakers.org.

Retired Old Men Eating Out (R.O.M.E.O.) Every Tuesday, 8-10am. Meet for friendship, conversation and to share their variety of antique cars, street rods and muscle cars. Marietta Diner, 306 Cobb Parkway South, Marietta.

Shakespeare Reading Group. First and 3rd Thursday of the month. 2-4 pm. 32 N. Fairground Street, Marietta. More info: Lynne Johnson, 770-591-3474.

 Song of Atlanta Show Chorus. Women's four-part harmony chorus. Every Tuesday. 7:30pm. St. John United
 Methodist Church, 550 Mount Paran Road NW, Atlanta. Visitors welcome.
 More info: www.songofatlanta.com or 770-509-0322. Sope Creek Garden Club. First
 Wednesday of the month (Sept-June).
 10am. Locations vary. More info:
 Karin Guzy, 770-955-1303 or guzy@ mindspring.com.

Strive for Balance. For people who

suffer from anxiety. Express your feelings, share your stories and experiences, gain more knowledge about anxiety and learn great coping strategies.

November 6, 2013: 6-7:15pm;
December 12, 2013: 4:30-5:15pm.
East Cobb Public Library, 4880 Lower Roswell Road, Marietta. More info: Galina Bannova, 770-633-1023 or galinabannova@gmail.com.

The Foxtrotter's Dance Club. The 4th Friday of every month (no dance in May, Nov. & Dec. are the 3rd Friday). 7:30-10:30pm. If you enjoy ballroom dancing, come and dance to 'Live Music'. Everyone is welcome. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-587-1160.

WeCan Women Entrepeneurs Collaborating and Networking. Fourth Monday of the month. 7-9pm. Unity North Atlanta, Admin. Building, 2nd Floor, 4255 Sandy Plains Road, Marietta. More info: Pam Brooks-Crump, 678-300-0698 or pam@pambrookscrump.com.

Y Business Network. Every other Friday. 7:30-8:45am. Local business networking and referrals. Northeast Cobb Y, 3010 Johnson Ferry Rd., Marietta. Guests always welcome. More info: ybusinessnetwork.webs.com, Michelle

Hutchinson, 770-518-0010.

#### Meet Your Future Clients, Customers and Business Associates

Transforming East Cobb by developing business leaders through Networking and Education with an emphasis on Community.

The ECBA meets monthly at The Hollycrest Hall, 2235 Sewell Mill Road, at 11:30am for lunch, networking and a great speaker.

Invite a guest to join you.

For more information visit www.EastCobbBA.com







1 Hour Visits to 24 Hour Care Call Today: (404) 252-9005

# **WANTED:**

# Vintage Photographs and Stories of East Cobb!







Do you have archives of old photographs or vintage postcards of East Cobb County? Are you knowledgeable about your local history? Would you like to help preserve your community's fascinating history?

WANTED... folks to share and pass on memories and knowledge related to East Cobb, its people, places, things and surrounding area. If you live, have lived or have ties to the East Cobb County area your stories and/or photographs from yesteryear are wanted.

Cynthia Rozzo, founder and publisher of the EAST COBBER, is currently compiling a photographic history of East Cobb and is looking for your help! She is assembling historic images of East Cobb County and the stories that go with them to include in an upcoming book.

Here's a wishlist of photos wanted:

- > East Cobb farm life and farming operations
- > old church photos
- > club photos
- > school photographs
- > East Cobb residents with their cars of yesteryear
- > local residents wearing fashions of the day

- > East Cobb buildings under construction
- "old" east Cobb families, such as, Keheley, Dickerson, Lassiter, Blackwell, Powers, etc.
- > political leaders, old political signs from East Cobb

The importance of family collections cannot be overemphasized. Vintage photographs become increasingly fragile and by scanning and reproducing them in a book, they become available for all to see.

"It's going to be a history of our community and we'd like the family histories in there as well," Rozzo said.

To share your photographs and stories, please contact Cynthia Rozzo at 770-640-7070 or you can email your photos as separate jpg attachments to: cynthia@eastcobber. com. "EAST COBBER staff members are available to come by and pick up photos at your home, we'll scan them in the office and safely return your vintage photos," says Rozzo, "We will also be videotaping oral histories. So, if you'd like to share your story, call the EAST COBBER office to schedule an appointment."

Photographs, stories, and pieces of the past — they are all wanted. If you'd like to help keep local history alive by volunteering your talents to this effort, feel free to contact Cynthia.

# Become a fan of **EAST COBBER**

Magazine on Facebook

Chat with other EAST COBBER fans, post pictures, find out about giveaways and events and keep in touch with others that love East Cobb County and the EAST COBBER as much as you do!



You can find us at Facebook.com under **EAST COBBER** 

# EAST COBB Y EAST COBBER

"I have been advertising in the EAST COBBER over 10 years. My ad has consistently gained attention in the market and generated more revenue than its cost. The staff has always been friendly and helpful in updating my ad."

-Paige Jennings, Lawyer

"I really reach my target audience by advertising with them. I find it to be much more effective than the AJC."

-Stephen Teague, Edward Jones

"The EAST COBBER is great! I would recommend them to anyone. They have really helped my business."

-Cathy Mobley, Jazzercise

"An attractive and informative magazine that serves the residents and advertisers of East Cobb. Cynthia has worked to create a sense of community in her circulation area through her publication and projects."

Allan Lipsett, Lipsett & Associates

"Cynthia has been responsible for bringing the 'Hometown' feel to East Cobb via her creation & sponsorship of the EAST COBBER Parade & Festival. She always does an amazing job of highlighting community groups, local talents & neighborhood businesses in a fun, family-oriented venue, the aura of which lasts for months after the last balloon has been popped. Many thanks, Cynthia, for a job very well done indeed! You are truly a blessing to us all."

-Christine Holt

"Cynthia is a dedicated, creative professional with a passion for building community. The EAST COBBER is a testament to her commitment to make a difference."

-Tricia Molloy



# SUPPORT GROUPS

#### A.A./Al-Anon/Al-Anon

Beginners/Alateen. Every Monday. 8pm, Covenant Presbyterian Church. 2281 Canton Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

Adult Survivors of Child Sexual Abuse Support Group. First and 3rd Tuesday of each month. 7pm. Room 334, Johnson Ferry Church, 955 Johnson Ferry Road, Marietta. Men and women welcome. More info: 678-578-4888 or info@voicetoday.org

Al-Anon. For family and friends of alcoholics. Thursdays. 7:30-8:30pm. Johnson Ferry Baptist Church, Room 345, 955 Johnson Ferry Road, Marietta. More info: 770-587-0483

Al-Anon Family Group. 7pm. Teens 13 and older welcome. Temple Kol Emeth, 1415 Old Canton Road, Marietta. More info: Paulette L., 678-551-2433.

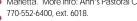
Alzheimer's/Caregiver Support Group Meeting. First Monday of each month at 10:30am. Open to family members who are assisting an aging loved one both inside and outside of the home. Free respite care is provided for your loved one while we meet. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road, Marietta. More info or to RSVP: 678-439-1177.

Anxiety Anoymous for people who suffer from anxiety, meets the 3rd Thursday of the month. 6:30-7:30pm. Cobb County Government Center, 4400 Lower Roswell Road, Marietta. More info: 770-633-1023 or galinabannova@gmail.com

- Babywearing Group. Koalamommas, North Atlanta's resource for help, support, and
- information about baby carriers of all kinds. Meets monthly. Meeting dates/time vary.
- More info: Jennifer Worrell, 770-516-4192 or jenniferworrell@bellsouth.net.
- Bereavement Support. First and 3rd Wednes-
- day of the month. 5pm. Counseling Room in Parish Office, St. Ann's Catholic Church, 4905
- Roswell Road, Marietta. More info: 770-552-6400,
- Cancer Support Group. Second and 4th
- Monday of the month. 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road,
- Marietta. More info: 770-794-2978
- Career Transition. Second Monday of the month (November-February) 6:30pm:
- Personal resume reviewing, interviewing, networking, and career assessment help.
- 7pm: Presentation. First Presbyterian Church,
- 189 Church Street, Marietta . More info: Bill Lins, 404-558-1579, or Bob Sabin, 770-795-9084, or visit www.fpcmarietta.org
- Caregiver and Share Support
- Group for Alzheimer's. First Wednesday of the month. 4:30-5:30pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info:
- 770-977-4420
- Codependents Anonymous. Mondays &
- Thursdays. 7:30-8:45pm. Unity North Church, 4225 Sandy Plains Road, Marietta. More info:
- 770-578-6368
- Depression/Bipolar Support Group. First and 3rd Thursday of the month. 7-8:30pm. Johnson
- Ferry Baptist Church, Room 339, 955 Johnson
- Ferry Road, Marietta. More info: 770-794-2978.

- 3rd Tuesday of each month. 7:30pm. St. Ann's Catholic Church, Mary's Chapel,
- 4905 Roswell Road, Marietta. More info:
- 770-552-6400, ext. 6018.
- Divorce Support Group by Visions Anew for women who are contemplating or going
- through the divorce process. First Thursday & 3rd Wednesday of the month. 7-9pm.
- East Cobb Government Center, 4400 Lower
- Roswell Road, Marietta. More info: www.visionsanew.org
- Diabetes Support Group offered by WellStar Health System. Second Tuesday of the month. 6:30–8pm. McLaren Mill Office Park, 531 Rose Lane Street, Suite 100, Marietta. No registration required. More info: 770-793-7818.
- **Domestic Violence Support Groups**. Sessions
- in English and Spanish. Wednesdays. 6:45-8:15pm. Childcare available for children
- 6 weeks to 12 years. Children over 12 may
- attend and learn childcare skills. More info: 770-427-3390.
- East Cobb Satellite of CHADD (Children & Adults w/Attention-Deficit/Hyperactiv-
- ity Disorder) Parental Support Group. 2nd Tuesday of the month. 6:30-8:00 pm. Mt.
- Bethel United Methodist Church (Room B109)
- on Lower Roswell Road, Marietta. More info: Cappie Suttle, 404-368-9394, east-cobb@ chadd.net, or www.chadd.net/300.
- Emotions Anonymous, a fellowship of people who come together to work toward recov-
- ery from emotional difficulties and discover a new way of life. Tuesdays & Fridays. 7pm. Ro-
- swell United Methodist Church, 614 Mimosa
- Boulevard, Counseling Building, Roswell. More info: 770-330-1991
- Families Anonymous (FA) for families who
- have loved ones struggling with addiction. Every Tuesday. 7:30-9pm. Mt. Zion
- United Methodist Church Youth Center, 1770 Johnson Ferry Road, Marietta. More info:
- Families of Children Under Stress
- (FOCUS). To listen, inform and educate, and offer programs for the families and the
- child with special needs. Last Thursday of the
- month during school year. 10am. Chick-Fil-A, 1201 Johnson Ferry Road, Marietta.
- More info/to confirm meeting date: Angie,
- 770-234-9111,angie@focus-ga.org,or
- www.focus-ga.org.
- Fractured Families for Parents Estranged from their Children. Second and 4th Monday.
- 7:30pm. Cafe de Paris, 1100 Johnson Ferry
- Road, Marietta. More info: Sandy
- 404-446-6093 or Judy 404-643-3531
- **Grandparents Raising Grandchildren Support** Group, Second and 4th Tuesday, 7:15pm.
- Special guest speaker. Transfiguration
- Church, Room 102, 1815 Blackwell Road,
- Marietta. More info: Jeannie, 770-919-9275.
- Grief Support Group for those who have had
- a family member, friend or other loved one
- pass away. First Thursday of each month.
- 7-9pm. Unity North Atlanta Church, 4255
- Sandy Plains Road, Marietta. More info:
- kathzkel@yahoo.com.

- Divorced/Separated Support Group. First and
   JACS (Jewish Alcoholics, Chemically Depen
  - dent and Significant Others). For Jewish members of 12 Step groups. 7-8pm, first and third
  - Tuesdays of every month except on Jewish
  - holidays. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta, in the library. More info: 770-928-2523 or teshuva@aol.com.
  - Loneliness Bereavement Support Group. Every
  - Wednesday except holidays. 11am. Heritage Hospice, 3315 Hilltop Drive, Marietta. More info:
  - 770-423-5959
  - Marietta Moms. For all kinds of moms new to
  - the area, looking for new friends, or just needing support. Daily events for babies, toddlers and older kids. More info: 770-956-0318 or • 678-357-3661 or www.mariettamoms.com
  - Mothers Circle Group. Are you a mother raising
  - Jewish children but you are not Jewish? Free education and support through a 16-week
  - course. Groups are held in Marietta, Intown
  - and North Fulton. More info: Suzette Cohen,
  - suzette@themotherscircle.org or www.themotherscircle.org.
  - Mothers of PreSchoolers(MOPS).
  - Wednesdays. 6:15-7:15pm. A place where moms can come to build friendships and
  - receive mothering support, practical help and spiritual hope. Childcare provided. Mt. Zion
  - United Methodist Church, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465 or
  - mtzionmops@gmail.com.
  - National Alliance on Mental Illness (NAMI).
  - Family Support Group for families who have
  - loved ones struggling with mental illness. Second and fourth Tuesday of each month.
  - 7-8:30pm. Hillside United Methodist Church,
  - Second Floor 4474 Towne Lake Parkway
  - Woodstock. More info: 770-928-2762.
    - Overeaters Anonymous. A support group for those who suffer from the need to compulsively overeat. Monday-Wednesday-Friday. 10am.
  - St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: Betsy: 404-226-4931
  - Parents of Prodigals. For parents of struggling
  - teens and young adults. Second and 4th Thursday. 7-8:30pm. Johnson Ferry Baptist
  - Church, 955 Johnson Ferry Road, Marietta. More info: Fair Brocard, 770-612-1197 or
  - www.prodigalchildministries.org
  - Parkinson's Disease Support Group. For persons with Parkinson's disease and their caregivers. Second Sunday each month. 4pm.
  - Roswell United Methodist Church, 814 Mimosa Boulevard, Bldg. A, Roswell. More info: Robin Cleveland, 678-819-3915.
  - Widowed Helping Others (WHO) . First and 3rd Wednesday of the month. St. Ann's Catholic
  - Church, La Salette Hall, 4905 Roswell road, Marietta. More info: Ann's Pastoral Care,



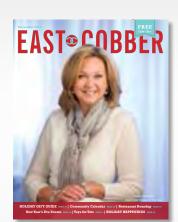


# facebook.



The EAST COBBER monthly is on Facebook! Show your East Cobb Pride and Like us!

For 20+ years our magazine has served East Cobb County by spotlighting residents who contribute to our quality of life as well promoting local events, clubs and businesses.



check us out on Facebook at: www.facebook.com/East Cobber

770-640-7070

64 February 2014

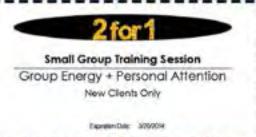
www.eastcobber.com

**EAST@COBBER** www.eastcobber.com

# Women's Premier Fitness MORE amenities & the MOST advanced training solutions, at a price you can AFFORD! (and)







YOU Deserve MORE from your Gym! womenspremierfitness.com



# World-class Cardiac Services Right here in Georgia

Why do people from across the state – and across the nation – come to WellStar Health System for cardiac care and surgery?

- Top-Tier 3-Star Rating by the Society of Thoracic Surgeons.
   Only the top 13% of hospitals in the nation are awarded this distinction.
- WellStar Cobb, Douglas and Kennestone Hospitals are all accredited by the Society of Chest Pain Centers, a recognition for facilities that quickly diagnose cardiac patients, begin treatment within minutes and significantly improve the chance of a positive outcome.
- A cardiac surgery program that specializes in innovative, cutting-edge procedures like the minimally invasive Transcatheter Aortic Valve Replacement (WellStar Kennestone Hospital is the first non-academic facility in the state to perform the procedure).
- A women's heart program designed by WellStar's female cardiologists to address the unique gender-specific cardiac needs of women.
- An outpatient hospital-based Heart Failure Clinic where patients can be seen when experiencing heart failure symptoms, potentially avoiding the ER and hospitalization.

For a physician referral, call 770-956-STAR (7827).

