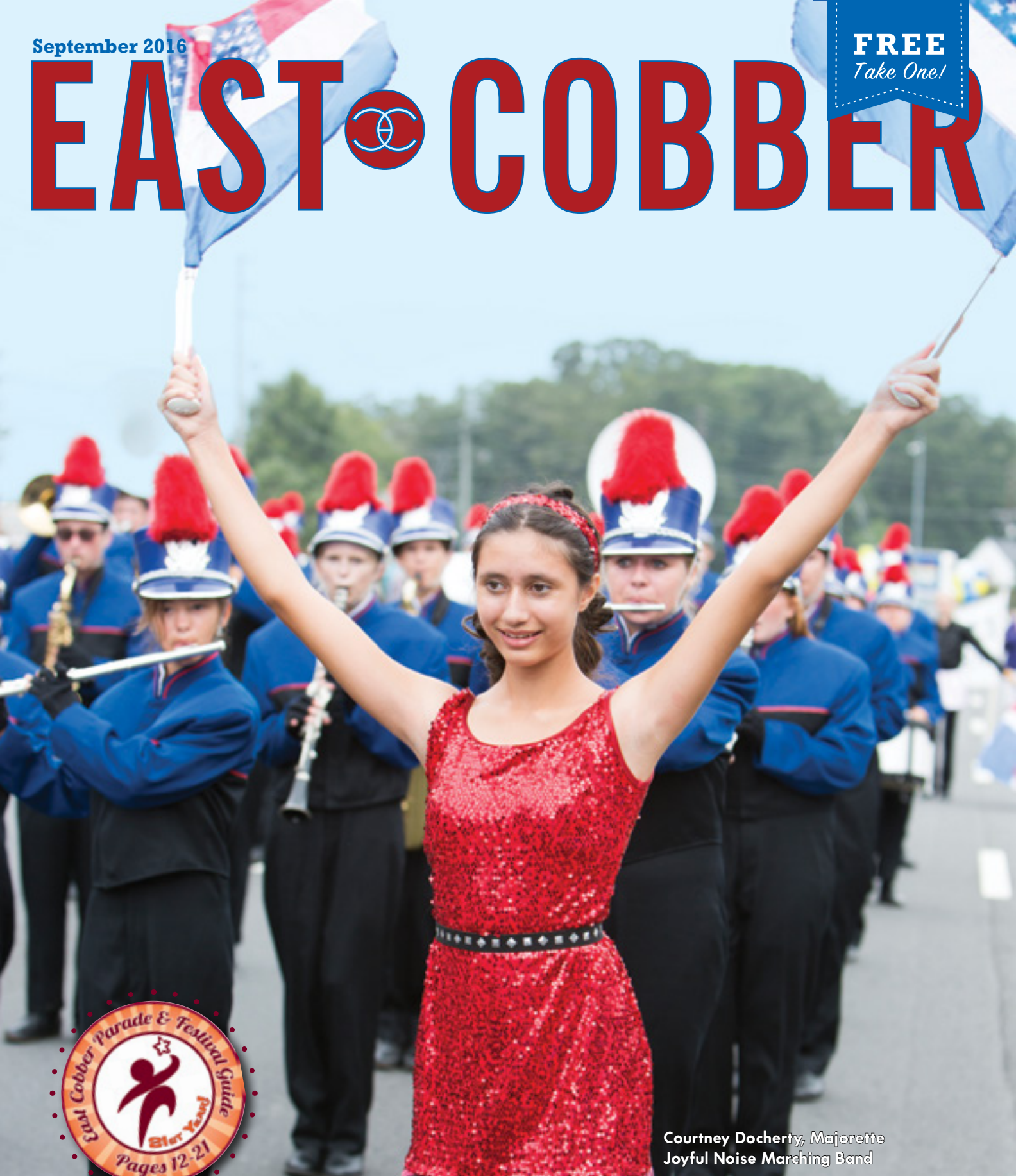


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# EAST COBBER



Courtney Docherty, Majorette  
Joyful Noise Marching Band



**Boxerstock** PAGE 35 | **Community Calendar** PAGE 22 | **Cobb Restaurant Week** PAGE 40

**Public Safety Celebrations Planned** PAGE 42 | **Weight Loss Winner of the Month** PAGE 50

A photograph of a man and a young boy sitting on a boat, fishing. The man is on the right, wearing a dark grey t-shirt, and the boy is on the left, wearing a light-colored button-down shirt. They are both looking towards the water. The background is a bright, slightly hazy body of water under a clear sky. The text "Years of research help create years of memories." is overlaid in green at the top.

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# THIS ISSUE

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## EAST COBBER

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Volume 23 | Number 11

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distributed free to homes, schools, and 500+  
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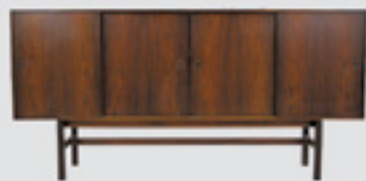
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# PUBLISHER'S NOTE

## Don't Rain On My Parade

*Don't tell me not to live, just sit and putter  
Life's candy and the sun's a ball of butter  
Don't bring around a cloud  
to rain on my parade  
Don't tell me not to fly, I simply got to  
If someone takes a spill, it's me and not you  
Who told you you're allowed  
to rain on my parade  
I'll march my band out, I'll beat my drum  
And if I'm fanned out, your turn at bat, sir  
At least I didn't fake it, hat, sir  
I guess I didn't make it  
But whether I'm the rose of sheer perfection  
A freckle on the nose of life's complexion  
The Cinderella or the shine apple of its eye  
I gotta fly once, I gotta try once,  
Only can die once, right, sir?  
Ooh, life is juicy, juicy and you see,  
I gotta have my bite, sir.  
Get ready for me love, 'cause I'm a "comer"  
I simply gotta march, my heart's a drummer  
Don't bring around the cloud  
to rain on my parade,*

*I'm gonna live and live NOW!  
Get what I want, I know how!  
One roll for the whole shebang!  
One throw that bell will go clang,  
Eye on the target and wham,  
One shot, one gun shot and bam!  
Hey, Mr. Arnstein, here I am ...*

*I'll march my band out, I will beat my drum,  
And if I'm fanned out, your turn at bat, sir,  
At least I didn't fake it, hat, sir,  
I guess I didn't make it  
Get ready for me love, 'cause I'm a "comer"  
I simply gotta march, my heart's a drummer  
Nobody, no, nobody, is gonna  
rain on my parade!*

If this magazine could have an audio component you would be hearing *Don't Rain on My Parade* as sung by Barbra Streisand from the 1968 movie, *Funny Girl*.

21 years ago, after 2 years of publishing the EAST COBBER, I set out to create another way to spotlight all the good people in East Cobb. I wanted to produce a community event similar to the ones I grew up with. Sure, this event has goals stated in a businesslike manner:

- \*To spotlight those people who contribute to the quality of life in East Cobb county
- \*To provide opportunities for various groups of the community to interact
- \*To bolster the image of East Cobb to external audiences as well as help East Cobb residents feel good about living in East Cobb
- \*To promote the arts by providing a showcase for local fine arts performers and groups at the Festival
- \*To promote economic development by providing local businesses an event that demonstrates their community support and allows company personnel to interact with prospects and customers.

But truthfully, I dreamed of a hometown tradition that would create special memories for children and, selfishly, I wanted to raise my children in a community that had a special event that made them proud of living in East Cobb!

Each year, as I direct each entry out of the staging area onto Johnson Ferry, I get a bit weepy watching the smiling faces of the children (and adults, too!) beaming with pride for their club, school or scout troop. What a thrill it is to hear the boom of our incredible high school marching bands! Cue music. Maybe I get teary because I had a dream—unheard of in 1995—to close down the main street in East Cobb and start a special event for East Cobbers. Who would come? What did I know about producing a parade? Who would help me turn this dream into reality? This parade has taught me so many life lessons: placing my dreams above my fears, keeping the faith, inspired by people who come into my path to help make this parade a success, and more, so many more, lessons that have encouraged and enriched me.

The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do. My dream has been this publication and the parade. What's your dream? I hope you discover the happiness of striving for and reaching your dreams. Feel free to share your dreams with me by e-mailing: [cynthia@eastcobber.com](mailto:cynthia@eastcobber.com). I'd love to hear from you!

All the best,

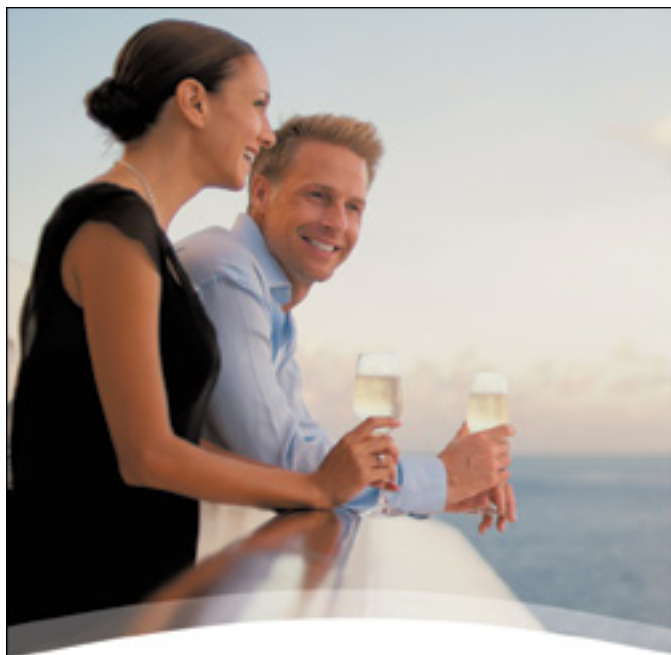


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**ON THE COVER** - To celebrate the 21st annual EAST COBBER Parade & Festival, this month's cover features Courtney Docherty, majorette (and the piccolo player behind her is Kelsey Gravitte) from the Joyful Noise Marching Saints Homeschool Band. The Marching Saints are a perennial participant in the EAST COBBER Parade. They have received excellent and superior ratings at festivals and keep busy performing at football games and in parades. Front cover photograph taken by Andrea Taylor Studio.





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# EAST COBB MOM BIKES TO RAISE FUNDS FOR HLH

**C**ara Seckman, a senior cheerleader at Walton High School, was diagnosed with Hemophagocytic lymphohistiocytosis, (HLH) last year. Despite an aggressive chemotherapy treatment, Cara died just three weeks after she was diagnosed. One of Carolyn Peacock's daughters was best friends with Seckman, and the entire family was involved in the emotional turmoil caused by her death. Struggling to figure out a way to help the mourning family, Peacock learned about "700 Miles to Hope." Between September 24-30, 20 bike riders will pedal 700 miles from Jackson, Mississippi, to the Cincinnati Children's Hospital's HLH Center of Excellence. Some of the riders involved are doctors at Cincinnati Children's while others are HLH survivors, friends or family of HLH survivors and victims.

For the last five months, East Cobb resident Carolyn Peacock has been pushing her body and her bicycle to their limits so she can be one of the 18 riders participating in the 700-mile ride. During the week, Peacock does four days of speed training and tops it off with endurance riding on the weekends. Although her workouts are grueling, she readily admits that the pain she endures is nothing compared to the people with HLH. The Seckman family will be in Cincinnati to greet Mrs. Peacock and the other riders as they complete their journey, and will be able to meet with doctors and others affected by the disease.

All the money raised during the ride goes directly to Cincinnati Children's Hospital's HLH Center of

.....




**Carolyn Peacock is biking "700 Miles to Hope" in honor of Cara Seckman.**

Excellence. The center is home to the most experienced care team in North America treating HLH. The center provides a single resource for complete, family-centered care, from diagnosis to bone marrow transplant and long-term follow-up support. Emphasis is placed on educating families on the complexities of HLH, including diagnosis and treatment. Hemophagocytic lymphohistiocytosis, or HLH, is a rare autoimmune disorder that causes some white blood cells to attack their fellow blood cells instead of invading bacteria or viruses. These defective cells build up in the spleen and liver, causing both organs to swell. The disease can either be triggered by an infection or inherited through the family. Treatments range anywhere from simple courses of antibiotics to bone marrow transplants. The hospital uses the money to bolster diagnosis and clinical care, research, education and awareness, and family support.

Peacock and the Seckman family are discussing ways that the family can remain permanently involved in the ride, whether through sponsoring new riders for each successive event or by having Peacock return for 2017 and future rides.

So far, Peacock has raised just over \$3,000 towards her \$5,000 goal. If you would like to help the fight against HLH by supporting Peacock, please visit [classy.org](http://classy.org) and search for Carolyn Peacock. Every single penny that is given to Carolyn's campaign will go directly to the Cincinnati Children's Hospital's HLH Center of Excellence. 🙏



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\*\*Account eligibility requirements apply. If eligibility is not met, a message will appear.

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Wednesday, January 11, 2017 – 10 a.m.

Thursday, February 2, 2017 – 10 a.m.

## UPPER SCHOOL

*North Campus (9-12)*

2509 Post Oak Tritt Road, Marietta, GA

Sunday, October 16, 2016 – 2 p.m.

Saturday, November 12, 2016 – 9 a.m.

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# WHY SHOULD I JOIN PTA?

*By Heather Held, Membership Chair, East Cobb County Council of PTAs*

School is back in session, you've made it through Meet and Greets, Open Houses, Back to School Picnics and the stress of the first few weeks of homework. Your child has a new lunch box and back pack or a new set of binders and money on their lunch account. Activities have started back up and you've written checks for everything from a cheer uniform to an instrument rental to yearbooks and so on and so on. Have you written a check yet though for your PTA membership?

Every year, I hear someone say "why should I join PTA?" Let me tell you why! First of all, PTA stands for Parent Teacher Association. It is a group of parents, teachers, community members, cafeteria workers, grandparents, aunts and uncles, students and so many more individuals working towards the goal of advocating for our children and improving their lives. PTA today continues the tradition started 100 years ago, wishing for every child to be represented by one voice.

By joining your child's PTA, regardless of their grade or age, you can benefit greatly and provide your child and other children with additional opportunities for growth throughout the school year. Here are a few highlights of PTA Member Benefits:

**>Get Connected and Discover Great Resources.** PTAs often have websites and/or newsletters that keep you apprised of things going on in school, including ways you can volunteer and programs being offered to benefit the family unit, not just the children. Some schools have "Lunch and Learn" programs for parents while others do "Parent Education Nights." Take advantage of these opportunities! Connect with other parents and use the resources offered to learn about today's youth and the challenges they face.

**>Speak up and Watch Yourself Grow.** PTA is a forum where your ideas are welcomed and encouraged. Positive change in a school can be the result of a

sometimes simple idea. Also, by sharing ideas and volunteering at your child's school, you will be able to put your hobbies and skills to use in a positive way for not only your child, but for the benefit of all children in the school and at times even the community.

**>Witness Improvement.** You are a part of the solution by being involved in your child's school and as such, you will be able to witness improvement first hand. Your child's PTA offers educational, social and family programs aimed towards bettering the lives of children. By joining PTA and volunteering, you will be able to see just how the programs PTA provides have a positive impact in your child's school. PTA sponsored programs can allow children to explore other countries, experiment with healthy eating and exercise, explore science in different and unique ways and offer many other opportunities that these children may not otherwise have.

**>Be a part of a larger voice.** At its core, PTA is an advocacy organization. We are dedicated to providing a voice for our children so that they might have better opportunities in school. This is especially important this year as we face an important choice on our November ballot – Opportunity School District. Watch, listen, and join with us this fall as we fight against OSD in Georgia!

If the opportunities listed above do not appeal to you, let me tell you about other benefits. PTA is known as a powerful voice in the community and as such, we are able to partner with local businesses willing to offer discounts to our members. Businesses offering benefits to our members this year include Chick-Fil-A, Aspens, Papa Johns, Sparkles, Omega Learning, Orange Theory, Common Quarter, Spotless Cleaning, Get in Shape for Women, My Friend's Place, Three 13, Experimac, Women's Premier Fitness & Spa and Highland Family Chiropractic. The community definitely supports East Cobb County Council of PTAs and the members!

So, now that I've given you a multitude of reasons why you should join PTA, please consider them the next time you are in your child's school. Help PTA continue to be a powerful voice for our children. Help us make a positive change in the schools and impact the lives of EVERY child in East Cobb County. 📞

Heather Held serves as the Membership Chair for East Cobb County Council of PTAs as well as the Membership Chair for District 9 PTA. Heather also advocates for children in her role as the Administrative and Development Coordinator for the Pediatric Brain Tumor Foundation. She resides in Lansdowne subdivision with her husband Chris and daughter Annabelle, a senior at Wheeler HS.

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# EAST COBB TRIPLETS START 5K TO RAISE MONEY FOR KATE'S CLUB



On April 11, 2014, Frank Guinn, dad to East Cobb triplets Alyssa, MaKenna, and Issy Guinn, was riding his bike in New Orleans with their uncle Andy Powell while training for an Ironman triathlon. A

man, who was driving while distracted, hit their dad and uncle. Their father died and their uncle was critically injured.


"We were sad! We were angry! We didn't know what to do," said the girls. "Then our momma found an organization called Kate's Club."

Kate's Club was founded to help kids who lose a parent or sibling. When the girls went there, they realized they weren't alone. Kate's Club taught them how to talk about their feelings. They learned how to remember their daddy with happiness instead of sadness. They have many friends who have experienced the same thing as they did. Kate's Club made their lives so much better.

They realized that they wanted to help give back to Kate's Club, so they asked their mother if they could do something for Kate's Club. From there, "Running thru the Flames" was born. They hope to raise \$5,000 to donate to Kate's Club, and the family has already accepted sponsorships from Children's Healthcare of Atlanta and Pass Them Like You Love Them, an advocacy group promoting cyclists' safety.

They are on their way to making their goal of 500 runners. Their mom, Kim Guinn, a teacher at Lassiter High School, reports about 300 runners have already registered for the September event.

Runners who register before race day—September 11—will receive a flame-shaped medal regardless of how they finish.

Come out and help the Guinn girls help others who are running through the flames of grief. For more information on Running Thru the Flames 5K, visit: [kidsboost.org/event/running-thru-flames-5k-race](http://kidsboost.org/event/running-thru-flames-5k-race). 

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# EAST COBBERS CO-CHAIR CONCERT TO BENEFIT CURE CHILDHOOD CANCER

In 2011 East Cobb residents Kim Osburn and then 11-year old Grace Bunke were already connected. Grace is the daughter of one of Kim's good friends, Vicki. But they became connected in a way no one could imagine- they were both diagnosed with cancer. Kim with breast cancer and Grace with bone cancer.

Kim was fortunate in that she had great insurance and enough saved sick time so she was able to take the four months off for treatment without incurring a financial hardship. However, she learned that others weren't so fortunate, and as a result, she started a yearly fundraiser to benefit the 2 Day Breast Cancer Walk. The first year she made \$10,000, and the second year she raised \$15,000.

When both Kim and Grace were diagnosed, Kim spent a great deal of time with Grace. Grace's cancer eventually claimed her leg, and in 2015 Kim dedicated her fundraising efforts to Grace who is now training to become a paralympic athlete.

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Kim Osburn, Grace Bunke and Vicki Bunke

Kim and Vicki both work in the Cobb County School District, Kim as a first grade teacher at Mt. Bethel Elementary School and Vicki as a school psychologist at Mt. Bethel Elementary and Dodgen Middle schools. Their love of children and especially of those afflicted with cancer led them to co-chair this year's fundraiser, Mane Event Benefit Concert benefiting CURE Childhood Cancer. CURE uses funds for research, training of future pediatric oncologists and researchers through the Fellowship program at Emory University School of Medicine and programs for families and patients including emergency financial assistance, transportation assistance, counseling and survivorship and bereavement support.

The concert will be held on October 16 at the Mable House from 5-7 pm. The concert will include the band Retrograde (featuring Kayla Taylor and Steve Whitworth) and East Cobb resident John Driskell Hopkins of the Zac Brown Band. The concert will be emceed by Brian Moote and Katie Wassail from *The Bert Show* on Q100. Tickets can be purchased and donations made at [www.maneeventconcert.com](http://www.maneeventconcert.com). This year's goal is \$75,000, which they hope to exceed.

Kim has been cancer-free for almost five years and Grace is considered NED (No Evidence of Disease). Grace currently attends Dodgen Middle School. As Kim shares, "We have an amazing amount of people in the East Cobb area working to support CURE Childhood Cancer." 




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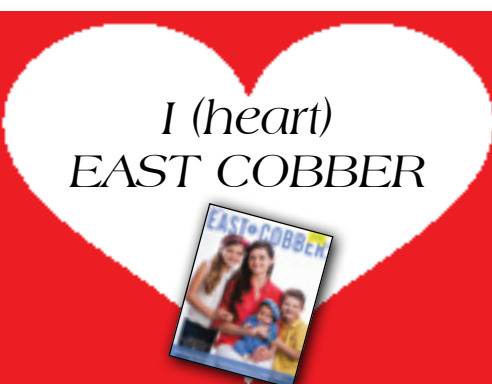
**W**e're finally in double digits in the countdown to the United States presidential election. In the run-up to November 8, there's more to do than simply watch Hillary Clinton and Donald Trump duke it out or contemplate the Libertarian or Green party candidates as other options — you need to get ready to vote! The last day to register is October 11.

You can register online, in person or by snail mail, but you need to do it soon. Here are ways you can register to vote:

- Go to [mvp.sos.ga.gov](http://mvp.sos.ga.gov) or
- Text 'GA' to 2VOTE to receive a link, or
- Download the 'GA SOS' mobile app.

To download a paper application, visit [CobbElections.org](http://CobbElections.org).

If you need additional information, contact the Cobb Elections office at 770-528-2581 or go to [CobbElections.org](http://CobbElections.org). 



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## September 17: A Day for East Cobbers To Celebrate



The 21st Annual EAST COBBER Parade & Festival is scheduled for Saturday, September 17. The day's festivities will be kicked off by the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands and a cornucopia of East Cobb groups will march down the one-mile parade route. Starting at 10am, the parade participants will step off in front of the Princeton Lakes subdivision entrance, travel south on Johnson Ferry Road, and then turn into the Fountains of Olde Towne shopping center.

Immediately following the EAST COBBER Parade, at approximately 11am, the EAST COBBER Festival will be held in the south parking lot of Johnson Ferry Baptist Church (955 Johnson Ferry Road). The Festival offers East Cobb County residents an opportunity to come together and enjoy an afternoon of local

entertainment, carnival games and good food. Booths will be set up to showcase everything from jewelry to local schools to books. East Cobb kids will have plenty to do at the EAST COBBER Festival from getting their face painted to taking a chance at a carnival game to hopping in a moonwalk. Festival goers will also be treated to food from East Cobb restaurants and civic clubs.

Many thanks to this year's sponsors: WellStar, BOSS, and the EAST COBBER. Thanks to their generosity this special event has become a popular pastime for East Cobb residents.

Come be a part of this very special, old-fashioned celebration – the 21st Annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. If you are interested in marching in the Parade, renting a booth or performing on the Festival stage, call the EAST COBBER at 770-640-7070 or visit [www.eastcobb.com/parade](http://www.eastcobb.com/parade). 



  
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## EAST COBBER




For the past 23 years, the **EAST COBBER** has provided East Cobb County residents with a timely and easy-to-read source of information unique to our community with the free monthly magazine, EAST COBBER. With its website,

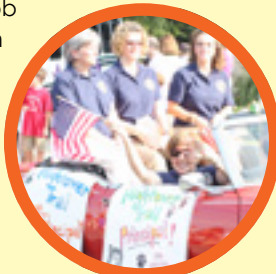
[eastcobber.com](http://eastcobber.com), EAST COBBER provides a local news feed 24/7, fun giveaways and contests. Be sure to "like" the EAST COBBER on Facebook, follow us on twitter, instagram and sign up for EAST COBBER's weekly e-newsletter.

The EAST COBBER seeks to build a sense of community in East Cobb

County by providing a forum

for people to share opinions and information, and to provide a cost-effective advertising outlet for local businesses.

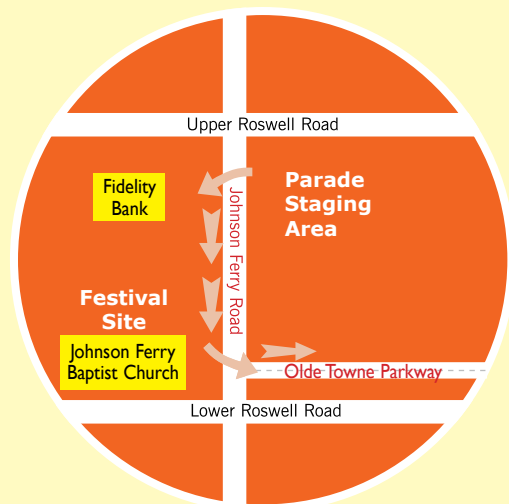
The EAST COBBER is the producer of the Parade & Festival – East Cobb's only community-wide special event and the LARGEST parade in all of Cobb County! 



Big Orange Sanitation Services (BOSS) launched operations in East Cobb on July 1. Everyone at BOSS takes pride in delivering a level of service East Cobb's haven't seen in years. BOSS believes you shouldn't have to put up with bad service and poor attitudes. BOSS can and will do better. This upstart wants to change how things are done for the better. For more information, call 770-693-5777 or visit [www.BOSSwaste.com](http://www.BOSSwaste.com).



## East Cobber Parade Route



Johnson Ferry Road (between Lower Roswell Road and Upper Roswell Road) will be closed at 9:45am to 11:30am to allow 2,000+ parade participants and approximately 110 entries to march in the 21st Annual EAST COBBER Parade.

The EAST COBBER Parade will be staged at Mount Bethel Elementary School parking lot (1210 Johnson Ferry Road). Beginning at 10am, parade participants will march south on Johnson Ferry Road, and then, after about one mile, turn into the Fountains of Olde Towne Shopping Center, 736 Johnson Ferry Road. As a safety measure, the Cobb County Police Department will shut down Johnson Ferry Road – both northbound and southbound lanes – from Roswell Road to Lower Roswell Road. This stretch of Johnson Ferry Road will be closed to traffic from 9:45am to 11:30am. Princeton Lakes Drive will also be closed from 8am to 10:30am. Woodlawn Road will be not be closed – but traffic will be affected.

Cobb County Department of Transportation will be setting up road detours at the intersections of Indian Hills Parkway & Upper Roswell Road and Indian Hills Parkway & Lower Roswell Road. Road detours will also be set up at the intersections of Timber Ridge Road & Upper Roswell Road and Timber Ridge Road & Lower Roswell Road. 🚧

## Road Closure Reminder

On Saturday, September 17, Johnson Ferry Road —Northbound & Southbound lanes—between Lower Roswell Road & Upper Roswell Road will be closed to traffic 9:45am to 11:30am for the 21st Annual EAST COBBER Parade. Woodlawn Road will not be closed, but traffic will be affected. Princeton Lakes Drive will be closed off at 8am for the parade staging area, which is at Mt. Bethel Elementary School, 1210 Johnson Ferry Road. 🚧



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# *East Cobber Parade Participants*

(in order of appearance)

Riverside Military Academy

Cub Scouts Pack 121

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Bob Ott – District 2 Commissioner,  
Cobb County Commissioners

Cobb County Fire Department

EAST COBBER

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Cub Scout Pack 565

School of Rock

Atlanta Boxer Rescue

Mt. Bethel Elementary School

Cub Scout Pack 797

Honest-1 Auto Care of East Cobb

Rotary Club of East Cobb

Polar Bear Run

Girl Scouts – Dogwood Service Unit

Cobb County Public Library System

Cobb County Republican Women's Club

Mt. Bethel Christian Academy

Sope Creek Elementary School Girl Scouts

Sope Creek Elementary School

Walton High School

Walton Swim & Dive Team

Walton High School Band

Dickerson Middle School

Chick-Fil-A Eastlake

Walton Jr. Raider Cheerleading

New Lucky China/Fuji Hana

Atlanta Swim Academy

Dance Stop Company

BOSS

East Side Elementary School

Cub Scout Pack 744

McCleskey East Cobb YMCA

Walton Robotics

Cobb County Association of Educators

Cobb County Schools Transportation Department

Girl Scouts – Chattahoochee Service Unit

Cobb EMC Forum

East Cobb Civic Association



RainAway Underdeck Systems

Shallowford Falls Elementary School

Springfree Trampoline

Kincaid Elementary School

Peach State Roller Derby

The Walker School Band

Mountain View Elementary School

Sierra Club Centennial Group

Daniell Middle School

Brumby Elementary School

East Cobb Democratic Association

East Cobb Business Association

Addison Elementary School

Kid Chess

Nicey Reeves Heart of Restoration

Simpson Middle School

Cub Scout Pack 795

Cobb County Republican Party

BP Car Care & Quick Lube

Chestnut Ridge Christian Church

Keheley Elementary School

Moohan Martial Arts

Faith Lutheran Church & School

James & Carolyn Strickland

Primrose School of Sprayberry

Davis Elementary School

Twilight Twirlers of Marietta

Garrison Mill Elementary School

League of Women Voters of Marietta-Cobb

East Cobb Middle School

Wheeler High School Marching Band

Wheeler High School

Sparkles Family Fun Centers

Northwest Atlanta Moms of Multiples

Girl Scout – Red Bud Services Unit

Moms Demand Action

Unity North Atlanta Church

Eastvalley Elementary School

Sedalia Park Elementary School

>>> continued on next page >>>



# East Cobber Parade Participants

(in order of appearance)

Visiting Angels  
East Cobb Orthodontics  
Dodgen Middle School  
Pope Jr. Cheerleading  
Pope High School  
Murdock Elementary School  
All 4 Seasons Garage Doors  
BOSS  
Veterans for Trump  
White Tiger Martial Arts  
Hightower Trail Middle School  
Cub Scout Pack 770  
Tritt Elementary School  
Brownie Troop 14436  
Husky Pack Rescue  
PRO Martial Arts  
Peachtree Gymnastics & More



East Side Thunder  
East Cobb Lions Club  
Lady Lions Cheer Team  
Sprayberry High School  
Mt. Bethel United Methodist Church  
Joyful Noise Marching Band  
The Georgia Ballet  
State Representative Matt Dollar  
Girl Scout – Kudzu Service Unit  
Engel & Volkers North Atlanta  
East Cobb Robotics  
ROMEO Car Club  
St. Andrew Rowing Club  
Alex & Paislee  
Cactus Car Wash  
Steed Magnolias  
BOSS



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# *East Cobb Festival Exhibitors*



## *Sponsor Tents*

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## *Tent A*

Admark Jewelers  
Bradford Family Chiropractic  
Keller Williams Realty -- Norma Dittlau  
PNC Bank  
Riverside Military Academy  
Rubin Family Chiropractic  
Sierra Club Centennial Group  
Unity North Atlanta Church  
Village Health Wellness Spa



## *Tent B*

Atlanta Young Singers  
Delta Community Credit Union  
East Cobb Home Team  
East Cobb Spine & Sport Chiropractic  
H.A.S. Foundation  
Lakeshore Learning Materials  
Lutheran Church of the Resurrection  
MarketPlace 120  
McCleskey & Northeast YMCA  
Mt. Bethel Christian Academy  
Mt. Zion Methodist Church  
Museums, Archives, and Rare Books  
at Kennesaw State University  
Outback Deck



## *Tent C*

Bradberry Pediatric Dentistry  
British Swim School  
Charm Shop by Mary  
Children's Dental Village  
Cobb County Republican Party  
CourtCamp  
Creekview Family Chiropractic  
Fitness Together East Cobb



## *Tent C (continued)*

LuLaRoe  
Mutt Madness  
The Extension  
White Tiger Martial Arts



## *Special Exhibitors*

AdvoCare  
Atlanta Boxer Rescue  
Atlanta Junior Rowing Association  
BeautiControl Skin Care & Cosmetics  
BlueGrayGal.com  
Chattahoochee Nature Center  
Cobb EMC Forum  
Cobb Team for Trump  
Doctors for Health and Wellness Foundation  
East Cobb Democratic Association  
East Cobb Robotics  
Engel & Volkers North Atlanta  
European Wax Center  
Farmers Insurance  
Good Mews Animal Foundation  
Husky Pack Rescue  
Iron Tribe Fitness  
Johnson Ferry Baptist Church  
Karate Atlanta  
Off the Chain  
Olea Oliva!  
Owl-O-Ween Hot Air Balloon Festival  
Platinum Auto Spa  
PRO Martial Arts  
Pyramid IT LLC  
Saint Andrew Rowing Club  
School of Rock East Cobb  
Simply Gentry Jewelry  
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# *East Cobber Festival Food Vendors*

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Sno-Angel Delites



## **COMING IN OCTOBER: EAST COBBER's 11th Annual Private School Guide**

Academic, social, financial, and philosophical issues all require careful examination before a decision can be reached.

EAST COBBER's 11th Annual Private School Guide offers a wealth of information about area private schools and a place for you to start your homework. So if you are considering private education, be sure to pick up the October issue of the

**EAST COBBER.**

For Advertising Information, call 770-640-7070

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## East Cobber Festival Entertainment Schedule

11 – 11:15 AM

### **NATIONAL ANTHEM**

Sung by Victoria Kraj, senior, Wheeler High School.

11:20 – 11:40 AM

### **ATLANTA YOUNG SINGERS**

An ensemble performance of American folk songs and world music.

11:45 – 11:50 AM

### **SHALLOWFORD FALLS FOX TROTTERS**

Shallowford Falls Elementary students perform a high energy dance routine.

11:55 AM – 12:40 PM

### **BOTTOMS UP BAND**

Classic rock cover band.

12:45 – 1:10 PM

### **DANCE STOP COMPANY**

Showcase of ballet, jazz, and tap performances.

1:15 – 1:55 PM

### **REMINISCENTS**

The Reminiscents sing the great girl group music from the 1920's to the 80's.

2 – 2:20 PM

### **KELL FIDDLERS**

Students from Kell High School Orchestra perform fiddle tunes from Irish, Scottish and American tradition.

2:25 – 3 PM

### **BOTTOMS UP BAND**

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# BOTTOMS UP ATLANTA ROCK READY TO PLAY EAST COBBER FESTIVAL

The EAST COBBER Festival on Sept. 17 will have live entertainment with local rock cover group Bottoms Up Atlanta Rock taking the stage by storm.

Bottoms Up Atlanta Rock has been together for nine months and has been perfecting a 100-song repertoire, which includes an eclectic mix of classic rock, R&B, and country. Bassist Bill Nicholls said that he personally enjoys playing 70s and 80s hits from groups like Cheap Trick and Foreigner.

The band is comprised of Nicholls, the lead vocalist and East Cobb resident Chuck Hewatt. Lead guitar Matt Hudson, and drummer Nick Legaspi live in the Marietta area, as well. When they aren't bringing the house down, Legaspi works at a woodworking shop in Marietta and Hudson waits tables in Alpharetta. Hewatt and Nicholls are retired.

Nicholls said a shared love of performing brought the four together, in a classic "one



guy knew another guy" arrangement. Although the money they earn from gigs is a nice addition, the band plays mostly for fun and tries to limit its traveling schedule.

Bottoms Up Atlanta Rock have rocked such diverse venues as American Legion halls, outdoor festivals, bars, and any manner of private and public venues within a 75-mile radius of the Atlanta area, according to Nicholls.

In July, Bottoms Up Atlanta Rock performed outdoors at Harley-Davidson of Conyers. "We were surrounded by motorcycles and people," Nicholls said. "It was quite a bit of fun!"

Nicholls said he was looking forward to the EAST COBBER Festival, adding he had heard that there were "a lot of good people" involved. He added that the boys love to interact with their audiences during their performances, so anyone coming to the EAST COBBER Festival should be ready to rock out! 🎸

## 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](mailto:calendar@eastcobber.com). Be sure to include any related photos and/or posters.

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# 2016 September

## COMMUNITY CALENDAR

### 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 and students ages 13-18. \$6/ages 3-12. Free/members and children under 3. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

### EVERY SATURDAY

**ECIC Free Clinic & Lab.** East Cobb Islamic Center (ECIC), is offering a free medical clinic with laboratory work and prescription assistance to uninsured/underserved members of the community. They are partnering with the Georgia Department of Public Health to provide this service. 9am-12pm (no appointment necessary). East Cobb Islamic Center, 1111 Braswell Road, Marietta. More info: 678-528-1414 or [ecic.clinic@gmail.com](mailto:ecic.clinic@gmail.com).

### SEPTEMBER 1 & 15

**Johnson Ferry Movie Ministry.** Movies are shown on the first and third Thursdays of the month. 7pm. The Landing Room (Room 272), Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info: 770-973-6561 or [johnsonferry.org](http://johnsonferry.org).

### SEPTEMBER 2

**Marietta Square Art Walk.** A free, self-guided tour featuring visual and performing artists hosted by art galleries, museums, boutiques and restaurants. The Beer Garden returns by popular demand, where guests can purchase beer and wine while enjoying live music in Atherton Square, located behind Cool Beans. 5pm to 9pm, rain or shine. Parking is free on the streets, or use the County parking deck on Cherokee Street across from the Earl Smith Strand Theatre for free after 4:45pm. More info: [artwalkmarietta.com](http://artwalkmarietta.com).



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## SEPTEMBER 2

**Scary-etta Trolley Ghost Tour.** Join Ghosts of Marietta and The Historic Marietta Trolley Company for a 90-minute "spirited" ride aboard the trolley. Tours last approximately 90 minutes and the walk is about 2 blocks. 8:30pm. \$27/adults; \$14/child 130. Church Street, Marietta. More info: 770-425-1006 or visit [mariettatrolley.com/scary-etta](http://mariettatrolley.com/scary-etta).

## SEPTEMBER 4-5

**Noshfest.** East Cobb's premier Labor Day event featuring food, entertainment and fun for the whole family. All tastes will be priced by the individual restaurants ranging from \$1 to \$5 using Noshfest tickets. Food tickets are for sale on the festival grounds. Admission for the event is 2 canned goods per family. All foods collected on admission will go to MUST Ministry. Temple Kol Emeth, 1415 Old Canton Road, Marietta/East Cobb. More info: 770-973-3533 or [noshfest.com](http://noshfest.com).

## SEPTEMBER 7

**Holy Smoke Festival.** Includes: 5k Run (9AM) & Tot Trot Following (Hosted by Predisan), Children's inflatables, games, and more! BBQ by Williamson Bros. 10am-3pm. Food and product vendors, car show, silent auction, live music. Free Admission. On the fields of Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info: [holsmoke@jfbcc.org](mailto:holsmoke@jfbcc.org).

## SEPTEMBER 9-11

**33rd Annual Fall Atlanta Home Show.** Seminars and exhibits on flooring, siding, patios, appliances, and other home improvement subjects. Friday: 10am-6pm; Saturday: 10am-7pm; Sunday: 11am-5pm. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-998-9800 or [atlantahomeshow.com](http://atlantahomeshow.com).

## SEPTEMBER 10

**9th Annual Atlanta Smooth Music Festival.** Atlanta area's only all day, outdoor smooth jazz music experience, featuring Greg Chambers, Jazmin Ghent, Generation neXt, Warren Hill and more. 1:30-9:45pm (Gates open at 12:30pm). Tickets \$26-\$86. Mable House Barnes Amphitheatre, 5239 Floyd Road, Mableton. More info: 770-819-7765 or [JazzGrooves@bellsouth.net](mailto:JazzGrooves@bellsouth.net).

## SEPTEMBER 10

**Birth Expo.** Learn parenting tips, hear from dads and midwives, meet doulas and other experts, win prizes and much more. 10am-4pm Tickets: Free. Life University, 1269 Barclay Circle, Marietta. More info: [info@gabirthnetwork.com](mailto:info@gabirthnetwork.com) or [gabirthnetwork.com/expo](http://gabirthnetwork.com/expo).

**Georgia Symphony Orchestra (GSO) presents Legends of Zelda.** *Legends of Zelda*, Symphony of Goddesses brings Zelda fans and symphony goers alike an entirely new, exciting multimedia experience presenting over 30 years of music from The Legend of Zelda franchise. 8pm. Tickets: \$45-\$87. Cobb Energy Centre, 800 Cobb Galleria Parkway, Atlanta. More info: [georgiasymphony.org](http://georgiasymphony.org).

**International Adoption Info Session** presented by CCAI Adoption Services. A 501c(3) charitable, non-profit child placement agency. Opportunity to explore adopting a child from China, Bulgaria, Latvia, or Ukraine. Details include but not limited to: qualifications, fees, services, timelines, and travel requirements. 2-3:30pm. Panera Bread Company, 4475 Roswell Road, Marietta/East Cobb. RSVP Required/More info: 678-560-5863 or [ga-promo@ccaifamily.org](mailto:ga-promo@ccaifamily.org).

**Real Men Sing** is a one-day a cappella vocal harmony clinic for middle and high school young men. The event is sponsored by the Big Chicken Chorus with financial support from Harmony Foundation International, Cobb EMC, United Arts of Cobb, and individual donors. 7pm. Free. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. More info: [bigchickenchorus.org](http://bigchickenchorus.org).

**Taste of Kennesaw.** Sample food from over 30 local restaurants from the Kennesaw and Cobb County area. Downtown Kennesaw, 2829 Cherokee Street, Kennesaw. 11am-8pm. Free Admission. Samples may be purchased for \$1 to \$4. More info: [kennesawbusiness.org](http://kennesawbusiness.org)



# COMMUNITY CALENDAR

## SEPTEMBER 10

**The Strand Theatre's Champagne Jam with Andy Anderson.** Atlanta Rhythm Section (A.R.S.) lead vocalist and recording artist, Andy Anderson, plays classic 70's and 80's tunes with the style and energy of the original classic Atlanta Rhythm Section. 8-10pm. Tickets are \$15 in advance and \$18 the day of the event. Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or [events@earlsmithstrand.org](mailto:events@earlsmithstrand.org).

**Wellness Fitness, Nutrition and Lifestyle Conference** presented by A+A Wellness. Learn safe and effective exercises along with live demonstrations and sample workouts to take home. Learn about 'optional nutrition.' Healthy refreshments, snacks, and super food smoothies will be provided by Whole Foods. 9am-2pm. \$150. Piedmont Conference Center, 570 Piedmont Road, Marietta. More info: 770-905-7400. To register: [aandawellness@icloud.com](mailto:aandawellness@icloud.com)

## SEPTEMBER 10 & 24

**Marietta Square Artists Market.** This open-air fine arts artists market showcases the best of local art. 9am-2pm on Mill Street, Marietta. More info: [artistsmarketmarietta.com](http://artistsmarketmarietta.com)

**More Online**  
For late-breaking events  
this month, visit  
[www.eastcobber.com](http://www.eastcobber.com)

## SEPTEMBER 11

**Running Thru the Flames 5k** benefits Kate's Club. 8-10am. Cobb County Safety Village, 1220 Al Bishop Drive, Marietta. More info: [Kristen@kidsboost.com](mailto:Kristen@kidsboost.com). To register: [kidsboost.org/event/running-thru-flames-5k-race](http://kidsboost.org/event/running-thru-flames-5k-race).

## SEPTEMBER 12

**10th Annual Homecoming Classic Golf Tournament** to benefit Cobb Schools Foundation. Food, fun, prizes, silent auction, marching bands and golf! 10am-5pm. Sponsorships begin at \$500. Brookstone Golf & Country Club 5705 Brookstone Drive NW, Acworth. More info: 770-426-3390 or email [natalie.rutledge@cobbsschoolsfoundation.org](mailto:natalie.rutledge@cobbsschoolsfoundation.org)

**First Monday Breakfast** presented by Cobb Chamber of Commerce. Speaker: Teya Ryan, CEO and President of Georgia Public Broadcasting. 7:30-9am. General admission: \$60. Members: \$30 online. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or [cobbchamber.org](http://cobbchamber.org).

**Home School Science Monday.** Learn about identifying plants and animals. 2pm. Free with admission. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: [chattnaturecenter.org](http://chattnaturecenter.org).



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## SEPTEMBER 13, 20, & 27

**Basket Weaving 201.** Sandy Quackenbush of the Greater Atlanta Basket Guild will teach a three part class on how to make a basket. All supplies and tools will be provided. Space is limited to ten participants who are willing to commit to all three nights of the class. 6:30-8:30pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. To reserve a spot stop by the adult reference desk or call: 770-509-2725.

## SEPTEMBER 14

**Museum Mice Tour** for toddlers ages 3-5 and their parents. Join in the fun and play dress up with Museum Mice Murray & Etta. 10:30-11am. \$5 per family (includes one adult and up to three children.) Reservations required. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or mariettahistory.org.

## SEPTEMBER 15

**Alive after 5.** Enjoy the historic Roswell Town Square for a family-friendly atmosphere with live band, gourmet food trucks on Park Square and plenty of other fun activities to highlight the evening. 5-9pm. Historic Downtown Roswell, Canton Street, Roswell. More info: aliveafterfiveroswell.com.



**POP-IN FOR POP CULTURE**  
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September 13th - "Snack Time"

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# COMMUNITY CALENDAR

## SEPTEMBER 15

**Good Eatin' Great Cause.** Culinary Tour and Competition, featuring metro Atlanta's favorite restaurants and Chefs, an exciting cooking competition and silent auction! One of the area's finest and most prestigious culinary events benefiting children. 6-10pm. Tickets: \$75. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-801-3469 or safepath.org.

**Parent University.** Understanding bullying. How do I recognize it? How do I prevent it? What do I do when it is happening? Sponsored by: Wheeler Counseling Department and Wheeler PTSA. Presented by Jeff Dess, from Cobb County's Prevention Intervention Center. 6:30-8pm. Free. Wheeler High School Auditorium, 375 Holt Road, Marietta/East Cobb. More info: Abby Shiffman, Communications Specialist, 770-578-3266 x031 or wheelerhigh.com.

## SEPTEMBER 16-17

**Roswell United Methodist Church Preschool and Kindergarten (RUMCK) Children's Consignment Sale.** Friday: 9am-2pm. Saturday: 8am-12pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Building B, Roswell. More info: 770-853-2333 or rumc.com/connect/children/rumck/rumck-consignment-sale

## SEPTEMBER 17

**6th Annual Paws in the Park Kennesaw.** Rain or shine event to encourage responsible pet ownership. 9am-12noon. Swift-Cantrell Park, 3140 Old 41 Hwy NW, Kennesaw. More info: kennesawpawsinthepark.com.

**12th Annual Hot Lips Hustle 5k.** Race to benefit needy children born with cleft and palate deformities. Live music, food, and prizes after the race. Race begins at 8am. Holy Trinity Lutheran Church, 2922 Sandy Plains Road, Marietta. More info: hotlipshustle5k.com.

**21st Annual EAST COBBER Parade & Festival.** Come see the largest parade in Cobb County! Bring a bag to grab all the candy thrown by parade participants. Entertainment, food and fun activities for the whole family. The EAST COBBER Parade begins at 10am. EAST COBBER Festival immediately follows 11am-3pm: Johnson Ferry Baptist Church, 955 Johnson Ferry Road in Marietta/East Cobb. More info: 770-640-7070 or eastcobber.com.

**Candlelite Concert: AJ Ghent Band.** Presented by The South Cobb Arts Alliance, the AJ Ghent Band constructs a soulful-indie rock sound. Their style can be defined as fresh, yet reminiscent on music of times past. 8-10pm. Free parking and general admission. Table reservations are available for a fee. Mable House Barnes Amphitheatre, 5239 Floyd Road SW, Mableton. More info: 770-819-3285.

## SEPTEMBER 17-18

**25th Annual Marietta Street Fest and Toy Box Trot** presented by The Marietta Museum of History. Free activities including make and take projects, giant inflatables, arts and craft vendors, Classic Car Cruise-In, Grassroots Music Festival, and entrance to the Museum. Festival begins Saturday with a Toy Box Trot 1M Fun Run at 8:30am. Saturday: 9am-5pm, with the Car Show: 10am-3pm (weather permitting), Music Festival: 3-9pm, and Museum: 10am-4pm. Sunday: 1-5pm, Museum 12-4pm. Marietta Square, 50 N. Park Square, Marietta. More info: 770-794-5710 or mariettahistory.org.

**50th Annual Roswell Arts Festival** presented by the Roswell Recreation Association. Come out and enjoy artists and craftsmen from across the Southeast, local singers, children's painting, sand art, and food vendors. Saturday and Sunday: 10am-5pm. Roswell Town Square, 617 Atlanta Street, Roswell. More info: 770-640-3253 or roswellartsfestival.com.

**Cobb County Restaurant Week.** Local restaurants celebrate their culinary talents, cuisine and atmospheres. 3-course prix fixe lunch/dinner menus: \$15-35. Reservations are accepted and encouraged. See participating restaurants and details at travelcobb.org/visitors/restaurant week.

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## SEPTEMBER 17-18

**Georgia Dealers Stamp Show** presented by the Stamp Dealers Association of Georgia. Saturday: 10am-5pm. Sunday: 10am-3pm. Free admission. Mansour Center, 995 Roswell Street, Marietta. More info: sestampexpo@gmail.com or setsc.org

**Marietta Grassroots Music Festival.** A music festival hosting bands from across metro Atlanta to showcase local talent. Saturday: 3-9pm. Sunday: 1-5pm. Free. Marietta Square. More info: mariettagrassroots.org.

## SEPTEMBER 18

**Family Fun Day: Outdoor Skills Day.** Canoeing, camping, and more! Outdoor Skills Day will help you enjoy being outside as you learn the basic outdoor skills for survival; whether you are new or seasoned to the outdoors. Local partners will be exhibiting and will be ready to share their expertise with you through mini-clinics. 12-4pm. Admission: \$10/adults. \$7/seniors and students ages 13-18; Free for members. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.



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# COMMUNITY CALENDAR

## SEPTEMBER 19

**4th Annual M.U.S.T. Charity Golf Tournament.** Fun-filled day of golf and prizes raises funds to help neighbors in need. Registration begins at 7:30am with a shotgun start at 9am. \$150/person. Pinetree Country Club, 3400 McCollum Parkway NW, Kennesaw. More info: Cara Reeve at 678-218-4513 or [creeve@mustministries.org](mailto:creeve@mustministries.org).

## Cobb Chamber/WellStar Business Open Golf Tournament.

Enjoy a day on the links with business friends, clients or prospects, and network with Cobb Chamber leadership, board members and numerous elected officials. Money raised goes to the Cobb Chamber Foundation to fund leadership training, education programs, building maintenance and equipment needs. Registration/driving range open at 9am. Shotgun start at 11am. \$265/player or \$1,000/foursome. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: Jeanette Sybert at 770-859-2360 or [cobbchamber.org](http://cobbchamber.org).

## SEPTEMBER 20

**The Southern Trilogy of Homes Homeschool Day.** The Roswell Convention and Visitors Bureau and "A Southern Trilogy: The Historic Homes of Roswell" will host a Homeschool Day for homeschool students. The theme will be about the Cherokee Native American removal. Registration is encouraged. The registration price before September 5 is \$12. After September 5 price will be \$15. Children under 6 are free. More info/to register: Roswell Convention and Visitors Bureau, 770-640-3253 or [www.visitroswellga.com](http://www.visitroswellga.com).

## SEPTEMBER 22

**Chattahoochee Nature Center (CNC) Sunset Sips.** Bring a picnic and grab a beverage or snack (beer and wine available for purchase), listen to live acoustic music from local musicians. 6:30-9:30pm. Included with general admission and free to CNC member. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [chattnaturecenter.org](http://chattnaturecenter.org).

## SEPTEMBER 22-OCTOBER 2

**North Georgia State Fair.** Metro Atlanta's largest fair. Enjoy rides, live music, and farm animals. Monday-Thursday: 4-11pm. Friday: 4pm-midnight. Saturday: 10am-midnight. Sunday: 12:30-10pm. \$7. Jim Miller Park, 2245 Callaway Road, Marietta. More info: [northgeorgiastatefair.com](http://northgeorgiastatefair.com) or call 770-528-8989.

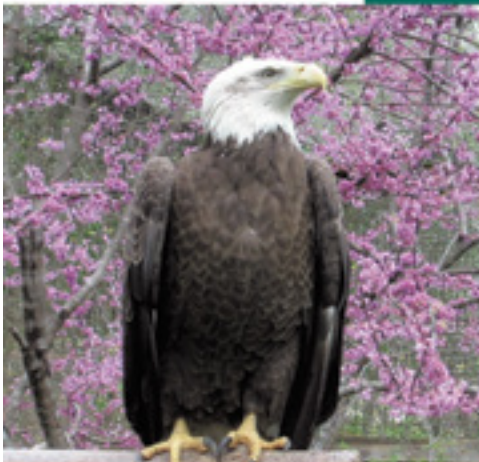
## SEPTEMBER 23 & 24

**Fall Native Plant Sale.** A great way to meet Master Gardeners who can give you advice for your garden questions. Horticulturists and Master Gardeners will be on site to answer all your plant questions. Purchase Beautyberries, Azaleas, Hazelnuts, Buckeyes Ferns, Foamflowers, Groundcovers, Evergreens, and a variety of Butterfly-Attractors in Full Bloom plus veggies for your winter harvest. 10am-5pm. Admission is free to the horticulture area, at the Chattahoochee Nature Center Greenhouse. More info: 770-992-2055 x229 or [chattnaturecenter.org](http://chattnaturecenter.org).



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## SEPTEMBER 23 & 24

**Living History Event: Beyond My Stone** presented by the Roswell Historical Society. Members of the society will dress the part as they go into character while standing at their gravesite and give the story of their lives in the first person. The event is not suited for small children or those who cannot walk uneven ground or stand for long periods of time. 5:30-7pm (rain or shine). \$10/RHS members, \$15/non-members, \$5/Children 12 and under. Maximum \$30/family. Old Roswell Cemetery, at the intersection of Woodstock Road and Alpharetta Street, Roswell. More info: 770-992-1665 or [roswellhistoricalsociety.org](http://roswellhistoricalsociety.org).

**Your State Park Day** sponsored by the Friends of Georgia State Parks & Historic Sites. Some state parks will offer free parking and admission. More info: [GeorgiaStateParks.org](http://GeorgiaStateParks.org) or [FriendsOfGaStateParks.org](http://FriendsOfGaStateParks.org)

## SEPTEMBER 23-25

**2nd Anniversary Festival** featuring the original works and offerings of over 100 local artisans and vendors under one roof. Door prizes, live music, artist demonstrations, refreshments and much more. Friday (Anniversary Bash): 7-9pm; Saturday (Outdoor Market): 10am-7pm; Sunday (Live Auction): 12-5pm. MarketPlace 120, 562 Wylie Road SE, #24, Marietta. More info: 678-540-8511 or [info@marketplace120.com](mailto:info@marketplace120.com).

## SEPTEMBER 26

**Paper Mill Village Food Trucks.** Features the most popular food trucks in the metro area as well as live entertainment in a family-friendly environment. 5-8pm. Paper Mill Village, 137 Johnson Ferry Road, Marietta. More info: Visit [facebook.com/papermillvillage](https://facebook.com/papermillvillage).

## SEPTEMBER 26-OCTOBER 2

**57th Annual Atlanta AAUW Book Fair** presented by American Association of University of Women, (AAUW). Over 75,000 gently used books at bargain prices. Profits are used for scholarships, fellowships and community programs. Special opening night, Monday: 6-9pm. (\$10). Open daily starting Tuesday: 10am-9pm; Sunday: 12-7pm. Perimeter Mall, 4400 Ashford Dunwoody Road, Atlanta. More info: [books@aauwatlanta.org](http://books@aauwatlanta.org) or [bookfairaauw.org](http://bookfairaauw.org).

## SEPTEMBER 30

**Glover Park Concert Series.** Soul Purpose (Motown). 8pm (rain or shine). Free. Only blankets and lawn chairs are allowed inside of Glover Park. Tables may be reserved: \$45 for six and \$55 for eight. Glover Park, 50 North Park Square, Marietta. More info: 770-794-5601 or [mariettaga.gov](http://mariettaga.gov).

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## OCTOBER 1

**5th Annual Spirit Girls Day** presented by WellStar. Free health screenings, interactive Ask the Experts health and wellness information booths, engaging and entertaining keynote speaker, health and wellness breakout sessions and a nutritious boxed lunch. 9am-1pm. \$10/participant. Cobb Performing Arts Center, 2800 Cobb Galleria Parkway, Atlanta. More info/to register: WellStar, 770-956-7827.

**8th Annual Oktoberfest** presented by Holy Trinity Lutheran Church. Festival features German food, music, and heritage, children's games and entertainment, and a craft vendor fair. 10am-7pm. Craft fair-10am-4:30pm. \$5/adult, \$2/children or to support MUST Ministry Food Pantry admission is 6 cans of nonperishable food for each adult admission and 2 cans for children ages 2-12. Holy Trinity Lutheran Church, 2922 Sandy Plains Road, Marietta. More info: 770-971-4600 or [holylutheranmarietta.org](http://holylutheranmarietta.org).

**Love Is All It Takes** presented by Nicey's Heart of Restoration and Eagle Vision Productions. A theatrical production that is not just a title, but a standard. There are so many issues that are plaguing our society today. These issues rage from domestic abuse, neglect of our children, sex trafficking, and the breakdown of family structure just to name a few. This stage play is one way to be a part of the solution to bring the foundation of family back together. 1:30pm and 6:30pm. Tickets: \$20-\$35. The Art Place Theatre, 3336 Sandy Plains Road, Marietta/East Cobb. More info: 770-744-7981, [eaglevp.com](http://eaglevp.com) or [eventbrite.com](http://eventbrite.com).

## OCTOBER 2

**Magnolia Ball.** For seniors and elderly in the community. 4-6pm. This event is free but a reservation is required. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info/RSVP: 770-794-2968.

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# COMMUNITY CALENDAR

## OCTOBER 2

**Thinking of Home Tour.** Celtic Thunder's star and Ireland's premier tenor and performer Paul Byrom returns by popular demand. Singing songs from all his albums and many more. 3-5pm. General admission ticket price: \$35; Meet and Greet + admission ticket price: \$50. Kennesaw State University, 1000 Chastain Road, Kennesaw. More info/tickets: 770-794-9544 or [www.paulbyrom.ie](http://www.paulbyrom.ie)

## OCTOBER 3

**6th Annual Y Golf Open.** The East Cobb-McCleskey YMCA is one of 20 Ys participating in Atlanta's largest charitable golf tournament. Choose from four courses. Reception, dinner and awards to follow. Registration/Check-in: 10am. Shotgun Start: 11am. \$125/individual, \$250/twosome, \$375/threesome, and \$500/foursome. More info and/or to register: [YGolfOpen.com](http://YGolfOpen.com) or Reagan Goodnough at [ReaganG@ymcaatlanta.org](mailto:ReaganG@ymcaatlanta.org).

## OCTOBER 3

**First Monday Breakfast** hosted by Cobb Chamber of Commerce. The Cobb Chamber's annual Public Safety Appreciation Breakfast and Appreciation Week allows the community to pay tribute to all public safety personnel. 7am: VIP reception followed by breakfast at 7:30am. Two Galleria Parkway, Atlanta, GA. More info: 770-980-2000 or [cobbchamber.org](http://cobbchamber.org).

## OCTOBER 4

**East Cobb Business Association (ECBA) Expo & Networking Event.** A great networking event for both members and non-members. A valuable venue for local companies to promote and showcase their business. Drawings, giveaways, free food and much more. Proceeds will support the East Cobb Public Safety Celebrations. 4-7pm. Exhibitors: ECBA Members \$100; Non-Members \$130. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta/East Cobb. More info: 770-578-3555 or [jharris@moneyconcepts.com](mailto:jharris@moneyconcepts.com).



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# COMMUNITY CALENDAR

## OCTOBER 4

**Falling For Change Beauty Event** presented by Dermatology Consultants. Door prizes, gift bags, discounts on skincare products and procedures. 5:30–7:30pm. Free. Dermatology Consultants, 1519 Johnson Ferry Road, Suite 100, Marietta. More info/RSVP: 770-971-3376 or info@dermatologyconsultants.org

## OCTOBER 4-5

**8th Annual Gifts Galore & More-Art and Gift Show.** 18 artists/vendors are featured in the eclectic East Cobb home of textile designer, Lynn Weinberg. Hourly raffle prizes, mini massages and a display of unique gift and hand crafted items. It also features an artful garden with a display of garden sculptures. Tuesday, 11am-2pm and 5pm-8pm. Wednesday, 10am-3pm. Free. Somerset Subdivision-3275 Somerset Trace, Marietta. More info: 678-234-0966 or silkscapes@mindspring.com.

## OCTOBER 8

**Church Wide Indoor Yard Sale.** Furniture, toys, books, and much more. 8am-2pm. Chestnut Ridge Christian Church, 2663 Johnson Ferry Road, Marietta. More info: 770-971-8888 or chestnutridgechristianchurch.com

## OCTOBER 8

**Run Like It Matters 5K/10K** presented by Y Run Club. Supports the YMCAs of East Cobb and the Summer Feeding Program. 7:30am. 5K: \$30. 10K: \$35. Northeast Cobb YMCA, 3010 Johnson Ferry Road, Marietta. More info: mistyl@ymcaatlanta.org

## OCTOBER 8-9

**Chalktoberfest.** Features 80+ professional chalk artists creating works of art from the old masters on the streets of historic Marietta Square. Additionally, there will be a craft beer festival, competition chalk section, concerts on the Square and much more. Beer Festival tickets on sale beginning August 1. \$35 for the first 500 tickets; \$40 for the second 500 tickets; and, \$45 at the door. Over 100 craft beers will be available for tasting. The rest of the festival is free to the public. Saturday: 10am-9pm; Sunday: 11am-5pm. More info: 770-528-1444 or Chalktoberfest.com.

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## PET OF THE MONTH: SASHA

*Submitted by Anna & Elena Mitchell*



**Animal/Breed:** Dog/Yellow Lab Mix

**Age & Gender:** Female, 7 years old

**Favorite Food:** Peanut butter/Cheese

**Favorite Person:** Everyone

**Best Trick:** High-five

**Turn Ons:** Soft & squeaky toys, walks, and people

**Turn Offs:** Fruit, lack of company

**Favorite Toy:** Wubba

**Last Seen:** Staring out the window

**What makes your pet so special:** Loves everyone unconditionally

## 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 680455, Marietta, GA 30068.

Please include a picture with your entry. Or email description and a jpg to: [petomonth@eastcobber.com](mailto: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: \_\_\_\_\_

A photograph of a Shih Tzu dog with black and white fur, standing on a light-colored wooden floor. The dog is looking towards the camera with its mouth open.

We can't wait to see you.

The logo for Montrose Animal Hospital & Pet Hotel, featuring a green tree and a blue arch.

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[www.montroseanimalhospital.com](http://www.montroseanimalhospital.com)  
770-977-9000

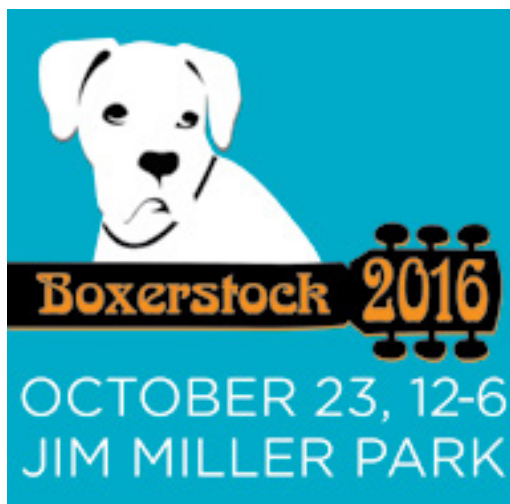


# BOXERSTOCK MUSIC FESTIVAL OFFERS FULL DAY OF FAMILY FUN

The ninth annual Boxerstock Music Festival, which benefits Atlanta Boxer Rescue, will take place on Sunday, October 23 from noon to 6 p.m. at Jim Miller Park in Marietta. This year's event promises to be the best ever, featuring live music from Atlanta's very own, Yacht Rock Schooner!

Boxerstock is a family and dog-friendly event, welcoming well-behaved dogs of all breeds. Sponsor C&C Fence Company will provide two fenced mini-dog parks, one for large dogs and one for smaller canine attendees to roam off leash. Trainers from sponsor K-9 Coach/Bed & Bark will be available for dog training tips and demos throughout the day. Microchipping for dogs that have current vaccinations and proof of ownership will be available for \$25 per dog. Atlanta food truck vendors Mix'd Up, Yoli's Street Food, Brat So Stop, Peace of Pita, and Mr. C's Barbecue will serve delicious food at the park throughout the day.

This year's musical lineup includes some of the area's finest artists and will be headlined by Yacht Rock Schooner with a two hour performance. Apostles of Soul will channel the best of soul and blues, while bringing their own unforgettable charm. Winner of Kenny Chesney's Next Big Star contest and CMT's Music city



Madness, Kurt Thomas, will captivate with his original music and country favorites. Cody Matlock is back by popular demand with his blazing guitar solos, soulful vocals, and smokin' hot blues. Chequered Blue will round out the day's entertainment with favorite covers performed by talented Atlanta Boxer Rescue volunteers. The music starts at noon and continues throughout the day until 6 p.m.

This year's Boxerstock features a Kids' Village that will have inflatables, carnival style games, face painting, kid's art contest, and a second stage for kid-friendly entertainment.

Other planned events include a silent auction, dog costume contest, best trick contest, agility and other canine performance demos. A variety of merchandise from over sixty vendors will be available for purchase, and dogs and owners can have their pictures taken with Santa. Atlanta Boxer Rescue volunteers will be on hand to answer questions and provide information about adopting, fostering or volunteering. Those interested in adopting a boxer at the event or fostering should submit their online application as soon as possible.

"The funds we raise at Boxerstock are critical to the ongoing success of our rescue efforts," said Dianne DaLee, president of Atlanta Boxer Rescue. 🐾

.....



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www.cobbbevc.com

**(678) 238-0700**

7800 Highway 92  
Woodstock, GA 30189  
www.cobbbevc.com

# DINING GUIDE

## Asian Express

>Chinese  
New York style chinese food, dine-in and take out.  
4880 Lower Roswell Road, #110, Marietta 30068  
Mon-Sat: 11am-10pm;  
Sun: 12-9:30pm  
770-675-9369

## Basil Wraps

>Mediterranean  
Serving the best Mediterranean food in Marietta/Kennesaw area. Chicken/beef gyros, kabob, shawerma, kofta, falafel, and much more. An unforgettable cultural experience.  
2800 Canton Road  
Marietta 30066  
Mon-Sat: 11am-8pm  
770-514-9990  
www.basilwraps.com

## Bradley's Bar & Grill

>American  
The friendliest neighborhood dive bar in East Cobb with great bar food, great customers & great staff!  
4961 Lower Roswell Road  
Marietta 30068  
Mon-Sat: 11:30 -2am  
770-321-0108  
www.bradleysbarandgrill.com



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## Brixx Wood Fired Pizza

>Pizza  
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4475 Roswell Road, Suite 1700  
Marietta 30062  
Mon-Sun: 11am-10pm  
678-903-4410  
www.brixxpizza.com

## Café Life at Life Grocery

>Vegetarian  
Healing, Wellness, & Healthy Food for the Mind, Body & Soul. Choose from a variety of organic vegan foods.  
1453 Roswell Road  
Marietta 30062  
Mon-Sun: 12-5pm  
770-977-9583  
www.life-grocery.com

## Chicago's Restaurant

>American  
Celebrating 25 years in the neighborhood, eat where the locals eat! Relaxed dining, warm hospitality, offering a wide selection of entrees, hand crafted cocktails and terrific wine list. Cozy bar. Live music and entertainment Fridays and Saturdays.  
4401 Shallowford Road  
Roswell 30075  
Open daily 5pm;  
Sunday Brunch: 10:30am  
770-993-7464  
www.chicagosrestaurant.com

## Cookies By Design

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

## Corner Pizza

>Pizza  
Fast casual, full service neighborhood pizzeria utilizing only the finest ingredients. In store made dough, bread, sauce, and dressings equate to an exceptional experience.  
4651 Woodstock Road NE  
Suite 305  
Roswell 30075  
Mon-Sun: 11am-10pm  
770-518-1701  
www.cornerpizza-atl.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.  
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4880 Lower Roswell Road  
Suite 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

## Frankie's New York Style Italian Ristorante and Pizza

>Italian  
Authentic New York Style Italian food and hand tossed pizzas. Offers catering for your events. Delivery after 5pm. Half price wine on Mondays. "Employee Discounts" to all Police, Fire and EMS.  
3100 Roswell Road  
Marietta 30062  
Mon-Sat: 11am-10pm;  
Sun: 12-9pm  
770-578-6608  
www.frankiesonroswell.com

## Fuji Hana

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>Japanese & Thai  
\$1 Sushi every Monday night dine-in only. Hibachi Early Bird Special from \$10 every day before 6pm. Voted Best Asian Restaurant in East Cobb.  
1255 Johnson Ferry Road, Suite 1  
Marietta 30068  
Mon-Sun: 11:30am-10pm  
678-560-8071  
www.fujihanaeastcobb.com

## Harry's Pizza and Subs

>Pizza  
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Atlanta 30339  
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www.harryspizzaandsubs.com

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1205 Johnson Ferry Road  
Marietta 30068  
Daily: 7am-2pm  
770-579-6800  
[www.jchristophers.com](http://www.jchristophers.com)

### Jersey Mike's Subs

>Submarine Sandwiches  
Jersey Mike's Subs serves the most authentic submarine sandwich available. The Certified Angus Beef top rounds are cooked right in the store. The meats and cheeses are all top-quality premium brands. The bread is fresh-baked every day on the premises. Everything's prepared right in front of you.  
4400 Roswell Road, Suite 148  
Marietta 30062  
Mon-Sun: 10am-9pm  
770-321-3998  
[www.jerseymikes.com](http://www.jerseymikes.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  
Sun-Thur: 11am-12am;  
Fri & Sat: 11am-2am  
770-640-1100  
[www.keegansirishpub.net](http://www.keegansirishpub.net)

### My Friend's Place Deli & Catering

>Deli, Catering  
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### Ted's Montana Grill

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[www.tedsmontanagrill.com](http://www.tedsmontanagrill.com)

### Uncle Maddio's Pizza Joint East Cobb

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Marietta 30062  
Mon-Sun: 11am-9pm  
678-324-3590  
[www.unclemaddios.com](http://www.unclemaddios.com)

### Williamson Bros. Bar-B-Q

>American Barbeque  
From its humble beginnings 26 years ago till today, Williamson Bros. still serves Bar-B-Q Ribs, Boston Butts, and Pulled Pork from a traditional wood burning pit. Their World Famous Bar-B-Q sauces provide the perfect complement to any meat.  
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Marietta 30062  
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Fri & Sat: 10:30am-10pm  
770-971-3201  
[www.williamsonbros.com](http://www.williamsonbros.com)





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THE NEIGHBORHOOD DINING GROUP

## READY. SET. EAT! DURING COBB RESTAURANT WEEK

Foodies rejoice, the 8th annual Cobb Restaurant Week returns September 17 – 24th. This is the best time to eat your way around Cobb County. Throughout the week, participating restaurants will offer pre-selected three-course menus for \$15, \$25 or \$35 per person, plus tip, plus tax.

There are no passes to buy, coupons to carry or cards to punch. Simply visit any of the participating restaurants during September 17-24 and select from their special three-course menu. This is a great opportunity to try local restaurants and celebrate their culinary talents, tasteful cuisines and vibrant atmospheres. Diners are encouraged to explore new offerings from favorite restaurants or try dishes from somewhere new.

Visit the Cobb Restaurant Week website at [www.cobbrestaurantweek.com](http://www.cobbrestaurantweek.com) to access the full list of restaurants and menus. Follow us on Twitter @CobbRestWeek for everything food in Cobb County and become our fans on our Facebook page, /CobbRestaurantWeek, for even more foodie tips, photos and to win prizes. Be sure to use #COBBRW2016 or #COBBFOODIE when talking about Cobb Restaurant Week on social media!

Cobb Restaurant Week is a great opportunity to support the local dining community by exploring the newest restaurants and hitting up old favorites. For more information about Cobb Restaurant Week, visit [www.cobbrestaurantweek.com](http://www.cobbrestaurantweek.com). 



### Participating Restaurants

ASPENS EAST COBB

ASPENS WEST COBB

CINCO MEXICAN CANTINA

CHICAGO'S RESTAURANT

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COMMON QUARTER

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## Public Safety Appreciation Committee

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Brenda Beshara

Cindy Bohn

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Jodie Braner

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Michael Johnson

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Roselle Wilkinson

# LOCAL BUSINESS LEADERS RAISING FUNDS FOR EAST COBB PUBLIC SAFETY CELEBRATIONS

For the fourth year in a row local business leaders are leading efforts to raise funds to underwrite two special events for local Public Safety professionals. The first celebration is to be held this October to thank Precinct 4 police officers for all they do to keep our community safe. This event will coincide with Cobb County Chamber of Commerce's Public Safety Appreciation Week, and with the support of local businesses, organizations and individuals has now become an annual event. The second event will take place in March 2017 when this volunteer group will host the Cobb County Fire Department's annual awards banquet.

"Both events will take place in East Cobb, and we are confident that our community will rise to the challenge and provide the financial support needed to make these appreciation celebrations very meaningful for these special heroes," says Susan Hampton, regional manager for Fidelity Bank, and chair for the Public Safety Celebrations. "Fundraising was very successful last year, with seed funding already in place for this year's events, however, there is still a need to raise additional funds to insure both events' continued success," says Susan. Local businesses as well as families, school groups and civic clubs are encouraged to make donations to this worthy cause. Sponsorship opportunities begin at just \$25 to "Thank a Hero!" See the facing page for details on the donation levels.

For more information on these public safety celebrations call Susan Hampton at 404-218-6216. ☎



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# East Cobb Public Safety Appreciation Celebrations

## DONATION FORM



Show your appreciation for our public safety heroes! Please help thank the men and women of our East Cobb Police and Fire Departments by supporting the second annual events to honor the Precinct 4 officers, support team and spouses; and the Cobb County Fire Department's awards banquet. These brave men and women are there for us 24/7; let's give them one night of celebration!



## SPONSOR LEVELS

### ☐ **Platinum Sponsor: \$1,000**

- Table signage at both Police and Fire events
- 2 representatives at the Police Heroes dinner and the Firefighter's banquet
- Program recognition at both Police and Fire events
- Recognition at both Police and Fire events, as well as East Cobb Business Association events and East Cobb Area Council Chamber events
- Thank you recognition in EAST COBBER magazine ad

### ☐ **Gold Sponsor: \$500**

- Signage at the Police event
- 2 representatives at the Police Heroes dinner or the Firefighter's banquet
- Program recognition

### ☐ **Silver Sponsor: \$250**

- Signage at both events

### ☐ **Thank a Hero: \$25**

- A card will be placed at a Hero's place setting with your name and email address showing your appreciation by providing their dinner.

Please make checks payable to the "Public Safety Celebration" (a 501 (c) (3) corporation).

Donations are non-refundable, non-transferable and are tax-deductible to the extent allowed by law.

Please mail this donation form and your check to:

**East Cobb Business Association (ECBA)**

**Attn: Public Safety Celebration**

**P.O. Box 70814**

**Marietta, GA 30007**

Donor Name(s): \_\_\_\_\_ Donation Amount \$: \_\_\_\_\_

Mailing Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Donor Email address: \_\_\_\_\_ Phone #: \_\_\_\_\_

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## BEAUTY/MAKE-UP

### Glow Beauty Bar – Atlanta

2470 Windy Hill Road, Suite 440 • Marietta 30067  
770-257-7062 • [www.GlowBeautyBarAtl.com](http://www.GlowBeautyBarAtl.com)  
Tues: 2pm to 7pm; Wed & Thurs: 10am to 8pm  
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# THE DANGERS OF THUMBSUCKING

Sucking is a natural instinct with which we are born. Babies and small children use fingers, pacifiers, and other objects to soothe and comfort themselves. Sucking is a normal, healthy part of our early development, but prolonged sucking – past the age of 4 – can cause a host of dental problems and may even indicate medical issues.

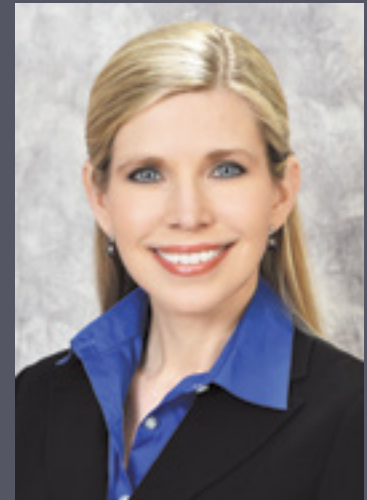
Part of a baby's physical development involves growth and formation of the palate (roof of the mouth) and dental arches where the teeth will be positioned. Persistent aggressive sucking can interfere with the proper growth and development of the mouth and can cause an open bite where the front teeth do not come together and may protrude. Speech problems, improper tongue positioning, and complicated orthodontics can occur as a result of an open bite.

Though children under the age of 2 should be freely allowed to comfort themselves by sucking on fingers or pacifiers, between the ages of 2 and 4, children should replace this type of self-comforting with other means. After the age of 4, sucking can become a habit children continue to use to soothe themselves when they are afraid, hungry, restless, sleepy, or bored. If the child has an obstructed or constricted

airway, thumbsucking can aid in breathing during sleep. Thumbsucking can help to move the tongue out of the back of the throat, allowing easier inhalation. An older child who still regularly sucks his thumb at night should have his tonsils, adenoids, and nasal sinuses evaluated to see if they may be contributing to any sleep breathing issues.

If a child is using a pacifier, it is usually easier to break the child's habit, as the pacifier can be taken away. If thumb sucking is the issue, and it is determined that the child does not have an airway issue, there are appliances that can be helpful in stopping this habit. Some appliances are plastic sheaths that wrap around the thumb or finger and are held in place by straps on the wrist. Palatal arch appliances or "cribs" placed by an orthodontist interfere with the pleasure a child gets from finger sucking. Bitter nail coatings can be placed to make the finger taste objectionable to the child. Sometimes simply offering a reward to the child for discontinuing the habit can be successful.

If you are concerned about your child's sucking habits, have him or her evaluated by a dentist by the age of three to determine if these habits are affecting the oral development.



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# PEACHTREE HEARING BRINGS CUTTING-EDGE EAR TECHNOLOGY TO EAST COBB



Josh Wikoff with his wife,  
Dr. Melissa Wikoff

Are you concerned about hearing loss for yourself or a loved one? Ear and hearing problems can happen at any age and can impact your balance, career and quality of life. Melissa Wikoff, Au.D., recently opened Peachtree Hearing in East Cobb and recommends that everyone get their

hearing checked once a year. Dr. Wikoff has been treating patients for years in California and Georgia, but when there was a chance to open a private practice in East Cobb, she and her husband welcomed the opportunity. A Walton graduate, Josh Wikoff grew up in East Cobb and knew that it would be the perfect place to open a practice with his wife.

Peachtree Hearing is a premier hearing boutique, and the staff prides itself on providing customized treatments to address each patient's specific needs. To ensure this, Peachtree Hearing uses the latest technology and scientifically proven techniques. Dr. Wikoff provides an alternative to the large practice and "big box" store experience. They offer a wide selection of hearing aids that are barely visible and can connect wirelessly to smart phone technology.

Located in Parkaire Medical Center, 4939 Lower Roswell Rd., Peachtree Hearing also specializes in the diagnosis and treatment of dizziness. Dizziness is typically due to disorders of the inner ear. Left untreated, dizziness can be a debilitating illness, but with the correct diagnosis, inner ear disorders can be managed and treated. Additionally, the staff can diagnose and treat Tinnitus (ringing of the ear) that can negatively impact quality of life.

Untreated hearing loss can be stressful and exhausting. The earlier hearing loss is treated, the less it can affect the rest of your life. To schedule your consultation, call 470-485-4327, email [mwikoff@peachtreehearing.com](mailto:mwikoff@peachtreehearing.com) or visit [peachtreehearing.com](http://peachtreehearing.com).

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## WEIGHT LOSS WINNER OF THE MONTH: ANGIE CALLAHAN




**Occupation/Age:** 38, Certified Personal Trainer and Les Mills GRIT Coach at Women's Premier Fitness

**Weight Lost:** Callahan prefers not to focus on the scale, instead measuring her success by her physique. In 5 years, she has lost 5 dress sizes and reduced her body fat percentage by 33%.

**Why She Lost It:** After having her second child, Callahan wanted to get into shape. Initially she focused on losing weight, but Women's Premier Fitness changed her mindset; she wanted to focus on being strong instead of skinny. She joined their total body transformation classes and loved the results!

**How She Lost It:** She attended group classes four to five times a week. Her favorite class, Body Combat, inspired her to start taking the high-intensity interval training (HIIT) class GRIT. The 5-10 person groups in GRIT keep each other motivated, and even inspired Callahan to become an instructor for the class.

**Her Favorite Healthy Foods:** Callahan emphasizes the importance of a healthy breakfast every morning; her picks are oatmeal and eggs. She also makes protein smoothies regularly, composed of spinach, banana, almond milk, protein powder, and spices like cinnamon. Her family often eats seafood as a source of lean protein, and she avoids temptation by not keeping unhealthy food in the house.

**Lesson Learned:** Callahan stresses that fitness does not equate to being skinny; it is about being healthy and strong. She encourages people to measure their fitness by indicators other than the scale, such as how their clothes fit and what kind of lifestyle they have. She also cautions that weight loss is not a quick-fix process. It requires a combination of a strong mindset, exercise, healthy eating, and knowledge that the process will take some time. 





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# BRIDGE THE COMMUNICATION GAP FOR OVERACTIVE BLADDER

**E**ast Cobb resident Carolyn Hampton just celebrated her 60th birthday three weeks ago. She doesn't hide her age like some women, she celebrates it. That's because she has never felt better.

Three years ago, Hampton's life was very different. She suffered from overactive bladder, which is more common than diabetes or asthma. In fact, 37 million Americans suffer from overactive bladder. Hampton could not go to concerts, travel, or even sleep through the night. She would have to wake up every 45 minutes to urinate. She had always wanted to go New Year's Eve celebrations but going an hour without a bathroom break was simply impossible.

Then Hampton finally said "Enough." She went to a urologist who prescribed an advanced therapy that worked for her by addressing systemic issues within the communication systems between the bladder and brain. Hampton was ultimately prescribed neuromodulation, which gently stimulates the nerves that control communication between the bladder and brain. Often when people have OAB, the communication between doctor and patient is difficult, too. To bridge this gap, the National Association For Continence (NAFC) has launched a new tool to help people get a clear idea of their symptoms and the impact so they can better communicate these concerns to their doctor. It also can help people find a local incontinence expert who can work to restore their bladder function.

"There are many effective OAB treatments, yet the majority of those suffering are untreated. Our goal is to help people discover the right option for them, but the first step is communication," said Steven Gregg, Ph.D., Executive Director of the NAFC. "The better your healthcare provider understands the impact of your symptoms, the better they can help find an effective treatment."




Carolyn Hampton

Only one in eight Americans who have experienced loss of bladder control have been diagnosed and less than 33 percent of people with incontinence and OAB symptoms seek treatment. Many sufferers revolve their lives around their bladder, but often don't realize how much they are doing to cope — mapping bathrooms, refraining from drinking, wearing dark clothing and avoiding socializing.

In a recent NAFC survey of 356 people experiencing bladder control issues, 66 percent of respondents said their urination issues affected their sleep. More than 50 percent also reported a loss of confidence. The survey results also showed bladder control issues had a serious impact on other important areas including travel, intimacy, and ability to be active. Among women who have not discussed OAB with a physician, embarrassment was a top reason cited, in addition to fear of being told it's a natural part of aging and thinking nothing can be done. While many advanced therapies are available, less than five percent of respondents have ever heard of them. It's critical that patients find an incontinence expert to help find the right solution for them.

With her new chapter, Hampton now has run four 5K races with another one coming up in September. This was unheard of before. She can sleep through the night for the first time in years.

"I'm thrilled that my doctor listened to me and helped me find an effective solution. It took courage to open up about what has been a 'hush-hush' issue, but the freedom it gave me means so much to me," says Hampton.

Visit [www.everydayfreedom.com/nafc](http://www.everydayfreedom.com/nafc) to take the bladder control quiz, learn how to talk to your healthcare provider and find an incontinence expert in your area. 



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*"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."*

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# WALTON GRAD GETTING PHD

Numbers are important to economics and quantitative analysis graduate Kendrick J. Pulver (KSU, BBA '16 and Walton grad, Class of 2010). After all, she did minor in finance along with applied statistics and data analysis. However, she knows there's more to the equation of life than how everything adds up on a spreadsheet.

The magna cum laude graduate of the Michael J. Coles College of Business, who will enter Emory University this fall on a full scholarship to study for a Ph.D. in economics, has managed to combine her intellectual pursuits with her love of travel and helping others.

"I've had a wide-ranging experience at Kennesaw State," Pulver said. "I've traveled abroad three times, I've gained two minors, and I've taken many extra courses and participated in different clubs and activities throughout the University. That has allowed me to meet and work with a variety of people and gained a well-rounded college experience."

During her time at Kennesaw State, Pulver participated in a team competition and presented a paper about economic development during a seminar in Mumbai, India. Two other education-abroad visits took her to Seoul, South Korea.

"My first trip to Korea was with a group from KSU to teach English in Seongdong-gu, Seoul. I went back the next year to study Korean at Hanyang University," she said. "The highlights of those trips were my students and the 'family' and friends I made in both places."

Pulver, like many KSU students, participated in numerous internships, and she has also competed in several scholarly contests that have tested her analytical abilities. Last month, for the second time in a row, she won the top undergraduate award in the Ninth Annual SAS Day competition. SAS, which stands for Statistical Analysis Software, is used to mine data and perform high-level analyses.


"One of the most interesting things I've done during my year-long internship at Southern Company is a project on housing demand research," she said. "I really enjoy learning about the economics of the housing mar-



Kendrick Pulver

ket, how owners and renters affect demand and trends."

"I've never been a bad student, but it took me a little while to realize I wanted to get a Ph.D.," she said. "I really enjoy working with data, so that drove me to tackle the math classes required for graduate studies. Besides my own drive, though, I have been blessed and faced few obstacles. I have had a lot of support from professors and fellow students."

One of those is Jennifer Lewis Priestley, professor of statistics and data science, in the College of Science and Mathematics. "From the first time I had the privilege of having Kendrick in the classroom, I knew that she had great potential and would be destined to do amazing things," Priestley said. "She is one of those rare students who is an adept programmer, but also has great communication skills and knows how to 'tell the story.' She is a great ambassador for our university." 



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Center for Ortho & Sports Medicine  
Chevron  
Chin Chin  
Choi Kwang Do  
Coldwell Banker  
Cook's Warehouse  
Crestwood Suites  
CrossFit  
CT Nails  
CVS  
Dance Stop  
Delta Credit Union  
Dermatology Affiliates  
Diane's Nails  
Dickerson Middle School  
Dr. Burstein  
Draisen Edwards  
Dunkin' Donuts  
East Cobb Government Center  
East Cobb Health Center  
East Cobb Middle School  
East Cobb Pediatrics  
East Cobb Vet Clinic  
East Side Baptist  
East Side Elementary School  
Eastvalley Elementary School  
Edward Johns Jewelers  
Edward Jones  
Etz Chaim  
Extra Storage Space  
Faith Lutheran School  
Fitness Together  
Flowers of Marietta  
Frameworks Gallery  
Fuji Hana  
Fuller's Park  
GA Tire Depot  
Get in Shape for Women  
Gigi's Cupcakes  
Goodyear  
Great Clips  
H&R Block  
H.M. Patterson Funeral Home  
Harry Norman Realtors  
Healthsource Chiropractic  
Hong Kong Star  
Innovative Orthodontics  
J. Christopher's  
Javits Academy  
Johnny's Pizza  
Johnson Ferry Baptist Church  
Keller Williams

Kid Zone  
Kids R Kids  
Kinkos/Fedex  
Kroger  
Langley Chiropractic  
Laundromat  
LaVida Massage  
Lilli Nails  
Manor Care  
Marietta Family Dental  
Marietta Ice Rink  
Marlow's Tavern  
Massey's Automotive  
Medi Grill  
Montrose Animal Hospital  
Mower Doctor  
Mt. Bethel Christian Academy  
Mt. Bethel Athletics Center  
Mt. Bethel Elementary School  
Neurosport  
Omega Learning Center  
Parc at Piedmont  
Parkaire Shoe Repair  
Peachtree Gymnastics  
Pet Boutique  
Pigtails & Crew Cuts  
Podiatry Group  
Pro Martial Arts  
Publix  
RE/MAX  
Red Sky Tapas  
Salon Zahara  
Sedalia Park Elementary School  
Smoothie King  
Specialized Printing  
Sports Clips  
St. Catherine's Preschool  
State Farm Insurance/Ron Sprouse  
Subway  
Suntrust  
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Tijuana Joe's  
Tires Plus  
UPS Store  
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Wheeler High School  
Whole Foods  
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## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR SEPTEMBER

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list 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.

### 10 Warning Signs of Alzheimer Disease

September 7 | 10-11:30am

Free/Registration required

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. Come to this seminar to learn more. Presented by Kayley Fleming with Alzheimer's Association.

### Ice Cream & a Movie

September 12 | 1pm

\$4 Cobb residents, \$5 Non-residents. Call for details.

### Fall Prevention

September 14 | 11am-12:30pm

Free/Registration required

Join this seminar and learn how to identify external and internal factors that cause falls, what to do to prevent falls, and what to do if you fall. Presented by Comforting Arms.

### Dine-a-Round: Drift Fish House & Oyster Bar

September 21 | 11:30am - 1:30pm

Separate checks for lunch; Registration required.

Everyone meets at the restaurant. Drift Fish House & Oyster Bar, The Avenue East Cobb, 4475 Roswell Road, Marietta.

>>> continued on page 58 >>>





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Aklilu Desalegn, OLLI Scholar Graduate



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## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR SEPTEMBER (CONTINUED)

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list 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.

<<< continued from page 56 <<<

### AARP Smart Driver

September 22 | 9am-4pm

\$15.00 AARP members, \$20.00 Non-members

(cash or check)

Check with your insurance agent about a possible discount. Bring a lunch.

### Flu Shots

September 22 | 10am-12pm

Registration required

Protect yourself, get a flu shot. Please stop at the front desk to register for the appointment and pick up the paperwork. Free for those with Medicare or other insurance. Flu shots will be provided by Walgreens.

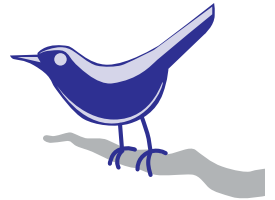
### Medicare 101

September 23 | 10-11am

Free/Registration required

If you are newly eligible or soon to be eligible for Medicare, this seminar is designed especially for you. The seminar will cover the basics of Medicare and what you need to know to make an informed decision about your coverage options.

@eastcobber



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OPPORTUNITIES FOR THOSE 50+

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## EAST COBB COUPLE CELEBRATES 70 YEARS OF WEDDED BLISS

by Elizabeth G. Wentz



Carolyn and James Strickland ♥ 1946

On September 22, 1946, newlyweds Carolyn and James M. Strickland were just beginning their life together. Seventy years, two sons and countless adventures later, this East Cobb couple is celebrating a lifetime of love.

Introduced by Jim's brother Bill, this Newnan boy and Hazelhurst girl met in Atlanta more than seven decades ago. Now 93, Jim is a decorated veteran who began his military career as a naval dive bomber in Hawaii. He went on to serve in WWII as a dive bomber pilot, as a marine helicopter pilot in the Korean War and eventually as a helicopter instructor in the army in Ft. Rucker, Alabama. Jim received The Distinguished Flying Cross for his service in Korea, the highest medal for flying, in recognition of his service rescuing the wounded at the forward lines.

Carolyn, 91, was a principal's assistant in Enterprise, Alabama, where the Stricklands lived for 50 years before relocating to East Cobb in 2011. She recalls Jim flying over their yard years ago in Enterprise while she was



Carolyn and James Strickland ♥ 2016

hanging the wash outside, waving as he dipped the helicopter slightly in an aerial hello.

The Stricklands moved to East Cobb to be closer to their sons, James and Steve, who are both in the Marietta area. They live next door to James, who says he "eats very well, but it's a little like being back in high school, with my mother asking what time I got home last night!"

Always active in their community, Carolyn and Jim were founding members of Saint Luke Methodist Church in Enterprise. They sponsored a tree in East Cobb Park and have bricks in front of The Strand Theatre and in Centennial Olympic Park.

When asked the secret to their successful 70 year marriage Jim said, "It's much like being in the military. You take your orders from your commander, and I do exactly what she says."

Look for the Stricklands on Saturday, September 17th, when Carolyn will take the wheel of their convertible in the EAST COBBER Parade. 🚗



# AGEWISE CONNECTION HELPS SENIORS



**A**geWise Connection is your first stop in the metro Atlanta region for information about services and programs for older adults and persons with disabilities. The website ([www.agewiseconnection.com](http://www.agewiseconnection.com)) is sponsored by the Georgia Association of Area Agencies on Aging. Their purpose is to improve the life of seniors and persons with disabilities in the State of Georgia through education, information sharing, collaboration, and advocacy.

To find help, you can search their online database for information on services in metro Atlanta, such as:

- >Transportation
- >Medicare Help
- >Meals & Nutrition Programs
- >Housing
- >Help for People with Disabilities
- >Counseling
- >Assisted Living
- >Diabetes Education & Prevention
- >Insurance Advice
- >Retirement Planning
- >Community Gardens
- >Senior Centers.

The public is also encouraged to call 404-463-3333 to speak with a certified referral counselor. Help is available 24 hours a day, seven days a week. 



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Directions from NE Atlanta/GA-400: Take Holcomb Bridge Exit and travel West toward Roswell. Go 8.8 Miles (Holcomb Bridge turns into Hwy. 92). 1.5 Miles West of Sandy Plains, Clover Creek will be on the right.

# 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. East Cobb Center, 4400 Lower Roswell Road, Marietta. More info: cobbcounty-ga.aauw.net.

**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: Nancy Martin, 770-428-7056.

**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.atlantailini.com or club@atlantailini.com.



TWEET TWEET!  
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• **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 campbellc@comcast.net.

• **Big Chicken Chorus.** Every Monday evening. 7:00pm. Marietta High School, Chorus Room, 1171 Whitlock Avenue, Marietta. Male a cappella harmony chorus. More info: Frank, 770-587-1264, fehrach@aol.com, or www.bigchickenchorus.org.

• **Bridge Club.** Four free lessons; \$7 thereafter. Wednesday 10am, and Thursdays 7:30pm. Singles are welcome. 1809 Roswell Road, Marietta. More info: 770-973-7717.

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

• **Cobb County Democratic Committee.** Monthly breakfast 2nd Saturday each month. 9am. Marietta Fire Museum, 112 Haynes Street, Marietta. More info: www.cobbdemocrats.org.

• **Cobb County Gem & Mineral Society.** Second Tuesday of the month. 7:30 pm at their Clubhouse, 516 West Atlanta Street, Marietta 30060. More info: www.cobbcountymineral.org.

• **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. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: www.cmrea.org

• **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.

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

• **Dog Hikers of Georgia.** Every Sunday. 10am. Various locations. Non-dog owners welcome. More info: Dr. Dan Batchelor, 770-624-7660.

• **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. Indian Hills Country Club, 4100 Clubland Drive, 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: www.eastcobb.net.

• **East Cobb Civilians.** Second and fourth Thursday of the month at noon for lunch at The Olde Town Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: 770-578-9901 x201.

• **East Cobb Democratic Association.** Fourth Tuesday of the month. 6pm - Social. 7pm - Program. Whole Foods, 1311 Johnson Ferry 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. Powers Ferry UMC, 245 Powers Ferry 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.

• **East Cobb Newcomers Club.** Third Thursday each month. 10am-12pm. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. More info: rdavenport723@sbccglobal.net.

• **East Cobb Rotary Club.** Every Wednesday. 7am. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: eastcobbrotary.com.

• **East Cobb Woodcarvers Club.** Every Thursday. 9-11am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-420-3820.

• **Georgia Nature Photographers Assoc.** 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

• **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: Dave Hamrick 770-315-3942.

• **Georgia Tea Party.** Thursdays. 7pm. 900 Roswell Street, Marietta. More info: Jerry Kotyuk 404-374-0580 or jerryk623@att.net.

• **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. Blue Pearl Georgia Veterinary Specialists, 455 Abernathy Road NE, Atlanta. Check dates: 770-740-8211 or www.happytailspets.org.



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Marietta, GA 30068	\$20 - Shampoo & Blow Dry
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**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 at 404-310-3448 or phinque999@AOL.com.

**Libertarian Party of Cobb County.** First Thursday of the month. 7:30pm. More info: [www.cobbip.org](http://www.cobbip.org) or call 770-795-1331

**Marietta Kiwanis Club.** Every Thursday. 12pm. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, [pathuey@comcast.net](mailto:pathuey@comcast.net) or [www.marietakiwanis.org](http://www.marietakiwanis.org).

**Marietta Lions Club.** Second Thursday of the month. 7pm. First United Methodist Church, 56 Whitlock Ave SW, Marietta 30064. More info: [mariettalions@aol.com](mailto:mariettalions@aol.com) or [www.mariettalionsclub.org](http://www.mariettalionsclub.org).

**Marietta PFLAG.** Fourth Sunday each month. 1-3pm. Newcomers are welcome. Pilgrimage United Church of Christ, 3755 Sandy Plains Road, Marietta. More info: [www.pflagatl.org](http://www.pflagatl.org).

**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](http://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](http://www.vfwpost2681.org).

**Martha Stewart Bulloch Society of Children of the American Revolution** 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: Tamara 770-696-4806 or [www.msbnsr.com](http://www.msbnsr.com).

**Moms in Prayer** for East Side Elementary parents. Fridays 11am. More info: Rachel Bloom 770-973-4705 or [familybloom@gmail.com](mailto:familybloom@gmail.com).

**National Association of Active and Retired Federal Employees (NAARFE).** Second Wednesday of each month. 11:30am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-971-1719.

**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: 770-998-5017 or [newcomersofcobbcounty@yahoo.com](mailto: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](http://www.northmetromultiples.org).

**Northeast Cobb Business Association.** Luncheon meeting 3rd Wednesday of each month. 11:30am-1pm. \$15. Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-423-1330.

**Northwest Atlanta Mothers of Multiples** A parent's club for families with or expecting twins, triplets, or quadruplets. Second Tuesday of each month. Date and time may change; check our website. More info: [www.nowamom.org](http://www.nowamom.org) or 678-404-0034.

**Order Sons of Italy in America Marietta Lodge #2607.** General membership meeting 2nd Monday each month. Club provides sandwiches, members bring sides. 12pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: 770-928-9314 or [degrillmouse@comcast.net](mailto:degrillmouse@comcast.net).

**Peach State Depression Glass Collectors' Club.** Second Tuesday of month except December. Guests welcome. 6:30pm social; 7pm meeting. Marietta Museum of History, 1 Depot Street, Marietta. More info: [psdgc.com](http://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](http://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. September-May. 2-4 pm. Senior Wellness Center, 1150 Powder Springs Road, Marietta. More info: Lynne Johnson, 770-591-3474.

**Song of Atlanta Show Chorus.** Women's four-part harmony chorus. Every Tuesday. 7:30pm. Northbrook UMC, 11225 Crabapple Road, Roswell. Visitors welcome. More info: [www.songofatlanta.com](http://www.songofatlanta.com) or 770-696-6502.

**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](mailto:guzy@mindspring.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. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-587-1160.

**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](http://ybusinessnetwork.webs.com), Michelle Hutchinson, 770-518-0010.

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For more information visit [www.EastCobbBA.com](http://www.EastCobbBA.com)



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**SAVE THE DATE – SEPT 17, 2016**

# SUPPORT GROUPS

**A.A./Al-Anon/Al-Anon Beginners/Alateen.** Every Monday, 8pm. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

**Adult Survivors of Child Sexual Abuse Support Group.** First and 3rd Thursday 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.** Wednesdays, 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 & Tuesday of each month. 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 Anonymous** 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, jenniferworrell@bellsouth.net or www.bwiofatlant.org.

**A.W.A.K.E. Program** stands for "Alert, Well, And Keeping Energetic." A support group for adults who have sleep apnea, their family members and friends, and anyone interested in learning more about sleep apnea. First Thursday of the month. 5:30-7pm. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta. More info: 770-644-1755.

**Bereavement Support.** Every Wednesday of the month. 5pm. Counseling Room in Parish Office, St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6020.

**Breastfeeding Mommy & Me Group.** A lactation consultant is available to facilitate supportive discussions over a variety of topics. Mondays 9:30-11am. WellStar East Cobb Health Park, Marietta, Room 3747 Roswell Road NE, Marietta. More info: 770-793-8088.

**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.** Third Monday of the month. 6:30pm. Personal resume reviewing, interviewing, networking, and career assessment help. First Presbyterian Church, 189 Church Street, Marietta. More info: Lee Pence, 770-428-9350, or Bob Sobin 770-795-9084, or visit www.fpcmarietta.org

**Caregiver Support Group.** First Monday of the month. 6-7pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

**Caregiver Support Group.** Second Thursday of the month, 12-1pm. Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or eharres@peterandpaul.org

**Compassionate Friends.** First Tuesday of each month. 7pm. Assists bereaved families following the death of a child of any age and from any cause. First Baptist Church, 148 Church Street NE, Marietta. More info: Ria 770-973-4921 or www.tcfmarietta.org.

**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.

**Diabetes Support Group.** A Diabetes Services Social Worker and/or Diabetes Educator facilitates each session. Participants are encouraged to discuss their concerns and share their successes regarding the self-management of their diabetes. Meets 4th Monday of each month except December. 6-7pm. WellStar Health Park, 3747 Roswell Road NE, Marietta. More info: 770-793-7828.

**Divorce Care.** 13-week course beginning the 3rd Wednesday of August, 6:30-8pm Open to all ages. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

**Divorced/Separated Support Group.** First and 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 of the month, 7-8:30pm. East Cobb Government Center, 4400 Lower Roswell Road, Marietta. More info: www.visionsanew.org.

**Divorce Support Group/Divorce Care for Kids.** 13-week program beginning September 7, 6:15-8pm. Mt. Bethel UMC (Church Room 8106), 4385 Lower Roswell Road, Marietta. More info/ to register: Judith Reichenbach, Licensed Counselor, 770-597-9882.

**Diabetes Support Group** offered by WellStar Health System. Fourth Monday of the month. 6-7pm except December. East Cobb Health Park, 3747 Roswell Road NE, Marietta. No registration required. More info: 770-793-7828.

**Domestic Violence Support Groups.** Sessions in English and Spanish. Wednesdays, 6:45-7:45pm. Childcare available for children 6 weeks-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/Hyperactivity Disorder) Parental Support Group.** 2nd Tuesday of the month. 6:30-8pm. Mt. Bethel United Methodist Church (Room B109) on Lower Roswell Road, Marietta. More info: Cattie 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 recovery from emotional difficulties and discover a new way of life. Tuesdays & Fridays, 7pm. Roswell 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: 770-971-1465.

**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 Sunday. 6:30pm. Call for location. More info: Sandy 404-446-6093.

**Georgia Parkinson's Association.** Parkinson's Support Group Meets the 3rd Saturday of each month. 1pm. Northside Hospital Cherokee Education Building, 130-B Oakside Court, Canton. More info: James Trussell 706-413-3264 or james@goparkinsons.org

**Grandparents Raising Grandchildren Support Group.** Second Tuesday each month. 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Jeannie, 770-919-9275.

**Grief Support Group** Every Wednesday, 6:30-8:30pm from mid-Fall to mid-Spring. An educational grief support group facilitated by two nationally recognized grief experts, a licensed clinical psychologist and an ordained pastor. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. More info: www.mtbethel.org/support.

**Grief Share** 13-week program beginning the 3rd Monday of August from 7-9pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

**Grief Support Group** for those who have had a family member, friend or other loved one pass away. Unity North Atlanta Church, New Beginnings Room, 4255 Sandy Plains Road, Marietta. More info: 770-579-3512 or kethzkel@yahoo.com.

**JACS (Jewish Alcoholics, Chemically Dependent 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. 770-956-0318 or 678-357-3661.

**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.

**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, Building A, Roswell. More info: Robin Cleveland, 678-819-3915.

**Spousal Support Group.** Third Thursday of the month. 12-1pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

**Veteran's Information Referral Office (VIRO).** Free help and information for all veterans with VA Disability, VA Healthcare, Employment and Counseling. Second and 4th Wednesday each month. First and 4th Saturday each month, 11am-2pm. American Legion, Post 29, 921 Gresham Avenue, Marietta. More info: 770-427-5900.

**Widowed Helping Others (WHO).** Dinner social. First and 3rd Wednesday of the month. 6pm. St. Ann's Catholic Church, Nolan Hall, 4905 Roswell Road, Marietta. More info: St. Ann's Pastoral Care, 770-552-6400 ext. 6018

**Women's Weight Loss Support Group.** Join a growing group of local women on the path to weight loss in a non-judgmental environment providing accountability (weekly weigh-in), healthy eating/fitness ideas and activities, and emotional support. Meetings held Tuesdays 6:45-7:45pm. Kroger, 3595 Canton Rd, 2nd Floor Conference Room, Marietta, (New Chastain Corners Shopping Center). More info: Rae Tucker raetucker1@yahoo.com



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# Celebrating Two Years in East Cobb!



## WELLSTAR EAST COBB HEALTH PARK **Family Fun Day!**

**SUNDAY, SEPTEMBER 18 | 2-5 P.M.**

Join us on **Sunday, September 18** from 2-5 p.m. at WellStar East Cobb Health Park for a day of family fun! The event is **FREE** to the public and will include kids games, inflatables, toddler area, rock wall and more! The building will be open for tours and refreshments will be provided.

3747 Roswell Road NE | Marietta, GA 30062 | [wellstar.org](http://wellstar.org)

**WELLSTAR**  
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