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*Holiday  
Gift Guide*  
Pages 20-21

Spencer, Carden, and Virginia Wyckoff  
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**Holiday Happenings** PAGES 24-31 | **Bring One For The Chipper** PAGE 56

**Cobb Christmas** PAGE 8 | **Health & Wellness** PAGES 46-55 | **The Spirit of Giving** PAGE 12



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# EAST COBBER

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770-640-7070 • FAX: 770-559-3185

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**Founder | Publisher**

**CYNTHIA ROZZO**

[cynthia@eastcobber.com](mailto:cynthia@eastcobber.com)

**Account Representatives:**

East Cobb Businesses - Merchant's Walk - Roswell Road

**MICHELLE O'SHAUGHNESSY**

678-357-9384 • [michelle@eastcobber.com](mailto:michelle@eastcobber.com)

Northeast Cobb Businesses

**LAREN BROWN**

770-880-0965 • [laren@eastcobber.com](mailto:laren@eastcobber.com)

**Graphic Designer:** Tamara Stephens

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Comments and stories are always welcome.

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## PUBLISHER'S NOTE



When I was young, my Christmas excitement was wrapped up in what presents I was going to get from Santa. Now, whenever I think about what meant the most to me in past Christmases I don't think of the gifts received, but the experiences and emotions shared. An outstanding memory for me is the tradition my parents, both teachers, created for the families from a Head Start summer program. My parents were hired for a few summers to implement the academic program for underprivileged families in a rural area in Ohio. For years, my

parents would open up our home and put on a Christmas party for those Head Start families. In advance of the party, they would ask for donations from local businesses so the visiting Santa could pass out gifts to those attending. My parents did not do this as part of a civic club or for their church, they were just ordinary folks finding a way to help those less fortunate. Their selfless acts of kindness showed me the true spirit of Christmas. Like Santa Claus, they dispensed not just Christmas presents but gifts of good works—never expecting repayment in “thank-you” or financial reimbursement.

That Christmas memory inspires me to this day. I created the EAST COBBER magazine 23 years ago so I could spotlight people like my parents: those ordinary people doing extraordinary things in the community. This edition continues that editorial tradition: from featuring the Wyckoff siblings on the front cover to the Tritt Elementary students (see page 10). As modeled by my parents, I truly believe that helping others and giving of oneself is the greatest thing we can do with our lives. Giving helps us feel a sense of purpose and connection to the rest of the human race. And around Christmas time it feels even better!

People do extraordinary things at this time of the year that they wouldn't normally and they do it because Christmas feels like a time to share and love. Whatever you celebrate—Christmas or Hanukkah, take the time to give of yourself and to reflect on the joy that you see going on around you. Check out our Holiday Happenings section ( pages 24-31) for ways to celebrate the joy of this special season.

Happy Holidays and a Happy New Year!

A handwritten signature in cursive script that reads "Cynthia".

Cynthia M. Rozzo  
Founder | Publisher  
cynthia@eastcobber.com

## On the Cover

Pictured on the front cover of this month's edition are Spencer, Carden, and Virginia Wyckoff. Born and raised in East Cobb, they recently traveled 79 miles through the Georgia portion of the Appalachian Trail to raise awareness and funds to cure Facioscapulohumeral muscular dystrophy (FSHD). FSHD is a neuromuscular disorder is a form of muscular dystrophy that affects the skeletal muscles of the face, scapula and upper arms. Carden has been living with FSH Muscular Dystrophy since she was 14 years old. As a child she enjoyed the outdoors and could play without issue, but now Carden tires easily and can't travel long distances.

Throughout the hike, Spencer (with a little bit of help from his friends) carried his sister Carden on his back using a specially designed harness. Their sister, Virginia, also joined them on the adventure to spread the message that no matter what physical limitations are placed on you anyone can reach their goals.

You can read their story on page 6 or visit [piggybackadventures.com](http://piggybackadventures.com).





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# EAST COBB SIBLINGS ARRANGE ADVENTURES FOR A CAUSE



Marshall Mosher, Clay Trimmer, Bryan Wish, Carden Wyckoff, Virginia Wyckoff, Spencer Wyckoff, and Harbor Hall take a break from their 79 mile hike along the Appalachian Trail.

Would you take a stand for a cause you're committed to changing by walking 80 miles? What if you had to do it while carrying the special person you're raising awareness for on your shoulders the entire time?

From October 22-30, siblings Spencer, and Virginia Wyckoff led a nine-day, 79-mile hike through the Georgia portion of the Appalachian Trail. While that may seem ordinary, it was the trip's guest of honor, their sister Carden, that made the trek extra special. The drive and hike for some Georgians through the scenic trail sounds simple enough for most, but it was something far more complicated for Team Carden.

"I was diagnosed with Facioscapulohumeral muscular dystrophy (FHD) at the age of 14," says Carden Wyckoff (Wheeler H.S., Class of 2011). FHD is a form of muscular dystrophy that affects the skeletal muscles of the face, scapula, and upper arms. As a child she enjoyed the outdoors and could play without issue, but now Carden tires easily and can't travel long distances.


Ever since, her siblings, Spencer (Wheeler H.S., Class of 2006) and Virginia (Walton H.S., Class of 2014), along with a dedicated crew of partners and friends, arrange

piggyback adventures for their sister Carden. For this hike along the Appalachian Trail, sponsored by Vestigo, Spencer carried his sister, Carden, on his back using a specially designed harness. Their father, Kurt, and sister, Virginia, joined them on the adventure to spread the message that no matter what physical limitations are placed on you anyone can reach their goals.

"We are looking to prove that this journey, carrying someone on your back for 79 miles, is not impossible," said, big brother Spencer, "and that Carden and others with FHD can do amazing things themselves every day."

This is not the first time Spencer and Carden have raised awareness about FHD. Spencer also appeared on the Atlanta trials of American Ninja Warrior, and completed a Spartan Race carrying Carden earlier this year.

Carden is already looking forward to her next piggyback journey. "The next adventure may be going skiing," says Carden.

For more information about the Wyckoff's journey and to donate to their FHD cause, visit [piggybackadventures.com](http://piggybackadventures.com). 



## READ MORE. DO MORE.

Each EAST COBBER issue and [eastcobber.com](http://eastcobber.com)'s blogs, facebook posts and twitter feeds offer you the latest in local arts and entertainment, dining, community events, school news, and health tips.



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# COBB CHRISTMAS KEEPS HOLIDAY SPIRIT ALIVE



**C**obb Christmas, Inc., staffed 100% by volunteers, provides 3 toys to each child in need. Gifts are provided to the children ages infant through fifteen. A box of food is provided when available. With the help of hundreds of volunteers, Cobb Christmas is able to spread and keep alive the true spirit of Christmas—not to just their clients, but also to their donors and volunteers.

For one week each December you can actually see, hear, and touch Cobb Christmas during the Annual Distribution. From December 14- 17, donations and purchases of over 16,000 toys are delivered to Cobb County's Jim Miller Park and over 400 volunteers sort and distribute these toys to approximately 1,000+ families.

Cobb Christmas partners with Cobb County Department of Transportation and Cobb Community Transit (CCT) to create the county's most unique and memorable holiday program, Stuff-A-Bus. Think of Stuff-A-Bus as the opposite of Santa's sleigh, Santa uses his sleigh to deliver gifts and Cobb Christmas makes a CCT bus our sleigh for collecting gifts.

The week prior to Cobb Christmas' Annual Distribution, a CCT bus travels through the county to Stuff-A-Bus host sites gathering donations of food and toys. Host sites can be businesses, schools and other entities that have organized toy and food drives.

This program would not be successful without the help of local businesses, schools, and other organizations that serve as host sites for Stuff-A-Bus. Volunteers at these locations organize food and toy drives and begin promoting and collecting in November. A Cobb Christmas representative schedules a date and time for the bus to make a stop at their location to collect the items which have been donated. All donations are stored and transported to Jim Miller Park—the Cobb Christmas Distribution Site—during distribution week.

Individuals are encouraged to drop off donations at any of the "Stuff-A-Bus" scheduled stops. To find a stop near you, look at the Stuff-A-Bus schedule [cobbchristmas.net/stuff-a-bus](http://cobbchristmas.net/stuff-a-bus).

E-mail [cobbchristmasinc@gmail.com](mailto:cobbchristmasinc@gmail.com) if you would like more information on becoming a Stuff-A-Bus host site. ☎

# GEORGIA EPA ISSUES WATER RESTRICTIONS DUE TO DROUGHT

**T**he Georgia Environmental Protection Division has issued watering restrictions due to drought conditions. Outdoor irrigation is permitted twice a week on the odd/even schedule. Even and unnumbered addresses may water on Wednesdays and Saturdays before 10 a.m. and after 4 p.m. Odd addresses may water on Thursdays and Sundays before 10 a.m. and after 4 p.m. Cobb County encourages citizens to practice water conservation.

## Not allowed:

- Washing of hard surfaces (streets, gutters, sidewalks and driveways)
- Ornamental uses, such as fountains and waterfalls
- Washing vehicles (cars, boats, etc.) at home
- Non-commercial washing or pressure washing
- Charity, or non-commercial fund-raisers or car washes

## Allowed anytime - no time of day restrictions:

- Irrigation of personal food gardens
- Irrigation of new and replanted seed or turf in landscapes for a period of 30 days following installation
- Watering with drip irrigation or soaker hoses,
- Hand watering with a hose with shut-off nozzles or watering can, bucket or milk jug
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For more information visit [www.cobbwater.org](http://www.cobbwater.org). ☎



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# TRITT STUDENTS COLLECT CANNED FOOD FOR LOCAL FOOD BANK




Tritt Elementary School staff members and 5th grade students unloading the donations at St. Ann's food pantry are: Karen Blackburn, Katy Oubs, Suzanne Alea, Carly Oubs, Bella Jessop, Shell Jones, Becky Grindstaff, and Joey Guinta

America has long been called the land of plenty. However, each year, millions of Americans go hungry. More than 43.15 million Americans live in households that don't have enough food, including 16.7 million children, according to the U.S. Department of Agriculture. That's a lot of people — many of whom depend on community food banks to make sure they have enough to eat. About 4 percent of all U.S. households — about 4.8 million — receive emergency food from a food bank at least once, according to Feeding America.

Last month, in a continuing effort to live their Tritt Elementary School motto of "Kind is the New Cool",

Becky Grindstaff and Debbie Edwards, school counselors at Tritt, spearheaded a schoolwide campaign—with their 5th grade students helping them all the way—to collect canned and nonperishable food items to be donated to the community's local food bank at the Catholic Church of St. Ann (4905 Roswell Road, Marietta/East Cobb). The students, parents and staff collected and donated over 3,000 canned goods and nonperishables. The purpose of St. Ann's food pantry is to serve the community with understanding and compassion and to help people retain their dignity during stressful economic times.

Tritt Elementary School is located at 4435 Post Oak Tritt Road in Marietta/East Cobb. 

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# THE SPIRIT OF GIVING

By Nicole Mason, Community Outreach Chair, Cobb County Council of PTAs

As the holidays approach, we begin to look around us and see just how fortunate we are. We see first hand just how much we have to be thankful for. From little things, such as giving our friends and family the gifts they desire, to necessities such as providing food and warmth for our families.

Social media inundates us with all things "Holiday" prompting us to give more thought to the things we desire or what we desire for the loved ones around us.

Cobb County has 45 listed Title 1 schools and within that Title 1 community there are approximately 1,030 homeless children who during this "Joyful", "Happy", "Wonderful" season worry about where their next meal may come from. Title 1 is defined as "provides financial assistance to local educational agencies and schools with high numbers or high percentages of children from low-income families...in other words, free and reduced lunch." Homelessness is defined by the McKinney-Vento Homeless Assistance Act to include, "children who may have a primary nighttime facility but said facility is not deemed appropriate for sleeping accommodations, children who are living in hotels, emergency or transitional shelter, cars or public space."

If we for just a moment put ourselves in these families' shoes, would we want compassion to be shown to us and our children? Would we want a helping hand to meet the needs we as parents could not fulfill for whatever reason? Would we want someone to show us the goodness and kindness of the human spirit just because it's the right thing to do?

This season our community has an amazing opportunity to get involved this holiday season by simply

asking this one question, "What is the need that I can help meet?"

There are many organizations hosting giving opportunities. Many local churches offer programs and ministries that you can be active in. MUST Ministries, Operation Christmas Child, and your local church food pantry are just a few of the places where you can be impactful. Some Title 1 schools also have their own food pantries and take donations all year.

Did you know that every county school also employs a social worker? That social worker can provide an in depth awareness of the needs of its school population and how you can help.

Please consider offering your help now and when the holidays are over. Student poverty and homelessness are continual issues that are not going away anytime soon. The next generation is our future and our voice. Let's help them by showing kindness, generosity and graciousness to those who might be in need.

"Generosity isn't just a money thing, its a heart thing" - Dave Ramsey. 🙏



Nicole Mason serves as Community Outreach Chair for the East Cobb County Council of PTAs. She resides in the Tally Green subdivision with her husband Sam and two children, Alexander and Gabrielle, who are students at Mt. Bethel Elementary where she also volunteers as Community Outreach Chair and Sister School Coordinator.

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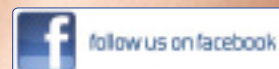
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63,515,588 Popular Votes



On Tuesday, November 8, registered voters across the country chose the 45th President of the United States. Below is a breakdown of how Cobb County residents and other Georgians voted last month to give the Republican presidential candidate, Donald Trump, the Peach State's 16 electoral votes in his ultimate victory over Democrat Hillary Clinton.

The Cobb County Board of Elections certified that 335,466 votes were cast during early voting and on Election Day. During the 2016 elections, Cobb experienced record early voting. According to Cobb Elections Director Janine Eveler, the votes cast were almost evenly split between early voting and Election

Day polls. The Board of Elections also certified 801 acceptable provisional ballots.

President-elect Donald Trump carried Georgia, but former Secretary of State Hillary Clinton received more votes in the traditionally Republican stronghold of Cobb County. Clinton received 160,121 votes in Cobb on Tuesday, good for 48.8 percent of the vote, while Trump received 152,912 votes, or about 46.8 percent, according to Cobb Elections. The last time a Democratic presidential candidate carried Cobb County was 1976, when Georgia native Jimmy Carter was elected. Carter took 56.7 percent of the Cobb vote in 1976, but unlike Clinton, he also carried the state. 🗳️

## Georgia 2016 Vote Count

★ <b>DONALD J. TRUMP</b>	<b>2,068,623</b>	<b>(51.3%)</b>
HILLARY CLINTON	1,837,300	(45.6%)
GARY JOHNSON	123,641	(3.1%)

## Cobb County 2016 Vote Count

<b>DONALD J. TRUMP</b>	<b>152,912</b>	<b>(46.69%)</b>
★ <b>HILLARY CLINTON</b>	<b>160,121</b>	<b>(48.89%)</b>
GARY JOHNSON	14,466	(4.42%)



Registered Voters in Cobb County	Ballots Cast in Cobb County	Voter Turnout in Cobb County
<b>2016: 424,176</b>	<b>2016: 335,466</b>	<b>2016: 79.09%</b>
2012: 415,314	2012: 310,356	2012: 74.73%



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# GEORGIANS VOTE ON CONSTITUTIONAL AMENDMENTS

While most attention this fall was focused on the presidential ballot, voters across the state also got to vote on failing schools, help for victims of sex trafficking, judicial oversight and trauma care funding.

Georgia currently does not allow any form of citizen initiated ballot measures, so all ballot measures must be referred by the legislature. The state legislative session ran from January 11 through March 25, 2016, during that time the Georgia legislature placed amendments on the ballot. Constitutional amendments must be approved by a majority of the electorate. East Cobb, along with their fellow Georgians, got the chance to vote on the following four proposed amendments to the State Constitution on November 8. Here is how Cobb County residents and Georgians voted on these amendments:

## AMENDMENT 1 – The Georgia Authorization of the State Government to Intervene in Failing Local Schools.

Approval of the amendment by voters was designed to trigger the implementation of Senate Bill 133. SB 133 provides for three governance models of schools under an "Opportunity School District" (OSD) agency:

1. direct management by the OSD;
2. shared governance between the OSD and local board of education; and
3. transformation of the school into a charter school.

A "yes" vote supports authorizing the state to form an Opportunity School District that would govern certain elementary and secondary schools determined to be "chronically failing."

COBB VOTES:	YES:	133,202	40.84%
GEORGIA VOTES:	YES:	1,615,724	40.09%

A "no" vote opposes authorizing the state to form an Opportunity School District that would govern certain elementary and secondary schools determined to be "chronically failing," thereby continuing to have school boards/districts supervise respective schools.

COBB VOTES:	NO:	192,967	59.16%
★ GEORGIA VOTES:	NO:	2,414,379	59.91%

**AMENDMENT 2 – The Georgia Additional Penalties for Sex Crimes to Fund Services for Sexually Exploited Children.** Addresses generating revenue for the Safe Harbor for Sexually Exploited Children Fund. Allows the state legislature to provide for additional penalties or fees to a court case in which a person is found guilty "of keeping a place of prostitution, pimping, pandering, pandering by compulsion, solicitation of sodomy, masturbation for hire, trafficking of persons for sexual servitude, or sexual exploitation of children." It would also allow the legislature to impose assessments on adult entertainment establishments. Revenue from these penalties, fees, and assessments would be allocated to the Safe Harbor for Sexually Exploited Children Fund.

A "yes" vote supports providing penalties for court cases involving certain sex crimes in order to allocate the generated revenue for the Safe Harbor for Sexually Exploited Children Fund.

COBB VOTES:	YES:	268,036	82.85%
★ GEORGIA VOTES:	YES:	3,314,290	83.30%

A "no" vote opposes providing penalties for court cases involving certain sex crimes in order to allocate the generated revenue for the Safe Harbor for Sexually Exploited Children Fund.

COBB VOTES:	NO:	55,486	17.15%
GEORGIA VOTES:	NO:	664,238	16.70%

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**AMENDMENT 3 – The Georgia Replacement of the Judicial Qualifications Commission.** The Judicial Qualifications Commission was created via a legislatively referred constitutional amendment in 1972. Sponsors of Amendment 3's corresponding legislation argue that the commission has lost credibility and therefore needs to be overhauled.

A "yes" vote supports replacing the Judicial Qualifications Commission with a new commission designed and governed by the General Assembly.

COBB VOTES: YES: 187,987 61.71%

★ **GEORGIA VOTES: YES: 2,341,448 62.50%**

A "no" vote opposes replacing the Judicial Qualifications Commission with a new commission designed and governed by the General Assembly, thereby keeping the current commission operational.

COBB VOTES: NO: 116,632 38.29%

GEORGIA VOTES: NO: 1,405,093 37.50%

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the last year include:

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- Volunteers delivered 3,559  
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ospital Auxiliary  
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our patients, visitors and staff each  
greatly appreciate all that they do

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**AMENDMENT 4 - The Georgia Uses of Revenue from Taxes on Fireworks.** The Georgia State Legislature legalized the sale of fireworks in 2015 through House Bill 110. The approval of this constitutional amendment was designed to allow the implementation of Senate Bill 350 and Senate Resolution 558. Senate Resolution 558 was designed to call for the proceeds of excise taxes raised from fireworks sales to be used for trauma care, fire services, and local public safety purposes. Senate Bill 350 was designed to specify the percentage of the proceeds that each of these areas would receive. Senate Bill 350 was designed to allocate revenue generated from fireworks sale excise taxes in the following way:

- 55 percent of revenue would go toward the Georgia Trauma Care Network Commission;
- 40 percent of revenue would go toward the Georgia Firefighter Standards and Training Council; Specifically, the revenue would be used to fund a grant program for improving the equipment and training of Georgia firefighters;
- 5 percent of revenue would go toward local governments, to be used specifically for public safety purposes.

A "yes" vote would dedicate revenue from fireworks sales taxes to trauma care, fire protection services and public safety.

COBB VOTES: YES: 264,538 82.16%

★ **GEORGIA VOTES: YES: 3,205,887 81.18%**

A "no" vote would not dedicate revenue from fireworks sales taxes to trauma care, fire protection services and public safety.

COBB VOTES: NO: 57,450 17.84%

GEORGIA VOTES: NO: 743,094 18.82% ❶

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# TOYS FOR TOTS SEEKS DONATIONS



Last month, friends and neighbors of Maj. Edward Jorge, U.S. Marine Corps (Ret.) and his wife helped collect gifts for the Toys For Tots program. Pictured above are: Back row (l-r): SSgt Dunn, Christine Jorge, Anna Beck, Jenifer Karel, & SSgt Schuldt; Front row (l-r): Maj Edward Jorge, USMC (Ret.), Greg Karel, & TJ Beck.

As the holidays are upon us and planning for Christmas arrives, it's also time to think about doing something special for children in need. The U.S. Marine Corps Reserve Toys for Tots Program is underway giving local residents an opportunity to purchase a toy for a boy and girl outside their family.

Toys for Tots started more than 60 years ago when Maj. Bill Hendricks, USMCR, and a group of Marine reservists in Los Angeles collected and distributed more than 5,000 toys to needy children. Hendricks' idea caught on and was so successful that the Marine Corps adopted Toys for Tots the following year and expanded it into a nationwide program. In 1995, the Secretary of Defense approved Toys for Tots as an official activity of the U.S. Marine Corps and an official mission of the Marine Corps Reserve.

Today, Toys for Tots is the Marine Corps' premier community action program and one of the nation's flagship Christmas charitable causes. Toys for Tots is the only charitable endeavor within the Department of Defense which reaches outside the military establishment to give something back to the



## Toys For Tots Drop-off Points

- **America's Thrift Store**  
2949 Canton Road  
Marietta 30066
- **AT&T**  
4250 Roswell Road  
Suite 300  
Marietta 30062
- **Bel Fiore Bridal**  
1205 Johnson Ferry Road  
Suite 138  
Marietta 30068
- **David Douglas Diamond & Jewelry**  
3605 Sandy Plains Road  
Suite 260  
Marietta 30066
- **East Cobb Orthodontics**  
2810 Lassiter Road  
Marietta 30062
- **Enhance Floors & More**  
1847 Roswell Road  
Marietta 30062
- **Johnson Ferry Dentistry**  
4250 Roswell Road  
Suite 110  
Marietta 30062
- **Keller Williams Realty Atlanta North**  
3730 Roswell Road  
Suite 150  
Marietta 30062
- **MarketPlace 120**  
562 Wylie Road  
Marietta 30067
- **MedPost Urgent Care East Cobb**  
1401 Johnson Ferry Road  
Suite 390  
Marietta 30062
- **Order of AHEPA**  
Holy Transfiguration  
Greek Orthodox Church  
3431 Trickum Road  
Marietta 30066
- **Smith Smile Orthodontics**  
2323 Shallowford Road,  
Suite 101  
Marietta 30066
- **Sterling Estates**  
4220 Lower Roswell Road  
Marietta 30068

communities. Toys for Tots has enjoyed over a half century of success because of the support of millions of caring Americans, local communities, and corporate America plus the dedication and hard work of thousands of U.S. Marines. Toys for Tots is a program which brings all elements of a community together in a common cause for three months each year. The shiny new toy at Christmas lets these youngsters know that someone cares.

Area Toys for Tots coordinator Kelly Wilson is in charge of finding enough money and toys to fulfill toy requests for children in the 18 counties throughout Metro Atlanta. Kelly can be reached at 678-887-5179.

Toys for Tots collects only new toys. Organizers ask that toys brought to drop-off points be unwrapped so they can be sorted and given to the right child. Toys are to be appropriate for children from birth to 12 years.

For a complete list of drop-off points, visit [www.northatlanta.toysfortots.org](http://www.northatlanta.toysfortots.org).



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# Holiday Gift Guide

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Marietta.GA.LaVidaMassage.com



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## Holiday Gift Guide

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# SAFERIDE AMERICA: LEAVE YOUR DRIVING TO THEM

**H**ave you ever thought how nice it would be to have a driver – maybe a lift home after an outpatient procedure or someone to drive you since night vision has become a problem? SafeRide America is a 501(c)3 nonprofit organization that provides affordable driver services for a myriad of community needs. A professional and reliable chauffeur drives you safely, in your car, from one place to another.

SafeRide America began offering its driver-for-hire services way back in 2000. The drivers work in teams of two. A chase driver drives the lead driver to a pickup site. The lead driver then drives home that person who maybe imbibed too much in that individual's personal car. The chase driver will pick up the lead driver once the SafeRide is completed. SafeRide provides this service throughout the metro Atlanta area and will drive you any where you wish to go. It's like having your own private chauffeur. This service is available every day, on demand, or you can call them ahead of time to make a reservation.

"Our mission is to prevent all types of impaired driving," says Executive Director Michael Rhyne. "We provide a no excuses approach to solving the impaired driving issues that we all face. The fact is, none of us want to leave our car behind and we will risk everything just to have our car at home when we wake up the next morning." As a nonprofit, SafeRide will drive you and your car for free if you find yourself in a dire circumstance with no money to pay for the ride. "Our goal is to get you home safe," says Rhyne. "We try to eliminate any excuse one might have to drive impaired. Let us drive you home. You're life is priceless," he continues. "As an East Cobb, keeping our community streets safe is dear to my heart," Rhyne exclaims.

You can summon a SafeRide in a number of ways. You can call them via phone, sign up for a ride on their website, or summon a SafeRide via their SafeRideNOW app found in app stores. Your driver will arrive in a well-marked vehicle or totally discreet if you prefer. Once you request a SafeRide, it takes about 20 minutes for your driver team to arrive. Via texts, you receive alerts as to the



time of your driver's estimated arrival. While continuing the mission to get people home safely when alcohol is an issue, SafeRide America offers driving services for many different scenarios. For example, drivers are available for someone who can't drive following an outpatient procedure, for an older person who can no longer drive his or her car, or for someone who needs an extra driver to deliver a car for repair. Going to a concert or show? Yep, they provide services for that too. The cost is \$2 a minute (wheels turning) for transportation with no mileage or pickup fees. Or you can schedule a driver for an event, such as a UGA football game, for \$250 flat price.

"You won't find another nonprofit like SafeRide America," says Rhyne. "We are a pure social enterprise in that we are self-sustaining and receive no government or outside funding. Our business is based on sound free market principals. If it's important to our community, then the community will support it and I can't think of a better cause than keeping our community safe from impaired driving. East Cobb is my home. I think we all want to keep it safe."

To schedule a SafeRide America driver, please contact Michael Rhyne at 404-888-0887 or check out their website, [www.callsaferide.com](http://www.callsaferide.com). 



**NEXT ISSUE: JANUARY \* DEADLINE: DECEMBER 15**  
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Hope Christmas brings you all that you are wishing for . . . and more!  
❄️ Happy Holidays from your friends at the East Cobber! ❄️



# HOLIDAY HAPPENINGS

*Metro Atlantans celebrate the holiday season by continuing old traditions, decorating public spaces and putting on plays. The EAST COBBER is happy to provide a sampling of those special events to help you get in the holiday spirit.*

## CHRISTMAS TRADITIONS

**2nd Annual Breakfast with Santa.** Fundraiser for Mutt-Maddness Everyone will enjoy a delicious breakfast complete with pancakes, eggs, bacon & fresh fruit. There will be some adorable-adoptable dogs on site. December 10. 9:30am-12pm. Tickets: Adult (13+): \$20/person; Child (4-12): \$5/person; children 3 and under Free. Ticket price includes: complete breakfast and keepsake picture with Santa. There is an additional tax and service fee added to the ticket price. Classic Subaru of Atlanta, 7700 Roswell Road, Atlanta. 770-394-9100 | [eventbrite.com](http://eventbrite.com).

**14th Annual Empty Bowl Brunch** with proceeds going to Must Ministries. \$15 includes a bowl made by a local artist (you choose and keep) and chili or soup. December 11. 11am-1:30pm. Advance tickets on sale now. The Art Place, 3330 Sandy Plains Road, Marietta. 770-509-2700 | [www.theartplace.us](http://www.theartplace.us)

**16th Annual Sleighbells on the Square 5K/1K/Tot Trot** sponsored by the Cobb County Bar Association to benefit their Children's Emergency Fund. December 10: Peachtree qualifier. 8:30am. \$30. \$35 on race day. Historic Marietta Square. More info/to register: [www.active.com](http://www.active.com), [www.cobbcountybar.org](http://www.cobbcountybar.org), or [www.marietta.ga.gov](http://www.marietta.ga.gov).

**A Day With Santa.** Santa's arrival begins at noon with a Main Street parade featuring marching bands, decorated floats, vintage cars, and colorfully-costumed characters. The celebration continues with a holiday host of activities including FREE snow tubing, inflatables and amusements, kid's crafts, visits with Santa, stage entertainment, and a holiday market full of gift ideas and unique merchandise. Food vendors will be onsite. December 3: 12-6pm. Admission: Free. Downtown Kennesaw, 2838 Cherokee Street, Northwest Kennesaw. 770-422-9714 | [www.kennesaw-ga.gov](http://www.kennesaw-ga.gov)

**Breakfast with Santa.** Presented by Mt. Zion Youth. December 10. \$5/person; \$20/family. 8:30-10:30am. Mt. Zion United Methodist Church, 1770 Johnson Ferry Road, Marietta. 770-971-1465 | [www.mtzionumc.org](http://www.mtzionumc.org).

**Breakfast with Santa.** Guess who's coming to breakfast? The Kennesaw-Acworth Optimist Club is hosting an "all-you-care-to-eat" breakfast complete with pancakes, sausage, juice, coffee and table-to-table visits with the jolly old elf himself. December 10: 8-11:15am. Seating at 8am and 10am. Advance tickets: \$6/person or \$8 at the door. Ben Robertson Community Center, 2753 Watts Drive, Kennesaw. 770-422-9714 | [www.kennesaw-ga.gov](http://www.kennesaw-ga.gov)

**Brunch with Santa at Public House.** Adopt-A-Family charity campaign that will give needy families the things they need and gifts for Christmas. Bring in an unwrapped item from a family's Wish List (located on-site currently) and present it to a Public House associate. Gift Cards and cash donations are also appreciated. December 4. 8am-2pm. \$17.95/adult; \$8.95/child 10 and under. Public House Roswell, 605 Atlanta Street, Roswell. 770-640-5548 | [manager@publichouserosewell.com](mailto:manager@publichouserosewell.com).

**The Botanical Express at Atlanta Botanical Garden.** Weekends through December 24 and select weekdays. 10am-4pm. \$3/passenger. Climb aboard as the conductor takes you on a scenic holiday journey around the Garden. 1345 Piedmont Avenue, Atlanta. 404-876-5859 | [www.atlantabotanicalgarden.org](http://www.atlantabotanicalgarden.org).

**Children's Holiday Shabbat.** A special Hanukkah-themed Shabbat Celebration for children 3-10 years old. Story time, make sparkling menorahs, eat latkes and other fun holiday activities. December 16. 6:30pm. Free. Congregation Ner Tamid, 1349 Old Highway 41, Suite 220, Marietta. 678-264-8575 | [events@mynertamid.org](mailto:events@mynertamid.org).

**Garden Lights at Atlanta Botanical Garden.** All nights through January 7. 5-10pm. Ticket prices vary based on Non-Peak and Peak nights. Discounted tickets are available online before 4pm on the day of the show. The annual extravaganza features spectacular light displays throughout the Garden. 1345 Piedmont Avenue, Atlanta. 404-876-5859 | [www.atlantabotanicalgarden.org](http://www.atlantabotanicalgarden.org).

**Christmas at Callanwolde.** You'll be transported into a magical world in the twinkling of an eye as you enter the magnificent Gothic-Tudor mansion. Transformed by Atlanta's top interior and floral designers, the historic Callanwolde estate captures the spirit and charm of the holidays. Through December 13. New this year through December 29, Callanwolde is teaming up with Illuminating Design to bring you an interactive outdoor light show experience: The Christmas at Callanwolde Light Show. Designer Show House hours: 11am-6pm. Light Show hours: 6-10pm. \$20/general admission. \$15/groups of 20 or more. Free/children 3 and under. \$35 Combination Tour ticket. Callanwolde Fine Arts Center, 980 Briarcliff Road NE, Atlanta. 404-872-5338 | [www.christmasatcallanwolde.org](http://www.christmasatcallanwolde.org)

**Christmas at Piedmont Church Arts & Crafts Show.** Unique arts and crafts exhibitors from all over the south-east that have crafted, arranged, painted, or built all the products themselves, as well as delicious food and local entertainment. December 9-10. Friday: 5-9pm. Saturday: 10am-5pm. Free. Piedmont Church, 570 Piedmont Road, Marietta. 770-423-1330 | [www.piedmontchurch.tv](http://www.piedmontchurch.tv)

**Christmas High Tea at Bulloch Hall** served by ladies in period clothing. Reservations: \$45. December 1, 6, 8, 13: 4pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. 770-992-1731 | [www.bullochhall.org](http://www.bullochhall.org)

**Christmas Packages.** Check out over 20 venues featuring timeless Christmas traditions including carriage rides, music, face painting, freeze tag, puppets, trains, reindeer, food trucks and crafts. December 4. 4-7:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. 770-795-3256 | [www.johnsonferry.org](http://www.johnsonferry.org)

**Christmas Royal Tea and Yuletide Ball.** Treat that special starry-eyed child in your life this holiday season at The Strand. You and your prince or princess will start the evening with Christmas royals Prince Good tidings and Princess Joy at the The Strand's fourth floor banquet chamber for High Tea. Afterwards, guests are invited to retire to 2nd floor minstrel's hall where the Prince and Princess will teach young guests a few simple royal dances at the Grand Yuletide Ball. \$15. Limited space available. December 17, 18, and 22. 12pm and 3pm. The Earl Smith Strand Theatre, 117 N. Park Square, Marietta. 770-293-0080 | [www.earlsmithstrand.org](http://www.earlsmithstrand.org)

**Christmas for Kids.** Yule log and candy cane hunt, snacks, craft, stories, and a visit from the Snow Queen and Winter Princess as well as Mr. & Mrs. Claus. For ages 5-11. December 10: 10am-12pm. \$10 per adult, \$15 per child. Reservations required. Bulloch Hall, 180 Bulloch Avenue, Roswell. 770-992-1731 | [www.bullochhall.org](http://www.bullochhall.org)

**Cookies with Santa.** All ages are invited to come for a relaxing, fun-filled afternoon of holiday activities. Kids will be able to talk to Santa in a casual environment. Enjoy an afternoon of holiday treats, cocoa and tea. \$5/child. Parents are free but must accompany children to this event. December 11: 2-4pm. Register online: Class ID 182575 or at either Y branch. McClesky-East Cobb Family YMCA, 1055 East Piedmont Road, Marietta. 770-977-5991 | [www.ymcaatlanta.org](http://www.ymcaatlanta.org)

**Elf Extravaganza.** You've met with Santa, now come meet his head elf, Jilly, and enjoy an evening of holiday fun for all ages! Children will enjoy face painting, reindeer games and holiday shopping for gifts for mom and dad at Santa's workshop. Light refreshments will be available. \$5/child. Parents are free, but must accompany children to this event. Friday, December 16: 6-8 pm. Register online: Class ID 203760 or at either branch. Northeast Cobb Family YMCA, 3010 Johnson Ferry Road, Marietta. 678-569-9622

**Holidays at the Avenue.** Enjoy complimentary horse drawn carriage rides, holiday music and visits with Santa at The Avenue! December 2, 9 & 16. 3-7pm. The Avenue of East Cobb, 4475 Roswell Road, Marietta. 770-971-9945 | [www.shoptheavenue.com](http://www.shoptheavenue.com)

## "O Come, All ye Faithful"

The Episcopal Church of St. Peter and St. Paul Invites You to Spend Advent and Christmas with us!

**Advent Lessons and Carols:** Sunday, December 4th at 4:00pm. Special worship service that marks the quiet season of Advent.

**Advent Organ Music** begins at 3:30pm.

**Christmas Eve Family Holy Communion:** Saturday, December 24th at 3:00pm. Children and youth in a dramatic presentation of the Christmas story. Nursery available.

**Christmas Eve Holy Communion:** Saturday, December 24th at 5:00, 9:00 & 11:00pm. Traditional Christmas Eve services. Mild incense at 11:00pm. Nursery available for 3:00pm and 5:00pm only.

**Christmas Day Holy Communion:** Sunday, December 25th at 10:30am. No Nursery available.



The Episcopal Church of  
St. Peter &  
St. Paul

1795 Johnson Ferry Road  
Marietta, GA 30062 • 770-977-7473  
[www.peterandpaul.org](http://www.peterandpaul.org)





# HOLIDAY HAPPENINGS

## CHRISTMAS TRADITIONS

**Holiday Lights Celebration.** This special evening features holiday music by the Dodgen Pops Band and the Walton A Cappella group, special guest appearances by Santa Claus and Rudolph, and the lighting of the live 40-foot East Cobb Park tree. December 4: 4-7pm. Free. East Cobb Park, 3322 Roswell Road, Marietta. [www.eastcobbpark.org](http://www.eastcobbpark.org).

**Kennesaw's Breakfast with Santa.** Kennesaw Parks & Recreation is partnering with the Kennesaw-Acworth Optimist Club to host an "all-you-care-to-eat" pancake breakfast with Santa. December 10. Two seating options available: 8 to 9:15 a.m.; and 10 to 11:15 a.m. Advance tickets are \$6 per person, purchased in advance at the Ben Robertson Community Center. Tickets are available for purchase at the door for \$8 per person (based on availability, space is limited). Children two (2) years of age and under do not need a ticket; however, they must sit on an adult's lap. Ben Robertson Community Center, 2753 Watts Drive. More info: 770-422-9714.

**Light the Night Tree Lighting.** WellStar Kennestone Regional Medical Center hosts its 11th annual tree lighting event and ushers in the holiday season. Santa and Mrs. Claus will be on hand for a photo with you and your family. There will be festive children's activities, holiday musical performances and delicious cookies and hot chocolate. Santa and Mrs. Clause arrive at 4:30 and will be on hand for photo with you and your family. December 4: 4-6pm. Free. WellStar Kennestone Regional Medical Center Blue Parking Deck – Top Level, 677 Church Street, Marietta. 470-644-0300 | [www.wellstar.org](http://www.wellstar.org).

**The Marietta Pilgrimage,** a Christmas tour of six private historic homes all lovingly restored and decorated for the season. December 3-4. Saturday: 9am-6pm. Candlelight tour: 7-9:30pm. Sunday: 10am-6pm. \$25 in advance/\$30 the day of the tour. \$20 in advance/\$25 the day of the tour for the candlelight tour. \$30 in advance/\$35 the day of the tour for the combination ticket. Marietta Welcome Center, No. 4 Depot Street, Marietta. More info: 770-429-1115 or [www.marietapilgrimage.com](http://www.marietapilgrimage.com).

**Pink Pig.** A holiday tradition for the whole family, ride Priscilla along the train tracks under the Pink Pig Tent and experience storybook fantasy in real life. Macy's Lenox Square. Through January 1, 2017. Closed November 20, Thanksgiving Day and Christmas Day. Monday-Friday: 10am-8pm. Saturday: 10am-9pm. Sunday: 11am-7pm in December. 11am-6pm in January. Christmas Eve: 10am-6pm. New Year's Eve: 10am-6pm. \$3/ride. 3393 Peachtree Road, Atlanta. 404-231-2800 | [www.macys.com/campaign/pinkpig/info.jsp](http://www.macys.com/campaign/pinkpig/info.jsp)

**Reindeer Day.** Come out for this unique holiday tradition. Live reindeer will be making a special holiday appearance. Create reindeer crafts and warm up with campfire treats. December 11. 12-4pm. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

**Six Flags Holiday in the Park.** More than one million LED lights and dozens of Christmas trees, festive shows, tasty culinary treats and of course, the Big Man: Santa Claus in all his glory. Select days November 19-January 4. Six Flags, 275 Riverside Parkway, SW, Austell. 770-948-9290 | [www.sixflags.com](http://www.sixflags.com).

**Southern Museum Polar Express Adventure.** Immerse yourself in the classic story told throughout the museum, with vignettes highlighting the plot and interactive performers bringing the story to life. December 10. 2:30-7pm. Get \$1 off event pre-sale tickets only using coupon code "BRIGHTSIDE" at checkout! Regular admission tickets purchased at the event are \$7.50 for adults, \$6.50 for seniors (60+), \$5.50 for children (4-12), and free for children 3 and under. Free for Museum members. The Southern Museum, 2829 Cherokee Street, Kennesaw. More info: 770-427-2117 ext. 3058 | [SouthernMuseum.org](http://SouthernMuseum.org).

**Stone Mountain Christmas.** More than two million lights and an abundance of performances and activities. Through January 4. Stone Mountain Park, U.S. Highway 78 E., Stone Mountain. 770-498-5690.

**Tacky Sweater Party.** Break out those sweaters or vests from the back of your closets, blow off the age-old dust and sport those tacky nightmares over to Six Flags Over Georgia for the biggest tacky sweater party in Georgia! All guests who arrive at the park wearing a tacky Christmas sweater will be given a half-priced General Admission ticket to Six Flags Over Georgia's all-new Holiday in the Park celebration. Remember, a regular looking sweater or vest does not qualify. Discretion of a tacky sweater is up to Six Flags Over Georgia staff. December 16. Six Flags, 275 Riverside Parkway, SW, Austell. 770-948-9290 | [www.sixflags.com](http://www.sixflags.com).

**Winter Wonderland at The Marietta Square.** This Holiday season, The Marietta Square transforms into a nostalgic Winter Wonderland featuring open-air ice skating, Santa's Workshop, multi-story Christmas tree and more! Holiday entertainment will fill the air and the season will include the inaugural New Year's Eve Celebration and Square Drop. Monday-Thursday: 4:30-9pm. Friday: 4:30-11pm. Saturday: 10am-11pm. Sunday: Noon-8pm. When school is out: Monday-Thursday: 10am-10pm. Friday-Saturday: 10am-11pm. Sunday: 12-8pm. There will be an extended ice skating season through late February when school is in session. \$12 includes entrance and skate rental. More info: [www.winterwonderlandmarietta.com](http://www.winterwonderlandmarietta.com)

## CONCERTS

**A Christmas Tradition.** This song and dance revue is guaranteed to make the entire family dance, clap, and enjoy the spirit of the holidays - from Santa loving six year olds to out of town in-laws. December 9-21. Thursdays, Fridays, Saturdays and Tuesday December 20 and Wednesday December 21: 8pm. Sundays: 3pm. \$25. Seniors, students, and military, \$20. The Earl Smith Strand Theatre, 117 N. Park Square, Marietta. 770-293-0080 | [www.earlsmithstrand.org](http://www.earlsmithstrand.org)

# HOLIDAY HAPPENINGS

**Big Chicken Chorus 2016 Christmas Show: Have Yourself a Marietta Christmas.** This show features special guest, Voices of Lee, a 16-member acapella ensemble from Lee University in Cleveland, Tennessee. December 10: 7pm. December 11: 3pm. Tickets: \$0-\$30. Marietta Performing Arts Center at Marietta High School, 1171 Whitlock Ave NW, Marietta. | [www.bigchickenchorus.org](http://www.bigchickenchorus.org)

**Carols for Christmas.** Friday, December 2: 7:30pm. Sunday, December 4: 5:30pm. This service of music and drama -- presented by Chancel choir, praise team, youth choirs, children's choir, bells and orchestra. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. 770-971-2880 | [www.mtbethel.org](http://www.mtbethel.org)

**Christmas Festival Concert** with the 110-voice Roswell United Methodist Church Sanctuary Choir and 60-member Georgia Philharmonic under the direction of Dr. Michael O'Neal; Celebration Ringers under the direction of Lisa Stover; and organist, Tom Alderman present a concert filled with favorite holiday music. December 9: 7:30-9pm. December 11: 3-4:30pm. Free but tickets required to ensure seating. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. Call 770-594-0512 for tickets.

**Christmas Through the Ages.** Michael O'Neal Singers usher in "the most wonderful time of the year" with a program of holiday favorites from days gone by. December 4: 3pm. In advance: \$22/Adult. \$17/Seniors & Students. At the door: \$30. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. 770-594-7974 | [www.mosingers.com](http://www.mosingers.com).

**Cobb New Horizons Concert Band.** Directed by Dr. Charles Jackson, enjoy Hanukkah and Christmas favorites. December 3: 3-4pm. Free. Lassiter High School Auditorium, 2601 Shallowford Road, Marietta. [www.cobbnewhorizonsband.com](http://www.cobbnewhorizonsband.com).

**Cobb Wind Symphony Holiday Concert.** The Winter Concert is free and is open to the public. Conductor Alfred Watkins, Assistant Conductor Bob Cowles. December 10: 8pm. Lassiter High School Concert Hall, 2601 Shallowford Road, Marietta. 678-305-7148 | [www.cobbwindsymphony.org](http://www.cobbwindsymphony.org)

**The Gift of the Holidays, Georgia Symphony Orchestra's annual holiday spectacular** featuring seasonal favorites performed by the Georgia Symphony Orchestra and Chorus. December 3: 3pm & 8pm. Tickets: \$10-\$30. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. 770-429-2390 | [www.cobbsymphony.org](http://www.cobbsymphony.org)



**Spread the Word**  
**Breakfast With Santa**

Including  
\*Gingerbread Store  
\*Santa  
\*Crafts

**Saturday**  
**December 10th**

8:30 - 10:30 am  
\$5 per person - \$20 Family Max  
[mtzionumc.org](http://mtzionumc.org) or call 770-971-1465




**Mt. Zion UMC**  
1770  
Johnson Ferry Rd.  
Marietta  
770-971-1465  
[www.mtzionumc.org](http://www.mtzionumc.org)

**Other Events**

**Blue Christmas Service**  
December 14  
7:00 pm  
Mt. Zion Chapel

**Lessons & Carols Service**  
December 18  
8:30 & 11:00 am

The Children of Mt. Zion Present

**Live Nativity** With Live Animals

Wednesday December 14  
6:15 - 6:45 PM

In the South Parking Area  
[www.mtzionumc.org](http://www.mtzionumc.org) or call 770-971-1465

**Christmas Eve Services 5pm (Family-Friendly), 7pm (Traditional) & 11pm (Modern Worship)**



# HOLIDAY HAPPENINGS

## CONCERTS

**Holiday Fine Arts Showcase**, presented by the Joseph Wheeler High School band, chorus, and orchestra. December 3. Prelude concert: 2pm by the Symphonic and Concert Bands, Philharmonia and Sinfonia Orchestras and Choral Choir. Finale Concert: 4:30pm by the Full Orchestra, Bel Voce Choir, Chamber Orchestra, and Wind Ensemble. \$10/adults, \$5/students and senior adults (60+), \$25/family of 5 (2 adults, 3 students). Wheeler Performing Arts Center, 375 Holt Road, Marietta. Visit [www.wheelerorchestra.com](http://www.wheelerorchestra.com) for tickets.

**Lessons in Carols**. A Christmas Cantata by the Chancel Choir. December 18: 8:30am & 11am. Coffee hour in between. Nursery provided. Mt. Zion United Methodist Church, 1770 Johnson Ferry Road, Marietta. 770-971-1465 | [www.mtzionumc.org](http://www.mtzionumc.org)

**Messiah Sing-Along**. Join voices with the Michael O'Neal Singers in this annual community event. December 18: 3pm. \$10. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. 770-594-7974 | [www.mosingers.com](http://www.mosingers.com).

**The Johnson Ferry Christmas Festival**. December 10 and 11: 4pm & 7pm. Free Christmas concert featuring the Johnson Ferry Choir and Orchestra. Preschool childcare available. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. 770-973-6561 | [www.johnsonferry.org](http://www.johnsonferry.org)

**Season's Greetings**, presented by Atlanta Wind Symphony. A holiday concert featuring jazz influences and holiday favorites. December 18: 3-4:30pm. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. 770-594-6232 | [www.atlantawindsymphony.org](http://www.atlantawindsymphony.org)

**Carols by Candlelight**, featuring the Georgia Festival Chorus and directed by Frank Boggs. December 1. 7:30-9:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. 770-973-6561 | [www.johnsonferry.org](http://www.johnsonferry.org)

**Soulful Sounds of Christmas** featuring Will Downing, with Najee and Ken Ford. December 11: 6pm. Tickets: \$35-\$89. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. 800-745-3000 | [www.cobbenergycentre.com](http://www.cobbenergycentre.com)

**Symphony on the Square presents Christmas Memories**. Bring the family for a trip down Christmas memory lane and meet Santa Claus who will be attending the concert and will be available for pictures and selfies before the show! December 8 and 9 at 8pm. Tickets are \$15. Cobb Civic Center, Jennie T. Anderson Theatre, 548 South Marietta Parkway Southeast, Marietta. More info: [www.symphonyonthesquare.org](http://www.symphonyonthesquare.org)

## LIGHT DISPLAYS

**Fantasy in Lights at Callaway Gardens**. Through January 7. \$28/Adults. \$14/Children 6-12. Ages 5 and under: Free but require a "free child" ticket. Prices vary with prime and value days. Check for times and purchase tickets in advance for best rates. Enjoy the scenic five-mile drive, featuring over eight million lights with holiday tunes. Hwy. 27, Pine Mountain. 706-663-2281 | [www.callawaygardens.com](http://www.callawaygardens.com)

**Garden Lights, Holiday Nights at Atlanta Botanical Garden**. Through January 7, 2017. 5-10pm. Peak Night Admission: (Thursday – Sunday) and every night December 15-January 7, \$26 Adult (Member \$21), \$20 Child age 3 – 17 (Member \$15), Child Under 3 Free. Non-Peak Night Admission: (Monday – Wednesday) through December 14, \$23 Adult, (Member \$18), \$17 Child age 3-17 (Member \$12). 1345 Piedmont Avenue NE, Atlanta. 404-876-5859 | [www.atlantabotanicalgarden.org](http://www.atlantabotanicalgarden.org)

**Holiday in Lights at Centennial Olympic Park**. Through January 1, 2017. Free. 7am-11pm. Thousands of colorful lights and animated holiday displays transform the downtown park into a dazzling dreamland. Outdoor ice skating available through January 8. 265 Park Avenue West, Atlanta. 404-223-4412 (for skating hours and ticket prices) | [www.centennialpark.com](http://www.centennialpark.com)

**Lights of Life**. Millions of holiday lights throughout the campus. Through December 31. Santa Claus will be visiting on weekends for photographs. There will also be pony rides (\$5 per rider), train rides (\$3 per rider), a petting zoo (\$3 per person), and a concession stand offering seasonal drinks and snacks for purchase. Costs are \$5 per car Monday-Thursday, \$10 per car on the weekends and December 19-31 and \$20 per bus at any time. The display opens at dark every night and runs until 9pm Sunday through Thursday and 10pm on Fridays and Saturdays. Life University, 1269 Barclay Circle, Marietta. 678-331-4334 | [www.life.edu](http://www.life.edu)

**Magical Lights at Lake Lanier Islands**. Daily through January 3 (including holidays). 5-10pm. \$36/car. \$75/van (11-20 people). \$190/bus (21+ people or more). Take a driving tour through more than 7 miles of giant illuminated characters and millions of twinkling lights. 7000 Holiday Road, Lake Lanier Islands, Buford. 770-945-8787 | [www.lakelanierislands.com](http://www.lakelanierislands.com)

## LIVE NATIVITY

**Bethlehem Walk**. Walk through the streets of Bethlehem to a live nativity scene. December 3-4 and 9-10. 7pm. Free. Mountain View United Methodist Church, 2300 Jamerson Road, Marietta. 770-928-0050 | [www.mvumc.org](http://www.mvumc.org)

**Live Nativity**. December 14. 6:30-7:30pm. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. 770-971-2880 | [www.mtbethel.org](http://www.mtbethel.org)



## MENORAH LIGHTING

**Menorah Lighting on Marietta Square.** Congregation Ner Tamid will hold a ceremony on the Glover Park Stage at Marietta Square to light a Menorah as part of a Chanukah Celebration which will include holiday music and fun children's games. All are welcome. Chanukah is celebrated this year from sundown on December 24 through sundown January 1. Congregation Ner Tamid, 1349 Old Highway 41, Suite 220, Marietta. 678-264-8575 | [www.mynertamid.org](http://www.mynertamid.org).

## SANTA SIGHTINGS

**Atlanta Swim Academy**  
December 3: 5-6:30pm  
732 Johnson Ferry Road  
Marietta 30068  
More info: 770-973-3120  
[www.atlantaswimacademy.com](http://www.atlantaswimacademy.com)

**The Avenue at East Cobb**  
Fridays through December 16: 3-7pm  
4475 Roswell Road, Suite 1520  
Marietta 30062  
More info: 770-971-9945  
[www.theavenueeastcobb.com](http://www.theavenueeastcobb.com)



### Cumberland Mall

Monday-Saturday: 12-8pm. Sundays: 12pm-6pm.  
Special hours:  
December 16-23: 9am-9pm  
December 18: 10am-8pm  
Christmas Eve: 8am-6pm  
(Break: 12:30-1:30pm)  
1000 Cumberland Mall  
Atlanta 30339  
More info: 770-435-2206  
[www.cumberlandmall.com](http://www.cumberlandmall.com)




### Edward-Johns Jewelers

December 4 & 11: 2-4pm  
1205 Johnson Ferry Road, Suite 124  
Marietta 30068  
More info: 770-977-2026  
[www.edward-johns.com](http://www.edward-johns.com)

### Lenox Square Mall

Monday-Sunday through December 24.  
Make an appointment for holiday photos by visiting Simon.  
[NoerSanta.com](http://NoerSanta.com)  
3393 Peachtree Road NE  
Atlanta 30325  
More info: 404-233-6767  
[www.simon.com](http://www.simon.com)



**Symphony on the Square**  
presents  
*Christmas Memories*  
Thursday and Friday Evening  
December 8 and 9 at 8:00  
Cobb Civic Center ~ Jennie T. Anderson Theatre  
Tickets on sale for \$15.00 at  
[www.symphonyonthesquare.org](http://www.symphonyonthesquare.org)  
*Come early and bring a camera for pictures with Santa*



# HOLIDAY HAPPENINGS

## SANTA SIGHTINGS

### North Point Mall

Monday-Saturday: 10am-8pm.  
Sunday: 12-6pm through December 8.  
Extended hours beginning December 9.  
December 24: 8am-6pm  
1000 North Point Circle  
Alpharetta 30022  
Mall hours through December 24  
More info: 770-740-9273  
[www.northpointmall.com](http://www.northpointmall.com)

### Perimeter Mall

Monday-Saturday: 11am-8pm. Sundays: 11am-6pm.  
Special Hours:  
December 16-23: 9am-9pm  
Christmas Eve: 9am-6pm  
(Break: 12:30pm-1:30pm)  
4400 Ashford Dunwoody Road  
Atlanta 30346  
More info: 770-394-4270  
[www.perimetermall.com](http://www.perimetermall.com)

### Santa on the Square

Reserve your time with Santa in advance.  
See website for available dates/times.  
Marietta Square - Glover Park  
Marietta 30060  
[www.winterwonderlandmarietta.com](http://www.winterwonderlandmarietta.com)

### Town Center Mall

Various times. Check website.  
400 Ernest W. Barrett Parkway  
Kennesaw 30144  
More info: 770-424-9486  
[www.towncenteratcobb.com](http://www.towncenteratcobb.com)

## THEATER

**A Christmas Carol**, a traditional holiday classic for the entire family guaranteed to fill you with the Christmas spirit and warm your heart. December 8-11, 14-18 at 8pm. There will also be matinee performances in addition to the evening performances on December 10, 11, 17, 18 at 3pm. \$18/adults. \$16/students and seniors. Bulloch Hall, 180 Bulloch Avenue, Roswell. 770-992-1731 | [www.bullochhall.org](http://www.bullochhall.org)

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WHAT THEY  
WANT



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Marietta, Georgia  
678.981.2440

[renasantbank.com](http://renasantbank.com)



East Cobber Wishes You a Merry Christmas and a Happy New Year!

**Atlanta Ballet's *Nutcracker* with the Atlanta Ballet Orchestra.** Fairies, princes, and dancing snowflakes. The magic of the holiday season is alive again at the Fabulous Fox Theatre. Share the tradition and feel the warmth that has been enchanting audiences in Atlanta for over 50 years. December 9-24. See website for dates and times. Tickets start at \$25. Fox Theatre, 660 Peachtree Street NE, Atlanta. 404-873-5811 | [www.atlantaballet.com](http://www.atlantaballet.com) | 800-982-2787/Ticketmaster

**Every Christmas Story Ever Told (and then some...)** presented by CenterStage North. Instead of performing Charles Dickens' beloved holiday classic for the umpteenth time, three actors decide to perform every Christmas story ever told-plus Christmas traditions from around the world, seasonal icons from ancient times to topical pop culture, and every carol ever sung. A madcap romp through the holiday season. December 9-11, 15-17: 8pm; December 11 & 17: 2pm. \$15 in advance; \$18 at the door. Purchase tickets: [centerstagenorth.tix.com](http://centerstagenorth.tix.com) or [cheryl.beur@att.net](mailto:cheryl.beur@att.net). The Art Place - Mountain View, 3330 Sandy Plains Road, Marietta. 404-277-7640 | [www.centerstagenorth.org](http://www.centerstagenorth.org)

**It's a Wonderful Life Marathon.** In this true holiday classic, an angel (Henry Travers) helps a compassionate but despairingly frustrated businessman (James Stewart) by showing what life would have been like if he never existed. Get here half an hour early for a holiday preshow and sing along on the Mighty Allen Theatre Organ. December 22. 12pm, 3pm, 6pm, 9pm. \$8/adults. \$7/seniors, students, and military. The Earl Smith Strand Theatre, 117 N. Park Square, Marietta. 770-293-0080 | [www.earlsmithstrand.org](http://www.earlsmithstrand.org)

**The Gift of the Magi** presented by Theatre in the Square. Based on the 1905 story by O. Henry. This touching story of the sacrifice for true love is a classic tale for the whole family. Holiday activities and Santa visits an hour before the show. December 1, 3, 8, 9, 10: 8pm. December 4, 11: 3pm. \$15/\$20/\$25. Theatre in the Square, 11 Whitlock Avenue SW, Marietta. 770-426-4800 | [www.theatreinthesquare.co](http://www.theatreinthesquare.co)

**The Nutcracker** presented by The Georgia Ballet, featuring dancing snowflakes, giant toy soldiers, a growing Christmas tree, and a delectable land of sweets. December 2-4. Friday: 8pm. Saturday: 2pm & 8pm. Sunday: 2pm & 5:30pm. \$30-\$40. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. 770-528-0881 | [www.georgiaballet.org](http://www.georgiaballet.org)

**Santa After Hours 2016: Double Secret Probation.** The miscreants who've sullied each of the last seven holiday seasons return with another dose of twisted and hilarious comedy to replace your holiday cheer. Leave the kids at home, and enjoy late night fare guaranteed to replace your brain's good wholesome family cheer with our disturbing and hilarious take on the holidays. December 2-December 17. Every Friday and Saturday. 10pm. Tickets: \$17.40 (includes sales tax and order fee). Out Of Box Theatre. 585 Cobb Parkway South, Marietta. 678-653-4605 | [www.travelcobb.org](http://www.travelcobb.org)





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[Chattnaturecenter.org](http://Chattnaturecenter.org)



# 2016 December

## COMMUNITY CALENDAR

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

### TUESDAY AND SATURDAY

**Feeding Time at the Chattahoochee Nature Center.** Join a naturalist for an in-depth look at one of their resident animals as they are being fed. 4pm. Admission: ) \$10/ Adult, \$6/Child (3-12), \$7/Senior 65+, \$7/ Student (Ages 13 -18), Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

### EVERY FRIDAY

**The Gritters Knitters.** Do you knit, crochet, or work with yarn in anyway? If you would like to get together to craft, get inspired, and make new friends, then this group is for you. All skill levels are welcome the only requirement is your enthusiasm! Just bring your yarn and yourself. Fridays: 11am-1pm. Gritters Library, 880 Shaw Park Road, Marietta. More info: 770-528-2524

### EVERY SATURDAY

**Marietta Square Farmers Market** features products that are grown and produced in Georgia, including produce, plants, honey, breads, cheese and other items. Saturday 9am-12pm. Rain or shine. Now open all year. Glover Park-Marietta Square. More info: 770-499-9393 or [mariettasquarefarmersmarket.net](http://mariettasquarefarmersmarket.net).

### THROUGH DECEMBER 10

**Christmas Tree Lot.** Featuring North Carolina fresh fraser firs. All proceeds benefit Lassiter Band Booster Association. Mon-Thurs: 4-8pm; Fri-Sat: 12-9pm; Sun: 12-8pm. Corner of the Highlands Plaza Publix shopping center on the corner of Sandy Plains and Shallowford Road, Marietta 30066. More info: Andrew Halloran at 770-490-9182.

### THROUGH DECEMBER 15

**Artist Attic Holiday Show & Sale.** Unique handmade items by students, instructors and staff from The Art Place. 10am-5pm. The Art Place – Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-2700.

**RSV RONALD SACHS VIOLINS**

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*Seriously...* *Fun!*

## DECEMBER 3

**Back to Nature Holiday Market and Festival.** Meet over forty fine arts artisans. The market contains local vendors selling their handmade, eco-friendly goods for your holiday gift giving. 10am. Free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

## DECEMBER 3-4

**Bizarre Bazaar**, presented by Roswell Fine Arts Alliance. A slightly wacky way to find wonderful holiday gifts at reasonable prices. Artisans will offer a variety of items along with beautiful seasonal paintings. Saturday: 10am-4pm. Sunday: 1-4pm. The Art Center, 9100 Fouts Road, Roswell. More info: 770-977-0238 or RFAA.org.

## DECEMBER 4

**St. Nicholas Charity Soccer Event** hosted by YMCA Cobb Adult Soccer League. Candy canes, hot chocolate and water for everyone. Prizes for Ugliest Christmas Sweater, Best Christmas Hat and Best Team Costume. All donations go to MUST Ministries to fill their Toy Box for Cobb Families in Need. Entry fee: Toy (new & unwrapped), valued at \$25 or greater – please include batteries if required. 9am-9pm. Custer Park, 600 Kenneth E. Marcus Way, Marietta. More info: Karon Beyer at cobbssoccer@gmail.com or call 404-317-9245

## DECEMBER 6

**Little Listeners.** Through music, finger-plays, and the reading of one or two stories, preschoolers are introduced to pre-literacy skills and socialization at the library. This structured program lasts 30 minutes and is for children ages of 3-5 years of age and their parent or caregiver. 11am. Mountain View Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-2725.

## DECEMBER 6, 8, & 13

**High Tea**, a delightful way to spend an afternoon in the 1839 childhood home of Mittie Bulloch. Visit includes a delicious 2-course tea served by ladies in period clothing and a tour of the house decorated for Christmas. 4pm. \$45/person. Reservations required. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: 770-992-1731, ext. 2 or bullochhall.org.

## DECEMBER 7

**Artsy Smartsy: School Age Art Club.** Fun for ages 5-10. Children are invited to use their imagination as they learn about art and explore paintings, sculpture, and architecture. Each class includes a story, analysis of works of art, and a hands-on art-making experience with a project to take home. 3:30-4:30pm. Gritters Library, 880 Shaw Park Road, Marietta. More info: 770-528-2524 or cobbcat.org.

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## DECEMBER 8

**READING Paws.** Come read with a therapy dog! This one-on-one program for children in grades K-5 is designed to promote self-confidence and to encourage independent reading skills. Registration is required. 3:30-4:30pm East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730 or cobbcat.org

## DECEMBER 10

**International Adoption Info Session** presented by CCAI Adoption Services. A 501c(3) charitable, non-profit child placement agency. CCAI offers participants the opportunity to explore adopting a child from China, Bulgaria, Latvia, or Ukraine. This information session provides details including but not limited to: qualifications, fees, services, timelines, and travel requirements. Please e-mail [ga-promo@ccaifamily.org](mailto:ga-promo@ccaifamily.org) to reserve space at their complimentary information meeting. 2-3:30pm. Panera Bread Company, 4475 Roswell Road, Marietta/East Cobb. More info: 678-560-5863 or [ga-promo@ccaifamily.org](mailto:ga-promo@ccaifamily.org)

**Museum Mice Tours: Following Murray's Treasure Map.** Tours are geared towards children ages 3-5 and their parents to introduce them to history. 10:30-11:30am. \$5/ person. \$15 max/family. Marietta Museum of History, 1 Depot Street, Suite 200, Marietta. More info: 770-794-5710 or [mariettahistory.org](http://mariettahistory.org).

## DECEMBER 11

**Annual Empty Bowl Brunch** with proceeds going to various charities. 11am-1:30pm. \$15 includes a bowl made by a local artist (you choose and keep) and chili or soup. Advance tickets on sale now. The Art Place - Mountain View, 3330 Sandy Plains Road, Marietta. More info: 770-509-2700 or [theartplace.us](http://theartplace.us).

**Charles Ives and the American Music Revolution** performed by the Atlanta Youth Wind Symphony Concert (AYWS). Features Overture and March: 1776, Variations on "America," Country Band March, Old Home Days Suite, Here's to Good Ol' Yale, "The Alcotts" from Sonata No. 2 "Concord," and the Finale from Symphony No. 2. 4pm. Free. Lassiter Concert Hall, 2601 Shallowford Road, Marietta 30066. More info: 404-367-5163 or [atlantayouthwindsymphony@gmail.com](mailto:atlantayouthwindsymphony@gmail.com).

**Greater Atlanta Coin Show.** Dealers display a variety of numismatic items and other collectibles. People are invited to browse, buy, sell or trade coins, currency, gold and silver bullion, or other collectibles. Free. 9am-5pm. Hilton Atlanta/Marietta Hotel and Conference Center, 500 Powder Springs Street, Marietta. More info: 770-772-4359 or [atlcoin.com](http://atlcoin.com).

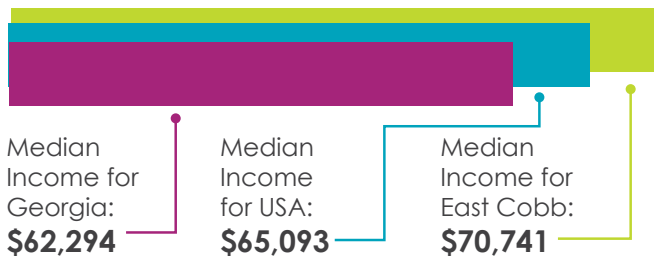
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## EAST COBBER: Serving East Cobb County since 1993

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

### AFFLUENT

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

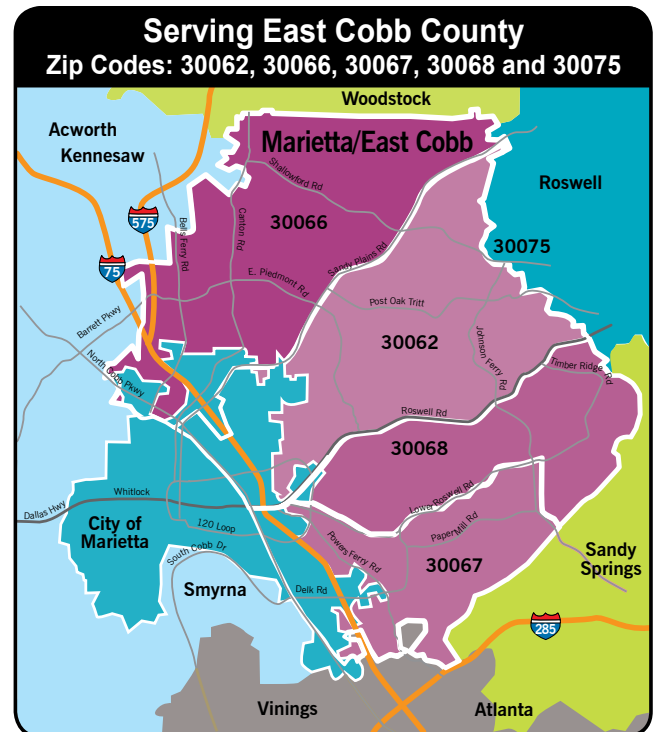


### EDUCATED & FAMILY-FOCUSED

 **66.7%** with College Degrees

 **66%** Married Couples Who Both Work

 **80%** Families with at least one Child



## A TIME TO GIVE THANKS

To Our Loyal Friends in East Cobb County,

BOSS would like to take a moment of your time to wish you and your family a safe and love-filled holiday season. In a time when things around us seem to be spinning faster and faster, take a solitary moment to slow down, look around you, and give thanks for all that you have. Everyone has something to be thankful for. Commit to trying to see the glass as "half-full" and not "half-empty". To us, this means "hopeful". Couple "hopeful" with "do the right thing when nobody is watching" and you have a design for living. If you meet others like this, you've met a decent human being. Hold on to that person.

We, at BOSS, continue to be thankful for your business and hopeful for the future. In less than six

months, our friends in East Cobb helped us to become one of the leading sanitation companies in the county. We are hopeful that we did it through hard work and attention to service.

As you know, we're deeply involved in finding a carbon and methane free solution to the question "what do we do with all the garbage which is overwhelming us?" Americans produce over 240 million tons of it per year. To date, the ways in which we dispose of it have clearly lagged behind science. Since we put a man on the moon, it stands to reason that we can find a way to stop polluting ourselves. Ironically, some of the technologies we propose come from the very same people and companies that put a man on the moon. I mean think about it...We are the first species ever to populate the

planet that pollutes the very resources it needs to survive. Isn't that crazy? What's even crazier is - the tools, techniques and machines to reverse it have been around for almost 60 years! This is the main reason we choose to reenter this business and "show em and not tell em". Instead of shouting around Washington like a wild man in a forest, we believe if we can prove we have enough waste to sustain our own plant, by gosh we'll get started and prove, once and for all, that garbage can be converted into clean energy...to the advantage of all involved.

This is where we need your help. We need to reach a level of collection which clearly supports the needs of ONECLEAN ENERGY PLANT. We're up to the challenge if you are! What have you got to lose? In return, we commit to offering you the lowest

price possible in collections so we can reach our goal.

We've designed a clean energy system which performs beyond expectation (-0- Carbon Footprint, -0- Methane Footprint) and generates a profit better than today's standard of measure for a "profitable utility"; the Dow Jones Utility Average. If one seeks Google-like profits - buy Google. If one seeks steady and predictable profits over many years, BOSS would like to talk with you. Cause that's what we're proposing. Rome wasn't built in a day. Neither will cleaning up the entire planet. That's gonna take some time. No reason we can't start right in our backyard. Don't tell 'em, show 'em right? Find out how you might be involved?

Happy Holidays from our families to yours.

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# COMMUNITY CALENDAR

## DECEMBER 11

**St. Nicholas Holiday Market** hosted by the Ladies Philoptochos (friend of the poor) Society of the Holy Transfiguration Greek Orthodox Church. Come shop unique gifts, crafts, jewelry and speciality Greek foods and pastries. 12-4pm. Holy Transfiguration Greek Orthodox Church Parish Life Center, 3431 Trickum, Marietta 30066. More info: 770-924-8080.

## DECEMBER 13

**Cobb Community Alliance to Prevent Substance Abuse (CCAPSA)** - Invites all to bi-monthly community meeting. Learn about and network with other concerned citizens over issue of prescription drug abuse and opioid addiction in our county. Keynote speakers: John & Fair Brocard, founders of Prodigal Child Ministries. 11:30am-1pm. YWCA, 48 Henderson Street SW, Marietta. More info: jverrecchia@ccapsa.org.

## DECEMBER 17

**Georgia Southeast Bowl (CSE), Georgia Southwest Bowl (GSW), Georgia Northwest Bowl (GNW), and Cobb Senior Bowl (CSB).** Four football games that feature the best high school football players and their coaches from the metro Atlanta area. Kickoff times, GSE: 9am; GSW: 12:30pm; GNW: 4pm; CSB: 7:30pm. Tickets: \$10 at the gate; Skybox: \$50. McEachern High School, 2400 New Macland Road, Powder Springs 30128. More info: americanyouthcouncil.com.

**The Joy of Parenthood.** A personal journey through newborn care. Learn about newborn behaviors and care including holding techniques, diapering, feeding, dressing, and bathing. 10am-1pm. \$30. East Cobb Health Park, 3747 Roswell Road, Marietta/East Cobb. More info: 770-956-STAR (7827) or wellstar.org.

## DECEMBER 17-18

**Disney Live! Mickey and Minnie's Doorway to Magic.** Join Mickey Mouse, Minnie Mouse and the comical duo of Donald and Goofy as 25 of your favorite characters surprise and captivate at every turn of the knob! Sat: 2pm and 6pm; Sun: 11am and 2pm. \$20-\$80 plus applicable fees. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or cobbenergycentre.com.

## DECEMBER 19-22

**Christmas Basketball Camp.** Open to all Mt. Bethel Christian Academy boys and girls, grades PK-8th and their friends or family. No prior basketball experience is needed; just the desire to have fun and practice some skills with Coach Boyd and Mt. Bethel's varsity student athletes! 9am-1pm. Cost: \$195 (4 days); \$100 (2 days). Mt. Bethel Christian Academy North Campus, North Campus Gym, 2509 Post Oak Trill Road, Marietta 30062. Contact Cal Boyd, cal.boyd@mtbethelchristian.org.

## DECEMBER 22

**Mittie Bulloch and Theodore Roosevelt Sr.'s 1853 Wedding Reenactment.** Step back in time as a guest at this important wedding which ultimately produced our 26th president, Theodore Roosevelt. \$15/adults. \$10/children (6-18). Tours on the half hour: 6pm, 6:30pm, 7pm, 7:30pm, 8pm & 8:30pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info/reservations: 770-992-1731 or bullochhall.org.

## DECEMBER 22-23 & 26-30, JANUARY 4

**Dynamite Days Off Camp.** During the school holiday breaks the McCleskey YMCA is providing healthy fun activities for children 5-12. Activities include swimming, crafts, sports and group games. 9am-4pm (extended care from 7:30am-6pm). Members: \$40/day. Program Members: \$60/day. McCleskey YMCA, 1055 E Piedmont Road, Marietta. More info: 770-977-5991.

**MORE ONLINE**  
For late-breaking events  
this month, visit  
[www.eastcobb.com](http://www.eastcobb.com)



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## DECEMBER 22-JANUARY 4, 2017

Cobb County schools closed for winter break.

## DECEMBER 26-30

**Junior Lifeguard Training.** Lifeguarding is one of the best jobs for high school and college students. The Junior Lifeguarding program is designed to give participants the foundation of knowledge and skills to be future lifeguards. Participants will learn lifesaving rescue techniques, be able to shadow lifeguards, learn about volunteer opportunities as a Junior Lifeguard at the Y. Course will include both in water and classroom sessions. 9am-4pm. Members: \$200. Program Members: \$290. McCleskey YMCA, 1055 E Piedmont Road, Marietta. More info: 770-977-5991.

## DECEMBER 27-30

**Lifeguarding Training.** Become a certified lifeguard. Successful participants of this course will be certified in CPR for the Professional Rescuer, Basic First Aid, Emergency Oxygen Administration, and Red Cross Lifeguarding at pools, water fronts, and water parks. Participants must attend all classes, be able to swim and pass prerequisite swim requirements, and be 15 by the end of the class. 9am-5pm. Members: \$200. Program Members: \$290. McCleskey YMCA, 1055 E Piedmont Road, Marietta. More info: 770-977-5991.

## DECEMBER 27-30

**Winter Break Camp at Camp Kingfisher,** a taste of summer camp fun with some unique twists. Kindergarten – 7th grade. 9am-4pm. Free extended care available from 8-9am & 4-6:15pm. Members: \$180-\$280. Non-members: \$200-\$310. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055, ext. 238, or [chattnaturecenter.org](http://chattnaturecenter.org).

## DECEMBER 27-31

**Tournament of Champions Classic.** The six-time state champion Wildcats will welcome 31 teams from eight different states. There will be 12 games played each of the four days. Times vary. Tickets: \$10/person, 5 and under free. Wheeler High School, 30068. Times vary. Tickets: \$10/person, 5 and under free. More info: [www.tournamentofchampionsclassic.com](http://www.tournamentofchampionsclassic.com)

## JANUARY 8

**The Georgia Bridal Show.** Meet face to face with wedding professionals and find everything you need to create the wedding of your dreams. 12-5pm. \$10 in advance online or \$15 cash only at door. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info/tickets: [eliteevents.com](http://eliteevents.com).



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## NEW YEAR'S EVE EVENTS

*The Atlanta area offers a New Year's Eve celebration for every taste and every budget. Here are some of the big ones. For more New Year's events and local restaurant specials and church festivities, visit [www.eastcobber.com](http://www.eastcobber.com) or check out the EAST COBBER Facebook page for last-minute listings.*

**Chick-fil-A Bowl Parade and FanFest.** Watch the parade, complete with bands, cheerleaders, mascots and more. The parade will either be from 9 - 10am, or 1 - 2pm depending on the time of kickoff decided on December 4th. at the intersection of Peachtree & Baker Street and proceed south on Peachtree and west on Andrew Young International Boulevard. The parade ends at the Georgia World Congress Center (285 Andrew Young International Boulevard). This event will run from 10am - 2pm or 2 - 6pm depending on the kickoff time to be announced on December 4th. It will be held inside the Georgia World Congress Center, Building C, Halls C1-C3. December 31. Parade: free. FanFest: \$15. \$10 (with game ticket). 404-586-8500 | Tickets available for purchase at door or at [www.chick-fil-a-peachbowl.com](http://www.chick-fil-a-peachbowl.com).

**The Marietta Square Rings in the New Year with two celebrations.** Visitors will enjoy live music on the Bandstand in Glover Park, ice sculpting and family festivities throughout the day. The smallest visitors will be included in the fun with a special Children's Cow Drop at 7pm. Visitors without a curfew will stay out late for a one-of-a-kind Midnight Square Drop in the heart of The Marietta Square. Local restaurants and venues will stay open late and live entertainment will continue throughout the night. Historic Marietta Square, Marietta 30060. More info: [www.winterwonderlandmariettasquare.com](http://www.winterwonderlandmariettasquare.com).

**New Year's Eve at the Strand.** TRIBUTE: An Allman Brothers cover band brings the timeless music of the Allman Brothers to the Earl Smith Strand Theatre on New Year's Eve. The show will begin at 8:30pm and end at 11:30pm, giving everyone time to join in the countdown and festivities on the Square. This is an all ages show. An opening band will perform from 7:45pm to 8:15pm. Tickets: \$35. Earl Smith Strand Theatre, 117 North Park Square, Marietta. 770-293-0080 | [earlsmithstrand.org](http://earlsmithstrand.org).

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*Next Issue: January • Deadline: December 15*  
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www.jerseymikes.com

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# I ♥ EAST COBB



## ENJOY A TASTE OF ITALY IN EAST COBB



**Sea Bass with pesto of sun dried tomatoes, sautéed capellini pasta with fresh spinach and shrimp.**

You do not need a passport or even need to travel to the big city to enjoy an authentic Italian meal. Mezza Luna Pasta & Seafood opened its second restaurant in East Cobb six months ago, and local residents are just discovering how nice it is to have wonderful Italian food nearby. The

restaurant serves favorites like chicken parmigiana, chicken piccata, lasagna, fish, lamb and many daily specials. Fettuccine alla Pescatora made with the freshest seafood around is a must try. Patrons also rave about the calamari.

Each Italian culinary delicacy is characterized by its unique taste, the freshness of the ingredients and simplicity of preparation. The chefs remain faithful to recipes that make true Italian cuisine famous worldwide.

Culturally driven chefs bring years of experience from Rome, Lazio and Calabria to the restaurant. They make their pasta and bread onsite for true authentic flavor. You must also try the wonderful pastries created by master pastry chef Domenico. His homemade tiramisu, profiterols, cakes and cannolis are meant to be savored.

The restaurant often offers a fixed price wine dinner menu with Italian wines that perfectly match each selected dish. The wine pairings and fine food create the highest quality dinner experience around.

Embodying an Italian bistro feel, the intimate restaurant features a beautiful bar, high top and low tables and visions of Italy on the walls. Whether you are on a dinner date or looking for a place to host a small group dinner, Mezza Luna will be a place where you know your guests will enjoy the food. The restaurant also is a nice place for families to enjoy.

Mezza Luna is open Tuesday through Sunday, serving lunch and dinner. Beer and wine is available – and soon spirits, too. For reservations, call 678-214-5856 or stop by 2100 Roswell Rd. #2198, Marietta, GA, 30062 near the Kroger. You can see their menu at [mezzalunamarietta.com](http://mezzalunamarietta.com)

PAID ADVERTISEMENT

## POPE GRAD WRITES GUIDE TO LOCAL RESTAURANTS



**M**alika Bowling, a Pope High School graduate and an East Cobb resident for over 30 years, has been writing about food for eight years and just published her second culinary guide book, *Culinary Atlanta: Guide to the Best Restaurants, Markets, Tours, Breweries and More!*

The book takes Atlantans on a culinary tour through the southern city and unwraps the best places to find, enjoy and celebrate local food offerings. A bounty of mouthwatering delights awaits you in this engagingly written guide as well as a rich array of other, indispensable food-related information including:

- Food Festivals And Culinary Events
- Specialty Food Shops
- Trendy Restaurants
- Time-Tested Iconic Landmarks
- Atlanta Breweries
- Local Coffee Shops.

As a special feature, Malika is offering the first chapter on Buckhead restaurants at no charge to anyone who signs up for her email at [atlanta-restaurantblog.com](http://atlanta-restaurantblog.com).

*Culinary Atlanta: Guide to the Best Restaurants, Markets, Tours, Breweries and More!* is available for purchase on Amazon.com.



# EAST COBBER

**Pick up a FREE  
copy every month  
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establishments!**

## **30062 Area-Roswell Road**

120 Tavern  
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Bellingham Apartments  
Book Nook  
Café Life  
Chestnut Ridge Christian Church  
Chevron  
Classy Flea  
Cookies by Design  
Cresco Montessori  
Curves  
Dermatology Consultants  
Dodgen Middle School  
Dog City Bakery  
Dr. Bradley Cross  
Dr. Larry Weiss ENT  
Dr. Mark Light  
East Cobb Oral Surgery  
East Cobb Prep  
East Cobb Presbyterian  
Eastminster Preschool  
Edward Jones  
Eiffel's Place  
Elmwood Apartments  
ENT of Georgia/Cobb  
Episcopal Church of  
St. Peter & Paul  
European Deli  
Eyes on Providence  
Fitness4U  
Good Mews  
Goodyear  
St. Ann Catholic Church  
State Farm Insurance/Don Johnson  
Sunrise of East Cobb  
Shunshine School  
Temple Kol Emeth  
The Goddard School  
The Hair Image  
Timber Ridge Elementary School  
Tritt Elementary School  
Waldron Dentistry  
Walmart  
Walton High School  
WellStar Health Park  
Williamson Bar-B-Q  
Wood Acres Day School

## **30066 Area-Sandy Plains Road**

A Passion for Pets  
Ace Hardware  
Addison Elementary School  
Ankle & Foot Center

Berner Chiropractic  
Bi-County Chiropractic  
Blackwell Elementary School  
Blimpie  
Brewsters Restaurant  
British Academy of Ballet Arts  
Buddha's Delight Restaurant  
C2 Education  
Capozzi Pizza  
Cazadores Restaurant  
Chalise & Co.  
Chattahoochee Tech College  
China Dynasty  
Citgo  
Covenant Presbyterian Preschool  
Curves  
David Douglas Jewelers  
Davis Elementary School  
Day Spa Nirvana  
Dunkin' Donuts  
Edward Jones  
Egleston Rehab Center  
Expert Car Medics  
Fabric & Fringe  
Family Dental Care  
Fire Station  
Fitness: 1440  
Goddard School  
Goodyear  
Heritage Retirement Homes  
Jersey Mikes  
J.J. Daniel Middle School  
John M Miller CPA  
Kids Kuts  
Kids R Kids  
Kincaid Elementary School  
Lassiter High School  
Marietta Eye Clinic  
McCleskey Middle School  
Montessori School of Woodstock  
Mountain View Aquatic Center  
Mountain View Community Center  
Mountain View Elementary School  
Mr. WonTon's  
New Lucky China  
Nicholson Elementary School  
Omega Learning  
Pak Mail  
Paradise Grille  
Paradise Optical  
Patrick Carmen Hair Salon  
Primary Prep Academy  
Publix  
Rib Ranch  
Rocky Mount Elementary School

Rosa's Pizza  
Sandy Plains Office Supply

## **30067 Area**

A Child's Night Out  
Atlanta Ballet  
Atria Johnson Ferry  
Baldino's  
Barber Shop  
BMW Dealership  
Boneheads  
Brumby Elementary School  
Chevron Food Mart  
Christos Restaurant  
Delkwood Grill  
Doc Greens  
Happy Mart  
Harry's Farmers Market  
Hot Dogs Cool Cats  
J. Christopher's  
John Knox Presbyterian Church  
Los Bravos Mexican Restaurant  
Lovin' Knit  
Lutheran Church of  
the Resurrection  
Mellow Mushroom  
Powers Ferry Elementary School  
Schlotsky's Deli  
Shell Food Mart  
Sope Creek Elementary School  
Sugarbenders Bakery  
The Sunshine House  
US Post Office  
Walton at Columns  
Windy Hill Athletic Club  
Wood Hollow Apartments

## **30068 Area-Johnson Ferry Road**

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Allstate  
American Brake Center  
Arbor Terrace  
Atlanta North Stars  
Atlanta Swim  
Aurelio's Pizzeria  
Back by Popular Demand  
Bagelicious  
Bank of North Georgia  
BBQ-1  
Betsy's Hallmark  
Bookmiser  
BP  
Bradley's Bar & Grill  
C2 Education  
Caldwell Chiropractic  
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  
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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  
The Village Gas Station  
Tijuana Joe's  
Tires Plus  
UPS Store  
Wells Fargo  
Wheeler High School  
Whole Foods  
Willy's  
Women's Premier Fitness

## **30075 Area**

Chicago's  
Sudano Chiropractic

*... and more!*



## PET OF THE MONTH: ROLLY

*Submitted by Mitch & Myla Ratowsky*



**Animal/Breed:** Australian Shepherd

**Age & Gender:** Male, 2 years old

**Favorite Food:** Chicken & Turkey

**Favorite Person:** Daddy

**Best Trick:** Rings bell to go out

**Turn Ons:** His football

**Turn Offs:** Hot weather

**Favorite Toy:** Frisbee

**Last Seen:** Swimming in lake

**What makes your pet so special:**

"Being smart"

## 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: \_\_\_\_\_



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- 🐾 Group Classes
- 🐾 Basic Manners Classes
- 🐾 Bond Based Training
- 🐾 Fun and Games Classes
- 🐾 Dog Fitness Classes

# OPERATION: GIVE A DOG A HOUSE



**H**elp give a dog a home by donating dog houses to needy pets living outside during the winter. You can drop off new or used plastic or igloo type dog houses, that are in good condition, to the Cobb Animal Control shelter, 1060 Al Bishop Drive, Marietta. Shelter staff is unable to accept barrel type dog houses. If you are unable to drop them off, contact the shelter to schedule a pick-up at 770-499-4136 or [control@cobbcounty.org](mailto:control@cobbcounty.org). This effort is part of Cobb County Animal Control's Holiday Community Outreach Effort. 🐾



(That's  
Dog Talk for  
"You'll LOVE  
advertising  
in the  
EAST  
COBBER!")  
More Info:  
770-640-7070

Our Pal's Place

## ReHome Superstore

shop • donate • volunteer

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**Shop** and proceeds benefit homeless dogs and cats at Our Pal's Place  
**Donate** gently used furnishings and accessories. It's tax deductible!  
**Volunteer** at our ReHome Superstore or Pet Adoption Facility

S —————

Piedmont Rd

★

**ReHome Superstore**  
2568 Canton Road  
Mon-Sat 10am-7pm  
Sun 12-6pm

—————

Canton Road

Shallowford

🐾

**Our Pal's Place**  
Pet Adoption Facility  
4508 Canton Road  
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N

[HelpAnimals@OurPalsPlace.org](mailto:HelpAnimals@OurPalsPlace.org)

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Woodstock, GA 30189  
[www.cobbbevc.com](http://www.cobbbevc.com)





# HEALTH & WELLNESS

## ACUPUNCTURIST

### Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist  
3535 Roswell Road, Suite 37 • Marietta 30062  
678-560-7978 • [www.drshutcm.com](http://www.drshutcm.com)  
Mon-Fri: 9am-6pm; Sat: 9am-4pm  
25 years experience in traditional Chinese medicine treating pain management, respiratory system, emotional/mental health, nervous system, digestive system, smoking/weight loss, wrinkle reduction, high blood pressure, and much more.

## BEAUTY SERVICES

### Naomi's Salon & Skin Care

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470-545-0815 • [ancaavio@yahoo.com](mailto:ancaavio@yahoo.com)  
10am-7pm  
This European boutique hair salon and spa provides full services for hair, skin treatment and makeup, and offers boutique retail products from Jane Iredale, Moroccan Oil, Pai-Shau, Repechage, Difiaba Italy, and more.

## CHIROPRACTORS

### Lifeworks Chiropractic

2840 Johnson Ferry Road, Suite 100, Marietta 30062  
678-926-9300 • [www.lifeworksatl.com](http://www.lifeworksatl.com)  
Mon-Wed: 2-6pm; Tues, Thurs, Sat: 10am-1pm  
Whether you have acute or chronic pain and need relief or simply want to maintain good spinal health through consistent adjustments, Lifeworks Chiropractic can meet your needs. Our goal is to provide individuals and families with an integrative approach to optimal health through gentle and proven chiropractic care.

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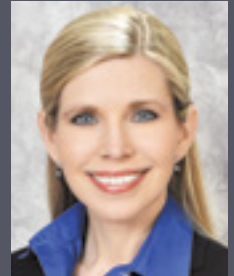
# YOUR HOLIDAY SMILE

During the holiday season, our bodies are likely to take a battering as we indulge in fatty, sugary, rich foods and beverages. Late nights become the norm as we head toward Christmas and New Years. Not only do some of us experience the obvious results of this festive season in the form of weight gain, but often unnoticed are the holidays' effects on our teeth and gums.

This time of year is particularly troublesome for our teeth and our breath. How many of us think about the importance of not skipping our daily oral hygiene routine when we are up late wrapping gifts, attending parties, and out doing that last minute shopping? Not only could we be paying the price in the form of gingivitis and cavities come January, but at the time of the year when we're likely to be getting up close and personal in the form of hugs, dancing with friends and family, and kisses under the mistletoe, many of us could be putting people off without a second thought. Most people would say that kissing someone with bad teeth or bad breath is a huge turnoff. And if you think you have removed all of last night's dinner by only brushing, you would be mistaken. There is most likely some food still left between those pearlys that only flossing can reach, so be sure to make flossing part of your nightly hygiene routine.

Fizzy drinks served at those holiday meals and parties should be enjoyed in moderation. Whether they are Diet, Lite, or Sugar free, it does not matter! The real danger of fizzy drinks is acid. The acid that makes a drink carbonated dissolves the enamel of your teeth which can make them sensitive, prone to decay and can even make them appear more yellow.

And when you are out in the malls and shopping centers trying to complete your Christmas shopping lists, what about considering an electric toothbrush or a gift certificate for professional tooth whitening for your friends and family? No matter how busy you find yourself, do not forget to take care of YOU this busy season. Be sure to brush twice daily, floss before bedtime, and keep your regularly scheduled check-up at your dental office.



**Dr. Cristi Cheek** is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit [www.cheekdental.com](http://www.cheekdental.com).

## Caring for the Smiles of East Cobb for Over 14 Years!



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*"Every visit to Cheek Dental is a great experience. The staff is extraordinarily friendly and the level of care provided is superior. Dr. Cheek is knowledgeable, gentle, considerate and caring, and the dental techs and assistants are experienced, thoughtful and kind. If you are looking for a dentist, this is the place to go." – Jacqueline N.*



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2872 Johnson Ferry Road • Marietta 30062  
770-993-3775 • [www.cheek.dental.com](http://www.cheek.dental.com)  
Mon-Fri: 8am-5pm

An all female dental team provides quality comprehensive dentistry to adults and children. Our high-tech office provides same day crowns and implant restorations and uses intraoral cameras and digital x-rays. Read our consistently 5-star reviews on our website and see why so many East Cobbers trust us with their smiles!

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1505 Johnson Ferry Road, Suite 100 • Marietta 30062  
770-973-9765 • [www.healthysmilesofeastcobb.com](http://www.healthysmilesofeastcobb.com)

At Healthy Smiles of East Cobb, our mission is to provide quality oriented and technologically advanced dentistry in a comfortable and nurturing environment. We are committed to focusing on your needs and goals to assist you in achieving the beautiful and healthy smile you deserve.

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7:30am-6pm

Implants, root canals, cosmetic and family dentistry for all ages. Oral sedation available for fearful patients. Rest assured that everyone you meet here will be courteous, warm and exceptionally helpful. Please call the office for more info.

## DERMATOLOGISTS

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Dermatology Consultants delivers excellent customer service and excellent dermatological care for the entire family. Their board-certified dermatologists utilize cutting-edge technology and equipment and strive to provide expert consultations to their patients.

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## HAIR SALON

### Kasha's Hair Salon

2520 Shallowford Road • Marietta 30066  
770-694-1928 • [www.kashashairsalon.com](http://www.kashashairsalon.com)  
Tues-Fri: 10am-6pm; Sat: 9am-5pm

Newly opened Kasha's Hair Salon is located in the Centre Stage Plaza shopping center. Offering a full range of services from styling, coloring, keratin treatments, waxing and threading. Their diverse group of stylists range in age from 21-50 with over 60 years of experience are able to accommodate any need.

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[LaVidaMassageJohnsCreekGA.com](http://LaVidaMassageJohnsCreekGA.com) | 678.624.9091

### LaVida Massage of Alpharetta

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[LaVidaMassageAlpharettaGA.com](http://LaVidaMassageAlpharettaGA.com) | 770.740.0654

### LaVida Massage of East Cobb

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## POLAR BEAR RUN SCHEDULED FOR SATURDAY, JANUARY 28, 2017

The 29th annual Polar Bear Run is scheduled for Saturday, January 28, 2017. The Polar Bear Run is sponsored by and held at Johnson Ferry Baptist Church, 955 Johnson Ferry Road in Marietta/East Cobb. The Polar Bear Run benefits high school music students who participate in Johnson Ferry Baptist Church's Student Music mission trips/choir tours.

The winter race began in 1989 and was originally held on the Mercer University campus in Atlanta, benefitting Easter Seals. Johnson Ferry began hosting the Polar Bear Run in 1992, after being approached to take over the race. The first race had 300 participants, and has steadily grown to its current 2,000 participant limit. This race will be one of the most enjoyable January, cold-weather runs you will ever



participate in! Not only does it offer runners a fast, flat course, but the fun, food, and great looking long-sleeve technical t-shirt, make this a must run! Only the running is outdoors; the rest of the time, you stay in the warm surroundings of the church's Activities Center. Times for 2K & 5K will be recorded using finish-line chip timing devices.

Registration fee for the 5K & 2K races are \$30; Cub Run (age 2-5 only) is \$20; Phantom Runner (Don't make me sweat! - just send me the shirt) is \$30. Race packets may be picked up, Friday, January 27: 10am - 7pm at Big Peach Running Company 1062 Johnson Ferry Road, Marietta 30068 or Saturday, January 28, beginning at 6:30am at Johnson Ferry Baptist Church's Activities Center, 955 Johnson Ferry Road, Marietta 30068. For more information, visit [polarbear-run.com](http://polarbear-run.com).

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Observe a plant before and after watering and relate these benefits to your body and brain.  
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Peachtree Hearing is East Cobb's premier hearing and balance boutique. Led by Dr. Melissa Wikoff, they believe that your hearing care should be a superior experience. Peachtree Hearing uses the latest technology, scientifically proven techniques, and compassionate personalized care to provide comprehensive treatment for each of their patients.

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770-966-2205

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770-509-0000 • [www.amerejuve.com](http://www.amerejuve.com)

9am-6pm

Amerejuve Medspa and Cosmetic surgery offers a wide range in cosmetic procedures to make you feel young and look beautiful. They are leading experts in laser hair removal, Coolsculpting, eMatrix Skin Rejuvenation, IPL Photofacial, Velashape cellulite treatment, microdermabrasion, and chemical peels.

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The leader in private, personal training. We help our clients achieve, if not exceed, their lifelong wellness goals in a clean, professional and friendly environment.

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3822 Roswell Road, Suite 114 • Marietta 30062

678-540-1518 • [www.studio348forwomen.com](http://www.studio348forwomen.com)

Mon-Thurs: 6am-12pm, 4-8pm;

Fri: 6am-12pm; Sat: 8am-12pm.

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## CUSTOMERS COME FIRST AT KASHA'S HAIR SALON



Jane Lucas, Kasha Manser, Shadi Shaddian, and Maria Paonessa

It's no secret just how much people value their hair stylists. They go to great lengths to schedule life around that cut or color appointment. But Kasha Manser's customers took it a step further. Not only do they value that perfect cut, but they also helped Kasha start her own salon

in East Cobb, beginning with installing the Kasha's Hair Salon sign to working as a receptionist at the front desk.

Newly opened Kasha's Hair Salon is located at 2520 Shallowford Road in the Centre Stage Plaza shopping center close to Lassiter High School. Beautifully decorated, Kasha refers to her salon as "cozy and cute."

"Creating a friendly, personal atmosphere was at the top of my list," says Kasha. "I wanted my salon to be a place where customers can get their hair done in a relaxed, comfortable environment with all of the experience of a high-end salon but for a more affordable price. I also wanted to stay away from the industrial feel that you get in so many salons. Here, the person who washes your hair is the same one who cuts, colors and styles it. This approach helps build relationships and a better understanding of a customer's personality and lifestyle."

Along with Kasha, there are three additional hair stylists who make up her team. Shadi Shaddian, Maria Paonessa and Jane Lucas join her in this new venture, bringing with them more than 60 years of combined professional experience. Their ages range from 21-50, enabling them to connect with every generation. Also with them came their loyal customers, many of whom were instrumental in helping Kasha's Hair Salon become a reality.

According to Kasha, her customers made opening her salon so much easier. One customer who owns a sign company created her signature sign in front of the salon. Another customer built her front desk, while still another who works as a handyman offered his services. Two of her customers now share the job of receptionist and greet you with a friendly voice when you call for an appointment.

Some of her customers comment: "Kasha has brought a European flair to East Cobb," says Karen Tuttle, referring to Kasha's European descent and lovely accent, and a man who has been her customer for nine years, says, "I love going to see Kasha. Her salon promotes such a soothing environment and feels like a day spa for hair."

Kasha's Hair Salon is open on Tuesday-Friday from 10 am - 6 pm and on Saturday from 9 am - 5 pm. In addition to cutting, coloring, and styling services, waxing and threading services are also available. Call for an appointment at 770-694-1928. Walk-ins are welcome. For any new customer who mentions this article, a 20 percent discount will be awarded. Seniors 65 years and up receive a 20 percent discount every Thursday-Friday. For more information, visit [www.kashashair-salon.com](http://www.kashashair-salon.com). Kasha created all the hairstyles on her website.

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WANT TO**

**GET  
HEALTHY**

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## **ANNOUNCING**

### **A Special Advertising Opportunity for Health & Wellness Providers**

East Cobb residents, like most Americans, are in search of improving their health! Especially at the beginning of a new year, people are putting better health and wellness on their New Year's Resolution list!

If you are a fitness trainer or health care professional you need to let EAST COBBER readers know you are here to help them get in tip-top shape. We give readers a place to begin their quest for good health and wellness. Our monthly Health & Wellness Guide provides the names and contact information of many of our local area's trusted wellness resources. Whether our readers are new to the area, in need of a second opinion, or require a specialist, the EAST COBBER Health & Wellness special section helps our readers locate professionals right in their own backyard!

#### **Get your business in top shape!**

- **PLACE YOUR DISPLAY AD AT A DISCOUNT.** If you want increased visibility in the January 2017 issue, you will want to place a display ad. You can place your ad at the 6x rate—even if you choose to advertise in just the January issue! Your listing is FREE when placing a display ad!
- **FREE COLOR.** Your ad can be in color – at no extra charge!

By advertising in the EAST COBBER you will be implementing a practical promotional program that will show results.

**AD DEADLINE: DECEMBER 15, 2016**

**For more information,  
Call the EAST COBBER at 770-640-7070**



# BRING ONE FOR THE CHIPPER



**D**id you know that your old Christmas trees can be recycled and that one twenty pound tree takes up valuable landfill space comparable to a washing machine? Recycling trees creates mulch, fuel, wildlife habitats and other useful material. You can help "Keep Cobb Beautiful," by recycling your old tree after the holiday season. Keep Cobb Beautiful will sponsor free recycling drop-offs.

Keep Cobb Beautiful is inviting everyone to "Bring One for the Chipper," and recycle your Christmas tree after the holidays. As a part of a statewide effort to reuse Christmas trees, Keep Cobb Beautiful is hosting convenient sites where area residents can drop-off their trees. No other items will be allowed to be dropped off at sites. Cobb County Parks sites will accept trees from December 26 until January 8. All Home Depot sites will accept trees ONLY on Saturday, January 7. To volunteer at a site location, look on the web site at [www.keep-cobbbeautiful.org](http://www.keep-cobbbeautiful.org) and go to the volunteer section for more information.

The following Cobb County Parks will accept drop-offs from December 26, 2016 until January 8, 2017:

- > Noonday Creek Park  
489 Hawkins Store Road  
Kennesaw, GA 30144
- > Sewell Park  
2085 Lower Roswell Road  
Marietta, GA 30066
- > Fullers Park (Lower Field)  
3050 Robinson Road  
Marietta, GA 30064

Trees will be accepted only on January 2 at the following Home Depots:

- > Home Depot  
3605 Sandy Plains Road  
Marietta, GA 30066
- > Home Depot  
4101 Roswell Road NE  
Marietta, GA 30062
- > Home Depot  
2450 Cumberland Parkway SE  
Atlanta, GA 30339

Davey Trees at 770-451-7911, as well as the Cobb Parks locations will have free mulch available to citizens after January 8. For more information and/or to receive a mulch request form, contact Keep Cobb Beautiful at 770-528-1135 or visit: [www.keepcobbbeautiful.org](http://www.keepcobbbeautiful.org) 



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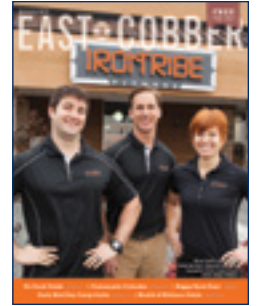
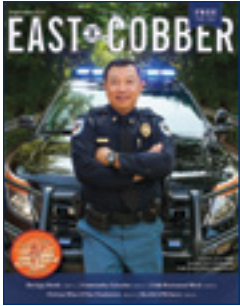
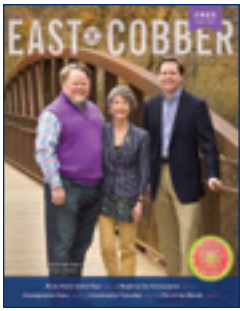
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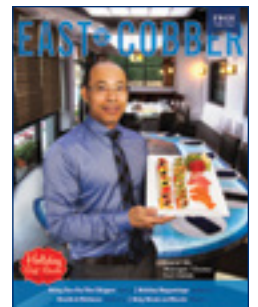
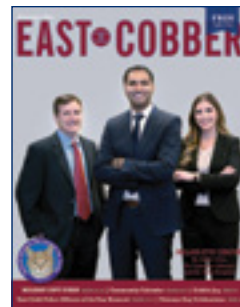
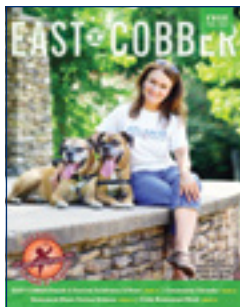
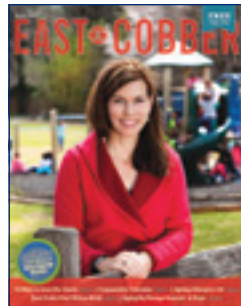
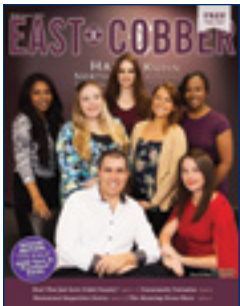
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# EAST COBBER

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*Promoting East Cobb County Since 1993!*





## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR DECEMBER

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.

### Disaster Preparedness

December 7 | 10am-11am

Free/Registration required

Learn how you can prepare your home, pets and yourself for emergency situations. Presented by Metro Atlanta Retired Senior Volunteer Program (RSVP).



TWEET TWEET!  
FOLLOW US ON TWITTER

### Arthritis and Joint Pain

December 7 | 10:30am-11:30am

Free/Registration required

With over 200 bones and joints in the human body, there are many things that could cause pain. Over 50 million Americans have arthritis and many more live with joint pain. Learn the different types of diseases that impact joints along with risk factors, prevention techniques and treatment options, and become equipped with the tools to battle joint pain. Presented by the Good Life Club at Wellstar.

>>> continued on page 60 >>>





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

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**Parc at Piedmont - East Cobb**  
999 Hood Road | Marietta, GA 30068  
Intersection of East Piedmont and Roswell Rd. (Hwy. 120)  
[www.parcatapiedmont.com](http://www.parcatapiedmont.com)

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To Register, Call 470-578-6765

**EMPOWER // REINVENT // SUCCEED**



## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR DECEMBER

<<< continued from page 58 <<<

### Dine-a-Round: Aspens

December 8 | 5pm

Separate checks. Registration required. Everyone meets at the restaurant. Aspens 2942 Shallowford Rd, Marietta 30066.

### Cooking Class

December 9 | 11am-1pm

\$4 Cobb residents; \$5 Non-residents; Plus \$7.50 supply fee.

Indulge with tasteful adventures blurring the line between what's healthy and what's delicious, transforming the humble veggie and simple dinners into something extraordinary. Smita Daya from Olea Oliva will demonstrate moong dal with tomatoes and onion and mascarpone stuffed mejool dates.

### Preserving, Enjoying & Sharing Your Personal History

December 9 (Introduction Seminar), 13 & 16 | 10am-12pm

Free Registration required

Learn ways you can preserve your history by putting it into digital format so that you can share it, and make gifts of it. Our ancestors' lives helped shape ours, and the events of our lives can set the stage for future generations. These important experiences are captured in photographs, negatives, slides, articles, letters and other memorabilia stored in albums or boxes put away in our closets, attics or basements. Where is yours located? Space is limited.

>>> continued on next page >>>



**HOLIDAY**  
*Open House*

Live Jazz, Pictures with Santa  
and Delicious Holiday Fare

**Thursday, December 15th**  
**5pm to 8pm**

Collecting Donations for  
**TOYS FOR TOYS**

**STERLING ESTATES**  
Senior Living Community  
[www.sterlingestateseastcobb.com](http://www.sterlingestateseastcobb.com)

**RSVP by Tuesday, December 13th to 678.946.4454**

### Therapeutic Touch/Aromatherapy

December 13 | 10am-11:30am

Free/Registration required

Seminar to learn more about therapeutic touch and aromatherapy health benefits. Presented by Melissa Heustess.

### AARP Smart Driver

December 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.



## HOLIDAY ACTIVITIES

% who typically did each activity as a child, and % who plan to this year

	Childhood	Now
 Attend a gathering with extended family or friends on Christmas Eve or Day	91%	86%
 Buy gifts for friends or family	89	86
 Put up a Christmas tree	92	79
 Send Christmas or holiday cards	81	65
 Give homemade gifts, such as baked goods or crafts	66	58
 Attend religious services on Christmas Eve or Day	69	54
 Pretend Santa Claus will visit home on Christmas Eve or Day	72	31
 Go caroling	36	16

Source: Pew Research Center Dec. 3-8, 2013. Q84, Q85, Q86, Q87.

PEW RESEARCH CENTER

Reprinted from AARP December 2016 newsletter

## WHERE LIFE'S A BREEZE!

### Windsong at Clover Creek

Active Adult Homes in Woodstock



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CLOVER CREEK

## FINAL OPPORTUNITIES!

Gated, Front Porch Community  
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From the High \$300s

Monday - Saturday: 10 - 5

Closed Sunday

14825 Highway 92

Woodstock, GA 30188

770-516-3678



*Windsong*  
PROPERTIES

WindsongLife.com

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: Joan Farentino, 770-579-5191.

**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,aaauw.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 campbellfc@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, fchrach@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: bnisoutheast.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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**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: Tamra 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 [karinguzy@gmail.com](mailto:karinguzy@gmail.com).

**The Foxtrotter's Dance Club.** The 4th Friday of every month (no dance in May, Nov. & Dec. are the 3rd Friday). 7:30-10:30pm. If you enjoy ballroom dancing, come and dance. 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.

## Meet Your Future Clients, Customers and Business Associates

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

The ECBA meets monthly at Indian Hills Country Club, 4001 Clubland Drive, Marietta at 11:30am for lunch, networking and a great speaker.

Invite a guest to join you.

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

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East Cobb Business Association



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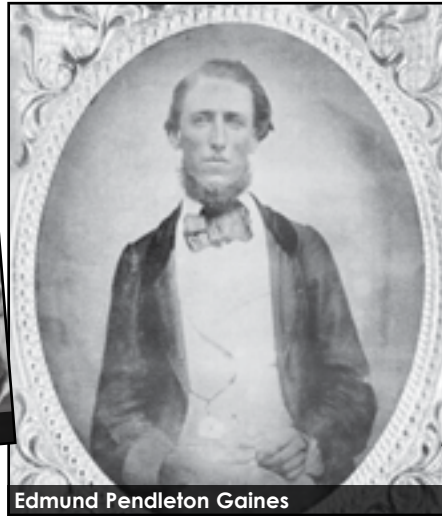


# WANTED:

## Vintage Photographs and Stories of East Cobb!



Mt. Bethel Girls Basketball Team. 1950-1951



Edmund Pendleton Gaines



Raymond, Cecil, Herbert Moon brothers

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

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

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

Here's a wishlist of photos wanted:

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

> "old" East Cobb families, such as, Keheley, Dickerson, Lassiter, Blackwell, Powers, etc.

> political leaders, old political signs from East Cobb

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

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

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

Photographs, stories, and pieces of the past — they are all wanted. If you'd like to help keep local history alive by volunteering your talents to this effort, feel free to contact [Cynthia@eastcobber.com](mailto:Cynthia@eastcobber.com). ☺

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# Get In The Early Bird EAST COBBER Camp Guide!



To get in the Early Bird Summer Camp Guide which will be featured in the January 2017 issue mail or FAX your completed listing form to:

**EAST COBBER**

Camp Listings Editor  
P.O. Box 680455  
Marietta, GA 30068  
Fax: 770-559-3185

e-mail: [campguide@eastcobber.com](mailto:campguide@eastcobber.com)

All listings are subject to editor's discretion. Every attempt will be made to include all camp listings submitted.  
Advertiser's listings are guaranteed. Form due date: December 15, 2016.

Camp Name(s): \_\_\_\_\_ Organization/Owner: \_\_\_\_\_

Age Group: \_\_\_\_\_ Camp Fee: \_\_\_\_\_

Camp Dates: \_\_\_\_\_ Time: \_\_\_\_\_

Camp Name(s): \_\_\_\_\_ Organization/Owner: \_\_\_\_\_

Age Group: \_\_\_\_\_ Camp Fee: \_\_\_\_\_

Camp Dates: \_\_\_\_\_ Time: \_\_\_\_\_

Contact name: \_\_\_\_\_ Title: \_\_\_\_\_

Website address: \_\_\_\_\_ Email address: \_\_\_\_\_

Address: \_\_\_\_\_

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

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

☐ Contact me about advertising in the Early Bird Summer Camp Guide.

**Call 770-640-7070 for additional information.**

**SUBMISSION DEADLINE: December 15, 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 Support Group** Third Thursday, 7pm of the month. Unity North, 4255 Sandy Plains Road. More info: Kathy Kelcourse for info at kathkel@yahoo.com.

• **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.

• **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 rae.tucker1@yahoo.com



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\* Coronary calcium scores read by a WellStar radiologist.

## **Basic Risk Assessment – \$49**

- Age 18+
- BMI
- Wellness survey
- EKG (Afib screen)
- Blood pressure
- Blood work (HDL, LDL, Triglycerides, Glucose, CRP, liver function)
- Risk Screen Questionnaire (sleep apnea, PAD, AAA, CHF)

## **Advanced Risk Assessment – \$139**

- Age 40+
- BMI
- Wellness survey
- EKG (Afib screen)
- Blood pressure
- Blood work (HDL, LDL, Triglycerides, Glucose, CRP, liver function)
- Risk Screen Questionnaire (sleep apnea, PAD, AAA, CHF)
- CT heart screen (coronary calcium)\*
- 10 year cardiovascular disease risk score

## **Heart Screen – \$99 or \$149 per couple**

- CT heart screen (coronary calcium)\*

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