

January 2017

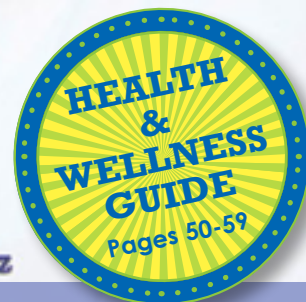
EAST COBBER

FREE
Take One!



WALDRON DENTISTRY

Dr. Blair Waldron and Dr. Arielle Scherz



Dr. Arielle Scherz

Do Good Guide PAGES 16-21 | **Community Calendar** PAGES 32-38 | **Support Groups** PAGE 68

Early Bird Day Camp Guide PAGES 24-31 | **Spring Sports Deadlines** PAGE 39

20th J. Christopher's[®] ANNIVERSARY

CELEBRATION ALL JANUARY LONG!

January 9-31

Old Specials Are Back!

January 13

FREE Food "Seriously!"
(at our East Cobb location)

January 14-15

\$1 Cinnamon Rolls

January 16

\$5 Blueberry Crunchcakes

January 17

\$5 Eggs Benedict

January 18

\$5 Belgian Waffle

January 19

\$5 Turkey Dijon or BELT

January 20

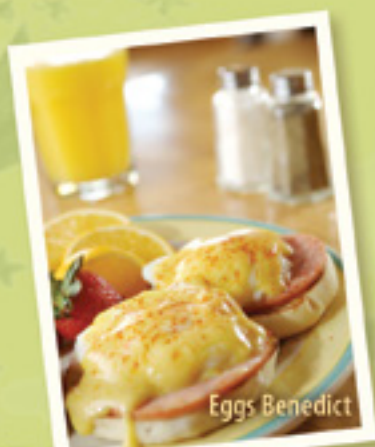
\$5 Skillets & 20¢ Coffee
(serving CAKE at all our locations)

January 21-22

Travel Mug Giveaway

January 23-28

\$5 Short Stack of Blueberry Crunchcakes
(National Blueberry Pancake Day is January 28)



Eggs Benedict



BELT



Johnson Ferry Location



Johnson Ferry Staff



Blueberry Crunchcakes



Belgian Waffle

Familiar Food with Flair Served Daily 7 AM - 2 PM

18 AREA ATLANTA LOCATIONS • FIND ONE NEAR YOU @ JCHRISTOPHERS.COM

TAILOR YOUR BODY, NOT YOUR CLOTHES.

ELIMINATE STUBBORN FAT
WITHOUT SURGERY OR
DOWNTIME.



Look better, feel better.

The CoolSculpting[®] procedure can help you feel better in your clothes and in the mirror. The CoolSculpting procedure eliminates fat cells safely and simply, without surgery or downtime. Look great, feel great from every angle.



Dermatology Consultants is the only #1 Diamond Certified Practice in Georgia performing over 5,500 treatments to date. Our certified technicians will tailor a customized treatment plan designed to meet your personal needs.



Candance K. Green, MD



Anna Poré, MD



Dermatology Consultants, P.C.
1519 Johnson Ferry Road, Suite 100
Marietta, GA 30062

Call 770.971.3376 today
to schedule your complimentary CoolSculpting
consultation, or visit
DermatologyConsultants.org

Results and patient experience may vary. While CoolSculpting is safe, some rare side effects may occur. As with any medical procedure, only your CoolSculpting provider can help you decide if CoolSculpting is right for you. In the U.S., the CoolSculpting procedure is FDA-cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank. Outside the U.S., the CoolSculpting procedure for non-invasive fat reduction is available worldwide. ZELTIQ, CoolSculpting, the CoolSculpting logo, the Snowflake design, and Fear No Mirror are registered trademarks of ZELTIQ Aesthetics, Inc. © 2016. All rights reserved. IC1916-A

THIS ISSUE



22



48



24

FEATURED

16 DO GOOD GUIDE

22 RUGBY CLUB
RECRUITING

24 EARLY BIRD
DAY CAMP GUIDE

48 RALLY IDOL 2

EVERY MONTH

32 COMMUNITY CALENDAR

46 DINING GUIDE

50 HEALTH & WELLNESS

62 SENIORS

66 CLUB CALENDAR

68 SUPPORT GROUPS

EAST COBBER

P.O. Box 680455 • Marietta, GA 30068

770-640-7070 • FAX: 770-559-3185

www.eastcobber.com

Volume 24 | Number 4

Founder | Publisher
CYNTHIA ROZZO

cynthia@eastcobber.com

Account Representatives:

East Cobb Businesses - Merchant's Walk - Roswell Road

MICHELLE O'SHAUGHNESSY

678-357-9384 • michelle@eastcobber.com

Northeast Cobb Businesses

LAREN BROWN

770-880-0965 • laren@eastcobber.com

Graphic Designer: Tamara Stephens



www.eastcobber.com

www.facebook.com/EastCobber

www.twitter.com/eastcobber



EAST COBBER monthly is published by EAST COBBER, LLC. Copyright © 2017 by EAST COBBER, LLC. All rights reserved. Reproduction or any use of editorial or pictorial content in any manner, without written permission, is prohibited. Any opinions expressed here do not necessarily represent the views of the EAST COBBER. EAST COBBER is a locally owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information. The EAST COBBER is distributed free to homes, schools, and 500+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068 and 30075. Comments and stories are always welcome.

Please address all correspondence to cynthia@eastcobber.com. Subscriptions are available for \$20/year. Send check or money order payable to EAST COBBER to the above address.



Sign up at eastcobber.com



CRUISE NIGHT

TUESDAY, JANUARY 24 | 6:30PM

**Join us for a fun and informative evening as we learn
more about our Wave Season Promotion!**

Book between Dec 28th - Jan 31st & get the following savings:

- Two FREE perks when you book Oceanview and above*
- Four FREE perks for Suites*
- Additional guests in triple, quad, family or suite staterooms (3rd/4th/5th guests) automatically receive a FREE Classic non-alcohol beverage package and 40-minute internet package*

SPACE IS LIMITED - RSVP TODAY



(770) 415 1030

725 West Crossville Road, Roswell

(Trader Joe's Shopping Center - King Rd & Hwy 92)

www.cruiseshipcenters.com/Roswell



It's officially the start of a New Year, and for most of us, it means the start of a New Year's resolution list! This time of year sees many of us setting worthy goals for ourselves: eat less, exercise more, get organized . . . self-improvement is always important and our Health & Wellness section (pages 50-59) offers local resources and experts to help you achieve some of those New Year resolutions.

This issue also reminds us to also look beyond ourselves when making those goals for 2017. How about resolving to get more involved in 2017? The annual "Do Good Guide" (pages 16-21) offers a list

of local non-profits that could use your help. Volunteering benefits those who give as well as those who receive. I hope you will consider helping out the groups listed in our "Do Good Guide" and/or go beyond that list and see if your local youth group, library, school, or church could use your help. Consider joining a club. See pages 66 and 67 for club meeting times and contact information.

One of the best parts about ringing in the New Year is the chance to reflect on our own lives over the past year and make goals to help us do things a little better. One of my many New Year's resolutions, is to serve my EAST COBBER readers better. There is so much information about East Cobb people, events and issues, I can't possibly fit it all in this magazine. Social media allows the EAST COBBER more ways to share that info. In addition to print advertising, EAST COBBER is evolving into a media company that offers a variety of platforms—from blogs, e-newsletters, Facebook page, and more special events—that promote the people, causes and businesses in this great community! You can keep up with what is going on by:

- > Liking us on Facebook: [Facebook.com/eastcobber](https://www.facebook.com/eastcobber)
- > Following us on twitter @EastCobber; and,
- > Seeing our pics on our instagram account, and
- > Signing up for our E-newsletter by visiting www.eastcobber.com.

Of course, let me know if I overlooked another way to spread your good news, by emailing me at cynthia@eastcobber.com.

Here's to a Happy New Year!

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

P.S. For all of you planners, this issue of the EAST COBBER also includes our Early Bird Summer Day Camp Guide (pages 24-31) which features local day camps to help you ensure your children have an enriching summer!

On the Cover

This month's front cover features Dr. Blair Waldron and Dr. Arielle Scherz, dentists at Waldron Dentistry, a practice that has been delivering high-quality dentistry with excellent customer service in East Cobb for over 30 years.

Waldron Dentistry is committed to providing caring dental services for you and your family. "We are proud of the wonderful relationships that we have built with patients over the years," says Dr. Blair Waldron, "... over 70 percent of our new patients come from patient referrals."

Waldron Dentistry is located at 3020 Roswell Road, Suite 100, in Marietta/East Cobb. For more information, you can read their story on page 6 or visit www.waldrondentistry.com.

North Atlanta Plumbing AND MORE



North Atlanta Plumbing is a full service plumbing company. We do superior plumbing. We are consistently reliable and on time. We love the color pink and some people call us Mister.

We do not have dozens of billboards, radio & TV advertising and we are pleased to say we pass along the savings onto our customers. Be kind to your pocketbook and give us a call today for your FREE estimate!



Example:

50-gallon water heater and installation
(including thermal expansion tank):

\$875 No more, No less!

This is not a bait and switch price. We don't use terms like "normal installation" or "standard installation" to jack up the price.

\$875... period.

(770) 592-2318

www.waterheaterauthority.com

Our work is 100% guaranteed. We also offer an additional \$25 discount to veterans, seniors, teachers, police officers, firemen, and single mothers. North Atlanta Plumbing and More is open 24/7, 365 days a year for any emergency, after hours, or weekend plumbing work at no additional charge. 5 star rating with the Better Business Bureau!



WALDRON DENTISTRY CONTINUES TO GROW



Dr. Arielle Scherz



When you are going to introduce a new dentist to your community, what better way to do it than a billboard right outside the office building? Commuters who travel east on Hwy. 120 near the Old Canton Road intersection have likely already looked up to see the billboard of Dr. Blair Waldron, who has practiced dentistry in East Cobb for more than 17 years, introducing Dr. Arielle Scherz, who joined the practice in October. Waldron Dentistry now has a team of five outstanding doctors, including Dr. Christopher Lee, Dr. Ed Schlissel, and practice founder Dr. Jonathan C. Waldron, offering caring and comprehensive dentistry to their patients.

An Atlanta native, Dr. Scherz grew up in the Sandy Springs area. Both of her parents are medical doctors, so she was exposed to various health care professions from an early age. Dr. Scherz explored several of those professions including a stint at an orthodontic office which led her into the dental field. After graduating from the University of Texas, she went on to The Dental College of Georgia at Augusta University. Dr. Scherz's General Practice Residency led her to University of California, Los Angeles where she spent time training at the Ronald Reagan Hospital and Mattel Children's Hospital UCLA.

According to Dr. Scherz, once it was time to begin her career, family ties and her views on the Georgia Dental Association's approach to dentistry brought her back to Georgia and ultimately to Waldron Dentistry.

"During my student days, I was active in the American Student Dental Association, which made me aware of how different states approach laws and political issues that affect dentistry," explains Dr. Scherz. "The Georgia Dental Association provides a unified front for all dentists in the state. I think this approach allows dentists to focus on all patients' needs."

Dr. Scherz has been at Waldron Dentistry for three months now, and she can't say enough about the work environment, attention to detail and emphasis on patient needs that is part of the office culture. "Everyone is so happy working here that it seems to rub off on our patients," she adds. "The daily schedules run smoothly and the technology we offer is the newest and greatest available."

Dr. Blair Waldron says that he feels very grateful to have found Dr. Scherz to join his hometown practice. "As the number of new

patients has continued to increase, we knew that we needed to expand our hours and we needed an additional dentist to do that," says Dr. Waldron. "We didn't want just anybody, though. We needed a great fit with the culture of our practice and someone our patients would love. We went through a lot of interviews and dinner meetings until we met Dr. Scherz, and we knew immediately that she had a special combination of outstanding training, excellent skills and a great personality."

In her role at Waldron Dentistry, Dr. Scherz is ready to use her skills in any way that is needed to benefit patients. Many patients prefer seeing a female dentist, and her schedule has been filling with both new and established patients. Her long-term goals include treating children with high-functioning special needs, a skill she honed in her residency training at the children's hospital.

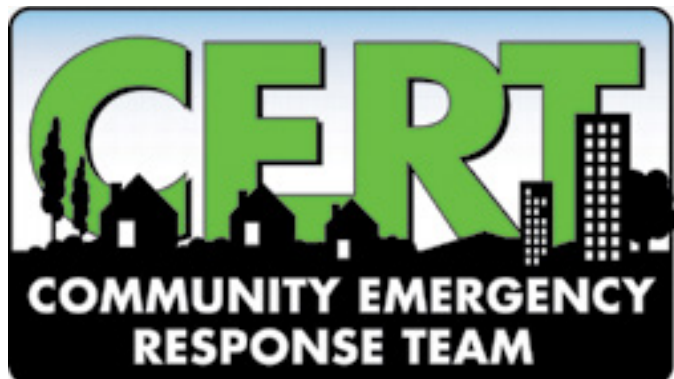
Regular readers will recall that Waldron Dentistry was on the EAST COBBER January 2016 cover. The practice has been very busy over the past year as office hours have expanded and additional staff have joined to provide the most convenient appointment times and services. The office is now open Monday-Thursday from 7:00 a.m.-7:00 p.m. and on Fridays from 7:00 a.m.-3:00 p.m. Scheduling appointments before or after school or work has never been more convenient.

Waldron Dentistry is also now offering a Savings Plan for those patients who don't have dental insurance. This twelve-month renewable plan provides patients quality dental services at reduced prices. Unlike conventional insurance plans, there are no deductibles, no yearly maximums and no waiting periods to begin treatment. An average cost savings to each patient is \$206 per year. The plan starts at \$349 per patient, and it includes two cleanings, exams by the dentist, x-rays and discounts for dental treatments.

In business for more than 30 years, Waldron Dentistry continues to provide East Cobb with general, cosmetic and reconstructive dentistry in a relaxed and caring environment. Its patient base continues to grow with more than 80 percent of new patients coming from existing patient referrals. The office is located at 3020 Roswell Road, Suite 100, Marietta/East Cobb. For more information or to make an appointment for a complimentary initial consultation, visit www.waldrondentistry.com or call 678-498-1992.


PAID ADVERTISEMENT

CERT COURSE OFFERED



Have you ever wanted to help in an emergency? If your answer is yes, Cobb County needs you to be a part of their Community Emergency Response Team (CERT)! Cobb County's Public Safety Department offers CERT training for residents. The goal is to provide training on basic response skills to members of neighborhoods, community organizations, communities of faith and businesses. CERT members are then integrated into the emergency response in their area in times of need.

The Community Emergency Response Team (CERT) course is a 20-hour program that trains people to be better prepared for response to emergency situations in their communities. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the community. CERT Classes will be held at the Cobb County Emergency Operations Center which is at 140 North Marietta Parkway, Marietta, 30060. The first CERT course meets Tuesdays & Thursdays, 6-9pm: January 10, 12, 17, 19, 24, 26, 31 & February 2. There is another CERT course scheduled for Saturdays, February 4, 11 & 18: 9am-5pm. You must attend all sessions listed in order to complete the program. Participants must be at least 16 years old and either live, work, or worship in Cobb County.

For more information and/or to request application forms, contact Kimberly Repak at Kimberly.Repak@cobbcounty.org. 

Explore The World Without Leaving Georgia!

International Dance
Art | Music | Culture | Events @



Seniors | Adults | Kids | Couples

MIND

Dining & Social Etiquette
Acting 101
Poetry/Expressive Writing
Language

BODY

Latin • Caribbean
Hip Hop • Urban
Belly • Bridal • Princess
Classical • Line Dancing

SPIRIT

Yoga (Kids/Adults)
Guided Meditation
Stretch & De-Stress
Global Workshops

Live The Experience



GG's Global Dance & Arts Studio

1450 Roswell Road, Marietta, GA 30062
www.GGDanceArts.com | (678) 213-6531
2 Miles East of the Big Chicken (Next to 120 Tavern)



Thanks Advertisers!

You make this publication **FREE** to
40,000+ readers every month!

EAST COBB COUNTY COUNCIL OF PTAs CELEBRATES THE ARTS!

By Rachael Astorga, Reflections Chair, East Cobb County Council (ECCC) of PTAs

What is your story? If you were to answer that question in a painting, drawing, or photograph, what would it look like? This fall, over 1,000 East Cobb students pondered that question and created original dances, music compositions, short stories, poems, paintings, films and sculptures that reflected who they are, what they dream of and where they want to go in life.

Each fall, PTAs serving our schools across the country participate in the National PTA Reflections Program, and our East Cobb County Council of PTAs (ECCC PTA) and East Cobb schools also embark on this journey together to celebrate our children's artistic ability. National PTA Reflections is America's oldest and largest arts education program of its kind. The program was developed in 1969 by Colorado's PTA President Mary Lou Anderson to encourage students to explore their talents and express themselves. Since then, the Reflections Arts Program has inspired millions of students to reflect on a specific theme and create original artwork. Each year, students in grades Kindergarten through 12 are recognized for bringing the theme to life through Film Production, Dance Choreography, Literature, Music Composition, Photography, and Visual Arts.

During the fall, students work tirelessly on their entries, which are judged at the local school level on how well they represent the year's theme, which currently is "What is Your Story?" Winning entries from each of our 35 local East Cobb schools advance to represent their school at an additional level of judging, coordinated by our ECCC PTA. For the ECCC PTA Reflections Art Contest, judges select two winners per grade and category, and those entries advance to the Georgia PTA competition. Subsequent winning entries move on to the National PTA Reflections contest. Judges look for personal interpretations of the theme that best exemplify creativity and technical skill.

This year, over 1,000 East Cobb area students participated in the Reflections program at their schools, and 450 winners advanced to the ECCC PTA level of the competition. After conducting its own contest, the ECCC PTA submitted 130 winning entries to the Georgia PTA Reflections contest. We are hopeful again that East Cobb students will win at the GA PTA competition level and move on to compete in the National PTA Reflections contest. Last year, The ECCC PTA advanced fifteen

submissions to the national level and two elementary students (from Shallowford Falls ES and Sope Creek ES) won Awards of Excellence and Merit in Photography.

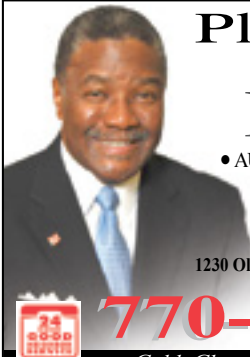
The ECCC PTA will hold a Reflections Award Ceremony for the students who won at the ECCC PTA competition level in January.

Taking part in the Reflections program is a powerful way for students to engage in and explore the arts. As an arts educator, I have seen the power of transformation that the arts can have on a child. Nothing can explore and develop students' creativity and imagination better than participation in the arts. Art helps children understand other subjects much more clearly—from math and science, to language arts and geography. As a community, let us continue supporting our students as they express themselves creatively by showcasing their art in our workplaces, by volunteering as judges and as Reflections committee chairs, and by supporting the Reflections program. It's not too early to reflect on the 2017-2018 Reflections program theme, which is "Within Reach."

For more information on the Reflections Program, please visit: www.ecccpta.org/reflections.



Rachael Astorga is the East Cobb County Council (ECCC) PTA Reflections Chair and the art specialist at Mt. Bethel Elementary. While not teaching art, she is the also the proud mom of a Shallowford Falls 5th grader, a Hightower Trail 7th grader, and a Pope freshman.



**Plan For
Your Future
Now!**

• AUTO • LIFE • HEALTH • HOME • BUSINESS

Don Johnson

www.donjohnsoninsurance.com

1230 Old Canton Rd. • Marietta, GA 30062 • Fax: 770-973-8550

770-973-8545

Cobb Chamber Small Business of the Year

Life is Short.
Clean Less.®



✓ **Same Cleaner Each Time**

Our responsive, detail-oriented approach – exemplified by our owner's close personal involvement – ensures consistently exceptional results and client care. Everyone in your home is background checked, bonded and insured.

✓ **Eliminate Cross-Contamination**

Our color-coded microfiber cleaning cloth system ensures cloths from the bathroom never touch your kitchen countertops.

✓ **Your Home, A Deeper Clean Every Time**

EnviroShield® disinfecting kills 99.9% of the most common bacteria and viruses such as E.coli, and eliminates common odors in your home.

678.813.0356
marietta.maidright.com

Visit us on Facebook

© 2016 Maid Right Franchising LLC. Maid Right and JAN-PRO International are subsidiaries of Premium Franchise Brands LLC. MRCM020816

Save \$75 Now

That's \$25 off your first three cleanings

Offer has no separate cash value and is based on three consecutive cleanings. Credits stated apply to each cleaning. Offer does not apply to prior purchases.

MT. BETHEL CHRISTIAN ACADEMY
KNOWLEDGE • UNDERSTANDING • WISDOM

Come feel the difference at an upcoming open house

LOWER AND MIDDLE SCHOOL

Main Campus (JK-8)

4385 Lower Roswell Road, Marietta, GA

Wednesday, January 11, 2017 – 10 a.m.

Thursday, February 2, 2017 – 10 a.m.

UPPER SCHOOL

North Campus (9-12)

2509 Post Oak Tritt Road, Marietta, GA

Thursday, January 12, 2017 – 9 a.m.

www.MtBethelChristian.org • 770-971-0245 • /MBCAEagles

EAST COBBER TO DISPLAY HIS JAMES BOND MARINE CAR AT THE ATLANTA BOAT SHOW



East Cobber James Strickland will be showcasing his 1976 Lotus Esprit and 1976 Lotus Esprit Marine, a functioning boat, at the Atlanta Boat Show January 12–15. The cars are based on the submarine car featured in the James Bond film, “The Spy Who Loved Me.”


In the movie, the Lotus goes under water and becomes a submarine. A designer in England took a real Lotus Esprit car without an engine or interior and sealed the bottom. The car designer then added the submarine fins on the side, a periscope, a revolving license tag, and guns in the back. James Strickland couldn't resist and bought it at an international auction. He had the car imported to go along with his other James Bond car.

Commander 007 “James” Strickland and his girlfriend, “Agent XXX” Billie Leonard, will be in Bond attire hosting the display of the James Bond Lotus Esprit Marine at the Atlanta Boat Show. 2017 marks the 40th anniversary of the movie which actually debuted on 007/007/77. Scenes from the movie involving the Lotus and the Lotus submarine will be displayed on a monitor along with the cars.

James Strickland has launched the 1976 Lotus Esprit Marine, at Lake Lanier many times and the car successfully stayed above water, right where its current owner, “James”, wants it to be.

Strickland grew up watching the James Bond movies and identified with the protagonist, as they share a first name. After hearing the girls in the movies say “Oh, James”, there was no way he would ever be referred to as “Jim”. “There was no way I could ever be a ‘Jim’ after that,” he says. Strickland has fifteen cars altogether and drives all but one, he says. He has five Jaguars, six Loti and the rest are miscellaneous, he said. He enjoys the history surrounding his cars and used to work on them himself when he was younger. With no wife or kids, he hasn't had anyone telling him to spend less time on his cars, he said with a grin.

The Atlanta Boat Show is Georgia's premier boat show to see and buy boats, gear and accessories. Hundreds of new boats, including powerboats, center consoles, ski boats and personal watercraft, and booths showcasing the latest in engines, marine gear, electronics, docks and accessories fill the Georgia World Congress Center. The 4-day event is a once-a-year chance to compare makes and models, secure insurance and financing and gear up with the latest accessories all at one time!

The Atlanta Boat Show will be held January 12-15 at the Georgia World Congress Center, Hall C, 280 Northside Drive, NW in Atlanta, GA 30314. For more information visit atlantaboatshow.com. 



Be Inspired. Stay Connected. Like Some Stuff.

www.facebook.com/EastCobber

BMW • Mini • Mercedes • Audi • Volkswagon
Expert European Repair Facility

FRANKFURT

**FOREIGN AUTOMOTIVE
MASTER TECHNICIANS**

Stop paying dealer prices
for service and repairs!

30 years experience
servicing ALL European
automobiles

Factory-trained
BMW Master
Technicians

678-505-8907
9817 Main Street
Woodstock

Hours: Mon.-Fri. 8-6
Sat. 8-4
Frank Bifulco, Owner
FrankfurtForeignAuto@gmail.com



the SPACE SHOP
SELF STORAGE

- Climate Controlled Storage Units
- 24 Hour Surveillance
- Available Access 7 Days a Week

CHOOSE YOUR LOCATION

3148 Johnson Ferry Rd.
770-645-6380

3700 Roswell Rd.
678-742-7050

www.spaceshopselfstorage.com



*"The aim and final end of all music
should be none other than the glory of God
and the refreshment of the soul."*
-JOHANN SEBASTIAN BACH

PIANO LAB



STONEHAVEN
CHRIST-CENTERED CLASSICAL EDUCATION

Learning to Live. Learning to Love.

STONEHAVENSCHOOL.ORG/PIANO

**Markets change.
Are you prepared?**

Stop by or contact your
Edward Jones financial advisor
to schedule a financial review.



Stephen A Teague,
AAMS®
Financial Advisor

2440 Sandy Plains Road
Building 20 Suite 100
Marietta, GA 30066
770-977-0074

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

MAJOR JERRY QUAN NAMED EAST COBB CITIZEN OF THE YEAR

The Cobb Chamber's East Cobb Area Council selected their 2016 Citizen of the Year. Citizen of the Year Awards are given to honor an individual whose impact through the years will be recognized and regarded with pride throughout the area as a role model. These outstanding citizens were chosen for their definable, exceptional deeds, with which he or she has made their community a better place to live. Awards were given to deserving individuals based on local area nominations. Major Jerry Quan of the Cobb County Police Department was named East Cobb Citizen of the Year.

A graduate of South Cobb High School, Major Jerry Quan has been a part of the Cobb community for over 40 years. He attended Kennesaw State University after high school and then joined the military as a United States Marine where he served for four years. As a leader for the Cobb Police force, Major Quan is actively involved in all aspects of law enforcement in Cobb County. Since beginning his career as a Cobb County Patrol Officer in 1989, Major Quan has held the following roles:

- > Patrol Officer
- > Agent, MCS Narcotics
- > FTO, Pct. 3
- > Sergeant, Pct. 1, Pct. 4, CIU-4
- > Lieutenant, Uniform Pct. 3, CIU-3, OCU
- > Captain, Precinct Commander at Pct. 1 and Pct. 4

> Major, Precinct Commander Precinct 4 (current role).

As evidenced by his promotions during the last 27 years, Major Quan is a highly respected member of the Cobb County Public Safety team. During his long tenure as a member of Cobb County Police, Quan has worked as a field training officer, in narcotics, as a detective, in the organized crime area, and has participated in the department safety review board and on the awards committee. Major Quan currently leads the team of 70 officers at Precinct 4 in East Cobb.

He is a well-known figure at the local schools and can often be found working on behalf of the police department or on many occasions as a volunteer. Seen at most every community event, Quan frequently leads police teams in local 5Ks and volunteers for Habitat for Humanity. Quan is also well-known at the local schools where he has worked on behalf of the police department, and on many occasions as a volunteer.

In a time of hostility toward public safety officers, Major Quan selflessly puts on his uniform with the citizens of East Cobb at the forefront of his mind. Cobb County, and in particular, the East Cobb community, is very fortunate to have him leading the public safety personnel who keep our homes, businesses, and families safe. 🍓



Major Jerry Quan

Tutoring and Support For Your Home School Program

Joanna Burdell, M. Ed.

Certified Classroom Teacher, 10 years Home Schooling

678-951-7674

Joanna.Burdell@gmail.com

Kindergarten-8th First Consultation Free East Cobb Area



Brian & Crystal
Freeman

Your Personal Computer Tech

770-565-7997

Yourpctech.cf@gmail.com

Making computers behave since 1982

Local East Cobb Business



Explore Fellowship

**New HS Building
Opening Spring 2017**

K4-12

FELLOWSHIP
CHRISTIAN SCHOOL



EST. 1986

Shadow Dates

Elementary School: Wednesdays, 8:50 am - 1:00 pm

Middle and High School: Thursdays, 7:50 am - 1:00 pm

www.fellowshipchristianschool.org • 10965 Woodstock Rd. • Roswell, GA • 770.993.1650

HUNTINGTON LEARNING CENTER HELPS STUDENTS ACHIEVE ACADEMIC SUCCESS

For almost 30 years across the United States, Huntington Learning Centers (HLC) have helped hundreds of thousands of children succeed in school. For the past two years, local HLC franchise owners, Frank and Montse Fabregas have been offering subject tutoring and test prep to students from kindergarten through high school.

Lassiter High School parents Frank and Montse Fabregas are both natives of Barcelona, but met an ocean away at Columbia Teacher's College in New York. Both teachers, Frank, who has two degrees, extensive experience teaching primary grades and has led a corporate training company, GECSA, for more than 10 years, and, Montse, an engineer seasoned in teaching multiple science curriculums, moved to Marietta two years ago, with a desire to support academic success to more children than just those they could reach inside one classroom.

"I see so many children struggling with reading, with math and ultimately, their self-esteem," reflects Frank, Executive Director. "Every child can soar at school and some just need help to fill in the gaps, basic skills in one area or another that prevents them from being successful learners. Tutoring children is as much nurturing and supporting them as individuals as it is teaching them subject matter. We know that by using a custom designed program targeting each child's learning style, we can transform the

children who saw school as a label of shame to proud, confident and eager learners."

East Cobb has some of the highest-ranking schools in the state and parents here make their child's school success a priority--key reasons the Fabregas family chose to make East Cobb their home. Frank observes, "But there are students, smart students, who aren't reaching their potential because there are some specific skill sets they lack, or in many cases, they have them but they need a "reboot" to get back on track."

The certified educators at HLC are passionate teachers that share their reading, language, math, science, special education and foreign language expertise. Each child receives a personalized academic assessment in all subject areas, which is vitally important. Parents may be concerned about math grades but the team at HLC recognizes that reading comprehension is the building block of all learning and can impact a child's ability to excel in other academic areas. Through specialized testing, teachers determine at what level each child is and pinpoint the specific skills they need to achieve school success.

A focused curriculum is assigned specifically for that student and the personalized tutoring begins. After fifty hours of the program, another assessment determines what strides the student has made and the results have





Owners Frank and Montse Fabregas

been “simply amazing,” says Frank. “It never ceases to thrill me, to sit down with a worried parent to go over the test results at the end of their child’s program. We enjoy their surprise and delight when they see, for example, their child soared from testing at 40% of grade level in reading comprehension to 95%. And what happens when a child experiences that kind of success? An explosion of new-found self-esteem and a new attitude toward school. Excitement replaces dread when waiting for the report cards to come home,” says Frank, “I believe all children truly have it within them to be an honor student. I see the transformation here all the time. As an educator, nothing is more rewarding.”

HLC works with the youngest learners from kindergarten to second grade, many struggling with phonics and reading and with older children who may be deterred by organizational and study skills. High school students needing support and strategies in all subjects, particularly those preparing for those all-important college entrance

tests illustrate the impact of the skills acquired with higher scores on the ACT, SSAT and the SAT tests.

When asked what really sets the Huntington Learning Center technique apart from other programs, Frank says “We have a proven assessment and curriculum model that is custom designed for each child’s individual learning style. Children are not all cut from the same cookie cutter, so their study plan should be as individual as they are.”

Frank compares learning to working out in a gym. As he explains, “The treadmill alone will not help you reach your fitness goals. You can start with that and then add other work outs, increasing your strength over time. It is the same with learning. Beginning with comprehension skills, you practice until you master it and then move on to the next exercise to strengthen your mind. It cannot be monotonous or boring. Learning can and really should be as fun and invigorating as playing a sport.”

Children with learning disabilities, attention deficit disorders and dyslexia are embraced with the same commitment to individualized instruction. Huntington Learning Center also welcomes students who may not be struggling, but are voracious learners eager to excel. Huntington Learning Center offers advanced tutoring and foreign language classes in Spanish, German, French, Arabic and more.

Tania, an East Cobb mom states, “My son, Nick, was struggling a lot in 3rd grade, his grades were not good and we decided to help him and signed him up at Huntington. Best decision we have ever made in terms of his education. Nick now has very good grades and we couldn’t be happier about how the program handled his academic situation.”

Huntington Learning Center is in the East Cobb Crossing shopping center, 4381 Roswell Road, Suite 240, in Marietta/East Cobb. For more information, visit www.huntingtonhelps.com/center/east-cobb or call 770-977-3112 for an appointment.



HUNTINGTON LEARNING CENTER

4381 Roswell Road • Suite 240
Marietta/East Cobb

Mon - Thur: 10:00 am - 8:00 pm

Friday: 9:30 am - 8:00 pm

Saturday: 9:00 am - 3:00 pm

Sunday: Closed

770-977-3112

huntingtonhelps.com/center/east-cobb



MAKE A NEW YEAR'S RESOLUTION TO VOLUNTEER



At the start of each new year, people make a list of things they are going to do to improve their lives. We say we are going to eat less and work out more. Think about making resolutions that will not only help you, but help your community. Volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. Or if your time is really in short supply, maybe you can donate the furniture, clothing and other household items that you no longer need. In addition to our local schools, synagogues and churches, here's a sampling of some local, non-profit organizations that are in need of volunteers, financial contributions and/or miscellaneous donations.

ADOPT-A-STREAM PROGRAM

(Watershed Stewardship Program)

This Cobb County program provides participants the opportunity to learn about the watershed they live in with a variety of programs designed to help people learn how to improve local water quality through hands-on activities for all ages. Free.

www.watershed.cobbcountyga.gov

770-528-1482

ACTION MINISTRIES

Needs volunteers to help sort, pack and deliver food boxes.

Katie Farmer, Regional Director of Metro Atlanta

17 Executive Park Drive NE, Suite 540

Atlanta, GA 30329

www.actionministries.net

706-963-0627

AMERICAN RED CROSS

Provides care to those in need. A network of generous donors, volunteers and employees who share a mission of preventing and relieving suffering.

2145 Roswell Road, Suite 250

Marietta, GA 30062

www.redcross.org

770-578-1977

BACKPACK BLESSINGS

Provides food for elementary school children who qualify for the free meal plan and go without food on the weekends.

Tony Palermo, Volunteer Crew Leader, Board Chairman

www.backpackblessings.org

678-245-1252

CENTER FOR CHILDREN & YOUNG ADULTS

Provides secure residential care for Cobb County's abused and neglected children.

Kimie Tinsley, Volunteer & Activities Coordinator

www.ccyakids.org

770-333-9447

THE CENTER FOR FAMILY RESOURCES

Provides emergency assistance to families in Cobb County so that they can acquire the resources they need to become independent and self-sufficient, thereby breaking the cycle of poverty.

Alicia Ferguson, Development & Volunteer Coordinator

995 Roswell Street, Suite 100

Marietta, GA 30060

www.theCFR.org

770-428-2601

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

COBB COMMUNITY FOUNDATION

Promotes philanthropy to create and support a vital and caring community. It builds a collection of endowment funds and distributes the proceeds to nonprofit organizations that serve the community's members.

Tommy Allegood, Executive Director

Cobb Chamber of Commerce

240 Interstate North Parkway

Atlanta, GA 30339

www.cobbfoundation.com

770-859-2329

COBB COUNTY JUVENILE COURT – CITIZEN PANEL REVIEW

A volunteer supported program tasked with reviewing foster care cases.

Joshua Weeks, Judicial Administrative Supervisor

www.cobbcountyga.gov

770-528-2284

COBB COUNTY JUVENILE COURT SPECIAL ADVOCATE

A Court Appointed Special Advocate (CASA) is a trained community volunteer appointed by a Juvenile Court Judge to speak up for the best interest of an abused or neglected child involved in a juvenile court proceeding. Seeking volunteers for future training classes.

Carlene Redmond

www.cobbcountyga.gov

770-528-2285

COBB COUNTY JUVENILE COURT YOUTH DIVERSION PROGRAM

This program is for first offenders with minor offenses. These juveniles are given the opportunity to appear before a panel of community volunteers instead of a judge. Volunteers are needed to serve on the panel. Training provided and required.

Rita Evans

www.cobbcountyga.gov

770-528-2243

COBB COUNTY PUBLIC LIBRARY SYSTEM

Help needed with shelving and straightening paperbacks and periodicals as well as other opportunities as listed on website.

www.cobbcat.org

770-528-2326

COBB LITERACY COUNCIL

Needs tutors for GED as well as administrative help.

Donna Frankovsky

www.cobbworks.org

770-528-8094

I ♥ East Cobb

Saint Francis Schools

Providing an exceptional college preparatory program

ROSWELL CAMPUS

Grades 1 - 8

Ms. Ellen Brown

(770) 641-8257 x51

ebrown@sfschools.net

MILTON CAMPUS

Grades 9 - 12

Mr. Brandon Bryan

(678) 339-9989 x33

bbryan@sfschools.net

CALL TO SCHEDULE YOUR TOUR TODAY!

SAINT FRANCIS SCHOOL OFFERS:

- S.A.I.S. / S.A.C.S. Accredited
- No Religious Affiliation • SB 10 Eligible
- Challenging College Preparatory Curriculum
- AP, Honors, Traditional, and Support Classes
- Small Class Size • Low Student/Teacher Ratio
- Study and Organizational Skills

- Wilson Reading System®
- Intensive Reading and Writing Approach
- S.T.E.A.M., Robotics, Computer Science, Engineering, Broadcasting, and Video Production
- Google Apps for Education • Laptops Required
- After School Homework Hour
- GHSA Sports Program including Football and Equestrian
- Bus Service Available



Saint Francis High School | 13440 Cogburn Road | Milton, GA 30004
 Saint Francis Elementary and Middle Schools | 9375 Willeo Road | Roswell, GA 30075
www.saintfrancisschools.com

THE EXTENSION

A residential recovery program for the homeless. Needs volunteers to plan, prepare and serve meals.

Tyler Driver, Executive Director & Volunteer Coordinator
1507 Church Street (Men's Extension)

Marietta, GA 30060

130 Holiday Street (Women's Extension)

Marietta, GA 30060

www.theextension.org

770-590-9075 x.301

FAMILY PROMISE

Mission is to help homeless and low-income families achieve sustainable independence through a community-based response.

Julie Binney, President

2325 Roswell Road, Building 400

Marietta, GA 30062

volunteers@familypromisecobbcounty.org

www.familypromisecobbcounty.org

678-594-3150

FOSTER CARE SUPPORT FOUNDATION

Helps abused and neglected children experience a kinder side of daily life while in their foster care home. Volunteers needed to help in the distribution center and the resale shop

115 Mansell Place, Roswell, GA 30076

www.fostercare.org

770-641-9591

FRIENDS FOR THE EAST COBB PARK

For the establishment, maintenance, and expansion of the only passive park in East Cobb.

Sandy Woltering, President

www.eastcobbpark.org

president@eastcobbpark.org

GEORGIA AARP TAX-AIDE

Seeks volunteers for tax counseling service between mid-January and April 15.

www.aarp.org

1-888-687-2277

GIRLS INC. OF COBB COUNTY

Provides programs to promote self-esteem in young women.

Seeks people to donate time and skills working with girls in an activity or class such as arts and crafts, computer training, sports, aerobics, and tutoring.

Talia Sylvain, Volunteer Coordinator

461 Manget Street, Marietta, GA 30060

www.girlsincatl.org

770-422-0999

HAPPY CAPS

Volunteers make and give handmade hats to people suffering hair loss due to cancer treatment – or any medical condition – to keep their head warm, to remind them each time they wear it that there are people who care.

Happy Caps Atlanta

142 Flagstone Way, Acworth, GA 30101

contact@happycapsatlanta.org

happycapsatlanta.org

770-653-9448

HELPING HAND FOUNDATION

Improves the lives of local families by providing support through financial assistance, resource networking, fundraising events and volunteer leadership.

Melisa White, Founder/Executive Director

3605 Sandy Plains Road, Suite 240-265

Marietta, GA 30066

www.helpinghandfoundationga.org

770-596-8667

JUNIOR LEAGUE OF COBB - MARIETTA

Organization of women committed to promoting voluntarism, developing the potential of members and improving the community through the effective action and leadership of trained volunteers.

505 Kennesaw Avenue

Marietta, GA 30060

www.jlcm.org

770-422-5266

MAKE-A-WISH FOUNDATION OF GEORGIA

Grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. The Foundation needs office volunteers, fundraisers and wish granters.

Kymberly Benjamin, Volunteer Manager

1775 The Exchange SE, Suite 200

Atlanta, GA 30339

www.georgia.wish.org

770-916-WISH (9474)

Leave the Cleaning to Us.
Be There When It Matters.

Residential or Office - Move-In / Move-Out Cleaning
Fully Insured & Bonded

10% OFF
First Cleaning Service
- New Customers Only -
*May not be combined
with other offers.*



image Maids™

Cobb/Cherokee North Fulton/Forsyth Sandy Springs
770.627.4670 770.475.8700 770.559.3264

www.imagemajds.com

VolunteerMatch.com Can Help You Help Others


What's your excuse for not getting involved? Not enough time? No skills or experience you think could help anyone? Nothing nearby? If you had information on thousands of non-profit agencies looking for volunteers anywhere nationwide and also were able to choose how much time to spend, the type of cause you want to support, and set your own hours for volunteering, it would be hard to find a reason not to volunteer, wouldn't it?

No more excuses. Whether you can spend 10 hours, a week or 10 minutes; whether you want to support the arts, the environment or social issues, there are thousands of opportunities waiting on VolunteerMatch.

VolunteerMatch is a non-profit website that serves as a clearinghouse for organizations needing individuals to volunteer and volunteers looking for organizations that can use their skills and experience. To date, nearly 20,000 non-profit and tax-exempt organizations have received more than 700,000 volunteer referrals through the site.

Any non-profit or tax-exempt organization can list an unlimited number of volunteer opportunities on VolunteerMatch. Visitors to VolunteerMatch simply enter their ZIP code to find local opportunities. Volunteers can also search by interest, date and keyword to generate a personally customized list. Once an opportunity of choice is found, the interested volunteer simply clicks on it to contact the organization and get involved. Non-profit organizations find VolunteerMatch an easy and efficient way to connect with people who can support their efforts through volunteer activity.

VolunteerMatch is a great way for interested volunteers to find out if their skills meet an organization's needs before they make contact, and it's also a good way to get the word out about projects and special needs within a specific community. "If there's a local disaster or even something like a marathon that needs volunteers, help can be coordinated online," she says.

"VolunteerMatch makes it easy to bring volunteers and charitable organizations together to meet the needs of their community," says the service's president, Jay Backstrand. To find volunteer opportunities in your area, or to learn more about VolunteerMatch, visit www.volunteermatch.org. 



Happy Caps is a non-profit organization made up of wonderful people who make beautiful, soft, stylish hats for people suffering hair loss due to a medical condition. Each cap is gift-tagged and is signed with a personal message by the volunteer who made it.



Ways to volunteer:

- Create caps at your own pace.
- Create caps with a group.
- Support Happy Caps overall by doing volunteer or donor outreach.
- Donate beautiful soft yarns.

Contact Us!

www.HappyCapsAtlanta.org
Email: contact@happycapsatlanta.org

Like Us!



Thanks Advertisers!

You make this publication **FREE** to
40,000 readers every month!



COMING IN OUR FEBRUARY ISSUE!

**SPECIAL
SECTION:**
19th Annual
Child Care &
Preschool
Guide

EAST COBBER is the only magazine that publishes a comprehensive and complete list of child care facilities and preschools in East Cobb: The 19th Annual Child Care & Preschool Guide!



PROMOTE YOUR PRESCHOOL!
ADVERTISING DEADLINE: JANUARY 16
CALL EAST COBBER TODAY!
770-640-7070

MEALS ON WHEELS

Volunteers needed on meal delivery team. Volunteers also serve as a link of information between the client and caseworker.

Kristie Naylor, Legacy Coordinator
www.cobbseiors.org

770-528-1445

MUST MINISTRIES

Since 1972, MUST has provided services to the poor and homeless in Cobb and Cherokee Counties.
volunteer@mustministries.org

1407 Cobb Parkway, Marietta, GA 30062
www.mustministries.org

770-427-9862

NORTHWEST METRO ATLANTA HABITAT FOR HUMANITY

Strives to eliminate substandard housing in Cobb County through new home construction and existing home renovation. Also offers zero-interest loans.

Camellia Chandler
Volunteer Coordinator & Development Assistant
1625 Spring Road, Smyrna, GA 30080
www.nwmetroatlantahabitat.org

770-432-7954 x100

PROBATION OFFICER PROGRAM

Cobb County Superior Court needs help relieving the State probation caseload. Qualified volunteers will undergo formal training.

www.cobbcountyga.gov

770-528-7986

RALLY FOUNDATION

Empowers volunteers across the country to raise awareness and funds for childhood cancer. Volunteers needed for special events and fundraisers

Maureen Barry, Volunteer Coordinator
5775 Glenridge Drive, Building B, Suite 370
Sandy Springs, GA 30328
www.rallyfoundation.org

404-847-1270

SAFE AMERICA FOUNDATION

They distribute information, develop and facilitate programming, and support businesses and products with a focus on emerging health and safety issues at home, work and play.

Len Pagano, President
2000 First Drive, Suite 310, Marietta, GA 30062
www.safeamerica.org

770-973-7233

SAFE KIDS COBB COUNTY

Safe Kids Cobb County is committed to reducing and preventing accidental injuries to children in Cobb County. It provides information and education on the following topics: Car and Booster Seats, Poison Prevention, Water Safety, Bicycle/Wheel Safety, Home Safety & Pedestrian Safety. Sponsors car seat checks, bike rodeos, and safety fairs.

Lisa Grisham, Safe Kids Co-Coordinator
114 Cherry Street, Suite G, Marietta, GA 30060
www.safekidscobbcounty.org

770-793-7185

SAFEPATH CHILDREN'S ADVOCACY CENTER

Ensures a child-friendly environment in which child victims of abuse and neglect can feel safe and comfortable during the process of intervention and investigation. Caring adults are needed to greet families and supervise children in their playroom/waiting area during the day, and in the evening on Mondays and Wednesdays.

736 Whitlock Avenue, Suite 600
Marietta, GA 30064

www.safepath.org

770-801-3465

SECOND WIND DREAMS

Second Wind Dreams is an international, nonprofit organization dedicated to changing the perception of aging through the fulfillment of dreams and the offering of educational programs including its flagship, sensitivity training, June Rondinone

Secondwind.org

678-624-0500 x.415

SENIORS "MOST WANTED"

Cobb County Sheriff's program is looking for residents 55 and older to assist deputies and other staff in sheriff's day-to-day office operations.

www.cobbcountyga.org

770-499-4651

SIMPLE NEEDS GA

Monthly hands-on projects help the homeless and children in need. Check out website for other opportunities.

Brenda Rhodes, brenda@simpleneedsga.org

991 Industrial Park Drive
Marietta, GA 30062

www.simpleneedsga.org

678-266-3344

UNITED WAY OF GREATER ATLANTA

United Way does "whatever it takes" to help the Cobb community focus and get results on important human issues. While United Way does raise and invest dollars, it also helps people volunteer, lend their professional expertise, donate household and office items and advocate on behalf of issues.

Will Burke, Regional Director

995 Roswell Street, Suite 338

Marietta, GA 30060

www.unitedwayatlanta.org

678-623-2883

VOICE TODAY

Voice Today aims to break the silence and cycle of child sexual abuse and exploitation.

Kris Barnes, Director of Operations

3855 Shallowford Road, Suite 110

Marietta, GA 30062

www.voicetoday.org

678-578-4888

WELLSTAR

WellStar volunteers are an integral part of the healthcare team. Volunteers provide service to the hospital while also promoting a caring attitude in the hospital and community. Volunteers interact daily with hospital team members, physicians, patients and patients' families.

Brooke Schembri, Director of Corporate & Community Health
330 Kennestone Hospital Boulevard

Marietta, GA 30060

www.wellstar.org

770-793-7120

YWCA OF NORTHWEST GEORGIA

The YWCA of Northwest Georgia, established in Cobb County in 1917, is an organization that works to empower, educate, advocate and unite. The YWCA's philosophy is to stand up and speak on behalf of those who cannot speak for themselves in the arenas of domestic violence and sexual assault.

Ms. Holly Tuchman

48 Henderson Street, SW

Marietta, GA 30064

www.ywcanwga.com

770-427-2902

Visit us online at
www.eastcobb.org



The Snyder Adams Law Firm Specializes In:

- Divorce And Family Law
- Criminal Defense
- DUI & Traffic

Call for a free phone consultation

404-981-1397

6 Concourse Pkwy
Suite 2920
Atlanta, GA 30328
snyderadamslaw.com

Jennifer Adams
Attorney at Law

THE SNYDER ADAMS LAW FIRM
The Experience When It Matters Most

EAST COBB RUGBY CLUB RECRUITING PLAYERS

Are you interested in a game you can play anywhere in the world? Rugby has been growing in popularity nationwide and locally for many years. In fact, it's the fastest growing team sport in the United States and is now an Olympic sport.

Rugby in East Cobb is growing by leaps and bounds, and coaches and fans have just formed the East Cobb Rugby Club to build on this interest. The East Cobb Rugby Club is a feeder program with middle school and high school teams that will develop players to compete at both the state and regional levels.

"The aim of the club is to provide a safe and challenging environment where young athletes can learn and develop rugby and life skills to take their game to the next level," says Simon Purdy, a club founder.

Coaching will be led by Randall Joseph who successfully coached the Lassiter Trojans to seven high school championships in the past 11 years. Because rugby is a contact sport, the club coaches emphasize safety and proper technique. East Cobb high schools have had rugby club teams for 12 years, and it's been a great addition to many high school athletic programs.

Rugby is an 80-minute physical sport that features a combination of strength, speed and strategy to move an oval ball down the field. "Kids and teens who love running, wrestling, tackling, kicking and passing will enjoy learning this new sport," says Coach Randall Joseph.

East Cobb Rugby has U14 (Colts), U16 (Barbarians) and U18 (Trojans) teams for players of different ages.

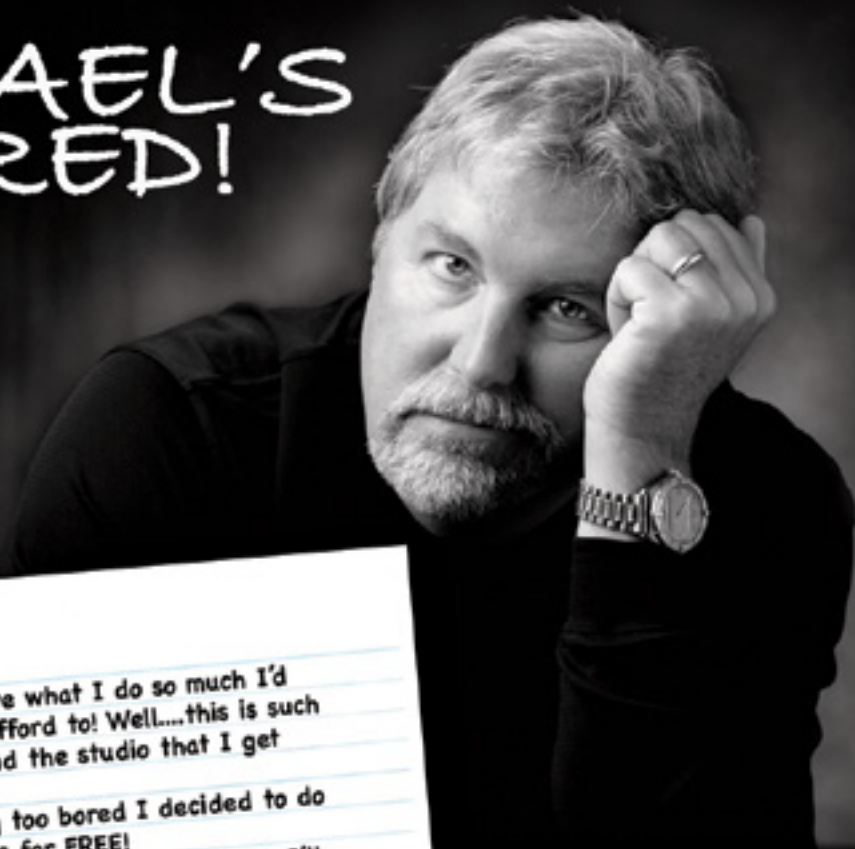


Chase Vermaak, East Cobb Trojans, is lifted to secure the ball during a line-out against Charlotte Tigers.

They are actively seeking new players in all age groups and encourage parents and kids to check it out. The new club has an open recruitment policy and players from all schools are welcome to join. The club will play in the Georgia Rugby Division and also play teams across the Southeast.

For more details, visit eastcobbbrugby.com, email eastcobbbrugbyclub@gmail.com or call Randall Joseph at 404-914-9080. ☎

MICHAEL'S BORED!



I've always said that I love what I do so much I'd do it for free if I could afford to! Well....this is such a slow time of year around the studio that I get bored.

So to help me from being too bored I decided to do just that.....make portraits for FREE!

For two weeks on January, February, and March I'll make your portraits for free...NO SITTING FEES!!!

We can schedule a time at your home or location and I'll make portraits of you, your children, or your family. If you don't want to order anything that's O.K. Or if you do that's O.K. too.

Either way I get to do what I love which is to photograph people. So call today and schedule an appointment...it'll be fun!!!

January 16th - 27th
February 13th - 24th
March 20th - 31st

MICHAEL

O.K.....I know you're probably thinking, "What's the catch?" Well, there isn't one!!! No obligation, no order required.

Call today and let's do something CREATIVE!!!

MICHAEL'S PHOTOGRAPHY

770-977-6900



www.themichaelsphotography.com

Serving East Cobb for over 20 years.

EAST COBBER *Early Bird* DAY CAMP GUIDE

Summer day camps are fun and education all rolled into one. EAST COBBER has collected information on a wide range of wonderful day camps to fit all ages and interests, including sports camps, adventure camps, Christian camps, art camps, science camps, dance camps and more. Many day camps listed throughout these pages are held right here in East Cobb, and some are just a short drive away. Please note, as extensive as this day camp chart is, it is still just a preliminary listing of all the day camps available. We recommend you visit the websites noted on each listing for even more offerings. Editor's Note: Our April issue will feature a more extensive Day Camp Guide.

Camp Name	Age Group	Weekly Camp Fee	Times	May 30- June 2	June 5-9	June 12-16	June 19-23	June 26-30	July 3-7	July 10-14	July 17-21	July 24-28
Art Camps The Art Place-Mountain View 3330 Sandy Plains Road, Marietta 30066 770-509-2700 • www.theartplace.us	4-18	See website	See website		✓	✓	✓	✓		✓	✓	✓
Art Camp! S.M.art Club! Addison Elementary School, 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	PreK-9th grade	\$149-\$239	8am-6pm*		✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs		
Art Camp! S.M.art Club! Junior Counselor Program Addison Elementary School, 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	6th-12th grade	\$149-\$239	8am-5pm*		✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs		
Atlanta Junior Rowing Association 245 Azalea Drive, Roswell 30075 770-835-5769 • www.ajracrew.com	12-18	\$175	7:30am 10am or 6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Atlanta Swim Academy Camp H2O 732 Johnson Ferry Road, Marietta 30068 770-973-3120 • www.atlantaswimacademy.com	4-12	\$315	8:30am-5pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camp Faith Faith Lutheran Church & School 2111 Lower Roswell Road, Marietta 30068 770-973-8921 • www.faithmarietta.com/summercamp	2 - 4 years	Call for rates	7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camp Horizon (special needs) Fullers Park, 3499 Robinson Road, Marietta 30068 770-819-3527	7-21	See website	See website	DATES TO BE DETERMINED								

*Extended Hours Offered

SUMMER
BREAK
IN COBB
WILL NEVER
BE THE
SAME



WinShapeCamps.org/Cobb

ART & MUSIC FUSION

Guaranteed Fun!

SUMMER CAMP 2017

Perfect for All Ages & Abilities

Sign Up Now!

Fills Up Fast!



You Choose! Art or Art & Music
Easy Online Registration at:
www.smart-clubs.com

Every Mural is Different! Customized to Each Artists Creative Ideas!

**Taught by Kirsten Haley, M.Ed. School Counseling/Owner/Artist
 and Professional Local Artists.**

Have Fun Performing World Musical Rhythms, Blues, Jazz & more!

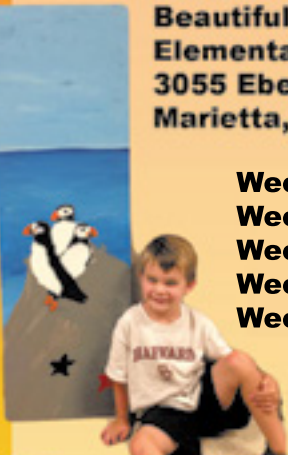
Taught by Ginger Bisel, M.Music



East Cobb Location
 Beautiful Addison
 Elementary School
 3055 Ebenezer Road
 Marietta, Ga 30066

- **All Weeks Are Different! Choose Multiple Weeks!!**
- **Students Create Their Own Large Fine Art Murals**
- **Team & Skill Building Activities**
- **3 Playgrounds & Basketball**
- **Pizza/Pasta/Chicken Nugget Lunch Available**
- **Family/Friends Art & Music Fusion Show**
 with Ice Cream Topping Bar Every Week

Week 1: 6/5-6/8
Week 2: 6/12-6/15
Week 3: 6/19-6/22
Week 4: 6/26-6/29
Week 5: 7/10-7/13



Tuition includes high quality fine art & music supplies, Family/Friends Art & Music Fusion show with Ice Cream topping bar, camp week & performances - slide show/photos/videos link available online.

\$25 down, \$43/month \$239 total Flexible payment plans

\$15 discount for siblings & multiple sessions!!

Sessions are Mon-Thurs 9am to 3pm *8am-5pm

1/2 days: 9am-12 noon available for \$149/week!

Swim Team Special! 11am-3pm, \$185

***Before care (8am-9am, \$5) and**

After care (3pm-5:30pm, \$10)



Questions Contact Kirsten at s.m.artclub@me.com

EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 30- June 2	June 5-9	June 12-16	June 19-23	June 26-30	July 3-7	July 10-14	July 17-21	July 24-28
Camp Kingfisher - Chattahoochee Nature Center 9135 Willeo Road, Roswell 30075 770-992-2055 • www.chattnaturecenter.org/camp-kingfisher	4 years - rising 9th grade	See website	8am-6:15pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Camp Ruach! Congregation Etz Chaim 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net	14 mos - PreK	Call for rates	9:30am-1:30pm or 8am-5pm		✓	✓	✓	✓	✓	✓	✓	✓
Chabad of Cobb Summer Camp 4450 Lower Roswell Road, Marietta 30068 770-565-4412 • www.chabadofcobb.com	Rising PreK+	Call for rates	Varies					✓	✓	✓	✓	
Fullers Kids Summer Camp Fullers Park 3499 Robinson Road, Marietta 30068 770-509-2737 prca.cobbcountyga.gov/fullersrecreationcenter.htm	6-11 12-15	\$100 + \$50 additional child	7:30am - 3:30pm*	DATES TO BE DETERMINED								
The Georgia Ballet-Summer Dance Camps 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	3+	Call for rates	Varies		✓	✓	✓	✓	✓	✓	✓	✓
Ginepri Performance Summer Tennis 2017 Jr. Camp Olde Towne Athletic Club 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.gptennis.net	7-18	\$335	9am-2pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Harrison Tennis Center Summer 2016 Jr. Camps 2653 Shallowford Road NE, Marietta 30066 770-591-3151 • www.prca.cobbcountyga.gov	4-17	See website	See website		✓	✓	✓	✓		✓	✓	✓
Johnson Ferry Baptist Church 955 Johnson Ferry Rd, Marietta 30068 678-784-5317 www.johnsonferry.org/youthsports	See website	See website	See website	DATES TO BE DETERMINED								
Kids' Zone Weekly Day Camps Kids' Zone Daycare & Learning Center 137 Johnson Ferry Rd., Ste. 1100, Marietta 30068 770-933-6900 • www.kidszonelearningcenter.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
KSU Summer University Kennesaw State University-Continuing Ed 3333 Busbee Drive NW, Kennesaw 30144 470-578-6765 • www.kennesaw.edu/coned	1st - 12th grade	See website	See website	✓	✓	✓	✓	✓	✓	✓	✓	✓
MJCCA Summer Day Camp 5342 Tilly Mill Road, Dunwoody 30338 678-812-4004 • www.atlantajcc.org	Rising PreK-10th grade	Call for rates	9am-4pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓

*Extended Hours Offered

CROSSOVER BASKETBALL

FOR BOYS & GIRLS, GRADES 5-8 | SIGN-UP TODAY!

1 PRACTICE/1 GAME PER WEEK - SET SCHEDULE
678-784-5318
WWW.JOHNSONFERRY.ORG/YOUTHSports

EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 30- June 2	June 5-9	June 12-16	June 19-23	June 26-30	July 3-7	July 10-14	July 17-21	July 24-28
Mount Paran North Mountain Top Sports Camp Mount Paran North • 1700 Allgood Road, Marietta 30062 678-285-3248 • www.mpnsports.com	6-14	\$110 + \$50 activity fee	7:30am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oak Creek Horse/Pony Camp Oak Creek Stables • 4580 Roswell Road, Marietta 30068 678-2288128 • www.pageonestudios.org	6+	\$325-\$375	Call for times	DATES TO BE DETERMINED								
Primrose School of Lasser 2821 Lasser Road, Marietta 30062 770-641-8535 • www.primroaselasser.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Primrose School of Sprayberry 2531 East Piedmont Road • Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	\$222	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
School of Rock Beginner Performance Camp 2459 East Piedmont Road#1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$425	9am-3pm		✓						✓	
School of Rock Rock Boot Camp 2459 East Piedmont Road#1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$475	9am-3pm			✓						
School of Rock Songwriting 2459 East Piedmont Road#1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$475	9am-3pm				✓					
Science Camp by High Touch High Tech @various locations 770-667-9443 • www.sciencemadefunatl.net	6-12	\$260	9am-3pm		✓	✓	✓	✓	✓	✓	✓	✓
Sprayberry Academy Pre-K Camp 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	Prek-5	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sprayberry Academy 2.0 Camp 2100 Post Oak Tritt Road, Marietta 30062 770-672-6289 • www.sprayberrychildrensgroup.com	K-8th grade	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
Terrell Mill Tennis Center Junior Summer Tennis Camp 480 Terrell Mill Road, Marietta 30067 770-644-2771 • www.titansnation.net	6-17	\$180	9am-12pm		✓	✓	✓	✓	✓	✓	✓	
Titans Sports Academy-Baseball/Softball 1235 Kennestone Circle, Suite A., Marietta 30066 404-441-1400 • www.waltoncheer.org	5-14	\$179-\$275	9am-5pm		✓	✓						
Unity North Atlanta Church-Camp Northstar 4255 Sandy Plains Road, Marietta 30066 678-819-9100 • www.waltoncheer.org	3-10	See website	See website	DATES TO BE DETERMINED								
The Walker School Summer Programs 700 Cobb Parkway North, Marietta 30062 770-427-2689 • www.thewalkerschool.com/summer	PreK-12th grade	Call for rates	See website		✓	✓	✓	✓	✓	✓	✓	✓
YMCA McClesky/East Cobb-Summer Camps 1055 East Piedmont Road, Marietta 30062 770-977-5991 • www.ymcapass.com/mcy.shtm	5-12	See website	7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓
WinShape Camp 2509 Post Oak Tritt Road, Marietta, GA 30062 844-972-2677 • www.winshapecamps.org/cobb	1st-9th grade	\$249	Varies				✓	✓	✓	✓	✓	

*Extended Hours Offered



SAVE THE DATE Open Enrollment Begins February 6




take a tour!



1 year to Pre-K
NAEYC Accredited
3 Star Quality Rated
Full- and Half-Day Programs

atlantajcc.org/preschool • preschool@atlantajcc.org

MAKING A GOOD DAY CAMP DECISION FOR YOUR CHILD

If you're a parent considering summer camp opportunities for your child, you might consider a day camp rather than (or in addition to) a sleepaway camp experience. Parents often view sending their kids to day camps as a "stepping stone" to overnight camp. They might think day camps are for younger kids and sleepaway camps are for older ones. In some cases this might be true, but not always.

One of the advantages you have as a parent when comparing day camps to overnight camps (or even day camps to day camps) is that a day camp's customer base is generally restricted to its local geographical area. This makes things easier for you to learn more about the camp. For example, you can contact the camp's current or former customers for references, and you can even visit the camp before making a decision.

So how do you know you're picking the right day

camp for your child? Here's a three-point checklist to help ensure the day camp you choose is the right one for your child.

1. CHECK REFERENCES

Since day camps primarily serve local customers, it should not be difficult to find a few families who've attended the camp before. Talk to them about their impressions of the program. If you hear good things, you might have a winner. Mixed reviews, on the other hand, could be a "red flag" alerting you to research the camp further. But if everyone you speak with has only negative things to say, then rule that day camp out, pat yourself on the back for taking the time to conduct a thorough investigation and keep looking for a different camp.

2. INVOLVE YOUR CHILD IN THE DECISION MAKING PROCESS

Research shows that kids enjoy camp more when they're



Learn more and register online for one of our upcoming Admission Events.

K/1st Open House
Evening to Inform

Dec 2nd
Dec 8th

Pre-K Preview
Open House

Dec 15th
Jan 22nd

Pre-K through 8th Grade | Roswell, GA
770.993.2940 | www.highmeadows.org
An International Baccalaureate® School



EAST COBBER *Early Bird* DAY CAMP GUIDE



included in the decision-making process. Since there are so many different types of day camps to choose from, it's important to match your child's interests and personality with the activities the day camp offers. Accordingly, it's advisable to take a tour of the camp and/or attend an open house together with your child. After you've toured the camp, ask for your child's opinion. This can be a much better approach than unilaterally deciding which day camp your child will attend without consulting them ahead of time, as asking for their input means they'll probably have a more positive camp experience in the end.

3. TOUR THE CAMP AND MEET THE STAFF

Most day camps hold open houses or organized facility tours during the prime camp enrollment season (generally springtime). These events are great opportunities for you to meet the staff, ask questions and see how the

camp operates on a day-to-day basis. You might even decide to attend several camps' open houses for a point of comparison and to see where you get the best "vibe." Attending a day camp open house or touring the facility is the single BEST way to see what you're getting into ahead of time.

Camp is such a personal experience. You want your child to connect with his or her counselors on a personal level and admire them as leaders and role models. You owe it to yourself and your child to pick a day camp that your child will look back on later in life and say, "I remember that camp, and it was the best experience of my life!" Your child deserves the best. It's your responsibility as a parent to put him or her in an environment where they can thrive, and choosing the right day camp can make this happen for you. Happy day camping! ☺



WALKER
summer programs

June 5 - July 28

thewalkerschool.org/summer

THE WALKER SCHOOL

where wonders await.

EAST COBBER

Next Issue: February • Deadline: January 15
Call East Cobber: 770-640-7070



EAST COBBER *Early Bird* DAY CAMP GUIDE

Overnight Camps

Camp Name	Age Group	Weekly Camp Fee	Times	May 28-June 3	June 4-10	June 11-17	June 18-24	June 25-July 1	July 2-8	July 9-15	July 16-22	July 23-29
Deer Run Overnight Camps 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • www.camps.deerruntreat.org	Preteen	\$729	See website		✓			✓				✓
Deer Run Overnight Camps 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • www.camps.deerruntreat.org	Middle & High School	\$729	See website			✓	✓			✓	✓	
Deer Run Overnight Camps 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • www.camps.deerruntreat.org	Family	See website	See website						✓			
Girl Scouts of Greater Atlanta-Camp Misty Mountain 490 Lake Marvin Road NE, Armuchee, GA 30105 706-629-1030 • www.gsatl.org	See website	See website	See website			✓	✓	✓		✓	✓	✓
Girl Scouts of Greater Atlanta-Camp Timber Ridge 4575 Pebble Brook Road, Mableton, GA 30126 770-702-9600 • www.gsatl.org	See website	See website	See website			✓	✓	✓		✓	✓	✓
Sports Broadcasting Camp @ Emory University • 201 Dowman Drive, Atlanta 30322 800-319-0884 • www.playbyplaycamps.com	10-18	\$565-\$1275	See website								✓	
U.S. Space & Rocket Center - Space Camp One Tranquility Base, Huntsville, AL 35805 1-800-637-7223 • www.spacecamp.com	9-18	\$999-\$1099	See website	✓	✓	✓	✓	✓	✓	✓	✓	✓
YMCA - Camp Ocoee 111 YMCA Drive, Ocoee TN 37361 423-338-5588 • www.campocoe.com	7 years - Rising 10th grade	See website	See website		✓	✓	✓	✓		✓	✓	✓

*Extended Hours Offered

Coming in March:
EAST COBBER's
8th Annual Home & Garden Guide
For Advertising Information, call
770-640-7070

Contractors • window cleaning • air conditioning •
appliance repair • carpet cleaning • deck design • flooring •
garage door repair • gutter cleaning • landscaping •
mailed cleaning • plumbing • remodeling • roofing •

MJCCA SUMMER DAY CAMPS 2017

FUN ★ FRIENDS ★ ADVENTURE

100+ CAMP OPTIONS FOR RISING PRE-K-10TH GRADE
PERFORMING ARTS ★ SPECIALTY ★ SPORTS ★ TEEN ★ TRADITIONAL
DUNWOODY ★ NORTH FULTON ★ EAST COBB ★ INTOWN

Free Bus Service to All Locations

Register for Specialty Camps and
The Lynne & Howard Halpern Drama Camps in East Cobb!

Online Registration Starts January 8 at
MJCCADAYCAMPS.ORG

JCC atlanta

5342 Tilly Mill Road, Dunwoody | 678.812.4000 | MJCCADayCamps | mjccadaycamps.org



UPWARD BASEBALL, SOFTBALL & T-BALL
FOR BOYS AGES 4-12, GIRLS AGES 4-13
REGISTER ONLINE AT JOHNSONFERRY.ORG/YOUTHSports



CNC
Chattahoochee
NATURE CENTER

- Registration opens Jan. 23
- Ages 4 years old to high school



Camp Kingfisher

Swimming
Archery
Canoeing

Wildlife
Arts & Crafts
And more!

770-992-2055 x222 • Chattnaturecenter.org • 9135 Willeo Rd., Roswell, GA 30075







READ MORE. DO MORE.

Each EAST COBBER issue and 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.



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


2017 *January* 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.

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.

JANUARY 5-22

Greetings Friend, Your Kind Assistance is Required presented by the Georgia Ensemble Theatre. World premiere comedy from Atlanta's favorite playwright, Topher Payne. When retired schoolteacher Rhonda Charles opens an email in her spam folder with the subject line, "Greetings Friend your kind assistance is required," the journey of a lifetime begins. Showtimes: Wednesday: 7:30pm, Thursday-Friday-Saturday: 8pm, Sunday: 2:30pm. Tickets start at \$24.77. Georgia Ensemble Theatre, Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-641-1260 or www.get.org



RSV RONALD SACHS VIOLINS 770.485.8814

Start 2017 off right by getting the best possible instrument in your hands.

- Violins
- Violas
- Cellos
- Basses

Empowering Beginners through Professionals With Fantastic, Affordable Instruments

- Sales
- Rentals
- Repairs
- Accessories

www.ronaldsachs.com

JANUARY 5-26

Man and Machine. This Science, Technology, Engineering, Art, and Math (STEAM) exhibit features artwork from Cobb County students. Mon-Thurs: 10am-5pm. Call for weekend and evening hours. The Art Place, 3330 Sandy Plains Road, Marietta. More info: 770-509-2700 or theartplace.us.

JANUARY 7

Painting with Roma: Sunset. Learn to Paint with Roma, featuring the 16 x 20 oil painting "Sunset." This is a class for all levels, beginner to advance. Even if you've never picked up a brush this class is for you. This is an all-inclusive class lasting from 10am-4pm, so be sure to pack a lunch. All this for \$85 (all supplies included) and if you're a military veteran this class is discounted to \$45 with military I.D. MarketPlace 120, 562 Wylie Road SE, Suite 24, Marietta. More info: 678-540-7511 or marketplace120.com.

Recycling Day at Pope High School. Metal, electronics, paint, paper shredding - \$10 minimum donation for unlimited electronics and metal - additional fees for TV and CRT monitors, paint and paper shredding. Pick up available within 10 miles of Pope High School for additional fee. Detailed information at popeband.com/recycle. Proceeds benefit Pope High School Band. 9am-4pm. Pope High School, 3001 Hembree Road, Marietta/East Cobb. More info: popebandrecycling@gmail.com, state RECYCLING in subject line for quick response.

JANUARY 8

Conversations. An afternoon of conversations about faith and sexuality. Talk about stuff you always wondered about but are afraid to bring up in church - our sexual identities and who and how God created us to be. Parents meet in the Sanctuary and middle school and high school students meet in the Fellowship Hall. Students will also be separated by gender. 4-8pm. A box dinner is included in the \$10 registration fee. Mt. Bethel United Methodist Church, 4365 Lower Roswell Road, Marietta. More info/to register: 770-791-2880 or mtbethel.org.

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.

JANUARY 9

Cobb Chamber First Monday Breakfast. A panel discussion featuring Mike Boyce, Chairman of the Cobb Board of Commissioners; Sam Olens, President of Kennesaw State University; and Al Thurman, Mayor of Powder Springs. These leaders will discuss their vision for the year ahead. Question and answer segment will follow the program. 7:30-9am. Attendees are encouraged to arrive at 7am for a dedicated networking time before the event. General admission: \$60, Chamber members: \$30. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

MAKING LIFE LESS TAXING.....



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

770-992-7614

- TAX PLANNING & PREPARATION
- BUSINESS / INDIVIDUALS / NON-PROFIT ORGANIZATIONS
- RETIREMENT PLANNING
- ESTATES & TRUST
- SMALL BUSINESS ACCOUNTING

2866 JOHNSON FERRY ROAD, STE 100
MARIETTA, GA 30062

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





**WE MAKE YOUR SMART KID
EVEN SMARTER!**

**Give your child an
academic advantage!**

Schedule a FREE Placement Test today!

Kumon Math & Reading Center of
ROSWELL - SHALLOWFORD CORNERS
4401 Shallowford Rd., Suite 142, Roswell, GA 30075
678.790.0404
kumon.com/roswell-shallowford-corners

FOR AGES
3+

KUMON®

THE LAW OFFICES OF SEAN R. WHITWORTH

DIVORCE AND FAMILY LAW

Serving Cobb and All Metro Counties



- Flat Fees
- Divorce
- Legitimation and Paternity
- Visitation and Child Custody
- Alimony and Support Contempt
- Modifications of Divorce Decrees
- Temporary Restraining Orders

www.swhitworthlaw.com
For A Free Consultation Contact Us At
770-490-0921
seanwhit@swhitworthlaw.com

COMMUNITY CALENDAR

JANUARY 10

East Marietta Library's Homework Help. Have a question about your math problem? Do you need help finding a book or an article to finish a research project? Students and their adult caretakers can get general homework help and information about library and online homework resources at the East Marietta Library. Grades 1 to 5 and their adult caretakers. No registration required. East Marietta Library, 2051 Lower Roswell Road, Marietta. More info: 770-509-2711 or www.cobbcat.org.

JANUARY 11

68 Reasons for Optimism about Israel's Future. Gil Hoffman, chief political correspondent and analyst for the *Jerusalem Post*, provides a behind the scenes look at the intrigue and humor in the Israeli political arena. Coffee and refreshments. \$10. 8pm. Chabad of Cobb, 4450 Lower Roswell Road, Marietta. More info/to register: 770-565-4412 or www.cobbjewishacademy.org

Continuing Professional Education Open House. Discover how Kennesaw State University (KSU) Continuing Education classes can help you reach your personal and professional goals. Get a sneak peek at numerous courses and certificate programs offered annually. 6-8:30pm. Free. KSU Center, 3333 Busbee Drive NW, Kennesaw. More info: Registration is required and can be completed at ccpe.kennesaw.edu or 470-578-6765.

JANUARY 12

Adventure Guides Parent Meeting for Dads. This group helps dads and their boys or girls 5-12 years old, build strong, lasting relationships. At the meeting families are placed into "Circles" – a group of 5-6 families that live in the same area. Circles meet once a month, rotating locations. Meeting activities include games, songs, crafts, stories, and refreshments. Adventure Guides runs February 1 through May 20. 7-8pm. \$25 registration fee, plus a \$35/person fee for vests and badges. McCleskey-East Cobb Family YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991. Register in person or online at www.ymcaregistration.com, using Class IDs 429598 for Dads/Daughters or 429601 for Dads/Sons.

Joy of Parenthood. Expecting parents learn about newborn behaviors and care including holding techniques, diapering, feeding, dressing and bathing. 6-9 pm. \$30. WellStar/East Cobb Health Park, Community & Education Room, 3747 Roswell Road NE, Marietta. More info/to register: 770-956-STAR (7827) or wellstar.org.

JANUARY 12-15

Shen Yun: Connecting Heaven & Earth, banned in communist China today, the profound spirit of this lost civilization brought to life on stage with unrivaled artistic mastery. Every dance movement, every musical note, makes this a stunning visual and emotional experience you won't find anywhere else. January 12-14: 7:30pm; January 15: 1pm. Tickets: \$70 - \$200. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 800-745-3000 or www.cobbenergycentre.com

JANUARY 13

Cobb Chamber Executive Women (CEW) Luncheon. The speaker will be Judge Mary Staley. Judge Staley presided over the Justin Ross Harris – Hot Car Case. Registration and networking will begin at 11am. Program: 11:15am-1pm. Early-bird registration closes Friday, January 6. CEW Members: \$20 online; guests: \$30. Starting January 7: \$25 CEW members; guests: \$35. The Georgian Club, 100 Galleria Parkway, 17th floor, Atlanta 30339. To register: www.cobbchamber.org. More info: 770-859-2359.

Perennials in Your Garden: Choosing, Planting and Caring for Perennials presented by Gayle Evans, Cobb Master Gardener. 12-1pm. Bring a sack lunch. Cobb Water Lab, 660 South Cobb Drive, Marietta 30060. More info: 770-528-4070 or cobbmastergardeners.com.

JANUARY 14

Artsy Crafty Back to School Dance Party. Sign the kids up for this super fun back to school party including arts & crafts, magic shows, ice cream, dance party and more! 2-4pm. Grades K-5. \$10, registration required. The Art Place, 3330 Sandy Plains Road, Marietta. More info: 770-509-2700 or theartplace.us.

Breastfeeding Basics. Taught by certified lactation consultants, this one-day introductory class helps you make an informed decision about breastfeeding. It covers the breastfeeding skills and techniques to ensure a successful breastfeeding experience for mother and baby. 9am-12 pm. \$35. WellStar/East Cobb Health Park, Community & Education Room, 3747 Roswell Road NE, Marietta. More info/to register: 770-956-STAR (7827) or wellstar.org.



TWEET TWEET!
FOLLOW US ON TWITTER



Be Inspired. Stay Connected. Like Some Stuff.

www.facebook.com/EASTCOBBER

JANUARY 15

Flying into the Future. Chattahoochee Nature Center's first Family Fun Day of the year. Come ready to learn and test your tinkering skills with our STEM-themed partners and activities. Wings to SOAR will have 2 flying birds of prey shows. Biomimicry Activities with Georgia Tech. CNC Wildlife Rehabilitation Program. STEM Booths with Local Partners. Guided Hikes, Creature Features and more. 12-4pm. General Admission \$10/Adult, \$6/Child (3-12), \$7/Senior 65+, \$7/Student (Ages 13-18), Children 2 & under are free. FREE to CNC Members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: Contact programs@chattnaturecenter.org or 770-992-2055 x238.

JANUARY 16

Martin Luther King Celebration. The program will present salutes to Dr. King in song, dance, spoken word an array of talented performers. 10am. Free and open to the public. Turner Chapel AME Church, 492 North Marietta Parkway NE, Marietta. More info: Cobb County NAACP office, 770-425-5757 or www.cobbnaacp.org.



Follow @eastcobb

JANUARY 17 - FEBRUARY 16 (TUESDAYS & THURSDAYS) OR JANUARY 21 - FEBRUARY 11 (SATURDAYS)

Drivers Education. 30 hours of classroom instruction and 6 hours of individual training behind the wheel. This program meets the requirements for Joshua's Law and qualifies for the Teen Driver's Education insurance discount. Tuesday and Thursday classes: 6-9pm at Dodgen Middle School and Pope High School. Saturday classes: 8am-4pm at Dodgen Middle School only. \$385. Dodgen Middle School, 1725 Bill Murdock Road, Marietta. Pope High School, 3001 Hembree Road, Marietta. More info and additional course locations: 770-429-3170 x 3301 or www.mariettacommunityschool.com

JANUARY 18

Bedtime Math's Crazy 8s Club. Build stuff, run and jump, make music and, make a mess. It's a totally new kind of math club. Mischief-making activities like Glow In-The-Dark Geometry, Bouncy Dice and Toilet Paper Olympics. 3:30pm - 4:30pm. This is an 8-week program for children in 3rd-5th grade. There is a maximum of 12 participants. Pre-Registration is required. Please plan to attend all 8 sessions. Gritters Library, 880 Shaw Park Road, Marietta. More info: 770-528-2524 or cobbcat.org.

BIG ORANGE SANITATION



BOSS features highly visible, new and safe equipment, and impeccable service.
Serving—30062, 30066, 30067, 30068, 30328 and 30075
3 MONTHS FREE WITH THIS AD. (Curbside Only)
You have a choice! Allow BOSS to earn your business.

770 693 5777

COMMUNITY CALENDAR

JANUARY 19

Bookworms—Light Up the Night. Explore the qualities of light and look through a spectroscope to reveal the wavelengths of light that mix together to create the colors you see. Light up the dark winter nights by creating a sparkling luminary lantern. 3:30pm - 4:15pm. 45 minute program for children in grades K-3. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-2725 or cobbcat.org.

JANUARY 19-21

The Military Family Support Center On-site Sale. The sale is available to retired veterans and active duty personnel and their families who have been granted commissary privileges. This sale features grocery goods sold at cost plus a 5 percent surcharge, and features a stock assortment of about 1,000 items including fresh meat, fresh produce, chilled and frozen items. Thurs-Fri: 9am-5pm; Sat.: 9am-4pm. Military Family Support Center, 1901 Terrell Mill Road, Marietta (intersection of U.S. Highway 41 and Terrell Mill Road). More info: Susan Edmonds, susan.edmonds2@deca.mil or 478-222-7618.

JANUARY 20-22

Special Olympics Georgia State Indoor Winter Games. Special Olympics athletes from around the state head to Cobb County for the Indoor Winter Games. Over 1,800 athletes from across the state of Georgia will participate in: Basketball, floor hockey, gymnastics, bowling, and roller skating. Opening ceremony Friday at 7:30pm. Free. Various events at various locations. More info/volunteer info: Paul McNeil, 770-414-9390, ext. 116 or paul.mcneil@specialolympicsga.org or www.specialolympicsga.org.

JANUARY 21

The Official Blues Brothers Revue recreates the music-infused comedy routine of the original team, John Belushi and Dan Aykroyd. 8-10pm. Tickets: \$30. Jennie T. Anderson Theatre, 548 South Marietta Parkway SE, Marietta. More info: 770- 528-8490.

JANUARY 23

Trey Wright, Some of My Best Friends are Saxophonists featuring Sam Skelton, Mace Hibbard, Marc Miller and Marlon Patton. 8-10pm. FREE. Kennesaw State University, Morgan Concert Hall at the Bailey Performance Center, 1000 Chastain Road, Kennesaw. More info: 470-578-6650 or boxoffice@kennesaw.edu.

JANUARY 25-FEBRUARY 25 (SATURDAYS)


Genealogy 101 presented by the Genealogy Society of Cobb County. 9:30am-12:30pm. Registration: 9am on January 28. Classes are free. If you wish to purchase a set of course materials, the notebook with class handouts are available for \$39 if you register by January 11 or \$59 thereafter. First Presbyterian Church, 189 Church Street, Marietta. More info/to register: www.cobbgagensoc.org.

JANUARY 26

ICM's Celebration of Children Conference 2017. Sponsored by Interfaith Children's Movement (ICM), this educational event is for anyone who is interested in learning more about service and advocacy opportunities for Georgia's children. The conference will include panel discussions on issues facing Georgia's children in juvenile justice, education, child protection, health care, and child poverty. Keynote: Duaine Hathaway, Executive Director, Georgia CASA. Forum: 10am-2pm. \$10 for program and lunch. Marietta First United Methodist Church, 56 Whitlock Avenue, Marietta. More info/to register: www.celebrationofchildren.campaignsites.net

JANUARY 26

The Nature Club monthly Dine and Discover for Adults. Spend your night socializing with like-minded folks and learning from experts in the field. Learn about Susan Caster's epic journey on the Pacific Crest Trail and beyond. For ages 16 and up. The potluck dinner starts at 7pm and the program starts at 8pm. \$10/non-members. \$5/members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org



Gifts • Clothing • Jewelry
3605 Sandy Plains Rd, Marietta
www.ivylanemarietta.com

25% OFF
ONE REGULAR -PRICED ITEM*
(Excludes Alex & Ani)
EXPIRES 1.31.17

*CANNOT BE COMBINED WITH
OTHER OFFERS, COUPONS
OR SALES. NOT VALID ON
PURCHASES OF GIFT CARDS.



JANUARY 28

29th Annual Polar Bear Run. An official Peachtree Qualifier, this race is a road race featuring a flat course in East Cobb and an electric disposable chip timing device system. The race will be held rain, snow or shine. 2K Fun Run: 8am. 5K Race: 8:30am. Cub Runs (ages 4-5) and Cub Dash (ages 2-3): 9:15am. Register online at Active.com. Get more information or download an entry form at polarbear-run.com. Packet pickup Friday, January 27, 10am-7pm at Big Peach Running Company in Marietta or Saturday, January 30 (race day) beginning at 6:30am in the Johnson Ferry Activities Center. 5K & 2K: \$25 through January 22 or \$30 thereafter. Cub events (ages 2-5): \$20. Phantom Racer: \$30 (no sweat-just T-shirt). Proceeds benefit High School Student Music Mission Trip Participants. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Lauren Dobson, 770-795-3224 or www.johnsonferry.org.

Cobb Chamber of Commerce 75th Annual Dinner. Join the Cobb Chamber for their 75th Annual Dinner gala, the Diamond Jubilee! This black-tie dinner affair celebrates the many accomplishments of 2016 and sets the standard for a successful 2017. 6pm reception. 7pm dinner and program. 9-11pm. Tickets: \$175 per person; \$1,500 per table of 10. Cobb Galleria Centre, John A. Williams Ballroom, Two Galleria Parkway, Atlanta. More info: Amy Goggins, 770-859-2335 or www.cobbchamber.org.

JANUARY 28

Millennials Meetup. Calling all 20- and 30-something-year-olds. If you want to get to know other millennials in your neighborhood while enjoying some free food, then this program is for you. Network with others and play with some of the library's latest tech gadgets. Learn about what the library has to offer your age group, and let them know what activities/programs you would like to see at the library. 1-3pm. This program is appropriate for adults ages 18-35, registration is required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-2725 or stop by the Adult Reference Desk.

UGA Lacrosse Clinic hosted by Sprayberry High School Lacrosse program. Middle School and under: 9am-12pm. High School: 1-4pm. Boys only. \$80/ player with 25% goes back to Sprayberry Lacrosse, 2525 Sandy Plains Road. Sprayberry High School. More info: www.sprayberrylacrosse.com or la516buckley@gmail.com.

@eastcobber



YOUR EAST COBB PERSONAL INJURY LAWYER



**** Insurance companies have Professional Negotiators ****
SO SHOULD YOU!

I live in East Cobb with my wife and family. I have negotiated car and truck wreck cases for 19 years. Call me and let me help you with your case. I'm available at your convenience. Every consultation is free. I don't get paid unless you do.

S. Bradley Houck, Esq. • Houck | Regas | Reynolds



Two Ravinia Drive, Suite 1020, Atlanta, GA 30346
770-392-6081 (direct) • 770-842-5890 (cell)
brad@houck-regas.com • www.houck-regas.com

#IWorkForYou • #MyLawyerRocks
#DontBringAKnifeToAGunFight • #ImYourHuckleberry

COMMUNITY CALENDAR

JANUARY 29

2nd Annual Bagels & Bids Silent Auction presented by Congregation Etz Chaim with all proceeds benefitting the Etz Chaim Department of Education. Auction items include restaurant and store gift cards as well as goods and services. Brunch is included. Kids activities for a nominal charge. 9:15–11:30am. Admission: \$9 per person. Sign up at www.etzchaim.net/bagelsbids or walk-ins welcome. Congregation Etz Chaim 1190 Indian Hills Parkway, Marietta 30068. More info: 770-977-3384.

JANUARY 29-FEBRUARY 7

Winter Bird Seed Sale. Just in time for the Great Backyard Bird Count, fill your feeders with Cole's premium bird seed and benefit the Chattahoochee Nature Center (CNC). Pre-sale orders can be placed online or at the Nature Store. Pre-purchase between January 29 – February 7 and pick up is at CNC February 12-14. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

FEBRUARY 3 & 4

The Episcopal Church of St. Peter & St. Paul Kids Consignment Sale. Great selection of new and gently used items at low prices! Fri: 9am-6pm. Sat: 9am-12pm (items reduced 30%). The Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Rd, Marietta 30062. More info: 770-977-7473 or spspkids.com.



FEBRUARY 4

Boots, Blue Jeans & Chili Cook Off fundraiser presented by the 100+ Friends Against Domestic Violence and Sexual Assault. All proceeds will benefit the YWCA of Northwest Georgia and their mission of a community free of domestic violence and sexual assault. \$30/ person. Includes dinner provided by Williamson Bros. Bar-B-Q. 6-9pm. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info/RSVP: Hope Felshaw, 770-423-3562 or hfelshaw@ywcanwga.com or www.ywca.org/northwestgeorgia

Murray & Etta are looking for kids, ages 3 to 5, to join them on a Museum Mice Tour!

Held the 2nd Wednesday of every month at 10:30am, we explore history through basic concepts such, as colors, shapes, jobs and much more.

Hosted By
MARIETTA
MUSEUM OF HISTORY
www.mariettahistory.org
770-794-5710

Admission: \$5 per family. Reservations Requested.

Kids Consignment Sale

The Episcopal Church
of St. Peter and St. Paul

Register!

Consign your gently used children's spring/summer clothing (Size 0-14), toys, baby equipment and furniture.

Friday, February 3

9 am - 6 pm

Saturday, February 4

9 am - Noon

1795 Johnson Ferry Road
Marietta, GA 30062

- MAXIMUM 300 items
- Sellers receive 70% of the selling price
- ALL reduced 30% on Saturday
- \$5.00 administration fee
- Volunteer and shop early!

Registration Now Open

Visit us on Facebook



Go to spspkids.com for more information.

SPRING SPORTS REGISTRATION DEADLINES

JANUARY 14

Deadline for **St. Andrew Rowing Club** registration. Ages 12-18. Meets at St. Andrew Catholic Church, 675 Riverside Road, Roswell 30075. More info/to register: 770-676-2739, coach@standrewrowing.com or www.standrewrowing.com.

JANUARY 15

Deadline for **East Side Baseball Association** registration. Leagues play at Fullers Recreation Park, 3499 Robinson Road, Marietta 30068. More info/to register: www.eastsidebaseball.com

North Atlanta Soccer Association (Tophat Soccer)

offers a recreational youth soccer program for boys and girls ages 3-19. For additional program information and online registration, please visit our website at www.nasatophat.com.

JANUARY 17

Deadline for Registration – Soccer, T-ball, Softball, Baseball, Flag Football and Volleyball. **Mt. Bethel United Methodist Church**, 4385 Lower Roswell Road, Marietta. More info: 770-971-5280 or www.mtbethel.org.

JANUARY 23

Deadline for **Mount Paran Baseball** registration. Ages 4-18 years. Mount Paran North, 1700 Allgood Road, Marietta. More info: Lisa Buxton, 678-285-3248 or lisab@mtparan.com. To register: www.mtparan.com.

JANUARY 26

Deadline for **Sandy Plains Spring Baseball** registration. Leagues play at Sweat Mountain Park and Harrison Park. Sandy Plains baseball online registration will be open until January 26 at 9 pm. More info/to Register: www.sandyplainsbaseball.com

JANUARY 27

Deadline for **East Marietta National Little League**. Leagues play at Sewell Park, 2055 Lower Roswell Road, Marietta 30068. More info/to register: www.eastmarietta.com.

JANUARY 28

Competitive program deadline for **Atlanta Jr. Rowing Association**. Ages 12-18. Roswell River Landing, 245 Azalea Drive, Roswell, Georgia 30075. More info/to register: ajra.information@gmail.com or www.ajracrew.org .

JANUARY 31

Deadline for **Terrell Mill Softball Association (TMSA)** registration. Recreational all-star travel and tournament teams for girls' softball ages 4-18 in both fast and slow pitch. More info: www.tmssoftball.org.

FEBRUARY 1

Deadline for **Sprayberry Jr. Jackets Lacrosse**. Ages 7-14. More info/to register: Laurie Buckley, 770-880-2846 or www.sprayberrylacrosse.com.

FEBRUARY 4 *Early-Bird Deadline

Deadline for **Upward Baseball & Softball** (ages 4-13) registration. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info/to register: 678-784-5317, or www.johnsonferry.org.

FEBRUARY 10

Deadline for **Cross Over Middle School Basketball** registration. 5th-8th grade. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: 678-784-5302, or www.johnsonferry.org.

FEBRUARY 11

Deadline for **YMCA STRIKER Soccer** registration. Ages 3-19. McCleskey-East Cobb Family YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991 or www.ymcaatlanta.org.

FEBRUARY 12

Recreational and middle school program deadline for **Atlanta Jr. Rowing Association**. Ages 12-18. Roswell River Landing, 245 Azalea Drive, Roswell, Georgia 30075. More info/to register: ajra.information@gmail.com or www.ajracrew.org

FEBRUARY 13

Deadline for **East Marietta Basketball** registration. East Marietta Basketball, 33 Weatherstone Parkway Marietta. More info: 770-835-5799 or www.eastmariettabasketball.com. 📞



TWEET TWEET!
FOLLOW US ON TWITTER

EDUCATIONAL ADVISORY GROUP
404-944-5874
We are your partners in the educational journey. Call for appointment today!

- **LSAT PREPARATION FOR 2017-18**
 - >Sign up for a practice test today!
 - >Find out how you might score on a national test.
 - >Get pointers on how to prepare for the test and for law school.
 - >Tests given every 2nd and 4th Saturday, beginning January 14, 2017.
- **EDUCATIONAL CONSULTATION**

For More Information Email: jhall@eagatlanta.com

FINANCIAL PEACE UNIVERSITY PROGRAM OFFERED AT LOCAL CHURCHES

Financial Peace University (FPU), the 9-week program taught by Dave Ramsey, has helped more than one million families positively change their financial future. This life-changing program teaches families and individuals how to handle their money through common-sense principles and small group accountability. FPU is available for churches, companies, military bases, financial literacy programs, Spanish speaking organizations and community groups.

As they work on a Total Money Makeover, the average family pays off \$5,300 in debt and saves \$2,700 in the first 91 days after beginning FPU and is completely out of debt, except for the mortgage, in 18 to 24 months. "We've actually relieved ourselves of over \$50,000 worth of debt in two years just from using these principles," said Russ Lee, former FPU participant.

Dave Ramsey began teaching FPU classes in 1994 every night around Nashville, Tennessee. In 1997, FPU was made available on video across the country with thousands of classes around the nation today.

The program is made up of 9 life-changing lessons taught by Dave on DVD in a fun and entertaining way. "I like to put the cookies on the shelf where everyone can reach them," says Ramsey. After each lesson the group meets to help each other plan budgets, discuss successes and temptations, and support each other in their journey to beat debt and build wealth. Topics covered include:

- Saving for emergencies
- Budgeting
- Relationship and money issues
- Buying big bargains
- Getting out of debt
- Understanding investments
- Understanding insurance
- Retirement and college planning
- Buyer beware
- Real estate mortgages
- Careers and extra jobs

Each class participant needs a kit. Special rates are routinely available online at www.daveramsey.com or by calling 888-227-3223. Included in the cost of the kit is a lifetime family membership to FPU, allowing the participant to return to any class at anytime for a refresher course. The kit also includes an FPU workbook, an FPU envelope system, audio lessons, budgeting forms and Ramsey's best-selling book – *Complete Guide to Money*.

"FPU classes are changing lives across the country every day," says Louis Falzetti, executive vice president of Financial Peace University. "There is something for everyone in this program whether you are barely making ends meet, just trying to plan for retirement, or seeking to build wealth. No matter what your financial situation, you will find FPU to be the best motivational tool available across the nation to help you attain financial peace."

The first lesson is free! All you need to do is register to attend. If you want to continue, the cost is around \$100 including materials. The following lists some classes starting this month in East Cobb County:

- > Johnson Ferry Baptist Church
955 Johnson Ferry Road, Marietta, GA 30068
Class Begins: January 20 | Wednesdays 6PM
More info: 770-973-6561
- > Noonday Baptist Church
4120 Canton Road Kennesaw, GA 30144
Class Begins: January 22 | Sundays 4PM
More info: 770-926-6138
- > Powers Ferry United Methodist Church
245 Powers Ferry Road SE, Marietta, GA 30067
Class Begins: January 9 | Mondays 6:30PM
More info: 770-973-5271
- > Roswell United Methodist Church
814 Mimosa Boulevard, Roswell, GA 30075
Class Begins: January 22 | Sundays 4PM
More info: 770-993-6218



**Plan For
Your Future
Now!**

• AUTO • LIFE • HEALTH • HOME • BUSINESS

Don Johnson
www.donjohnsoninsurance.com

1230 Old Canton Rd. • Marietta, GA 30062 • Fax: 770-973-8550

770-973-8545

Cobb Chamber Small Business of the Year



PET OF THE MONTH: MILO

Submitted by Dave & Candice Elerson



Breed: Boston terrier/Miniature Pinscher mix

Age & Gender: 2 1/2 yr old male

Favorite Food: Tater Tots

Favorite Person: Candice (his Momma)

Best Trick: Give Me Five (shake hands)

Turn Ons: Getting his belly rubbed

Turn Offs: Knocking on the door

Favorite toy: Freddy the Mouse

Last seen: Getting into mischief

What makes your pet so special: He's lovable, playful, and always giving kisses.

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

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

This is a doggone great spot to advertise your business!

Call

EAST COBBER

770-640-7070



PROTECT YOUR PETS THIS WINTER

Follow these tips to keep your animals safe and comfortable in the cold. Pets are happiest and healthiest when kept indoors, especially during extreme cold snaps. In many areas, winter is a season of bitter cold and numbing wetness. Make sure your four-footed family members stay safe and warm by following these simple guidelines.

Keep pets sheltered - Keep your pets inside with you and your family. Under no circumstances should pet cats be left outdoors, even if they roam outside during other seasons. Dogs are happiest when taken out frequently for walks and exercise, but kept inside the rest of the time. Don't leave pets outdoors when the temperature drops.

If your dog is outdoors much of the day for any reason, they must be protected by a dry, draft-free shelter that is large enough to allow them to move comfortably, but small enough to hold in body heat. The floor should be raised a few inches from the ground and covered with cedar shavings or straw. The doorway should be covered with waterproof burlap or heavy plastic.

Pets who spend a lot of time outdoors need more food in the winter because keeping warm depletes energy. Routinely check your pet's water dish to make certain the water is fresh and unfrozen. Use plastic food and water bowls; when the temperature is low, your pet's tongue can stick and freeze to metal.

Bundle up, wipe down - No matter what the temperature is, windchill can threaten a pet's life. Exposed skin on noses, ears and paw pads are at risk for frostbite and hypothermia during extreme cold snaps. For this reason, short-haired dogs often feel more comfortable wearing a sweater — even during short walks. Rock salt and other chemicals used to melt snow and ice can irritate the pads of your pet's feet. Wipe all paws with a damp towel before your pet licks them and irritates their mouth.

Remove common poisons - Antifreeze is a deadly poison, but it has a sweet taste that may attract animals and children. Wipe up any antifreeze spills immediately and keep it, like all household chemicals, out of reach. Coolants and antifreeze made with propylene glycol are less toxic to pets, wildlife and family. Dogs are at particular risk of salt poisoning in winter due to the rock salt used in many areas — often when licking it from their paws after a walk. Store de-icing salt in a safe place and wipe your dog's paws, even after short walks. If your dog ingests rock salt, call a veterinarian immediately.

Protect outdoor animals - If there are outdoor cats, either owned pets or community cats in your area, remember that they need protection from the elements as well as food and water. Cars are one of many hazards to small animals — warm engines in parked cars attract cats and small wildlife, who may crawl up under the hood. To avoid injuring any hidden animals, bang on your car's hood to scare them away before starting your engine. 🐾

Source: The Humane Society of America

Our Pal's Place

ReHome Superstore

shop • donate • volunteer

Now Open!



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



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

**Our Pal's Place
Pet Adoption Facility**
4508 Canton Road
Sat & Sun 1-5pm

HelpAnimals@OurPalsPlace.org

Cobb & Cherokee Emergency Veterinary Clinics

When Every Second Counts!



(770) 424-9157
630 Cobb Parkway North
Marietta, GA 30062
www.cobbbevc.com

(678) 238-0700
7800 Highway 92
Woodstock, GA 30189
www.cobbbevc.com



DO GOOD FOR DOGS, CATS AND OTHER ANIMALS

There are many opportunities to volunteer and work one-on-one with many animals in need. The EAST COBBER provides a list of local animal rescue and adoption groups looking for loving individuals interested in animal volunteer work. Not ready to participate in animal volunteer work? East Cobb residents may want to consider donating to any one of these non-profits so that they can recruit more volunteers and help the animals find homes.

ALL PAWS CONSIDERED

770-640-5550 • shermannancy1@att.net

Rescues neglected, abused and homeless animals and provides them with needed medical care and rehabilitation until their permanent home can be found. They have a small network of foster homes and try to help as many animals as they can, including those that are ill or have physical disabilities.

ANGELS AMONG US PET RESCUE (AAUPR)

P.O. Box 821 • Alpharetta, GA 30009

877-404-5874 • www.angelsrescue.org

info@angelsrescue.org

A non-profit that educates the public on the plight of animals in high kill shelters throughout Georgia and saves as many animals as they can.

ANIMALS DESERVE BETTER, INC.

P.O. Box 72016 • Marietta, GA 30007

770-402-0297 • www.animalsdeservebetter.com

Rescues lost, abandoned and neglected dogs- rehabilitate them and turn them into thriving highly trained service and therapy dogs, making a difference in the life of the dogs and the humans they will serve.

BASSET HOUND RESCUE OF GEORGIA

P.O. Box 680322 • Marietta, GA 30068

770-499-1164 • www.bhrg.org

COBB COUNTY ANIMAL SHELTER

1060 Al Bishop Drive • Marietta, GA 30060

770-499-4136 • www.cobbcounty.org

Billy Mayfield -Shelter Operations Manager

770-590-5614 - william.mayfield@cobbcounty.org

The mission of the Cobb County Animal Control Unit is to enforce state laws and county ordinances pertaining to animal control and management; educate the community on responsible pet ownership and wildlife care and provide housing and care for homeless animals, while coordinating their adoptions when possible and humane euthanization when adoptions are not possible.

GEORGIA HOUSE RABBIT SOCIETY

2280 Shallowford Road • Marietta, GA 30066

678-653-7175 • www.houserabbitga.org

The Georgia House Rabbit Society is committed to rescuing abused, abandoned and neglected domestic house rabbits, fostering them and finding them great homes. They work to educate the public on rabbit behavior and proper care.

GOOD MEWS ANIMAL FOUNDATION

3805 Robinson Road • Marietta, GA 30068

770-499-2287 • adopt@goodmews.org

www.goodmews.org

A non-profit organization that operates a no-kill, cage-free shelter for homeless, abused, and abandoned cats.

EST. 1997

MASTER'S ACADEMY

• ARTS & ACADEMICS •

NOW ENROLLING

Partnering with Homeschool Families

mariettamastersacademy.com

770-364-3774

HONEST-1[®] AUTO CARE

Call us today for an appointment:
(770) 648-0808

1391 East Cobb Dr, Marietta, GA 30068
www.Honest1EastCobb.com
Mon-Fri • 7am-6pm | Sat • 8am-4pm

FREE 12 MONTH
ROADSIDE ASSISTANCE
On all work orders over \$25

NIDAFIN    

\$15 off

Full Synthetic Oil Change

Special includes:

- Full Synthetic Oil Change
- Comprehensive Vehicle Inspection

*Most vehicles. Tax & shop supplies extra. Up to 5 quarts of Full Synthetic motor oil, including spin on filter. Cannot combine with any other offers. For a limited time only.

\$5 off

Emissions Testing



HAPPY TAILS PET THERAPY

P.O. Box 767961 • Roswell, GA 30076
770-740-8211 • www.happytailspets.org
Members and pets brighten patients' days at local health care facilities, social agencies and special needs programs.

HUMANE SOCIETY OF COBB COUNTY

148 Fairground Street SE • Marietta, GA 30060
770-428-5678 or 770-428-9882 • www.humanecobb.com
A no-kill shelter serving Cobb County and the surrounding area. With the assistance of dedicated, caring volunteers and generous supporters, our programs continue to provide help and hope in the lives of innocent animals in need and the people that care for them. Promotes humane welfare and responsible animal guardianship through educational community outreach, shelter, and spay/neuter programs. Services and programs include pet crisis counseling, guidance for pet owners in need, home-to-home placement, pet-assisted therapy, community education, pet sterilization programs, as well as lost and found, rescue, and adoption service

MOSTLY MUTTS

3238 Cherokee Street, Kennesaw, GA 30144
770-325-PETS • www.mostlymutts.org
Contact: info@mostlymutts.org
Mostly Mutts has been working to reduce the number of animals euthanized at local shelters in metro Atlanta. They work closely with animal control officers to save adoptable dogs that are often moments away from being put to sleep. Often, these dogs are sick and injured and require rehabilitation. Mostly Mutts provides housing, health care, training, and physical and emotional care until the dogs can be placed in a new home. They hold weekly adoption events to help each dog find their "fur-ever home."

MUTT MADDNESS

P.O. Box 71821 • Marietta, GA 30007
404-406-6322 • www.muttmaddness.org
Contact: info@muttmaddness.org
Mutt Madd-ness is a no-kill rescue made up of community volunteers dedicated to saving dogs whose lives are in jeopardy. Their pups come from high-kill facilities and are cared for both emotionally and physically by foster families prior to their adoption into loving homes. They also run an upscale resale store to raise money for their organization. The store is Rescued Too!, 4665 Lower Roswell Road, Marietta/East Cobb.

OUR PAL'S PLACE

4508 Canton Highway • Marietta, GA 30066
678-795-0202 • www.ourpalsplace.org
helpanimals@ourpalsplace.org
Pet adoption facility and education center. Its mission is to bring about a time when all animals are treated with kindness and compassion.

PAPILLON 911

P.O. Box 682225 • Marietta, GA 30068
www.pap911rescue.org
A rescue organization committed to rescuing Papillons from dog-breeding facilities and any Papillon or Papillon mix abandoned in a kill shelter or from an owner who is unable to care for the Papillon. They supply food, shelter, plus medical and dental care to all Papillons in need. 🐾

TGIF!
FREEBIE
FRIDAYS

Join us online
every Friday for
a free giveaway!
FRIEND US NOW
and try to win.

Facebook.com/East Cobber



Silva Piano Studios

fm@silvapiano.com

Dr. Francisco Silva, DMA and Mireille Silva, MM



FREE LESSON AND INTERVIEW
770-565-7177
East Cobb location: 1518 Blackwell Rd - Marietta 30066
www.silvapiano.com





LIKE US
[facebook.com/EAST COBBER](https://facebook.com/EASTCOBBER)



DINING GUIDE

Asian Express

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

Bradley's Bar & Grill

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

Café Life at Life Grocery

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

Corner Pizza

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

Edible Arrangements

>Fruit
Delicious, high quality, artistically designed fresh fruit arrangements that are practical and healthy gifts and centerpieces for everyday occasions and events.
• Parkaire Landing Shopping Center
4880 Lower Roswell Road
Suite 820; Marietta 30068
• Target Shopping Center
1125 Woodstock Road, Ste 300
Roswell 30075
Mon-Fri: 8am-7pm,
Sat: 8am-5pm; Sun: 8am-1pm
770-579-7081
www.ediblearrangements.com

Fuji Hana

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

Harry's Pizza and Subs

>Pizza
Family owned and run, Harry's is an excellent place for any occasion from a business meeting to an outing with your family. Not only do they serve real New York style pizza, but they are also known for their chicken wings, oversized salads, and mouth watering sandwiches!
2150 Powers Ferry Road
Atlanta 30339
Mon-Thurs: 11am-10pm; Friday: 11am-11pm; Sat: 11am-10pm; Sun: 12pm-10pm
770-955-4413
www.harryspizzaandsubs.com

J. Christopher's

>Breakfast, Brunch, Lunch
J. Christopher's is a neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere.
1205 Johnson Ferry Road
Marietta 30068
Daily: 7am-2pm
770-579-6800
www.jchristophers.com

Jersey Mike's Subs

>Submarine Sandwiches
Jersey Mike's Subs serves the most authentic submarine sandwich available. The Certified Angus Beef top rounds are cooked right in the store. The meats and cheeses are all top-quality premium brands. The bread is fresh-baked every day on the premises. Everything's prepared right in front of you.
4400 Roswell Road, Suite 148
Marietta 30062
Mon-Sun: 10am-9pm
770-321-3998
www.jerseymikes.com



TERIYAKI MADNESS

BEST TERIYAKI PLACE YOU'VE NEVER HEARD OF UNTIL NOW. OPENING THIS JANUARY!

2960 SHALLOWFORD RD. STE. 112 MARIETTA, GA 30066
IN THE SANDY PLAINS CENTRE



SERVING EAST COBB SINCE 1992
3130 JOHNSON FERRY ROAD | MARIETTA | 770-640-1731

Come hungry. IHOP Leave happy.

VOTED #1 IN FAMILY DINING

KIDS EAT FREE EVERYDAY: 4-10PM
Including Holidays and Weekends!
*ONE FREE KIDS MEAL OFF THE "JUST FOR KIDS" MENU PER ADULT ENTREE FOR KIDS UNDER 12

SENIORS: BUY ONE ENTREE GET ONE FREE
MONDAYS & TUESDAYS: 3 - 10PM
*ONE FREE MEAL OFF THE "SENIOR" MENU

Now Open: Hibachi For Lunch



Early Bird Specials
\$10 and up.
Every day 4:30 - 6:00
Ask for more details.



Lunch Special from \$6.50
7 Days a Week • 678-560-8071
www.fujihanacastcobb.com

1255 Johnson Ferry Road • Suite 1 • Marietta 30068

50% OFF

1255 Johnson Ferry Road, Suite 1
Marietta 30068

50% OFF KIDS HIBACHI
with adult dinner purchase.
Dine In at Hibachi Room Only
Monday - Thursday.

Not valid with other offers, discounts,
Holidays, Thanksgiving Eve, December 24
& 31. (One kid per adult) 50% off is for
kids 10 years of age and under only.
Reservations are Recommended

New Lucky China



3045 Gordy Parkway
Suite 104
Marietta, GA 30066
770-565-9666
www.newluckychina.com

**We Now
Serve
Sushi!**



50% OFF SUSHI ROLL

For a limited time only!

Buy one sushi get one sushi roll of equal or lesser value at 50% off.

Keegan's Public House

>Irish-American
Authentic Irish pub with old
world atmosphere, great food,
and extensive beer and wine
selections.
4401 Shallowford Road, #136
Roswell 30075
Sun-Thur: 11am-12am;
Fri & Sat: 11am-2am
770-640-1100
www.keegansirishpub.net

Mezza Luna

>Italian
Homey spot offering Italian fare
like lasagna & veal parmigiana,
plus wine, in relaxed surround-
ings. Each Italian culinary
delicacy is characterized by its
unique taste, the freshness of
the ingredients and simplicity of
preparation.
2100 Roswell Road #2198
Marietta 30062
Tues-Sat: 11:30am-2:30pm;
5-10pm. Sun: 12-9pm
678-214-5856
www.mezzalunamarietta.com

My Friend's Place Deli & Catering

>Deli, Catering
A neighborhood deli with an in-
viting atmosphere suitable for a
friendly gathering or a healthy
alternative for a business lunch.
In today's fast-paced, health
conscious world, we have set
out to provide a quality, quick-
serve, alternative to fast food.
Simply Delicious and Always
Prepared Fresh!
1205 Johnson Ferry Road
Suite 127
Marietta 30068
Mon-Sat: 10am-3pm
770-971-0124
www.myfriendsplacedeli.net/eastcobb



The Mill Kitchen & Bar

>Modern Southern
Comfort Food
The quintessential Southern
neighborhood restaurant is
a down-to-earth spot, where
the casual vibe is heightened
by the mouth-watering cuisine,
the culinary inspired cocktails,
large selection of craft beers
and the thoughtfully selected
wine list. Live music and
entertainment Thursdays
and Saturdays. Kids eat
Free only on Tuesdays.
590 Mimosa Boulevard
Roswell 30075
Brunch: Sun: 10am-3pm
Lunch: Mon- Sat: 11am-3pm;
Mid-day Menu: Tues-Sun: 3-5pm
Dinner: Tues-Thurs: 5-9pm;
Fri-Sat: 5-10pm; Sun: 5-9pm
770-817-9345
www.themillkitchenandbar.com.



**FOLLOW US ON
Instagram**
@EASTCOBBER

New Lucky China

>Chinese and Sushi
The Best Chinese and Sushi
in this Neighborhood.
3045 Gordy Parkway
Roswell 30062
Sun-Thurs: 11am-10:30pm;
Fri-Sat 11am-11pm
770-565-9666
www.newluckychina.com

Teriyaki Madness

>Asian Grill
Teriyaki Madness is a fast casual
Asian inspired restaurant serving
Seattle-style Teriyaki. Guests
enjoy made to order teriyaki
dishes that are prepared with
all natural fresh ingredients,
with sauces made in-house.
2960 Shallowford Road
Marietta 30066
Mon-Sat: 11am-9pm;
Sun: 11am-8pm.
770-693-2091
www.teriyakimadness.com

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

EAST COBB TEENS CREATE ***RALLY IDOL 2!***



Photo taken at the last Rally Idol 2 band practice. Front Row (L-R): Rally Kid Meredith Myers, Courtney Roach, Rally Kid Kenzie Trainer, Rally Kid Mary Tipton Carter; Second Row (L-R): Rally Kid Bailey Moody, Rally Kid Ruby Kaufman, Emily Roach, Rally Kid Audrey Arrowood, Ryan Elwart; Back Row (L-R): Geoff Melkonian and Webb Vandiver.

The Rally Foundation for Childhood Cancer Research announced *Rally Idol 2*, a rocking night of live musical performances is scheduled for Saturday, January 28. “Rally Kids,” kids who are fighting or who have fought cancer, will be the stars of *Rally Idol 2* as they take the stage in front hundreds of fans at The Buckhead Theatre to perform “American Idol-style” with a live band. American Idol alumni Clark Beckham, Haley Reinhart, Casey Abrams and Anthony Fedorov will act as celebrity judges, giving their feedback after each performance. The live audience at the Buckhead Theatre will “vote” on their phones throughout the evening to support childhood cancer research. Each vote is a donation and every Rally Kid is a winner!

This very special event wouldn't be possible if it weren't for two East Cobb teenagers, Emily and Courtney Roach. As volunteers for the Rally Foundation for Childhood Cancer Research, Emily and Courtney, got to know many families fighting this disease, and also became friends with these “Rally Kids.” Some Rally Kids

have succeeded in beating their cancer, and sadly, some have earned their angel wings.

Heartbroken by their difficult treatments and uncertain outcomes, a few years ago, Emily and Courtney Roach, were inspired to find a bigger way to join the fight. Led by big sister Emily, the Roach family began brainstorming ideas during road trips and around the dinner table. Soon the idea for a Rally Idol concert was born, with Rally Kids performing in American Idol-style – with a live band, a panel of judges, and a crowd of cheering fans. On March 21, 2014, at the Buckhead Theatre in Atlanta, five Rally Kids performed for a sold-out crowd. The Rally Kids magical performances inspired and moved those in attendance all to tears of celebration, while a huge community of support raised nearly \$60,000 for childhood cancer research! In the months

that followed, Rally granted these funds to Dr. Saro Armenian at the City of Hope National Medical Center. The support arrived just as his current funding had been depleted. The Rally grant enabled Dr. Armenian to begin his first clinical trial in reducing life-threatening heart disease, often a side effect in children fighting cancer. Those trials have now expanded to children around the country!

Now, the younger sister, Courtney, currently a seventh-grader, is taking the family lead to create another Rally Idol concert! She is eager to introduce her Rally Kid friends Meredith, Gage, McKenzie, Mary Tipton, Audrey, and Ruby. They are each fighting or beating childhood cancer, and Meredith and McKenzie will perform in memory of their angel-sisters, Kylie and Hailey.

Rally Idol will also be more than just one night of celebration. The backstories and videos of the Rally Kid performers are available online at RallyIdol.org, along with a social media campaign on Facebook, Instagram and Twitter. “We'll share their passion for music and




their fight against cancer. And we'll highlight the Rally Foundation and why research makes a difference," says Courtney.

Once the site is launched, followers can start making a difference by casting a \$10 vote at RallyIdol.org. They can vote once, or vote a thousand times to cheer on any or all of the Rally Kid performers! Supporters can also buy tickets and t-shirts for the event. "We are hopeful the community will show these kids its support as they rally for cancer research," says Courtney.

Tickets for Rally Idol 2 are \$20 for single admission and \$80 for a family pass. To learn more about Rally Idol 2 or to purchase tickets, visit RallyIdol.org or follow @RallyIdol on Facebook and Twitter.

"There will be much to celebrate – Courtney's and Emily's vision, stars giving back and talented kids affected by cancer pursuing their dreams," said Dean Crowe, CEO and Founder of the Rally Foundation.

About the Rally Foundation for Childhood Cancer Research

Childhood cancer is the number one disease killer of kids ages 0 to 15. The Rally Foundation for Childhood Cancer Research (Rally), a 501(c)(3) non-profit organization, empowers volunteers across the country to raise awareness and funds for childhood cancer research to find better treatments with fewer long-term side effects and, ultimately, cures. Rally received the Independent Charities Seal of Excellence and GuideStar Valued Partner seal, and according to independently audited financials, 93 cents of every dollar raised, supports Rally's mission. For more information, visit RallyFoundation.org. 



2017 EDITORIAL CALENDAR

EAST COBBER 2017 Deadlines + Issue Dates

The EAST COBBER publishes special sections, a Health & Wellness Guide, an extensive Community Calendar and Dining Guide every month. The following special sections are planned for 2017:

ISSUE DATE	SPECIAL SECTIONS/ FEATURES	AD CLOSE	ISSUE DATE
Feb	Child Care & Preschool Guide	1/16	2/2
Mar	Home & Garden Guide Consignment Sales	2/15	3/2
April	Expanded Summer Day Camp Guide	3/15	3/30
May	Mother of the Year	4/17	5/4
June/ July	Father of the Year Summer Fun	5/15	6/1
Aug	Back to School Guide East Cobb Dining Guide	7/17	8/3
Sept	Parade & Festival Issue	8/15	8/31
Oct	Private School Guide Halloween Happenings	9/15	10/5
Nov	Pet Guide Holiday Gift Guide	10/16	11/2
Dec	Holiday Gift Guide Holiday Happenings	11/15	11/30



Who says nothing in life is free?

Take a moment to sign up and we'll send you our weekly e-newsletter featuring useful and unique news about East Cobbers and our East Cobb community. Sign up at www.eastcobber.com



HEALTH & WELLNESS

ACUPUNCTURIST

Acupuncture and Wellness Center

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

BEAUTY SERVICES

Naomi's Salon & Skin Care

4401 Shallowford Road, Unit 132 • Roswell 30075
470-545-0815 • 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
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.

DENTISTS

1st Choice Dental

670 Johnson Ferry Road • Marietta 30068
678-905-3066 • www.1stchoicemarietta.com
Mon-Fri: 8am-6pm
Offering complete dental care for the entire family including cosmetic and emergency services. You'll receive quality dentistry, at affordable prices, in a state of the art facility, from a caring and knowledgeable staff.



A+A WELLNESS
FITNESS. NUTRITION. LIFESTYLE

LIVE LIFE. LOVE LIFE. BE HEALTHY.

FITNESS <ul style="list-style-type: none"> • One-to-One Personal Training • Small Group Training • In-Home Training • Online Fitness Coaching 	NUTRITION <ul style="list-style-type: none"> • Dietary Intake Assessments • Customized Nutritional Plans • Online Nutrition Coaching • Educational Grocery Shopping Tips 	LIFESTYLE <ul style="list-style-type: none"> • Healthy Home Detox Evaluations • Educational Seminars • Speaking Engagements • Online Healthy Lifestyle Coaching
--	---	--

PLEASE VISIT WWW.AANDAWELLNESS.COM TODAY TO GET YOUR FREE A+A WELLNESS SMOOTHIE EBOOK

A+A Wellness Healthy eBooks Now Available!

CALL 770.905.7400 AND MENTION THIS AD FOR A FREE ASSESSMENT AND TRAINING SESSION!



ATLANTA Gastroenterology
PEDIATRIC AND ADOLESCENT DIVISION

Specializing in the Detection and Treatment of Pediatric Digestive Disorders

New Kennestone Office Now Open

Our Board Certified pediatric gastroenterologists now offer expert GI care for your children at our convenient location in Marietta.

488 Kennesaw Avenue NW | Suite 200

Also seeing patients in:
**Alpharetta
Duluth
Sandy Springs**

For appointments:
404.843.6320

www.AGApediatrics.com

Dr. Tejas R. Melita Dr. Nirav R. Patel

AGA, LLC and its affiliates are participating providers for Medicare, Medicaid and most healthcare plans offered in Georgia. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.

 Join our community of over **9,917+** East Cobbers on Facebook

FINDING A GOOD DENTIST

Finding a good dentist can be a daunting task when you're moving to a new place or just looking for a change. Do you seek the opinions of neighbors and co-workers? Do you search online? How do you really know if a dentist is "good?" Co-workers and neighbors can be good resources for recommending a dentist based on the dentist's personality, gentleness, and appearance of the office but may not necessarily know if the work being done is of high quality.

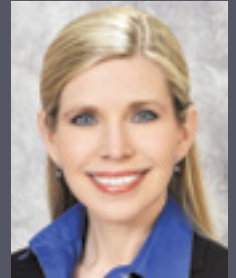
The patients of Cheek Dental will tell you that they know they have found a good dentist in Dr. Cristi Cheek, and her associate, Dr. Kristina Chandler, in East Cobb. Having known she wanted to be a dentist since second grade, Dr. Cheek has strived to learn all she could about the profession before, during, and after dental school. Upon graduating first in her class from the Medical College of Georgia in 2000, she began post-graduate studies in TMJ and Occlusion (bite) disorders, as well as in sleep disordered breathing (sleep apnea) and cosmetic and implant dentistry. "I didn't want to be just a good 'tooth fixer.' I wanted to promote the overall health of my patients whether they are dealing with sleep apnea, facial and joint pain, head and neck aches, or are just unhappy with their smile because of missing or broken and worn teeth," says Dr. Cheek. Dr. Cheek and Dr. Chandler continue to expand their professional knowledge, taking advanced courses in dental and health-related topics several times a year to ensure they are aware of the latest techniques, tools, and treatments.

Upon arriving at Cheek Dental, you will be warmly welcomed by Jennifer and Kelly. The modern office has an up-to-date yet comfortable feel – representative of the high-tech dentistry they do with gentleness and compassion. Their patients will tell you that they rarely wait in the reception area as Dr. Cheek and her associates value your time and plan each appointment to ensure they are not rushed and can give every patient their full attention.

Cheek Dental utilizes the latest dental technology including the Cerec CAD/CAM system that makes beautiful ceramic crowns in one appointment - no impressions or temporary crowns needed! They also use low dose digital x-rays and intraoral cameras to help you visualize the condition of your mouth so that you better understand their treatment recommendations. The VelScope oral cancer detecting light aids them in detecting cancer much sooner than visual inspection alone.

Having a feeling of trust and that the dentist is ethical is one of the most important factors in the dentist-patient relationship; after all, if the dentist is highly skilled, but cares nothing about you, is he or she really a "good" dentist? Dr. Cheek always put the Golden Rule at the forefront of her mind when caring for her patients. "When a person chooses me to help them make decisions about their oral health and that of their children, I feel a great responsibility to ensure that I give them the very best care - the same care I would give my own husband and children. I have always felt blessed that God gave me a career that I love. My career has never felt like work to me. It is truly an honor to serve my community in this capacity," says Dr. Cheek.

And the patients rave about the service they receive as well as the beautiful cosmetic procedures performed at Cheek Dental. Just read their 5-star reviews on Google or at www.cheekdental.com.



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.



2872 Johnson Ferry Road • 770-993-3775 • www.cheekdental.com



Peachtree Hearing

Peachtree Hearing has opened under the direction of Dr. Melissa Wikoff.

PEACHTREE HEARING IS BRINGING BETTER HEARING AND BALANCE CARE TO ATLANTA!

Hearing better every day makes a big difference! Imagine being able to go to dinner at a restaurant and easily follow the conversation. Imagine never missing another moment because you simply couldn't hear.

- Hearing Testing
- Hearing Aid Fitting
- Balance Evaluation
- Musician Services
- Tinnitus Treatment
- Earwax Removal

Hear for yourself FREE
General Hearing Loss Consultation Live Hearing Aid Demonstration

ATLANTA'S PREMIER HEARING & BALANCE BOUTIQUE

Peachtree Hearing
Parklure Medical Center
4559 Lower Roswell Road
Building A, Suite 107
Marietta, Georgia 30068
(470) 485-4327
www.Peachtreehearing.com



the Y

HEALTHY HAPPENS HERE.

Join the McCleskey-East Cobb & Northeast Cobb Family YMCA

When you join the Y, you join a community organization that offers more health, more hope, and more opportunity.

For more information about membership, call **770.977.5991** or **678.569.9622** or visit **ymcaatlanta.org**

DENTISTS

Cheek Dental

2872 Johnson Ferry Road • Marietta 30062
770-993-3775 • 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!

Healthy Smiles of East Cobb

1505 Johnson Ferry Road, Suite 100 • Marietta 30062
770-973-9765 • 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.

Mansouri Family Dental Care

4720 Lower Roswell Road • Marietta 30068
770-973-8222 • www.NaturalSmile.biz
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

Dermatology Consultants

1519 Johnson Ferry Road, Suite 100 • Marietta 30062
770-971-3376 • www.dermatologyconsultants.org
Mon-Fri: 7am-5pm

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.

FITNESS

Yourvideotrainer.com

4636 Villa Ridge Road • Marietta 30068
404-784-4606 • www.yourvideotrainer.com
Hours by appointment

Yourvideotrainer.com is teaching personal training through video conference. They motivate their clients to exercise consistently and help them to get stronger and healthier. Exercise will increase muscle mass, lower body fat, increase balance and live a healthier lifestyle.

FITNESS CENTERS

Women's Premier Fitness

4961 Lower Roswell Road • Marietta 30068
770-565-5450 • www.womenspremierfitness.com
Mon-Thurs: 5:30am-9pm, Fri: 5:30am-8pm, Sun: 9am-2pm
East Cobb's only full-service fitness club and spa for women only. We feature over 60 group fitness classes per week as well as Barre, TRX and personal training. Free child care.



Gift Cards are
the best presents

amerejuve

MEDSPA

look good feel good

770.509.0000

We will beat or match
any competitors
PRICE

Feel Good in 2017

\$250 Off

Non-Surgical Fat Removal

coolsculpting



4774 Lower Roswell Rd
Marietta, GA 30068

2476 Canton Rd
Marietta, GA 30066

3822 Roswell Rd
Marietta, GA 30062

NEW LOCATION 1720 Powers Ferry Rd, SE
Marietta, GA 30067

New Year New You!

Hours: Tuesday - Saturday 9:00am - 6:00pm

Laser Hair Removal

"We use candela laser for hair removal"
We will beat or match any competitors PRICE!

20% OFF

All Laser Hair Packages
For 6 treatments + 1 FREE Treatment

"GET GLOWING SKIN"
PACKAGE OF 3 SKIN MEDICA PEELS PLUS
RECEIVE 3 FREEMICRODERMS \$240!!

SkinPen

"Get Your Skin Looking Its BEST"

Buy 2 SkinPen
Treatments (Micro-Needling)
\$650
Get 1 FREE (Savings of \$325)

"PACKAGE OF 3 REJUVINATION
TREATMENTS"
\$1080 (a savings of over \$600)
(Our Ematrix reduces fine lines & wrinkles, improves skin texture &
reduces acne scarring)

Botox

"New Client Special"

BOTOX
\$9.00/Unit (Min. 20 Units)
JUVEDERM
\$550 (Per Syringe)

"PACKAGE OF 3 PHOTO FACIALS"
\$240 (a savings of \$180)
Photo facials reduce redness & sun damage leaving your complexion
with a more even overall appearance)

• **Kybella**
(Get rid of your double chin)

• **Ultherapy**
(Non-Invasive face lift,
FDA Approved Skin tightening)

• **HCG - Diet Plan**

20% OFF

SEE A SLIMMER YOU

ELIMINATE FAT WITH COOLSCULPTING™, THE WORLD'S #1
NON-INVASIVE FAT REMOVAL TREATMENT



CoolSculpting is an FDA-cleared treatment that uses controlled
cooling to eliminate fat without surgery or downtime.

Call today to schedule your FREE consultation.
(770) 509 0000

amerejuve

MEDSPA

look good feel good

We will match all competitors pricing

Results and patient experience may vary. While CoolSculpting is safe, some rare side effects may occur. As with any medical procedure, only your CoolSculpting provider can help you decide if CoolSculpting is right for you. In the U.S., the CoolSculpting procedure is FDA-cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank. Outside the U.S., the CoolSculpting procedure for non-invasive fat reduction is available worldwide. ZILTRQ, CoolSculpting, the CoolSculpting logo, the Snowflake design, and Fear No Mirror are registered trademarks of ZILTRQ Aesthetics, Inc. © 2016 IC1955-A

25% OFF



coolsculpting
FEAR NO MIRROR

f /Amerejuve Atlanta

www.amerejuve.com

@Amerejuve Atlanta

Life Grocery and Café

A Natural Food Co-op Market and Café Featuring Organic Produce

OPEN 7 DAYS

- Vegetarian
- Gluten-Free
- Living Foods

1453 Roswell Rd Marietta, Ga 30062 770-977-9583

1/2 mile east of the Big Chicken

Check our website for schedule of lectures, events & classes

www.lifegrocery.com

READ SOMETHING THAT MEANS SOMETHING
EAST•COBBER 770-640-7070

GASTROENTEROLOGISTS

Atlanta Gastroenterology Associates

1163 Johnson Ferry Road Suite 250 • Marietta, GA 30068
 404-888-7575 • www.atlantagastro.com

Mon-Fri: 9am-5pm

Atlanta Gastroenterology Associates is one of the largest gastroenterology practices in the country dedicated to the evaluation and treatment of both digestive and liver diseases. From common conditions to complex disorders, our board certified specialists are committed to providing patients with quality care in a comfortable and compassionate setting.

HAIR SALON

Kasha's Hair Salon

2520 Shallowford Road • Marietta 30066
 770-694-1928 • www.kashashairsalon.com

Tues-Fri: 10am-6pm; Sat: 9am-5pm

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.

HAIR REMOVAL/WAXING

Brazilian Wax by Andreia

1205 Johnson Ferry Road, #117 • Marietta 30068
 770-726-2691 • www.brazilianwax.com

Mon – Fri: 10am - 7pm; Sat: 9am - 5pm

Brazilian Wax by Andreia is recognized as a leader in the waxing industry and strives to provide the highest quality waxing in a clean, professional environment, with efficient service and the most competitive pricing in the industry. Come experience the difference! Waxing services available for men.

Get Started Today!

770-321-1347

Limited Time Offer
3 Sessions for \$99

CREATE A
NEW YOU
THIS
NEW YEAR

EAST COBB

www.FTJumpStart.com

15 Years

1000 Johnson Ferry Rd.
 Building 400 Suite 412
 Marietta, GA 30068

Located across from Johnson Ferry Baptist Church



A RACE FOR MISSIONS

Certified Official Peachtree Qualifier

5K Run/Walk • 2K Run/Walk • Cub Run
Saturday, January 28

Johnson Ferry Baptist Church
955 Johnson Ferry Rd Marietta GA

((studentmusic)))
a ministry of johnson ferry baptist church

ACTIVE
network.



PolarBear-Run.com

Brazilian Wax by Andreia

Brings Special Expertise to East Cobbers

On any given day East Cobbers will spot the fun pink Brazilian Wax VW Beetles zipping down the road. Have you ever stopped to ask who was driving that car? Or what on earth a “Brazilian Wax” is?

Andreia Guilmet wants you to be curious. A native of Goiania, Brazil, she was introduced to the aesthetics industry as a young teen. The beautiful, trendsetting people of Brazil have been committed to waxing hair long before those of us stateside had even heard about waxing as an alternative to shaving. Though waxing was mainstream in Brazil where the people enjoy feeling clean, sleek and hair free, Andreia found it non-existent in Atlanta and seized an opportunity.

Since 2001, Andreia has made life smoother for thousands of Atlanta women. After launching 17 upscale Brazilian Wax By Andreia salons, the East Cobb location remains the flagship. 12 years ago, Andreia opened her first location in Marietta/East Cobb on Powers Ferry Road and credits those clients for her continued success and growth. Andreia explains, “The feedback has been tremendous from East Cobb clientele. I am proud their experiences were so positive.” Customers took to the polls to give their gold seal of approval: Brazilian Wax by Andreia was voted “Best Waxing” of Best Self magazine’s 2016 issue. Now with three locations in East Cobb, the newest salon opened on Johnson Ferry Road last year. Andreia’s reputation for exceptional salon service and for using imported, natural hard wax continues to grow. Andreia takes great pride in using only natural products. And even though the service prices were established over a decade ago, other salons cannot match the quality and prices Brazilian Wax by Andreia offers.

Brazilian Wax by Andreia uses unique methods that sets them apart from other salons: treatment with natural ingredients and a staff trained with the highest standards. Andreia uses a natural “Authentic Brazilian Wax”, a hard wax that does not require the use of cloth strips in the most sensitive areas while using an all-natural soft wax where appropriate. Andreia



credits her 150-person, fully-licensed staff of aestheticians and managers—many of whom are mothers, daughters and friends from Marietta’s Brazilian community—for her company’s success. Andreia’s formula is simple: put God first, a highly-trained staff second, then high quality products, low prices and assuring the client is always at ease.

Although plans are underway to open locations across the nation, East Cobb is where Andreia’s heart is. Her husband and partner Chris and her eldest daughter Beatriz, a Wheeler High School graduate, desire to keep the starship locations in East Cobb front and center. “We have built a base of loyal customers in East Cobb, many who have become good friends. East Cobb is not just the home base for our business, it is also our home.”

To learn more about Brazilian Wax by Andreia, including salon locations and hours, visit brazilianwax.com.



EAST COBB LOCATIONS

80 Powers Ferry Road, Suite A-9 - Marietta • 770-579-3201
 1230 Powers Ferry Road SE - Marietta • 770-955-2520
 1205 Johnson Ferry Road, Suite 117 - Marietta • 770-726-2691



\$10 OFF ANY SERVICE OF \$35 OR MORE

PAID ADVERTISEMENT

EAST COBBER

HEALTH FOOD STORE

Life Grocery

1453 Roswell Road • Marietta 30062

770-977-9583 • www.lifegrocery.com

Life Grocery and Café features a healthy selection of organic produce, nutritious foods, extensive supplements serving those with health challenges and dietary needs.

HEARING

Peachtree Hearing

Dr. Melissa Wikoff

4939 Lower Roswell Road A-107 • Marietta 30068

470-485-4327 • www.PeachtreeHearing.com

Mon-Fri: 8am-6pm

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.

MEDSPA

Amerejuve Medspa

>2476 Canton Road • Marietta 30066

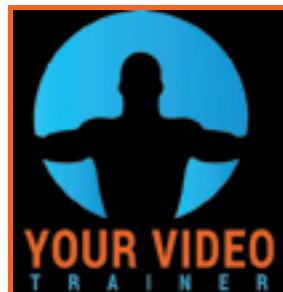
770-966-2205

>4774 Lower Roswell Road • Marietta 30068

770-509-0000 • 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.



FITNESS STARTS AT HOME

Your own Personal Trainer streamed live. Your Video trainer will be by your side through Videoconference every step of the way.

Start NOW and receive a FREE one-on-one personal training session.



Visit Yourvideotrainer.com or call 404-784-4606.

Come On In And Visit Your New East Cobb Dentist!

Conveniently Located In Front Of Parkaire Landing

Implant Special Dental Implant for as low as \$99/month!*

This includes..

- Dental implant, abutment, and crown
- **FREE** panoramic x-ray. \$100 value
- **FREE** consultation with Dr. Wang. \$91 value
- A detailed treatment plan to get you back where you deserve and...

The world class care of our 1st Choice Family!

But don't delay - this offer expires January 15th!

*With approved credit.
Call for more information.



1st CHOICE DENTAL CARE

670 Johnson Ferry Road
Marietta, GA 30068

www.1stchoicemarietta.com

678.905.3066



22 classes/week including barre, strength, cardio, Pilates, yoga and Tai Chi

- > Experienced, encouraging instructors
- > Quality setting
- > No contracts or commitments
- > \$6 per class*
- > 1st class complimentary

mtbethel.org/fitness
for complete schedule and pricing
*excludes yoga

Mt. Bethel United Methodist Church
4385 Lower Roswell Road, Marietta • 770.971.5280

NUTRITION, HEALTH & WELLNESS

A+A Wellness Nutritional Coaching

770-905-7400 • www.AandAWellness.com

Customized meal plans to your specific needs. Nutritional support & healthy lifestyle education. Educational grocery shopping trips, personal training and more! Family Discounts available.

PERSONAL TRAINING

Fitness Together

1255 Johnson Ferry Road, Suite 26 • Marietta 30062
770-321-1347 • www.fitnessstogether.com/eastcobb
By appointment.

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.

Studio 348 Personal Training for Women

3822 Roswell Road, Suite 114 • Marietta 30062
678-540-1518 • www.studio348forwomen.com
Mon-Thurs: 6am-12pm, 4-8pm;
Fri: 6am-12pm; Sat: 8am-12pm.

Small group personal training for women. Nationally Certified Personal Trainers work with 1-4 women at a time to provide quality personal training at an affordable rate. Each woman gets the individual attention she needs for fitness and nutrition.

SMILE

STRESS
is related
TO 99%
OF ALL
ILLNESS.

JEALOUSY
works the opposite
way you want it to.

Observe a plant before and after watering and relate these benefits to your body and brain.
Practice yoga so you can remain ACTIVE in physical sports as you age.

Friends are MORE important than money.

BREATHE DEEPLY

& APPRECIATE THE MOMENT. Living in the moment could be the meaning of life.



BE GRATEFUL

EAST COBBER

Get Your Business In Shape!
Advertise in the EAST COBBER!
Call 770-640-7070 Today!

LIFE UNIVERSITY'S INNOVATIVE APPROACH TO PSYCHOLOGY



Life University (LIFE) believes that in order to educate people, you have to do more than just feed their intellect or teach them critical thinking skills. Additionally, they believe that you have to teach them how to be better human beings by cultivating skills such as emotion regulation, emotional awareness, empathy and compassion.

One such program on the LIFE campus that is revolutionizing the way that psychology is being taught in higher education is the Secular Ethics and Contemplative Science track within the Master of Science degree in Positive Psychology (MSPP). LIFE's MSPP – Secular Ethics and Contemplative Science track is a six-quarter program that involves the studies and practice of contemplative and meditative practices, such as mindfulness meditation and Cognitively-Based Compassion Training (CBCT) in courses that involve a “meditation lab” component.

“A lot of times when studying psychology at universities, you learn and discuss, but you don't actually practice the things you talk about,” says Dr. Michael Karlin, assistant professor of Psychology at LIFE. “At Life University and in our department, every course has requirements for practice labs. We can teach you about what compassion is and read all the research about it, but if you don't actually sit in a lab and do the practices that cultivate compassion, it won't be sustained.”

Students in this program will develop familiarity with the emerging research on contemplative practices and their effects, particularly in the fields of psychology, neuroscience and the health sciences. Students will learn how to develop secular interventions based on contemplative practices and traditions. They will also learn how to design research studies that evaluate such interventions in diverse settings, including educational and clinical settings.

LIFE's Master's of Positive Psychology is one of just three in the United States and the only such program in the Southeast. For more information, visit LIFE.edu/academic-pages/graduate/positive-psychology. To apply to Life University, visit Apply.LIFE.edu.

PAID ADVERTISEMENT

HEALTH & WELLNESS

GET THE PERSONAL ATTENTION YOU DESERVE!

STUDIO|348

PERSONAL TRAINING FOR WOMEN



**We blow away
competitor prices.**

Studio 348 For Women: **\$20/hour**
(nutrition included)

Local Competitors: **\$45/hour**
(additional fees for
nutrition if offered)

- Tailored Exercise
- Personalized Nutrition
- Healthy Mindset

FREE 14 DAY TRIAL

(UP TO 10 SESSIONS WITH A PERSONAL TRAINER)

Hurry! Offer Expires 1/31/17.

3822 Roswell Road, Ste. 114 (Next to East Side Elem.)
678-540-1518 • Studio348forWomen.com

*Support Our
Advertisers*

COBB COUNTY JOINS WAZE CONNECTED CITIZENS PROGRAM

The Cobb County Department of Transportation today announced a data-sharing partnership with Waze (www.waze.com), the free, real-time crowdsourced traffic and navigation app powered by the world's largest community of drivers.

Designed as a free, two-way data share of publicly available traffic information, the Waze Connected Citizens Program promotes greater efficiency, deeper insights and safer roads for citizens of Cobb County, along with more than 100 other partners around the world.

Two-way data sharing with Waze allows the County to provide an additional avenue to make the public aware of ongoing construction, traffic incidents and event-related lane closures. With growth occurring in many regions of Cobb, including the Kennesaw State University area and the Cumberland Community Improvement District—with the addition of SunTrust Park and The Battery—the Waze app combines the DOT's traffic information with citizen-generated reports to offer a more comprehensive look at conditions for commuters. The County also will collect anonymous, real-time data from Waze to assist in the identification of traffic trends that will be beneficial in transportation planning as Cobb continues to progress as a metro Atlanta hub for business, education and entertainment.


"Joining the Connected Citizens Program was a logical step to take to ensure that we are providing our citizens with the best available tools to make decisions about their daily travel on our roads," said Jim Wilgus, director for the Cobb County Department of Transportation. "Our work is about helping people get around as safely and efficiently as possible. That means construction, certainly, but it also means making the most of technology. We are excited about how working with Waze will help us meet that goal."

The Waze Connected Citizens Program gives county leaders an unprecedented look at road activity, empowering partners to harness real-time driver insights to improve congestion and make better informed planning decisions. Waze provides partners with real-



time, anonymous, Waze-generated incident and slow-down information directly from drivers, and in return the DOT provides real-time construction, crash and road closure data to Waze. The exchange creates a map that evolves with every driver and data point it receives and promotes safer roads by equipping Wazers with the knowledge to make smart commute choices to avoid delays due to daily construction or major traffic events caused by game days or dignitary visits.

"Through the Waze Connected Citizens Program, Cobb County will contribute critical data to the Waze app which is key for hyperlocal citizen support," said Adam Fried, New Business Development Manager at Waze. "No one knows more about what is happening on the roads than Wazers, and Cobb County will be able to use these anonymous insights to further promote safer roads. In exchange, Cobb County is providing critical road closure and incident data to Waze, helping Wazers better circumvent major traffic events and real-time traffic blocks."

To find out more about Connected Citizens, visit waze.com/ccp. To download the free Waze app for iOS or Android, visit www.waze.com/get. 



EAST  COBBER

Promoting East Cobb People and Events

**Follow
@eastcobber**



LOCAL GIRL SCOUT EARNS GOLD AWARD



Elisa Sacchetti

Elisa Sacchetti, a junior at Lassiter High School, has earned the Girl Scout Gold Award, the highest honor in Girl Scouting. The Gold Award recognizes girls in grades 9 through 12 who demonstrate extraordinary leadership through sustainable and measurable community service projects that require a minimum of 80 hours to complete. Less than five percent of Girl Scouts earn the award.

Elisa chose to promote health and fitness at three different schools--Mountain View, Bells Ferry, and Rocky Mount Elementary Schools--once a week for four weeks, teaching lessons to the After School Program (ASP) elementary school children. Entitled, "Project: Be a Superhero," Elisa created a health and wellness program because she noticed a drastic change in the way adolescents treat their bodies. "Children, teenagers, and adults are decreasing the amount of exercise and making poor choices in foods. . . I chose to target elementary school children and teach them about the importance of eating healthy and exercising. I want the younger generation to grow up treating their body right," says Elisa.

Elisa's health and fitness units taught the children about food groups, muscles, exercise and healthy eating

benefits, negative effects of not taking care of body, how to have a balance diet, understanding food more and where food comes from. With the help of an elementary school teacher and a pediatric doctor, she researched important information to teach the children about making healthy eating choices and exercising. As Elisa explains, "I had a team of 18 fellow high school students, who came to the schools over a period of 4 weeks (once a week for each school) and taught the lessons. . . which included a lecture and an educational fun game to play. The parents also received a "What Did My Child Learn Today" pamphlet."

"75 amazing students from three different elementary schools have been educated on the importance of eating healthy and exercising. There are new "superheroes" in this community now. Healthy eating and exercising is extremely important and I hope to see more take on the initiative to better themselves," states Elisa. 📍

ADAMARK JEWELERS

SILVERSMITHS

- Jewelry Repair
- Watch Repair

**Parkaire
Kroger Center**

770-565-6558
4880 Lower Roswell Rd
Ste 175 • Marietta 30068

\$10 OFF

**Any Single Repair
of \$40 or More**

With ad. Expires 2/2/17

1/2 OFF

Watch Battery

**Buy 1 Watch Battery, get
1 Watch Battery Half Off**

With ad. Expires 2/2/17

www.adamarkjewelers.com

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

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.

Neuropathy Relief

January 6 | 10am-11:30am

Free; Registration required

Do you suffer from Neuropathy? Neuropathy affects the motor nerves that control muscle movement and the sensory nerves that detect sensations, such as coldness or pain. At this seminar learn about neuropathy, the symptoms, terms, causes, and treatments to alleviate the symptoms of this neurological disorder. Provided by Dr. Ellie Tillman with Ballard Chiropractic Clinic.

Financial Fraud and Elder Abuse-Are Your Personal Finances Protected?

January 10-January 24 | 10am-12pm

Free; Registration required

As the population ages, losses as a result of financial elder abuse are increasing. Baker Daily Money Management will be presenting on the following topics: financial fraud and elder abuse, how to prevent and report financial fraud, and daily money management services and how they can help.

>>> continued on page 64 >>>





Exceptional Senior Living!

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

Call us and VISIT TODAY!
770.565.8828

Parc at Piedmont - East Cobb
999 Hood Road | Marietta, GA 30068
Intersection of East Piedmont and Roswell Rd. (Hwy. 120)
www.parcatpiedmont.com

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



Paris Nights

OPPORTUNITIES FOR THOSE 50+
OLLI
OSHER
LIFELONG
LEARNING
INSTITUTE
CURIOSITY IS TIMELESS

MONDAY • FEBRUARY 13

sponsored by •

ATHERTON PLACE
We believe in life well-lived. | WELSTAR

Marietta
Hearing Center



**KENNESAW
STATE UNIVERSITY**
College of Continuing
and Professional Education

Come for an evening of food, fun and dancing!

KSU CENTER, 3333 Busbee Drive, Kennesaw, GA 30144

\$10 Per Person (Advanced Payment Required)

Dinner 6-7 p.m. | Entertainment 7-9 p.m.

Register: 470-578-6765 or ccpe.kennesaw.edu

EMPOWER // REINVENT // SUCCEED

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR DECEMBER

<<< continued from page 62 <<<

10 Warning Signs of Alzheimer's disease

January 11 | 10:00am-11:30am

Free; Registration required

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

Pick Your Risk

January 13 | 10:00am-12:00pm

Free; Registration required

What's the biggest risk you face with your life savings? There's way more to it than you thought. Learn from Larry Lupas, Lupas Financial Services, how to recognize which of the 26 financial risks you must manage for your nest egg monies. Your successful retirement depends on it. Q&A session will address questions or concerns regarding investments, income strategies, passing assets to loved ones, etc.

>>> continued on next page >>>







STERLING ESTATES

INDEPENDENT AND ASSISTED LIVING COMMUNITY



Live a Sterling Life Right in the Heart of East Cobb!

For more information or to schedule a tour please contact
 Sharon Egitton, Assistant Executive Director
678.946.4454
www.sterlingstateseastcobb.com
4220 Lower Roswell Road, Marietta, GA 30068
 Locally Developed, Owned, and Managed | Licensed Assisted Living Facility




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

Dine-a-Round

January 18 | 11:00am -1:00pm

Registration required. Meet at the restaurant. Moxie Burger, 2421 Shallowford Road, Marietta

Atlanta Heritage Tour #10307

February 15; **Deadline: January 18** | 9:00am-4:00pm

Check-in: 8:30am

Over 700 movies and over 20 television shows have been shot here since 1972. The impact of the film industry continues to grow in Georgia making Atlanta a favorite of filmmakers and fans alike. During our tour we will experience films such as Selma, The Blind Side, and Driving Miss Daisy as well as fun movies like Ride Along and Madea's Witness Protection, to name a few. We will visit Madea's house for a photo op and after the tour we will go to the Smoke Ring House for a delicious lunch around 1:30pm (please bring a snack with you).

\$85 Senior Council members; \$90 Non-members.

Payment is due at time of registration. **Deadline:**

January 18. No refunds unless trip is cancelled.

Activity Level 1 — small distance walking, most of trip is seated. Price includes luxury motor coach, lunch, tickets, and driver's tip.

AARP Smart Driver

January 26 | 9:00am-4:00pm

\$15 AARP members, \$20 Non-members (cash or check)

The AARP Smart Driver course is a refresher course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance upon completing the course. Refresh your driving skills and your knowledge of the rules — and hazards — of the road. Bring a lunch. Check with your insurance agent about a possible discount. Bring a lunch.

EAST COBBER

**NEXT ISSUE: FEBRUARY
DEADLINE: JANUARY 16
CALL EAST COBBER:
770-640-7070**

ONLY 6 HOMES REMAIN!

Windsong Clover Creek

An Active Adult Community

NEW PLAN!



**ANNOUNCING THE ALLSTON
DON'T MISS THIS OPPORTUNITY!**

Preserve Along the Creek
Gated Community with Clubhouse
Spacious Detached Ranch Homes
Private Courtyard Retreats
HOA Maintained Lawns
Convenient Woodstock Location
From the Mid \$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!
FOLLOW US ON TWITTER

• **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, fehrach@aol.com, or www.bigchickenchorus.org.

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

• **Business Network International (BNI).** The World's largest referral organization. Multiple chapters in the area, please refer to the website: 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.

Painting Plus
Serving Metro Atlanta Since 1998

- SIDING
- GUTTERS
- PAINTING
- ROOFING

10% gutter OFF cleaning
\$300 OFF complete exterior paint or siding job

A division of Plus Services, Inc.
www.paintingplus.com
770-971-1577

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 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 or www.mariettakiwanis.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 or 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.

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

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

Martha Stewart Bulloch 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.

Moms in Prayer for East Side Elementary parents. Fridays 11am. More info: Rachel Bloom 770-973-4705 or 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: 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.

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 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.

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.

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

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

Shakespeare Reading Group. First and 3rd Thursday of the month. 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 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.

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, 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

ECBA
East Cobb Business Association



VWM

Vann Whipple Milligan, P.C.
CERTIFIED PUBLIC ACCOUNTANTS

Allison B. Milligan, CPA
allison@vwmcpa.com

770.351.1220

www.vwmcpa.com

Zizi



Zizi is a hair specialist with over 27 years experience.

Her specialties include keratin smoothing treatments, CHI thermal straighteners, and updos for any special occasion.

Zizi will customize your haircuts and find a style that is best suited for you and compliments you and your lifestyle.

Call Zizi for your next hair appointment!

New Client Specials

Zizi Golkari

Nancy's Salon

1100 Johnson Ferry Road
Marietta, GA 30068

Cell: 678.462.8601
zizigolkar@yahoo.com

For more information & specials, find me on [facebook.com/zizi.golkari](https://www.facebook.com/zizi.golkari)



\$15 - Men's Cut
\$13 - Kid's Cut (10 years & under)
\$30 - Women's Cut
\$20 - Shampoo & Blow Dry
\$40 - Color
\$45 - Partial Highlights
\$65 - Full Highlights
\$100/Hr - Keratin Smoothing Treatment

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 gallinabannova@gmail.com

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.

Babywearing Group. Koalamomm, 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.

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 Sabin 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: Cappie Suttle, 404-368-9394, east-cobb@chadd.net, or www.chadd.net/300.

Emotions Anonymous, a fellowship of people who come together to work toward 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 kathzkel@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.

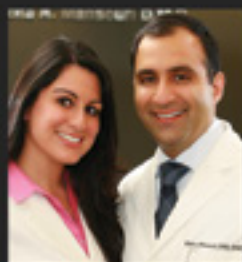
Widowed Helping Others (WHO). Dinner social. First and 3rd Wednesday of the month. 6pm. St. Ann's Catholic Church, Nolan Hall, 4905 Roswell Road, Marietta. More info: St. Ann's Pastoral Care, 770-552-6400 ext. 6018

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 raetucker1@yahoo.com



Follow @eastcobb

Content + Community + Commerce = EASTCOBBER



MANSOURI FAMILY DENTAL CARE

Voted Top Dentist in East Cobb

"a true family dental practice for all your dental needs"

IMPLANTS • CROWNS • VENEERS • INVISALIGN



MARIETTA OFFICE
4720 Lower Roswell Rd.
404.475.3004

Drs. Azita & Michael Mansouri have been featured on

www.NaturalSmile.biz



Atlanta
MAGAZINE

TOP DENTISTS

Call Now

For Your Appointment

WE ACCEPT MOST PPO INS.



CUMBERLAND OFFICE
3350 Riverwood Pkwy

404.475.3002

New Year, Healthier Heart



Each Know Your Heart participant receives a personalized report with test results, reviewed with a WellStar Medical Group, Cardiovascular Medicine provider. The consultation also includes risk factor education, diet, weight and exercise recommendations.

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

Advanced Risk Assessment – \$139

Basic Risk Assessment – \$49

Offered in Acworth, Austell,
East Cobb, Marietta
& Woodstock.



Call **770-956-STAR (7827)** to
determine eligibility and to
schedule an appointment.

WELLSTAR
Cardiac Network