

September 2017

FREE
Take One!

EAST COBBER



FLIP THROUGH OUR
DIGITAL EDITION





Book a cruise vacation with one of our featured cruise lines September 12 - 30 and be rewarded with one or more of these spectacular **Expedia® Extras:**

- **Up to \$150 ONBOARD CASH CREDIT***
- **Up to \$1,000 SAVINGS***
- **FREE SPECIALTY DINING***
- **FREE DRINKS***
- **3rd & 4th GUESTS SAIL FREE***

Call today and reference this ad to receive \$50 onboard cash credit toward your next cruise of 7 days or more!



(770) 415 1030

725 West Crossville Road, Roswell
www.cruiseshipcenters.com/Roswell

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



East Cobb Parade & Festival Guide



FEATURED

6 EAST COBB
GARDEN TOUR

10 FALL BREAK FUN

14 PARADE &
FESTIVAL GUIDE

30 PUBLIC SAFETY
CELEBRATIONS PLANNED



EVERY MONTH

22 COMMUNITY CALENDAR

29 PET OF THE MONTH

32 DINING GUIDE

48 HEALTH & WELLNESS

58 SENIORS

P.O. Box 680455 • Marietta, GA 30068
770-640-7070 • FAX: 770-559-3185
www.eastcobb.com
Volume 24 | Number 11

Founder | Publisher
CYNTHIA ROZZO
cynthia@eastcobb.com

Account Representatives:
East Cobb Businesses - Merchant's Walk - Roswell Road
MICHELLE O'SHAUGHNESSY
678-357-9384 • michelle@eastcobb.com

Northeast Cobb Businesses
LAREN BROWN
770-880-0965 • laren@eastcobb.com

Graphic Designer: Tamara Stephens



www.eastcobb.com
www.facebook.com/EastCobber
www.twitter.com/eastcobb



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



Hey!
EAST COBBER
has an email
newsletter!

Get a weekly rundown
of local news, events and
happenings sent straight
to your email!

Sign up at eastcobb.com

For equally healthy finances.

We know your physical wellness is important to you, but don't forget about your financial health. At LGE you can earn more on checking, pay less on loans, invest wisely and get the coverage you need. It all adds up to more money in your pocket. Get your finances moving in the right direction and join the more than 100,000 people who have discovered a smarter way to bank with LGE. Stop by one of our convenient branch locations or visit LGEccu.org.



A smarter way to bank.®

Membership eligibility and \$5 minimum balance required to maintain base savings account. Federally insured by NCUA.

Non-deposit investment products and services are offered through CUSO Financial Services, L.P. ("CFS"), a registered broker-dealer (Member FINRA/SIPC) and SEC Registered Investment Advisor. Products offered through CFS are not NCUA/NCUSF or otherwise federally insured, are not guarantees or obligations of the credit union, and may involve investment risk including possible loss of principal. Investment Representatives are registered through CFS. LGE Community Credit Union has contracted with CFS to make non-deposit investment products and services available to credit union members.

LGE Insurance Services, LLC ("LGEIS") is a wholly-owned subsidiary of LGE Community Credit Union and was formed primarily to provide insurance services to Credit Union members. Insurance products are not products of the Credit Union, and are not obligations of or guaranteed by the Credit Union, and the Credit Union makes no representations as to the services of any provider.

 Bank

 Borrow

 Invest

 Insure

PUBLISHER'S NOTE



▲ EAST COBBER Festival 1995



▲ EAST COBBER Festival 2008



▲ EAST COBBER Parade staging area 2012



▲ EAST COBBER Festival 2016

Twenty two years ago, after 2 years of starting the EAST COBBER magazine, I set out to create another way to spotlight all the good people in East Cobb by producing the EAST COBBER Parade & Festival. I wanted to create a community event similar to the ones I grew up with. Sure, this event has goals stated in a businesslike manner:

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

But truthfully, I dreamed of a hometown tradition that would create special memories for children and, selfishly, I wanted to raise my future children (I didn't have kids yet, now my children are ages 20, 18, and 16) in a community that had a special event that made them proud of living in East Cobb!

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

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

All the best,

Cynthia

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



On the Cover

To celebrate the 22nd annual EAST COBBER Parade & Festival, this month's cover features the boys and proud parents from Cub Scout Pack 121. For many years it's been a tradition for these Cub Scouts to carry the EAST COBBER Parade banner at the front of the parade. They are sponsored by and have meetings at Mt. Bethel United Methodist Church. These scouts are in 1st through 5th grades and hail mainly from Sope Creek Elementary School and Mt. Bethel Christian Academy. These cub scouts get together to camp and hike, as well as volunteer for various projects that help our hometown.



amerejuve

MEDSPA

look good feel good

770.509.0000

Feel Good in 2017
Non-Surgical Fat Removal
 coolsculpting



4774 Lower Roswell Rd
Marietta, GA 30068

2476 Canton Rd
Marietta, GA 30066

3822 Roswell Rd
Marietta, GA 30062

1720 Powers Ferry Rd, SE
Marietta, GA 30067

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

8 Locations in Houston, TX



LASER HAIR REMOVAL

50%
OFF

Call for a complimentary consultation for any services:

- SKINPEN
- HCG (Weight loss treatment)
- MICRODERMABRASION
- KYBELLA (For double chin)
- COOLSCULPTING
- IPL
- B12 SHOT
- BOTOX
- JUVEDERM
- ULTHERAPY 25% Off
- TATTOO REMOVAL
- SKIN TIGHTENING
- SKINMEDICA 30% Off
- VELASHAPE
- EMATRIX
- FACIAL

SEE A SLIMMER YOU

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



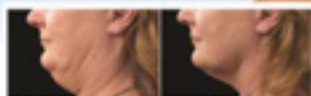
CoolSculpting is an FDA-cleared treatment that uses controlled cooling to eliminate fat without surgery or downtime.

 coolsculpting

COOLMINI™

No more Double Chin.

NO NEEDLES. NO SURGERY. NO DOWNTIME.



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

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 IC1966-A

25%
OFF



 coolsculpting
FEAR NO MIRROR

f /Amerejuve Atlanta

www.amerejuve.com

@Amerejuve Atlanta

EAST COBB GARDEN TOUR SET FOR SEPTEMBER 17



Pictured above are the members of the organizing committee for the East Cobb Garden Tour. Standing L-R: Linda Pace, Karin Guzy, Kim Sherk, Diane Tanger, Lisa Krueger, Janet Thomas; Seated L-R: Harriet Eicken, Martha Bechtel, Tina Engberg, Pat Ifaldano, Lynn Thompson (Chairman).

The Cobb Land Trust 2017 East Cobb Garden Tour is set for Sunday, September 17 from 12-5pm. Featuring McFarlane Nature Park its historical caretaker's home plus four additional private gardens, the East Cobb Garden Tour will benefit McFarlane Nature Park located at 280 Farm Road in East Cobb.

About McFarlane Nature Park:

The 11-acre property and home have connections to many well-known family names in the development of the Metro Atlanta area. The farm was the centerpiece of extensive agricultural acreage owned by the late Atlanta attorney, Hughes Spalding, Sr. The property adjoined farmland of noted attorney and Judge John A. Sibley.

Spalding commissioned the design of the house in 1941 for his farm manager Floyd Spruill. The architect he chose was Henry Toombs, who also designed the Little White House in Warm Springs, GA for President Roosevelt. The house has chimneys on either end made of stone from the Sope Creek quarry and a slate roof moved from the Spalding's home called Deerland which stood where Piedmont Hospital now is in Midtown Atlanta.

Florence and William McFarlane purchased the property in 1958. The couple boarded polo ponies and raised lineage dogs on the property. They stipulated that after

their death, the property be kept in a natural state and used as a neighborhood green space, maintaining the serenity of the property. Mrs. McFarlane died in October 1990.

After Florence's death, there were several years before legalities were resolved. During this time the house and property fell into a state of disrepair. Thousands of contributed dollars and hours were required to make the house habitable and the grounds attractive again.

The Cobb Land Trust came to hold the lease in 1992 and became responsible for protecting the land which was named McFarlane Nature Park. The local Chattahoochee Plantation Community Association donated funding for the initial expensive and extensive repairs required and has remained the primary contributing organization. Workdays were scheduled during which adjacent home-

owners helped accomplish the work required. A slate sidewalk was uncovered leading to the front door.

The Chattahoochee Plantation Women's Club (CPWC) has been a major supporter of the park, contributing funds toward the construction of a permanent restroom facility, and for the restoration of the original stable where park history will be displayed for visitors. CPWC adopted McFarlane as their charity for both 2009 and 2010. In 2013-2016, the club held a major fundraiser, Art for the Park, featuring over 40 fine artists in a two-day sale.

"We invite the entire community to enjoy the unique gardens on the tour," said Lynn Thompson, Chairman of the event. "It is our goal to raise funds for maintaining this historic property while showcasing the beautiful private gardens in the area."

The 2017 East Cobb Garden Tour is self-guided, and the five gardens may be visited in any order. Donations may be made online or to Cobb Land Trust 501(c)3, P.O. Box 672652, Marietta 30006. The East Cobb Garden Tour will be held rain or shine, and tickets can be purchased for \$30 at the event or \$25 in advance at www.eastcobbgardentour.com. For more information, visit www.eastcobbgardentour.com or email info@eastcobbgardentour.com. 

IT'S TIME FOR FALL PORTRAITS!
CALL TODAY TO SCHEDULE YOURS!



MICHAEL'S
P H O T O G R A P H Y
E A S T C O B B
770-977-6900

WWW.THEMICHAELSPHOTOGRAPHY.COM

EAST COBB PTAS CREATE EXCEPTIONAL CHILDREN COMMITTEES

By Tina Engberg, Chair, Exceptional Children Committee, East Cobb County Council of PTAs

Exceptional, according to the third definition in Merriam Webster, is "deviating from the norm." Exceptional Children within our school community do that. We have kids with a wide range of physical differences; children with autism; kids who have learning differences like dyslexia, dyscalculia, or slow processing; kids with ADHD; and kids with intellectual disabilities. Learning differences alone account for approximately one third of the students in Georgia who fall under the 13 disability categories under special education law (Source: nclad.org/stateofld).

East Cobb puts a very high price on success. It's woven into the fabric of our community, our schools, and attitudes. Parents of Exceptional Children (EC) experience success in very different ways than other parents. Sometimes the lives we lead can feel far removed from the typical hubbub of daily life: Special education school buses that arrive well before the break of dawn transporting children to schools outside their attendance zone for special programs; trips to specialists and tutors; finding social opportunities for both children and the family; not to mention developing and maintaining a relationship with the team at school that orchestrates Individual Educational Plans (IEP). It adds up to an experience within a school that can feel somewhat overwhelming and even oddly isolating in spite of a large student population. Parents of Exceptional Children, even when the kids are integrated into the general education setting, often have a need to connect with parents on a similar path.

As a part of the PTA programming, all schools within the East Cobb County Council of PTAs offer the opportunity for the PTAs to create an Exceptional

Children's Committee. Parents of Exceptional Children (ECs) are encouraged to participate within the PTA to foster awareness within the entire school of the Exceptional population. It can be as simple as taking a spot on the PTA school calendar to create content for an awareness bulletin board. Suggesting alternate programming for these kids to allow access to and derive pleasure from schoolwide events that might be a little overwhelming is another example. The East Cobb Council keeps track of best practices from committees at each of the 35 schools so that units can share and implement what works for their "village." My elementary school, Sope Creek, offered an hour earlier admittance to the Octoberfest to our Exceptional community so that kids who would otherwise be overwhelmed by a large crowd could enjoy the attractions on their own terms. That's just one example of creatively including Exceptional Children in an event "EC" parents might otherwise avoid.

As the incoming chair for the Exceptional Children Committee on the ECCC PTA board, I will be working to connect parents with their Exceptional Children Committees, help present opportunities for outreach and education with the Cobb Special Education Parent Mentors, and promote other avenues for parents of Exceptional Children to connect with each other and learn. 🌱



Tina Engberg is the Exceptional Children Committee Chair for the East Cobb County Council of PTAs. She lives in Chattahoochee Plantation with her husband Kaj and two wonderfully exceptional boys who attend East Cobb Middle School (6th) and Wheeler Magnet (9th).



W. Robert McGoldrick, CPA, CFP
Certified Financial Planner

Retirement Planning
College Education Planning
Estate Planning

770-992-7614

2866 Johnson Ferry Road, Ste 100
Marietta, GA 30062

Securities Offered through Triad Advisors, Inc. ♦ Member FINRA/SIPC

Kelli Green
GARDEN CENTER est. 1988

Vegetables, Herbs
Annuals, Perennials, Shrubs
And More!

2514 Shallowford Road Marietta, Ga 30066
770-928-1190 kelligreengardencenters.com

Dogwood COTILLION

A Tradition in East Cobb for 29 Years!



Director ~ Brenda Laskey • www.DogwoodCotillion.com • www.Facebook.com/dogwoodcotillion

FALL BREAK FUN

Cobb County Schools has scheduled a Fall Break for all students. So, from Monday, September 25 to Friday, September 29, we figured East Cobb families would be looking for fun things for their student staycationers to do! So, here are some fun options so your student-aged kids (and you) won't go stir crazy!

September 25-29 | 6:30am-6:30pm

Primrose School of Sprayberry Explorers Camp

Primrose School of Sprayberry
2531 East Piedmont Road, Marietta
770-578-4832 • primroseschools.com/schools/sprayberry
Daily field trips included with registration. \$225.

September 25-29 | 9am-4pm

YMCA-McCleskey: Dynamite Days Off Camp

1055 East Piedmont Road, Marietta
770-977-5991 • ymcaatlanta.org/mcy
Qualified counselors will lead activities that will help build self-confidence, strengthen social skills, deepen respect for others and build lasting relationships. Activities may include swimming, crafts, sports and group games. Pack a lunch, drink, two snacks, swim suit and towel. Free extended care from 7:30am-6pm. Members: \$40/day Program: \$60/day. Age: 5-12.

September 25-29 | 9am-5pm

Safe America Drivers Ed Course

Safe America Foundation Headquarters
2000 First Drive, Suite 310, Marietta
Help your teen learn how to drive at one of Safe America Fall Break drivers ed courses. \$150 - \$574. Register online at safeamericadrivers.org.

September 25-29

Vanguard Elite Sports Camp

Vanguard Elite Sports & Training
3910 Canton Road, Suites 3 & 4, Marietta
678-365-5100 • vanguardelitesports.com
Basketball skills and training camp. Full day: \$225; Half day: \$150; Daily Rate: \$50.

September 25-29 | 9am-4pm

Boot Camp and Strandemonium, Jr.

The Strand Theatre, 117 North Park Square, Marietta
770-293-0080 • catherine@earlsmithstrand.org
Open to kids grades 1-8. Participants will spend the first half of each day exploring and honing a multitude of performing arts skills including auditioning, singing, acting, dancing and technical theatre. After a lunch break, students will learn the foundation numbers for the Halloween-themed music revue: Strandemonium, Jr. The show dates for Strandemonium Jr. are October 26 and 27 at 7pm. Cost for the combined Part A and Part B program is \$300. Part B only, \$200. Registration can be done through The Strand Box Office.

September 27 | 3:30- 4:15pm.

Family Fun Time! - Way Up High in the Apple Tree

East Cobb Library, 4880 Lower Roswell Road, Marietta
770-509-2711
Family Fun Time is for families with children of all ages. It lasts 40-50 minutes and can include books, activities, a short film, parachute play, music, and a craft. Free. No registration required.

September 29 | 3:30-5pm

Fall Break Virtual Reality (VR)

Gritters Library, 880 Shaw Park Road, Marietta
770-528-2524
Calling all teens and up! Visit Gritters library to experience the latest in virtual reality (VR) technology! Paint a picture, defend a castle, or hunt for treasure in Egyptian pyramids. Are there any other adventures you wish to embark on? Attendees are encouraged to share suggestions on games or apps to download by browsing the STEAM VR store on your smart device or one of the library laptops. This program is appropriate for teens and adults. Free.

DID WE MISS YOUR LOCATION?

The EAST COBBER is published eleven times a year and is available at 500+ drop-off points—local businesses, day care centers, medical offices, schools, churches—wherever East Cobb residents are. Are the East Cobbers in your business receiving their copy? Have we missed your location? Please call. We deliver and restock the magazine—FREE!

Selected locations are highlighted on our website. Increase the traffic to your business!

Call us now at 770-640-7070 or email us at distribution@eastcobber.com

Join our fast growing list of distribution sites.



CREATING CONFIDENT WHITE SMILES

As a dentist, one of the most rewarding parts of my job is helping a patient develop confidence in their smile. While smiling confidently comes easy to some, for many patients their biggest complaint is that their teeth are too yellow or dark. When the American Academy of Cosmetic Dentistry asked people what they would most like to improve about their smile, the most common response was whiter teeth. When deciding whether or not to whiten your smile with tooth whitening treatments, the causes of tooth discoloration and the treatment options available must be considered.

Many factors contribute to tooth discoloration. Pigmented foods and drinks, such as coffee, tea, red wine and tomato sauce, stain our teeth as does tobacco use. Other factors such as age, trauma, and medications can also contribute to tooth discoloration. As we age, our outer white enamel layer becomes thinner allowing the inner more yellow dentin layer to show through. A trauma or injury to a tooth can also cause the tooth to change color because as a reaction to the injury, the tooth lays down additional dentin, which is darker than the outer enamel. Teeth may also darken as a side effect of certain medications. Tetracycline, certain antihistamines, antipsychotics, blood pressure medications, and

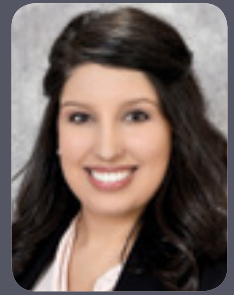
chemotherapy have all been shown to cause tooth discoloration.

For patients wanting to whiten their discolored smiles, there are three main whitening treatment options available. The first option, whitening toothpastes, removes only surface stains through the action of abrasive particles scrubbing the stain from the teeth. The second option, at home bleaching, most commonly involves a peroxide-containing whitening gel being placed in a custom made tray that is worn over your teeth for an hour or two a day over several days. Over the counter whitening strips are also available to use at home; however, patients should keep in mind that the concentration of the bleaching agent in the over the counter products is lower than that of the gel dispensed by a dentist. Also, the fit of the strips is not as accurate as that of the trays a dentist custom fabricates for your teeth, so the whitening results are typically not as dramatic. The last option, in-office bleaching, involves the patient coming into the dental office and a protective barrier being placed on the gums before a bleaching solution is applied directly to the teeth and activated by a light. This option achieves the fastest results (typically within one hour) for those patients wanting a whiter smile immediately or who simply do not have the time to do it

themselves at home.

While teeth whitening is an effective treatment for most patients, it is important to speak with your dentist before deciding on a whitening treatment. Some tooth

discolorations may not be easily correctable. Yellow stains respond well to whitening, whereas brown stains respond more slowly, and gray stains may not respond at all. Also, restorations such as fillings, crowns and veneers will not change shades with whitening. Patients should also be aware that they may experience sensitivity while using teeth whiteners. This is usually only temporary, but overuse of teeth whiteners can result in damage to the tooth's enamel and gums which may result in prolonged sensitivity. If you are interested in whitening your teeth, be sure to consult with a dentist who can help you choose the best method of treatment.



Dr. Kristina Chandler
practices at 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



PAID ADVERTISEMENT

Floor Coverings International Brings New Floors to You



Jenny and Eric Cross

Be honest: Are your floors ugly? Do you dream of hardwoods or new carpeting? Are you too busy to visit multiple stores to compare pricing and styles? With their mobile showroom, Floor Coverings International brings the floor choices to you, saving you time, frustration and money.

Cobb residents, Jenny and Eric Cross opened their Floor Coverings International franchise a year ago, and have been working with local customers to upgrade their floors ever since. The husband and wife team bring their mobile showroom to each customer's home, so everyone can review samples and options within the home's lighting and flow.

They are a soup to nuts operation and work with installers to ensure the installation process goes well. "We combine the highest quality of materials with exceptional customer service to make sure our customer is beyond thrilled with the end result," says Jenny.

Jenny and Eric started the business together for many reasons. Eric has a strong background in sales, and Jenny has worked in the flooring industry since college. They had been seeking an opportunity to work together and as their children grew up, they decided to jump on the chance to work together in a business they believed in.

The couple didn't set out looking for something that tied to either of their careers, but they wanted a strong business built on the foundation of superior customer service. They really loved the model of an in-home solution.

"Everyone is busy, and it can be difficult to take the time to visit stores, compare prices, take the measurements and then decide what is going to look best in your home," says Eric. "Because we take the samples to the customer, we make the entire process stress-free. They can even look at our samples in their pajamas."

Floor Coverings International has thousands of samples in hardwoods, vinyl, tile, carpeting, rugs, stone, laminate and eco-friendly flooring. They also refinish floors and can match them throughout the house. Customers are able to set up a design consultation online or over the phone. Then the Design Associate will come out to measure, review options and produce a quote in real-time using advanced technology.

A five-star rating is a testament to their commitment to making sure each customer is happy. One Home Advisor review from Marietta shares, "Eric and Jenny Cross were fantastic, very knowledgeable, helpful and made this process very easy. We could not be happier with the three rooms where their team installed the hardwood flooring. I would, without a doubt, use Floor Coverings International again and recommend them to our family and friends."

Visit westmetroatlanta.floorcoveringsinternational.com or contact 678-905-9100 to set up your free design consultation.



PAID ADVERTISEMENT

ARSENAL FENCING CLUB COACHES STUDENTS TO INTERNATIONAL TOURNAMENTS



En garde!

The masses may hear “fencing” and think immediately of the Three Musketeers. But fencing is a sport that has acquired a massive fan base across the country and abroad. Often referred to as “physical chess,” it combines both physical prowess with

intense mental focus. Arsenal Fencing Club, is now bringing this multifaceted, demanding and unanimously enjoyable sport to East Cobb.

Invented in Europe in the 18th century, fencing evolved into a competitive sport and its popularity is growing. Now, American fencers compete in tournaments all over the world. Berwyn Lu represented the US National Team at Havana, Cuba for the Pan-American Championships in March 2017, earning silver. Daniel Mogilevsky is the 2017 U.S. Fencing Association National Champion of Division II.

Both Berwyn and Daniel are fencers at Arsenal Fencing Club, training under Coach Maksim Lahotska, former head coach of the Belarus Fencing Team. He is also an internationally recognized referee and judged the 2004, 2008, and 2012 Olympics.

Michael Fazylov, a junior at The Walker School, began fencing two years ago at Arsenal and is hooked. His coach, Ievgenii Maksymov, the former Turkish National Team coach, has worked directly with Michael, who has excelled at an amazingly quick pace. Dedicated coaching and hard work landed him a silver medal on Team USA at the summer tournaments in Israel.

“I absolutely love it. It is challenging, sometimes mentally draining but importantly, fun. I plan on continuing to compete in college as well,” said Michael.

Fortunately for fencers like Michael, most competitive colleges, including all Ivy Leagues, have fencing teams that actively recruit fencers. Colleges find fencers especially attractive because of the mental discipline the sport imparts. Furthermore, fencers receive more collegiate scholarships than most other NCAA athletes, showing how fast the sport is growing.

Fencing lessons are open to all ages, and Arsenal Fencing Club invites the community to learn more about fencing at its open house on Saturday, September 23 from 1-3pm. Join the club for competitions, an extra-curricular sport, or fun. Refreshments will be served. Arsenal is located within EC Sports Center, 2550 Sandy Plains Road, Suite 230 in Marietta, 30066. For more information call 770-756-7110.

PAID ADVERTISEMENT

*Proudly Serving And Living In
East Cobb For 30 Years!*

Peterson Pressure Washing

RESIDENTIAL | COMMERCIAL

- Houses
- Decks
- Deck Staining
- Driveways
- Walkways
- Brickwork
- Fences
- Pool Decks
- Patios

www.cobbpressurewashing.com

770-875-4217

FALL SPECIALS

**30% OFF
& A FREE**

walkway with any service
only certain sizes apply

Peterson Pressure Washing

770-875-4217

cobbpressurewashing.com
With this coupon. Not valid with other offers
or prior services. One per household.

50% OFF

pressure washing
with any stain service

Peterson Pressure Washing

770-875-4217

cobbpressurewashing.com
With this coupon. Not valid with other offers
or prior services. One per household.

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.



Cobb/Cherokee
770.627.4670

North Fulton/Forsyth
770.475.8700

Sandy Springs
770.559.3264

www.imagemaid.com

September 16: A Day for East Cobbers To Celebrate



The 22nd Annual EAST COBBER Parade & Festival is scheduled for Saturday, September 16. The day's festivities will be kicked off by the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands and a cornucopia of East Cobb groups will march down the one-mile parade route. Starting at 10am, the parade participants will step off in front of the Princeton Lakes subdivision entrance (1223 Johnson Ferry Road), travel south on Johnson Ferry Road, and then turn onto Olde Towne Parkway.

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

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

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

Come be a part of this very special, old-fashioned celebration – the 22nd Annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. If you are interested in marching in the EAST COBBER Parade or renting a booth at the Festival, call the EAST COBBER at 770-640-7070 or visit www.eastcobber.com/parade. 



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

**10,640+
EAST COBBER READERS
CAN'T BE WRONG!**

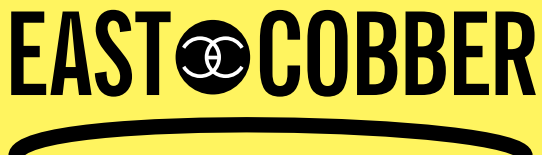
EAST COBBER is on Facebook! Whether it's local news, family fun or nightlife, we've got you covered! Give us a thumbs up on [Facebook.com/EAST COBBER](https://www.facebook.com/EASTCOBBER) today!



Special Thanks to our Sponsors



WellStar Health System has served patients at WellStar East Cobb Health Park for three years. We've been honored to treat thousands of East Cobb kids and grown-ups in need of urgent care, outpatient surgery and everything in between. When your physician sends you for imaging and labs, it's just a walk down the hall. We also offer OrthoSport physical therapy, cardiac and pulmonary rehab, a sleep center, a spine center and women's imaging. The pharmacy has your doctor's prescriptions ready to go before you walk out the building and free parking spots close to the building are available to patients stopping by for regular prescriptions. The Health Park's community room has opened its doors to many community groups for meetings and offers yoga and tai chi classes, parenthood and birthing classes. Thank you for allowing the physicians and team members of WellStar East Cobb Health Park to care for you these past three years. Visit wellstar.org for information or call 770-956-STAR (7827).



For the past 24 years, the **EAST COBBER** has provided East Cobb County residents with a timely and easy-to-read source of information unique to our community with the free monthly magazine, EAST COBBER. With its website, eastcobber.com and the weekly e-Newsletter, EAST COBBER provides a local news feed 24/7, fun giveaways and contests. Be sure to "like" the EAST COBBER on Facebook and "follow" @eastcobber on both Twitter and Instagram. Use #EASTCOBBER to share your local East Cobb photos! The EAST COBBER seeks to build a sense of community in East Cobb County by providing a forum for people to share opinions and information, and to provide a cost-effective advertising outlet for local businesses. The EAST COBBER is the producer of the Parade & Festival – East Cobb's only community-wide special event and the LARGEST parade in all of Cobb County!



Custom Disposal Service, Inc. is your family-owned residential sanitation service. We began with our first customer in East Cobb 33 years ago. Today we serve over 15,000 residents. We work hard to be the best in the business and have the highest ratings compared to our competition on all the customer satisfaction-rating services. www.customdisposal.com.



BE A PART OF IT!

*22nd Annual
East Cobb Parade and Festival
September 16*

www.eastcobber.com/festival

HOT TOWEL SHAVES, RAZOR CUTS
BEARD & MUSTACHE TRIMS
FLAT TOPS & FADES



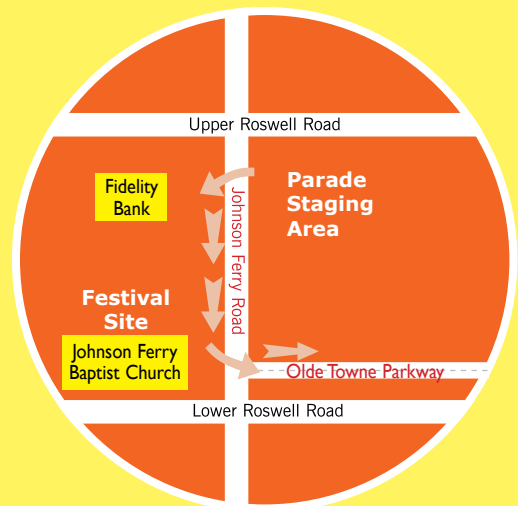
\$5 OFF
HAIRCUT
OR SHAVE

Must present coupon
New Clients Only
Exclusions Apply

Walk-ins welcome!
(404) 290-9267
shapenshave.com

9020 HWY 92 Woodstock
Next to Taco Mac, Across from Home Depot

East Cobber Parade Route



Johnson Ferry Road (between Lower Roswell Road and Upper Roswell Road) will be closed at 9:45am to 11:30am to allow 2,000+ parade participants and approximately 110 entries to march in the 22nd Annual EAST COBBER Parade.

The EAST COBBER Parade will start at 10am, stepping off 1223 Johnson Ferry Road, travel 1 mile south ending at Olde Towne Parkway in Marietta/East Cobb 30068. As a safety measure, the Cobb County Police Department will shut down Johnson Ferry Road – both northbound and southbound lanes – from Roswell Road to Lower Roswell Road. This stretch of Johnson Ferry Road will be closed to traffic from 9:45am to 11:30am. Princeton Lakes Drive will also be closed from 8am to 10:30am. Woodlawn Road will be not be closed – but traffic will be affected.

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



Road Closure Reminder

On Saturday, September 16, Johnson Ferry Road —Northbound & Southbound lanes—between Lower Roswell Road & Upper Roswell Road will be closed to traffic 9:45am to 11:30am for the 22nd annual EAST COBBER Parade. Woodlawn Road will not be closed, but traffic will be affected. Princeton Lakes Drive will be closed off at 8am for the parade staging area, which is at Mt. Bethel Elementary School, 1210 Johnson Ferry Road. 📍



COMING IN OCTOBER: EAST COBBER's 12th Annual Private School Guide

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

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

EAST COBBER.

For Advertising Information, call 770-640-7070





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

JOIN US!!!

Come visit with us and our 4 legged friends
at the East Cobb Parade & Festival!



At The Janice Overbeck Real Estate Team
we love pets! We are proud to be a
Homeless Pet Club Business Partner. Our goal
is to help find homes for EVERY homeless pet.

JANICE OVERBECK
REAL ESTATE TEAM

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
20 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 | Reynolds

Two Ravinia Drive, Suite 1020, Atlanta, GA 30346

770-392-6081 (direct) • 770-842-5890 (cell)

Brad@houck-reynolds.com • www.houck-reynolds.com



East Cobber Parade Participants

(in order of appearance)

Cub Scouts – Pack 121

PRESENTING SPONSOR: WELLSTAR

Congresswoman Karen Handel

Bob Ott (District 2) and JoAnn Birell (District 3)

Cobb County Board of Commissioners

Cobb County Fire Department

EAST COBBER Mother of the Year

EAST COBBER Father of the Year

EAST COBBER

Cub Scouts – Pack 744

School of Rock – East Cobb

Nia Pediatric Dentistry

Mt. Bethel Elementary School

Kelly & Co.

Girl Scouts – Chattahoochee Service Unit

Fuji Hana and New Lucky China

East Cobb Civic Association

The Annunciation Cathedral Festival Dancers

East Cobb Lions Club

Atlanta Swim Academy

Dance Stop Company

Johnson Ferry Baptist Church

Cobb County School District

Transportation Department

Shallowford Falls Elementary School

Springfree Trampoline

The Walker School

Peach State Roller Derby

Brumby Elementary School

East Cobb Robotics

Addison Elementary School

Nicey's Heart of Restoration

Cub Scouts – Pack 795

Honest-1 AutoCare

Christ United Methodist Church

Faith Lutheran School

Davis Elementary School

Twilight Twirlers of Marietta

League of Women Voters of Marietta – Cobb

Wheeler High School



Wheeler High School Band

Wheeler Magnet

Powers Ferry Elementary School

Sparkles Family Fun Centers

National Alliance of Mental Health – Cobb

Forgotten Paws Dog Rescue

Mrs. Jackie Camp

Mt. Bethel Christian Academy

Casa Montessori

Girl Scouts – Red Bud Service Unit

Cagle for Georgia

BP Car Care/Tire Pros

State Representative Matt Dollar

Moms Demand Action for Gun Sense

JO Gives

Eastvalley Elementary School

Ivy Lane

Junior League of Cobb – Marietta

East Cobb Orthodontics

Dodgen Middle School

EastCobb Rugby Club

Murdock Elementary School

Pope High School

Pope High School Band

Hightower Trail Middle School

Cub Scouts – Pack 770

East Side 8U Thunder

Keheley Elementary School

Sprayberry High School PTSA

Simpson Middle School

Joyful Noise Marching Saints

Mabry Middle School PTSA

The Georgia Ballet

Engel & Voelkers North Atlanta

R.O.M.E.O.S.

Rotary Club of East Cobb

Mountain View Elementary School

>>> continued on next page >>>

East Cobber Parade Participants

(in order of appearance)

Polar Bear Run
Girl Scouts – Soaring Spirits +
Dogwood Service Units
Cobb County Public Library System
Sope Creek Elementary
Sope Creek Girl Scouts
Dickerson Middle School
Walton High School
Walton High School Band
Walton Swim & Dive Team
Walton Robotics
Walton Junior Classical League
RainAway Underdeck Systems
Timber Ridge Elementary School
Timber Ridge Elementary Juggling Team
East Side Elementary School



Eagles Elite Cheerleading
Prodigy Performing Arts
Americans United for Separation
of Church and State
BoyScouts – Troop 435 – Pumpkin Patch Crew
Lady Lions Cheer Team
Atlanta Junior Rowing Association
Cub Scouts – Pack 1776
Angels Among Us Pet Rescue
AAA, The AutoClub Group Traffic
Safety Foundation
Habitat Road Race
Cub Scouts – Pack 797
White Tiger Martial Arts
Visiting Angels Home Care
Ted's Montana Grill

CORPORATE SPONSOR: CUSTOM DISPOSAL



COMPASSION MEETS EYE EXCELLENCE, CLOSE TO HOME

SCHEDULE YOUR
CONSULTATION TODAY!
**SATURDAY APPOINTMENTS
NOW AVAILABLE**

470-276-9401

WWW.MILANEYECENTER.COM

Samir Vira, MD. Laser Cataract,
Corneal, and Refractive Surgeon



Kiran Sajja, MD. Reconstructive,
Aesthetic, and Oculofacial Plastic Surgeon

OUR SERVICES INCLUDE:

- BLADELESS CATARACT SURGERY
- LASIK/PRK
- CLEAR LENS EXCHANGE
- GLAUCOMA EVALUATION/
MANAGEMENT
- CORNEAL TRANSPLANT
- PTERGYIUM SURGERY
- ORBITAL AND
RECONSTRUCTIVE SURGERY
- DIABETIC EYE EXAMINATION
- DRY EYE MANAGEMENT
- OCULAR EMERGENCIES

EAST COBB · BUFORD · CUMMING · ALPHARETTA · CANTON · JOHNS CREEK



East Cobb Festival Exhibitors



Sponsors

WellStar

Custom Disposal
EAST COBBER



Exhibitors

in Alphabetical Order

AAA, The Auto Club Group
Adamark Jewelers
All Things Lovely Shop
Amerejuve

Americans United for Separation of Church & State

Andrea Taylor Portrait Art
Bee Wild

BodyJump Fitness
Bradford Family Chiropractic
Brett Veasey – State Farm
British Swim School
Cagle for Georgia

Chattahoochee Nature Center
Creekview Family Chiropractic
Delta Community Credit Union
East Cobb Democratic Alliance
East Cobb Robotics
East Cobb Rugby Club
Engel & Voelkers – North Atlanta
European Wax Center

Ferry Family Chiropractic and Wellness Studio
Fitness Together

Floor Coverings International
Homegrown Learning Academy
Ivy Lane
JO Gives

Johnson Ferry Baptist Church
Keller Williams
Kid Chess

LeafFilter North of Georgia, LLC.

Lilla Rose - Beth Fisher, Independent Consultant

Lollie's Women's and Children's Boutique

Lularoe – Nancy Ferguson

Lularoe – Lorna Chastain

LuLaRoe with DyAnna & Shana

Lutheran Church of the Resurrection



Mrs. Jackie Camp
Mt. Bethel Christian Academy

MUST Ministries

National Alliance on Mental
Illness (NAMI) - Cobb, Inc.

Nia Pediatric Dentistry

Outback Deck, Inc

Pack 121 Cub Scouts

Peach State Roller Derby

Phoenix Associates

Post Oak Pediatric Dentistry

Refuge Dance

Reisinger Family Chiropractic

Renewal by Andersen

Rhino Chiropractic/Nutrimost Georgia

Rubin Family Chiropractic

School of Rock East Cobb

SCORE - North Metro Atlanta Chapter

Shaping Minds/PRO Martial Arts

Simoni LLC

Springfree Trampoline

St. Andrew Rowing Club

The Kindred Market

The Solana East Cobb

Tupperware

United Chiropractic Center

United for Uganda

Walmart Pharmacy

Walton Habitat for Humanity

Walton Robotics

White Tiger Martial Arts

United for Uganda



Food Vendors

Brat So Stop

Catfish Hox

Fina Concessions

Lind-Leigh Bakes

Jamba Juice

Kona Ice

Kenny's Smokehouse

Rogers and Rogers BBQ

Ted's Montana Grill

*Carnival Games, Giant Slides, Moonwalk &
More Fun Stuff! Presented by Jump and Slide*



East Cobber Festival Entertainment Schedule



11 – 11:05 AM

NATIONAL ANTHEM

Performed by Shira Ben-Simon - Walton High School junior

11:10 – 11:30 AM

REFUGE DANCE ACADEMY

Dance performance and a fun dance game that requires audience participation

11:35 – 11:40am

SHALLOWFORD FALLS FOX TROTTERS

Shallowford Falls elementary students perform a high energy dance routine

11:45 – 11:55pm

MARCEL MENDOZA

Sprayberry High School senior sing popular songs



12noon – 12:10pm

ANNUNCIATION CATHEDRAL GREEK FESTIVAL DANCERS

12:15 – 12:45pm

DANCE STOP COMPANY

Showcase of ballet, jazz, and tap performances

12:50 – 1:10pm

BIG CHICKEN CHORUS

A capella chorus

1:15 – 1:30pm

PRODIGY PERFORMING ARTS

Ballet, jazz and Hip Hop dance performances

1:35 – 1:50pm

REMINISCENTS

Great girl group music from the 1960s to the 80s

1:55 – 2:20pm

URBAN NATION

Dancing and singing by young performers

2:25 – 3pm

ANDY BROWNE TROUPE

Classic rock cover band



*Hosted by and sound provided by
DJ FrequenZ*



**Call me for a free quote
and receive a free
Chick-fil-A Gift Card.**

**Value \$10.
(Limited Offer)**



Ron Sprouse
770-956-1688



www.ronsprouse.com

DJ NEEZY
ENTERTAINMENT
by Ben Needle

ANY PARTY, ANY PLACE, ANY TIME!

**Weddings • Bar Mitzvahs
School Dances and Festivals
Private Parties • Corporate Events
Child and Adult Birthday Parties
MC Work**

678.520.0194
www.djneezy.com

DJ Neezy Entertainment
 DJBNEEZY1 • DJBNeezy
info@djneezy.com

2017 September

COMMUNITY CALENDAR

EVERY SATURDAY AND SUNDAY

Trail Hikes. A docent guides you on a journey through the Chattahoochee Nature Center trails using biofacts and activities to spark your "natural" curiosity. 1pm. Admission: \$10/adults. \$7/seniors and students ages 13-18. \$6/ages 3-12. Free/members and children under 3. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

EVERY SATURDAY

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



TWEET TWEET!
FOLLOW US ON TWITTER

SEPTEMBER 1

Marietta Square Art Walk. A free, self-guided tour featuring visual and performing artists hosted by art galleries, museums, boutiques and restaurants. The Beer Garden returns by popular demand, where guests can purchase beer and wine while enjoying live music in Atherton Square, located behind Cool Beans. 5-9pm, rain or shine. Glover Park, Marietta Square. 50 N. Park Square, Marietta. More info: artwalkmarietta.com.

Scary-etta Trolley Ghost Tour. Join Ghosts of Marietta and The Historic Marietta Trolley Company for a 90-minute "spired" ride aboard the trolley. Tours last approximately 90 minutes and the walk is about 2 blocks. 8:30pm. \$27/adults; \$14/child. 131 Church Street, Marietta. More Info: 770-425-1006 or visit mariettatrolley.com/scary-etta.

SEPTEMBER 1, 3, 7, 8-10

The Glass Menagerie. Experience Tennessee Williams' classic story. Tickets: \$10-\$30. Marietta's New Theatre in the Square. 11 Whitlock Avenue, Marietta. For showtimes and tickets visit www.theatreinthesquare.net.

Rent the finest quality instruments today at...



RONALD SACHS
VIOLINS

- Free Size Changes
- 100% Rent-to-Own
- 100% Trade-In Value

Bring to Ronald Sachs Violins
Marietta/East Cobb

for...

**FIRST 2 MONTHS
COMPLETELY
RENT FREE!**

3100 Roswell Rd.
Marietta, GA 30062

770.485.8814
ronaldsachs.com

SEPTEMBER 3-4

Noshfest. This two-day festival enters its seventh year celebrating Jewish food and culture by showcasing delicacies and activities unique to Jewish heritage. Browse booths of crafts and goods. Learn through interactive exhibits and tour the sanctuary. Kids will love the inflatables, games and face painting. Entertainment includes demonstrations, dancing and live music. Sunday: 11am-5pm. Monday: 11am-4pm. Admission for the event will be two canned goods per family to assist the Ministry's efforts to feed the hungry. Temple Kol Emeth parking lot, 1415 Old Canton Road, Marietta. More info: noshfest.com.

SEPTEMBER 4

Holy Smoke BBQ and Music Festival. Antique car show, vendors, Children's inflatables/games/face painting, live music and silent auction. Christian Illusionist Shane Wilbanks. Silver wings parachute team. BBQ by Williamson Bros. 11am-3pm. Free admission. \$6/meal, available for sale starting Aug 21st. Parking and shuttles will be available around JFBC, with overflow parking at Dickerson Middle School & Northside Medical Complex. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info: holysmoke@jfbc.org or jfmn.org/holysmoke.

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



@eastcobber



You're about to have an OMG moment...

Are you sure that your current home cleaning service isn't using the same cloth to clean your kitchen counter *and* your bathroom toilet?

- ✓ Quality home cleaning service
- ✓ Professional products and processes
- ✓ Whole home cleaning and disinfecting
- ✓ Guaranteed customer satisfaction

Call Today for
a Free Estimate!
678-813-0356
maidright.com/marietta



COMMUNITY CALENDAR

SEPTEMBER 6

Mindfulness Meditation – “Build a Better You!” adult program. First of a four-part course. Instructor Lisa Wellstead will lead participants in the “Foundations of Mindfulness Training,” an introductory meditation class. This course has been proven to help reduce stress and increase awareness. 11:30am-12:30pm, East Cobb Library, 4880 Lower Roswell Road. FREE. Reservations are required. Call 770-509-2730 to reserve a place.

SEPTEMBER 7

Friends & Family CPR. A basic class designed to give an overview of CPR and is great for new parents and care-givers. Certification not included. 6-8:30pm \$40. WellStar East Cobb Health Park, 3747 Roswell Road NE, Marietta. More info: wellstar.org/classes-communityoutreach or 770-956-7827.

SEPTEMBER 8-9

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

SEPTEMBER 8-10

34th Annual Fall Atlanta Home Show. Seminars and exhibits on flooring, siding, patios, appliances, and other home improvement subjects. Friday: 10am-6pm; Saturday: 10am-6pm; Sunday: 11am-5pm. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-998-9800 or atlantahomeshow.com.

SEPTEMBER 9

Boots & BBQ Fundraiser benefitting students participating in the MDE School’s Life Skills & Job Coaching programs. MDE is a local non-profit organization providing care, education and therapies for children with special needs. Tickets: \$35. 7-10pm. Red Hare Brewing Company, 1998 Delk Industrial Boulevard, SE, Marietta/East Cobb. More info: mdeschool.org, mdeschool@gmail.com or 770-971-4633.

Real Men Sing. A one-day a cappella vocal harmony clinic for middle and high school young men. The event is sponsored by the Big Chicken Chorus. 7pm. Free. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. More info: bigchickenchorus.org.



TWEET TWEET!
FOLLOW US ON TWITTER



**Atlanta Parent's
FAMILY
FESTIVAL**

**October 14
10 a.m.-4 p.m.
Mercer University
Atlanta Campus
OVER 50 ACTIVITIES!**

**Get ready for outrageous family fun
at Atlanta Parent's Family Festival.**
You'll find a huge toddler play area, a petting
farm, games, inflatables, entertainment,
pony rides, storytelling and much more.



**Buy
tickets
ONLINE!**



Buy tickets online at atlantaparent.com/familyfestival
\$10/per person / Paid admission includes 5 activity tickets / ages 1 and younger, free
Contact Sarah for more information: 678-222-1909 / SBergeron@atlantaparent.com

SEPTEMBER 9-10

The Marietta International Film Festival. An opportunity for film makers of all levels to share their work. Events vary throughout the weekend. For the schedule, visit www.marietta-film-festival.org/the-venue. More info: mariettafilmfestival@gmail.com.

SEPTEMBER 11

5th Annual M.U.S.T. Charity Golf Tournament. Fun-filled day of golf and prizes raises funds to help neighbors in need. Registration begins at 7:30am with a shotgun start at 9am. \$225/person, \$800/foursome. Pinetree Country Club, 3400 McCollum Parkway NW, Kennesaw. More info: Cara Reeve at 678-218-4513 or creeve@mustministries.org.

First Monday Breakfast presented by Cobb Chamber of Commerce. Colonel Patrick Campbell, 94th Operations Group Commander, will give a preview of Wings Over Atlanta: Air & Space Expo. 7:30-9am. General admission: \$60. Members: \$30 online. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or cobbchamber.org.



SEPTEMBER 13

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

SEPTEMBER 14

Marietta/Cobb Career Expo, sponsored by CobbWorks. Employers will have access to more than 1,500 skilled workers seeking employment. 10am-2pm. Cobb County Civic Center, 548 South Marietta Parkway, Marietta. Employers can register free online at 2017employerregistration.eventbrite.com. More info: worksourcecobb.org.

Cobb Young Professionals Fall Fling. Come dressed in your fan gear for the tailgate themed Fall Fling with over 200 young professionals in the Galleria Gardens. Attendees will enjoy The Varsity food truck, themed drinks, local brews, mascots and live music in a relaxed environment after a day at the office. 5:30-7:30pm. Galleria Gardens, 100 Galleria Parkway, Atlanta. Online registration: \$5 members, \$10 non-members. \$10 at door. Registration includes meal from The Varsity food truck, two drinks and live music. To register: Cobbchamber.org. More info: mnachtmann@cobbchamber.org or 770-859-2353.

Painting Plus
Serving Metro Atlanta Since 1998

- SIDING
- GUTTERS
- PAINTING
- ROOFING

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

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

RESTORATION & REFINISHING BY BRITTA

- > Bringing Antiques to Life
- > Fine Restoration and Repairs
- > Traditional to Modern
- > Carving Carousel Horses a Specialty
- > Wood Turning, Cutting

404-435-6490
Facebook/Britta Patellis Woodcarving

Before **After**

COMMUNITY CALENDAR

SEPTEMBER 14

Gun Safety Class. Offered by Cobb County Sheriff Neil Warren, program will include discussions on gun safety and storage, gun types, choosing the right gun, gun ownership/transfer laws, use of force, firearm alternatives, Georgia weapons license, active shooter situations and more. Participants will receive one free safety gun lock. FREE. No registration required. 6pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta/East Cobb. More info: Glenn.Daniel@cobbcounty.org.

SEPTEMBER 16

13th Annual Hot Lips Hustle 5k. Race to benefit needy children born with cleft and palate deformities. Live music, food, and prizes after the race. Race begins at 8am. Holy Trinity Lutheran Church, 2922 Sandy Plains Road, Marietta. More info: hotlipshustle5k.com.

22nd Annual EAST COBBER Parade & Festival. Come see the largest parade in Cobb County! Bring a bag to grab all the candy thrown by parade participants. Entertainment, food and fun activities for the whole family. The EAST COBBER Parade begins at 10am. The EAST COBBER Festival immediately follows parade 11am-3pm: Johnson Ferry Baptist Church, 955 Johnson Ferry Road in Marietta/East Cobb. More info: 770-640-7070 or eastcobber.com.

SEPTEMBER 16

Strand Old Opry at The Strand Theater. Following in the footsteps of a great southern tradition, this concert will transport patrons to the old south with beautiful vocals and live band accompaniment, as well as traditional southern storytelling. Tickets: \$18 in advance and \$20 the day of the event. Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.

SEPTEMBER 16-17

26th Annual Marietta Street Fest and Toy Box Trot presented by The Marietta Museum of History. Free activities including make and take projects, giant inflatables, arts and craft vendors, Classic Car Cruise-In, Grassroots Music Festival, and entrance to the Museum. Festival begins Saturday with a Toy Box Trot 1M Fun Run at 8:30am. Saturday: 9am-5pm. Music Festival: 3-9pm, and Museum: 10am-4pm. Sunday: 1-5pm, Museum: 12-4pm. Marietta Square, 50 N. Park Square, Marietta. More info: 770-794-5710 or mariettahistory.org.



TWEET TWEET!
FOLLOW US ON TWITTER

Riverside Military Academy The Best For Boys



Since 1907 Riverside Military Academy has remained the nation's preeminent military, college preparatory academy educating young men in grades 7-12. The 2016-17 Corps of Cadets consisted of over 530 cadets from 21 countries and 30 states. The Class of 2017 earned over \$6.7 million in non-Hope scholarships. Call today to schedule your personal tour of our 206 acre campus.

Campus Open House - October 13

- ◆ Year-round enrollment
- ◆ 14:1 cadet/teacher ratio
- ◆ AP/Honors Programs
- ◆ U.S. Service Academy Preparation Program
- ◆ 13 Varsity sports
- ◆ Award winning Performing and visual arts programs
- ◆ Active worldwide alumni network
- ◆ Boarding and Day Cadet programs
- ◆ Over 15 clubs and organizations

www.cadet.com

Gainesville, Georgia

770.538.2938

SEPTEMBER 16-17

51st Annual Roswell Arts Festival presented by the Roswell Recreation Association. Come out and enjoy artists and craftsmen from across the Southeast, local singers, children's painting, sand art, and food vendors. Saturday and Sunday: 10am-5pm. Roswell Town Square, 617 Atlanta Street, Roswell. More info: 770-640-3253 or roswellartsfestival.com.

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

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

SEPTEMBER 16-23

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

SEPTEMBER 17

Family Fun Day: Outdoor Skills Day. Canoeing, camping, and more! Learn the basic outdoor skills for survival; whether you are new or seasoned to the outdoors. 12-4pm. Admission: \$10/adults. \$7/seniors and students ages 13-18; Free for members. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770- 992-2055 or chattnaturecenter.org.

Introduction to Lynda and Gale Courses Continuing Education Databases. Before paying for distance education or an online training seminar, find out what your library offers free of charge. Discover all the resources available to you in Lynda and in Gale Courses, two of the many suites of educational databases accessible through Cobb County Library's home page. Join East Marietta Library's branch manager Bruce Thompson for an overview of Lynda and its many training videos, and of Gale with its live teacher-led courses. Whatever your learning path or proficiency level, from IT to business to handicrafts to recording technology and more, the library can help you started. Free. 3-4pm. East Marietta Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.

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

SEPTEMBER 21- OCTOBER 1

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

SEPTEMBER 22

7th Annual Cobb Library Foundation Booked for the Evening Gala. Take a step back in time to the World War II era with featured guest, New York Times bestselling author, Jonathan W. Jordan. 6pm. Hilton Marietta Conference Center, 500 Powder Springs Street, Marietta. Tickets \$150 per person, \$1,500 for a table of 10. More info and to purchase tickets: visit the cobblibraryfoundation.org.

SEPTEMBER 25

Make-A-Wish Georgia Charity Golf Outing hosted by J. Christopher's. Four-man scramble format. Registration includes golf, lunch, dinner and drinks. Entry is \$175/ person or \$600/foursome. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. To register call Taylor at 770-738-1170, ext 1 or visit www.jchristophers.com/charitygolf.

SEPTEMBER 25-OCTOBER 1

58th Annual Atlanta AAUW Book Fair presented by American Association of University of Women, (AAUW). Over 75,000 gently used books at bargain prices. Profits are used for scholarships, fellowships and community programs. Special opening night, Monday: 6-9pm. (\$10). Open daily starting Tuesday: 10am-9pm; Sunday: 12noon-7pm. Perimeter Mall, 4400 Ashford Dunwoody Road, Atlanta. More info: books@aauwatlanta.org or bookfairaauw.org.

SEPTEMBER 28

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

Open Garden Day: Invasive Plants & Alternatives. Open to Master Gardeners and the public. Docents will feature information on this topic as they guide tours of the property. 9am-12pm. Free. Jean & Elwood Wright Environmental Education Center, 2681 Johnson Ferry Road, Marietta/ East Cobb. More info: judybeard1@gmail.com or call 770-528-4070.



TWEET TWEET!
FOLLOW US ON TWITTER

COMMUNITY CALENDAR

SEPTEMBER 29

Glover Park Concert Series featuring the band Grapevine. 8pm (rain or shine). Free. Only blankets and lawn chairs are allowed inside of Glover Park. Tables may be reserved. \$55 for six and \$65 for eight. Glover Park, 50 North Park Square, Marietta. More info: 770-794-5601 or marietta.gov.

SEPTEMBER 29 & 30

Fall Native Plant Sale. A great way to meet Master Gardeners who can give you advice for your garden questions. Horticulturists and Master Gardeners will be on site to answer all your plant questions. Purchase beautyberries, azaleas, hazelnuts, buckeyes, ferns, foamflowers, groundcovers, evergreens, and a variety of butterfly-attractors in full bloom plus veggies for your winter harvest. 10am-5pm. Admission is free to the horticulture area, at the Chattahoochee Nature Center Greenhouse. More info: 770-992-2055 x 229 or chattnaturecenter.org.

SEPTEMBER 29-OCTOBER 1

Monsterama. An Atlanta convention that celebrates the fantastic in film, literature and art. Performances, demonstrations, gaming, exhibits and much more. Tickets \$20-\$55. Marriott Alpharetta, 5750 Windward Parkway, Alpharetta. More info: monsteramacon.com.

SEPTEMBER 30

1st Annual Craft Show benefiting the Missions Ministries of New Providence Baptist Church. Handcrafted fabric items, purses, jewelry, silent auction, bake sale, and much more. New Providence Baptist Church, 3740 Providence Road, Marietta. Free admission. 9am-4pm. More info: www.npbchurch.com or 770-971-3519.

Classic Car Cruise in Downtown Acworth sponsored by The Lake City Cruisers, the City of Acworth and downtown Acworth merchants. 4-9pm on Main Street. Free to the public. A \$2 entry fee is requested for all vehicles in the cruise. All proceeds go to the Horizon Field, an all-inclusive special needs sports facility in Acworth. More info: Jeff Chase at jchase@acworth.org or call 770-917-1234.

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

OCTOBER 2

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

OCTOBER 2, 4, 6, 9

7th Annual Y Golf Open. The East Cobb-McCleskey YMCA is one of 20 Ys participating in Atlanta's largest charitable golf tournament. Choose from four courses. Reception, dinner and awards to follow. Registration/Check-in: 10am. Shotgun Start: 11am. \$150/individual, \$300/twosome, \$450/threesome, and \$600/foursome. More info and/or to register: YGolfOpen.com or Reagan Goodnough at ReaganG@ymcaatlanta.org.

OCTOBER 3-4

9th Annual Gifts Galore & More. 18 artists/vendors are featured in the eclectic East Cobb home of textile designer, Lynn Reiter Weinberg. Hourly raffle prizes, mini massages and a display of unique gift and hand crafted items. It also features an artful garden with a display of garden sculptures. Tuesday: 11am-2pm and 5pm-8pm. Wednesday: 10am-3pm. Free. Somerset Subdivision- 3275 Somerset Trace, Marietta. More info: 678-234-0966 or silkscares@mindspring.com.

OCTOBER 4

East Cobb Business Association (ECBA) Expo & Networking Event. A great networking event for both members and non-members. A valuable venue for local companies to promote and showcase their business. Drawings, giveaways, free food and much more. Proceeds will support the East Cobb Public Safety Celebrations. 4:30-7:30pm. Free to attend. Exhibitors: ECBA Members \$125; Non-Members \$175. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta/East Cobb. To register visit eastcobbba.com. More info: 770-578-3555 or jharris@moneyconcepts.com.

OCTOBER 7

9th Annual Oktoberfest presented by Holy Trinity Lutheran Church. Festival includes German food, music, and heritage, children's games and entertainment, and a craft vendor fair. 10am-7pm. Craft fair- 10am-4:30pm. \$5/adult, \$2/children or to support MUST Ministry Food Pantry admission is 6 cans of nonperishable food for each adult admission and 2 cans for children ages 2-12. Holy Trinity Lutheran Church, 2922 Sandy Plains Road, Marietta/East Cobb. More info: 770-971-4600 or holytrinitymarietta.org.

OCTOBER 14-15

Chalktoberfest. Features 80+ professional chalk artists creating works of art from the old masters on the streets of historic Marietta Square. Additionally, there will be a craft beer festival, competition chalk section, concerts on the Square and much more. Beer Festival tickets: \$40 in advance; \$50 at the door. Over 100 craft beers will be available for tasting. The rest of the festival is free to the public. Saturday: 10am-9pm; Sunday: 11am- 5pm. More info: 770-528-1444 or Chalktoberfest.com.

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

PET OF THE MONTH: PRECIOUS

Submitted by Martha Jo & Jerry "Katz"



Animal/Breed: Cat - Rescue

Age & Gender: 13-year-old male

Favorite Food: Chicken

Favorite Person: Big Jerr & Gogo

Best Trick: Shakes hands for treats

Turn Ons: Tummy rub

Turn Offs: Thunder & sitting on laps

Favorite Toy: Cat in the Hat

Last Seen: In his shoebox

What makes your pet so special: His 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: _____



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

Cobb & Cherokee Emergency Veterinary Clinics

When Every Second Counts!



(770) 424-9157

630 Cobb Parkway North
Marietta, GA 30062
www.cobbevc.com

(678) 238-0700

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

Public Safety Appreciation Committee

Tammara Austin

Cindy Bohn

Henry Bohn

Little Brown

Capt. Everett Cebula

Carol Eskew

Jenni Ginepri

Rosan Hall

Karen Hallacy

Susan Hampton, Co-Chair

Johnny Johnson

Michael Johnson

Lt. Jason Jones

Sue Leithead

Kim Paris, Co-Chair

Sam Pierce

Leilani Plendl

John Renshaw

Cynthia Rozzo

LOCAL BUSINESS & COMMUNITY LEADERS RAISING FUNDS FOR EAST COBB PUBLIC SAFETY CELEBRATIONS

For the fifth year in a row, local business and community leaders are spearheading efforts to raise funds for two special appreciation events for local public safety professionals. The first celebration is to be held this October to thank Precinct 4 police officers for all they do to keep our community safe. This event will coincide with Cobb County Chamber of Commerce's Public Safety Appreciation Week, and with the support of local businesses, organizations and individuals has now become an annual event. The second event will take place in March 2018 when this volunteer group will host the Cobb County Fire Department's annual awards banquet.

"Both events take place right here in East Cobb and we are confident that our community will once again rise to the challenge and provide the financial support needed to make these appreciation celebrations very meaningful for these special heroes. Fundraising was very successful last year, however, there is still a need to raise additional funds to ensure both events' continued success," says Susan Hampton, regional manager for Fidelity Bank, and co-chair of the East Cobb Public Safety Celebrations committee. "We are so grateful for the outpouring of support shown year after year from our community, and we are honored to once again partner with the Cobb Police Foundation. We also appreciate the continued support of co-host sponsors, the East Cobb Business Association and the Cobb Chamber's East Cobb Area Council, as well as our presenting sponsor, WellStar East Cobb Health Park," says committee co-chair Kim Paris, Community Outreach Coordinator for WellStar Health Parks Administration. Local businesses as well as families, schools and civic groups are encouraged to make donations to this worthy cause. See the facing page for details on the donation levels.

For more information on the public safety celebrations call Susan Hampton at 404-218-6216 or Kim Paris at 770-367-0609. ☎



H1 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

\$15 off
Full Synthetic Oil Change
Special includes:
• Full Synthetic Oil Change
• Comprehensive Vehicle Inspection

\$5 off
Emissions Testing

*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.



THE LAW OFFICES OF SEAN R. WHITWORTH

**DIVORCE AND
FAMILY LAW**
*Serving Cobb and
All Metro Counties*

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

Sean R. Whitworth
Attorney-at-Law

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



IN PARTNERSHIP WITH THE COBB POLICE FOUNDATION

East Cobb Public Safety Appreciation Celebration 2017 Donation Form

The East Cobb Community Comes Together to Celebrate Our Police Officers and Fire Fighters!

Show your appreciation for our HEROES! Please help us thank the men and women of our East Cobb Police and Fire Departments by supporting our annual appreciation celebration to honor the Precinct 4 officers, support team and spouses; and the Cobb County Fire Department's annual awards banquet. These brave men and women are there for us 24/7; let's give them 1 special night of celebration!

Sponsor Levels

Platinum Sponsor: \$1000

- Signage at both Police and Fire events; 2 representatives at the Police Hero's Event **AND** 2 representatives at the Firefighter's banquet; signage recognition at both Police and Fire events; Recognition at both events, as well as ECBA and East Cobb Area Council Chamber events

Gold Sponsor: \$500

- Signage at the Police event, 2 representatives at the Police Hero's Event **OR** the Firefighter's banquet; signage recognition

Silver Sponsor: \$250

- Signage recognition at both the Police and Firefighter events

Thank a Hero: \$25

- A card will be placed at the events with your name showing your appreciation
- Gift Cards (\$25 and up to stores, restaurants, gas stations, etc.) are given to public safety personnel as prizes at the events. Send cards to the address below. A card will be placed at the events with your name as listed below.

Important Information:

Please make checks payable to **"Public Safety Celebration"**, a program of Cobb Police Foundation, Inc., a 501 (c) (3) corporation. Donations are non-refundable, non-transferable and are tax-deductible to the extent allowed by law. (Tax ID # 47-1440404)

Please mail this donation form and your check to:

ECBA (East Cobb Business Association)

Attention: Public Safety Celebration

P.O. Box 70814

Marietta, GA 30007

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

Mailing Street Address: _____

City, State, Zip: _____

Donor Email address: _____ Phone #: _____

For more information please contact: Susan Hampton Susan.hampton@lionbank.com or Kim Paris kim.paris@wellstar.org

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
AJ'S FAMOUS SEAFOOD AND POBOYS 2100 Roswell Road, Marietta 30062	678-999-0767	Cajun	45	•		•	•			\$
ALI'S COOKIES 1255 Johnson Ferry Road, Suite 34, Marietta 30068	770-971-8566 www.shipacookie.com	Dessert	0	•	•	•				\$
AMERICAN DELI 1230 Powers Ferry Road, Marietta 30067	770-952-4311 www.iloveamericandeli.com	Deli/American	20	•		•				\$
AMERICAN DELI 2100 Roswell Road, Marietta 30062	770-509-3800 www.iloveamericandeli.com	Deli/American	20	•		•				\$
ARBY'S 2161 Roswell Road NE, Marietta 30062	770-565-9283 www.arbys.com	Fast Food	100	•			•			\$
ARBY'S 4367 Roswell Road, Marietta 30062	770-971-5048 www.arbys.com	Fast Food	106	•			•			\$
ARBY'S 2626 Sandy Plains Road, Marietta 30066	770-973-0642 www.arbys.com	Fast Food	100	•			•			\$
ASAHI JAPANESE STEAK & SUSHI 2960 Shallowford Road, Marietta 30066	678-560-0015 www.asahirestaurant.com	Japanese	110	•			•	•		\$\$\$
ASIAN EXPRESS 4880 Lower Roswell Road, Marietta 30062	770-675-9369	Asian	18	•		•	•			\$\$
ASPENS SIGNATURE STEAKS 2942 Shallowford Road, Marietta 30066	678-236-1400 www.sedgwickrestaurantgroup.com	Steakhouse	160	•		•	•	•		\$\$\$
AURELIO'S, THE FAMILY PIZZERIA 1255 Johnson Ferry Road, Marietta 30068	770-578-6606 www.aureliospizza.com	Pizza/Italian	92	•	•	•	•			\$
BAGELICIOUS 1255 Johnson Ferry Road, Marietta 30068	770-509-9505	Deli	78	•		•	•			\$
BALDINO'S GIANT JERSEY SUBS 80 Powers Ferry Road, Marietta 30067	770-321-1177 www.baldinosofatlanta.com	Sandwiches	80	•		•	•			\$
BAMBOO CHINA THAI BISTRO 4400 Roswell Road, Marietta 30062	770-509-2588 www.bamboochinabistro.com	Thai Chinese	120	•	•		•	•		\$\$
BARBERITOS 2960 Shallowford Road, Marietta 30066	770-552-2272 www.barberitos.com	Southwestern	50	•		•	•			\$
BARISTAS 4932 Lower Roswell Road, Marietta 30068	770-380-1838 facebook.com • Baristas-of-East-Cobb	Coffee Shop	0	•						\$
BASIL'S WRAPS 2800 Canton Road, Marietta 30066	770-514-9990 www.basilwrapsmediterraneancuisine.com	Mediterranean	35	•		•	•			\$
BASKIN ROBBINS 4811 Lower Roswell Road, Marietta 30068	678-504-7170 www.baskinrobbins.com	Ice Cream	37	•			•			\$
BAY BREEZE SEAFOOD RESTAURANT 2418 Canton Road, Marietta 30066	770-485-9916 www.baybreezemarietta.com	Seafood	300	•			•	•		\$\$
BEACH BUM BURGERS 1955 Canton Road, Marietta 30066		Burgers	300	•						\$
BENI'S CUBANO 4475 Roswell Road, Suite 1510A, Marietta 30062	404) 348-4395 www.beniscubano.com	Cuban	58	•		•	•			\$\$
BIG JOY FRESH GRILL BAR 2852 Delk Road, Marietta 30067	770-693-1907	Korean	25	•	•	•				\$
BISCUITS & MORE 3162 Johnson Ferry Road, Suite 450, Marietta 30062	770-993-8453	American	70	•						\$
BOJANGLES 3101 Canton Road, Marietta 30066	678-401-7521 bojangles.com	Chicken	50	•		•	•			\$
BONEHEADS 2022 Powers Ferry Road, Atlanta 30339	678-742-1000 www.boneheadsgrill.com	Seafood/Chicken	98	•	•	•	•			\$\$
BOSTON MARKET 2014 Powers Ferry Road, Atlanta 30339	770-988-9020 www.bostonmarket.com	American	70	•		•	•			\$
BOSTON MARKET 3606 Sandy Plains Road, Marietta 30066	770-509-0009 www.bostonmarket.com	American	50	•		•	•			\$
BREWSTERS NEIGHBORHOOD GRILLE 3595 Canton Road, Marietta 30066	770-591-1291 www.brewstersgrille.com	American	20	•		•	•		•	\$
BRUSTER'S ICE CREAM 2044 Lower Roswell Road, Marietta 30060	770-973-4666 www.brusters.com	Ice Cream	0	•		•	•			\$
BRUSTER'S ICE CREAM 3735 Trickum Road, Marietta 30066	770-516-7722 www.brusters.com	Ice Cream	30	•		•	•			\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$

Everything Old is New Again: The Welcome Return of a Culinary Master to Chicago's



Executive Chef, Oscar Galan

The iconic Chicago's Steaks, Seafood and Pasta restaurant has been the beloved go to eatery for East Cobbers for over 25 years. New owners, Mark Zwolak and son Connor Murray have expanded the menu with innovative and tasty choices and introduced weekly gatherings such as Taco Tuesdays, Wednesdays Ladies Nights and Thursday Trivia Nights in the SpeakEasy Lounge. But in reflecting on the origins of the restaurant and what made it one of

the best dining establishments in East Cobb, they recognized something was missing and the duo knew exactly what it was. They needed to bring back the heart of and soul of Chicago's.

Welcome home, Oscar Galan, Executive Chef/Partner to Chicago's! This culinary master has a long, rich history with the restaurant. Oscar's first job when he came to the United States from Colombia was at Chicago's, as a dishwasher in 2000. He loved the restaurant, the guests, worked hard and climbed his way up the ladder. He has worked in every position in the kitchen and jokes that he could navigate the kitchen with ease even if blindfolded. For

the 16 years Oscar was at the restaurant, he served as the Executive Chef for the last 10. His past two years away from Chicago's found him missing what had become his second family and the guests were missing him as well. In

their pursuit of bringing Chicago's back to its roots in fine dining with the highest quality food preparation and service, Mark and Connor knew the missing element was Oscar. They are thrilled to have him reunited with the restaurant and the local community. Oscar's passion goes well beyond his artistry in the kitchen, to a significant commitment to the future of Chicago's.

And what can guests expect to find on their next outing to Chicago's? The blessed return of the honey butter croissants when their scrumptious salad is set before them, one of Oscar's trademark touches. Also back, his pride and joy, a perfectly prepared prime rib that he makes no apologies in boasting, that it is the best in town. Delicate dishes such as fish en papillote (fish and vegetables seasoned and steamed in parchment paper) and the classic steak tips served over garlic mashed potatoes with an au poivre sauce and crispy fried onions.

Oscar, who lives in East Cobb and has teen daughters at Dickerson Middle School and Walton High School, thrives on feedback from the guests and adjusts the weekly specials based on their comments. The specials chalkboard menus in the dining room are back, listing daily food and drink specials. "The dishes I know people love most are back and I am excited to introduce new entrees and side dishes," says Oscar. "But there is one element I am non-negotiable on: quality and consistency in the preparation and presentation of the food. My goal is to assure that we never have a night in the kitchen that finds the team off their game. Never."

Chicago's has also brought back the Early Dining Service available on Sunday – Thursday from 5pm to 6:30pm.

Chicago's Steaks and Seafood is located at 4401 Shallowford Road, Roswell, 30075. Hours are Sun-Mon: 5-9pm; Tues-Thur: 5-10pm; Fri-Sat: 5-11pm. chicagosrestaurant.com or FB/Instagram: [@ChicagoEastCobb](https://www.facebook.com/ChicagoEastCobb).



CHICAGO'S
STEAKS • SEAFOOD • PASTA

PAID ADVERTISEMENT

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
BUDDHA'S DELIGHT CHINESE & THAI RESTAURANT 2731 Sandy Plains Road, Marietta 30066	770-565-1995 www.buddhasdelightmarietta.com	Chinese/Thai	100	•	•	•	•			\$\$
BURGER KING 2716 Sandy Plains Road, Marietta 30066	770-977-4074 www.bk.com	Fast Food	75	•			•			\$
CAFÉ 33 2520 East Piedmont Road, Suite 106, Marietta 30062	770-977-6915 www.cafethirtythree.com	American	153	•		•	•	•	•	\$\$
CAFÉ LIFE AT LIFE GROCERY 1453 Roswell Road, Marietta 30062	770-977-9583 www.lifegrocery.com	Vegan	40	•		•			•	\$
CALIFORNIA PIZZA KITCHEN 4250 Roswell Road, Marietta 30062	770-971-7950 www.cpk.com	American & Pizza	125	•		•	•			\$\$
CAMPS KITCHEN & BAR 255 Village Parkway NE, Suite 310, Marietta, 30067	678-540-2003 campskitchenbar.com	American	150	•			•	•		\$\$
CANTON WINGS & MORE 3190 Canton Road, Marietta 30066	770-429-8888	American	10	•			•			\$
CAPOZZI'S PIZZA 4285 Roswell Road, Marietta 30062	770-321-5550 www.capozzispizza.com	Italian & Pizza	52	•		•	•			\$\$
CAPOZZI'S PIZZA 2960 Shallowford Road, #101, Marietta 30066	770-321-1969 www.capozzissandyplains.com	Italian & Pizza	38	•	•	•				\$\$
CAPTAIN D'S SEAFOOD 2811 Canton Road, Marietta 30066	770-422-1694 www.captainsd.com	Fast Food	60	•			•			\$
CATFISH HOX 2595 Sandy Plains Road, Suite 101, Marietta 30066	770-726-9925 catfishhox.com	Southern	30	•		•		•		\$\$
CAZADORES MEXICAN RESTAURANT 3165 Johnson Ferry Road, Marietta 30062	770-641-8625 www.cazadoresrestaurant.com	Mexican	115	•			•	•		\$\$
CAZADORES MEXICAN RESTAURANT 731 Sandy Plains Road, Marietta 30066	770-578-0710 www.cazadoresrestaurant.com	Mexican	200	•		•	•			\$\$
CHEROKEE CATTLE CO. RESTAURANT 2710 Canton Road, Marietta 30066	770-427-0490 www.cherokeecattlecompany.com	Steakhouse	227	•		•	•	•		\$\$
CHICAGO'S STEAK & SEAFOOD 4401 Shallowford Road, Roswell 30075	770-993-7464 www.chicagosrestaurant.com	American	175	•			•	•	•	\$\$
CHICK-FIL-A - WOODLAWN 1201 Johnson Ferry Road, Marietta 30068	770-565-4653 www.chick-fil-a.com	Fast Food	115	•		•	•			\$
CHICK-FIL-A - EASTLAKE 2105 Roswell Road, Marietta 30062	770-977-3355 www.chick-fil-a.com	Fast Food	115	•		•	•			\$
CHICK-FIL-A - SPRAYBERRY SQUARE 2530 Sandy Plains Road NE, Marietta 30066	770-977-2455 www.chick-fil-a.com	Fast Food	105	•		•	•			\$
CHICK-FIL-A - LASSITER 3046 Shallowford Road, Marietta 30062	770-579-0076 www.chick-fil-a.com	Fast Food	179	•		•	•			\$
CHICKEN SALAD CHICK 4101 Roswell Road, Suite 811, Marietta 30062	770-565-3985 www.chickensaladchick.com	American	150	•	•	•	•			\$
CHILI'S 4111 Roswell Road, Marietta 30062	770-973-9419 www.chilis.com	Southwestern	260	•			•			\$\$
CHIN CHIN 617 Johnson Ferry Road, Marietta 30068	678-560-5550 www.eastcobbchinchin.com	Chinese	120	•	•	•	•			\$\$
CHINA DOLL 1230 Powers Ferry Road SE, Marietta 30067	770-955-6544 www.chinadollga.com	Chinese	80	•	•	•	•	•		\$\$
CHINA DYNASTY 3605 Sandy Plains Road, Suite 1, Marietta 30066	770-578-9668	Chinese	40	•	•	•				\$
CHINA GREAT WALL 1860 Sandy Plains Road, Marietta 30066	770-578-1488 www.chinagreatwallmarietta.com	Chinese	20	•	•					\$\$
CHINA HOUSE 1050 E. Piedmont Road, Marietta 30062	770-579-6623 www.chinahousemarietta.com	Chinese	15	•	•	•				\$
CHINA WOK 2555 Delk Road, Suite A11, Marietta 30067	770-984-0599 www.chinawokmariettaga.com	Chinese	30	•	•	•	•			\$
CHIPOTLE'S MEXICAN GRILL 1281 Johnson Ferry Road, Suite 104, Marietta 30068	678-279-1604 www.chipotle.com	Mexican	40	•		•	•			\$
CHOY'S AMERICAN WINGS 2555 Delk Road, Marietta 30067	770-818-0026 americanwings7.com	American	16	•			•			\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$

SATURDAY OCT. 21

LIMITED TICKETS ON SALE NOW!

**BENEFITING THE COTTAGE SCHOOL ROSWELL
EPILEPSY FOUNDATION OF GEORGIA**



2nd ANNUAL Grandiose Grape

AN OUTDOOR WINE TASTING EVENT AT THE MILL



WINE! FOOD! LIVE MUSIC!

**THE MILL KITCHEN & BAR FOOD TENT PRESENTED
BY EXECUTIVE CHEF, DANIEL MARTENY**

50+ WINERIES, OVER 120 WINES

CRAFT BEER TASTING TENT • CIGAR LOUNGE

**TICKETS: GENERAL \$65 / VIP \$110
VIP RECEPTION 1PM • GENERAL ADMISSION 2-5PM**

770-817-9345 • THEMILLKITCHENANDBAR.COM • COMPLIMENTARY VALET PARKING

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
CHOPSTIX CHINESE BISTRO 3822 Roswell Road, Marietta 30062	770-971-8118 www.chopsticksmarietta.com	Chinese	10	•	•	•	•			\$\$
COCONUTZ JAMAICAN RESTAURANT 3349 Canton Road, Marietta 30066	770-485-5777 www.coconutzjamaicanrestaurant.com	Jamaican	50	•		•		•		\$\$
COLD POINT ICE CREAM 1100 Johnson Ferry Road, Suite 365, Marietta 30068	770-966-2311 coldpointicecream.com	Ice Cream	20	•		•				\$\$
COLD STONE CREAMERY 640 Johnson Ferry Road, Marietta 30068	678-236-2653 www.coldstonecreamery.com	Ice Cream	15	•		•	•			\$
CORNER PIZZA 4651 Woodstock Road, Suite 305, Roswell 30075	770-518-1701 www.cornerpizza-atl.com	Pizza	100	•	•	•	•		•	\$
COSMOPOLITAN 2475 Delk Road, Marietta 30067	770-485-8069 www.cosmomarietta.com	American	300	•			•	•	•	\$\$
CUE'S BILLIARDS 3372 Canton Road, Suite 140, Marietta 30066	770-425-1101 www.cuesbilliards.com	American	75	•						\$
DAILY DONUTS 2555 Delk Road SE, Marietta 30067	678-540-7849	Donuts	10	•		•				\$
DEL TACO 4269 Roswell Road, Marietta 30062	770-977-6793 www.deltaco.com	Mexican	70	•			•			\$
DELKWOOD GRILL 2769 Delk Road, Marietta 30067	770-956-1313 www.delkwood.com	American	200	•		•	•	•		\$\$
DOC GREEN'S GOURMET SALADS & GRILL 2022 Powers Ferry Road, Suite 130, Atlanta 30339	770-953-3473 www.docgreensalad.com	Salads/ Sandwiches	80	•	•	•	•			\$
DOMINO'S PIZZA 3545 Canton Road, Marietta 30066	770-926-0080 www.dominos.com	Pizza	0	•	•					\$
DOMINO'S PIZZA 4724 Lower Roswell Road, Marietta 30068	770-641-7020 www.dominos.com	Pizza	0	•	•					\$
DOMINO'S PIZZA 1230 Powers Ferry Road, Marietta 30067	770-955-5585 www.dominos.com	Pizza	0	•	•					\$
DOMINO'S PIZZA 2323 Shallowford Road, Marietta 30066	770-928-2299 www.dominos.com	Pizza	0	•	•					\$
DRIFT FISH HOUSE & OYSTER BAR 4475 Roswell Road, Marietta 30062	770-635-7641 www.driftoysterbar.com	Seafood	138	•			•			\$\$\$
DUNKIN' DONUTS/BASKIN-ROBBINS 2885 Canton Highway, Marietta 30066	770-422-3375 www.dunkindonuts.com	Donuts/Ice Cream	25	•						\$
DUNKIN' DONUTS 980 E. Piedmont Road, Marietta 30062	770-971-8360 www.dunkindonuts.com	Donuts	20	•						\$
DUNKIN' DONUTS 611 Johnson Ferry Road, Marietta 30068	770-971-1710 www.dunkindonuts.com	Donuts	25	•						\$
DUNKIN' DONUTS 2022 Powers Ferry Road, Atlanta 30339	770-859-2954 www.dunkindonuts.com	Donuts	42	•						\$
DUNKIN' DONUTS 2765 Sandy Plains Road, Marietta 30066	770-971-5052 www.dunkindonuts.com	Donuts	30	•						\$
DUNKIN' DONUTS 2378 Shallowford Road, Marietta 30066	770-591-9906 www.dunkindonuts.com	Donuts	35	•						\$
EDIBLE ARRANGEMENTS 4880 Lower Roswell Road, Marietta 30068	770-579-7081 www.ediblearrangements.com	Fresh Fruits	0	•	•					\$\$
EGE SUSHI & JAPANESE CUISINE 2100 Roswell Road, Marietta 30062	770-977-7690	Japanese	32	•						\$\$
EGG HARBOR CAFE 4719 Lower Roswell Road, Suite 210, Marietta 30068	770-575-3001 www.eggharborcafe.com	Breakfast & Lunch	200	•		•	•			\$\$
EGGS UP GRILL 4401 Shallowford Road, Roswell 30075	770-559 9057 www.eggsupgrill.com	Breakfast & Brunch	146	•		•	•			\$\$
EL RODEO MEXICAN RESTAURANT 2719 Canton Road, Marietta 30066	770-429-1072	Mexican	125	•		•	•	•		\$\$
EL TACO MEXICAN BAR AND GRILL 1050 East Piedmont Road, Marietta GA 30062	678-275-2349 eltacomexicangrill.com	Mexican	50	•		•	•			\$
EUROPEAN DELI 3101 Roswell Road, Suite 112, Marietta 30062	770-693-9409	European	2	•		•				\$
FAT LADY BAKER 2995 Johnson Ferry Road, Marietta 30062	770-587-3005 www.fatladybaker.com	Prepared Foods	0	•						\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$

READY. SET. EAT!

DURING COBB RESTAURANT WEEK

The 9th annual Cobb Restaurant Week returns September 16-23. This is the best time to eat your way around the county. Cobb Restaurant Week is a great opportunity to support the local dining community by exploring the newest restaurants and hitting up old favorites.

Diners are invited to either call to make reservations or simply stop in to enjoy delicious meals for a steal. There are no passes to buy, coupons to carry or cards to punch. You simply attend the restaurant of your choice during Cobb Restaurant Week and select from a special three-course dinner menu, for \$15, \$25 and \$35 per person, plus tip, plus tax.

With the social media hashtags #CobbRW2017 and #CobbFoodie, food lovers from all over Cobb County and beyond can follow and promote the culinary treats that our county has to offer.

For more information about Cobb Restaurant Week, visit travelcobb.org. 



PARTICIPATING RESTAURANTS

ANDRETTI GRILL	HENRY'S LOUISIANA GRILL
ASPENS EAST COBB	MAGGIANO'S LITTLE ITALY
ASPENS WEST COBB	MEEHAN'S PUBLIC HOUSE
CHICAGO'S RESTAURANT	MURPH'S
CHICKEN AND THE EGG	PIASTRA
CINCO MEXICAN CANTINA	SEED KITCHEN & BAR
CREMEFINA PARLOUR	STEM WINE BAR
CRISPINA RISTORANTE & PIZZERIA	TERRAPIN TAPROOM & FOX BROS. BAR-B-Q
DOUCEUR DE FRANCE	THE MELTING POT
DRIFT FISH HOUSE & OYSTER BAR	THE ROTISSERIE SHOP
GRUB BURGER BAR	TODD ENGLISH TAVERN



Harry's Pizza and Subs
2150 Powers Ferry Road • Atlanta, GA 30339
(770) 955-4413
harryspizzaandsubs.com
Like us on Facebook • Follow us on Instagram @harryspizzaandsubs



JOIN US
Wednesday at 7:30: Bingo
Thursday at 7:30: Trivia

5 OFF OF \$15
or more purchase

- Pizza
- Wings
- Lasagna
- Oven Baked Subs
- Pizza by the slice
- Spaghetti
- Calzones
- Appetizers & Extras
- Fresh Salads

MEZZA LUNA
PASTA & SEAFOOD

Enjoy 10% off your purchase.

** Great wine and relaxing ambiance **

SERVING LUNCH & DINNER
678-214-5856
2100 Roswell Road • Marietta, GA 30062

Authentic Italian Cuisine

I ♥ East Cobb

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

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
FAT LADY BAKER 2951 Shallowford Road, Marietta, 30066	678-230-2572 www.fatladybaker.com	Bakery	0	●						\$
FIREHOUSE SUBS 2900 Delk Road, Marietta 30068	770-690-8105 www.firehousesubs.com	Subs	52	●		●	●			\$
FIREHOUSE SUBS 1100 Johnson Ferry Road, Marietta 30068	770-565-5952 www.firehousesubs.com	Subs	52	●		●	●			\$
FIREHOUSE SUBS 2745 Sandy Plains Road, Marietta 30066	678-909-2660 www.firehousesubs.com	Subs	38	●		●	●			\$
FRANKIE'S ITALIAN RESTAURANT 3085 Canton Road, Marietta 30066	770-419-8931 www.frankiesitalianga.com	Italian	100	●	●	●	●	●		\$\$
FRANKIE'S ITALIAN RESTAURANT 3100 Roswell Road, Marietta 30062	770-578-6608 www.frankiesonroswell.com	Italian	160	●	●	●	●	●	●	\$\$
FRESH TO ORDER 1333 Johnson Ferry Road, Marietta 30068	678-568-2121 www.freshtoorder.com	American	156	●		●	●			\$\$
FUDDRUCKERS 3000 Windy Hill Road, Marietta 30067	770-980-9863 www.fuddruckers.com	Hamburgers	236	●		●	●	●		\$\$
FUGU EXPRESS TERIYAKI & SUSHI 2900 Delk Road SE, Marietta 30067	770-372-3993	Japanese	10	●						\$
FUJI HANA 1255 Johnson Ferry Road, Marietta 30068	678-560-8071 www.fujihanaeastcobb.com	Japanese	150	●		●	●	●		\$\$
G.C. BBQ 4401 Shallowford Road, Suite168, Roswell 30075	770-587-4227 www.gcbq.com	BBQ	42	●		●	●			\$
G'ANGELO'S PIZZA 3205 Canton Road, Marietta 30066	770-424-1800 www.gangelospizza.com	Italian	12	●	●	●				\$
GIGA-BITES CAFÉ 1851 Roswell Road, Marietta 30062	770-578-1497 www.giga-bitescafe.com	Café	100	●						\$
GIGI'S CUPCAKES 1281 Johnson Ferry Road, Suite 116, Marietta 30068	770-578-2582 www.gigiscupcakesUSA.com	Cupcakes	21	●	●	●				\$
GOLDBERG'S BAGEL COMPANY & DELI 1062 Johnson Ferry Road, Marietta 30068	770-578-3771 www.goldbergbagel.com	Deli	100	●		●	●			\$
GREAT WALL 1275 Powers Ferry Road, Marietta 30067	770-953-6392 www.greatwallmarietta.com	Chinese	230	●	●	●	●			\$\$
HARRY'S PIZZA & SUBS 2150 Powers Ferry Road, Atlanta 30339	770-955-4413 harryspizzaandsubs.com	Pizza & Subs	100	●	●	●	●	●		\$
HEIRLOOM MARKET BBQ 2243 Akers Mill Road, Suite 110, Atlanta 30339	770-850-1008 www.heirloommarketbbq.com	BBQ	20	●		●				\$
HIBACHI STOP 2856 Delk Road, Suite 305, Marietta 30067	678-324-6045	Japanese	16	●	●	●	●			\$\$
HIGHWAY 5 DELI 1809 Canton Highway, #400, Marietta 30066	770-424-1124	Sandwiches	37	●			●			\$
HOAGIE BROS. 3595 Canton Road, Suite 330, Marietta 30066	770-485-4598 www.hoagiebros.com	Sandwiches	20	●	●	●	●			\$
HOBOKEN BREAD & BAGEL CO. 1033 Sandy Plains Road, Marietta 30066	770-419-8292 www.hobokenbreadandbagel.com	Sandwiches	25	●		●	●			\$
HONEYBAKED HAM 4101 Roswell Road, Marietta 30062	770-578-8008 www.myhoneybakedstore.com/eastcobb	Sandwiches	45	●	●	●	●			\$
HONG KONG STAR CHINESE CUISINE 4719 Lower Roswell Road, Suite 110, Marietta 30068	770-509-2129 www.hongkongstarmenu.com	Chinese	110	●	●	●	●			\$
HOUSE OF MING 3101 Roswell Road, Marietta 30062	770-977-7538	Chinese	40	●		●				\$\$
IHOP 3130 Johnson Ferry Road, Marietta 30062	770-640-1731 www.ihop.com	American	198	●		●	●	●		\$
J. CHRISTOPHER'S 1205 Johnson Ferry Road, Marietta 30068	770-579-6800 www.jchristophers.com	Breakfast & Brunch	100+	●		●	●	●		\$
J. CHRISTOPHER'S 1275 Powers Ferry Road, Suite 110-120, Marietta 30067	770-953-0002 www.jchristophers.com	Breakfast & Brunch	133	●		●	●	●		\$
J. CHRISTOPHER'S 2100 Roswell Road, Marietta 30062	770-627-2499 www.jchristophers.com	Breakfast & Brunch	100+	●		●	●	●		\$
J. CHRISTOPHER'S 2700 Town Center Drive, Kennesaw 30144	678-213-2400 www.jchristophers.com	Breakfast & Brunch	100+	●		●	●	●		\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
JADA'S CARRIBBEAN CUISINE 2595 Sandy Plains Road, Marietta 30066	678-402-5873	Caribbean	30	•		•	•		•	\$\$
JAMBA JUICE 4101 Roswell Road, Marietta 30062	678-504-5544 www.jambajuice.com	Smoothies	10	•			•			\$
JERSEY MIKE'S 2014 Powers Ferry Road, Atlanta 30339	678-279-9990 www.jerseymikes.com	Sandwiches	25	•		•	•			\$
JERSEY MIKE'S 4400 Roswell Road, Marietta 30062	770-321-3998 www.jerseymikes.com	Sandwiches	25	•		•	•			\$
JERSEY MIKE'S 2960 Shallowford Road, Marietta 30066	770-578-3973 www.jerseymikes.com	Sandwiches	25	•		•	•			\$
JET'S PIZZA 2900 Delk Road, Marietta 30067	770-952-1711 www.jetspizza.com	Pizza	0	•	•	•				\$
JET'S PIZZA 3101 Roswell Road, Marietta 30062	770-509-5774 www.jetspizza.com	Pizza	0	•	•	•				\$
JET'S PIZZA 4401 Shallowford Road, Suite 102, Roswell 30075	770-649-9950 www.jetspizza.com	Pizza	0	•	•	•				\$
JIMMY JOHN'S 1337 Powers Ferry Road, Marietta 30067	678-324-3630 www.jimmyjohns.com	Sandwiches	20	•	•	•				\$
JIMMY MAC'S PUB 3205 Canton Road, Marietta 30066	770-794-9700	American	148	•					•	\$
JOHN BOY'S HOME COOKING 3050 Canton Road, Marietta 30066	770-422-6747 john-boys.com	American	150	•		•				\$
JOHNNY'S NEW YORK STYLE PIZZA 2970 Canton Road, Marietta 30066	678-797-0505 www.johnnypizza.com	Pizza	77	•		•	•			\$
JOHNNY'S NEW YORK STYLE PIZZA 4880 Lower Roswell Road, Marietta 30068	678-560-2228 www.johnnypizza.com	Pizza	120	•	•	•	•			\$

Kick Football Season Off Right

20th J. Christopher's
ANNIVERSARY

Serving Daily 7 AM - 2 PM



East Cobb
1205 Johnson Ferry Rd.

Marietta
1275 Powers Ferry Rd.

www.jchristophers.com

East Lake
2100 Roswell Rd.

Town Center
2700 Town Center Dr.

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
JORDAN'S LOUNGE & HOOKAH BAR 2755 Canton Road, Marietta 30066	678-426-8858 jordansloungehookahandbar.com	Mediterranean	150	•				•	•	\$\$
KALE ME CRAZY 4475 Roswell Road, Suite 1620, Marietta 30062	770-559-9001 kalemecrazy.net	Healthy	15	•						\$
KEEGAN'S PUBLIC HOUSE 4401 Shallowford Road, Roswell 30075	770-640-1100 www.keegansirishpub.net	Irish	211	•		•	•		•	\$
KENTUCKY FRIED CHICKEN 3012 Canton Road, Marietta 30066	770-427-6866 www.kfc.com	Fast Food	40	•			•			\$
KENTUCKY FRIED CHICKEN 2540 Delk Road, Marietta 30067	770-980-0848 www.kfc.com	Fast Food	70	•		•	•			\$
KOUZINA CHRISTOS 1453 Terrell Mill Road, Marietta 30067	770-952-1950 www.kouzinachristos.com	Greek/Pizza	140	•	•	•	•		•	\$
KRYSTAL 2929 Canton Road, Marietta 30066	770-424-7908 www.krystal.com	Fast Food	140	•			•			\$
KUMO HIBACHI SUSHI 2595 Sandy Plains Road, Marietta 30066	770-575-2822 www.kumomarietta.com	Japanese	50	•		•				\$\$
LA MADELEINE 4101 Roswell Road, Marietta 30062	770-579-3040 www.lamadeleine.com	French	200	•		•	•			\$\$
LA STRADA 2930 Johnson Ferry Road, Marietta 30062	770-640-7008 www.lastradainc.com	Italian	85	•		•	•	•		\$\$
LABELLA'S PIZZERIA 2635 Sandy Plains Road, Marietta 30066	770-973-0052 www.labellaspizzeria.net	Pizza	20	•		•				\$
LAREDOS MEXICAN BAR & GRILL 1860 Sandy Plains Road, Marietta 30066	678-453-3663 www.laredosmexicangrill.com	Mexican	160	•		•	•	•		\$
LEMON GRASS 2145 Roswell Road, Marietta 30062	770-973-7478 www.lemongrassmarietta.com	Thai	290	•						\$\$
LIBERTY PIZZA 1275 Powers Ferry Road, Suite 130, Marietta 30067	770-693-3940 www.libertypizzaga.com	Pizza	48	•	•	•				\$
LITTLE CAESARS 2856 Delk Road, Marietta 30067	770-984-9400 www.littlecaesars.com	Pizza	0	•						\$
LITTLE CAESARS 2200 Roswell Road, Marietta 30062	770-971-5210 www.littlecaesars.com	Pizza	0	•						\$
LITTLE CAESARS 2520 Shallowford Road, Suite A, Marietta 30066	770-591-3319 www.littlecaesars.com	Pizza	0	•						\$
LONGHORN STEAKHOUSE 4721 Lower Roswell Road, Marietta 30068	770-977-3045 www.longhornsteakhouse.com	Steakhouse	200	•			•			\$\$
LOS ARCOS MEXICAN CANTINA 3101 Roswell Road, Marietta 30062	678-560-8222	Mexican	120	•		•	•	•		\$
LOS BRAVOS 1360 Powers Ferry Road, Marietta 30067	770-916-1776 www.losbravosmexicanrestaurant.net	Mexican	150	•		•	•			\$\$
LOYAL Q AND BREW 4880 Lower Roswell Road, Marietta, 30068	678-921-0456 loyalqandbrew.com	BBQ	200	•			•	•		\$\$
LUCIA'S RESTAURANT 4705 Woodstock Road, Roswell 30075	678-646-1000 www.lucias.org	Italian	102	•		•	•	•		\$\$
MANHATTAN PIZZA & WINGS 279 Powers Ferry Road, Suite B, Marietta 30062	678-909-2097	Pizza	50	•	•	•	•			\$
MARCO'S PIZZA 2424 Roswell Road, Marietta 30068	770-694-6400 www.marcos.com	Pizza	24	•	•	•				\$
MARIETTA DONUTS 1282 Johnson Ferry Road, Suite 109, Marietta 30068	470-308-6130	Donuts	8	•						\$
MARIETTA FISH MARKET 3185 Canton Road, Marietta 30066	770-218-3474 www.mariettafishmarket.net	Seafood	500	•		•	•	•		\$\$
MARLOW'S TAVERN 1311 Johnson Ferry Road, Suite 208, Marietta 30068	770-977-7747 www.marlowstavern.com	American	285	•		•	•			\$\$
MARLOW'S TAVERN 2960 Shallowford Road, Marietta 30066	770-693-8278 www.marlowstavern.com	American	184	•			•			\$\$
MAZZY'S SPORTS BAR & GRILL 2217 Roswell Road, Marietta 30062	678-213-1688 www.mazzys.com	American	330	•		•		•	•	\$\$
MCDONALD'S 3010 Canton Road, Marietta 30066	770-428-1982 www.mcdonalds.com	Fast Food	70	•			•			\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
MCDONALD'S 3011 Johnson Ferry Road, Marietta 30062	770-998-3774 www.mcdonalds.com	Fast Food	139	•			•			\$
MCDONALD'S 4819 Lower Roswell Road, Marietta 30068	770-973-1125 www.mcdonalds.com	Fast Food	125	•			•			\$
MCDONALD'S 1305 Powers Ferry Road, Marietta 30067	770-951-2383 www.mcdonalds.com	Fast Food	60	•			•			\$
MCDONALD'S 3101 Roswell Road, Marietta 30062	770-565-8663 www.mcdonalds.com	Fast Food	85	•			•			\$
MCDONALD'S 2782 Sandy Plains Road, Marietta 30066	770-579-7074 www.mcdonalds.com	Fast Food	75	•			•			\$
MEDITERRANEAN GRILL 1255 Johnson Ferry Road, Marietta 30068	678-996-0045 www.mediterraneangrill.com	Mediterranean	26	•	•	•	•			\$
MELLOW MUSHROOM 2000 Powers Ferry Road, Suite G3, Marietta 30067	770-933-8584 www.mellowmushroom.com	Pizza	190	•		•	•	•		\$
MELLOW MUSHROOM 2421 Shallowford Road, Marietta 30066	770-516-1500 www.mellowmushroom.com	Pizza	60	•		•	•			\$
MENCHIE'S FROZEN YOGURT 4475 Roswell Road, Suite 205, Marietta 30062	770-973-9009 www.menchies.com	Frozen Yogurt	65	•				•		\$
MEZZA LUNA 2100 Roswell Road, Marietta 30062	678-214-5856 www.mezzalunamarietta.com	Italian	60	•					•	\$\$
THE MILL KITCHEN & BAR 590 Mimosa Boulevard, Roswell 30075	770-817-9345 www.themillkitchenandbar.com	Modern Southern Comfort Food	150	•		•	•	•	•	\$\$
MINAS GRILL 2555 Delk Road, Suite B4, Marietta 30067	770-818-9900 www.minas-grill.com	Brazilian	30	•		•				\$\$
MIRKO PASTA 1281 Johnson Ferry Road, Marietta 30068	770-977-3030 www.mirkopasta.com	Italian	103	•		•	•			\$\$



Over 12 varieties of
the best chicken salad
in the South!

4101 Roswell Rd - Marietta, GA
Phone: (770) 565-3985
Mon-Sat 10:00am - 7:00pm




TERIYAKI MADNESS

TERIYAKI TUESDAYS!
BUY ONE GET ONE | **FREE BOWL**
WITH THE PURCHASE OF A SECOND BOWL AND TWO FOUNTAIN DRINKS

All day Tuesdays. No coupon needed. Exclusions apply.

Sandy Plains Centre in East Cobb | 2960 Shallowford Rd. Marietta, GA
(770) 693-2091 | TeriyakiMadness.com | @tmad052

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
MOE'S SOUTHWEST GRILL 688 Johnson Ferry Road, Marietta 30068	678-560-4666 www.moescaters.com	Southwestern	105	●		●	●			\$
MOE'S SOUTHWEST GRILL 2022 Powers Ferry Road, Atlanta 30339	770-956-0018 www.moescaters.com	Southwestern	105	●		●	●			\$
MOE'S SOUTHWEST GRILL 4401 Shallowford Road, Roswell 30075	770-645-5535 www.moescaters.com	Southwestern	80	●		●	●			\$
MONTANA'S BAR AND GRILL 2995 Johnson Ferry Road, Marietta 30062	770-998-1314	American	177	●				●	●	\$\$
MOON'S WINGS & HIBACHI 3012 Canton Road, Marietta 30066	678-695-7978	Asian/Wings	60	●			●			\$
MOXIE BURGER 2421 Shallowford Road, Suite 158, Marietta 30066	678-398-9819 www.moxieburger.net	American	25	●			●			\$\$
MOXIE BURGER 255 Village Parkway NE, Suite 120, Marietta 30067	770-627-3201 www.moxieburger.net	American	25	●			●			\$\$
MR. WONTON CHINESE RESTAURANT 3595 Canton Road, Marietta 30066	770-591-4288 www.mrwontonmarietta.com	Chinese	0	●		●				\$
MUSS & TURNER'S 1205 Johnson Ferry Road, Marietta 30068	678-809-4040 www.mussandturners.com	American/ Southern	150	●		●	●			\$\$\$
MY FRIEND'S PLACE 1205 Johnson Ferry Road, Marietta 30068	770-971-0124 www.myfriendsplacedeli.com	Deli	50	●		●	●			\$
NANA THAI EATERY 2940 Johnson Ferry Road, Suite C, Marietta 30062	470-539-4811 nanathaieatery.com	Thai	100	●		●				\$\$
NEW LUCKY CHINA CHINESE RESTAURANT 3045 Gordy Parkway, Marietta 30066	770-565-9666 www.newluckychina.com	Chinese	80	●				●		\$\$
O'CHARLEY'S 3550 Sandy Plains Road, Marietta 30066	770-579-2690 www.ocharleys.com	American	206	●			●			\$\$
PANDA EXPRESS 4275 Roswell Road, Marietta 30062	770-509-6708 www.pandaexpress.com	Fast Food	100	●		●	●			\$
PANERA BREAD 4475 Roswell Road, Marietta 30062	770-565-5338 www.panerabread.com	Sandwiches	190	●		●	●			\$
PAPA JOHN'S PIZZA 3165 Johnson Ferry Road, Marietta 30062	770-587-9072 www.papajohns.com	Pizza	8	●	●	●				\$
PAPA JOHN'S PIZZA 4811 Lower Roswell Road, Marietta 30068	770-971-4111 www.papajohns.com	Pizza	0	●	●	●				\$
PAPA JOHN'S PIZZA 1325 Powers Ferry Road, Marietta 30067	770-984-8282 www.papajohns.com	Pizza	0	●	●	●				\$
PAPA JOHN'S PIZZA 1860 Sandy Plains Road, Marietta 30062	770-565-3599 www.papajohns.com	Pizza	4	●	●	●				\$
PAPPADEAUX SEAFOOD KITCHEN 2830 Windy Hill Road, Marietta 30067	770-984-8899 www.pappadeaux.com	Cajun	350	●			●	●	●	\$\$
PAPPASITO'S CANTINA 2788 Windy Hill Road, Marietta 30067	770-541-6100 www.pappasitos.com	Tex-Mex	428	●			●	●	●	\$\$
PARADISE GRILLE 3605 Sandy Plains Road, Marietta 30066	770-579-6226 www.paradisegrille.net	American	100	●		●	●	●		\$\$
PARADISE SOUTH OF THE BORDER 3605 Sandy Plains Road, Marietta 30066	770-790-5475 www.paradisegrille.net	Mexican	100	●		●	●	●	●	\$\$
PEACE LOVE AND PIZZA 1050 E. Piedmont Road, Suite 154, Marietta 30062	770-321-0757 www.peaceloveandpizza.com	Pizza	50	●	●	●				\$
PIZZA HUT 2520 East Piedmont Road, Marietta 30062	770-578-4200 www.pizzahut.com	Pizza	50	●	●	●	●			\$
PIZZA HUT 1480 East Terrell Mill Road, Marietta 30067	770-953-8900 www.pizzahut.com	Pizza	0	●	●	●	●			\$
PIZZA HUT 1386 Roswell Road, Marietta 30062	770-509-5858 www.pizzahut.com	Pizza	0	●	●	●	●			\$
THE PLACE BAR AND GRILL 700 Sandy Plains Road, Marietta 30066	770-427-9060 www.theplacebargrill.com	American	200	●		●			●	\$\$
PLANET SMOOTHIE 4805 Canton Road, Marietta 30066	770-763-8956 www.planetsmoothie.com	Smoothies	30	●						\$
PLANET SMOOTHIE 2014 Powers Ferry Road, Marietta 30339	770-859-0080 www.planetsmoothie.com	Smoothies	0	●			●			\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
R.C.'S SOUTHERN COOKING 1516 Roswell Road, Marietta 30062	404-946-8375 www.rcssoutherncooking.com	Southern	4	•						\$
RAY'S DONUTS 4805 Canton Road, Marietta 30066	770-485-2448	Donuts	16	•						\$
RED CURRY THAI 4724 Lower Roswell Road, Marietta 30068	770-977-4111 www.redcurrythaimarietta.com	Thai	38	•	•	•				\$
RED ELEPHANT THAI CUISINE 3000 Windy Hill Road, Marietta 30067	770-980-1890 www.thairedelephant.com	Thai/Chinese	50	•	•					\$
RED SKY TAPAS AND BAR 1255 Johnson Ferry Road, Suite 16, Marietta 30068	770-973-0100 www.redskytapas.com	Tapas	185	•		•	•	•	•	\$\$
REVEILLE 2960 Shallowford Road, Marietta 30066	770-971-6800 www.reveillecafe.com	American	25	•		•	•			\$
RIB RANCH 2063 Canton Road, Marietta 30066	770-422-5755 www.theribranch.com	BBQ	235	•		•	•	•		\$\$
RIGHTEOUS QUE 1050 East Piedmont Road, Marietta 30062	678-221-4783 righteousque.squarespace.com	BBQ	20	•		•	•			\$
RIO DE JANEIRO 1260 Powers Ferry Road, Marietta 30067	770-952-9556	Brazilian	50	•		•		•		\$
ROSA'S PIZZA 3605 Sandy Plains Road, Marietta 30066	770-321-7855 www.rosaspizzamarietta.com	Italian	86	•		•	•			\$
ROSE & CROWN TAVERN 1931 Powers Ferry Road, Atlanta 30339	770-933-5595 www.roseandcrowntavern.com	American/ English	165	•		•	•	•	•	\$
SAKURA SUSHI 4880 Lower Roswell Road, Marietta 30068	770-565-6369	Japanese	49	•			•	•		\$\$
SAM'S BBQ-1 4494 Lower Roswell Road, Marietta 30068	770-977-3005 www.bbq1.net	BBQ	15	•		•	•			\$

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

Come hungry. **IHOP** Leave happy.
RESTAURANT

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

TIN LIZZY'S
CANTINA

TACOS
MARGS
FRIENDS

EAST COBB
4475 Roswell Rd, Suite 1510
Marietta, GA 30062
P: 770-609-2689

WWW.TINLIZZYSCANTINA.COM





EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
SAPORITO'S 2211 Roswell Road, Suite 116, Marietta 30062	770-509-7794 saporitospizzaga.weebly.com	Pizza	40	●	●		●			\$
SCHLOTZSKY'S 3000 Windy Hill Road, Suite A-10, Marietta 30067	770-953-8400 www.schlotzskys.com	Sandwiches	50	●	●	●	●			\$
SCOOTER'S COFFEE DRIVE THRU 2943 Canton Road, Marietta 30066	770-424-9198 www.scooterscoffee.com	Café	0	●						\$
SEED KITCHEN & BAR 1311 Johnson Ferry Road, Suite 504, Marietta 30068	678-214-6888 www.eatatseed.com	Modern American	115				●			\$\$
SHANGRILA 3545 Canton Road, Suite 102, Marietta 30066	678-388-7878	Chinese/Thai	16	●	●					\$
SMOKE & DUCK SAUCE 2014 Powers Ferry Road, Suite 400, Marietta 30339	678-888-2070 www.smokeandducksauce.com	Asian/American Barbecue	14	●		●				\$\$
SMOOTHIE KING 1271 Johnson Ferry Road, Marietta 30068	770-973-0001 www.smoothieking.com	Smoothies	8	●		●	●			\$
SMOOTHIE KING 2022 Powers Ferry Road, Suite 120, Atlanta 30339	770-612-2919 www.smoothieking.com	Smoothies	0	●		●	●			\$
SMOOTHIE KING 2525 Shallowford Road, Marietta 30066	678-445-1287 www.smoothieking.com	Smoothies	20	●		●	●			\$
SNOWVILLE SHAVERY 2100 Roswell Road, Suite 2160, Marietta 30062	470-263-8170 snowvilleshavery.com	Desserts/Tea/Ice cream	20	●		●				\$
STARBUCKS COFFEE 31 Johnson Ferry Road, Marietta 30067	770-226-0087 www.starbucks.com	Coffee Shop	20	●						\$
STARBUCKS COFFEE 1207 Johnson Ferry Road, Marietta 30068	770-578-8009 www.starbucks.com	Coffee Shop	20	●						\$
STARBUCKS COFFEE - KROGER PARKAIRE 4880 Lower Roswell Road, Marietta 30068	770-971-8801 www.starbucks.com	Coffee Shop	20	●						\$
STARBUCKS COFFEE 3631 Sandy Plains Road, Marietta 30066	770-565-0608 www.starbucks.com	Coffee Shop	18	●						\$
STARBUCKS COFFEE 1453 Terrell Mill Road, Marietta 30067	770-850-9807 www.starbucks.com	Coffee Shop	20	●						\$
STEM WINE BAR 1311 Johnson Ferry Road, Suite 516, Marietta 30068	678-214-6888 www.stemwinebar.com	European	40							\$\$
SUBURBAN TAP 1318 Johnson Ferry Road, Marietta 30068	770-977-4467 www.suburbantap.com	American	200	●			●		●	\$\$
SUBWAY 2872 Canton Road, Marietta 30066	770-421-9441 www.subway.com	Sandwiches	56	●		●	●			\$
SUBWAY 2610 Delk Road, Marietta 30067	770-953-2965 www.subway.com	Sandwiches	20	●		●	●			\$
SUBWAY 2520 East Piedmont Road, Marietta 30062	770-977-6801 www.subway.com	Sandwiches	30	●		●	●			\$
SUBWAY 3165 Johnson Ferry Road, Marietta 30062	770-993-5208 www.subway.com	Sandwiches	25	●		●	●			\$
SUBWAY 4880 Lower Roswell Road, Marietta 30067	770-971-4182 www.subway.com	Sandwiches	30	●		●	●			\$
SUBWAY 1295 Powers Ferry Road, Marietta 30067	770-956-9509 www.subway.com	Sandwiches	25	●		●	●			\$
SUBWAY 2200 Roswell Road, Marietta 30062	770-578-1818 www.subway.com	Sandwiches	42	●		●	●			\$
SUBWAY 4101 Roswell Road, Marietta 30062	770-578-4457 www.subway.com	Sandwiches	32	●		●	●			\$
SUBWAY 2525 Shallowford Road, Marietta 30066	770-592-4188 www.subway.com	Sandwiches	46	●		●	●			\$
SUBWAY 3000 Windy Hill Road, Marietta 30067	678-503-8378 www.subway.com	Sandwiches	20	●		●	●			\$
TACO BELL 2943 Canton Road, Marietta 30066	770-792-4444 www.tacobell.com	Fast Food	62	●						\$
TACO BELL 4880 Lower Roswell Road, Marietta 30068	770-971-5347 www.tacobell.com	Fast Food	99	●						\$
TACO BELL 2169 Roswell Road, Marietta 30062	770-565-2051 www.tacobell.com	Fast Food	60	●						\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
TACO BELL 2971 Shallowford Road, Marietta 30066	770-578-9432 www.tacobell.com	Fast Food	70	•						\$
TANDOOR RESTAURANT 279 Powers Ferry Road SE, Suite F, Marietta 30067	678-560-2038 www.tandooratlanta.com	Indian/Pakistani	32	•		•				\$\$
TASSA ROTI SHOP 224 Powers Ferry Road, Marietta 30067	770-977-3163 www.tassarotishop.com	Caribbean	50	•		•				\$
TED'S MONTANA GRILL 640 Johnson Ferry Road, Marietta 30068	770-578-8337 www.tedsmontanagrill.com	Steakhouse	149	•			•			\$\$
TERIYAKI MADNESS 2960 Shallowford Road, Marietta 30066	770-693-2091 TeriyakiMadness.com	Japanese	36	•		•	•			\$
THREE COLOR ASIAN KITCHEN 2060 Lower Roswell Road, Marietta 30068	770-977-1688	Chinese	40	•	•					\$\$
THREE DOLLAR CAFE 3000 Windy Hill Road, Suite 132, Marietta 30067	678-214-6729 www.threedollarcafe.com	American	170	•		•	•	•		\$
TIN LIZZY'S CANTINA 4475 Roswell Road, #1510, Marietta 30062	770-609-2689 tinlizzyscantina.com	FlexMex	170	•		•	•			\$\$
TIJUANA JOE'S MEXICAN CANTINA 690 Johnson Ferry Road, Marietta 30068	770-321-1233 www.tijuanajoess.com	Mexican	146	•		•	•	•	•	\$
TOFU VILLAGE KOREAN BBQ RESTAURANT 700 Sandy Plains Road, Marietta 30066	770-426-7757 www.koreanbbqatl.com	Korean	60	•				•		\$\$
VATICA 1475 Terrell Mill Road, Marietta 30067	770-955-3740 www.vaticaivc.com	Indian	34	•		•				\$\$
VESPUCCI'S 4805 Canton Road, Marietta 30066	770-928-1212 www.vespuccispizza.com	Italian	60	•		•	•		•	\$\$
WAFFLE HOUSE 4797 Canton Road, Marietta 30066	770-924-9199 www.wafflehouse.com	American	40	•		•	•			\$

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!



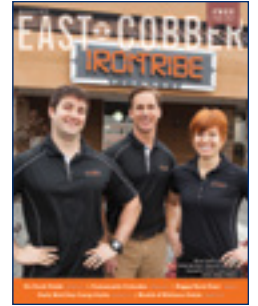
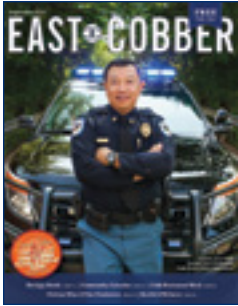
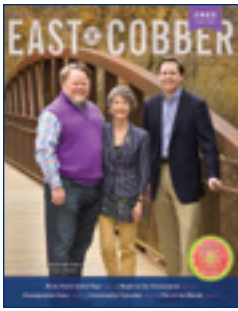
50% OFF SUSHI ROLL

Buy one chef special sushi roll get one
sushi roll equal or lesser value at 50% off

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
WAFFLE HOUSE 2805 Delk Road SE, Marietta 30067	770-933-9349 www.wafflehouse.com	American	41	●			●			\$
WAFFLE HOUSE 621 Johnson Ferry Road, Marietta 30068	770-973-3426 www.wafflehouse.com	American	50	●			●			\$
WAFFLE HOUSE 550 N. Greenbriar Parkway, Marietta 30062	770-977-4516 www.wafflehouse.com	American	50	●			●			\$
WAFFLE HOUSE 2720 Sandy Plains Road, Marietta, 30066	770-509-8676 www.wafflehouse.com	American	52	●		●	●			\$
WAFFLE HOUSE 1811 Williams Drive, Marietta 30066	770-428-2234 www.wafflehouse.com	American	41	●			●			\$
WENDY'S 3035 Canton Highway, Marietta 30066	770-422-9022 www.wendys.com	Fast Food	125	●			●			\$
WENDY'S 1123 Roswell Road, Marietta 30062	770-422-9661 www.wendys.com	Fast Food	65	●			●			\$
WENDY'S 2238 Roswell Road, Marietta 30062	770-971-7305 www.wendys.com	Fast Food	85	●			●			\$
WENDY'S 1043 Sandy Plains Road, Marietta 30066	770-424-2145 www.wendys.com	Fast Food	70	●			●			\$
WENDY'S 2961 Shallowford Road, Marietta 30062	770-973-1700 www.wendys.com	Fast Food	68	●			●			\$
WHICH WICH 1401 Johnson Ferry Road, Marietta 30062	770-321-9424 www.whichwich.com	Sandwiches	60	●	●	●	●			\$
WILLIAMSON BROS. 1425 Roswell Road, Marietta 30062	770-971-3201 williamsonbros.com	BBQ	325	●	●	●	●	●		\$\$
WILLIE JEWELL'S OLD SCHOOL BAR-B-Q 2550 Sandy Plains Road, Marietta 30066	770-971-8283 williejewells.com	BBQ		●		●	●			\$\$
WILLY'S MEXICANA GRILL 2900 Delk Road SE, Marietta 30067	770-690-0075 www.willys.com	Mexican	50	●		●	●			\$
WILLY'S MEXICANA GRILL 4250 Roswell Road, Marietta 30062	770-973-1726 www.willys.com	Mexican	93	●		●	●			\$
WINDY CITY GRILL 4017 Canton Road, Marietta 30066	678-401-7735	American	46	●	●	●	●			\$
WINGS & BURGER HAVEN 2745 Sandy Plains Road, Marietta 30066	770-971-9915 www.wingsmarietta.com	American	100	●	●	●	●			\$
THE WING CAFE & TAP HOUSE 2145 Roswell Road, Suite 170, Marietta 30062	770-509-9464 www.thewingmarietta.com	American	300	●		●	●	●	●	\$\$
WING FACTORY 1475 Terrell Mill Road, Suite 106, Marietta 30067	770-955-9800 www.wingfactory.com	Wings	8	●	●	●				\$
WINSTON'S FOOD & SPIRITS 1860 Sandy Plains Road, Marietta 30066	678-560-1923 www.winstonsfoodandspirits.com	American	150	●			●			\$
WZ TAVERN EAST COBB 3052 Shallowford Road, Suite 200, Marietta 30062	770-977-3712 www.wztavern.com	American	204	●			●			\$\$
XENGO FUSION KITCHEN & SUSHI 3162 Johnson Ferry Road, Suite 420, Marietta 30062	770-993-8828 www.ilovexengo.com	Asian	150	●		●	●		●	\$\$
YEERO VILLAGE 4751 Sandy Plains Road, Marietta 30075	470-767-8771 www.yeerovillage.com	Greek	80	●		●	●			\$\$
YOGLI MOGLI 1255 Johnson Ferry Road, Suite 35, Marietta 30068	770-578-1802 www.yoglimogli.com	Frozen Yogurt	25	●				●		\$
ZAXBY'S 750 Johnson Ferry Road, Marietta 30068	678-560-8100 www.zaxbys.com	Fast Food	80	●		●	●			\$
ZAXBY'S 3030 Johnson Ferry Road, Marietta 30062	770-642-9100 www.zaxbys.com	Fast Food	80	●		●	●			\$
ZAXBY'S 2080 Lower Roswell Road, Marietta 30062	770-977-4907 www.zaxbys.com	Fast Food	80	●		●	●			\$
ZAXBY'S 2576 Sandy Plains Road, NE, Marietta 30066	678-383-4600 www.zaxbys.com	Fast Food	80	●		●	●			\$
ZEAL 1255 Johnson Ferry Road, Suite 42, Marietta 30062	678-401-7142 www.zealrestaurant.com	American	125	●			●	●	●	\$\$
ZÖE'S KITCHEN 4400 Roswell Road, Suite 157, Marietta 30062	770-509-5743 zoeskitchen.com	Mediterranean	127	●		●	●			\$

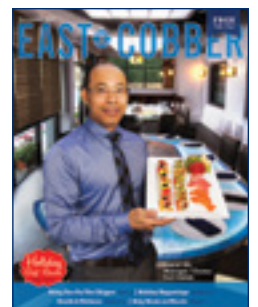
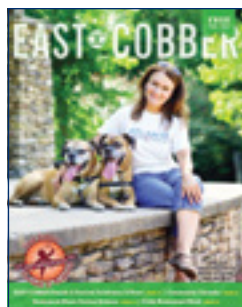
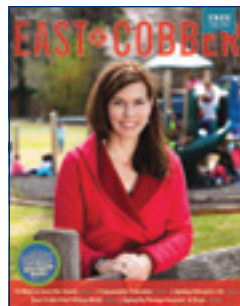
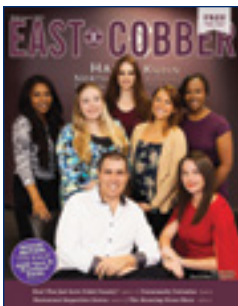
Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • High Moderate: \$46-\$70 = \$\$\$



EAST@COBBER

www.eastcobb.com
770-640-7070

Promoting East Cobb County Since 1993!



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.

ANTI-AGING MEDICAL SERVICES

Flowers Medical Group

1950 Spectrum Circle, Suite 505 • Marietta 30067
678-303-4420 • www.flowersmedical.com
Mon-Fri: 8am-5pm
Flowers Medical Group creates individualized care plans for every aspect of your health. The center offers specialized testing, comprehensive lab work, and examinations that are designed to keep you feeling energetic and healthy as you age. Contact them for your free consultation today.

BARBER

Shape and Shave Barber Shop

9020 Hwy 92 • Woodstock 30189
404-290-9267 • www.shapenshaves.com
Tues-Fri: 10am-7pm; Sat: 9am-5pm
Traditional barbering services include hot towel shaves, straight razor line ups, haircuts, beard and mustache trims.

CARDIOLOGY

Sibley Heart Center

Katina Hunter
2835 Brandywine Road, Suite 400 • Atlanta 30341
770-488-9218 • www.choa.org/cardiology
Mon-Fri: 8:30am-5pm
Sibley Heart Center Cardiology is composed of more than 50 pediatric cardiologists providing comprehensive services for patients with acquired or congenital heart disease.

CHIROPRACTORS

Lifeworks Chiropractic

2840 Johnson Ferry Road, Suite 100 • Marietta 30062
678-926-9300 • www.LifeworksATL.com
Mon, Wed & Fri: 9am-6:30pm & Sat: 8-11am
Do you feel as though you or your child have fallen through the cracks? Have you seen multiple doctors with no results and still haven't gotten to the root cause? If this is you, call Lifeworks Chiropractic today to set up your free consultation and start taking control of your health!

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 smile is how you greet the world.
Let's make yours great.

Marietta

2211 Roswell Road NE, Suite 158
Marietta, Georgia 30062
678-560-2970

Summit

3823 Roswell Road, Suite 205
Marietta, Georgia 30062
770-973-9275

CareCredit accepted.

Please visit our website to find an office nearest you.
greatexpressions.com

FREE Whitening Kit

with completion of treatment plan or orthodontic treatment.
Includes bleaching trays and touch up kit.
Up to a \$179 value

Offer expires 12/31/2017. Must be presented at the time of the new patient exam. Must be a candidate for whitening and complete hygiene treatment or orthodontic treatment. Candidates with severe periodontal disease are not eligible for teeth whitening. Offer not redeemable for cash or credit. See website for more details.

Save up to 60% off your dental care!*

— Plus —

FREE Exams and X-rays
with Smile Protection Dental Plan®
\$69 Individual or \$99 Family Membership

*Discounts vary by state. Offer expires 12/31/2017. See website and membership agreement for more details.

REAL WOMEN, REAL RESULTS!

STUDIO|348
TRANSFORM YOUR BODY FOR REAL

**LOST: 35 LBS, 9% BODY FAT,
15 INCHES**

"I am so much stronger! I know that I am getting a complete workout every visit. The camaraderie with the other women and staff makes Studio 348 feel like a second home. Two years ago, I saw pictures of myself from my daughter's Bat Mitzvah and didn't like what I saw. This year, I was proud of the way I looked at my son's Bar Mitzvah! I can actually see muscle definition in my arms and legs!"

MICHELLE DOBO

AGE: 45

OCCUPATION: DENTIST



50% OFF!

6 Week Body Transformation Package

NOW ONLY \$269!

Hurry! Offer Expires 9/30/17.

3822 Roswell Road, Ste. 114 (Next to East Side Elem.)

678-540-1518 • Studio348forWomen.com



The One. The Only.

EAST COBBER

770-640-7070



COMING SOON

**CONCORD PHARMACY EAST COBB
IN THE NORTHSIDE EAST COBB
MEDICAL CENTER
4800 OLDE TOWNE PARKWAY
AT JOHNSON FERRY ROAD
SUITE 120
MARIETTA, GA 30068**

PHONE: 678-540-5409

FAX: 678-540-5410

38 YEARS OF HISTORY SERVING ATLANTA'S MEDICAL COMMUNITY



At Concord Pharmacies, your well being is our top priority. We will work closely with your physician to optimize your best health strategy.

• **HARD TO FIND/SPECIALTY PHARMACEUTICALS** •
• **SPECIALTY COMPOUNDING** • **PAIN MANAGEMENT** • **FERTILITY** •

EMORY MIDTOWN HOSPITAL
404-523-4908

NORTHSIDE DOCTORS CENTER
404-252-2280

MEDICAL QUARTERS
404-252-3607

CARLTON'S (DUNWOODY)
770-394-3233

NORTH FULTON HOSPITAL
770-664-5428

JOHN'S CREEK
678-417-0122

AUSTELL
770-819-1584

LAWRENCEVILLE/TERRACE PARK
678-990-8920

LAWRENCEVILLE
770-338-0971

www.concordrx.com

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 intra-oral 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!

Great Expressions Dental Center

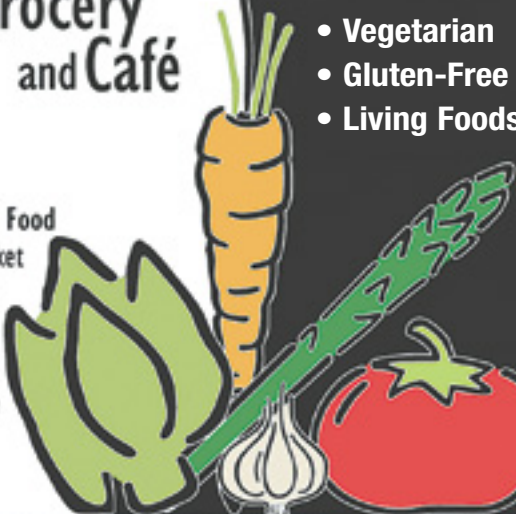
3823 Roswell Road, Suite 205 • Marietta 30062
770-973-9275 • www.greatexpressions.com

Provides access to affordable dental care without sacrificing quality or convenience for the entire family. In-network with most major insurance programs. If you don't have dental insurance, you can enroll in the Smile Protection Plan or utilize CareCredit financing on many preventive and cosmetic dental procedures.

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.



Life Grocery and Café

OPEN 7 DAYS

- Vegetarian
- Gluten-Free
- Living Foods

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

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

DENTISTS

Sage Dental

4811 Lower Roswell Road • Marietta 30068
404-238-7276 • mysagedental.com
Mon-Fri: 8am-5pm

Delivering quality pain-free dental care to patients with the commitment to lowering anxiety by offering state of the art equipment and private rooms. Sage Dental builds lifelong relationships with patients through mutual trust, authentic compassion and competent dentistry.

DERMATOLOGISTS

Dermatology Consultants

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

Delivering 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.

EYE CARE

Marietta Eye Clinic East Cobb

3939 Roswell Road, Suite 100 • Marietta 30062
770-977-8000 • Optical: 770-977-8495 • Fax: 770-977-5541
Mon-Fri 8am-5pm • Extended hours may be available.
The Marietta Eye Clinic System is a full-time comprehensive eye care center consisting of eight offices located in the northern suburbs of Atlanta. Patient services include adult and pediatric eye examinations, cataract, laser and refractive surgery (including LASIK), and optical dispensing of eyeglasses and contact lenses.

FOOTWEAR & HEALTHY FOOT

Foot Solutions – East Cobb

4101 Roswell Road, Suite 800 • Marietta 30062
770-984-0844 • www.footsolutions.com/eastcobb
Mon-Sat: 10am-6pm

Your feet are your foundation, and Foot Solutions is here to help you support your entire body. They specialize in personal foot analysis & use high-technology for gait analysis. Creating customized arch supports, made in the USA in Atlanta. Find your new favorite pair of shoes at Foot Solutions-East Cobb.

HEALTH FOOD STORE

Life Grocery

1453 Roswell Road • Marietta 30062
770-977-9583 • www.lifegrocery.com
Mon-Sat: 9am-8pm; Sun: 11am-6pm

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



NORTHSIDE EAST COBB

**ORTHOPAEDICS &
SPORTS MEDICINE**

WELCOME TO BETTER CARE

NORTHSIDE EAST COBB ORTHO.COM

NEW LOCATION

**4800 OLDE TOWNE PARKWAY, SUITE 430
MARIETTA, GA 30068**

PHONE: 770-321-1001 • FAX: 770-321-8290

At **Northside East Cobb Orthopaedics & Sports Medicine**, we serve the Greater Atlanta and East Cobb communities with advanced treatment options for musculoskeletal injuries and disorders. Our board-certified and specialty-trained physician, Dr. Benjamin Barden, is committed to delivering personalized and compassionate care to each patient, utilizing the latest in non-operative and surgical treatment strategies.

In addition to our expertise in sports medicine, we offer comprehensive orthopaedic care for adults, adolescents, and children, in the areas of general orthopaedics, hand, hip, knee, shoulder, foot & ankle conditions. We offer a convenient location in the new **Northside/East Cobb Medical Building**, as well as on-site x-ray and MRI diagnostic services. We are welcoming new patients, and same day appointments are often available.

WE OFFER A FULL RANGE OF SERVICES, INCLUDING:

- Fracture care
- Arthroscopic treatment of rotator cuff tears & shoulder instability
- Treatment for ACL, PCL, MCL, LCL & complex ligament injuries of the knee
- Cartilage restoration & transplantation for knee injuries
- Meniscus repair & transplantation
- Patellofemoral instability management
- Hip arthroscopy
- Hip, knee & shoulder replacement surgery
- Joint injection therapies

**Dr. Benjamin
Barden**



SMILE

**STRESS
is related
TO 99%
OF ALL
ILLNESS.**

JEALOUSY
works the opposite
way you want it to.

**Friends
are MORE
important
than money.**



BREATHE DEEPLY

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

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.

EAST COBBER

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

BE GRATEFUL

MEDSPA

Amerejuve Medspa

>2476 Canton Road • Marietta 30066
770-966-2205

>4774 Lower Roswell Road • Marietta 30068
770-509-0000 • www.amerejuve.com
Tues-Fri: 9am-6pm; Sat: 9am-5pm

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.

OPHTHALMOLOGISTS

Milan Eye Center

3775 Roswell Road, Suite 150 • Marietta 30062
678-381-2020 • www.milaneyecenter.com
Mon-Fri: 8am-5pm

Milan Eye Center provides quality ophthalmology care to help patients achieve better vision through various treatments. With five convenient locations, patients are able to schedule an appointment to treat conditions such as cataracts, glaucoma, age related macular degeneration, dry eye, oculoplastics, cosmetic, corneal transplant, and eye infections.

.....

East Cobbers Want to Get Healthy

Let Us Tell Them About You!

East Cobb residents, like most Americans, are in search of improving their health!

Especially at the beginning of a new year, people are putting better health and wellness on their New Year's Resolution list!

If you are a fitness trainer or health care professional you need to let EAST COBBER readers know you are here to help them get in tip-top shape. We give readers a place to begin their quest for good health and wellness.

**To advertise call us at
770-640-7070.**

ORTHODONTISTS

Braces Braces

1111 Johnson Ferry Road, Suite 100 • Marietta 30068
770-222-2322 • www.braces-braces.com

Mon-Fri: 9am-7pm; Sat: by appointment

Braces Braces strives to go above and beyond providing orthodontic services. They offer a variety of financial options that make orthodontic care as affordable as possible. You can even get affordable braces for as low as \$50 a month, or receive multi-family member discounts.

Drs. Enoch and Lamei

2155 Post Oak Tritt Road, Suite 180 • Marietta 30062
770-977-0377 • www.TheSmileSolution.com

Mon & Wed: 8am-5pm; Tues: 7:20-4pm; Thurs: 7:20-2pm

Our orthodontic practice's top priority is to provide you the highest quality orthodontic care in a friendly, modern and comfortable environment for children and adults.

PEDIATRIC DENTIST

Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068
770-479-9999 • www.NiaDentistry.com

Mon-Fri: 8am-5pm; Sat: by appointment

Dr. Azi Nia is dedicated to providing excellent pediatric dental care and building confidence in her patients. Dr. Azi's greatest goal is helping a child overcome their fear and anxiety, getting them to a point where they actually enjoy their appointments.

PERSONAL TRAINING

Fitness Together

1255 Johnson Ferry Road, Suite 26 • Marietta 30062
770-321-1347 • www.fitness-together.com/eastcobb

Hours 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.

PHARMACY

Concord Pharmacy East Cobb

4800 Olde Towne Parkway • Marietta 30068
770-500-4541 • www.concordrx.net

Mon-Fri: 8:30am-5:30pm

Concord Pharmacy has served the Atlanta area for over 36 years and has 11 locations. Your well-being is their our top priority. They work closely with your physician to optimize your best health strategy and outcome.



East Cobb Family Medicine

770-509-0017
for an appointment

New Name, Same Great Care!

East Cobb Family Medicine is a full-service primary care practice dedicated to providing the highest quality care possible to patients aged 5 and older. Our board-certified physicians, Dr. Brian Nadolne and Dr. Vinaya Gokki provide care for the whole patient, and offer a full range of family medicine services, including acute illness care, chronic disease management and preventative medicine to keep you and your family healthy. We take pride in serving each patient with personalized attention and care, accept most insurance plans, and offer walk-in appointments for sick visits.

Our Services Include

- Care for patients aged 5 and older
- Immunizations for Children and Adults
- Acute Illness Care & Chronic Disease Management
- School & Sport Physicals
- Women's Health Services



Brian K. Nadolne, MD, FAAFP



Vinaya Gokki, MD

New Location!
1121 Johnson Ferry Road
Building 1, Suite 320
Marietta, GA 30068
EastCobbFamilyMed.com

Call **770.479.9999**

Or Click www.niadentistry.com



No Insurance? No Worries.
We Offer a \$99 New Patient Exam
that Includes X-Rays, Cleaning
and Fluoride varnish.



Complementary
Exam and Fluoride
for kids under
18 months!

Dr. Azi Nia, DMD
Board Certified
Pediatric Dentist

www.niadentistry.com

1111 Johnson Ferry Road, Suite 200
Marietta, GA 30068



Call **770.222.2322**

Or Click www.braces-braces.com



BRACES From \$3000
BRACES Starting At \$50/Month
Don't spend more for braces. Come see us!

Proud Orthodontic Partner
of the Atlanta Braves



Dr. Farah Kar
DDS, MSc, MS,
Orthodontist



This office proudly supports
American Orthodontics and
products made in the U.S.A.

www.braces-braces.com
1111 Johnson Ferry Road
Suite 100
Marietta, GA 30068



facebook.com/bbracesbraces
instagram.com/bbracesbraces

FLOWERS MEDICAL CAN HELP YOU FEEL STRONGER AND HEALTHIER



Flowers Medical Group Staff



Director Misty Croft, RN and Lynn Flowers, MD

Getting older doesn't mean you have to give up the things you love to do. Flowers Medical's photo wall filled with patients enjoying their lives is proof that the aging process can be fun. Lynn Flowers, MD, is a physician who started the Flowers Medical Center for Anti-Aging and Metabolic Medicine six years ago to shift the focus from disease-driven medicine to a preventive focus on health.

Dr. Flowers wanted to improve his own personal performance and strength, while also avoiding the effects of chronic disease like Parkinson's disease that impacted his father. Through extensive research, he learned the majority of health issues are preventable by lifestyle measures and healthy metabolic support. After years in traditional medicine, he decided to begin a center that focused on wellness.

"We want people to know they don't have to live through chronic fatigue or pain just because they are getting older. Getting older is not an excuse," says Dr. Flowers.

He started the practice with one nurse, Misty Croft, RN, who also believed in making wellness a priority. After growing organically through word of mouth and referrals, Flowers Medical recently expanded into a new location at Spectrum Circle in Marietta. The new center offers specialized testing, comprehensive lab work, and examinations that are designed to keep people feeling energetic and healthy as they age.

"Our goal is to evaluate all risk factors for disease including nutrition, exercise, medical history along with genomics and family history to locate any problem areas and prevent future disease," says Dr. Flowers. "This approach uses the principles of functional medicine to consider a wide variety of factors that affect how we feel."

Patients enter through a beautiful, serene waiting room, but they don't wait long. The practice only books one patient at a time and allows enough time to have an in depth consultation and medical exam. The patient then meets with the team to work on a comprehensive health plan based on the results.

The services at Flowers Medical include hormone therapy for women and men, hypothyroidism treatment, weight loss coaching, genetic testing, nutritional analysis and IV nutritional therapy. IV nutritional therapy is a way to provide essential minerals, amino acids, vitamins and other nutrients into the body's circulation, bypassing the digestive system.

The new practice also offers personal fitness classes and sessions with Lee Haney, an 8-time Mr. Olympia and member of the International Sports Hall of Fame. They also provide yoga and meditation classes.

"Our wellness plans for patients might include yoga or exercise, so we wanted to be able offer anything our clients needed in one convenient place," says Misty Croft, RN, BSN.

Because their patients felt better on the inside, they asked for services to help them look better on the outside too. Flowers Medical provides Cool Sculpting, a nonsurgical procedure that eliminates stubborn fat. They also have an onsite medical aesthetician, who performs facials and cosmetic procedures like chemical peels. Patients can now take advantage of advanced medical anti-aging facial treatments such as Xeomin and dermal fillers to smooth out the signs of aging in the skin.

Clients began sending in photos of themselves doing activities that showcased their health like rock-climbing or scuba diving. Now Flowers Medical features these photos in an expanding "bucket list" wall of success stories.

Patient testimonials also share how their experience impacted their lives.

"The Flowers group has been a life saver! They have helped me over come seven years of illness in almost four months! So thankful for all of their knowledge and the compassion they have for their patients," shares Sheridan Smith, a patient.

Visit flowersmedical.com to see more reviews or to learn more about their services. You can also make an appointment or learn more by calling 678-303-4420. Flowers Medical is located at 1950 Spectrum Circle, Suite 505A, Marietta, Ga., 30067.

PAID ADVERTISEMENT



FALL INTO FITNESS

Look, Feel, and Be at Your Best this Fall with Private Personal Training

East Cobb
1000 Johnson Ferry Road
Building 400, Suite 412
Marietta, GA 30068

fitness-together.com/eastcobb

Get Started Today!

770.321.1347

Follow Us



©2016 Fitness Together Franchise Corporation. All rights reserved. Each Fitness Together® studio is independently owned and operated.



AUTUMN SPECIAL:

3 training
sessions
for **\$99**

*Limited time offer. Terms and conditions apply. See studio for details.

SIGN UP NOW:

eastcobbjumpstart.com



"Physical Therapy & Sports Medicine Experts"

30 Years of Experience

Sovereign Rehabilitation is a comprehensive physical therapy and rehabilitation center that delivers today's most advanced rehabilitation options. Our team of talented providers is committed to providing each patient with individualized attention and patient care, and works to design wellness plans based on your unique needs and personal goals.

We offer a full range of rehabilitation services, including:

- Orthopedics and Sports Medicine
- Hand Therapy
- Women's Health
- Schroth Scoliosis Treatment
- Pediatric and Teen Physical Therapy
- Balance and Dizziness
- Workplace Injuries

4800 Olde Towne Parkway, Suite 130, Marietta, GA 30068

770-485-3045

SovereignRehab.com



Affiliated with



NORTHSIDE HOSPITAL

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

WELLSTAR HOSTS MEDICATION TAKE BACK DAY



WellStar Health System wants to help you rid your home of dangerous medications. Why? In the wrong hands, expired or unneeded prescriptions can cause serious illness or death.

Why is it important to remove old medications from the home?

Old prescriptions are often an easy source for abuse and can cause confusion for people taking a large number of medications. For children under four, the medicines commonly ingested include ibuprofen and multivitamins, plus medications for diaper rash and diaper care. For teens, abuse is often with prescription medications that treat mental health conditions or attention deficit hyperactivity disorder.

Where do I bring my old prescriptions and when?

During this one-day event in September, WellStar, Cobb County Police Department and Safe Kids Cobb County invite East Cobbers to drop off prescriptions at Medication Take Back Day. Just pull into the drive-through drop off at WellStar East Cobb Health Park at 3747 Roswell Road on September 23 any time between 10am-2pm.


Why Medication Take Back Day vs. throwing medicine away at home?

Even disposing of old medications can be dangerous. Typical disposal in the home can lead to accidental poisoning, and flushed medications end up polluting community water. Medication Take Back Day protects our children, families and environment.

Can I drop off medications in my cabinet that don't have my name on them?

No questions will be asked, and no forms or ID will be required to drop off any medications. Cobb County Police will be on site to collect medicine as current federal regulations allow only law enforcement to collect controlled substances.

How will the medications be disposed of once they are dropped off?

The waste medicines are sent to a disposal facility, where they will be destroyed by high temperature incineration. Additional information on this event can be found by calling 770-793-7373. 



East Cobb

CALL
EAST COBBER

770-640-7070

\$99



Dr. David H. Gustafson

Whether it's been six months or six years, the friendly team at 1st Choice Dental Care is here for YOU!

* Offer expires October 15, 2017. Offer can not be combined with insurance or any other offer.



678.905.3066

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR SEPTEMBER

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

Medicare 101

September 12 | 10-11:30am

Free; Registration required

If you are newly eligible or soon to be eligible for Medicare, this seminar is designed especially for you. Learn the basics of Medicare to help you to make an informed decision about your coverage options.

Free Hearing Screening

September 15 | 9am-12pm

Free; No registration required.

On a first come, first served basis.

Is your hearing causing you concern? Take the time to have it checked out and get a free screening from Dr. Bret Greenblatt of WellStar.

Meet the Author: Tammy Billups

September 15 | 11am-1pm

\$6 Cobb residents/\$7 Non-residents, includes lunch

Join us for an intimate conversation with Tammy Billups, as she discusses how *Beyond the Fur* came into fruition, and the animal-healing miracles she has witnessed throughout the sixteen years of her holistic healing practice.

ASiST - Aging Simulation

September 20 | 10:30am-12:00pm

Free; Registration required

Aloha to Aging will lead an overview of the most common age-related health challenges (vision loss, hearing loss, and mobility issues) and how they affect elders. Includes hands-on exercises designed to simulate what it's like to handle everyday tasks while dealing with age-related health challenges.

Social Security 101

September 21 | 10-10:30am

Free/Registration required

How does early retirement affect your benefits? Do you qualify for disability, survivors, and/or spouse benefits? Learn how to use My Social Security online account and other online services.

Fall Prevention

September 22 | 10:30-11:30am

Free/Registration required

Have you fallen or do you feel unsteady when you walk? Join Beverly Stegman with Foundation Therapy Center to learn about your balance system, your fall risk and steps you can take to reduce your risk of falling.

The Benefits of Body Scrubs

September 27 | 10-11am

Free; Registration required

A good body scrub is an essential for maintaining healthy smooth skin. They are a must-have on your shower menu. Sarah Hilsmier with FirstLight Home Care will share the benefits of body scrubs.

Flu Shots

September 29 | 10am-12pm

Free for seniors with Medicare or other insurance;

\$31.99 without insurance.

Protect yourself by getting a flu shot from Walgreens.

Please stop at the front desk to register for the appointment and pick up the paperwork.

AARP Smart Driver

September 28 | 9am-4pm

\$15 AARP members | \$20 Non-members

(cash or check only)

The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Learn age-related physical changes and how to adjust your driving to compensate. Check with your insurance agent about a possible discount. Bring a lunch.



Thrive at East Cobb is Memory Care Like You've Never Seen Before!™



200 Village Pkwy NE
Marietta, GA 30067
ThriveAtEastCobb.com

With 25 private suites, Thrive At East Cobb is a boutique community where residents will enjoy personalized care in a home designed with them in mind.

Thrive's senior-friendly technology and unique approach to care broadens our understanding of the resident and provides relevant ways of connecting.

Call or text to arrange a visit with our family advisor today. **470-250-0808**

thrive
memory care



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

ALOHA TO AGING SEPTEMBER PROGRAMS

Aloha to Aging is a local nonprofit that offers healthy aging, wellness and educational programs for active seniors. The following is a sampling of some of the programs offered in September. They are located at 4608 Lower Roswell Road in Marietta/East Cobb.

Hearing and Balance Presentation

Tuesday, September 5th • 11:15am-12pm

Dr. Melissa Wikoff of Peachtree Hearing will share how hearing and balance work together. Do you feel like the world around you is constantly spinning? Are you having difficulty walking because you just can't seem to catch your balance, especially in the dark? You may be suffering from a balance disorder. Learn how this can be helped. For more information call 770-722-7641 or email info@alohatoaging.org


Dementia 24/7 Simulation Training Class

Monday, September 18th • 2:30-4pm

This simulation training delivers insightful, impactful learning stations to guide on the challenges of aging persons living with dementia, making one more empathetic to individuals facing this growing issue. The 5 experiences to help one better understand their issues are: Confusion and Frustration, Stigma and Isolation, Communication and Language, Memory Loss and Forgetfulness, and Dependency and Despair. RSVP by emailing info@alohatoaging.org or call 770-722-7641.

Lunch and Healthy Brain Game Day

Tuesday, September 19th • 12-1:30pm

A healthy mind is the essential key to staying independent, involved and enjoying our lives to the fullest at any age. Join Dr. Susan Starr from Access Wellness at Hirsch-Starr Chiropractic and Aloha for a healthy lunch and exciting series of games to keep your mind sharp and stimulated. Donations appreciated. RSVP by emailing info@alohatoaging.org or call 770-722-7641. 

EAST COBBER

NEXT ISSUE: OCTOBER

DEADLINE: SEPTEMBER 15

CALL EAST COBBER: 770-640-7070



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
Lora Causey, Community Relations Director*

678.946.4454

www.sterlingstateseastcobb.com

4220 Lower Roswell Road, Marietta, GA 30068

Locally Developed, Owned, and Managed | Licensed Assisted Living Facility

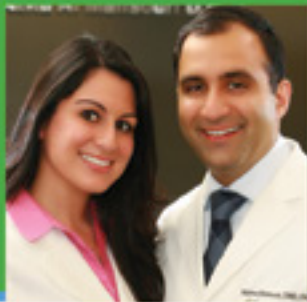


Sterling Estates



Achieved
Best Taste
2016

Thank you for supporting
The Western World's Largest Event!



MANSOURI FAMILY DENTAL CARE

Voted Top Dentist in East Cobb

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

IMPLANTS • CROWNS • VENEERS • INVISALIGN



Appointments Fill Up Quickly. Call Now To Reserve Yours!
WE ACCEPT MOST PPO INS.



East Cobb
4720 Lower Roswell rd.
(404) 475-3004

Cumberland
3350 Riverwood Pkwy.
(404) 475-3002



Now Accepting New Patients

Drs. Azita & Michael Mansouri have been featured on

www.NaturalSmile.biz



Atlanta
MAGAZINE





WellStar Kennestone Honored for Top-Level Cardiac Care

WellStar Kennestone is the only hospital in the state of Georgia and the second hospital in the nation to receive the triple distinction of the Disease Specific Care Certification for Coronary Artery Bypass Graft, Cardiac Valve Repair/Replacement and Congestive Heart Failure Program by The Joint Commission.

All WellStar hospitals have received the Gold Seal of Approval accreditation from The Joint Commission, recognized nationwide as a symbol of quality that reflects a hospital's commitment to meeting defined performance criteria.

Recognition by The Joint Commission is your assurance that you can trust WellStar for the highest quality of care.

For more information, visit wellstar.org or call 770-956-STAR (7827).



WELLSTAR.
Kennestone Hospital