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Comments and stories are always welcome.

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# PUBLISHER'S NOTE



Every year, on the fourth Thursday of November, American families gather around the table to celebrate our national holiday of Thanksgiving. Thanksgiving is more than the Macy's parade, turkey, stuffing and pumpkin pie, and televised football. Don't get me wrong, I really like all of these traditions, I just don't know what they have to do with gratitude, or with immigrants thanking locals for helping them survive. On Thanksgiving Day, we should be sure to count our blessings. As we do in every issue, this edition spotlights people in our community that contribute to our quality

of life--from our local police officers(see pages 16 & 17), to our veterans (see page 38) to the volunteers at the mudroom (see page 18). By publishing these stories, I hope you will count these "blessings" we have right here in our backyard.

As you brine the turkey, or cheer for your favorite football team this Thanksgiving, take some time to be thankful for your pet. After all, your cat or dog is a member of your family and deserves to be appreciated for all the love and companionship s/he offers you. Pets don't care what you look like, what you do for a living, or that you bite your nails. They don't judge your fashion choices or hairstyle. It makes no difference to them that you have no idea how to brine a turkey or make perfect homemade mashed potatoes. Pets just love you. It's as simple as that. At EAST COBBER, we believe your one-of-a-kind companion(s) deserves their own special section, so we publish the annual Pet Guide (see pages 20-27), East Cobb's only directory of resources to help you take care of your precious pet as well as list local groups that are out there advocating for and saving all types of animals.

"Thanksgiving" is gratitude in action as well as thoughtful reflection. So, thanks to all of you readers, who are the heart and soul of this publication, the reason for this magazine's existence. I have so much to be thankful for, and I don't mean to trivialize those personal treasures of family and friends and liberty and democracy. But the relationship between EAST COBBER and you, the reader, is one that forms the basis of all that I think about when I am creating each issue. I would also like to take this opportunity to thank our many advertisers who choose to promote their businesses by placing ads in the EAST COBBER. Without their commitment there would be no publication. And thanks to our 500 community-minded merchants who act as drop-off points for EAST COBBER. I Appreciate You All!

Cynthia M. Rozzo

Founder I Publisher cynthia@eastcobber.com

# On the Cover

This month's front cover features the new owners of Chicago's Steak & Seafood Restaurant: Oscar Galan, **Executive Chef; Mark** Zwolak, and Connor Murray. Chicago's Steak and Seafood has proudly served East Cobb since 1991, becoming a local landmark serving dinner daily. The new owners continue Chicago's tradition of relaxed, delicious dining, and warm hospitality while also adding new twists to the menu and each guest's dining experience.

Chicago's Steak and Seafood is located at 4401 Shallowford Road in East Cobb.

For more information,
you can read their story
on page 6 or visit
www.chicagosrestaurant.com.

Front cover photo taken by Michael Drewitz of

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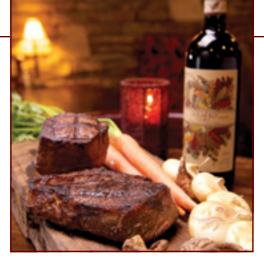
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# CHICAGO'S: CONSISTENTLY DELECTABLE FOOD FOR OVER 25 YEARS

Few restaurants on the East Cobb dining scene can tout the level of culinary and service experience that the iconic Chicago's Steak and Seafood can. Diners have been enjoying signature dishes such as the prime rib, steak tips and legendary honey butter croissants for 26 years, but few may realize that the





team serving up their scrumptious fare has a combined 100-plus years' experience at Chicago's. Key staff members include Jennifer Martin with 25 years serving cocktails in the SpeakEasy Lounge; Oscar Galan, Executive Chef/Partner who recently has returned to elevate the quality and consistency of the food providing 16 years of service; and Vicky Prada-Carcamo, Prep Cook who also has also recently returned providing 16 years of total service to assist with ensuring the quality of the sauces, soups, and gravies that the patrons love.

Owner Mark Zwolak is proud when he talks about the Chicago's team. "Our servers, bartenders, cooks and the heart of Chicago's, Executive Chef Oscar Galen are the perfect combination of experience and skill to make our restaurant stand out as the apex of quality and consistency," said Mark, a native of East Cobb.

That combined experience is the reason why diners can expect consistency and quality with each meal. Sauces always smooth and savory; steaks grilled to perfec-

tion and a server who can answer every question about the ingredients and preparation of your dish. East Cobbers Carolyn and Bill Polakowski have been regulars for years and were recently in for a date night. "I love that Oscar is back, I knew as soon as I came through the revolving door and smelled those croissants," said Carolyn. "With the food and now the music on Friday evenings, we don't feel like we need to drive to Buckhead to get an in-town style meal. It is right here in our own backyard."

Friday nights welcome the Tom Olsen Trio, a jazz band that transforms the Speakeasy bar into another era. The band plays every Friday evening, gathered around the new baby grand piano bar as guests can enjoy their cocktail or craft beer and enjoy an appetizer as they chat with the pianist.

Chicago's management continues to add new elements that make for a unique and memorable experience. There is now a Chef's Table, an opportunity for a couple to dine behind the scenes in the kitchen and enjoy a 4 or 5-course meal specially prepared for them with wine pairings and culinary insight from the chef. The Chef's Table experience is available by special reservation only. There is also \$5 Martini Ladies Night on Wednesdays and Team Trivia on Thursdays.



Chicago's Steak and Seafood is located at 4401 Shallowford Road, Roswell, 30075. Chicago's is open daily for dinner at 5pm with Early Dining Service Sunday-Thursday from 5-6:30pm.



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# WHY SHOULD I JOIN PTA?

By Carri Gaudion, Membership Chair for East Cobb County Council of PTAs

ard to believe but the 1st quarter of school is complete! By now, the routines have been established and the back-to-school frenzy has settled down. As we look at the calendar and see all of the Meet and Greets, Lunch and Learns, Family Fun Nights, Book Fairs, Dances and Fall Festivals, we see how the PTA is supporting our schools. But, did you remember to purchase your PTA membership to support PTA at your school?

I am often asked, "Why should I join PTA?" There are many GREAT reasons! First of all, PTA stands for Parent Teacher Association. It is a group of parents, teachers, community members, cafeteria workers, grandparents, aunts and uncles, students and so many more individuals working towards the goal of advocating for our children and improving their lives. PTA today continues the tradition started 100 years ago, wishing for every child to be represented by one voice. The East Cobb County Council (ECCC) of PTAs is comprised of over 28,000 members from 35 area schools.

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

#### **Get Connected and Discover Great Resources.**

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

Speak Up and Watch Yourself Grow. PTA is a forum where your ideas are welcomed and encouraged. Positive change in a school can be the result of a simple idea. Also, by sharing ideas and volunteering at your child's school, you will be able to put your hobbies and skills to use in a positive way for not only your child, but for the benefit of all children in the school and at times even the community.

Witness Improvement. You are a part of the solution by being involved in your child's school and as such, you will be able to witness improvement first hand. Your child's PTA offers educational, social and family programs aimed towards bettering the lives of children. By

joining PTA and volunteering, you will be able to see just how the programs PTA provides have a positive impact in your child's school. PTA sponsored programs can allow children to explore other countries, experiment with healthy eating and exercise, explore science in different and unique ways and offer many other opportunities that these children may not otherwise have.

**Be a Part of a Larger Voice.** At its core, PTA is an advocacy organization. We are dedicated to providing a voice for our children so that they might have better opportunities in school.

If the opportunities listed above do not appeal to you, there are other great benefits. PTA is known as a powerful voice in the community and as such, we are able to partner with local businesses willing to offer discounts to our members. Businesses offering benefits to our members this year include Chick-Fil-A, Aspens, Pigtails & Crewcuts, Sparkles, Stars & Strikes, Willy's, Studio 348, X-Drenaline, OrangeTheory, Spotless Cleaning, Eye Level Learning Center, Three 13, Snowville Shavery, IronTribe Fitness, Experimac, Marco's Pizza, Cherry on Top Delights, The Learning Center, Which Wich, Cyclebar, Peace, Love, and Pizza, School of Rock, Mathnasium, and Highland Family Chiropractic. You can view a complete list of members benefits under the Membership tab at www.eccepta.org. The community definitely supports East Cobb County Council of PTAs and the members!

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



Carri Gaudion serves as the Membership Chair for East Cobb County Council of PTAs as well as several PTA positions at Mt. Bethel Elementary and Dickerson Middle Schools. When not working on various PTA projects, Carri can be found running the streets of East Cobb and raising funds for cancer research. She resides in

Stoneheath subdivision with her husband Neil, and her daughter Allie, an 8th grader at Dickerson Middle School; and sons, Ryan, a 6th grader at Dickerson Middle School, and Sean, a 2nd grader at Mt. Bethel Elementary School.

## TIPS FOR A CAVITY-FREE THANKSGIVING HOLIDAY

Thanksgiving is a wonderful time when friends and family come together and give thanks for the many blessings of the year. In the United States, Thanksgiving is often accompanied by a meal filled with our favorite foods: turkey, mashed potatoes, gravy, stuffing, and who could forget the pie! While enjoying your Thanksgiving feast, please remember these tips to help you have a cavity-free holiday.

First, limit sweets and other sugary foods to mealtimes only. During mealtimes, we produce more saliva, which can help rinse away sugary food particles and neutralize the acids produced by the bacteria in our mouths in response to sugary foods.

Second, be mindful of sticky foods. Sticky foods, such as dried fruits and pie, adhere to our teeth stronger and longer than other types of foods. In order to keep teeth healthy, it is important to brush after meals to

remove any lingering sticky foods from the teeth.

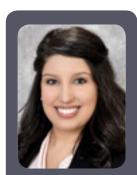
Third, remember to pair your festive holiday drink with a glass of water. Alcohol can dry out the mouth, limiting the cleansing and neutralizing benefits of our saliva. Water helps rehydrate the mouth and helps provide some of the same acid reducing benefits as saliva.

Fourth, be careful when biting on hard foods such as nuts and hard candies which can put your teeth at risk for breaking or chipping. Broken or chipped teeth may require dental treatment, such as bonding or crowns to repair.

Lastly, watch out for starchy foods. Starchy foods tend to get trapped in between the teeth while we eat and can lead to plaque build-up. To keep our teeth and gums healthy, it is important to floss daily to remove the food particles trapped between the teeth.

While these tips may leave you wondering what you can eat, the answer is – lots of things! Lean proteins, such as poultry or fish, vegetables, whole grains and low-fat or fat-free dairy foods are great choices. If you enjoy snacking, make nutritious choices – such as cheese, yogurt, fruits, and vegetables. These healthier habits will not only improve the health of your teeth but your overall health

as well. But if the lure of cherry pie and candied yams is just too irresistible, be sure to drink plenty of water afterwards and brush and floss well!!



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# CAPOZZI'S: A TASTE OF NEW YORK IN EAST COBB





If you're looking for authentic New York pizza, then look no further than Capozzi's on Roswell Road. This year marks 20 years of bringing New York (NY) pizza and pasta to East Cobb residents. While the larger stores at East Cobb Crossing shopping center have changed several times over the years with Dick's Sporting Goods and Ashley HomeStore anchoring the current locations, Capozzi's has stood the test of time and has been faithfully serving up delicious Italian fare daily since 1997.

With his Italian roots, Owner Bud Capozzi definitely has the background for operating a successful Italian restaurant. He gained solid experience in the food industry and eventually left his native New York for the South, seeking more opportunity and more space. He ultimately found both in East Cobb.

"I met Paul Alterman who owned the shopping center at that time," says Capozzi. "He was the right guy, at the right spot, at the right time. I was able to open Capozzi's just as I had envisioned – a casual place with a friendly atmosphere, with great food at a reasonable price. You know, a neighborhood place kind of like the ones I grew up in."

Capozzi's has maintained that neighborhood feel for 20 years. Best of all, everything is homemade. With "Big Mike" (Mike Porto) at his side as manager, Capozzi offers a menu that far exceeds that of a pizza joint. The restaurant has all the NY favorites and classics such as lasagna, baked ziti, manicotti, heros (sub sandwiches), calzones and so much more.

In 2000, Capozzi opened a second Capozzi's in the Sandy Plains Centre shopping center near the Shallowford and Sandy Plains Road intersection. A former cook became the manager and then purchased it three years later, retaining the signature name.

As part of the community, Capozzi believes in supporting the area where neighbors have been his loyal patrons for years. The restaurant lends its support to local church and school organizations and always makes it a point to reach out to newcomers.

To view the full menu, visit www.capozzispizza.com and also check out the reviews on Google and Facebook. You'll see that Capozzi's has "the best NY pizza south of the Mason-Dixon Line."

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# MARIETTA MUSEUM OF HISTORY PRESENTS HISTORY 4.0

The Marietta Museum of History presents History 4.0: a series of four week sessions discussing American History from a local perspective. Join us in our first session with Marietta's own Michael Thomas as he focuses on our African American heritage and the Middle Passage. Michael will present four lectures and interactive workshops to discuss the largest forced transatlantic migration in the world involving the trading of slaves, sugar, cotton and rum. This course will center around the human trade and transport portion of this route known as the "Middle Passage." Often a neglected topic in our history books but a very important subject to explore to gain a better understanding of the racial strife we are still struggling with hundreds of years later.

The class will be offered every Thursday, November 2, 9, 16 and 30 from 6–8 p.m. The series costs \$40. History 4.0 will be held at the Tumlin community room at the Marietta Museum of History, 1 Depot Street, Suite 200 in Marietta.

Register at www.MariettaHistory40.eventbrite.com. Museum Members get a \$10 off per person discount! Discount code will be in member emails or call the museum at (770) 794-5710 to get your code or purchase your ticket over the phone!

# GOOD MEWS HOSTING MEOWSQUERADE BALL

ood Mews, Georgia's original no-kill, cage-free cat shelter, will be hosting its Meowsquerade Ball at Le Fais Do Do on Saturday, November 11 from 7 to 10pm. The event will feature dueling pianos, hors d'oeuvres and a silent auction.

During the event, attendees will have the opportunity to bid on a variety of items, including jewelry, artwork, gift certificates and hotel stays, among others. All proceeds from the auction will benefit Good Mews and will go towards helping find loving homes for the cats and kittens at the shelter.

Dress code for the Meowsquerade Ball is cocktail attire and masks are encouraged. Light hor d'oeuvres and drinks will be served. The venue, Le Fais Do Do, is located at 1611 Ellsworth Industrial Boulevard, Atlanta. Individual ticket prices range from \$60-\$80. To purchase tickets, make a donation to the auction or become a sponsor, please visit www.goodmews.org.



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# EAST COBB VOLUNTEER STEPS UP AGAIN FOR THE MJCCA BOOK FESTIVAL

hen it comes to monumental events like the Book Festival of the MJCCA, volunteers are invaluable – and essential. From November 4 – 20, the Book Festival will celebrate 26 years of bringing culture and conversation to the greater Atlanta community. This year's repertoire of 45+ authors has something to offer all book lovers. More than 13,000 people from across the Southeast will come to engage with and listen to their favorite local, national, and international authors, celebrities, and influencers. Program highlights include: speaker programs, book signings, panel discussions, and more. Most events will be held at the Marcus Jewish Community Center of Atlanta (MJCCA), 5342 Tilly Mill Road, Dunwoody.

But none of this would be possible without the tireless help of the festival's many volunteers. Case in point: Marcy Bass, who has lived in East Cobb for more than 29 years with her husband, Scott Fisher. Marcy and Scott have two grown sons, Jeffrey and Michael Fisher.

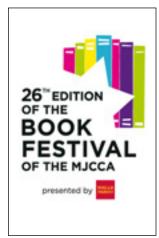
Marcy began her career as a Book Festival volunteer seven years ago and has taken on many different roles within the festival. In addition to being a Book Festival co-chair for two years, Marcy has been an integral part of the Author Selection Committee, and has travelled to New York for the past six years to help select authors for the festival.

Marcy has been a part of the festival's Community Partners Committee, as well as its Connections Committee (which helps to select the "In Conversation" personalities that accompany the author events). This year, Marcy is the Author Transportation co-chair and sits on the Festival's Marketing Outreach Committee.

In addition to volunteering at one of the MJCCA's largest programs, the Book Festival, Marcy brings a great deal of non-profit experience – the American Jewish Committee, Jewish Federation of Greater Atlanta, and the Atlanta Jewish Film Festival – to her eclectic volunteer portfolio.

"From the onset, working on the Book Festival of the MJCCA has been a labor of love for Marcy. She embodies the true spirit of volunteerism," said Book Festival Director Pam Morton. "Not only is Marcy selfless with her time, but her enthusiasm for the annual Book Festival never wanes. Marcy epitomizes what this Festival is all about as far as community engagement goes. I firmly





believe that the Festival belongs to the community and to people like Marcy, who help to shape and define it."

This year's Book Festival of the MJCCA headlining authors include: Senator Al Franken, Former First Daughters Jenna Bush Hager & Barbara Pierce Bush, News Icon Dan Rather, Supreme Court Justice Stephen Breyer, Celebrated Inventor and Entrepreneur Joy Mangano, NYT Best-selling Author and Journalist Walter Isaacson, Diet Guru and Lifestyle Expert Lisa Lillien, NBC National Investigative Correspondent Jeff Rossen, NYT Bestselling Author and National Book Award finalist Nicole Krauss, NYT Bestselling Author, Producer, and Social Commentator Reza Aslan, and New York Times Bestselling Author and Humorist Dave Barry.

Notable local Book Festival authors include: Donnie Winokur, Sam Massell, Gail Saltz, Dylan Dickson, Pam Sampson and Henry Gallant, and Harry Maziar.

"For 17 days, we invite people from across the Southeast to attend this festival that takes nine months of planning, hundreds of meetings, and 30+ committees to put together," explains Marcy Bass. "But what the community sees when they walk through our doors are wonderful programs filled with everything from comedy to cooking, politics to fiction, history to mystery, Holocaust to Israel. I am so proud to be a part of this wonderful festival."

Ticket Info: Tickets are on Sale Now. atlantajcc.org/bookfestival, 678-812-4005.







# \* EAST COBB POLICE **OFFICERS OF THE YEAR AWARDS**



Last month, the East Cobb Business Association sponsored the fourth annual East Cobb Public Safety Appreciation Celebration for Precinct 4's police and personnel. A highlight of the evening was the presentation of Officers of the Year awards. The recipients of these awards are named below and on the facing page. EAST COBBER reprinted excerpts of the speeches made before each award was presented.



#### **■ BRADLEY BURROWS EVENING WATCH** OFFICER OF THE YEAR

Officer Burrows was hired by the Cobb County Police Department in December of 2015 and, after his successful completion of mandate, was assigned to Precinct Four Evening Watch.

Officer Burrows has

since become very knowledgeable in his position as a patrol officer and he continually strives to better himself every day. Over the past year, Officer Burrows has become very effective in combating crime and is one of the top producers in all categories on Evening Watch. His efforts reflect his dedication to the job and the department.

Officer Burrows, who prefers to work the northwest area of Precinct Four, has made contacts with several of the businesses on his beat which have enabled him to develop suspects in various illegal activities. This has led to him making several significant arrests including the arrest of a driver after locating a hidden box affixed to the bottom of his vehicle which was being used to conceal and transport illegal drugs and arresting a convicted felon who was wanted on an armed robbery parole warrant that was also in possession of a gun.

Additionally, in May of this year, Officer Burrows took part in the arrest of a serial armed robber that had recently robbed the Goodwill stores in Woodstock and Douglas County. Officer Burrows, along with other officers, confronted the suspect as he fled out of the Goodwill store on Shallowford Road after just committing an armed robbery in the store.

Aside from his crime fighting efforts, Officer Burrows has also been a part of several life-saving incidents: such as applying a tourniquet to a victim of a stabbing, and then just last month performing CPR on an unresponsive person of a possible overdose.

For these reasons, and many others, Officer Burrows is recognized and awarded as the Precinct Four Evening Watch Officer of the Year.



#### **■** DETECTIVE PAUL BARNHILL 2017 CIU-4 DETECTIVE OF THE YEAR

Proper case management takes persistence, skill and intuition. Detective Paul Barnhill continues to display the talents necessary to be a successful investigator. Over the past year, Detective Barnhill has

had the highest rate of arrest and maintained the highest clearance rate of assigned cases.

Over the past year, Detective Barnhill has displayed his talents throughout many investigations. In April, Detective Barnhill was called out by another precinct following an entering auto of an elections poll worker. He responded and processed the victim's car in the parking lot of a restaurant. Paul recovered a fingerprint that ultimately led to the identification of the suspects. He was presented with an award through the Secretary of State's Office for his actions.

Throughout the year, Detective Barnhill has been a part of a multi-agency task force investigating a commercial burglary crew targeting convenience stores, pharmacies and other retail establishments. The crew is known to have victimized 59 separate jurisdictions in Georgia, as well as several others in Tennessee and South Carolina. RICO charges are pending against more than 20 different suspects for over 150 commercial burglaries.

These cases are just a small example of the outstanding work Detective Barnhill does on a daily basis. He continues to be a fine example of the high standards required by the Cobb County Police Department and CIU-4. For these reasons and many more, Detective Paul Barnhill has been chosen as the 2017 Detective of the Year.





























# ▼ FTO THOMAS R. BURNS FIELD TRAINING OFFICER (FTO); MORNING WATCH OFFICER OF THE YEAR

FTO Burns joined the Cobb County Police Department on May 2006, after starting his law enforcement career with the Atlanta Police Department. He was pro-

moted to the position as a Field Training Officer in 2015, where his responsibilities changed to directly training new recruits. His leadership and professionalism stands tall on a shift with mostly young officers who are still developing their skills as police officers. FTO Burns is an essential part of the shift as a senior and veteran law enforcement officer. He has successfully trained four recruits in the last 18 months. Three of the four officers are still on Morning Watch at precinct four and all of those voted unanimously for FTO Burns for this award along with several others. The amount of votes FTO Burns garnered from his peers is an example of his position on the shift as someone the officers he trained and those he didn't look to for guidance. This year is especially special in recognizing FTO Burns as he has had a roller coaster of a year, beginning with his wedding in June 2017, to the sudden passing of his father, Thomas Burns III, just 19 days later. We shared in the excitement of FTO Burns's marriage and in his sorrow and mourning of his father's passing. As a shift, we, The FRUITBATS, again share in the excitement of this award and are thrilled to name FTO T.R. Burns as our Officer of the Year!



# ◀ TRISTAN MCCULLOCH DAY SHIFT OFFICER OF THE YEAR

Officer McCulloch consistently ranks near the top in his number of arrests, citations written, incident reports written and calls for service. He is highly motivated and dependable. He is always positive when it comes

to his duties and creates a positive image for the police department overall.

Officer McCulloch always arrives early for his shift and rarely requests days off. He volunteers to work overtime and comes in on his days off when help is needed. He is an officer that can be counted on with everything and is never heard complaining.

Officer McCulloch is very proactive and is quick to respond to calls. He always steps up and will be the primary officer on calls and never tries to pass off reports to other officers. He has a great working knowledge and is always lending a helping hand to new and veteran officers.

Officer McCulloch has the respect of his fellow officer's across the board on our shift. He has a good sense of humor and is personable. He communicates well with his fellow officers and with supervision.

Officer McCulloch is a fine example of what a Cobb County Police Officer is all about. Officer McCulloch deserves to be the Day Shift Officer of the year.





# THE MUDROOM MAKES ROOM FOR LOCAL TEENS

By Christina Houston

o you ever wonder what your teen is up to when you're not around? Where they go and who they spend their time with? What if there was a place that would allow you to rest easy knowing that your teen is being supervised but still able to socialize and interact with other students? Now what would you think if I told you that this place exists right here in East Cobb?

All teens face pressures in their daily lives, whether it be getting good grades, getting into a good college or making the right choices. Teens today experience a lot of anxiety and they may not always choose the right way to blow off steam. Dr. Jayson Hayes, pastor at Marietta Alliance Church, saw this problem in his church community

and decided that he needed to be the one to step up and make a difference. He was able to poll businesses in the area and get feedback regarding problems they were experiencing with teens. "Working with kids has always stirred my heart," says Dr. Hayes and he felt it was his religious and moral duty to help the teens in his community. As a result of many discussions with local business owners and residents, he found some retail space in the The Corners shopping center and created the "Mudroom", seven years ago.

The Mudroom is completely renovated, fully supported, and entirely staffed by volunteers from Marietta Alliance Church. Located at 2745 Sandy Plains Road in Marietta/East Cobb, The Mudroom is a free teen center in walking distance of Sprayberry High School and is a place where teens from all over East Cobb can socialize and enjoy complimentary snacks and beverages. The 3,600 square foot space is equipped with a pool table, ping pong table, two foosball tables, two flat screen TV's, a gaming center, four serving counters and free wifi. The Mudroom is open from 3pm to 6pm Tuesday through Friday and averages 25 to 65 teenagers every week. Since the Mudroom operates during the school week, tutoring is also offered. In addition to being open during the week the Mudroom is also open for special teen events, such as video game tournaments, special speakers, and an



The Mudroom volunteer "management" team: Ben Jackson, Marie Sauer, Chuck Kauffman, Dr. D. Jason Hayes, Executive Director and pastor at Marietta Alliance Church; Heather Gray, Janet Edwards, and Charity Cho.

annual Christmas party. Dr. Hayes emphasized that they "don't make any money," and everything that they have are donations from the church.

As the growth of the ministry has grown Dr. Hayes has not lost focus of why he is doing what he does. The regular teens refer to him as "Dr. J" and he knows each of them by name. One teen shared, "I know that I can go to Dr. J when I need to talk". Another teen visitor, said he liked the Mudroom because "it was a cool place to meet people you wouldn't talk to at school."

Dr. Hayes also revealed how the ministry has not only affected the teens that attend but has also had a ripple effect on the community. He shared a past situation where a family lost their home to a fire and his ministry was able to help them get back on their feet because he heard about the family's loss through the teens visiting the Mudroom.

The Mudroom is run completely from donations so if you would like to donate, visit www.macweb.org/giving/ and select Mudroom ministries when prompted. For more information you can visit Marietta Alliance Church's website at www.macweb.org/contact-us/. The Mudroom is an amazing opportunity and it will give your teen a chance to flourish in a safe environment.

Christina Houston is a sophomore at Sprayberry High School.





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**Deja Vu** Owner: Janice Lemaire



**Abby**Owner: Debra & Joe Paonessa

20 November 2017

#### **ANIMAL HOSPITALS**

#### **Cobb Emergency Vet Clinic**

630 Cobb Parkway North • Marietta 30062 770-424-9157 • www.cobbevc.com 7800 Highway 92 • Woodstock 30189 678-238-0700 • www.cobbevc.com

A highly dedicated group of professionals working together to achieve excellence for their clients, patients, and profession. Exceptional staff and extensive services are offered to patients. Open 24 hours a day, 365 days a year.

#### Mountain Park Plaza Animal Hospital

4708 Woodstock Road • Roswell 30075

770-587-4800 • www.mppah.com

Proudly serving Roswell, Marietta, Woodstock and surrounding cities with only the best veterinary services for over 30 years. Also offering boarding and grooming.

#### **CAT CLUBS**

#### **Atlanta Cat Shows**

www.atlantacatshows.org

Includes Atlanta Phoenix Cat Society, Cotton States Cat Club, Rebel Rousers Cat Club, with shows located in Cumming, Duluth, and Gwinnett County Fairgrounds.

#### CFA Breeder Assistance & Breed Rescue, Inc.

www.cfabreederassist-rescue.org cfabreederassitance@gmail.com

A program of the Cat Fanciers' Association (CFA) that helps with advice, food, physical assistance, and placement of cats.

#### **CAT CONSULTANT**

#### **Fundamentally Feline**

www.fundamentallyfeline.com • Ingrid@fundamentallyfeline.com Offering personalized in-home cat behavior consultations, handmade sisal scratching posts, foraging toys and custom built vertical space to make your home more feline friendly!



**Barkley**Owner: Lisa Mize



**Braddock**Owner: Matt and Bethany Tuttle







**Princeton**Owner: Maddie Williams



**Charlie**Owner: Becky Love

#### **DOG CLUBS**

#### Atlanta Doberman Pinscher Club

www.atlantadpc.com

For well over two decades, the Atlanta Doberman Pinscher Club (ADPC) has strived to fulfill its mission through various activities including two annual specialty shows, temperament testing, and, most importantly, periodic meetings where members network and share a wealth of information with each other as well as hear from a spectrum of different speakers on matters of health, nutrition, fun things to do with your dogs, rescue, etc.

#### Atlanta Obedience Club

1193 Beaver Ruin Road, #D • Norcross 30093
470-302-3633 • www.atlantaobedienceclub.com
AOC is a non-profit organization. It exists for the purpose of promoting the training of dogs, disseminating the knowledge of dog training by holding classes for all levels of dog obedience. You do not have to own a pure bred dog to participate in classes or become a member of AOC. We believe all dogs deserve training and recognition for their good manners. AOC promotes cooperation and good sportsmanship among club members in both the training and exhibition of dogs.

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

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

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

www.ckcscatlanta.org

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



**Divot Deville**Owner: Dea Costo



**Libby**Owners: Becky Love

### PET PORTRAITS BY ARTIST BRITTA PATELLIS









Britta's detailed pencil drawings reveal an eye for detail and a talent for capturing the essence of your pet! Custom portraits make great birthday, anniversary or memorial tribute gifts!

Facebook/Britta Patellis Woodcarving • Contact Britta Patellis at 404-435-6490



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www.facebook.com/EastCobber



**LuLu**Owner: R. Wheatley

# What do I do if my dog or cat bites someone?

You will be required to make a decision about the future of your pet. Confinement is a must under the Cobb County Animal Control Ordinance. This quarantine/confinement is necessary for 10 days. You can choose to auarantine the animal at your vet or the Cobb County Animal Control Shelter. If you do not choose to keep the animal because of the bite, you can request that the animal be put to sleep and tested for rabies. Neither of these options are pleasant, but because of the potential for rabies exposure and/or liability on your part you must make the decision that is best for your situation. Animal Control does not normally adopt out animals that have bitten or scratched, but every situation is considered individually.

#### DOG CLUBS

#### Chattahoochee Weimaraner Club

www.chattahoocheeweim.org

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

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

770-919-1674 • atlantabostonterrierclub@gmail.com

#### **Greater Atlanta Toy Dog Association**

www.greateratlantatoydogassociation.org
Established to advance the interest of Pure-bred Toy dogs by
maintaining high breeding standards to include soundness of body
and mind, while preserving the unique beauty and character of the
Toy Breeds.

#### Kennesaw Kennel Club

www.kennesawkennelclubinc.org

AKC All Breed Kennel Club. They offer Show Training instruction in the fall and spring. They also have breeder referral.

#### Southeastern Greyhound Club (SEGC)

2232 Gordon Road • Moreland 30259

770-GREYPET (473-9738) • www.greyhoundadoption.org info@greyhoundadoption.org

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

#### **DOG PARKS-COBB COUNTY**

#### **Sweat Mountain Park**

4346 Steinhauer Road • Marietta 30066 770-591-3162 • www.cobbcounty.org

Located in Sweat Mountain Park, the dog park has an area for large dogs and an area for smaller dogs weighing 30 lbs. or less. There are benches conveniently located for dog owners as well. Open daily dawn till dusk. Closed each Wednesday morning for maintenance.

#### Pitner Road Dog Park

2450 Pitner Road • Acworth 30101 • 770-528-8890 www.cobbcounty.ora

www.cobbcounty.org

Open daily dawn till dusk. Separate areas for large and small dogs. Playground and picnic pavilion nearby for owners. Closed each Wednesday morning for maintenance.

#### **GROOMING**

#### Hot Dogs Cool Cats Grooming Spa & Boutique

255 Village Parkway NE, Suite 730 • Marietta 30067 770-858-1000 • www.hotdogscoolcats.net

Full service grooming salon with highly skilled and friendly staff; providing basic baths to full pet make-overs. Always muzzle free. Only the best products.

#### Lucky Dog Spa + Playcare

551 Johnson Ferry Road • Marietta 30068 • 470-875–8259
EastCobbluckydog.com • Monday - Friday: 9am - 6pm.
Our caring professionals are available to provide a variety of services to ensure your dog is happy, healthy and looks great. At Lucky Dog Spa & Playcare you will find caring professionals who love dogs, and like you, want the best for your dog.

### Lost & Found Rules & Regulations

- Upon receipt of any domestic animal impounded, wearing a tag, the Cobb County Animal Control Division will make diligent efforts to ascertain the identity of the animal's owner and, if identified, shall, within 24 hours of receipt, contact the owner by telephone. It shall send notice of impoundment to the owner by mail.
- All animals impounded shall be kept at the Animal Control Center for a period of not less than 5 working days unless redeemed within that period.
- Any animal not redeemed shall be considered abandoned to the Animal Control Division, in which all rights of ownership shall vest in the Animal Control Division; and the owner shall have no further claim to such animal.
- The owner must go to the Animal Control Shelter during normal hours to reclaim the pet. You must bring an I.D. (Drivers License or Georgia I. D.) and proof of ownership such as Vet Records. For more information call: 770-499-4136

#### **HORSE CLUBS**

#### Georgia Federation of Saddle Clubs

www.georgiafsc.com

The Georgia Federation of Saddle Clubs is a non-profit Equestrian Club. The members of the Federation compete in Judged (Performance) and Timed (Running) events.

#### **Georgia Horse Council**

P.O. Box 1307 • Dacula 30019

678-835-8206 • www.georgiahorsecouncil.com

The Georgia Horse Council is a non-profit organization dedicated to promoting, educating and unifying equine-interested people, state horse organizations and state breed associations in Georgia.

#### **Rhinestone Rodeo Chics**

770-715-2028 • www.eteamz.active.com/

rhinestonerodeochics

A rodeo and special events drill team formed to promote the love of horses and good horsemanship while providing high speed, thrilling, fast paced fun and family entertainment for all audiences.

#### **Steed Magnolias**

Mitzi Cheney, founder. mitzi@cglsarchitects.com

#### **PET ADOPTIONS & SHELTERS**,

#### **Act2pups Pet Rescue**

act2pups@yahoo.com

www.petfinder.com/shelters/GA797.html

Act2Pups gives senior dogs that have been thrown away a second chance by finding a second home for them.

#### Adopt a Golden Atlanta

404-DOGLESS (364-5377) • www.adoptagoldenatlanta.com Adopt a Golden Atlanta is an all-volunteer, non-profit organization dedicated to finding warm, loving homes for unwanted and/or abused golden retrievers before they become strays or are turned into animal shelters.

#### **All Paws Considered**

770-640-5550 • www.petfinder.com/shelters/GA175.html All Paws Considered is an all no-kill pet rescue organization. They rescue neglected, abused and homeless animals and provide them with needed medical care and rehabilitation until permanent homes can be found.

#### **Angels Among Us Pet Rescue (AAUPR)**

PO Box 821 • Alpharetta 30009

877-404-5874 • www.angelsrescue.org

info@angelsrescue.org

AAUPR, a non-profit that educates the public on the plight of animals that have found themselves in high kill shelters throughout Georgia and save as many animals as they can. They see each animal through from the actual rescue to the loving foster home and ultimately to the "forever" home they were meant to have.

#### Animals Deserve Better, Inc.

3100 Roswell Road, Suite 125 • Marietta 30062

770-402-0297 • www.animalsdeservebetter.org

Rescues live in a family environment with 24-hour care until they are placed into service or adopted. Homes and family are found for all no matter the time that it takes and we try very hard to make sure that everyone one is happy with their new family member. Animals Deserve Better specializes in orphaned babies, pregnant mums and special needs cases.

### Fundamentally Feline

Fundamentally Feline offers in-home behavior consultations, 100% sisal scratching products including: posts, pads and ramps. Plus, food puzzles and custom built vertical space for cats.

We are Atlanta's resource for all things feline!

www.FundamentallyFeline.com



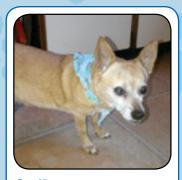


Ingrid Johnson, CCBC (certified cat behavior consultant)



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#### **PET ADOPTIONS & SHELTERS**

#### **Atlanta Animal Rescue Foundation**

6570 James B River Drive • Stone Mountain 30083

678-534-3483 • www.aarfatlanta.org

AARF works to create a world where every pet matters. We strive to help homeless pets find homes and help pets stay with their families for their whole lives.

#### Atlanta Beagle Rescue

www.atlantabeaglerescue.org

Helps find homes for beagles in need. Provide foster homes, necessary veterinary care, and place in permanent homes.

#### Atlanta Boxer Rescue Inc.

5322 Vinings Lake View • Mableton 30126

www.atlantaboxerrescue.ora

An organization dedicated to the rescue and adoption of Boxers in the metropolitan-Atlanta area, and to provide support and education for Boxer owners.

#### Atlanta Lab Rescue

www.atlantalabrescue.com

ALR's mission is to identify and rescue Labrador Retrievers and Lab Mixes from overwhelmed shelters and abusive situations and place them in secure, loving homes.

#### **Basset Hound Rescue of Georgia**

PO Box 680322 • Marietta,30068

770-499-1164 • www.bhrg.org

Basset Hound Rescue of Georgia, Inc. is a non-profit, volunteer effort to save abandoned and mistreated basset hounds for the love of the breed.



**Envy** Owners: Kristen Smith



**Sunny**Owners: The Gale Family

# Hot Dogs - Cool Cats

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#### **PET ADOPTIONS & SHELTERS**

#### **Best Friends Altanta**

4874 S. Atlanta Road SE • Atlanta 30339 404-815-6680 • atlantapetrescue.org

Atlanta Pet Rescue & Adoption (APRA) has joined Best Friends Animal Society as Best Friends in Atlanta. The center will serve as a lifesaving hub for animals and also a base which can fill in gaps in local programming and build a coalition to help the metro-Atlanta area in its final push to no-kill.

#### **Cobb County Animal Shelter**

1060 Al Bishop Drive • Marietta 30008

770-499-4136 • www.cobbcounty.org/animalcontrol
As a unit of the Department of Public Safety, the shelter is
responsible for handling complaints in Cobb County regarding
dangerous, stray, or dead animals and animal cruelty. Call for

#### Ferret Business of Georgia

678-345-8584 • gaferret@yahoo.com

#### Forgotten Paws Pet Rescue

www.forgottenpaws.com • forgottenpawsatlanta@gmail.com A non-profit animal rescue located in Cobb County.

#### **Furkids**

Cat Shelter • 2650 Pleasantdale Road • Atlanta 30340 Dog Shelter • 1520 Union Hill Road • Alpharetta 30005 www.furkids.org

Furkids is a non-profit charitable organization that operates the largest cage-free, no-kill shelter in the Southeast for rescued cats and a no-kill division for dogs. At these locations, animals experience the best care in a loving, safe environment until they are adopted into forever homes.

#### Georgia House Rabbit Society

2280 Shallowford Road • Marietta 30066

678-653-7175 • www.houserabbitga.com

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

#### **Good Mews Animal Foundation**

3805 Robinson Road • Marietta 30068

770-499-CATS (2287) • www.goodmews.org

adopt@goodmews.org

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

#### **Homeless Pets Foundation**

1343 Gresham Road • Marietta 30062

www.homelesspets.com

The Homeless Pet Foundation is a 501(c)3 organization that saves the lives of homeless cats and dogs in Atlanta area animal shelters and promote the benefits of pet ownership.

#### **Humane Society of Cobb County**

148 Fairground Street SE • Marietta 30060

770-428-5678 • www.humanecobb.com

Encourages the humane treatment of animals and proper care of pets with a no-kill shelter. Offers pet crisis counselling, pet-assisted therapy, lost and found, rescue, and adopt-a-pet program.

#### The Husky Pack Rescue

info.huskypackrescue@gmail.com • www.huskypackrescue.com Their focus is to help Siberian Huskies, Malamutes and other working dog breeds that have been abused, neglected, abandoned, or surrendered.

#### **PET ADOPTIONS & SHELTERS**

#### JO Gives

2249 Roswell Road • Marietta 33062

Partners with other pet rescue groups to help find forever homes for homeless pets by holding adoption events for the Homeless Pets Foundation.

#### K-9 Rescue League

siems@bellsouth.net

www.awos.petfinder.com/shelters/GA323.html

The K-9 Rescue League rescues dogs/puppies from local and very rural animal shelters, that have extremely high euthanasia rates and few adoptions. They also help abused or neglected and unwanted dogs that are living on their own.

#### **Mostly Mutts**

3238 Cherokee Street, Kennesaw 30144

770-272-MUTT (6888)

www.mostlymutts.org • info@mostlymutts.org

They work closely with animal control officers to reduce the number of animals euthanized at local shelters in metro Atlanta. Hold weekly adoption events in downtown Kennesaw.

#### **Mutt Maddness**

404-406-6322 • www.muttmaddness.org

info@muttmaddness.org

They work closely with animal control officers and other rescue organizations to reduce the number of animals entering into and being euthanized at local shelters, educating youth on the humane treatment of animals and working on seeing legislation passed in the state of Georgia to protect all of our animals.

#### Our Pal's Place

4508 Canton Road • Marietta 30066

www.ourpalsplace.net

helpanimals@ourpalsplace.org

Pet adoption facility and education center. Its mission is to bring about a time when all animals are treated with kindness and compassion.

#### Papillon 911

PO Box 682225 • Marietta 30068

www.pap911rescue.org

A rescue organization committed to rescuing Papillons.

#### **PAWSitive Supporters**

(404) 931 0825 • www.pawsitivesupporters.com

info@pawsitivesupporters.org

A non-profit group dedicated to helping homeless and shelter animals in Cobb County. Focused on the spay/neuter goals thru their FIX Em' Free program.

#### Road Trip Home Animal Rescue

678-861-PAWS (7297) • www.roadtriphome.org

roadtriphome@ymail.com

Saves companion animals from life threatening situations and transports them to shelters where they can be adopted and begin new safe lives that allow them to bond with and enrich the lives of their adoptive families.

#### **Rotts 'n Pups Rescue**

404-456-8943 • rottsnpupsrescue.org

Irina Chow • rottsnpupsrescue@fastmail.fm

Saves dogs from high-kill shelters, individuals who no longer want or cannot keep their animal(s), and people who find them as strays or left on their property. They are a small group of foster homes and are committed to the care of our rescue dogs for as long as necessary.

#### **PET ADOPTIONS & SHELTERS**

#### **Trinity Rescue**

877-71-HORSE • www.trinityrescueinc.org

Info@trinityrescueinc.org

The purpose of Trinity Rescue is to provide sanctuary, rehabilitate and rehome unwanted, abandoned, neglected, and abused horses within Georgia, as well as the rest of the southeastern United States.

#### PET CLUBS - MISC.

#### **Dog Hikers Club**

770-992-2002

Dr. Dan Batchelor • DrBatch@aol.com

Encourages dogs to accompany members on 10-mile hikes throughout North Atlanta area.

#### Happy Tails Pet Therapy, Inc.

PO Box 767961 • Roswell 30076

770-740-8211 • www.happytailspets.org

Happy Tails is a non-profit group of pet owners with a common goal - to volunteer time to share the unconditional love and joy pets can give to patients and residents at a variety of facilities.

#### PET FOOD BANKS

#### Cooper's Cupboard

cooperscupboard@yahoo.com • www.cooperscupboard.org Cooper's Cupboard is a nonprofit pet food pantry serving Georgian's in need. Their goal is to provide temporary pet food assistance to families struggling in this economy to keep their pets.

#### **Pet Buddies Food Pantry**

PO Box 18062 • Atlanta 30316

678-310-9858 • wwww.petbuddiesfoodpantry.org

Pet Buddies Food Pantry is a non-profit group that donates pet food to low income seniors, disabled & the homeless with pets.



# @eastcobber

#### **RESCUE GROUP ADOPTION EVENTS**

Every weekend, local animal rescue groups offer at least one adoption event so their animals can strut their stuff and find their forever homes! These events allow adopters to meet several dogs or cats at the same time and choose the perfect match. The following lists the different animal rescue group and where they hold their weekly adoption events.

#### **ANGELS AMONG US**

877-404-5874 • www.angelsrescue.org

Every third weekend

Dog City Bakery, 4369 Roswell Road, Marietta 30062

\*Check website for specific dates/times

#### **CASTOFF PET RESCUE**

706-781-3992 • www.castoffpetrescue.org

Most Saturdays

PetSmart, 6370 North Point Parkway, Alpharetta 30022

\*Call Petsmart – 770-343-8511 for specific dates/times.

#### CATS IN THE CRADLE

770-664-5821 • www.catsinthecradlerescue.org

>Saturdays 11am-4pm and Sunday 12-3pm

PetSmart, 6370 North Point Parkway, Alpharetta 30022

>Monday through Friday by appointment

#### **CHEROKEE COUNTY HUMANE SOCIETY**

770-592-8072 • www.cchumanesociety.org

>Cat Adoptions: Saturdays 11am-4pm

Petco, 50 Ernest W. Barrett Parkway, #500, Marietta 30066

>Dog Adoptions: Saturdays 11am-4pm | PetSmart, 142 Woodstock Sauare Avenue, Woodstock 30189

>Dog Adoptions: Sundays 11am-4pm | PetSmart, 860 Cobb Place Boulevard, Kennesaw, 30066

\*Cats are adoptable at Petco, 50 Ernest W. Barrett Parkway, #500, Marietta 30066 and they can be viewed any day of the week.

#### **FANCY FELINE RESCUE OF THE SOUTH**

678-522-2152 • www.fancyfelinerescue.org

>Saturdays 11am-4pm

PetSmart, 860 Cobb Place Boulevard NW, Kennesaw 30144

>Sundays 1-4pm

PetSmart, 860 Cobb Place Boulevard NW, Kennesaw 30144



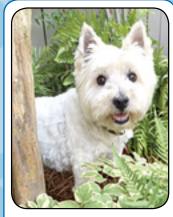
Pumpkin Owner: Ed Ettel



Wini
Owner: Mary Makucin



**Romeo**Owner: Holly Willoughby



**Popcorn**Owner: Jeff Miller



#### **RESCUE GROUP ADOPTION EVENTS**

#### **FURKIDS ANIMAL SHELTER**

678-624-1003 • www.furkids.org

>Saturdays 12-4pm

Petco, 5938 Roswell Road NE, Sandy Springs 30328

>Dog shelter, 1520 Union Hill Road, Alpharetta 30005. Monday-Saturday 10am-5pm and Sunday 10am-4pm.

>Cat shelter, 2650 Pleasantdale Road, Suite 8, Doraville 30340.

Open to the public on Monday 11am-4pm, Wednesday 11am-4pm, and Saturday 11am-4pm, or by appointment.

#### **GOOD MEWS ANIMAL FOUNDATION**

770-499-2287 • www.goodmews.org

3805 Robinson Road, Marietta 30068

Saturdays 10am-4pm; every Sunday except the first Sunday of the month, from 1-4pm. Weekdays by appointment.

#### **HOMELESS PETS FOUNDATION**

770-971-0100 • www.homelesspets.com

Saturdays & Sundays 12-4pm

PetSmart, 1289 Johnson Ferry Road, Marietta 30068

#### MISFIT HAVEN ANIMAL RESCUE

706-237-7729 • www.misfithavenanimalrescue.com

Saturdays and Sundays 10am-3pm

Petco, 1100 Johnson Ferry Road, Marietta 30068

#### **MOSTLY MUTTS**

770-272-MUTT • www.mostlymutts.org

Saturdays and Sunday 11am-4pm

3238 Cherokee Street, Kennesaw, 30144

#### **MUTT MADD-NESS**

404-406-6322 • www.muttmaddness.org

Saturdays 12-3pm

Red Bandana, 3162 Johnson Ferry Road, Marietta 30062

#### SOUTHEASTERN GREYHOUND RESCUE

770-653-3118 • www.greyhoundadoption.org

Saturdays, November 4-18 from 9am-12pm

Marietta Farmers Market, 65 Church Street, Marietta 30060







**Jasper** Owner: Maggie and Dan George



Owner: Kathleen Strickland



Willie
Owner: Jeffrey Janus



**Ruby**Owner: Katie, Lucas and Evie

# Was a series of the series of

# COMMUNITY CALENDAR

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

#### **EVERY FRIDAY**

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

#### **EVERY SATURDAY**

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

#### **THROUGH NOVEMBER 5**

The World Goes 'Round presented by the Atlanta Lyric Theatre. From Cabaret to Chicago, the nonstop hit-parade features unforgettable gems, including, "Maybe This Time," "Cabaret" and "New York, New York," seamlessly interwoven into a passionate, harmonious, uptempo evening of musical theatre. Thursday-Friday: 8pm. Saturday: 2pm and 9pm. Sunday: 2pm. Tickets range from \$33-\$58. Jennie T. Anderson Theatre, Cobb Civic Center, 548 South Marietta Parkway SE, Marietta. More info: AtlantaLyricTheatre.com or 404-377-9948.

#### **THROUGH NOVEMBER 12**

Morningside presented by Georgia Ensemble Theatre. This shrewd and razor-sharp play from award-winning playwright Topher Payne takes us to a sunny, spring afternoon in the Morningside neighborhood of Atlanta where different generations are thrown together to test the bonds of family and friendship. Imagine: a baby shower, nine women with secrets, and a case of champagne. This is about to be the MOTHER of all baby showers. Various times. Tickets: \$34-\$37. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-641-1260 or get.org.



# COMMUNITY CALENDAR

#### **THROUGH DECEMBER 17**

Good Mews Décor Market. Get started on your holiday shopping at the Good Mews annual Holiday Décor Market. Choose from festive fall décor, collectibles, ornaments and tree trimmings, knick-knacks and so much more! Proceeds go to Good Mews Animal Foundation, a cage free no-kill shelter for cats. Saturday: 10am-6pm; Sunday: 12-6pm. Free admission. Sandy Plains Shopping Center, 1860 Sandy Plains Road, Suite 202, Marietta. More info: goodmews.org.

#### **NOVEMBER 3-5**

**Life Girls Lacrosse Camp for Girls grades 7-12.** Individual and team skills taught and college coaches will be in attendance. \$200, Meals provided. Life University Turf Field, 1269 Barclay Circle, Marietta. More info: 770-426-2616 ext. 2860 or kaylar.ferguson@life.edu.

#### **NOVEMBER 3-5, 9,-12 & 16-18**

Into the Woods presented by Act 3 Productions. Stephen Sondheim's most popular work takes everyone's favorite storybook character and brings them together for a timeless, yet relevant, piece, and a rare modern classic. Check website for showtimes. Tickets: \$15-30. Act3 Playhouse, 6285-R Roswell Road, Sandy Springs. More Info/Tickets: www.act3productions.org.

maidright.com/marietta

#### **NOVEMBER 4, 7, 10 & 12**

**The Flying Dutchman** presented by the Atlanta Opera. All-new production of Richard Wagner's The Flying Dutchman, featuring an internationally recognized cast and extraordinary visuals to present the old folktale in a new way. The opera will be performed in German with English supertitles. Tickets start at \$35 (before tax). Cobb Energy Performing Arts Center, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: atlantaopera.org or 404-881-8885.

#### **NOVEMBER 4**

**26th Annual Ribbons & Holly Handcrafted Market.** Great selection of vendors, unique gifts and objects of art. 9am-4pm. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. More info: 770-971-2880 or mtbethel.org.

**Dinner in the Dark** presented by the North Cobb Lions Club. Experience what it's like to eat dinner while being visually impaired or totally blind. Proceeds benefit Leader Dogs for the Blind. 6-10pm. Tickets \$50. Brookstone Golf & Country Club, 5708 Brookstone Drive NW, Acworth. More Info: Eileen Alberstadt, 678-581-3708.

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# COMMUNITY CALENDAR

#### **NOVEMBER 4**

Mt. Bethel Elementary School Fun Run/Walk/5k. The Fun Run is dedicated to promoting health and fitness for people of all ages—especially children. 5k: 8am; One Mile Fun Run: 9am; 1/2 Mile Kindergarten Trot: 9:30am. \$25. Mt. Bethel Elementary School, 1210 Johnson Ferry Road, Marietta/East Cobb. More info: mtbethel.blogs. com/funrun.

**Wellstar Maternity & Baby Fair.** Maternity or baby health information sessions and vendor booths. Four different session topics by medical professionals, door prizes and refreshments. 8:30am-2pm. Free. Wellstar East Cobb Health Park, 3747 Roswell Road NE. Marietta/East Cobb. More Info/Registration: 770-956-7827.

#### **NOVEMBER 4 & 5**

The Elegant Elf Marketplace presented by Sandy Springs Society. A high-end gift market showcasing an estimated 85 carefully selected local/East Cobb and regional vendors. All proceeds benefit 22 non-profit organizations. 9am-5pm. \$5 entrance fee, free for children 10 and under. Lake Forest Elementary School, 5920 Sandy Springs Circle, Sandy Springs. More info: sandyspringssociety.org.

#### **NOVEMBER 5**

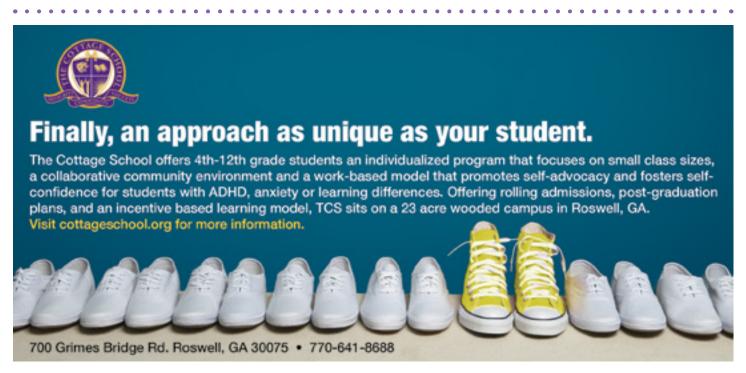
**Car Wash** to raise money for Pope High School Band Wind Symphony's trip to New York City to perform at Carnegie Hall. 10am-2pm. McDonald's, 3011 Johnson Ferry Road, Marietta/East Cobb. More info: ameeks13@gmail.com.

#### **NOVEMBER 5**

Kennesaw Mountain National Battlefield Park: Artillery Demonstrations. Artillery (cannon) demonstrations show visitors the steps taken to fire cannons during the American Civil War. Each program lasts approximately 30-40 minutes and includes an explanation of the role of artillery during the Atlanta Campaign and at the Battle of Kennesaw Mountain. 11am, 12pm, 2pm and 3pm. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 ext.0.

#### **NOVEMBER 6**

First Monday Breakfast presented by the Cobb County Chamber of Commerce. Join fellow business professionals as T. Mark Miller, VP of High Performace Leadership at Chick-fil-A, shares the "Three Keys to Being a Successful Leader." Miller will share his path to success at one of America's favorite brands over his 40-year career, transitioning from one of the 16 first corporate employees to his executive position. At the breakfast, Miller will expand on how leadership development begins in the classroom. Celebrating our local educators, the Cobb County, and Marietta City School's Teachers of the Year will also be presented with a one-year car lease from Ed Voyles Automotive Group. Chamber Member cost \$30, General Admission cost \$60, 7:30-9:30am, Cobb Galleria Centre, 2 Galleria Parkway SE, Atlanta. More info and registration: cobbchamber.org/events/First-Monday-Breakfast-6652/details.



**GET IN TOUCH!** 

30 November 2017



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www.eastcobber.com editor@eastcobber.com

#### **NOVEMBER 7**

**Computer Basics.** This class is for the computer novice. Students will be presented with basic computer terminology, a basic understanding of the parts of a computer, and information about using the keyboard and mouse. Prerequisite: none. Space is limited to 8 participants, 3-4pm, Free, East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730.

School Holiday. Cobb County Schools Closed.

#### **NOVEMBER 9**

Mt. Bethel Christian Academy Main Campus Open House for prospective families for the 2017-18 school year. 10am. Mt. Bethel Christian Academy, 4385 Lower Roswell Road, Marietta. More info: 770-971-0245 or mtbethelchristian.org.

Peaceful Heart, Warrior Spirit. Book signing lecture by Dan Millman, a former world champion athlete and best-selling author of 17 books. Dan's work has had a significant impact on people from all walks of life, including leaders in the fields of health, education, business, sports, politics, entertainment, and the arts. 7:30pm. Tickets \$35-\$55. Unity North Atlanta Church, 4255 Sandy Plains Road, Marietta/East Cobb. More info: 678-819-9100 or unitynorth.org.

**Planned Giving Seminar** presented by Cobb Community Foundation. Topics include: Methods to maximize the value of donated assets, tax considerations and how they should impact your year-end gifting plans, and, other tools which enable you, your family, and your charity all to benefit simultaneously, 10-11:30am, Free, RSVP is requested. The Earl Smith Strand Theatre, 117 North Park Square, Marietta. More info/RSVP: 770-859-2329 or nancy@cobbfoundation.org.

#### **NOVEMBER 10**

Homeless Awareness Vigil. All are invited to remember those who have died in homelessness in Cobb County in 2017. 8pm. Kennesaw State University, Marietta Campus, The Globe, 1100 South Marietta Parkway, Marietta. More info: cobbcollaborative.org.

#### **NOVEMBER 10-11**

**32nd Annual Mt. Zion Craft Show** sponsored by the Mt. Zion United Methodist Women. Artists and crafters, door prizes, silent auction, pictures with Santa, bake sale, and more. All proceeds of this show benefit church and local women's and children's ministries. Friday: 9am-5pm; Saturday: 9am-4pm. Mt. Zion United Methodist Church, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465 or mtzionumw.org.

Atlanta Antique Gun and International Military Show. Friday: 12-5pm; Saturday: 9am-4pm. Admission: \$7; Ages 7-12 \$1; 2-day pass \$10, IAMAW Union Hall, 1032 South

Marietta Parkway, Marietta. More info: 704-282-1339 or

thecarolinatrader.com.



# COMMUNITY CALENDAR

#### **NOVEMBER 11**

**Atlanta Veg Fest.** Speakers, food samples, cooking demonstrations, kids' activities, exhibitors. 10am-6pm. \$5 suggested donation. Cobb Civic Center, 548 South Marietta Parkway, Marietta. More info: atlantavegfest.com.

Make Your Own Handcrafted Greeting Cards. Learn to make fun and beautiful handcrafted greeting cards using clever card making ideas and a variety of techniques. Participants should bring a pair of sharp scissors, a personal paper cutter, and a full roll of a dot runner scrapbooking or double-sided tape. 2-4 pm. Registration is required. Ages 16 through adult. Free. Space is limited to 16 participants. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. More info/to register: 770-509-2725 or cobbcat.org.

Mt. Bethel Christian Academy (MBCA) North Campus Open House. If you've not seen the fully renovated Upper School building, don't miss this opportunity to come tour this expansive campus and hear the plans for the continued growth of MBCA's Upper School. 9am. Mt. Bethel Christian Academy-North Campus, 2509 Post Oak Tritt Road, Marietta. More info: 770-971-0245 or contact Cal Boyd, Upper School Director of Admission, cal.boyd@mtbethelchristian.org.

Veterans Day Fall Classic sponsored by Life University. Celebrate our nation's bravest men and women and their service through a festival of running, entertainment, and local cuisine. Friday: 12-9pm: running social and packet pickup. 2-7pm: top of the hour shake out runs. Saturday: 7am: 5-mile and 10-mile start. 10:30am: 5k start. 12pm: kids 1-mile start. Festival at finish. The Battery Atlanta, 800 Battery Avenue SE, Atlanta. More info: veteransdayfallclassic.com.

#### **NOVEMBER 11-12**

**Titan Tidings Christmas Gift Show.** Over 110 vendors offering jewelry, holiday and home décor items, clothing and accessories, pottery, glassware, knits, monogramming, gourmet food items, children's items, fine art and much more. The Campus Ministry Mission Trip will be hosting a huge bake sale in the cafeteria with all proceeds of the bake sale going to the mission trip. Saturday: 9am-5pm; Sunday: 10am-3pm. Blessed Trinity High School, 11320 Woodstock Road, Roswell. More info: 678-277-9083 or titantidings@btcatholic.org.

#### **NOVEMBER 15**

10th Annual Chili Cook-off. Join members, staff, and the community for a good-ole fashioned Chili Cook-Off! Top three finishers will be recognized. Not a cook?! Then come sample all of the chili you can eat for a \$5 donation to Why It Matters. Toppings for chili will be provided. 11:30 am. McCleskey-East Cobb YMCA, 1055 East Piedmont Road, Marietta. More info/to register: Kristen Gauvreau, at 678-564-2120 or email kristeng@ymcaatlanta.org.

#### **NOVEMBER 16-18**

Guard & Reserve On-site Sale hosted by The Military Family Support Center. The sale is available to retired veterans and active duty personnel and their families who have been granted commissary privileges. Sale features grocery goods, and features a stock assortment of about 1,000 items including fresh meat, fresh produce, chilled and frozen items. Military Support Center, 1901 Terrell Mill Road, Marietta. More info: Susan Edmonds, susan.edmonds2@deca.mil or 910-330-7954.

#### **NOVEMBER 17**

The Foxtrotters Dance Club invites singles and couples over the age of 55 to enjoy an evening of dancing to the music of The Class Act Band. The theme is "Some Enchanted Evening" dressy or semi-formal attire is requested. Doors open at 7pm, the dance is 7:30-10:30pm. \$10, refreshments included. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: 770-509-4900 or foxtrottersdanceclub.wordpress.com.

#### **NOVEMBER 17-19**

Annual Gem and Mineral Show & Sale presented by Cobb County Gem & Mineral Society. Over 30 vendors will show a large selection of gems, fossils, rocks and bead supplies. Friday-Saturday: 10am-6pm. Sunday: 10am-5pm. Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. More info: cobbcountymineral.org.

#### **NOVEMBER 18**

3rd Annual Gingerbread House Competition & Showcase Gala presented by the Junior League of Marietta-Cobb. The evening includes a cocktail hour, seated dinner, silent auction, gingerbread house displays and dancing to music provided by Preferred Sound Productions.
6-11pm. Tickets: \$70/person. Hyatt Regency Suites Atlanta Northwest, 2999 Windy Hill Road SE, Marietta 30067. More info: 770-403-4894 or jlcm.org.

Red Clay Writers Conference. A full day of panel discussions and workshops that aim to inspire writers from all across Georgia. 9am-5pm. \$40/Georgia Writers Association members; \$50/non-members. Kennesaw State University Center, 3333 Busbee Drive Northwest, Kennesaw. More info: www.georgiawriters.org.

#### **NOVEMBER 18-19**

Annual Sprayberry Arts & Crafts Show. Over 150 artists and crafters, raffle and great food. Proceeds go to Sprayberry High School PTSA. Saturday: 9am-5pm. Sunday: 12-4pm. Sprayberry High School, 2525 Sandy Plains Road, Marietta. More info: 770-578-3200 or sprayberryptsa@gmail.com.



#### **NOVEMBER 20-25**

Certified Teen Driving Course offered by Safe America Foundation, licensed by the State of Georgia Department of Driver Services. Students will attend the state-required 30 hours of classroom training after which they must complete the required behind-the-wheel training individually within 6 months. 9am-3:30pm. No classes Thanksgiving Day. \$474/classroom + 6 hours behind the wheel training. The Safe America Foundation, 2000 First Drive, Suite 310, Marietta. More info: 770-973-7223 or safeamerica.org.

#### **NOVEMBER 23**

**15th Annual Gobble Jog.** MUST Ministries' largest fundraiser. Peachtree qualifying race. Packet pick-up: Wednesday, November 23, 11am-6pm at the Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. Same day registration for untimed runners only beginning at 6:30am. 10K (7:30am start), 5K (9:00am start), 1K (8:45am start) and Tot Trot (ages 5 & under – 10:30am start). Marietta Square. More info/to register: 678-218-4521 or gobblejog.org.

#### **NOVEMBER 23-DECEMBER 31**

**Lights of Life.** Millions of holiday light displays throughout the Life University campus. Come see Santa and his sleigh (which stands over 65 feet high, making it the tallest in the Southeast.) Pictures with Santa, pony rides. Seasonal drinks and snacks. Friday-Sunday: 6-10pm. Monday-Thursday: 6-9pm. \$5/car. \$10/Friday-Sunday. \$20/bus. A portion of the proceeds will be donated to the Atlanta Community Food Bank. Life University, 1269 Barclay Circle, Marietta. More info: 678-331-4334 or www.life.edu.

#### **NOVEMBER 28**

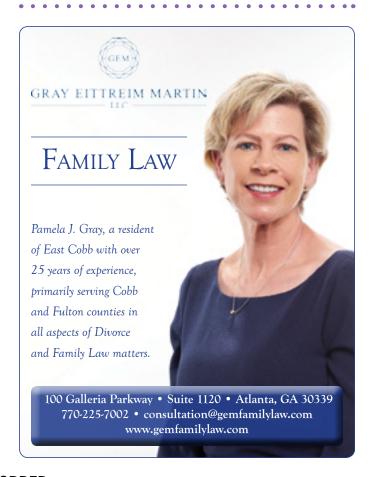
Recognition Luncheon. The Jack Vaughan, Jr. Human Services award was established in 1994 in memory of his unselfish dedication to public service. Jack Vaughan, Jr. was a state representative and member of the Cobb Community Collaborative who strongly advocated for those less fortunate in our community. In memory of Jack's service, the Cobb Collaborative honors a volunteer and a professional who have gone above and beyond to serve those in need. 11:30am–1:30pm. Mansour Center, 955 Roswell Street NE, Marietta. More info: Karen Carter, Executive Director, at kcarter@cobbcollaborative.org.

#### **NOVEMBER 30**

Holiday Tree Lighting. Join Santa Claus to kick off the holiday season. Festivities begin at 5pm with performances by local school choruses. Santa will arrive at 5:20pm and light the giant Christmas tree at 6pm. More entertainment will follow while Santa visits with children in the gazebo until 8pm. Historic Marietta Square. More info: 770-794-5601 or mariettaga.gov.







# COMMUNITY CALENDAR

#### **DECEMBER 1-2**

37th Annual Apple Annie Crafts and Arts Show. Over 120 of the Southeast's finest artisans and crafters. One of the largest nonprofit shows with a high quality and large assortment of crafts and arts in a festive setting. Proceeds support local charities. Friday: 9am-7pm. Saturday: 9am-2pm. \$3. Under 12: Free. No strollers. Catholic Church of St. Ann, 4905 Roswell Road, Marietta. More info: 770-552-6400 or st-ann.org.

#### **DECEMBER 1-3**

**The Nutcracker** presented by The Georgia Ballet. Features dancing snowflakes, giant toy soldiers, a growing Christmas tree, and a delectable land of sweets. Friday: 7pm. Saturday: 2pm & 7:30pm. Sunday: 2pm & 5:30pm. \$10-\$40. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info: 770-528-0881 or georgiaballet.org.

The Story Christmas at Eastside Baptist Church. A play about the story of Christmas. Friday: 7pm. Saturday: 1pm. Sunday: 3pm & 7pm. Free. Eastside Baptist Church, 2450 Lower Roswell Road, Marietta/East Cobb. More info: www.followeastside.com

#### **DECEMBER 2**

**Holiday Pops!** Georgia Symphony Orchestra (GSO) Chorus presents a collection of traditional holiday tunes and cherished classical music to enhance the festive season! Join the fun with the GSO chorus and celebrate the holidays! 3pm and 8pm. Tickets \$10-\$30. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. More info: 770-429-2390 or georgiasymphony.org.

**Back to Nature Holiday Market and Festival.** Meet over 40+ fine-arts artisans and local vendors selling their handmade, eco-friendly goods for your holiday gift giving. 10am-5pm. Free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

St. Nicks Café. See the play, What Could Go Wrong the Night Before Christmas. Santa arrives and each child leaves with a handmade ornament! 9am & 11am. Breakfast provided; 1pm lunch provided. Tickets: \$12. The Art Place - Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-2700 or tapmarietta.com.

#### **DECEMBER 2**

**Visit with Santa**, get a free picture and hot cocoa. 11am-2pm. Nia Dentistry, 1111 Johnson Ferry Road, Marietta/EastCobb. R.S.V.P. by November 24 to marketing@niadentistry.com. More info: 770-479-9999 or www.niadentistry.com

#### **DECEMBER 2-3**

The Marietta Pilgrimage Christmas Home Tour of six private historic homes all lovingly restored and decorated for the season. Saturday: 9am-6pm. Candlelight tour: 7-9:30pm. Sunday: 10am-6pm. Day tour: \$25. Candlelight tour: \$20. Combination: \$30. Marietta Welcome Center, No. 4 Depot Street, Marietta. More info: 770-429-1115 or 770-426-4982 or mariettapilgrimage.com.

#### **DECEMBER 3**

**Christmas Packages.** Games, music, carriage rides, crafts, food trucks and more. 4-7:30pm. Free. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info: www.johnsonferry.org

Holiday Lights Celebration. A formal tree lighting Mt. Bethel Christian Academy and Simpson Middle School choirs will perform. Also, a magical visit by Santa for the kids. 5-8pm. Free. Hot chocolate and light snacks will be sold. All proceeds go to Friends of East Cobb Park. East Cobb Park, 3322 Roswell Road, Marietta. More info: info@eastcobbpark.org or eastcobbpark.org.

#### **DECEMBER 5**

Celebrate the Holidays Business Mixer. Sponsored by Marietta Business Association, East Cobb Business Association, and Northeast Cobb Business Association. 5-8pm. WellStar East Cobb Health Park, 3747 Roswell Road, Marietta/East Cobb. More info: www.EastCobbBA.com.

Cobb Chamber of Commerce's First Monday Breakfast. Speaker: Kim Bearden, co-founder and executive director of The Ron Clark Academy. 7:30–9am. Cost of the breakfast: \$30/members; \$60/general admission. Cobb Galleria, Two Galleria Parkway, Atlanta. More info/RSVP: 770-980-2000 or cobbchamber.org.

#### COME FEEL THE DIFFERENCE AT AN UPCOMING OPEN HOUSE



#### LOWER AND MIDDLE SCHOOL

Main Campus (JK-8)

Thursday, November 9, 2017 – 10 a.m. Wednesday, January 10, 2018 – 10 a.m. Thursday, February 1, 2018 – 10 a.m.

#### UPPER SCHOOL

North Campus (9-12)

Saturday, November 11, 2017 – 9 a.m. Wednesday, January 17, 2018 – 9 a.m.

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

#### **DECEMBER 5**

Cobb Executive Women Annual Holiday Social. Say goodbye to 2017 at The Georgian Club! Registration required by December 1. Prices vary. 5:30-7:30pm. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: Maddie Nachtmann, mnachtmann@cobbchamber.org.

#### **DECEMBER 5, 7, 12, 14**

**High Tea**, a delightful way to spend an afternoon in the 1839 childhood home of Mittie Bulloch. Visit includes a delicious 2-course tea served by ladies in period clothing and a tour of the house decorated for Christmas. 4pm. \$50/person. Reservations required. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: 770-992-1731, ext. 7 or bullochhall.org.

#### **DECEMBER 8 & 10**

Carols for Christmas. Sing exciting music accompanied by a full orchestra, and be a part of an event that spreads Christmas cheer to the whole community. December 8: 7:30pm. December 10: 6pm. Free. Mt. Bethel UMC, 4385 Lower Roswell Road, Marietta. More info: Sandra Chapman, 770-971-2730 or Sandra. Chapman@mtbethel.org.





## LOCAL FAITH-BASED GROUPS COME TOGETHER AT THANKSGIVING UNITY EVENT



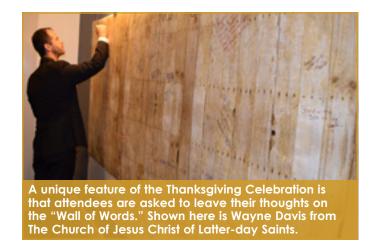
t a Thanksgiving community event held annually in East Cobb, faith groups in Cherokee, Fulton, and Cobb counties come together to enjoy time together, share traditions, and celebrate those who are working to improve their communities.

The 13th Annual Ecumenical Thanksgiving Celebration, an event put together by more than a dozen faith-based groups in the Cobb, Fulton and Cherokee counties, is scheduled for Thursday, November 16 at 7pm at Temple Kol Emeth.

This year's theme is "Dare to Do," and the celebration will provide inspirational messages from several religious leaders about ways to improve our local communities and ourselves. The event will also spotlight an interfaith effort, the Center for Children and Young Adults (CCYA), that is currently working toward helping homeless youth in the community.

Sharon Kane from Holy Trinity Lutheran says of CCYA, "Today's young people face a host of stressful demands and choices in a divisive, unsettled world. It has been said that 'it takes a brave heart to choose right.' You'll hear how CCYA provides the tools for disadvantaged youth to make good choices and fosters the courage they need to 'Dare to Do!'"

The community is invited to attend this event and join 20 different local churches, temples, and mosques to celebrate different faith traditions with the common goal of taking action to improve communities. Come learn about the reflections of different faiths about how we can all work together to benefit the local area,



followed by a reception at which you can talk with your neighbors of all faiths.

"Every year, every week, and every hour, we have an abundance of choices to make. This program will give you hope and inspiration to dare to make the right choices for you, your family, and our community, all wrapped up with humor and music," shares Hal Schlenger from Temple Kol Emeth.

The program will include reflections, music, humor and thoughts offered by speakers representing Christianity, Islam, Judaism, Buddhism, and other faith communities about how we can dare to take a leap and work toward improving our communities together.

The Thanksgiving Ecumenical Celebration at Temple Kol Emeth is the most unique, diverse, inclusive, colorful, humorous, and flavorful Thanksgiving event in Atlanta one shouldn't miss. In these polarizing and divisive times, reaffirming our faith in our common humanity and our shared values is a must, and that's what the Thanksgiving Ecumenical Celebration is all about," says co-host, Noor Abbady.

The Ecumenical Thanksgiving Celebration is a program that combines uplifting messages, music, and often humor to help those in attendance find common goals to benefit their local communities. During the reception after the program, guests can enjoy samples of treats from the different congregations and anyone can write their thoughts, comments or feedback about what moves them on the Wall of Words or on social media.

One participant wrote on the Wall of Words last year about the event that it was, "the best way to start the holidays."

Participating religions in this year's Ecumenical Thanksgiving Celebration are:

Ahmadiyya Muslim Community

The Art of Living Foundation

Baha'i Faith Center for Learning

East Cobb Islamic Center (ECIC)

East Cobb United Methodist Church

Emerson Unitarian Universalist Congregation

Faith Alliance of Metro Atlanta (FAMA)

Holy Trinity Lutheran Church

Interfaith Community Initiatives (ICI)

Islamic Center of Marietta (Al-Hedaya)

Kol Emeth

Masjid Al-Muminum

Pilgrimage United Church of Christ

Roswell Community Masjid

SEWA (Sikh Educational Welfare Association)

Gurudwara Sahib

St. Catherine's Episcopal Church

The Church of Jesus Christ of Latter-day Saints

Transfiguration Catholic Church

Unity North Atlanta Church.

The event takes place at Temple Kol Emeth, 1415 Old Canton Road, Marietta. It is free to the public. Seating for 900 fills up quickly, so please arrive 15 or more minutes before the 7pm start. Parking is limited, and guests are advised to carpool. In the event that capacity is reached, the event will also be live-streamed at the Church of Jesus Christ of Latter-day Saints, just 3 miles away at 3155 Trickum Road, Marietta, 30066. You can also view from home at bit.ly/TKEstream.

For more information regarding the Ecumenical Thanksgiving Celebration, contact Hal Schlenger at hal.schlenger@earthlink.net or Temple Kol Emeth at 770-973-3533.





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#### **VETERANS CELEBRATED THROUGHOUT COBB**

Veterans Day, celebrated this year on Saturday, November 11, gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. Deceased veterans are also remembered on Veterans Day but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime. Here are some local events planned to commemorate those who served our country.

#### ★Kennesaw Veterans Day Luncheon

November 10, 12pm

North Cobb American Legion Post 304, along with Kennesaw city officials and staff, will honor America's service men and women with a complimentary lunch at the Ben Robertson Community Center, 2753 Watts Drive. All veterans and active military service members are invited to attend. No identification will be required.

#### **★**Veterans Salute

November 10, 12pm.

North Cobb Senior Center
3900 S. Main Street (inside Kennworth Park)

Join North Cobb Senior Center as they host a special tribute and luncheon for those who served in the armed forces. The event is free to veterans and spouses. Please make your reservations no later than November 3. Please call 770- 975-7740 to register. Limited seating.

#### ★Marietta 13th Annual Veterans Day Parade

November 11, 11am

Roswell Street Baptist Church

774 Roswell Street, Marietta

The parade begins at Roswell Street Baptist Church, and ends at Marietta Square. The patriotic parade includes marching bands, drill teams, floats, military vehicles and veterans' organizations. This year's Grand Marshall is Colonel Mike Varicak, United States Marine Corps, After the parade, spectators are invited to listen to Grand Marshall Colonel Varicak key note speech at the center stage on the square. The parade will have both Marietta and Cobb County schools represented by their bands and their JROTC units. Thirty or more parade entries are anticipated along with a display of military vehicles. After the parade, spectators are invited to pay tribute to the men and women who have fought to keep during a ceremony on the Square at noon. This year's Grand Marshall is Captain Ed Gallrein, United States Navy SEAL (retired).

#### ★Smyrna Veterans Day Ceremony

November 11, 11am

20th Century Veterans Memorial, adjacent to City Hall 2800 King Street, Smyrna

The event is sponsored by The City of Smyrna, the Smyrna Veterans Committee, the Veterans Memorial Association of Smyrna, American Legion Post 160, and the Smyrna Rotary Club, Chick-fil-A and JWC Real

Estate. Join in honoring the service of all United States military veterans who have served in times of war and conflict and in times of peace. Lt. General Steven Arnold, US Army (Ret) and Rear Admiral Robert P. Wright, US Navy (Ret) will be the guest speakers. Both have spent over 30 years in service to our country. This year's ceremony stars Alvin Townley, best-selling author who risked everything on a dream when he embarked on a personal odyssey to discover stories of purpose, personal triumph, and adventure. His travels have taken him around the world. On these trips, he has uncovered inspiring stories of human spirit.

#### **★**Acworth Veterans Day Ceremony

November 11, 2pm.

Veterans Memorial at Patriots Point – Cauble Park 4425 Beach Street, Acworth

The ceremony to honor veterans is held each year at the Veterans Memorial at Patriots Point in Cauble Park. Veterans and current servicemen give comments on what service to the country means to them. Engraved pavers dedicated to those who have served in the armed forces that have been purchased since the previous Memorial Day will be presented at the event. More info: www.acworthparksandrecreation.org.

#### ★Cobb Wind Symphony Veterans Day Concert

November 12, 3pm

Lassiter Concert Hall

2601 Shallowford Road, Marietta

Presented by the Cobb Wind Symphony, Conducted by Alfred Watkins and Assistant Conductor, Robert J. Cowles. Come and listen to your favorite patriotic tunes! Free. More info: www.cobbwindsymphony.org.

#### ★65th Annual Military Appreciation Luncheon

November 13, 11am

Cobb Galleria Centre, Two Galleria Parkway SE, Atlanta Tickets: \$55/person

Local businesses, community members and military representatives salute our local military. The program includes a salute to fallen soldiers, recognition of military personnel, and the presentation of the 2017 USO Patriot Award. Keynote Speaker: Congressman Barry Loudermilk, U.S. Representative for Georgia's 11th District. More info: Joel Blockton at 770-859-2334 or jblockton@cobbchamber.org.

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## GET SET FOR GEORGIA GIVES DAY

eady for the sixth annual Georgia Gives Day on Thursday, November 28? This state-wide online fundraiser drives awareness and donations for nonprofits across Georgia, encouraging residents to come together for a day of giving.



giving. "One of our top goals at GCN is bringing more attention and support to the fantastic work nonprofits do in Georgia—and there are so many worthy local causes to support. Georgia Gives Day makes it easy for people to help their communities thrive with just a few clicks."

profits across the state," said

Karen Beavor, president and

CEO of the Georgia Center

organization responsible for

envisioning, launching, and

leading the annual day of

for Nonprofits (GCN), the

Since the inaugural event in 2012, Georgia Gives Day has activated more than 54,000 donors, who have given upwards of \$13.5 million to support more than 2,400 organizations across the state. Donors can give directly to nonprofits on Georgia Gives Day—or any day of the year—through GAgives.org by selecting the organization of their choice, or searching for the cause or locale closest to their hearts.

"We're ecstatic that, year after year, Georgia Gives Day continues to break fundraising records in support of non-

Georgia Gives Day is also a popular way for nonprofits to engage new supporters and energize existing donors. Learn more by visiting GAgives.org, and keep up with the latest Georgia Gives Day news on the official Facebook page at facebook.com/gagives, and via

@GAGives Twitter feed.



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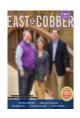
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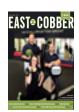




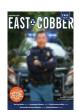
















































#### DINING GUIDE

#### **Asian Express**

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

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#### **Keegan's Public House**

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www.keegansirishpub.net

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# **STUDIO MOVIE GRILL** TO OPEN IN EAST COBB

Ready, Set, Action! Studio Movie Grill (SMG), known nationwide as the pioneer and leader of the in-theater dining concept and a pioneer in conscious capitalism, will expand its metro Atlanta footprint with a new location in East Cobb opening on Thursday, November 16. The theatre, located at 40 Powers Ferry Road, will feature 11 screens and is the third property to open in Georgia and the 29th SMG location nationwide.

SMG guests may reserve their seats and purchase their tickets online, allowing for a relaxed, unhurried experience. Upon arrival, guests will be warmly welcomed with a spacious lounge and access to a premium bar. In theater, an upscale and extensive menu greets guests and all at a push of a button from their luxury recliners. Distinctive to the SMG Marietta complex only, guests may choose to relax pre or post show in the outdoor patio with a full service bar.

The decision to expand in metro Atlanta was easy for SMG's Owner Brian Schultz. "Cobb County is experiencing an economic resurgence and this center, anchored by SMG Marietta, is destined to become the melting pot for entertainment, pop culture and great food," said Schultz.

Studio Movie Grill's role in community doesn't stop with entertainment and dining. With a mission to open hearts and minds one story at a time, this location will participate in SMG's nationwide initiatives Special Needs Screenings and Chefs for Children program where proceeds from select menu items support local non-profits that serve special needs children and their families. SMG also will present "Opening Hearts and Minds" Awards to leaders in local SMG communities.

In preparation for the opening, Studio Movie Grill is looking to hire 200+ area hospitality stars to join the Marietta team. Bartenders, servers, runners, hosts, box office agents and kitchen staff are encouraged to apply immediately at www.studiomoviegrill.com or in person at the temporary hiring space at 70 Powers Ferry Road, Suite A10, Marietta 30067.

#### HEALTH & WELLNESS

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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

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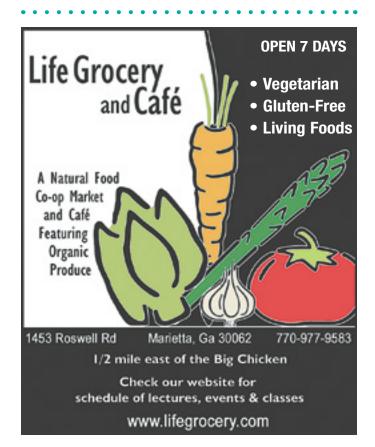
Provides access to affordable dental care without sacrificing quality or convenience for the entire family. In-network with most major insurance programs. If you don't have dental insurance, you can enroll in the Smile Protection Plan or utilize CareCredit financing on many preventive and cosmetic dental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

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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.



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#### Merchants Walk Dental

1344 East Cobb Drive, Suite 100 • Marietta 30068 770-691-5051 • www.merchantswalkdental.com Mon-Fri: 8am-5pm

Family-oriented private practice aims to provide comprehensive care and quality dentistry to patients of all ages. Their team is compassionate and energetic ensuring that there is time spent educating patients on their oral health needs. Offers many services including, but not limited to: implants, extractions, root canals, and more.

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3733 Canton Road • Marietta 30066 770-926-9914 • www.wohlersdentistry.com Mon-Thurs: 8am -5pm, Fri: Call for hours.

Offering a variety of dental services for the entire family in a warm, friendly environment. If you are looking for preventive care or a smile makeover, call to learn how Wohlers Family Dentistry can help.

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#### **EYE CARE**

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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.

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Creates individualized exercise and nutrition programs to help manage age and increase physical function of the body. Programs that are created to stimulate not annihilate!

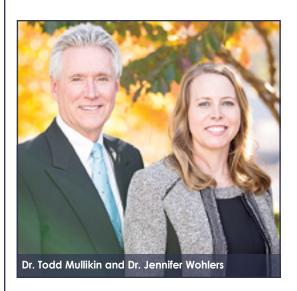
#### **HEALTH FOOD STORE**

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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.

## DR. WOHLERS WELCOMES PATIENTS TO JOIN DENTAL FAMILY





Dr. Todd Mullikin may be retiring from his East Cobb dental practice, but he's leaving it in the excellent hands of Dr. Jennifer Wohlers. Dr. Mullikin started the practice in 1978 and has been serving patients for almost 40 years. He's retiring in December to spend more time with his arandchildren, and he wanted to make the transition for his staff and patients as smooth as possible. Dr. Wohlers assumed ownership of his practice in September 2016; and over the past year, she has had the chance to meet and care for many of the patients in the practice.

"I feel so fortunate to have found Dr. Wohlers. She is an excellent, well-trained dentist who shares my philosophy of putting the patient first," says Dr. Mullikin.

Newly-named Wohlers Family Dentistry provides comprehensive dental services to patients of all ages and upholds the highest standards of care. Their services include routine dental cleanings, teeth whitening, fillings and bonding, dental implants, dentures, root canals, oral surgery, periodontal treatment, porcelain veneers and dental bridges. The practice also offers Invisalign expertise for patients who want to improve their smile's appearance.

"A smile is the first thing people notice about you," says Dr. Wohlers. "I enjoy making patients feel confident in their smiles."

Dr. Wohlers received her degree from the University of North Carolina at Chapel Hill School of Dentistry and moved to East Cobb from North Carolina with her husband. They chose the area because she was excited to have her two children grow up here and be a part of the community.

Dr. Wohlers believes strongly in continuing education and brings that training to the services provided to patients. The practice just started a "no cavity wall" for kids and is renovating their sterilization and treatment rooms. However, the warm, welcoming atmosphere is

not going away. Many of the staff have worked there for 30 years, and they continue to provide a friendly tone to the office. Paula still greets everyone at the front desk just like she has for the past 20 years.

If you're looking for a new dentist that can treat your entire family, Wohlers Family Dentistry is the perfect place. Whether you're looking for preventative care or want to improve the health and appearance of your smile, Dr. Wohlers will work with you to discuss your options and create a treatment plan that will accomplish your goals.

"The staff, patients and community have given me such a warm welcome, and I am grateful to Dr. Mullikin for introducing them to me," says Dr. Wohlers.

Wohlers Dentistry is located at the same convenient location at 3733 Canton Road in Marietta. You can schedule an appointment by visiting wohlersdentistry.com or calling 770-926-9914.

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#### HEALTH & WELLNESS

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#### **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.

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

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

#### **PAIN MANAGEMENT**

#### **Acupuncture and Injury**

3823 Roswell Road, #201 • Marietta 30062 678-217-2115 • www.acupunctureandinjury.com

Mon-Fri: 9am-6pm

We provide pain management services primarily using acupuncture and physiotherapy. We treat chronic and acute pain and injuries. We also use herbal medicine to treat a number of ailments. We treat narcotics addiction using Buprenorphine (Suboxone) and herbal remedies. We also use bioidentical hormone pellets for hormonal problems.

#### 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**

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

#### 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 aets 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 vears 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.





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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.

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#### WellStar Maternity & Baby Fair

AT WELLSTAR EAST COBB HEALTH PARK

Come to WellStar East Cobb Health Park on November 4, 2017 from 8:30 a.m. - 2 p.m. to attend a maternity or baby health information session and visit our vendor booths.

#### SESSION TOPICS:

Sibling - Big Brother/Big Sister Kappy Lawandales, BA, RN, CAPPA

Learn ways to make the transition easier on your child and smoother on you when the new baby arrives.

#### Managing Labor

Pam Zander, RN and Wronda Jordan, CNM Learn about the medications used to relieve the pain of labor, stages of labor, and hospital procedures.

#### Breastfeeding 101

Lynn Dunn-Mahon, RN, BSN, IBCLC Learn breastfeeding skills and techniques designed to ensure a successful breastfeeding experience for mother and baby.

#### Baby Brain Power

Janeen Amason, Ph.D., RN, Assistant Professor at KSU Learn how to interact with your baby and encourage positive growth and development.

Join us for door prizes and light refreshments prepared by WellStar Parkside Bistro! To register, call 770-956-STAR (7827).

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50 November 2017

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## Laser Cataract Surgery

Niraj Desai, MD

Cataruct, Corneal, Refractive, and MIGS Surgeon Milan Eye Center

#### Is It All Hype?

any of you reading this article may not have realized that cataract surgery has evolved rapidly in the past 3-4 years. This pace of change pales in comparison to how the procedure has evolved in the past 50 years. For perspective, the procedure started off around 2000 years ago by an Indian sage named Sushruta. His tools? Early morning rays of sunlight, a long thin needle, ghee (clarified butter) and Sanskrit verses. Fast forward to 2017 and the procedure can be a wonderful mixture of OCT guided real-time imagery, femtosecond laser driven tissue cutting and advanced phacoemulsification with active fluidics.

Is it fancy? Oh yes.

Does Milan Eye Center have one? Of course.

Is it necessary? Well, yes and no. Just as people don't come in the same



color, shape or size, neither do cataracts. We have learnt over time that certain cataract types are not optimal for manual cataract surgery. Cataracts that are very dense, that are associated with a weakened cornea and that are unstable are where manual cataract surgery sometimes is not ideal in. This is where laser cataract surgery shines - no pun intended! Femtosecond laser cataract surgery enables the surgeon to break up a rock-hard cataract before entering the eye, enables the creation of beautiful and perfect circular openings in unstable and misaligned cataracts and minimizes the creation of by-product energy that can harm surrounding tissue. In short, it is a much needed and precise tool for these complex cases. A secondary function of femtosecond laser is astigmatism correction via astigmatic keratotomies. These are precisely placed incisions in the cornea, the clear, dome shaped tissue covering the eye.

Milan Eye Center has available an ultramobile, precise femtosecond laser for use in cataract and LASIK patients. The Ziemer Z8 has been a tremendous tool for our surgeons in tackling the most complex as well as routine cases. At your next cataract evaluation appointment, consider discussing the pros/cons and cost/benefit ratio of this fantastic tool with any of our surgeons at Milan Eye Center.



## THE GREAT AMERICAN SMOKEOUT: **NOVEMBER 16**

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 36.5 million Americans still smoke cigarettes — Nearly 1 in every 5 adults. In 2013, an estimated 12.4 million people in the United States were current cigar smokers.

More than 10,000 people die in Georgia every year from tobacco-related illnesses—that's more than all the deaths from alcohol, cocaine, heroin, AIDS, murder, suicide, auto accidents and fires combined. Despite these chilling statistics, 18 percent of Georgia adults smoke. An estimated 30,000 Georgia children begin smoking every year.

More than about 50 percent of the roughly 43 million U.S. smokers want to quit. Tobacco dependence is a chronic disease where quitters face periods of relapse and remission. Adult cigarette use is 24% in Georgia and the Tobacco Quit Line is a resource to help Georgians quit using tobacco.

The Tobacco Quit Line provides free counseling, a resource library, support and referral services for tobacco users. It is available for all Georgia residents age 18 or older and concerned parents of adolescents using tobacco. The Tobacco Quit Line is funded by the master tobacco settlement through the state's Tobacco Use Prevention Section in partnership with the Georgia Cancer Coalition. It has no commercial bias and no products to promote. As a caller, you will receive free, professional support that's tailored to your needs.

At the Quit Line, a counselor conducts an initial interview with a caller to determine tobacco usage and willingness to quit. An assessment is made based on the caller's needs and multiple options are presented. Callers will receive a customized quit plan, including up to five additional counseling phone calls. Up-to-date information about physician-recommended pharmacological support, such as nicotine gum, nicotine patches, and other items are available. A Tobacco Quit Kit, including materials tailored to the caller's readiness to quit is also available.

So, stop smoking and start dialing: call the Tobacco Quit Line at 1-877-270-STOP.  $\odot$ 





purchases made.

www.flowersmedical.com







## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR NOVEMBER

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.

#### Keeping a Healthy Pelvis Lunch & Learn

Wednesday, November 1 | 11am-12:30pm Free; Registration required

Learn more about the anatomy and function of the pelvis-- including the deep muscles, the bladder and the bowels. Jessica Reale, physical therapist and pelvic health specialist will discuss the role of the pelvic floor muscles in men and women, helpful tips on keeping a healthy pelvis, what to do if something is not working well and how to prevent problems from happening in the future.

#### A Fresh View on Your Diabetes

Thursday, November 2 | 10:30-11:30am
Free; Registration required
A fresh look at the causes, risk factors, and lifestyle that usually leads to diabetes. Presented by Good Life Club.

#### **Veterans Benefits**

Wednesday, November 8 | 10-11:30am Free; Registration required Learn more about Veterans benefits.

#### Veteran's Day Dinner

Friday, November 10 | 5pm No cost for Veterans / \$15 Non-veteran Cobb resident / \$18 Non-veteran Non-resident Hosted by East Cobb Senior Center and East Cobb YMCA. Entertainment by the Big Chicken Chorus, East Cobb Senior Center's sign language group and singer Adam Komesar,

as well as solemn ceremonies of a Color Guard, a Missing Man Table and guest speaker, Colonel Michael Boyce.

#### Dine-a-Round

Wednesday, November 15 | 11am-1:30pm Registration required.

Everyone meets at Paradise Grille. 3605 Sandy Plains Road, Marietta/East Cobb.

#### **Understanding Neuropathy**

Wednesday, November 15 | 10-11:30am

Free; Registration required

Learn more about common nerve injuries, including carpal tunnel, sciatica, and "funny bone" that result in nerve pain. Discuss how to prevent these types of injuries and learn some home exercises to help reduce pain and improve function following nerve injuries.

#### AARP Smart Driver

Thursday, November 16 | 9am-4pm \$15 AARP members / \$20 Non-members
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 possible discount. Bring a lunch.





#### 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

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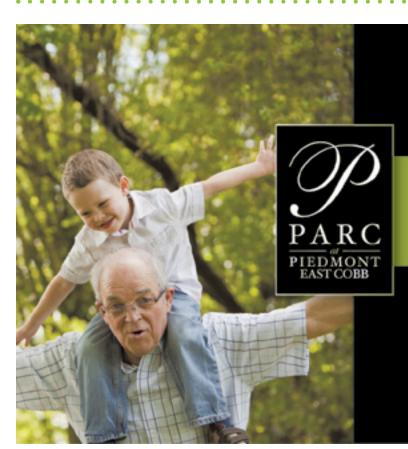


With 25 private suites, Thrive At East Cobb is a boutique community where residents will enjoy personalized care in a home designed with them in mind.

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# SENIOR CITIZEN CREATES WORKS OF ART FROM WOOD

by Carmen Abernathy





hen Frank Koskee picks up a block of wood, he sees a work of art – an angel, a frog, Mickey and Minnie Mouse or a complete Wild West scene. The possibilities are limitless for the carvings he has created and is still mastering at 89 years old.

Woodcarving has not always been his passion. Koskee discovered his talent when he retired in 1991. His wife, Flo, was taking woodcarving classes with a friend at the First United Methodist Church in Marietta. "I saw her work and thought 'I can do that,'" says Koskee. So he joined a class and found his retirement hobby as well as a hidden talent. Flo Koskee, on the other hand, says she didn't really have a knack for woodcarving and went on to explore other hobbies.





Originally from Cleveland, Ohio, the Koskees made their way to the South with Frank Koskee's employment as an engineer and salesman for conveyors. They have been living in the Marietta area since 1977, and, most recently, as residents at the Parc at Piedmont – East Cobb. In fact, some of Koskee's creations are on display in the halls of the retirement community.

Koskee's inspirations come from a variety of sources. His largest carving is a scene right out of the Wild West, with almost 20 individual characters staged in the Last Chance Saloon. He saw a similar work of art in the woodcarving magazine, Chip Chats, and decided to create his own. Other pieces are closer to the heart, such as four golfers who are actually Koskee and his three friends who spent many retirement afternoons golfing at a nearby course.

Although Koskee carves most of the pieces simply for his own enjoyment, he did enter one local woodcarving show held at the Marietta Civic Center several years ago. He won three first place awards and a second place award. For the second place, he comments, "I was robbed on that one."

Koskee also encourages others to pursue the hobby. When he first began woodcarving, five individuals from his original class formed the Windy Hill Carvers. Now 35 members strong and known as the East Cobb Carvers, the group meets at the East Cobb Senior Center on Sandy Plains Road every Thursday morning to carve together.

When asked how he begins to shape such beautiful creations, Koskee humbly replies, "I just get rid of the wood that doesn't belong until it becomes what I had envisioned."





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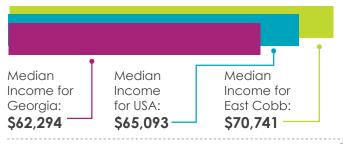
Sterling Estates

#### **EAST COBBER:** Serving East Cobb County since 1993

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

#### **AFFLUENT**

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



#### **EDUCATED & FAMILY-FOCUSED**



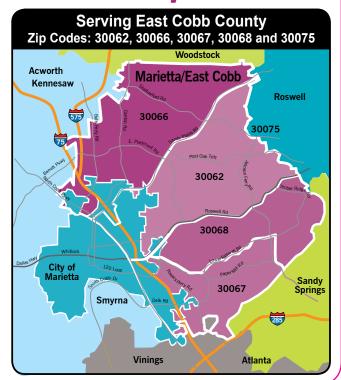
**66.7%** with College Degrees

66%

Married
Couples
Who Both
Work



80% Families with at least one Child



#### CLUB CALENDAR

AARP Chapter 2830. First Thursday of the month. 1:30pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Joan Farentino, 770-579-5191.

American Association of University Women (AAUW) of Cobb County. 2nd Tuesday of the month. 7pm. East Cobb Center, 4400 Lower Roswell Road, Marietta. More info: cobbcounty-ga.aauw.nef.

American Needlepoint Guild. 2nd Tuesday of the month. 6:45pm. Tiny Stitches, 2520 East Piedmont Road, Marietta. More info: 770-394-0065.

Anne Hathaway Garden Club. 3rd Wednesday of the month (except July and August). Marietta Educational Garden Center, 505 Kennesaw Avenue NW, Marietta. More info: Nancy Martin, 770-428-7056.

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



Atlanta Metropolitan Council Navy
League. 2nd Tuesday of the month.
7pm. Navy Recruiting District HQ,
2400 Lake Park Drive, Suite 410, Smyrna.
Membership open to all civilian and
retired military with an interest in
supporting our men and women of
the Navy, Marine Corps, Coast Guard,
Merchant Marines and associated
youth programs. More info: 678-234-2310
or campbellfc@comcast.net.

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

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

**Business Network International** 

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

Cobb County Democratic Committee. Monthly breakfast 2nd Saturday each month. 9am. Marietta Fire Museum, 112 Haynes Street, Marietta. More info: www.cobbdemocrats.org. Cobb County Gem & Mineral Society.
 2nd Tuesday of the month, 7:30pm at their Clubhouse, 516 West Atlanta Street, Marietta 30060. More info: www.cobbcountymineral.ora.

Cobb County Genealogical Society.
4th Tuesday of the month. 7pm. First
Presbyterian Church of Marietta, 189
Church Street, Marietta. More info:
www.cobbgagensoc.org or
ccgs@cobbgagensoc.org.

Cobb County Republican Women.
4th Friday of the month. 11:30am. Hilton
Atlanta/Marietta Conference Center,
500 Powder Springs Street, Marietta.
More info: 770-785-2522 or
www.ccrwc.ora.

Cobb Marietta Retired Educators Association. 2nd Thursday of the month. 11:30am. Luncheon reservations required. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: www.cmrea.org

Cobb Photographic Society.

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

Colored Pencil Society of America.

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

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

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

East Cobb Business Association.

Luncheon and featured speaker. 3rd Tuesday of the month. 11:30am-1pm. Indian Hills Country Club, 4100 Clubland Drive, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbba.com.

East Cobb Civic Association. Last Wednesday of the month. 7pm. East Cobb Government Service Center, 4400 Lower Roswell Road, Marietta. More info: www.eastcobb.net.

East Cobb Civitans. 2nd and 4th Thursday of the month at noon for lunch at The Olde Town Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: 770-578-9901 x201. East Cobb Democratic Association.

4th Tuesday of the month. 6pm - Social.
 7pm - Program. Whole Foods, 1311
 Johnson Ferry Road, Marietta. More info: Tom Barksdale, 770-715-1218 or tbarksdl@aol.com.

East Cobb Jewish Networking

Group. Every Wednesday. 7:30am.
Sugar Benders Bakery, 255 Village
Parkway, Marietta/East Cobb. More
info: Vic Anapolle 404-432-0626 or
vicanapolle@aol.com.

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

East Cobb Lions Club. 2nd and 4th Tuesday of the month. 7pm. Powers Ferry UMC, 245 Powers Ferry Road, Marietta. More info: Don Garrow, 770-955-6914.

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

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

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

Georgia Nature Photographers Assoc.
3rd Thursday of the month. 7pm. Nature photographers of all skill levels are welcome to our monthly meetings. The Mansour Center, 995 Roswell Street, Marietta. More info: www.gnpa.org or info@gnpa.org

Georgia Perennial Plant Association. 3rd Tuesday of the month. 7:30pm. Atlanta History Center, McElreath Hall, 130 West Paces Ferry Road NW, Atlanta. More info: www.georgiaperennial.org.

Georgia Vietnam Veterans Alliance. 3rd Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post, 921 Gresham Road, Marietta. More info: Al Heflin, 404-317-5201.

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

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

Happy Tails Pet Therapy. Orientation for prospective members First Thursday or Saturday of the month. 10:30-11:30am and 7-8pm. Blue Pearl Georgia Veterinary Specialists, 455 Abernathy Road NE, Atlanta. Check dates: 770-740-8211 or www.happytailspets.org.



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

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

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

Marietta Lions Club. 2nd Thursday of the month. 7pm. First United Methodist Church, 56 Whitlock Ave SW, Marietta 30064. More info: mariettalions@aol. com or www.mariettalionsclub.ora.

Marietta PFLAG. 4th Sunday each month. 1-3pm. Newcomers are welcome. Pilgrimage United Church of Christ, 3755 Sandy Plains Road, Marietta. More info: www.pflagatl.org.

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

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

#### Martha Stewart Bulloch Society of Children of the American Revolution

meets one Sunday per month from September through May, 2-4pm. Osage Terrace Room and Pavilion at Bulloch Hall 180 Bulloch Avenue, Roswell. More info: Tammra 770-696-4806 or www.msbnscar.com.

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

National Association of Active and Retired Federal Employees (NAARFE), 2nd Wednesday of the month. 11:30am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More Info: 770-971-1719.

Newcomers Club of Cobb County. 3rd Tuesday of the month. 10am. Sept-May Various social activities throughout the month for those new to Cobb County or just looking for new friends. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. More info: newcomersofcobbcounty@yahoo.com.

North Metro Mothers of Multiples Club. 3rd Monday of the month. 7pm. Chicago's, 4401 Shallowford Road, Roswell (corner of Johnson Ferry & Shallowford). More info: www.northmetromultiples.org. Northeast Cobb Business Association.
Luncheon meeting 3rd Wednesday
of the month. 11:30am-1pm. \$15.
Piedmont Church. 570 Piedmont Road

Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-423-1330.

#### Northwest Atlanta Mothers of Multiples

A parent's club for families with or expecting twins, triplets, or quadruplets. Second Tuesday of each month. Date and time may change; check our website. More info: www.nowamom. org or 678-404-0034.

Peach State Depression Glass Collectors' Club. 2nd Tuesday of the month except December. Guests welcome. 6:30pm social; 7pm meeting. Marietta Museum of History, 1 Depot Street, Marietta. More Info: psdgc.com.

#### Polk Street Speakers Toastmasters.

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

#### Retired Old Men Eating Out (R.O.M.E.O.)

Every Tuesday, 8-10am. Meet for friendship, conversation and sharing a variety of antique cars, street rods and muscle cars. Marietta Diner, 306 Cobb Parkway South, Marietta.

Shakespeare Reading Group. First and 3rd Thursday of the month. September-May. 2-4 pm. Senior Wellness Center, 1150 Powder Springs Road, Marietta. More info: Lynne Johnson, 770-591-3474.

#### Song of Atlanta Show Chorus.

Women's four-part harmony chorus. Every Tuesday, 7:30pm. Northbrook UMC, 11225 Crabapple Road, Roswell. Visitors welcome. More info: www.songofatlanta.com or 770-696-6502.

**Sope Creek Garden Club.** First Wednesday of the month (Sept-June). 10am. Locations vary. More info: Karin Guzy, 770-955-1303 or karinguzy@gmail.com.

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

Toastmasters International. Rising Phoenix Club. Every Saturday at 9:45-11am. A great way to improve your speaking and leadership skills. Guests always welcome. East Cobb Government Center, 4400 Lower Roswell Rd, Marietta. More info: www. risingphoenix.loastmastersclubs.org.

Y Business Network. Every other Friday. 7:30-8:45am. Local business networking and referrals. Northeast Cobb Y, 3010 Johnson Ferry Rd., Marietta. Guests always welcome. More info: ybusinessnetwork.webs.com, Michelle Hutchinson, 770-518-0010.

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

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

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

Invite a guest to join you.

For more information visit www.EastCobbBA.com









#### SUPPORT GROUPS

#### A.A./Al-Anon/Al-Anon Beginners/Alateen.

Every Monday. 8pm. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

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

Alzheimer's/Caregiver Support Group Meeting. First Monday of each month. 10:30am. Open to family members who are assisting an aging loved one both inside and outside of the home. Free respite care is provided for your loved one while we meet. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Rosswell Road, Magrietta. More info or to RSVP: 770-729-7641.

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

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

Babywearing Group. Koalamommas, North Atlanta's resource for help, support, and information about baby carriers of all kinds. Meets monthly. Meeting dates/time vary. More info: Jennifer Worrell, jenniferworrell@ bellsouth.net or www.bwiofatlant.org.

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

Career Transition. 3rd Monday of the month. 6:30pm. Personal resume reviewing, interviewing, networking, and career assessment help. First Presbyterian Church, 189 Church Street, Marietta. More info: Lee Pence, 770-428-9350, or Bob Sabin 770-795-9084, or visit www.fpcmarietta.org

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

Caregiver Support Group. 2nd Thursday of the month, 12-1pm. Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or eharres@ peterandpoul.ora

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

**Depression/Bipolar Support Group.** First and 3rd Thursday of the month. 7-8:30pm. Johnson Ferry Baptist Church, Room 339, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

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

**Divorced/Separated Support Group.** First and 3rd Tuesday of each month. 7:30pm. St. Ann's Catholic Church, Mary's Chapel, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6018.

**Divorce Support Group** by Visions Anew for women who are contemplating or going through the divorce process. First Thursday of the month, 7-8:30pm. East Cobb Government Center, 4400 Lower Roswell Road, Marietta. More info: www.visionsanew.org.

Divorce Support Groups Adults and M/HS Students. All or welcome. Every Wednesday through May 10. 6:20-8pm. Mt. Bethel UMC, Room B111, 4385 Lower Roswell Road, Marietta. Closed CCSD Winter and Spring breaks. Free with free childcare. For more information, registering, or counseling: call Judith Reichenbach, Licensed Counselor at 770-597-9882 or email jmr.lpc@gmail.com.

Domestic Violence Support Groups. Sessions in English and Spanish. Wednesdays, 6:45-7:45pm. Childcare available for children 6 weeks-12 years. Children over 12 may attend and learn childcare skills. More info: 770-427-3390.

East Cobb Satellite of CHADD (Children & Adults w/Attention-Deficit/Hyperactivity Disorder)
Parental Support Group. 2nd Tuesday of the month. 6:30-8pm. Mt. Bethel United Methodist Church (Room B109) 4385 Lower Roswell Road, Marietta. More info: Cappie

Suttle, 404-368-9394, east-cobb@chadd.net,

• or www.chadd.net/300.

Emotions Anonymous. A fellowship of people who come together to work toward recovery from emotional difficulties and discover a new way of life. Tuesdays & Fridays. 7pm. Roswell United Methodist Church, 614 Mimosa Boulevard, Counseling Building, Roswell. More info: 770-330-1991.

Families Anonymous (FA) for families who have loved ones struggling with addiction. Every Tuesday, 7:30-9pm. Mt. Zion United Methodist Church Youth Center, 1770 Johnson Ferry Road, Marietta, More info: 770-971-1465.

Fractured Families for Parents Estranged from their Children. 2nd and 4th Sunday of the month. 6:30pm. Call for location. More info: Sandy, 404-446-6093.

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

Grandparents Raising Grandchildren Support
Group. 2nd Tuesday of the month. 7:15pm.
Special guest speaker. Transfiguration Church,
Room 102, 1815 Blackwell Road, Marietta. More
info: Jeannie, 770-919-9275.

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

**Grief Support Group.** 3rd Thursday of the month. • 7pm. Unity North, 4255 Sandy Plains Road. More • info: Kathy Kelcourse, kathzkel@yahoo.com.

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

JACS (Jewish Alcoholics, Chemically Dependent and Significant Others). For Jewish members of 12 Step groups. 7-8pm. First and 3rd Tuesdays of the month except on Jewish holidays. Congregation Etz Chaim, in the library, 1190 Indian Hills Parkway, Marietta. More info: 770-928-2523 or teshuva@aol.com.

Loneliness Bereavement Support Group. Every Wednesday except holidays. 11am. Heritage Hospice, 3315 Hilltop Drive, Marietta. More info: 770-423-5959.  Marietta Moms. For all kinds of moms – new to the area, looking for new friends, or just needing support. Daily events for babies, toddlers, and older kids. 770-956-0318 or 678-357-3661.

Mothers Circle Group. Are you a mother raising Jewish children but you are not Jewish? Free education and support through a 16-week course. Groups are held in Marietta, Intown and North Fulton. More info: Suzette Cohen, suzette@themotherscircle.org or www.themotherscircle.org.

Mothers of PreSchoolers (MOPS). Wednesdays. 6:15-7:15pm. A place where moms can come to build friendships and receive mothering support, practical help and spiritual hope. Childcare provided. Mt. Zion United Methodist Church, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465 or mtzionmops@cmail.com.

Overeaters Anonymous. A support group for those who suffer from the need to compulsively overeat. Monday-Wednesday-Friday. 10am. St. Ann's Catholic Church, 4905 Roswell Road, Marietta. More info: Betsy: 404-226-4931.

Parents of Prodigals. For parents of struggling teens and young adults. 2nd and 4th Thursday. 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta. More info: Fair Brocard, 770-612-1197 or www.prodigalchildministries.org.

Parkinson's Disease Support Group. For persons with Parkinson's disease and their caregivers. 2nd Sunday each month. 4pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Building A, Roswell. More info: Robin Cleveland, 678-819-3915.

**Spousal Support Group.** 3rd Thursday of the month. 12-1pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

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

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







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