

March 2018

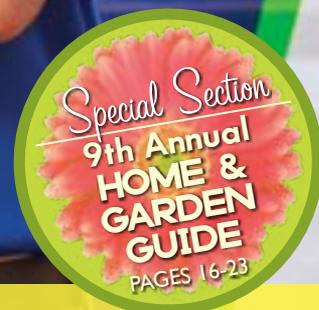
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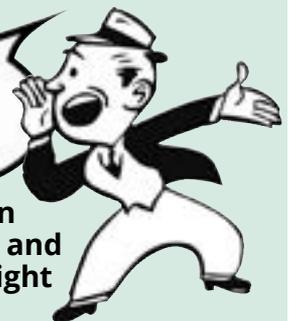
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PUBLISHER'S NOTE



As I sit and write this month's Publisher's Note, tragically, our nation is once again confronted with a school shooting. 17 more lives were cut short at a Florida high school (!) and so many more have been affected by this shocking violence. We must take action to ensure that our schools are once again safe havens for our children and youth. I am hopeful that the protests, town halls and conversations will produce some common sense solutions. During this time of shock and grief, I realize there will be times in our lives that we will be faced with unexpected situations and devastating events

which force us to realize what is most important. At times like these, I cope by focusing on the people in my life and the little, everyday things that really make life special and worthwhile. I hope you will find in this issue of the EAST COBBER magazine, stories which help you focus on the special connections in our community and inspire you in your personal life.

This issue features stories of East Cobbers who have created special events to raise money to help those in need. From the two moms creating a fundraiser for breast cancer research (see page 48) and a local firefighter coordinating a fun event to raise money for childhood cancer research (see page 44), the EAST COBBER is happy to shine a light on their efforts.

Easter is coming and that means fun Easter egg hunts will be hosted around the East Cobb community. Check out page 52 for a list of local Easter Egg Hunts. Another sign of spring are the consignment sales all around town. Page 50 provides a comprehensive list of local consignment sales. This month's magazine also includes our annual Home & Garden special section which provides some local resources and inspiration to make your house a home.

We may not have the perfect circumstances --career, home or relationships. Few of us do. But if we have the gift of today, we have a chance to re-create our circumstances and make them as perfect as possible with the resources we have. As the English playwright George Bernard Shaw, observed, "The people who get on in this world are the people who get up and look for the circumstances they want . . . and if they can't find them, make them." These fellow East Cobbers featured in this issue (including our advertisers, most are small business owners) have that attitude, and because of it are making our East Cobb community a better place.

A handwritten signature in black ink that reads "Cynthia".

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

On the Cover

This month's front cover features **East Cobber John White, Owner of Panacea Plumbing**. John White is also **Chairman of the North Metro Division of the PHCC (Plumbing, Heating, Cooling Contractors) of Georgia**. He is a leader in **advocating new technology that best serves the customer's evolving needs, while remaining an expert in the tried and true basics**.

"I love helping people and creating custom solutions for plumbing needs. Plumbing is an ever evolving industry. I stay educated on the most current technologies and products," shares John.

Panacea Plumbing knows that your plumbing systems are the heart of a home or building. When you need service, you want an experienced, reputable company that delivers on its promises. Panacea Plumbing provides East Cobb and beyond with quality plumbing installation, repairs and service.

For more information about this locally-owned and operated business, you can read their story on page 6 or visit www.panacea.plumbing

If your home is in need of plumbing services, call the professional plumbers at Panacea Plumbers today at 404-644-7549.

Front cover photo taken by Michael Drewitz of Michael's Photography.

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PANACEA PLUMBING: THE SOLUTION TO YOUR PLUMBING PROBLEMS

PANACEA (*pan-uh-see-uh*) n. “an answer or solution for all problems or difficulties”

When John White pondered a name for his family plumbing business 2 years ago, he and his wife Tracy, a native East Cobb, sought one that would encompass all his customer potential needs: quality plumbing repairs, home renovations that are energy efficient, assuring the safest, cleanest water supply to home owners and importantly, at the lowest possible price. He wanted their business to be more than the average plumbing company, be the solution to all water problems, a panacea. And today it has proven to be just that.

Panacea Plumbing provides service for all plumbing emergencies, water heater repairs and tankless water heater installation, water softeners and filtration systems, as well as custom bathroom design and installation. “I was originally drawn into the plumbing industry understanding it is a science and, in many ways, an art form”, said John. “Plumbing is not just a wrench and a plunger”, John laughs. “It’s a melding of technological expertise, biology and ecology. It’s an ever-changing process as new research demands new techniques and materials to assure projects are up to code and have a reduced propensity for future problems.” Panacea Plumbing strives to save homeowners money in their biggest investment, their home. There is an explosion of East Cobbers renovating their homes not just for additional space, style or curb appeal, but to create a “smart home”, one in which energy and water efficiency contributes to the value of the home. John and his team really enjoy the variety of challenges they meet and conquer each day.



Housing values are critical to our local economy so updating home water infrastructure systems is vital to assure your home’s value is competitive. As a board member and Chairman of the North Metro Atlanta PHCC (Plumbing, Cooling and Heating Contractors Association), John feels like he is always participating in a non-stop continuing education class, building

on his Master certification. Nuggets of wisdom he gained include that it is a myth that copper pipes last a lifetime, rather, closer to 40 years. And patching pinhole leaks, dripping water doesn’t solve the true underlying problem—the inside of the pipe.

“We live here,” says John, the father of two daughters attending Pope High School. “This is our community, one in which we take pride. Our customers are our neighbors, they deserve excellent service and to learn about new materials and installation techniques that save hundreds plus improve their home’s value.” Panacea Plumbing’s customer concentration is East Cobb home and business owners.

A quick Google search will illustrate that John “walks the talk” in his commitment to his business. Panacea Plumbing consistently has the top, five-star ratings among hundreds of plumbers servicing East Cobb and has never received a negative review. Can a business truly be a “solution to all problems”, a panacea? Panacea Plumbing has proven to be just that, the leader in comprehensive plumbing services.

Contact Panacea Plumbing at 404.644.7549 for truthful, upfront pricing, outstanding warranties and any emergencies you have, 24/7 or email Solutions@panacea.plumbing.

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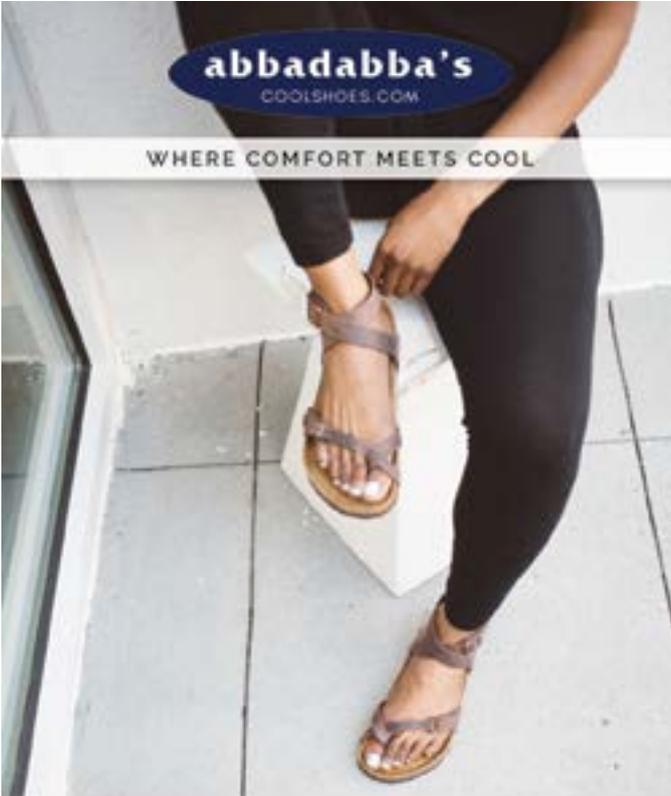


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PTA HOLDS APPRECIATION BRUNCH



East Cobb Principals of the Year

The East Cobb County Council (ECCC) of PTAs held their annual Teacher of the Year and Principal Appreciation Brunch on February 8. PTA volunteers from the Wheeler Cluster of Schools (consisting of Wheeler High School, East Cobb Middle School and Brumby, Eastvalley, Powers Ferry and Sedalia Park Elementary Schools) were responsible for planning and putting on this year's event. Led by committee chairs Pilar Kornegay and Andrea Jewell, the committee decided to recognize not only the ECCC PTA Teachers of the Year (TOTY) and Principals at the annual event, but also to celebrate the Classified Employees of the Year (CEOTY). As we all know, it takes a village to invest in the lives of our children in our schools and the Classified Employees serve tirelessly along with our teachers and administrative staff to serve our children and our schools in East Cobb.

The theme of this year's celebration was "A Story Time Brunch". Each of the 35 ECCC PTAs was asked "which book best represents your honorees and why?" The love and care that the TOTYs, CEOTYs and principals pour into our students each and every day were evident by the book descriptions that were submitted. Principals are a wealth of knowledge, just like "The Encyclopedia", manage to keep their sense of humor like "The Great Big Book of Hilarious Jokes", help students find answers to life's questions as in "Lord of the Flies" and lead their students and staff through great adventures such as those in "The Magic School Bus". TOTYs are very giving – "The Giving Tree" and "The Giver" were two popular choices for describing their ability to give tirelessly of themselves in the classroom. Their thirst for knowledge was shown by comparison to the Harry Potter Book Series and their joy in taking students on great adventures such as in "Around

East Cobb Teachers of the Year





East Cobb Classified Employees of the Year

the World in 80 Days" was acknowledged by those who know and love them. Our CEOTYs give so much to our children and our schools. PTAs described just how much we cannot survive without them with book titles such as "The Knowledge Book: Everything You Need to Know to Survive in the 21st Century" and "4th and Goal Every Day: Alabama's Relentless Pursuit of Perfection."

Holy Family Catholic Church generously allowed them the use of their facilities for the event. The delicious food was prepared and served by students in the Wheeler Culinary Arts program led by Mr. Danie Campanale. Mr. Robert Case and the Wheeler MID program provided delicious coffee drinks and the Wheeler Horticulture Department, under the direction of Nancy Mann, created amazingly beautiful centerpieces and decorations. Entertainment was provided by the Brumby Elementary Steel Drum Band under the direction of Mr.

Charlton Branche. Cadets from the Wheeler High School Jr. ROTC presented the flags and led us in the pledge of allegiance to open our meeting.

Representatives from the Cobb County School District, Cobb County Board of Education, 9th District PTA and Georgia PTA were present at the brunch to help celebrate our schools and the teachers, administrators and professionals who serve our children.

As Kristy H. Flowers, Co-President of the East Cobb County Council of PTAs shares, "We are so thankful to everyone who worked hard to make this event such a success. Our children and our schools are our responsibility and the teachers, classified employees, administration and PTAs working together can make our ECCC schools soar to new heights. We look forward to seeing "Oh the Places We'll Go." 🌟



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WALTON HIGH SCHOOL FOUNDATION TO HOLD MARCH MADNESS FUNDRAISER

The Walton High School (WHS) Foundation will be hosting its March Madness-themed fundraiser on March 17 at 7pm at Holy Family Catholic Church! This fun-filled event will feature a large silent auction, DJ, dancing, games, drinks, appetizers, desserts and live streaming of some March Madness hoop action!



**WALTON H.S. FOUNDATION 2018
DINNER & AUCTION**

Thanks to the generosity of local businesses, the silent auction will be a slam dunk! Here is a sample of the amazing items to be offered at the fundraiser:

- Hot Air Balloon Ride
- Delta Flight Museum-4 admission tix and 1 hour FLIGHT SIMULATOR EXPERIENCE
- Disney - 4 One-Day Park Hopper Tickets
- UGA 2017 SEC & ROSE BOWL CHAMPS signed football in deluxe case signed by: Sony Michel, Nick Chubb, Jake Fromm, & Kirby Smart
- Restaurant gift cards from Zest, Aurelios, Fuji Hana, Zeal, Red Sky, Seed and many more!
- Beach and lake vacation home rentals
- Tickets to multiple local attractions- iFLY-Spread Your Wings Return, Top Golf and more!

The event is open to the public. East Cobb friends can get in the game! Tickets can be purchased online at www.waltonhighschoolfoundation.org

The Walton High School Foundation, founded in the early 1990s, a not-for-profit organization, is run by parent volunteers and operates independently from the

Cobb County School District. The WHS Foundation is dedicated to improving the quality of student education by supporting students, teachers and administrators, providing up-to-date technology and supplies and reducing class sizes in core curriculum subject areas to enhance student achievement.

The East Cobb student population continues to grow while education funding remains stable with projected funding decreasing. The WHS Foundation provides critical resources to reduce classroom sizes. Over the last two years, the WHS Foundation has allowed Walton High School's administration to retain as many as five part-time teachers. This initiative reduced overall classroom sizes from a potential 31-37 students per class to an average of 26-28 students per class.

This school year, the WHS Foundation is assisting the Walton High School Math and Science Departments to raise funds for the Walton Gardens Project. This multi-functional space offers experienced-based learning with opportunities to develop creative problem-solving, communication and collaboration skills. These gardens will house life-sized metal sculptures that will be interactive for science and math experiments, work tables, aquaponics and much more. 🌱

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CARING FOR YOUR MOUTH WHEN YOU HAVE THE FLU

Flu season is officially here and according to the CDC it is expected to peak in February and March. News reports claim that this year's strain is more severe and widespread than we have seen in the past, causing many hospitalizations and even deaths across the country. While efforts aimed at preventing the spread of the flu, such as vaccination, careful and frequent hand washing, covering the mouth and nose while sneezing, and avoiding close contact with individuals who are already ill are imperative, should you find yourself sick with the flu, caring for your body is crucial – and this includes your mouth. Here are some ways to care for your dental health when you are not feeling well:

Practice Good Hygiene. It is important to brush your teeth twice a day and floss daily to remove the plaque and bacteria on your teeth that can lead to cavities. If you are unable to brush and floss as consistently as you want while sick, mouthwash or gargling with a cap sized amount of hydrogen peroxide once a day can help kill the germs present on the teeth, mouth and throat. Because the flu virus can live for 72 hours on moist surfaces, remember to use a new toothbrush after your

illness has passed and never share your toothbrush with others.

Choose Sugar-Free Cough Drops. Many cough drops contain sugars such as fructose or corn syrup. Cavity causing bacteria on our teeth feed on these sugars producing acids which cause tooth decay. Opting for a sugar-free cough drop while sick is recommended to help prevent cavities.

Swish and Spit After Vomiting. One unfortunate side effect of the flu is vomiting. While many are tempted to brush their teeth immediately, brushing too soon can actually lead to enamel breakdown because the stomach acids can soften the enamel, and immediately brushing can remove some of this softened tooth structure. Instead, we recommended that you swish with water, a diluted mouth rinse, or a mixture of water and 1 tsp. baking soda to first wash away the acids, spit, and then brush about 30 minutes later.

Stay Hydrated to Avoid Dry Mouth. Dry mouth can put you at greater risk for developing cavities. During dry mouth, our saliva function is decreased. Saliva functions to cleanse the teeth and gums and provides fluoride to the tooth surface, remineralizing and strengthening our enamel. Common medications used to

treat the flu, such as antihistamines, decongestants and pain relievers, can contribute to dry mouth, so drink plenty of water and suck on sugarless cough drops to help keep the saliva flowing.

Choose the Right Fluids. When it comes to your dental health, the safest thing to drink is water. Sports drinks might be recommended to replenish electrolytes when you are sick, but drink them in moderation as they contain a lot of sugar. Also, if you prefer tea when you feel ill, try not to add sugar or lemon if you can avoid it. Sugar fuels the cavity-causing bacteria, and lemon is acidic on the enamel.

We hope you can avoid catching the flu this season, but if you do fall ill, remember proper oral care is important to keeping your teeth and gums healthy.



Dr. Kristina Chandler practices at Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

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DON'T CLOSE THE BOOKS ON OUR LIBRARIES

By Rachel Slomovitz

I used to have a Library of Congress library card. When I was living in Washington, DC, I interned for former Senator Zell Miller (D-GA), and was in graduate school. One of my top priorities was to get that Library of Congress reading card. Taking the underground tunnels from the Senate to the Library of Congress, I stood in line to get my library card.

I wanted access to the treasures that the Library of Congress held. I wanted to be able reach across centuries to attain the information I wanted—reliable, well-researched, professional library materials. I wanted to be able to ask librarians for help on the research I was doing. I was fortunate that our federal government provided that ability to anyone who wanted it. When you are a library card holder whether here in Cobb County or anywhere in the United States, you hold a key. A key that unlocks many things—a communal space, an important book, a meeting room to discuss the important issues, tutoring spaces, baby/toddler/kid programs, newspapers, magazines, DVDs, informed professionals to help you and so much more.

Libraries are community hubs. In addition to connecting people to information, libraries connect people to people. They are safe havens for kids when school is not in session, offering after school homework help, games and book clubs. Libraries offer computer classes, enabling older adults stay engaged in a digital world. New residents of Cobb, are going to have to look much harder to pick up that Zoo Pass or that latest DVD.

As Cobb citizens, the strength of that “key” is diminishing. There are 8 public libraries located throughout Cobb County, including our beloved East Cobb Library,

on the chopping block. Facing a \$30 million budget shortfall, the Cobb County Board of Commissioners is proposing a \$2.9 million cut out of the library budget. That is a 25% reduction of the county library department's annual budget. 124 part-time employees will be laid off, 8 county libraries will be shut. Library hours will be chopped almost in half.

I believe we need to fight to save this precious community resource. I have started a Facebook group called 'Save Cobb Libraries'—please come join us. We need to work with the Board of Commissioners to show them that the libraries are worth fighting for. Future generations demand this access to libraries- this communal space, the tutoring spots, the meeting rooms, the books, the professionals.

We can only fight the tide of 'fake news' with well-educated students, a well informed populace. In the words of Walter Cronkite, “Whatever the cost of our libraries, the price is cheap compared to that of an ignorant nation.” Please research who your Commissioner is, and let him/her know what the libraries mean to you. 📖



Rachel Slomovitz is a Cobb citizen. She teaches in several spots around Cobb. She hold a Masters Degree in Political Management from George Washington University, and a Bachelors of Political Science from University of Massachusetts-Amherst. She finds herself focused on local issues that will improve the quality the life of her neighbors—parks, libraries, green spaces, and the environment.

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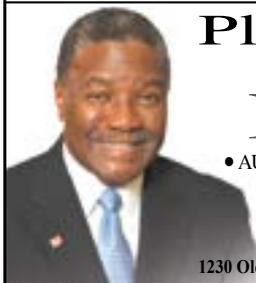
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EAST COBBER PARADE & FESTIVAL

SET FOR SEPTEMBER 15



EAST COBBER extends its mission of building a sense of community by establishing a hometown tradition of a community parade and festival. As the producers of the first parade and festival in East Cobb County, the EAST COBBER aims to establish a strong network between schools, businesses, government and clubs to create a showcase event and annual tradition for East Cobb County. The EAST COBBER Parade has become the largest parade in all of Cobb County and is the only community-wide event for East Cobb.

The EAST COBBER Parade and Festival aims to build a sense of community and reinforce East Cobb's status as one of the best places to live in the Atlanta area by giving thanks and special tribute to those who contribute to the quality of life in East Cobb: such as, principals, schools, clubs, elected officials, and civic leaders.

Overall, the objectives of this special event are as follows:

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

Because the EAST COBBER Parade & Festival is privately funded, contributions from local businesses are vital to keeping this tradition alive in East Cobb County. For sponsorship information or to request a festival booth application, contact 770-640-7070.

2018 EAST COBBER Parade & Festival Details:

Date:

Saturday, September 15, 2018

Parade:

Start Time: 10am

Festival:

Start Time: 11am

Application Deadline:

Friday, August 3, 2018



Be a part of it!

For more info, visit

www.eastcobber.com/parade

EAST COBBERS HELP HABITAT FOR HUMANITY



Above, the 2017 Cobb High School Coalition dedicated proudly the house with the new Habitat homeowners.



Meg Sridhar, who was a senior at Wheeler High School, helped build the 2017 High School Coalition Habitat home.

The NW Metro Atlanta Habitat for Humanity has been providing strength, stability and self-reliance through shelter to Cobb County homeowners since 1986. In 31 years, through community sponsor and volunteer partners, the organization has built, renovated and repaired more than 500 homes providing safe, decent, affordable homes alongside the well-qualified homeowner.

East Cobbers have played an integral role as both sponsors and volunteer builders through the years. In 2017, 24 housing solutions provided safe shelter to 61 individuals, including 13 children, five veterans and seven senior citizens. Additionally, the affiliate saw 2,096 volunteers provide 26,468 hours of work!

Year after year, the Cobb County faith community has come together in various coalitions to build homes. In East Cobb, faith sponsors include: Catholic Church of St. Ann, Catholic Church of the Transfiguration, Holy Family Catholic, Holy Transfiguration Greek Orthodox Church, East Cobb Islamic Center, St. Catherine's Episcopal, Temple Kol Emeth, Unity North Atlanta Church, Faith Firewood Ministry, Holy Trinity Lutheran, Lutheran Church of the Resurrection, Mt. Bethel United Methodist Church and Mt. Zion United Methodist Church. Many East Cobb companies sponsor builds as well, including Moore and Colson CPA firm, Pinkerton & Laws, Publix Supermarkets Charities and Travel & Transport.

These volunteers are a wide range of ages, come from diverse backgrounds and represent a variety of affiliations. They all have one thing in common—the desire to provide a deserving family a “hand up” with shelter, strength and safety.

Qualifications to become a Habitat homeowner are rigorous. Homeowners go through financial management training, work to achieve a healthy income to debt ratio,

and put in the sweat equity not only for their own home, but for other Habitat families as well. With an affordable, no interest mortgage, the stage is set for the financial security and stability families need to be successful and be a part of a community. The average Habitat homeowner saves \$500 a month by paying a mortgage instead of rent, producing dollars that flow back into the local economy.

In late February, the seven-school High School Coalition broke ground on its 33rd house in Cobb. The annual build is made up entirely of students from Pope, Walton, Wheeler, Sprayberry, Campbell, Kennesaw Mountain and Hillgrove high schools. The 20 houses this coalition has built has provided safe, affordable shelter to 65 people and has generated \$5.1 million in local revenue over the term of the 25-year mortgages.

The Pope High School chapter, founded in 1996 holds the “Miss Panache Pageant” event and silent auction that donates 100 percent of its proceeds to the local affiliate. The most recent pageant held in February raised more than \$6,200.

Pope High School teacher Cindy Holland, who serves as the advisor for the Pope Habitat for Humanity Club, said, “It has been a privilege to see the students join the club as freshmen with little knowledge of Habitat and grow into seniors who are passionate about the organization. Several former club members have gone on to volunteer with H4H in college and beyond.”

Holland continued, “It is great watching our students spend a Saturday working on a home where they meet the family they are helping, learn new skills and have fun doing it!”

For more information on sponsoring or volunteering on a 2018 build, visit www.nwmetroatlantahabitat.org. 

NEW PROGRAM HELPS STUDENTS ACCESS LIBRARY RESOURCES

Cobb County Public Library digital and print resources are now accessible to the county's more than 120,000 public school students through an initiative called Library PASS – Public Library Access for Student Success. This new partnership among the library system and the Cobb County and Marietta City school districts represents one of the largest programs of its kind in the United States to expand the reach of public library resources.

If you are a student currently attending a Marietta city school or a Cobb County public school, you

already have a Library PASS account. Your student ID now works like a library card number. That means you have access to all of our resources at the public library, including our digital resources. Get your homework done faster and easier with your Library PASS. You can access databases 24/7 to find great books to read, download or stream. Or visit any of Cobb County's libraries to use the Internet, print or check out a book to read. They even have a growing collection of apps to download to your mobile device. For more information, visit cobbcat.org/librarypass. 

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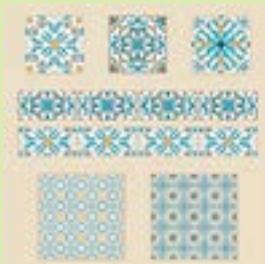


DESIGN TRENDS FOR 2018

BRONZE ACCENTS



Now that you've replaced all your fixtures, brass is making a comeback in home design décor –only this time, it's a warmer matte metal, rather than shiny imitation gold. The classic metal will bring some pizzazz to an otherwise dull room and is a welcomed change from the standard brushed nickel. Designers recommend using brass sparingly. Consider mixing it with oil-rubbed bronze or incorporating it into your home as an accent.



STATEMENT FLOORS

Forget the walls, look to the floors! Herringbone hardwood flooring patterns, bold geometric tile and designer epoxy finishes are a great way to make a room pop. White flooring, while difficult to maintain, is HOT with tile in the kitchen and baths and

white wood-flooring in living areas.

LIGHT WOOD CABINETS



While white cabinets remain popular, light wood finishes are quickly gaining ground. The wood finish adds warmth and texture to make the space feel more inviting and less sterile. When considering cabinet style, you should know the shaker has evolved – think shaker 2.0 – this year. The newest style looks like a shaker, but with a bit of extra roping or an additional ledge to refine the look.

OPEN KITCHEN SHELVES



Show off your dish collection with open kitchen shelves. The open-shelf home design trend gives you more storage options, especially for large or bulky items. And this is a popular storage solution for modern and rustic kitchens.

FLORAL PRINTS

Bold, contrasting-color florals are making a big statement. The key is moderation. Gone are the days when your drapes, bedspread, pillows and chairs all matched (thank goodness)! Mix neutrals and basic tones with your bold statement for that happy balance. Play it safe with a throw pillow or blanket, vases, comforters and other items before committing to something more permanent.



NATURAL ELEMENTS

Natural elements are popular for their beauty and timelessness. Ideas to incorporate the outdoors into your home include stacked stone limestone walls and limestone floors, pops of green throughout, reclaimed wood accents and even floor-to-ceiling sliding glass doors to offer dramatic views of the outside.





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Todd Peterson, Owner
Peterson Pressure Washing

Q. Do you do a house wash and blast the paint off or damage siding?

A. *We do not pressure wash at high pressure on the house, we do a SOFT WASH. Soft wash is spraying with a connector on the wand that sprays with very low pressure. Almost like the pressure when you water the garden.*



Charlie Dallavalle
President
Painting Plus Inc.

Q. Why is it important to hire a State licensed general contractor? What does it really mean to be licensed? Why are some contractors licensed and others not? And the ultimate question: Does it matter?

A. *Contractors pay a tidy sum to play by the rules, which makes it hard for them to compete against those who don't. Homeowners can pay the price when they fail to distinguish between the two. Georgia now requires contractors to have a license to obtain a building permit. Anyone can say they are licensed, so it is important to make the contractor prove it. Go to www.sos.state.ga.us/plb/ to protect yourself.*

Q. What are some factors in deciding between replacing or repairing your heating and air conditioning system?

A. *There are several to consider when you get the news that you have an expensive repair on your HVAC system. First, you should ask for a firm price on the proposed repair. Next, if the repair is on a major component and your system is 10 or more years old it pays to look into replacements. Additional part failures occur as equipment ages, replacement can save additional repair costs and improve your comfort and efficiency. Also, if your system is over 15 years old, it is likely a 10 SEER air conditioner and a 65% furnace. For every additional point in SEER you save between 5 and 10% in energy costs, we install systems up to 21 SEER. The AFUE of 65% means that 35% of your fuel is waste that goes up your flue. We now install furnaces that are 80 to 95% efficient. This with comfort improvement options like zoning and variable speed furnaces should also play into your decision-making.*



Debbie Abernathy, Owner
E. Smith Heating and Air Conditioning, Inc.



H. Dale Contant, MCR,
CRPM, UDCP President
Atlanta Design & Build

Q. My home desperately needs updating; kitchen, master bath, screen porch, how do I know what to do first and how much it will cost?

A. *Our HomeStyle System includes a Master Plan so we can assist in clarifying your needs, desires and priorities. We build your projects on paper providing details including budget information, so you can schedule as one project or multiple projects performed over a timeline that is comfortable for you.*



Photo By Barbara Brown Photography

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BEFORE AND AFTER: SEE HOW THIS DESIGNER'S LIVING ROOM FOUND MAJOR STYLE



Before

These are "before & after" shots of East Cobb resident Demi Campbell's living room. The room was very dark and dated from the wood features and fireplace. The track lighting also added a nice 90's touch! The previous owners had lived in the home for 25 years. Although updates had been made during this time; the look and aesthetic was definitely not current.



After

As you can see in the after photo, Demi decided to brighten the room and show personality through color. She painted the wainscoting and brick in white to give the room a cleaner and more uniform look- this also coordinates with the ceiling. A hint of the wood accent was left behind in the fireplace to provide a nice contrast. Finally, she painted the walls a pretty light blue and added in pops of coral, gold, and green for color through accent pillows and decor. "The room now feels light and airy and reflects who we are as a family," shares Demi. It should be noted that Demi owns her own interior design business.

BEFORE AND AFTER: KITCHEN MAKEOVER



Before

Rylee Johnson's house flooded on Thanksgiving morning. She had 20+ people on the way and almost every square foot of their house had about 3" of water. So the Johnsons put in a lot of their own money along with the insurance claim to make some huge improvements- especially to the kitchen. This kitchen was transformed from closed-off and barely functional to a bright space, perfect for cooking, gathering, and entertaining. "You can hardly tell it's the same house!" says Rylee.



After

WASH YOURSELF INTO A NEW HOME THIS SPRING



Todd Peterson

The temperatures are rising, the flowers are blooming and East Cobbers are embarking upon that seasonal ritual: Spring Cleaning! While focused on the dust on your ceiling fans and that mess underneath the

sink, are you giving as much TLC outside as you are inside? If the exterior of your house is not as gloriously clean and shiny as the inside, you may be taking a risk that your curb appeal radiates only from your azalea bushes.

Todd Peterson loves a spic and span home and testimonials from hundreds of clients will attest that a visit from the team at Peterson Pressure Washing can work magic on rejuvenating your home. A native East Cobber, and alumnus of Mt. Bethel, Dickerson and Walton High, Todd has been rescuing East Cobb homeowners of mildew and grime for over ten years. Todd prides himself on using only biodegradable cleansers that get the job done gently. His team has never damaged a plant nor window. Unlike traditional “pressure washing,” they “soft wash,” removing mildew and stains without any damage to paint, brick or siding.

“Most homeowners assume they need to paint,” said Todd. “But 9 times out of 10, the house just needs power washing, saving thousands of dollars in painting costs. With regular washing, houses should only need painting every eight years.”

It isn't just your house that can sparkle with power washing, but driveways, sidewalks and decks benefit as well. Power washing a concrete driveway adds another benefit of enhanced safety. Newly power washed concrete regains the traction that dirt and mildew hinder. Fully licensed and insured, Peterson Power Washing is consistently rated as number one on Nextdoor.com and for good reason: the quality of the work and customer service is stellar!

Todd is ready to make some magic at your house this spring. Stop in and visit with him at the Atlanta Home Show (Cobb Galleria, March 23-25) and mention the EAST COBBER for a special discount. Contact Peterson Power Washing for a free estimate at (770) 875-4217.

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Before



After

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Q. What kind of waterproof flooring options do you have?

A. *Tile and luxury vinyl are the only two truly waterproof flooring options. There is a new category of water resistant laminates that is becoming quite popular. Water resistant products allow for water to rest on the surface for up to 24 hours with no damage to the flooring. This innovation finally allows for laminate to be a good option in kitchens and bathrooms.*



Jenny Cross, Owner
Floorcoverings International
of West Metro Atlanta



John White
Master Plumber, Owner
Panacea Plumbing

Q. What is the most common cause of leaks and emergency plumbing repairs?

A. *High pressure is the cause of most leaks and plumbing emergencies. The solution is a properly installed and functioning Pressure Reducing Valve (PRV) and Thermal Expansion Tank. Both guard against stress related leaks as well as major plumbing failures, in addition to extending the life of fixtures by reducing pressure. These devices are relatively inexpensive to maintain and invaluable to safeguard a homeowner's plumbing system and peace of mind.*

Q. Why remove stumps and how much does it cost?

A. *Why? 1. Stumps can cause new tree growth & continue damaging its surroundings. 2. They can attract insects & termites that can move to your house. 3. They can be difficult to maneuver around & cause unsightly curb appeal. How Much? 1. Depends on the size or quantity of stumps as well as accessibility. 2. There is a minimum of \$100 which covers most stumps up to 24".*



Chris Broughton
Owner/Operator
Simply Stumps Atlanta



Grand Opening!

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EAST COBB HOME SALES BY SCHOOL DISTRICT

Conventional wisdom tells us there are many factors people use when determining where to buy a home. What is the number one factor for people selecting a new home? You don't have to be a genius to figure this one out... location, location, location. But, the second greatest factor for home buyers is schools. The school district or even a specific school within a district can drive demand for a particular area. Ask any real estate agent you know and they will confirm that having strong schools and an overall strong district can affect home prices by as much as 10 percent over a neighboring district. A 2013 realtor.com® survey of nearly 1,000 prospective home buyers showed that 91 percent



An East Cobb home located in the Walton School district.

said school boundaries were important in their search. How does this theory hold up in East Cobb? The Janice Overbeck Real Estate team did a little research and pulled the following stats about houses sold in East Cobb County from January - December 2017.

EAST COBB HOME SALES BY SCHOOL DISTRICT JAN-DEC 2017

	Kell HS	Lassiter HS	Sprayberry HS	Pope HS	Walton HS	Wheeler HS
Sold Units	508	496	855	461	719	838
Average Sale Price	\$241,591	\$393,889	\$264,012	\$428,570	\$501,075	\$286,705
Days On Market	35	52	42	59	75	43
List Price By Sq. Ft. Ratio	\$102	\$125	\$113	\$132	\$145	\$125

EAST COBBER

*Next Issue: April • Deadline: March 15
Call East Cobber: 770-640-7070*



2018 March

COMMUNITY CALENDAR

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

TUESDAY AND SATURDAY

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

EVERY WEDNESDAY

Family Fun Time is for families with children of all ages. It lasts 40-50 minutes and can include books, activities, a short film, parachute play, music, and a craft. 3:30-4:15pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730.

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.

NOTHING BUT NET!

Join us for:
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2018 DINNER & AUCTION
March 17th, 7:00 p.m.
Holy Family Catholic Church, Marietta

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All proceeds benefit the students, faculty and administration.

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Saturday March 10 9am-2pm

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Visit www.nowamom.org for information about our special "first time mom/grandma preview sale" Friday (pre-registration required)

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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.

MARCH 3

10th Annual Cobb County Women's History Day 2018. This year's theme is Agents of Change - Women leading in Non-profit organizations. Come listen to the journey, views, hurdles, achievements, and perspectives on seeking careers in non-profit organizations. 9:30am-12pm. \$10. Chattahoochee Technical College - North Metro Campus, 5198 Ross Road, Acworth. More info: CobbWHD2018@gmail.com.

MARCH 3-4

Mid-Winter Concert 2018 presented by the Dance Stop Company. Saturday: 2pm and 8pm. Sunday: 3pm. The final performance, Sunday, \$1 from each ticket sold will go to CURE Childhood Cancer. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info: 770-578-0048 or dancestopstudios.com.

MARCH 4

Feiner Musicke Concert. Ellen Heinicke Foster, harp, and Mel Foster, Tenor Feiner Musicke blends power, grace and passion to create a unique and unforgettable musical experience. Feiner Musicke is a husband and wife duo committed to the performance, publication and recording of music for voice and harp. Learn more about Feiner Musicke at www.feinermusicke.com. A reception will follow the program with time to meet the artists. Free. 4-6pm. St. Catherine's Episcopal Church, 571 Holt Road NE, Marietta/East Cobb. More info: connecting.episcopalatlanta.org or 770-971-2839.

MARCH 5

Town hall meeting hosted by Commissioner Bob Ott. Have a look at the new library and cultural center. 7-8:30pm. Sewell Mill Library and Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: bob.ott@cobbcounty.org or 770-528-3316.



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HOLY WEEK



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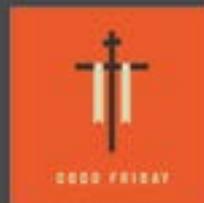


THE CROSS STILL STANDS

MARCH 25 - Sanctuary
A JF Choir & Orchestra Easter Celebration

SPIRIT & TRUTH

MARCH 25 - Activities Center
A reminder why we worship



REMEMBERING CHRIST'S SACRIFICE

MARCH 30
12 NOON
Traditional Service in the Sanctuary
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Student Service in the Activities Center



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MARCH 28
Chapel - 6 PM



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COMMUNITY CALENDAR

MARCH 9-18

Great American Cover Up Quilt Show. Bulloch Hall Quilt Guild hosts a special exhibit of quilted art that represents the 59 designated National Parks in the United States. \$8/adults. \$7/seniors. \$6/child, 6-12. Monday-Saturday: 10am-4pm. Sunday: 1-4pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: Holly Anderson at quiltholly@bellsouth.net.

MARCH 10

Crazy Socks & Shake Your Shamrocks 5K hosted by Brumby Elementary and East Cobb Middle schools to raise funds for the East Cobb Middle School PE Department and the Brumby STEM program. Race Day Packet Pick-up: 6:45-7:45am; Race Start: 8am 5k and 1-mile Fun Run; Race Awards: 9am. Health fair and refreshments immediately following Race. East Cobb Middle School, 380 Holt Road NE, Marietta, More info: Emily Carchio, 404-368-4801.

The Gift of Music Honors. This evening gala will bring recognition to the amazing contributions of individuals who have dedicated their lives to the advancement of music. 6:30-10pm. Tickets \$75 (includes dinner and admission to the event). Mansour Conference Center, 995 Roswell Street NE, Marietta. More info: giftofmusic.org/honors.

Walton Band Garage Sale. Two gymnasiums filled with furniture, electronics, baby items, sporting goods, clothing, books, linens, holiday, housewares, lighting, games, toys, bikes and so much more All proceeds to benefit the Walton Band and Guard program. 8am-3pm. Cash, checks and credit cards accepted. Walton High School, 1590 Bill Murdock Road, Marietta/East Cobb. More info: 678-719-9267 or waltonband.org/garagesale.

MARCH 10

Wheeler Recycling Day. Want to clean up but not just throw everything out on the curb? Check out the list of more than 50 acceptable items at wheelerbands.org. 11am-4pm. East Cobb Middle School, 380 Holt Road NE, Marietta. More info: wheelerbands.org.

MARCH 10-12

Cobb County Library Book Sale hosted by The Cobb County Library and The Friends of the Library. Friday & Saturday: 9am-5pm. Sunday: 1-5pm. Jim Miller Park, 2245 Callaway Road, Marietta. More info: 770-528-2332 or cobbcat.org.

MARCH 13

Gardener's Night Out: Annuals for Sun and Shade. A fun and informative evening sponsored by the Cobb County Master Gardeners. Master Gardener, Donna Kennedy, will teach how to choose the best annuals for the long, hot Georgia summers. 7-8pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-2725.

MARCH 15

Jazz Ensemble and Jazz Combos. Performance featuring KSU Jazz Ensemble led by Sam Skelton, Director of Jazz Studies and Senior Lecturer of Saxophone. 8pm. Tickets: \$12-15. Kennesaw State University, Bailey Performance Center Morgan Hall, 1000 Chastain Road, Building 30, Kennesaw. More info: 470-578-6650 or boxoffice@kennesaw.edu.

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Sean R. Whitworth
Attorney-at-Law

MARCH 15-17

The Military Family Support Center On-site Sale. The sale is available to retired veterans and active duty personnel and their families who have been granted commissary privileges. This sale features grocery goods sold at cost plus a 5 percent surcharge and features a stock assortment of about 1,000 items including fresh meat, fresh produce, chilled and frozen items. Thurs-Fri: 9am-5pm; Sat: 9am-4pm. Military Family Support Center, 1901 Terrell Mill Road, Marietta (intersection of U.S. Highway 41 and Terrell Mill Road). More info: Susan Edmonds at susan.edmonds2@deca.mil or 910-330-7954.

MARCH 16-18

American Craft Council Atlanta Show. With more than 225 of the top contemporary jewelry, clothing, furniture and home décor artists from across the country. Friday: 10am-8pm; special Friday evening admission: \$5 after 5pm. Saturday: 10am-6pm. Sunday: 11am-5pm. \$13/ticket. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 612-206-3100, craftcouncil.org/atlanta.

The Wolf, the Swan, and the Princess presented by Georgia Metropolitan Dance Theatre. Excerpts from three ballet stories are combined into one spellbinding performance, including an all new choreographed version of Peter and the Wolf, divertissement from Act III of Swan Lake featuring the Black Swan pas de deux, and the exciting Pas d'Action from distant lands in La Bayadere. Friday: 7:30pm. Saturday: 2pm & 7:30pm. Sunday: 2pm. Tickets: \$10-\$25. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info/tickets: 678-287-9020 or georgiametrodance.org.

MARCH 20

Q.U.E.S.T. College Fair East. Q.U.E.S.T. stands for Question-Understand- Explore-Search-Target. Various college representatives from colleges and universities throughout Georgia and the greater southeastern region will be in attendance. Breakout sessions will include Navigating Financial Aid, Transitioning to College for students with Learning Disabilities, and other topics relevant to the college transition. This event is open to all students and parents. 6-8pm. Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: 678-494-7866 or misty.hawk@cob12.org.

MARCH 23

Tribute to Women of Achievement. This event is the largest fundraiser for the YWCA, now known as liveSAFE Resources. Honors 15 women who exemplify the qualities of leadership, achievement, dedication and generosity. One individual will be named Woman of the Year. A silent auction will begin at 5:30pm and will feature a selection of purses, trips, spirits and event/sports. Tickets: \$100. Cobb Galleria Centre, Two Galleria Parkway SE, Atlanta. More info: 678-296-6501.

MARCH 23 & 24

Murder at Cafe Noir presented by The Art Place and Mountain View Arts Alliance. A comic tribute to the Bogart movies by David Landau. The owner of the Cafe Noir has been murdered, and it's up to Rick Archer, P.I. (with some help from the audience) to find the killer. Was it the French madame, the Voodoo priestess, the shyster British attorney, the black-marketeer, or the femme fatale? Shows will be dinner theatre style with pasta, salad and desserts included. Guest are welcome to BYOB. Guests are strongly encouraged to dress up in black and white. Prizes will be awarded for best dressed and for guessing who the killer is. Tickets are \$25. Doors open at 7pm, show starts at 7:30pm. The Art Place - Mt. View, 3330 Library Lane, Marietta/East Cobb. More info: tapmarietta.com.

MARCH 24

1st Annual JJ Daniell Middle School PTSA Craft Show. Loads of booths with wonderful spring shopping opportunities! Jewelry, pottery and glass, photography, yard art, birdhouses, monogrammed items, spring decorations, home décor, Easter items, dolls & accessories, food, sweets & much, much more! 9am-5pm. JJ Daniell Middle School, 2900 Scott Road, Marietta/East Cobb. More info: Sharona Sandberg at 404-226-4105.

DANIELL MIDDLE SCHOOL PTSA
CRAFT SHOW

Saturday, March 24, 2018 9am - 5pm

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- ♦ Home Decor
- ♦ Gifts
- ♦ Artwork
- ♦ Candles
- ♦ Pet Items
- ♦ Yard Art
- ♦ Clothing

On Scott Eoad near Intersection of Canton Eoad and Piedmont Eoad across from Piedmont Church!

Daniell Middle School
 2900 Scott Road
 Marietta, GA 30066

NO STROLLERS ALLOWED!!!!

With loads of Craft booths, Raffles throughout the day, Music, Food, Fun, Crafts and lots of Shopping!!

Perfect for Easter, Mother's Day, Father's Day and Graduation Gifts!!

COMMUNITY CALENDAR

MARCH 24

4th Annual Gator Gallop 5K and Fun Run benefits Addison Elementary School Foundation. Open to all students, friends, family and community members. 5K Run: 8am. Tot Trot: 9am. K-2nd Fun Run: 9:15am. 3rd -5th Fun Run: 9:30am. \$25/5K and \$15/Fun Run/Tot Trot. \$25/Phantom runners. Addison Elementary School, 3055 Ebenezer Road, Marietta. More info: 770-578-2700 or addisongatorgallop.com.

AJO4LAX Fest 2018 hosted by Pope High School in memory of Andrew J. Oswald, a Pope Lacrosse standout who died in 2005 from injuries sustained in a car accident. Ten top rated lacrosse teams will play each other starting at 10am. \$7/adults. \$3/children. Ticket is good for all 5 games. Proceeds will benefit the Andrew Oswald Memorial Fund, and fund college scholarships, grants to youth and high school lacrosse programs, as well as a partnership with SafeAmerica in support of teen safe driving initiatives. Pope High School, 3001 Hembree Road, Marietta/East Cobb. For ticket, or sponsorship information, to make a tax-deductible donation, or to request a scholarship application, contact Bruce or Kathleen Oswald, 678-777-3041, the_oswalds@ajo4lax.com, or visit www.ajo4lax.com.

Annual Water Drop Dash 5K is a fast, flat course along the banks of the beautiful Chattahoochee River in Roswell. This event will kick-off national Water Sense Fix a Leak Week and encourages metro Atlanta residents to conserve water and check their plumbing fixtures for leaks. 7am: Packet Pickup; 8am: Water Drop Dash 5k; 8:45am: Kid's Fun Run; 9am: Awards and Family Water Festival. Individual 5K - \$35 through 3/22/18 at 12pm; \$45 day of race. Kid's Fun Run - \$15 (Parents are welcome to walk/run with kids at no additional cost). Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 404-463-3254 or waterdropdash.com.

MARCH 24

LGE Foundation Decade Dash 5K. Break out your best 60's - 90's attire and possibly be picked to receive a best dressed award! Runners, walkers, strollers and leashed dogs welcome. Registration opens at 7am. 1K starts at 730am. 5K starts at 8am. Awards Ceremony at 9am. \$25/5K and \$15/1K. Barrett Summit, 1990 Vaughn Road, Kennesaw. More info: lgefoundation.org/lge-foundation/events.html.

MARCH 25

Atlanta National College Fair. Students and parents can meet one-on-one with admission representatives from a wide range of national and international, two- and four-year colleges and universities. Learn about admission requirements, financial aid, campus environment and discuss individual needs with onsite counselors. Parking: \$5; Admission: Free. Registration online encouraged. 12:30-4pm Georgia International Convention Center, Exhibit Halls ABC, 2000 Convention Center Concourse, Atlanta. More info: 770-997-3566 or nacacnet.org.



MARCH 26

5th Annual MBCA Golf Tournament. Support the Mt. Bethel Christian Academy (MBCA) eighth grade as they share God's love by serving communities in need during their mission trip. All golfing skill levels are welcome, and business sponsorships are available. 10am Tee Time. Indian Hills Country Club. For event and sponsorship details and to sign up, go to mtbethelchristian.org/giving/golf-tournament. More info: Deb Papenhagen at 770-402-7013.

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www.MtBethelChristian.org • 770-971-0245 • [/MBCAEagles](https://www.facebook.com/MBCAEagles)

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MARCH 31

Dreamscapes presented by Georgia Philharmonic. Get carried away to another place with music designed to make you dream while you're wide awake. *Symphonie Fantastique* by Berlioz is indeed a dream from start to finish, includes a trip to the ball, frolics through the fields, passionate love, and more. Elgar's *Dream Children* imagines a life reading stories to children. *Poème* by Ernest Chausson is his best-known work and a song of love's triumph. 7pm. Tickets: \$10-\$30. Lassiter Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More Info: 404-500-9276 or tickets@georgiaphilharmonic.org.

MARCH 30-31 & APRIL 7-8

Spring Native Plant Sale. Attract butterflies, pollinators, birds and more to your garden by adding native plants. Over 120 species of plants available, and horticulturists and knowledgeable volunteers on site to help you plant the garden of your dreams. Herbs and veggies for the edible garden and more. 10am-5pm. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

APRIL 6

2018 Digital Marketing Conference. Features speakers from some of the largest and most influential players in the digital marketing space. Co-hosted with the UGA SBDC International Trade Center, the full-day conference will show attendees how social media, email marketing platforms, online payment systems, and other technologies can help grow their businesses at home and abroad. 8am-4pm. KSU Center, 3333 Busbee Drive, Room 400, Kennesaw. EARLY ENROLLMENT DISCOUNT: \$99 if you register by March 15 — a \$50 savings! After March 15th, \$149. Limited to 200 attendees – no exceptions. More info: Carole Arnold at carol27@kennesaw.edu or 470-578-6450.



Get Your Event Listed

We'll need: event name, date, description, ticket prices, times/hours, site address, phone number, email, and web address. The deadline for the Community Calendar is the 15th of the month prior to the next issue. Email your info to: calendar@eastcobber.com. Be sure to include any related photos and/or posters.



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** Cash back reward is based on your LGE Visa Credit Card "Net Spend". Net Spend is any eligible purchases made during the calendar month not during the credit card billing cycle. Excluded transactions include, but are not limited to, insurance payments, fees assessed, cash advances, balance transfers, and interest paid. Posted credits, unauthorized charges, and items returned during the calendar month may decrease the amount of net spend eligible for cash back. Rewards are posted on the first business day of each month for prior month activity. Accounts and loans that become and/or remain in delinquent status may not be eligible for cash back rewards. LGE Visa Credit Card must be on the same account as your High Rewards Checking to be eligible for the cash back reward.

PET OF THE MONTH: VALENTINO

Submitted by Donna Wise
Owner: Baili Aliana Wise



Animal/Breed: Cat/Maine Coon Mix
Age & Gender: One year old male
Favorite Food: Bugs (chewed just for the juice)
Favorite Person: Baili, his 'trainee' Mom
Best Trick: Catching birds in midair then delivering them to Baili unharmed
Turn Ons: High perches where he can feel he's the master of his domain
Turn Offs: Hugs and kisses
Favorite Toy: Stuffed mouse pieces that have been ripped to shreds
Last Seen: Scratching 'grandmom's' new white leather couch
What Makes Valentino So Special?: He charmed his 'granddad' right out of his pet allergy so he has earned the right to be the first pet in the family.

Should Your Pet Be Our Pet of the Month?

Fill out the information on your pet and send it to:
EAST COBBER, P.O. Box 680455, Marietta, GA 30068.

Please include a picture with your entry. Or email
description and a jpg to: petomonth@eastcobber.com

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

**This is a doggone great spot to
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Call

EAST COBBER

770-640-7070

The 18th Annual EAST COBBER Camp Guide!



To get in the EAST COBBER annual Camp Guide which will be featured in the April 2018 issue mail or fax your completed listing form to:

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

e-mail: campguide@eastcobber.com

All listings are subject to editor's discretion. Every attempt will be made to include all camp listings submitted. Advertiser's listings are guaranteed. Form due date: March 15, 2018.

Camp Name(s): _____ Organization/Owner: _____

Age Group: _____ Camp Fee: _____

Camp Dates: _____ Time: _____

Camp Name(s): _____ Organization/Owner: _____

Age Group: _____ Camp Fee: _____

Camp Dates: _____ Time: _____

Contact name: _____ Title: _____

Website address: _____ Email address: _____

Address: _____

City, State, Zip: _____

Telephone: _____ Fax: _____

Contact me about advertising in the 18th Annual Summer Camp Guide.

Call 770-640-7070 for additional information.

SUBMISSION DEADLINE: March 15, 2018

DINING GUIDE

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>Chinese
New York style chinese food, dine-in and take out.
4880 Lower Roswell Road, #110, Marietta 30068
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Mon-Sat: 11am-8pm
770-514-9990
www.basilwraps.com

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www.bradleysbarandgrill.com

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www.lifegrocery.com

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Capozzispizza.com



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J. Christopher's

>Breakfast, Brunch, Lunch
J. Christopher's is a neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere. 1205 Johnson Ferry Road Marietta 30068
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ST. PATRICK'S DAY SPECIALS

By Margaret Waage

If you're looking for some hearty Irish fare, flowing drinks, even some hand-clapping Irish tunes this St. Patrick's Day, you're in luck! Here's a roundup of local pubs and restaurants to help you get in touch with your Irish side. There may not be a pot of gold waiting for you, but there may just be a good time -- or at hearty plate of corned beef and some Guinness, too!

Black Swan Tavern

1401 Johnson Ferry Road, Suite 128, Marietta 30068

Enjoy these Celtic dishes in Black Swan's cozy pub atmosphere: Irish Spring Rolls, Irish Nachos, Dublin Coddle consisting of braised smoked sausage, potatoes, onion, bacon and apple in Smithwick's broth, Guinness Irish Stew, Corned Beef and Cabbage, and the Blarney Sandwich.

Bradley's Bar & Grill

4961 Lower Roswell Road, Marietta 30068

Bradley's Bar & Grill is celebrating St. Paddy's Day by serving fall-apart corned beef, new red potatoes, cabbage and carrots with house hot mustard and Shepherd's Pie, \$5 Irish Whiskey, \$4 Guinness and \$3 green beer.



Celebrate St. Patrick's Day with Black Swan Tavern's Dublin Coddle.

Chicago's Steak & Seafood Restaurant

4401 Shallowford Road, Roswell 30075

Head to Chicago's Steak & Seafood Restaurant for some green beer, corned beef hash and reuben sandwiches.

Eggs Up Grill

4401 Shallowford Road, Suite 126, Roswell 30075

Stop by Eggs Up Grill for a taste of these Irish dishes: home-made Corned Beef Hash & Two Eggs, their famous home fries, grits and toast or Hash Benedict with two poached eggs over corned beef hash on an English muffin with Hollandaise sauce. The Reuben lunch sandwich of corned beef is served on grilled thick rye bread with Swiss cheese, sauerkraut and thousand Island dressing comes with home fries, potato salad or chips and pickle.

J. Christopher's

1205 Johnson Ferry Road, Suite 114, Marietta 30068

From March 12 through March 18, if you need an Irish breakfast in the morning, J. Christopher's will surely do the trick! Try their 'Shamrocks'-a pair of poached eggs on a bed of corned beef hash atop an English muffin, with roasted potatoes, or their 'Route 66' a skillet full of corned beef hash, oven-roasted potatoes capped with sunny-up eggs and an English muffin or biscuit, and lastly, a classic 'Reuben Sandwich' with oven-roasted potatoes.

Keegan's Irish Pub

4401 Shallowford Road, Roswell 30075

Folks who head to Keegan's today will find a menu chock full of Irish fare favorites from their year round menu: Banger's and Mash, Guinness Braised Short Ribs with whipped potatoes and seasonal veggies, Chicken, Shepherd's or Guinness Beer Pot Pie, and a St. Patty Melt: two Angus patties, Swiss cheese, sautéed onions and thousand island dressing on grilled rye bread. Enjoy live music by guitarist Sean Thomason, no cover.



Marlow's Tavern

2960 Shallowford Road, Suite 109, Marietta 30066

On March 16 and March 17, Marlow's will feature Irish Spring Rolls made of corned beef, cabbage, sauerkraut, Swiss cheese, and a spicy 1000 island dressing, Shepherd's Pie made of fresh seasoned ground lamb, carrots, green peas, topped with whipped potatoes and an Irish Stew entree of hefty chunks of home made steak stew, red potatoes, carrots, and onions.

Paradise Grille

3605 Sandy Plains Road, Marietta 30066

Paradise Grille's St. Patrick's Day party starts at noon with these specialties: potato soup, bangers and mash, Guinness marinated corned beef and cabbage, gaelic flatbread pizza and classic reuben sandwich. Live music starts at 3pm to wee hours. 🍷



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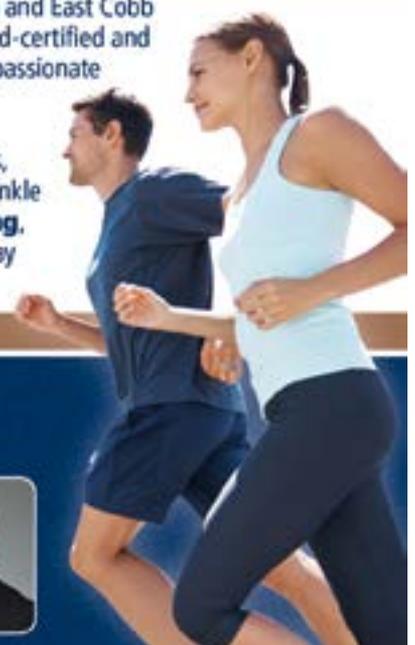
At **Northside East Cobb Orthopaedics & Sports Medicine**, we serve the Greater Atlanta and East Cobb communities with advanced treatment options for musculoskeletal injuries and disorders. Our board-certified and specialty-trained physician, Dr. Benjamin Barden, is committed to delivering personalized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

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Dr. Benjamin Barden



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GI SPECIALISTS OF GEORGIA: MARCH MISSIONS

March is National Colorectal Cancer Awareness Month.
WHY WAIT? GET CHECKED!

Dr. Shanil Harkins of East Cobb's GI Specialists of Georgia characterizes the month of March as a time for both communication and change for the practice. The entire GI Specialists of Georgia network joins medical professionals throughout the country in spreading the word to promote National Colorectal Cancer Awareness Month. On a local note, this month also entails a move for the East Cobb office from its Johnson Ferry Road location to the WellStar East Cobb Health Park on Roswell Road.

Did you know that colorectal cancer (cancer of the colon or rectum) is the second leading cause of death from cancer? Did you know it's also the third most common cancer for both men and women in the United States? These are not questions that we typically want to think about. But, as Dr. Harkins points out, awareness leads to prevention, and that's what National Colorectal Cancer Awareness Month is all about.

"Screening is the number one way to reduce the risk of colorectal cancer," explains Dr. Harkins. "Colorectal cancer almost always develops from precancerous polyps in the colon or rectum. With regular screening, the polyps can be detected and then removed before they become cancerous. Screening tests can also detect cancer early when treatment works best."

Dr. Harkins stresses that a colonoscopy is the gold standard screening method. She is not alone, as the procedure

is also recommended by the American Cancer Society and the American Gastroenterological Association. A colonoscopy is the preferred screening test because of its accuracy and its ability to diagnose and remove polyps in the entire colon.

A colonoscopy is a safe, short endoscopic procedure that allows an endoscopist to view the inner lining of your large intestine, and parts of the smaller bowel by using a flexible tubular instrument. Patients are under mild anesthesia for a short period of time. When necessary, polyps are removed and sent to pathology for evaluation. Dr. Harkins notes that GI Specialists makes it easy to schedule a colonoscopy. A prior office visit is not necessary, and GI Specialists even has a scheduling hotline at 1-888-MYCOLON.

Dr. Harkins goes on to say that individuals at average risk should begin screening soon after turning 50 and then continue getting screened at regular intervals. She emphasizes that there are risk factors that can require someone to get tested earlier, for example family history or patient ethnicity.

Another significant factor in raising awareness is communicating what symptoms to look for, according to Dr. Harkins. Symptoms include:

- changes in bowel habits
- alternating constipation and diarrhea
- abdominal bloating, cramps or discomfort



Dr. Shanil Harkins, GI Specialists of Georgia, WellStar East Cobb Health Park

Although March is a busy month for GI Specialists of Georgia, the Board Certified physicians are equally busy during the year providing East Cobb residents with committed medical care. The East Cobb location is part of a larger network of 22 physicians, seven additional offices and three endoscopy centers throughout the Northwest Atlanta area. GI Specialists of Georgia physicians treat all disorders of the digestive tract including disorders of the liver and pancreas.

Join others during National Colorectal Cancer Awareness Month and schedule that colonoscopy that has been on the "to do" list for some time. For more information about GI Specialists of Georgia, go to www.gigeorgia.com. For a screening appointment, call 678-741-2313. Referrals can call 678-741-5000. The East Cobb office is located at 3747 Roswell Road, NE, Suite 314, Marietta.

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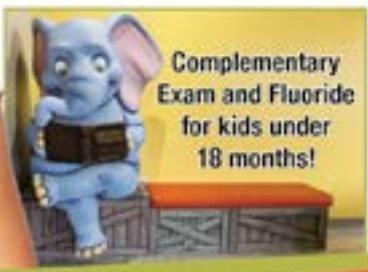
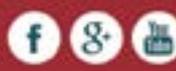
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LOCAL VOLUNTEERS GO BALD TO SUPPORT CHILDHOOD CANCER RESEARCH



Pictured above are volunteers from last year's "Shavin' Heads" fundraiser. Back Row (l-r): Brett Ries, Hope Ries, Shane Belden, Amanda Belden, and Kelli Quinn. Front Row (l-r): Jason Hatten, Desiree Hatten, Amy Blakeney, Jack Console, Brad Blakeney, Andi Grace Kiser and parents, Haley and Jacob Kiser, and Katy Alexander.

The St. Baldrick's Foundation, the largest private funder of children's cancer research, will host one of its signature head-shaving events aptly named, "Shavin' Heads and Savin' Babies," at The Wing Café and Tap House (East Lake Shopping Center, 2145 Roswell Road in East Cobb) on March 24. More than 50 shavees will shave their heads to raise money for lifesaving childhood cancer research.

Every 2 minutes a child is diagnosed with cancer worldwide, and in the U.S. one in five kids diagnosed won't survive. Those who do survive often suffer long-term effects from treatments too harsh for their developing bodies. As the largest private funder of childhood cancer research grants, St. Baldrick's is leading the charge to take childhood back from cancer. From its beginnings, St. Baldrick's has believed that kids deserve the chance to be kids – fun-loving, carefree, refreshingly honest, and always a little goofy – and deserve the chance at a healthy future. That's why donations raised at events like this have made it possible for St. Baldrick's to fund more than \$232 million to support the best childhood cancer research, wherever it takes place.

The Shavin' Heads and Savin' Babies event will include honored families, childhood cancer

survivors, local public safety heroes, a DJ, a cornhole tournament, and some great food and drinks. There will be raffle and silent auction items as additional means of raising funds for those that don't want to shave, but still would like to support the cause. There will be children's activities as well.

This specific event was the brainchild of four local firefighters who decided six years ago, after participating in other head shave events, to start their own head shave event here in Cobb County. The event has grown with each passing year and has generated more than \$109,000 since they started in 2013.

For more information about this fundraiser, contact Brad Blakeney at firemen4stbaldricks@gmail.com or 770-634-4561. 



St. Baldrick's
FOUNDATION
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OF GEORGIA



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Dr. Shanil L. Harkins



Dr. Arif A. Aziz



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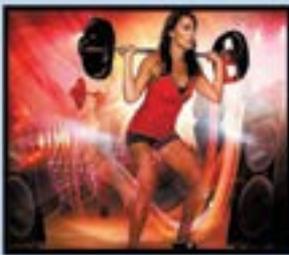
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www.eastcobb.com
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WEIGHT LOSS WINNER

Name: Toni Brown

Occupation: Contract Instructional Designer with Anchor Pointe Learning

Family:

Husband: Steve Brown (married 15 years next September)

Daughter: Cecile Brown (13 years old) 7th grader at Dickerson Middle School

Step kids:

Joey Brown (24 years old) lives in DC
Danny Brown (22 years old) Senior at Georgia Southern University
Sydney Brown (20 years old) Junior at School of Visual Arts in NYC.

Lived in East Cobb since: September 2003

Subdivision: Riverside at Mulberry Farms

Age: 53

Height: 5'0"

Former Weight: 148.8 pounds

Current Weight: 118.8 pounds

Weight Lost: 30 pounds

How long did it take you to lose the weight?: 6 months

Why You Lost Weight: At first I wanted to lose weight to get ready for my daughter's Bat Mitzvah. I wanted to look thinner in photographs. Then I realized that I needed to lose the weight for me and my health. I want to be around to see my step kids and daughter grow up, get married, and have kids of their own.

Can you share your biggest challenge?: My biggest challenge with weight loss was that I was diagnosed with a hypothyroid which means my metabolism is basically on the floor. I literally have to work harder to lose weight. It also didn't help that I am also going through menopause. However, I was able to get past those two hurdles and lose the weight is a short period of time.

How Did You Lose It?: I did a combination of working out at Women's Premier Fitness and Weight Watchers. I really enjoy taking a spin class called RPM three times a week at WPF. I also work out with a personal trainer, Emily Day, once a week. I joined Weight Watchers in March 2017. What I love about this program is that I am able to live on the foods I eat and not feel deprived while still losing weight. I learned to be more mindful of portions and what I ate; often asking myself is this worth the points?



BEFORE - Toni Brown at 148 pounds.



AFTER - 6 months later, Toni weighs 118 pounds.

Favorite Healthy Foods: My favorite go to sandwich is peanut butter toast with bananas. I love Sara Lee Delight Whole Grain bread- (2SPs), 1 tbsp Jif Naturals (3SPs) and sliced bananas (0SPs). I have also embraced eating more fish. I recently made an Sweet Spicy Salmon with Asian Broccoli slaw (2SPs).

What Keeps You Motivated: Being able to wear anything in my closet. At my heaviest, I was only able to wear two outfits out of my closet and now I can wear everything in there. My favorite thing to do while I was losing the weight was to "shop my closet." Basically, I would try on my smaller clothes which at first didn't fit, then fit snug, and then fit perfectly.

How Has Your Life Changed?: I have become more confident in my new body. This month (March) I will have kept off the weight for 6 months.

Lesson Learned: The biggest lesson I learned is that "you can't outrun a bad diet." Truly a combination of mindful eating along with cardio and strength training workout is the best way to lose weight. I also learned that you don't need to deprive yourself in order to lose the weight. I still eat pizza, desserts, and drink wine yet can still lose and now maintain my weight. 🍷

BREAKFAST RAISES FUNDS FOR BREAST CANCER RESEARCH

On March 21, Atlanta's A Cure in Our Lifetime (CIOL) will hold its annual Spring Breakfast at Cherokee Town Club in Buckhead. This year's keynote speaker will be Amy Silverstein, breast cancer survivor and author of the best-selling book, *My Glory Was I Had Such Friends*. Silverstein will discuss the power of women's friendships and the critical role they played in her journey surviving two heart transplants and breast cancer. Myra Biblowit, President and CEO of Breast Cancer Research Foundation (BCRF), and Kimberly Goff, Executive Director of It's the Journey, will also speak.

CIOL is an all-volunteer, non-profit organization dedicated to raising funds for breast cancer research and promoting breast health through education and outreach. The Atlanta chapter was founded in 2015 by East Cobb Jennifer Fink and Jody Goldstein. While all funds raised directly support breast cancer research, half of all money raised by the Atlanta chapter is strictly dedicated to research projects in Georgia. Since 1998, CIOL nationally has raised over \$3,000,000 in the fight against breast cancer.



Pictured above are Atlanta's A Cure in Our Lifetime Co-Founders Jody Goldstein and Jennifer Fink.

The event will take place at 9am on Wednesday, March 21 at Cherokee Town Club, 155 West Paces Ferry Road NW, Atlanta. There will be a breakfast buffet, a number of high value raffle items, and a book signing with Ms. Silverstein.

Tickets and additional information are available online at www.atlantacure.org.

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CONSIGNMENT SALES SCHEDULED FOR SPRING

Looking for inexpensive clothes and accessories for your kids? You can also make a bundle by selling your gently used children's and maternity clothing, shoes, accessories, toys and equipment at one of these sales! Check out this list of Spring 2018 children's and maternity consignment events:

MARCH 8-10

Little Lambs Children's Consignment Sale. Gently used seasonal baby and children's clothing, maternity clothing, toys, books, DVDs, car seats, high chairs, strollers, baby bedding, nursery and children's furniture. Proceeds benefit church ministries and community missions. Thursday Private Preview Sale volunteers starting at 11am; consignors 12pm. Thursday: Public Preview Sale from 2-8pm (with \$5 admission fee). Friday: 9am-7pm. Saturday: 9am-1pm. Many items half price on Saturday. Strollers not allowed on sales floor.

Marietta First United Methodist Church
56 Whitlock Avenue, Marietta.

More info: 770-429-7800, ext. 7812 or www.lil-lambs.org.

MARCH 9-10

Born Again Blessings Children's Consignment Sale. A non-profit, children, junior and maternity consignment sale sponsored by Riverstone Church. Proceeds from this sale further the ministry of the Barnabas Fund and help meet the various needs of families throughout the community. March 8: Volunteers, educators with ID and new/first time parents can shop the preview sale. March 9: 9am-8pm. March 10: 9am-12pm.

Riverstone Church
2005 Stilesboro Road NW, Kennesaw

More info: info@bornagainblessings.com or bornagainblessings.com.

MARCH 9-10

KinderMart Spring/Summer Children's Consignment Sale. Save big on children's clothes, swimming gear, toys, baby needs & equipment, books, sporting goods & much more! Financial contributions for this sale will support the Sarah Davidson Scholarship Fund and donations will benefit church outreach and Must Ministries. Thursday: Seller's Preview 5:30-8pm Friday: 9:30am-7pm (No strollers before 11am). Saturday: 9am-12pm. Many items half price on Saturday.

Smyrna First United Methodist Church
1315 Concord Road, Smyrna

More info: www.kindermartsale.com.

MARCH 9-10

Mt. Bethel Spring/Summer Consignment and Baked Goods Sale. More than 400 sellers consign toys, books, bikes, children's furniture, sporting goods, spring and summer clothing, shoes and gear for babies, kids, juniors, and expecting mothers. There will also be a boutique

section for upscale brands, custom-made and smocked clothing. All proceeds go to support local and global missions to benefit families and children of all ages. Friday: 9am-7pm (No children or strollers allowed on sales floor on Friday until 12pm. Nursery available from 8:30am to 12pm. Babies in slings/front or back packs allowed anytime). Saturday: 9am-12pm (all items 30% off).

Mt. Bethel UMC

4385 Lower Roswell Road, Marietta

More info: MBCCSale@gmail.com or www.mtbethelccs.com.

MARCH 10

Tots to Tweens Consignment Sale sponsored by Northwest Atlanta Moms of Multiples (NOWAMOM). Everything you need for your family from tots to tweens! Strollers welcome! Electronic tagging, so a much faster checkout! 9am-2pm.

Sandy Plains Baptist Church

2825 Sandy Plains Road, Marietta/East Cobb

More info: email sale@nowamom.org or visit Facebook page, NOWA MOM KIDS CONSIGNMENT SALE.

MARCH 16-17

Semi-Annual Children's Consignment Sale hosted by the Roswell United Methodist Church Preschool and Kindergarten (RUMCK). Three overflowing rooms with 200 consignors and great prices on gently worn spring and summer children's clothing and accessories (newborn-size 14), as well as maternity clothing, baby equipment, nursery décor, play sets and much more. Donated items will be given to the Foster Care Support Foundation. Friday: 9am-2pm (no strollers before noon). Saturday: 8am-12pm (select items ½ price).

Roswell UMC, in the Fellowship Hall

Building B, 814 Mimosa Boulevard, Roswell

More info: 770-993-6218 or www.rumc.com/rumck.

MARCH 22-24

All 4 Kids Consignment Sale with 400 sellers. Bring a laundry basket with along belt or rope tied to it to help carry all of your goodies while you shop as no baskets are provided. Adults who donate \$5 cash for Missions will be given early admittance on opening morning. Thursday: 9:30am-8pm Friday: 9am-6pm. Saturday: 9am-1pm. Many items half off on Saturday.

Mt. Paran North Church of God

1700 Allgood Road, Marietta

More info: www.all4kids.com. 

SHOP A CHILDREN'S CONSIGNMENT SALE LIKE A BOSS

By Kristen Shambarger, NOWAMOM Sale Coordinator

Seasonal Children's Consignment Sales have exploded in popularity recently. East Cobb is no stranger to consignment sales; the Mt. Bethel Consignment Sale and the Northwest Atlanta Moms of Multiples (NOWAMOM) Kids Consignment sale have been going strong since the 1970's. If you've never shopped a sale, now's the time! In addition to kids' clothes, you'll save 60-90% off retail prices on toys, books, bikes, cribs, strollers, shoes and even sporting equipment.

It's always fun to stop by a sale and poke around, but with a few smart shopping strategies you can really get some bang for your buck:

Tip #1: Snag an early shopping pass

Early birds get the worm, and consignment sale early birds are volunteers and consignors. New moms and grandmas can often score a pass to a presale shopping time too. Ask friends who volunteer or consign if they have an extra pass. Sales will usually offer a chance to shop early if you pay a small fee, donation, or perhaps just follow them on social media.

Tip #2: Make a shopping list

Glance over what you already own that will still fit next season. Make a list of items and sizes to look for, especially shoe sizes. Measure your children's leg, arm, and torso length and bring along a cloth measuring tape to the sale.

Tip #3: Prioritize and Plan

Large items like kitchen sets, bikes, furniture, and strollers go very quickly. Head there first and follow the

directions for placing those items on hold. Shoes, jackets, costumes, and swimwear are also hot items. Head to the boy clothing section first, there's always more selection in the girls' section.

Tip #4: Shop Kid-Free

You'll do a better job making selections without kid distractions, and larger sales can be difficult to navigate with a stroller.

Tip #5: Shop a few sizes up

Even if your kids won't fit into them for 2 more years, it's worth browsing the next few sizes up for great deals.

Tip #6: Double-check all items

Find a quiet area with natural light and go over each item before you buy. Check elastics, zippers, and buttons, and keep your eye out for stains around the neck, sleeves, and bum, or extra wear in the knees.

Support local East Cobb moms by shopping our many seasonal consignment sales! 



Kristen has enjoyed living in East Cobb since 2015. She lives in the Charrington subdivision with her husband, Drew, 5 year old twins Jackson and Julie, and 2 year old son Greyson. She has been a member of NOWAMOM since 2015. Hobbies include running, reading the first half of books, blogging about life with twins, and taking dance lessons with her hubby.

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NEXT ISSUE: APRIL
DEADLINE: MARCH 15
RESERVE YOUR AD SPACE TODAY!
CALL EAST COBBER 770-640-7070



2018 EASTER EGG HUNTS

Although Christmas is arguably the biggest holiday of the year, Easter, and the egg hunts it brings, push Easter into a close second behind Christmas for many kids. If the little ones in your family are excited about Easter, start the celebration early by joining an egg hunt. Here's a short list of some local egg hunts for your family to enjoy. Be sure to bring your Easter basket to collect the eggs.

March 17 • 8-11:15am

Kennesaw Bunny Breakfast

Ben Robertson Community Center
2753 Watts Drive, Kennesaw 30144
770-422-9714 • www.kennesawparksandrec.com
Breakfast seatings; 8am, 9:15am, 10am and 11:15 am. Tickets: \$6 per person and can be purchased online at www.kennesawparksandrec.com or at the Ben Robertson Community Center.

March 23 • 6:30pm

Acworth Egg Night Hunt

4000 South Main Street, Acworth 30101
770-917-1234 • www.acwortheegghunt.com
This year the hunt will consist of 50,000 eggs! The Acworth egg hunt is broken down into various age groups and the start times will alternate between fields. Gates, concessions and the first egg hunt begins at 6:30pm, so make sure you arrive early. Ages 10 and younger. Free.

March 23 • 6:30pm

Easter Egg Night Scramble

Laurel Park, 151 Manning Road, Marietta 30064
770-794-5601
www.mariettaga.gov/191/Easter-Egg-Scramble
Egg hunt by ages with candy and prizes; visit with the Easter Bunny afterward for pictures at Laurel Park in Marietta. Free.

March 24 • 10am-2pm

Cobb County Egg Hunt

Al Bishop Softball Complex
1082 Al Bishop Drive, Marietta 30008
770-528-4333
Children's art activities, live entertainment, inflatables contests (hula hoop contest, musical chairs), food trucks and more. Free admission. Free parking.

March 28 • 6:15 pm

Easter Egg Night Scramble

Mt. Zion United Methodist Church
1770 Johnson Ferry Road, Marietta 30062
770-971-1465 • www.mtzionumc.org
For toddlers through 5th graders. A total of 3,000 eggs (12 golden eggs with special prizes) will be placed on the church fields. Bring your own basket. Free.

March 30 • 10am

Easter Egg Hunt

Historic Smith Plantation
934 Alpharetta Street, Roswell 30075
770-640-3978 • www.roswellgov.com
Spend the morning finding candy-filled treasures on the grounds of this historic home. Children should bring their own baskets. Photos with the Easter Bunny will be available. Space is limited. Tickets: \$5.

March 31 • 9am

Breakfast with the Easter Bunny: 9am Egg Scramble: 10am

St. Andrew United Methodist Church
3455 Canton Road, Marietta 30066
770-926-3488 • www.thepumpkinchurch.org
Register online. \$5 adults/\$2.50 children (2-11).

March 31 • 9am

Pancake Breakfast & Egg Hunt

Mountain View United Methodist Church
2300 Jamerson Road, Marietta 30066
770-928-0050 • www.mvumc.org
Free pancake breakfast preceding egg hunt for children two years old - 5th grade. Pictures with the Easter Bunny.



March 31 • 10am-2pm

Easter Egg Hunt

Smith Gilbert Gardens
2382 Pine Mountain Road, Kennesaw 30152
770-919-0248 • www.smithgilbertgardens.com
Entry fee includes garden admission, 1 Easter egg hunt, games, crafts, and a chance to meet the Easter Bunny. Price for non-member children is \$10.00, \$7.00 for adults and \$6.00 for seniors. Four different age groups and hunts will take place in three separate Garden Collections. Each age group will have to hunt to match their skill level. We are also limiting the number of children available per hunt to guarantee a quality experience for each visitor. Must pre-register online. No walk up registrations will be accepted.

March 31 • 10am-5pm

Northeast Cobb Community Egg Drop

Sprayberry High School
2525 Sandy Plains Road, Marietta 30062
770-423-1330
jonathanjenkins@jrnmanagement.com
Fun, food, games, DJ, activities, and egg hunts. Helicopter drops thousands of eggs onto the Sprayberry High School football field to kick-off the hunt. There will be more than 90,000 eggs and candy for the various hunts. Food & treats will be available to purchase from a variety of vendors. \$7 per child for unlimited rides in the Ultimate Kid's Zone.

March 31 • 10:30am

Eastside Baptist Church

Easter Egg Scramble

2450 Lower Roswell Road, Marietta 30068
770-971-2323 • www.followeastside.com
Egg scramble, games, inflatables and more! Food concessions will be available.

March 31 • 4-5:30pm

Family Celebration & Egg Hunt

Mt. Bethel United Methodist Church
North Campus
2509 Post Oak Tritt Road, Marietta 30068
770-971-2880 • www.mtbethel.org
Egg hunt, inflatables, petting zoo, storytelling, pictures with the Easter Bunny, face painting, hotdogs, chips, and drinks. Free. ☺

Call for Entries:

EAST COBBER

Mother of the Year 2018 Essay Contest



▲ Lorna Bulpin
Mother of the Year 2017

Nothing can quite compare to a Mother's love and we want you to nominate your mom for our annual EAST COBBER Mother of the Year contest. All EAST COBBER readers are encouraged to nominate a mother who either lives or works in East Cobb County to be this year's EAST COBBER Mother of the Year. In 200 words or less, explain why this woman should receive this honor. The Mother of the Year will appear on the front cover of the May edition of the EAST COBBER, participate in our annual Parade, and be eligible to receive gifts from local merchants.

Mail your essay along with photo to:
EAST COBBER
P.O. Box 680455, Marietta, GA 30068
or E-mail contests@eastcobber.com.

Deadline: April 7, 2018

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR MARCH

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. Cobb seniors who wish to register for any of these activities or use one of the county's six senior centers will have to pay a \$60 annual membership fee. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

Hearing Screenings

Friday, March 2

9am-12pm

Free/No registration required.

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

Funeral Home 101 #2731

Tuesday, March 6

10-11am

Free/Registration required

Planning ahead is always good. Join our seminar with Mayes Ward Dobbins to help ease your family's emotional burden, avoid difficult decisions at a stressful time, what happens after the funeral and what documents will you need.

Value of Things #2749

Friday, March 9

10-11:30am

Free/Registration required

Valuable items can mean so much for you for a number of reasons-monetary value, sentimental value, and so on. Join Caring Transitions to learn more.

Book Discussion on the Mitford Series #2394

Tuesdays, March 13-April 3

10-11am

Free/Registration required

Join us for a book discussion about the first Jan Karon "Mitford" series book, At Home in Mitford. "It's easy to feel at home in Mitford. In these high, green hills, the air is pure, the village is charming, and the people are generally lovable. The novel features a character, an Episcopal priest named Father Tim and many other endearing residents of this small town." (from ISBN) Facilitator Julianne Marks is a retired librarian, teacher, and author who has enjoyed the Mitford series so much that she wants to share these warm, loving, thought provoking books with others.

Dine-a-Round #2730

Wednesday, March 14

11am-1pm

Separate checks for lunch; Registration required.

Everyone meets at the restaurant.

Cazadores Mexican Restaurant

2731 Sandy Plains Road, Marietta

Cooking Demo #2748

Friday, March 16

10:30-11:30am

Free/Registration required

Have a burning nutrition question? Bring your questions and come for an interactive cooking demo with WellCare Health Plans, Inc. The healthy eating presentation focuses on the benefits of incorporating more fruits and vegetables into one's diet.

How to Reduce Knee Pain #2733

Wednesday, March 21

10-11:30am

Free/Registration required

Many of us will experience knee pain at some point in our lives. Learn the anatomy and biomechanics of the knee, understand common injuries that can lead to pain and knee replacement, and how to treat your knee pain. We'll learn ways to reduce stresses on the knee joint without reducing activity. Presented by First Step Physical Therapy.

AARP Smart Driver #2001

Thursday, March 22

9am-4pm

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

(cash or check only)

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



TWEET TWEET!
FOLLOW US ON TWITTER

Remaining in Your Home As You Age #2740

Friday, March 23

10-11:30am

Free/Registration required

Staying in your own home as you get older is called "aging in place." This means you make a conscious decision to stay in the inhabitation of your choice for as long as you are able with the comforts that are important to you. Join us to learn more about your options from Touching Hearts at Home.

Keeping a Healthy Pelvis #2732

Wednesday, March 28

11am-1pm

Free/Registration required

Discover 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 from One on One Physical Therapy, will present on the role of the pelvic floor muscles in men and women. There will be 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. Complimentary lunch will be provided. 



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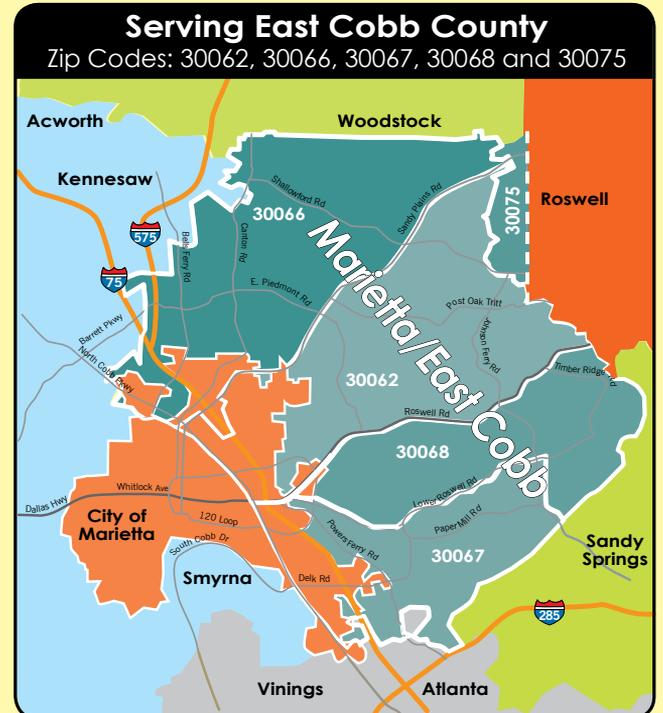
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REACH & CONNECT WITH OUR EXCLUSIVE, EAST COBB AUDIENCE

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.



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ALOHA TO AGING MARCH PROGRAMS

Aloha To Aging is a non-profit that aims to empower family caregivers, aging care recipients, volunteers and the community in a positive, nurturing manner through quality, targeted programming. Below is a list of some of the many programs offered in March. Programs are held at Aloha to Aging, Inc. 4608 Lower Roswell Road in Marietta/East Cobb 30068. For more information call 770-722-7641 or email info@alohatoaging.org.

Alzheimer's Caregiver Support Group

Monday, March 5th • 10:30-11:30am

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, but must call in advance for care to 770-722-7641.

**For additional Evening Support Groups please visit www.alohatoseniors.com/events or call 678-777-7241.

Parkinson's Disease/Care Partner Support Group

Tuesday, March 6th • 11am-12pm

Group discussion, for both the person with Parkinson's and their care partner, on helpful tips and resources that provide comfort and encouragement.

Effective Communication Strategies Class

Tuesday, March 13th • 11am-12pm

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Presented by Kayley Fleming, Alzheimer's Association.

Preparing for the Future Series: Free Technology Workshops: "Staying Connected, Not Confused."

Thursdays for 6 weeks, March 15th - April 26th
(No class on Thursday, April 5th.) • 11am-12pm

Free Technology Workshops

To help seniors with smart phones and tablets discover how personal devices can benefit their daily life. Sign up for any workshop that interests you. There will be hands-on exercises so be sure to bring your personal devices appropriate for each workshop. Class size is limited to 10 participants per workshop. Donation to Aloha to Aging is appreciated.

- >iPhone/iPad Essential Training
- >Staying in touch with Email
- >Instant communication with Texting
- >Mobile Video Communication
- >Staying Connected with Social Media
- >Using your phone to navigate the streets (GPS)

Fall Prevention and Balance Workshop

Tuesday, March 27th • 11am-12pm

Help prevent that life-changing stumble. Have you ever had a fall? Are you afraid of falling? Do you feel the need to hold onto furniture or afraid to let go of the shopping cart when walking? Have a stubborn spouse with balance issues and at risk for falls, but who is in denial? If you answered YES to even one of these questions, this workshop may be a life-changing event for you or someone you care about. Presented by Foundation Therapy Center. 📞



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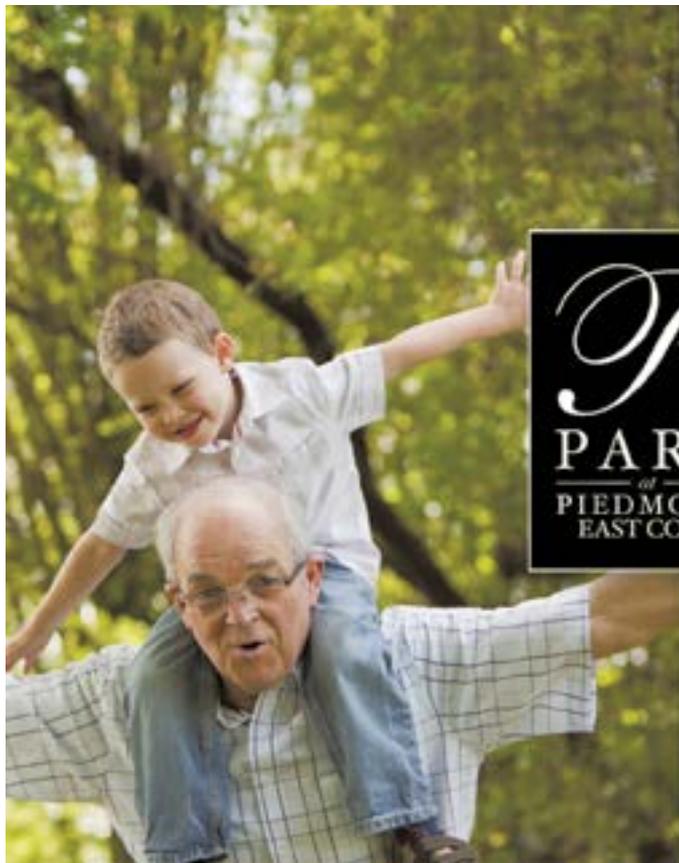
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999 Hood Road | Marietta, GA 30068
Intersection of East Piedmont and Roswell Rd. (Hwy. 120)

www.parcatpiedmont.com

CLUB CALENDAR

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.net.

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.atlantailini.com or club@atlantailini.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. More info: 678-234-2310 or campbellc@comcast.net.

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

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

- **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.org.

- **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.org.

- **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. 1st 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. 1st Monday of the month. 7pm. North DeKalb Cultural Center, 5339 Chamblee-Dunwoody Road, Room 2 (second floor in the back), Dunwoody. More info: Nancy Guerin, 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. 1st 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. Olde Towne Athletic Club, 4950 Olde Towne Parkway, 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 Tuesday of the month. 6:30 PM. Come-N-Get It restaurant, 1409 Church Street extension, Marietta. More info: Steve Hughes, 770-378-0095.

- **East Cobb New Horizons Band.** Monday mornings, 11am. 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.** 2nd and 4th Thursdays. 7pm. New location: 799 Roswell Street. More info: Jerry Kotyuk 404-374-0580 or jerryk623@att.net.

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

- **Happy Tails Pet Therapy.** Orientation for prospective members 1st Thursday or Saturday of the month. 10:30-11:30am and 7-8pm. Blue Pearl Georgia Veterinary Specialists, 455 Abernathy Road NE, Atlanta. Check dates: 770-740-8211 or www.happytailspets.org.

- **IMPS Bridge Club.** 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. 1pm. Marietta Pizza Company, 3 Whitlock Avenue, Marietta. More info: www.cobbip.org or call 770-795-1331.

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

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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.org.

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.mariettarotary.org.

Marietta VFW Post 2681. Dinner with VFW Ladies Auxiliary. First Thursday of the month with separate meeting 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.msbnsr.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 meets the third Tuesday of each month from September through May at 10am. John Knox Presbyterian Church, 505 Powers Ferry Road, Marietta. More info: newcomersofcobbcounty.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, Marietta. More info: 770-423-1330.

Northwest Atlanta Mothers of Multiples A 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, 2-4pm. First Presbyterian Church, Room 050, 189 Church Street, 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.

Sons of the American Revolution, Captain John Collins Chapter, meets the third Tuesday of every month, 6 pm, at Cherokee Cattle Company, 2710 Canton Highway. More info: Earl Cagle 770-579-2748 or ecagle1@bellsouth.net

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.toastmastersclubs.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.

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SUPPORT GROUPS

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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 Roswell Road, Marietta. More info or to RSVP: 770-722-7641.

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 info: 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@peterandpaul.org

• **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.tcfmarietta.org.

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

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

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

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

• **Divorce Support 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 nationally recognized grief experts, a licensed clinical psychologist and an ordained pastor. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. More info: www.mtbethel.org/support.

• **Grief Support Group.** 3rd Thursday of the month, 7pm. Unity North, 4255 Sandy Plains Road. More info: Kathy Kelcourse, katzkel@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, Inflow and North Fulton. More info: Suzette Cohen, suzette@themotherscircle.org or www.themotherscircle.org.

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

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

• **Parents of Prodigals.** For parents of struggling teens and young adults. 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. 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. 2019.

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