

September 2018

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EAST COBBER



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EAST COBBER

P.O. Box 680455 • Marietta, GA 30068
770-640-7070 • FAX: 770-559-3185
www.eastcobber.com
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Founder | Publisher
CYNTHIA ROZZO
cynthia@eastcobber.com

Account Representatives:

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

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

Graphic Designer: Tamara Stephens



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EAST COBBER is a locally owned company that
strives to build a sense of community and pride in
East Cobb County by providing its residents with
positive stories and timely information. The
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PUBLISHER'S NOTE



23 years ago, I wrote this publisher's note:

On Saturday, November 18, 1995, East Cobb residents will have their very own parade and festival- the EAST COBBER Community Parade and Festival. This is an historic event for East Cobb County and its residents. There has never been a parade of this magnitude in East Cobb County and I don't think both sides of Johnson Ferry Road have ever been shut down! Accordingly, this edition of the East Cobber commemorates and celebrates this special occasion. All the articles and information contained herein relates to this very special event.

To date, there are 52 groups and 1,000 people signed up to march in the parade; 42 non-profits and small businesses have reserved space to exhibit at the festival, and more than 200 talented individuals/20 acts have been scheduled to perform throughout the day. As you will soon discover, the EAST COBBER lists all the parade participants, festival exhibitors, and corporate sponsors not only to memorialize these "firsts" but also to ensure that parade watchers and festival goers get the most out of this very happy day! After reading through all the people that will be participating in the parade and all the groups exhibiting at the Festival, and after reviewing all the performers scheduled to entertain throughout

the day you won't want to miss this very special day. I don't want to miss this special day!

It's important to note that just about everyone involved in this parade is from East Cobb County. Once again, I am grateful for and proud of my fellow East Cobbers from the PTA presidents that lobbied for their school to get involved, to all the different groups and their leaders who stepped forward to be a part of this new event, to all the good citizens and business people who volunteered their valuable time to take on menial tasks. And finally, I might have had the idea, but this special event would not have come to fruition without the local businesses that cared enough to underwrite my dream.

During many conversations, I would mention there was going to be a parade right here in East Cobb, and without fail that person would share a memory of a parade when they were growing up or when they lived somewhere else. That's what November 18 is all about: creating memories- special memories for our children as well as for the child in all of us. The EAST COBBER Community Parade & Festival will be one of those rare moments when we are all reminded that there can be joy in this world and reassured that such caring and talented people are right here in our neighborhood.

Since that letter was written 23 years ago, we've since changed the parade to an earlier fall date—the third Saturday in September. We now have 120 parade entries with 2,000+ people signed up to march, and 100+ booths reserved at this year's festival. While it has been a wild ride managing the growth of this hometown tradition, my feelings have not changed. I am so grateful for the many people that come out to help me organize this special event, to the presenting sponsor, WellStar, and corporate sponsors, Snappy Services and Custom Disposal as well as all the small businesses for providing financial support to make special memories for our neighbors and friends. The EAST COBBER annual Parade and Festival allows our East Cobb community to slow down a little bit and stand side by side with our neighbors-whether you are in the parade or watching as each unit goes by. I believe this parade builds a sense of community, where people get to know each other a little bit better, gives us a reason to smile, and we can celebrate our commonalities rather than focus on our differences—something that is sorely needed these days.

I will never tire of seeing the smiling faces of the kids and teachers alike, waving and throwing candy along the parade route! This happy day reminds me (and I hope, for you, the reader) what a wonderful community East Cobb continues to be after all these years!!

Wishing everyone a wonderful day of good food, good company, and good fun!

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



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MT ZION UMC TO PRESENT PANEL DISCUSSION ON MENTAL HEALTH ISSUES FOR CHILDREN

One in five children, nearly 15 million nationally, face mental health issues. In Cobb County alone, mental illness affects thousands of kids. Warning signs such as changes in eating or sleeping habits, self-doubt, anxiety, depression or emotional issues at school are often overlooked or misdiagnosed. Thanks to the efforts of celebrities and other high-profile citizens, awareness of mental health issues in general and among children in particular is growing.

Locally, Mt. Zion United Methodist Church will hold a panel discussion for parents and educators called "Beyond the Diagnosis" on Wednesday, September 12, 6:15 to 8pm. Mt. Zion UMC's Stephen Ministry is partnering with Parkaire Consultants to provide a presentation, discussion forum, and answer questions attendees may have about anxiety, ADHD, OCD, depression, and other mental health issues their children and teens may be facing.

Parkaire Consultants, based in East Cobb, has provided comprehensive diagnostic and treatment services for children, adolescents, and adults needing therapeutic intervention. Their team includes neuropsychologists, counselors, ADD, life and career coaches, educational



consultants, speech and language pathologists, occupational therapists, tutors, nutritionists, and more.

The event will be held in the church sanctuary at 1770 Johnson Ferry Road Marietta/East Cobb. All are welcome to attend the panel discussion and are encouraged to visit the church's website (mtzionumc.org/ministry/stephen-ministry) or Parkaire Consultants' website (parkaireconsultants.com) for additional resources and materials. 📺



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EAST COBB PARK EXPANDS DUE TO TRITT LAND PURCHASE

Recently, the Cobb County Board of Commissioners (BOC) voted to expand the East Cobb Park by almost 30 acres. With proceeds from the 2008 Cobb Parks Bond, the BOC approved the purchase of 22 acres owned by Wylene Tritt which sits right next to the current East Cobb Park. Mrs. Tritt donated another 7.7 acres and the Friends for the East Cobb Park's generous donation of \$102,000 allowed the East Cobb Park to increase its 13-acre plot to 29.7 acres.

East Cobb Park has become one of the most heavily used parks in Cobb County and includes walking trails, pavilions, open grass areas, creek overlooks and playgrounds. For now, the newly acquired land will remain a green space. It's the only land in District 2 that was purchased with the parks bond funding.

Friends for the East Cobb Park (FFECF) is the nonprofit group of community volunteers who raised more than \$1 million to purchase the original 3 acres to create the East Cobb Park almost 20 years ago. The Friends board is planning a community-wide fundraising campaign to replenish the park's endowment fund. The Friends group invites the community to help restore the fund which will help ensure the future growth of our community's beloved park. In advance of the campaign's official kickoff, volunteers will be at the EAST COBBER Parade & Festival and at upcoming Sunday Fun Day events at East Cobb Park. To make a tax-deductible gift to this community initiative, make your check payable to Friends for the East Cobb Park (with "campaign" in the



memo) and mail it to P.O. Box 6313, Marietta, Georgia 30065. Contributions may also be made online. For more information, visit www.eastcobbpark.org.

"The East Cobb Park is a valuable part of the community, and we wanted to make sure that it would be available and thriving for many generations. We are confident that the community will help us replenish these funds, as well as contribute to park improvements in the future," says Lee O'Neal, president of the FFECF Board. 🗣️



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Content + Community + Commerce = EAST COBBER

WHY SHOULD I JOIN PTA?

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

It's hard to believe we are already well into the school year! By now, the routines have been established and the back-to-school frenzy has settled down. The first few weeks of school are full of Meet and Greets, Lunch and Learns, Family Fun Nights, Book Fairs, Dances and Fall Festivals. We can see how the PTA is supporting our schools. But, did you remember to purchase your PTA membership to support PTA at your school?

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

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

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

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

Witness Improvement. You are a part of the solution by being involved in your child's school and as such, you will be able to witness improvement first hand. Your

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

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

If the opportunities listed above do not appeal to you, there are other great benefits. PTA is known as a powerful voice in the community and as such, we are able to partner with local businesses willing to offer discounts to our members. Businesses offering benefits to our members this year include Chick-Fil-A, Aspens, Pigtales & Crewcuts, Sparkles, Stars & Strikes, Willy's, Studio 348, X-Drenaline, Orange Theory, School of Rock, Eye Level Learning Center, Three 13, Experimac, Marco's Pizza, Comfort Zone, My Class Connection, Peace, Love, and Pizza, School of Rock, X3 Sports, Mathnasium, and Stevi B's. Several of these businesses provided coupons that are handed out with your PTA membership cards! You can view a complete list of members benefits under the Membership tab at www.ecccpta.org. The community definitely supports East Cobb County Council of PTAs and the members!

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



Carri Gaudion serves as the Membership Chair for East Cobb County Council of PTAs as well as several PTA positions at Mt. Bethel Elementary and Dickerson Middle Schools. When not working on various PTA projects, Carri can be found running the streets of East Cobb and raising funds for cancer research. She resides in Stoneheath subdivision with her husband Neil and her daughter Allie (9th Grade, The Walker School) and sons Ryan (7th Grade Dickerson) and Sean (3rd Grade Mt. Bethel Elementary).

SATISFYING THAT SWEET TOOTH WITHOUT TOOTH DAMAGE

We have all heard that we should avoid sugary foods if we want to have healthy teeth, but not all sugars and candies are created equal. Some sweets are less harmful to the teeth, and some are actually beneficial!

THE BETTER CHOICES...

Chocolate: Chocolate is one of the better candies because it washes off your teeth easier than other types of candy. And dark chocolate is a better choice as it has less sugar than milk chocolate.

Candies with Nuts: The protein and fiber in these candies are good for both your dental and overall health, and the nuts help break up stickiness left over from the candy. Candy bars made with dark chocolate and nuts are healthier than candy bars that are filled with milk chocolate and creams.

Sugar-free Candies and Gum: These actually can be GOOD for

your teeth if the sugarless candies or gum are made with sugar substitutes like xylitol, which helps prevent cavities. Research shows that chewing sugar-free gum after meals stimulates saliva production, washing away cavity-causing bacteria, and xylitol prevents decay-causing bacteria from sticking to the teeth.

THE WORST CHOICES...

Sour Candy: Sour candies are very acidic, and that acidity can weaken and damage the enamel of the teeth making them more susceptible to cavities.

Sticky, Gummy or Goopy: This candy is harder to remove and may stay longer on your teeth, which gives that cavity-causing bacteria more time to work. Sticky candy tends to get stuck in the grooves of the teeth, and the longer the candy sticks around, the longer the teeth are exposed to

the sugar so that cavities are more likely to form.

Hard Candy: Hard sweets like lollipops or small jawbreakers take a while to eat leaving teeth exposed to sugar for a long time. And biting into hard candies can cause the teeth to chip or break.

So the next time your sweet tooth is calling, choose a nutty piece of dark chocolate or some xylitol gum instead of taffy, sour gummies, or a jaw-breaker... unless you just truly enjoy visiting your dentist more often!



Dr. Cristi Cheek is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

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FALL BREAK FUN

Cobb County Schools has scheduled a Fall Break for all students. So, from Monday, September 24 to Friday, September 28, we figured East Cobb families would be looking for fun things for their student staycationers to do! Here are some fun options so your student-aged kids (and you) won't go stir crazy!

September 24

Class Placement Auditions and Free Honing Your Instrument Workshop

Earl and Rachel Smith Strand Theatre
117 North Park Square, Marietta 30060
770-293-0080 • education@earlsmithstrand.org
1-2:30pm - Placement auditions for The Strand's new weekly Monday classes. .
2:30-5pm - Honing Your Instrument workshop: conditioning the body, voice, and mind for a life in theatre.
3:30-8pm - 5th-12th graders.

September 24-28 • 11am

Fall Frolics

Chattahoochee Nature Center, 9135 Willeo Road, Roswell 30075
770-992-2055 • chattnaturecenter.org
Ages 4+ welcomed. September is an exciting time to head to the Unity Garden. Visit us during Fall Break and catch a guided tour. Our Unity Garden produce grown here at the CNC is donated to North Fulton Community Charities. \$10/Adult; \$7/Students (Ages 13 -18); \$6/Child (Ages 3 - 12); Free for members.

September 24-28 • 6:30am-6:30pm

Primrose School of Sprayberry Explorers Camp

Primrose School of Sprayberry
2531 East Piedmont Road, Marietta 30062
770-578-4832 • primroseschools.com/schools/sprayberry
Daily field trips included with registration. \$235.

September 24-28 • 9am-5pm

Safe America Drivers Ed Course

Safe America Foundation Headquarters
2000 First Drive, Suite 310, Marietta 30062
770-973-7233 • www.safeamericadrivers.org
Help your teen learn how to drive at one of Safe America Fall Break drivers ed courses. \$150 - \$574.

September 24-28 • 9am-3pm

Games Are Awesome and Python Startup Coding Camps

The Coder School
3162 Johnson Ferry Rd #430, Marietta 30062
678-948-8632 • thecoderschool.com/eastcobb
Have fun while learning to code! Two camp options available. \$399.

September 24-28 • 9am-4pm

Ninja Quest Fall Break Camp

3910 Canton Road, Marietta 30066
678-384-6500 • www.ninjaquestfitness.com
Experience fun, games, and the largest Ninja Warrior Training facility in the entire state of Georgia. \$300.

September 24-28 • 9am-4pm

YMCA-McCleskey: Dynamite Days Off Camp

1055 East Piedmont Road, Marietta 30062
770-977-5991 • ymcaatlanta.org/mcy/
Qualified counselors will lead activities that will help build self-confidence, strengthen social skills, deepen respect for others and build lasting relationships. Activities may include swimming, crafts, sports and group games. Pack a lunch, drink, two snacks, swim suit and towel. Free extended care from 7:30am-6pm. Members: \$40/day Program: \$60/day. Age: 5-12.

September 24- 28 • 9am-4pm

Fall Break Day Camp

Covenant Presbyterian Preschool
2881 Canton Road, Marietta 30066
770-422-5130 • www.covepres.com
For children ages kindergarten - 5th grade. \$25/day.

September 25 • 3:30-4:30pm

STEAM Team: "Science" – Fossil Finders

Gritters Library, 880 Shaw Park Road, Marietta 30066
770-528-2524 • www.cobbcat.org/events
Learn a story about an expert in the field and a hands-on activity related to the letter of the week. All levels of interest and knowledge are welcome. There is something for everyone! This program is appropriate for grades K-5.

September 25 • 4-5pm

Chapter Champs!

Mountain View Library
3320 Sandy Plains Road, Marietta 30066
770-509-2725 • www.cobbcat.org/events
Stressed out? Too much assigned reading? Join the tween book club! Eat snacks, discuss the book, and then finish off with a fun activity. Kids will enjoy this month's book: Fish in a Tree by Lynda Mullaly Hunt. Come explore this uplifting and inspiring realistic fiction novel, then participate in some fun activities. This program is for children in grades 3-5.

September 25 • 7-9pm

TV/Film/Commercial Acting for Teens

Sewell Mill Library & Cultural Center
2051 Lower Roswell Road, Marietta 30068
770-509-2711 • www.cobbcat.org/events
This workshop introduces young actors to the art of acting for film, television and commercials. Each actor will experience the basics of improv, voice, scene study and on camera performance. Ages 14-18.

>>> Continued on next page >>>

September 26 • 2:30-4:30pm

Freeform Lego® Play

Sewell Mill Library & Cultural Center
2051 Lower Roswell Road, Marietta 30068
770-509-2711 • www.cobbcat.org/events
Legos bring out the engineer in all of us. Visit the Sewell Mill Library & Cultural Center and build an item from Lego Challenge cards or make a structure using your own mental blueprint. No registration required. Ages 5-12 years and their Adult Caretakers.

September 26 • 3:30-4:15pm

Family Fun Time! - Make It Count!

East Cobb Library, 4880 Lower Roswell Rd, Marietta 30068
770-509-2711 • www.cobbcat.org/events
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. This program encourages a love of reading and learning as well as the use of fine and large motor skills. No registration required. All story times require a participating adult.

September 26-28 • 8am-4pm

MJCCA School's Out Camp

5342 Tilly Mill Road, Dunwoody 30338
678-812-4004 • atlantajcc.org/schoolsout
When school is out, the MJCCA is IN! Kids in Pre-K through 8th grade enjoy fun, engaging, and safe activities like swimming, cooking, sports, arts & crafts, ropes course, drama, and more during the upcoming school breaks. Pre-K through 8th grade.

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Have you been on the cover of an EAST COBBER magazine? Then you are invited to a very special East Cobb Business Association luncheon meeting on October 16! The EAST COBBER will be celebrating 25 years of publishing and would like those fortunate enough to have been featured on the cover of the EAST COBBER magazine to attend this special celebration. Give us a call to let us know if you will be attending.

RSVP : **EAST COBBER**
: **770-640-7070**



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As a private investigator, you might think that George Taylor would be a cynical person. However, he still sees the good in people and wants to help them achieve peace of mind. He is a “truth seeker” and works with corporations, lawyers, families and spouses to investigate their concerns.

Taylor, a retired federal law enforcement agent after 26 years, prides himself on professionalism and discretion. He is a certified P.I. and a Board member of the Georgia Association of Professional Private Investigators. He moved to East Cobb from Miami in 2006 so his daughter could benefit from the fantastic school system and better upbringing. He opened AFPI Global & Affair Investigations to help people in East Cobb and the Atlanta area.

If you have questions that need answers, Taylor and his team of investigators can help. His services include workman comp cases, unfaithful partners, computer/cell phone forensics, elder abuse, teen issues, unfit parent/child custody concerns and finding missing persons.

The AFPI team uses the most advanced technology and surveillance equipment to find the truth fast. Obtaining answers to family problems that weigh heavy on the heart and keep his clients up at night is his passion. He recommends consulting with his team before you start investigating on your own. As a third-party

consultant, he can provide evidence that you need – and that won't be dismissed in court.

Taylor also conducts security evaluations for homes and local businesses. If you are worried that you may be watched, recorded or tracked without your permission, the AFPI team can conduct a counter-measures sweep of your home, automobile, phones and computers.

In this age of technology and social media, it's difficult to know what our children are doing online. Taylor's team can provide suggestions to help parents with his Parent Help Program.

Recently, a child went missing from her home and he was called to assist. Within days, he had found the child in a home hundreds of miles away where a registered sex offender had befriended the young girl online and had changed his name to hide in the community.

AFPI's reviews speak for themselves. One client shared, “Working with AFPI for the past few months has been an enlightening experience and an eye opener for me and my company. An employee of 12 years had been stealing me blind for years. Thanks to George Taylor for his perseverance and professionalism to get to the bottom of our issues and not give up.”

For more information about how AFPI can help you, call 404-697-9362 or visit afpiglobal.com. The first hour of your consultation is complimentary.



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Joseph Sfregola, Owner,
Bella Vita Musica

Want to learn to play piano or improve your singing? Preparing for an audition or recital? Look no further than musician/composer Joseph Sfregola who offers voice and piano lessons with a classical touch.

The Italian native is a classically trained musician who studied at the Giuseppe Verdi Conservatory, Sfregola offers his students a solid background in musical theory and performance.

"This intensive study isn't for everyone," he acknowledges, "but if you are committed to growth and progress, I will get you where you want to be." For piano, he typically begins with the classics to teach technique but he also caters to the client's preference, be it modern, jazz, or pop. "I personalize the lessons to motivate students and make it fun," he says. Voice training includes all levels of singing as well as vocal coaching for those who speak for a living.

Maestro Sfregola's 25-year career ranges from doing background vocals for superstars such as Michael Jackson to playing piano for some of Italy's most notable families including Versace, Dolce and Gabbana, and a former prime minister. However, he is just as excited about teaching students in East Cobb and he radiates a passion for music that appeals to children and adults alike. He takes all ages "from 5 to 90" and requires only one thing of his students: "You have to come with a genuine curiosity to want to learn and grow. You've got to really want to do this," says Sfregola.

Lessons are given either at his studio or in the student's home. For more information, call 470-418-5343 or visit www.bellavitamusica.com

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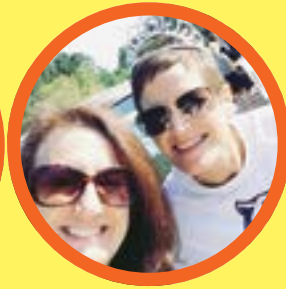
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PARADE & FESTIVAL

September 15: A Day for East Cobbers To Celebrate



The 23rd Annual EAST COBBER Parade & Festival is scheduled for Saturday, September 15. The day's festivities will be kicked off by the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands and a cornucopia of East Cobb groups will march down the one-mile parade route. Starting at 10am, the parade participants will step off in front of the Princeton Lakes subdivision entrance (1223 Johnson Ferry Road), travel south on Johnson Ferry Road, and then turn onto Olde Towne Parkway.

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

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

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

Come be a part of this very special, old-fashioned celebration – the 23rd Annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. For more details, visit www.eastcobber.com/parade. 📱





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For the past 25 years, the **EAST COBBER** has provided East Cobb County residents with a timely and easy-to-read source of information unique to our community with the free monthly magazine, EAST COBBER. With its website, eastcobber.com and the weekly e-newsletter, EAST COBBER provides a local news feed 24/7, fun giveaways and contests. Be sure to "like" the EAST COBBER on Facebook and "follow" @eastcobber on both Twitter and Instagram. Use #EASTCOBBER to share your local East Cobb photos! The EAST COBBER seeks to build a sense of community in East Cobb County by providing a forum for people to share opinions and information, and to provide a cost-effective advertising outlet for local businesses. The EAST COBBER is the producer of the Parade & Festival – East Cobb's only community-wide special event and the LARGEST parade in all of Cobb County!



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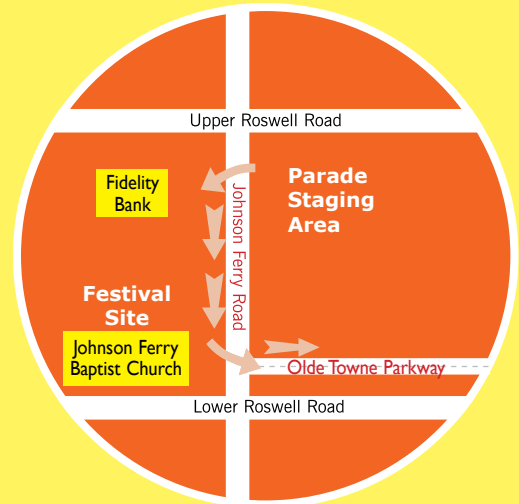


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East Cobber Parade Route



Johnson Ferry Road (between Lower Roswell Road and Upper Roswell Road) will be closed at 9:45am to 11:30am to allow 2,000+ parade participants and approximately 110 entries to march in the 23rd Annual EAST COBBER Parade.

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

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



Road Closure Reminder

On Saturday, September 15, Johnson Ferry Road —Northbound & Southbound lanes—between Lower Roswell Road & Upper Roswell Road will be closed to traffic 9:45am to 11:30am for the 23rd annual EAST COBBER Parade. Woodlawn Road will not be closed, but traffic will be affected. Princeton Lakes Drive will be closed off at 8am for the parade staging area, which is at Mt. Bethel Elementary School, 1210 Johnson Ferry Road. 📍

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East Cobber Parade Participants

(in order of appearance)

Cub Scout Pack 121 -Mt. Bethel UMC

Presenting Sponsor: WellStar

Grand Marshal: Dr. Whitney Denton, MD

WMG Family and Internal Medicine

Cobb Board of Commissioners

Cobb County Fire Department

EAST COBBER Father of the Year - Steve Pyburn

Sponsor: EAST COBBER

Cub Scout Pack 83

Sharon Cooper for State House

Mt. Bethel Elementary School

Girl Scout Troop 16169

Corporate Sponsor: Snappy Services

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East Cobb Lions Club

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Mt Bethel Christian Academy

Honest-1 Auto Care of East Cobb

Karen Handel for Congress

Tritt Elementary School

Cub Scout Pack 770

Junior League of Cobb-Marietta

East Cobb Orthodontics

Dodgen Middle School

East Cobb Rugby Club

Murdock Elementary School

Pope High School

Pope High School Marching Band

Bring It OM Power Yoga, LLC

Girl Scouts - Azalea Service Unit

Rotary Club of East Cobb

Hightower Trail Middle School

Fitness Together

Friends For East Cobb Park

Shallowford Falls Elementary School

Atlanta North Stars Gymnastics

Keheley Elementary School

Sprayberry High School



Mt Bethel UMC Recreation

The Wandering Photo Camper

Simpson Middle School

Lassiter High School Marching Band

Mabry Middle School

Davis Elementary School

Firewires Robotics-FTC Team 4631

Moms Demand Action for Gun Sense in America

Pro Martial Arts/Shaping Minds

East Cobb Baha'i Faith

Nicholson Elementary School

Addison Elementary School

The Georgia Ballet

Peachtree Curling Club

Mountain View Elementary School

Polar Bear Run

Girl Scouts- Chattahoochee Service Unit

Cobb County Public Library System

Roswell Dance Theatre/Tolbert Yilmaz School of Dance

Nia Pediatric Dentistry and Orthodontics

Braces Braces

Sope Creek Elementary School

Girl Scouts -Sope Creek Troop 18380

Dickerson Middle School

Walton Jr Raider Cheerleading

Walton High School

Walton High School Marching Band

Walton Swim and Dive Team

Walton Junior Classical League

Walton Launch Club

Walton High School Odyssey of the Mind

The Committee to Elect Luisa

Engel & Volkers

RainAway

Timber Ridge Elementary School

Timber Ridge Elementary School Juggling Club

East Side Elementary School

Cub Scout Pack 744

Johnson Ferry Baptist Church

Chick-fil-A Woodlawn Square

>>> continued on next page >>>



East Cobber Parade Participants

(in order of appearance)

Eagles Elite Cheerleading
Americans United for the Separation
of Church and State
White Tiger Martial Arts
Eastside Christian School
East Cobb Gathering
Cub Scout Pack 797
Lady Lions Cheer Team
BP Car Care-Tirepros
Joyful Noise Homeschool
Band Marching Saints
AAA The Auto Club Group
Traffic Safety Foundation
Dance Stop Company
Peachtree Curling Club
Fellowship Christian School
Sierra Club-Centennial Group
Cobb County School District
Transportation Department
Kemp for Governor Campaign
Springfree Trampoline
The Walker School Marching Band
Center for Children and Young Adults



Cobb County Republican Women
Brumby Elementary School
Global Imports BMW
East Cobb Robotics
Cub Scout Pack 795
Faith Lutheran School
Twilight Twirlers of Marietta
The Solana East Cobb
League of Women Voters
Eastside Baptist Church
East Cobb Middle School
Wheeler High School
Wheeler High School Marching Band
Wheeler High School Cheer
Sedalia Park Elementary School
Eastvalley Elementary School
Cub Scouts Pack 565
Powers Ferry Elementary School
Girl Scout Kudzu and Sassafras Service Unit 111
Daughters of the American Revolution-
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East Cobb Festival Exhibitors



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Exhibitors

in Alphabetical Order

1951

AAA The Auto Club Group
All Phase Home Services, Inc
All Things Lovely Shop
Amerejuve
Atlanta Swim Academy
Bearor Family Chiropractic
Best Friends Animal Society
Body Jump Fitness
Boy Scout Troop 435
Braces Braces
Bradford Family Chiropractic
Cavallaro and Moore Orthodontics
Chalk Couture
Cheek Dental
Children's Dental Village
Cobb Antique Mall
Cobb County Democratic Committee
Cobb County Republican Party
College Nannies, Sitters and Tutors
Creekview Family Chiropractic
Cub Scout Pack 770
CycleBar East Cobb
DanielleSellsEastCobb.com
Daughters of the American Revolution-
Old Noonday Chapter
Delta Community Credit Union
East Cobb Robotics
East Cobb Tour of Homes
East Cobb Home Team - Phylis Simoni
Eastside Baptist Church
Eastside Christian School



Elite Dentistry
Engel & Volkers-North Atlanta
Engineered Smiles LLC
European Wax Center
Farmers Insurance-Barrett Agency
Farmers Insurance-Matt Cheever
Fellowship Christian School
Firwires Robotics-FTC Team 4631
Fitness Together
Floor Coverings International
of West Metro Atlanta
Friends For East Cobb Park
Georgia Symphony Orchestra
Great Expressions Dental Centers
Insur'd
Johnson Ferry Baptist Church
Keller Williams Realty Atlanta North-
Connie Davison & Lisa Swann
Keller Williams Realty Atlanta North-Mafe Selva
Keller Williams Realty Atlanta North-
Magdalena Young
Keller Williams Realty Atlanta North-
Marlen Quiroz
Kelly+Co
Kid Chess
Kidz2leaders
KSU Museum of History and Holocaust Education
Lassiter Band Booster Association (LBBA)
Lifeworks Chiropractic
LuLaRoe Caroline's Blessings
M&R Trackless Trains
Master Gardener Volunteers of Cobb County
Mountain Park Plaza Animal Hospital
Mt Bethel Christian Academy
Nia Pediatric Dentistry and Orthodontics
Outback Deck, Inc
Peachtree Curling Club
Perfect10 Body Works
Primrose School of East Cobb
Pro Martial Arts/Shaping Minds
Refuge Dance Academy
Reisinger Family Chiropractic
Retro Co
Rosner Travel



>>> continued on next page >>>

East Cobber Festival Entertainment Schedule



11 – 11:15am

NATIONAL ANTHEM

Performed by 12 year old Senria Nath

11:20 – 11:50am

KS PRODUCTIONS

Shantavia Stewart sings R&B and other genres

11:55am – 12:05pm

SHALLOWFORD FALLS FOX TROTTERS

Shallowford Falls elementary students perform a high energy dance routine

12:10 – 12:40pm

DANCE STOP COMPANY

Showcase of ballet, jazz, and tap performances

12:45 – 1:30pm

GEORGIA SYMPHONY ORCHESTRA

String quartet performs excerpts from America's most popular and beloved classical composers

1:35 – 1:55pm

REFUGE DANCE ACADEMY

Dance performance in Ballet and Contemporary

2 – 2:15pm

PRODIGY PERFORMING ARTS

Jazz and Tap dance performances by kids ages 5-12 years old

2:20 – 3pm

EAST COBB IDOL

East Cobbers are welcome to share their talent on the festival stage!



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Ruth and Naomi
SAM Singapore Math
School of Rock East Cobb
Sephora
Sibley Heart Center Cariology
Sierra Club-Centennial Group
Southern Style & Stash
Springfree Trampoline
State Farm -Ron Sprouse
Sterling Estates of East Cobb
The Ear, Nose & Throat Institute
The Kindred Market
The Mechanisms, FLL Robotics Team 31285
The Solana East Cobb
Thrive Memory Care
Veterans of Foreign Wars, VFW Post 12002
Village Health Wellness Spa
Walton High School Habitat for Humanity
White Tiger Martial Arts
Wine to Water
X3 Sports



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Dunwoody Restaurant Group-Black Swan Tavern
Fina Concession
Funnel Cakes n More
Good Food
Kale Me Crazy
Kenney's Smokehouse
Kona Ice
Marco's Pizza
Smallcakes Cupcakery and Creamery
Sno-Angel Delites
Southern Grace Catering
Southern Proper Hospitality (Tin Lizzy's & Beni's Cubano)
Sub Zero Nitrogen Ice Cream
Tom+Chee
Twisted Treats

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



2018 September

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: cobbemc.com/content/request-wood-chips.

SEPTEMBER 6 & 7

Lil' Lambs Closet Consignment Sale. Proceeds go to benefit church ministries and community missions. Thursday: \$5 Public preview: 2-8pm; Friday: 9am-7pm; Saturday: 9am-1pm. Many items half off on Saturday. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. Childcare available with reservations. More info: 770-429-7800 ext. 7805 or www.lil-lambs.org.

SEPTEMBER 7

Marietta Square Art Walk. A free, self-guided tour of historic Marietta Square's eclectic art scene. Art galleries, museums, cultural venues, restaurants and boutiques hosting artists within their businesses will display an Art Walk banner in their window. 5-9pm, rain or shine. Maps available at each participating location and at the Marietta Welcome Center, 4 Depot Street NE, Marietta. More info: www.ArtWalkMarietta.com.

What's Blooming in the Garden? Lunch and Learn presented by the Master Gardener Volunteers of Cobb County. Master Gardener Jack Driskell will show cuttings of what's blooming and what looks good in the garden now, to add some pizzazz to your garden in late summer and early fall. Bring a sack lunch. 12-1pm. Free. Cobb County Water Lab Training Room, 662 South Cobb Drive, Marietta. More info: 770-528-4070 or www.cobbmastergardeners.com.

SEPTEMBER 7 & 8

East Cobb's Finest Kids Consignment Sale. Friday: 9am-6pm; Saturday: 9am-12pm. Everything 30% off on Saturday. The Episcopal Church of St. Peter-Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or www.peterandpaul.org/childrens-consignment-sales.

SEPTEMBER 7 & 8

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

SEPTEMBER 7-9

35th Annual Fall Atlanta Home Show. Seminars and exhibits on flooring, siding, patios, appliances, and other home improvement subjects. Friday: 10am-6pm; Saturday: 10am-8pm; Sunday: 11am-5pm. \$8/advance; \$10/at the door; free/seniors (65 & older) & children (12 & under). Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-998-9800 or atlantahomeshow.com.

SEPTEMBER 7-9, 13-16, 20-23

Godspell. A small group of people help Jesus Christ tell different parables by using a wide variety of games, storytelling techniques and a hefty dose of comic timing in this musical. Thursday-Saturday: 8pm; Sunday: 3pm. \$16-\$27. Act 3 Productions, 6285-R Roswell Road, Sandy Springs. More info: www.act3productions.org or 770-241-1905.

SEPTEMBER 8

Boots & BBQ Fundraiser benefitting students participating in the MDE School's Life Skills & Job Coaching programs. MDE is a local non-profit organization providing care, education and therapies for children with special needs. 7-11pm. \$35. Red Hare Brewing Company, 1998 Delk Industrial Boulevard, SE, Marietta/East Cobb. More info: mdeschool.org, mdeschool@gmail.com or 770-971-4633.

Family Safety Day. Join Revved Up Kids for one-hour personal safety/self-defense workshops for children and teens, and a host of other resources and activities. The workshops will teach participants to recognize unsafe people, avoid dangerous situations, and escape attackers. Full force self-defense tactics practice is included. All participants must be accompanied by parent or responsible adult chaperone. 10am-1:30pm. Free. Mansour Center, 995 Roswell Street, Marietta. More info: www.revvedupkids.org.

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

SEPTEMBER 8

Hummingbird Banding presented by Smith-Gilbert Gardens (SGG). SGG has teamed up with Birdwatcher Supply to catch and band hummers! Once the birds have been banded they will sit on your hand for a second or two before flying away. Live demonstrations, crafts, games and a memorable experience. 8-11am. Pre-sale admission: Adults \$7; Seniors & Active Military: \$6; Children 6 – 12: \$5; Children 5 and under are free. Day of admission: Adults \$10; Seniors & Active Military: \$9; Children 6 – 12: \$8; Smith Gilbert Gardens, 2382 Pine Mountain Road, Kennesaw 30152. More info: 770-919-0248 or smithgilbertgardens.com.

Summer Stars Concert Series: Peter Karp presented by Mountain View Arts Alliance. A storyteller who also happens to be an assertive singer, an insightful songwriter, a spellbinding performer, and a searing slide guitarist. Enjoy a night of the blues. Lawn opens at 7pm. Show starts at 7:30pm. Free. 8-seat table: \$40. The Art Place - Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: tapmarietta.com/mvaa or 770-509-2700.

SEPTEMBER 8

Truck-a-Palooza. Explore police cars, SWAT trucks, fire rescue trucks, fire engines, heavy construction vehicles, dump trucks, front end loaders, military vehicles, a police helicopter and a mobile art truck. Proceeds benefit the Cobb County Safety Village. 10am-3:30pm. \$5/person \$20/family max. Town Center Mall, lower parking lot near Sears, 400 Ernest W. Barrett Parkway NW, Kennesaw. More info: www.cobbcounty.org/safetyvillage.

Real Men Sing is a one-day a cappella vocal harmony clinic for middle and high school young men. The event is sponsored by the Big Chicken Chorus. The Clinic begins at 1pm. \$5 includes dinner, t-shirt, education and music scores. The day concludes with a 7pm free concert open to the community. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. More info: bigchickenchorus.org.



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COMMUNITY CALENDAR

SEPTEMBER 9

Sundays on the River Concert featuring Ben Sollee and Kentucky Native. Enjoy the sounds of bluegrass. 6-9:30pm. Advanced tickets: \$12 for lawn seating, \$16 for table seating. Cash bar available, no outside alcoholic beverages permitted. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: www.chattnaturecenter.org.

SEPTEMBER 10

First Monday Breakfast presented by Cobb Chamber of Commerce. 7:30-9am. General admission: \$60. Members: \$30 online. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or cobbchamber.org.

6th Annual M.U.S.T. Charity Golf Tournament. Fun-filled day of golf and prizes raises funds to help neighbors in need. 2 Flights: Morning registration 6:30am, Shotgun start 8am; Afternoon registration 11:30am, Shot-gun start 1:30pm. \$225/person, \$800/foursome. Pinetree Country Club, 3400 McCollum Parkway NW, Kennesaw. More info: Angie Bolton at 678-218-4513 or abolton@mustministries.org.

SEPTEMBER 11-13

Divine Children's Show Boutique Overstock and Consignment Sale. Preview show Tuesday, September 11: 1-8pm, for volunteers, consignors, and new moms; New moms need to register online for Tuesday preview: 1-10pm; Wednesday: 9:30am-9pm; Thursday: 9:30am-2pm. The Mansour Center, 995 Roswell Street, Marietta. More info: www.dcskids.com or divineconsignshowatlanta@yahoo.com.

SEPTEMBER 12

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

SEPTEMBER 13 & 27

Chattahoochee Sunset Sips. Enjoy a night out with families and friends for a fabulous concert. Bring a picnic and grab a beverage or snack (beer and wine available for purchase). This is a laid back, family friendly series and CNC's grounds are open for you to explore. 6:30-9:30pm. Free/members, \$10/adults. \$7/seniors and students ages 13-18. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

SEPTEMBER 13-16, 19-23 & 26-30

9 to 5: The Musical presented by Georgia Ensemble Theatre. A heartwarming comedy of friendship and revenge, based on the hit movie. Three working women take over their office and turn around their lives, to the tune of Dolly Parton's snappy musical score. Wednesday: 7:30pm; Thursday-Saturday: 8pm; Sunday: 2:30pm. \$28-\$36. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: www.get.org.

SEPTEMBER 14

Best of Atlanta Comedy presented by Laughing Skull Lounge. Features the funniest and most popular comedians based in Atlanta. 8-10pm. \$20. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: www.earlsmithstrand.org or 770-293-0080.

Craft Beer Festival. Fundraiser offers a collection of beers crafted with hops, fruit, and herbs grown in the historic Root House Garden. Crafted by Marietta's Red Hare Brewing Company, this limited release of beers will only be available during this special beer tasting. The first 100 tickets sold will receive a commemorative beer glass. Attendees will receive six 6 oz. drink tickets. Complimentary food samples provided by local restaurants will be available. Space is limited! Must be 21 or older to sample beers. 6-9pm. \$35. William Root House Museum & Garden, 80 N. Marietta Parkway, Marietta. More info/tickets: www.roothousemuseum.com/beer.

SEPTEMBER 14 & 15

KinderMart Children's Consignment Sale benefits Smyrna FUMC Preschool/Kindergarten. Friday: 9:30am-7pm, no strollers before 11am; Saturday: 9am-12pm. Many items 1/2 price on Saturday. Smyrna First United Methodist Church, 1315 Concord Road, Smyrna. More info: www.kindermartsale.com.

SEPTEMBER 14-16

The Georgia RV & Camper Show. Georgia's biggest RV show. Come see new makes and models, talk to experts and find out what RV fits your needs, show discounts and on-site financing. Friday: 11am-7pm; Saturday: 10am-8pm; Sunday: 10am-5pm. \$9/adults; \$4/Children (6-15). Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: www.natcshows.com/rv.html or 770-279-9899.



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SEPTEMBER 14-16

Return To Fall presented by the Atlanta Ballet. The fall lineup includes Jiří Kylián's signature celebrations of dancers' physical limits, Return to a Strange Land, rising Brazilian choreographer Ricardo Amarante, recognized for his emotionally-charged, purely neoclassical style, complements the program with a world premiere and a special performance by Czech National ballet of Vertigo, a pas de deux by Mauro Bigonzetti. Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. \$20-\$130. Cobb Energy Performing Arts Center, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: www.cobbenergycentre.com or 770-916-2800.

SEPTEMBER 15

23rd Annual EAST COBBER Parade & Festival. Come see the largest parade in Cobb County! Bring a bag to grab all the candy thrown by parade participants. Entertainment, food and fun activities for the whole family. Free. The EAST COBBER Parade begins at 10am. EAST COBBER Festival immediately follows the parade 11am-3pm: Johnson Ferry Baptist Church, 955 Johnson Ferry Road in Marietta/East Cobb. More info: 770-640-7070 or eastcobber.com.

Pop-In for Family Fun at the Marietta Museum of History. Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. This month's theme is Fall Crafts. 10:30am-3:30pm. Admission: \$5 with a family cap at \$20. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or www.mariettahistory.org.

Toy Box Trot 1 Mile Fun Run presented by The Marietta Museum of History as part of the Marietta StreetFest. Open to all ages both young and old and at the completion of the race, each race participant will select a toy of their choice. \$20. Race begins at 8:15am. Marietta Square, 50 N. Park Square, Marietta. More info/registration: www.mariettastreetfest.com.

SEPTEMBER 15 & 16

52nd Annual Roswell Arts Festival presented by the Roswell Recreation Association. Come out and enjoy artists and craftsmen from across the Southeast, local singers, children's painting, sand art, and food vendors. Admission free. Saturday and Sunday: 10am-5pm. Historic Roswell Town Square, 610 Atlanta Street, Roswell. More info: 770-640-3253 or roswellartsfestival.com.



SEPTEMBER 15 & 16

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

Marietta Grassroots Music Festival. A music festival hosting bands from across metro Atlanta to showcase local talent. Saturday: 3-9pm. Sunday: 1-5pm. Free. Marietta Square, 50 N. Park Square, Marietta. More info: mariettagrassroots.org.

Marietta Streetfest presented by The Marietta Museum of History. Free activities for the whole family. Artisans, antique dealers, bands and soloists, children's zone and the popular Hubcaps and History Classic Car Show (Saturday only). Free. Saturday: 9am-9pm. Sunday: 11am-5pm. Marietta Square, 50 N. Park Square, Marietta. More info: www.mariettastreetfest.com.

SEPTEMBER 15-22

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

.....



COMING IN OCTOBER: EAST COBBER's 13th Annual Private School Guide

Academic, social, financial, and philosophical issues all require careful examination before a decision can be reached. EAST COBBER's 13th Annual Private School Guide offers a wealth of information about area private schools and a place for you to start your homework. So if you are considering private education, be sure to pick up the October issue of the

EAST COBBER.

For Advertising Information, call 770-640-7070.

COMMUNITY CALENDAR

SEPTEMBER 15, 22 & 29

A Wrinkle In Time presented by Georgia Ensemble Theatre Family Stage Series. It was a dark and stormy night. Out of this wild night, a strange visitor comes to the Murry house and beckons Meg, her brother Charles Wallace, and their friend Calvin O'Keefe on a most dangerous and extraordinary adventure--one that will threaten their lives and our universe. 11am. \$10. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: www.get.org.

SEPTEMBER 16

Family Fun Day: Back to Your Roots Farm Fair. Meet live farm animals and real farmers, learn about local food, explore harvesting, and so much more. Unity Garden Guided Hike to see herbs, veggies, and greens growing during the harvest season. 12-4pm. Admission: \$10/adults. \$7/seniors and students ages 13-18; Free for members. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

SEPTEMBER 16 & 23

Sunday Funday presented by WellStar Health System. Bring a picnic and enjoy live music in the park. 4-6pm. Free. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info: www.eastcobbpark.org.

SEPTEMBER 17

Georgia State House of Representatives Candidate Forum: Meet the Candidates. Districts 43 and 45 candidates have been invited to participate. Free. 6:30pm. Dickerson Middle School Theater, 855 Woodlawn Drive NE, Marietta/East Cobb. More info or to submit a question: Amanda Moulthrop at anmoulthrop@gmail.com.

SEPTEMBER 20

8th Annual Cobb Library Foundation Booked for the Evening Gala. Featured guest, New York Times bestselling author, John Lescroart, presentation of the Jim & Carol Ney Literary Award, silent auction, refreshments and cocktails. 6:30pm. \$150. Sewell Mill Cultural Arts Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info/tickets: www.cobblibraryfoundation.org.

SEPTEMBER 20-30

North Georgia State Fair. Metro Atlanta's largest fair. Enjoy rides, live music, and farm animals. Monday-Thursday: 4-11pm. Friday: 4pm-midnight. Saturday: 10am-midnight. Sunday: 12:30-10pm. \$5/advance; \$7/gate; free/under 10; \$5/parking. Jim Miller Park, 2245 Callaway Road, Marietta. More info: northgeorgiastatefair.com or call 770-528-8989.



SEPTEMBER 21 & 22

Chess: Bridging the Gap from Adolescence to Manhood. A dramatic presentation centered upon the trials and suffering of one man's journey through an eight-year prison sentence as he tries to do right in a wrong world. 8pm. \$35-\$45. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: earlsmithstrand.org. More info/tickets: earlsmithstrand.org.

SEPTEMBER 21-23

The Legend of Sleepy Hollow presented by The Georgia Ballet. This performance will open with Act II of **Swan Lake**, a classical ballet that tells the tragic love story between a swan and a prince. Friday: 7pm; Saturday: 2pm and 8pm; Sunday: 2 and 5:30pm. \$10-\$36. Jennie T. Anderson Theater, 548 South Marietta Parkway, Marietta. More info/tickets: www.georgiaballet.org.

SEPTEMBER 21-23, 27-30

The Bow Wow Club. The infamous Bow Wow Club achieved their reputation with girls as teenagers growing up in Harlem in the late seventies and early eighties. It is twenty years later and the five members of the group have not been together in the same place at the same in that long. Questions about all their lives are brought to the forefront as more than fireworks explode, before these friends realize how much they still need each other for survival in today's world. Age Restriction: 18 years and older. Thursday-Saturday: 7:30pm; Sunday: 2:30pm. \$25. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info/tickets: www.theatreinthesquare.net or 770-426-4800.

SEPTEMBER 21

Vision Screening. East Cobb Lions Clubs will provide free vision screening. Adults and children from six months of age and older and walk-ins are encouraged. Volunteers will use screening devices to detect possible vision issues that require follow-up professional care. 12-2pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: www.cobbcab.org/falls-prevention or 770-509-2730.



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SEPTEMBER 22

7th Annual Caregivers Conference: Empowering the Caregiver...Offering Help, Hope & Insight into Dementia Care. Open to anyone who might benefit from dementia care education. Featured speaker is Dr. Peter Rabins, co-author of The 36-Hour Day. 8-30am-2pm. Free, lunch provided. Registration required. Due West United Methodist Church, 3956 Due West Road, Marietta. More info/registration: www.duewest.org or kmailek@duewest.org.

SEPTEMBER 22 & 30 OCTOBER 7 & 14

Introduction to Mindfulness. 4-week class will introduce new mindfulness lessons, therapeutic breathing exercises, and guided meditation. 11am-1pm. \$299 per person; \$499/couples. East Cobb Yoga and Mindfulness, Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta/East Cobb. More info/to register: www.eastcobbyoga.com.

SEPTEMBER 24

Tee It Up for Make-A-Wish Georgia Charity Golf Outing hosted by J. Christopher's. Registration includes golf, food and drinks. 11:30am Shotgun start. \$175/person or \$600/foursome. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. More info: Taylor.tboltz@jchristophers.com or www.jchristophers.com/charitygolf.

SEPTEMBER 24-30

59th Annual Atlanta AAUW Book Fair presented by American Association of University of Women, (AAUW). Over 75,000 gently used books at bargain prices. Profits are used for scholarships, fellowships and community programs. Special opening night, Monday: 6-9pm. (\$10). Open daily starting Tuesday: 10am-9pm; Sunday: 12noon-7pm. Perimeter Mall, 4400 Ashford Dunwoody Road, Atlanta. More info: bookfairaauw@gmail.com or bookfairaauw.org.

SEPTEMBER 24-29

Cobb County Schools Fall Break.

SEPTEMBER 26

SnoBalls with a Cop. Come have SnoBalls and conversation with Precinct 4's Community Engagement Officer, Nathalie Jegg. 3-5pm. Free. Pelican's SnoBalls, 3600 Canton Road, Marietta/East Cobb. More info: Nathalie.jegg@cobbcounty.org or 770-499-3981.

SEPTEMBER 27

Wright Center Self-Guided Tour. Open for a regular work day as Master Gardeners engage in typical duties. Guests are free to walk the trails and enjoy self-guided tours. Questions are encouraged. 9-11am. Free. Wright Center, 2661 Johnson Ferry Road, Marietta/East Cobb. More info: judybeard1@gmail.com.

SEPTEMBER 28

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

SEPTEMBER 28 & 29

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

SEPTEMBER 29

Frankie Valli & The Four Seasons in Concert. 8pm. \$67.50-\$115. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 770-916-2800 or www.cobbenergycentre.com.



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COMMUNITY CALENDAR

OCTOBER 1

First Monday Breakfast hosted by Cobb Chamber of Commerce. The Cobb Chamber's annual Public Safety Appreciation Breakfast allows the community to pay tribute to all public safety personnel. General admission: \$60. Members: \$30 online. 7:30am. Two Galleria Parkway Atlanta. More info: 770-980-2000 or cobbchamber.org.

OCTOBER 2

Cobb Young Professionals Fall Fling.

Come dressed in attire from either the year you were born or the year that you graduated high school for our "Through the Decades" themed Fall Fling with over 200 young professionals in the Galleria Gardens. Attendees will enjoy the Tom+Chee food truck, themed drinks, local brews, mascots and live music in a relaxed environment after a day at the office. 5:30-7:30pm. Galleria Gardens, 100 Galleria Parkway, Atlanta. Online registration: \$5 members, \$10 non-members. \$10 at door. Registration includes meal from the Tom+Chee food truck, two drinks and live music. Registration open September 25 at cobbchamber.org. More info: rchadwick@cobbchamber.org or 770-859-2368.

MORE ONLINE
For late-breaking events
this month, visit
www.eastcobb.org

OCTOBER 2

East Cobb Business Association (ECBA) Expo & Networking Event.

A great networking event for both members and non-members. A valuable venue for local companies to promote and showcase their business. Drawings, giveaways, free food and much more. Proceeds will support the East Cobb Public Safety Celebrations. 4:30-7:30pm. Free. Olde Towne Athletic Club, 4950 Olde Towne Parkway. To register visit eastcobbba.com. More info: 770-578-3555.

OCTOBER 4

6th Annual Strand Golf Classic presented by E. Smith Heating & Air. The annual Golf Classic benefits The Earl and Rachel Smith Strand Theatre and keeping its history and legacy alive. Check-in: 9am; Shotgun start: 10am. Foursomes: \$850. City Club of Marietta Golf Course, 510 Powder Springs Street, Marietta. More info: earlsmithstrand.org or 770-293-0080.

The Civil War Round Table of Cobb County. Join as nationally known published historians come to entertain and educate about various Civil War events. 7pm. First meeting is free. Hilton Marietta Hotel & Conference Center, 500 Powder Springs Street, Marietta. More info: www.cobbcwrt.org or cobbcivilwartr@gmail.com.



Queen of Hearts 20th Anniversary

MARIETTA
2745 Sandy Plains Rd.
(at Post Oak Trail)
678-453-0600

ALPHARETTA
670 N. Main St.
(1/2 mile north of city of Alpharetta)
678-297-7571

BUFORD
4125 Ga. Hwy 30
(across from Home Depot)
678-734-0643

You are Invited to Celebrate the
Queen of Hearts 20th Anniversary

**SATURDAY,
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OCTOBER 5-7

Rendezvous with Monsterama. An Atlanta convention that celebrates the fantastic in film, literature and art. Performances, demonstrations, gaming, exhibits and much more. Tickets: \$45/weekend in advance; \$60/weekend at the door. Marriott Alpharetta, 5750 Windward Parkway. More info: monsteramacon.com.

OCTOBER 6

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

OCTOBER 6

18th Annual Cobb Make-A-Wish 5K. Help make the wishes of local children with life-threatening medical conditions come true. Participants will gather and navigate through historic Marietta neighborhoods. Registration at 7 am; race at 8 am. Pre-registration until September 21 is \$30/timed; \$25/untimed; and \$10/children 6-12 years old. Marietta Square, North Park Square, Marietta. More Info/registration: cobbmakeawish5k.org or Kellay Kidney 770-499-3988.

Fall Fair. Games, activities, crafts, food, and entertainment. Discount food and game tickets available for 12 tickets for \$10 or \$1 each at the event. 5-8pm. Free. Transfiguration Catholic Church, 1815 Blackwell Road, Marietta/East Cobb. More info: www.transfiguration.com/fallfair or 770-977-1442.

OCTOBER 7

STEM College and Career Fair presented by National Association for College Admission Counseling. High school students interested in science, technology, engineering and math can explore and gather career and college information. 1-4pm. Free. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 800-822-6285 or www.nacacfairs.org.



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Eric Flamm
Ann Germany
Jenni Ginepri
Rosan Hall
Karen Hallacy
Susan Hampton, Co-Chair
Jim Harris
Johnny Johnson
Michael Johnson
Lt. Jason Jones
Sue Leithead
Capt. Jorge Mestre
Kim Paris, Co-Chair
Sam Pierce
Leilani Plendl
Cindee Renshaw
John Renshaw
Cynthia Rozzo

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

For the sixth year in a row, local business and community leaders are spearheading efforts to raise funds for two special appreciation events for local public safety professionals. The first celebration is to be held this October to thank Precinct 4 police officers for all they do to keep our community safe. This event will coincide with Cobb County Chamber of Commerce's Public Safety Appreciation Week, and with the support of local businesses, organizations and individuals has now become an annual event. The second event will take place in Spring 2019 when this volunteer group will host the Cobb County Fire Department's annual awards banquet.

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

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



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East Cobb Public Safety Appreciation Celebration
2018 Donation Form

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

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

Sponsor Levels

Platinum Sponsor: \$1000

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

Gold Sponsor: \$500

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

Silver Sponsor: \$250

- Signage recognition at both the Police and Firefighter events

Thank A Hero: \$25, \$50, \$100

- Provide a meal(s) for our Public Safety Heroes. Contributors are listed on the evening's program

Important Information:

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

Please mail this donation form and your check to:

ECBA (East Cobb Business Association)

Attention: Public Safety Celebration

P.O. Box 70814

Marietta, GA 30007

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

Mailing Street Address: _____

City, State, Zip: _____ Email Address: _____

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

PET OF THE MONTH: BENJI

Submitted by Jennifer Cenanova



Animal/Breed: Shih Tzu

Age: 10 years old

Gender: Male

Favorite Food: Chicken and Sweet Potatoes and Duck Jerky

Favorite Person: Mommy

Best Trick: Hidden Cookie Hunt Game Sniffer

Turn On: Walks in the Park and Car rides with the windows down

Turn Offs: Vacuum, Lawn Mower, and Blenders

Favorite Toy: Squeaky Fox Toy

Last Seen: In the car in his right side back seat with his window rolled all the way down with his head out the window.

What makes your pet so special: When anyone talks to him, he barks back. If you ask him a question he barks the same answer until you ask him the right question of what he wants.

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: _____

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WHAT'S YOUR STORY?

Let Us Tell It!

It's such a basic question, but one that most businesses struggle to answer ... much less communicate clearly. But in today's age of endless marketing messages competing for a very short attention span, clearly communicating your "story" is an absolute imperative. Articulating and embracing your brand story is what makes it happen.

CUSTOMERS COME FIRST AT KASHA'S HAIR SALON



It's no secret just how much people value their hair stylists. They go to great lengths to schedule appointments. But Kasha Mason's customers look at a way different. Not only do they value the perfect cut, but they also helped Kasha start her own salon.

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

Newly opened Kasha's Hair Salon is located at 2320 Middlebrook Road in the Corner Stone Plaza High School. Beautifully decorated and clean.

"Creating a friendly, professional," says Kasha. "I wanted you can get their hair done in a relaxed atmosphere. I also wanted to stay away from many salons. Here, the person who cuts, colors and styles it, and a better understanding of it."

Along with Kasha, there make up her team. What? Join her in this new venture. In of continued professional experience, she is committed with their loyal customers, many of Kasha's Hair Salon become a.

According to Kasha, her team works. One customer who came in to get their hair done, she will call another who works of her customers now share the a friendly voice when you call.

Some of her customers come up to East Cobb," says Kasha. "I'm so proud and so lucky to have a team that is so dedicated and lovely, and, for me, says, "I love to create a styling environment."

Kasha's Hair Salon is open on Saturdays from 9 am to 5 pm and on Sundays from 9 am to 5 pm. Styling services, waxing and coloring are available at 770. Call for an appointment at 770. Any new customer who comes will be awarded. Service is every Thursday-Friday. For more information, call 770-422-1900 or visit www.kashasalon.com. Kasha created all of

PREPARE FOR A SUCCESSFUL COLLEGE EXPERIENCE



For many high school students in the East Cobb area, post graduation plans will include attending college. Once the hurdle of getting accepted has been met, there are certain skill sets that need to be present in order to be a success in college. If a student could begin college with ALL the necessary skills intact, the chances of success will greatly increase. Some students need professional

skills before starting college. This is college advisor Cheryl Rosenfeld and the team.

an East Cobb resident, offers advising services to increase the likelihood of success in college education. These college success skills include time management, decision making and life goals. "My target demographic is high school, first and second year college students who are successful as they want to be and succeed. The goal is for me to help the student their college experience," said Cheryl.

Cheryl works with a student who is provided with an plan. "The student will be asked a series of questions to get to know him or her and his plan. From there, the individualized plan is created," she explained. For high school typically meets with a student 2-3 times a week with a follow up session once he or she has

been and professional background has helped. Cheryl's advising service. Cheryl holds a Communications and a Master's in Business, from Georgia Institute of Technology. Advising students at Georgia Perimeter College and as an Academic Advisor at Georgia Perimeter College, she worked with staff as those who needed to take pre-college support students.

For more information on her services, call 770-422-1900 or visit www.cherylrosenfeld.com.

E. SMITH AIRS OUT HVAC QUESTIONS



Our homes are comfortable primarily because of two basic reasons - that's heat and air. But in winter, there are many steps involved in getting your home's heating and cooling. Could your current level be better? How can we help you? Debbie Alexander, vice president of E. Smith Heating and Air Conditioning, Inc., addresses these questions. Alexander emphasizes the importance of a professional HVAC company to handle your heating and cooling needs.

Depending on the particular scenario, Alexander says that your heating and cooling comfort can improve by adding either a zoning system or a mini-split unit to your current HVAC system.

"Even with a properly sized and efficient air conditioner and furnace, hot and cold spots can occur," she explains. "A consistent temperature depends on getting the right amount of airflow to each room. You can spend your days opening and closing individual registers, but it really, who is going to do that?"

She goes on to say that a zoning system helps solve the hot and cold spots by adjusting the air that goes to each room. A thermostat in the room automatically opens and closes a damper in the duct work. Different rooms can be set to different temperatures.

A mini-split unit can help with comfort levels if you add a living space, such as a basement office. Alexander says a temperature sensor can be used to monitor the air that goes to each room. A thermostat in the room automatically opens and closes a damper in the duct work. Different rooms can be set to different temperatures.

For those who want to incorporate a mini-split unit, a thermostat can do the job. Mobile apps allow you to access the system from anywhere. You can adjust the settings, get alerts, monitor the temperature, switch from heat to cool or turn the system on or off. A zoning system can also be accessed through a mobile app.

Alexander gives a warning about installing a mini-split unit. "All homeowners should think twice if they plan to install a mini-split unit. Many companies usually don't employ HVAC technicians, and some air conditioning systems require specific manufacturer thermostats. The last thing you want to be your cooling to stop, only to find out your mini-split unit is not compatible with your cooling system."

Looking for a professional HVAC company? E. Smith Heating & Air Conditioning has been serving East Cobb for more than 30 years. To schedule an appointment, call 770-422-1900 or visit www.esmithhvac.com.

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HOYLE'S KITCHEN + BAR TREATS GUESTS LIKE FAMILY

"What's the name of that new restaurant that has the games both inside and outside, is good for families and is a great place to watch sports or just unwind and relax?" It's a common question among East Cobb residents right now, and the answer is always "Hoyle's Kitchen + Bar." Hoyle's is creating a local buzz because its focus is providing its guests delicious made-in-house recipes in a unique atmosphere distinctive to Hoyle's. Although it has more than 20 televisions showing your favorite teams, it also provides mealtime entertainment in the form of a bocce ball court, pool tables, a mini putting green and a designated Game Room. The restaurant even provides board games for families to enjoy while waiting for their food.

The food is delicious too! The pioneers of the "Sports Kitchen," Hoyle's culinary creations include house-made Loaded Tots, Smoked Chicken Quesadillas and a delightful fresh Spinach Salad. Hoyle's menu, which puts unique, flavorful twists on traditional favorites, also features a wonderful Brisket Dip, house-smoked Pulled Pork and Brisket Plates, Soy-Glazed Salmon and their already famous Hoyle's Burger. Their two full contemporary bars offer specialty cocktails, like the Hoyle's Manhattan, a wide selection of refreshing local craft beers and a super-friendly staff.

Family operators, Joe and Sam Ivey, opened Hoyle's because they wanted their guests to have a good time with unexpected fun throughout their restaurant. The Ivey family named the restaurant after family patriarch George Hoyle Ivey, Jr., who was a pioneer ahead of his time. He started out as a farmer in the 1940s who owned a series of farm-to-customer stores called "Milk Jugs." At one time, he built one of the first modern grocery stores in metro Atlanta, an A&P, which used to be on the same ground that Hoyle's sits today. It was the farm that invoked Hoyle's passion, and he loved to host parties with family members and members of the local community. "Our grandfather used to enjoy inviting friends and family to share fresh food from his farm, so we knew we had to name the restaurant after him," said Joe Ivey. "He would have loved that we opened this restaurant to provide people good food, good friends and good times." Families are important to Hoyle's, which means that every Monday from 5-8pm, they host a Kids' Night, where kids eat free and enjoy face painting, balloon making, games and prizes.

The fun is not just for kids. Hoyle's hosts trivia nights every Tuesday starting at 7pm and "Rock N Roll Bingo" every Thursday at 7pm. Just like Hoyle himself, family operators, Joe and Sam Ivey have carried on their grandfather's legacy of community involvement and strong ties with organizations in the Marietta and Metro Atlanta Area. Hoyle's has partnered with Dobbins Air Force Base and many local schools and organizations and is a proud partner of both Atlanta United and the Atlanta Falcons, as they are "Bar Partners" for Game-Day Viewing Parties with both teams.

"We are proud to carry on our grandfather's legacy with our strong ties to the community," said Ivey. From our Spirit Nights with local elementary schools and our partnerships with Atlanta United and the Falcons, we are committed to establishing deep ties with area organizations, while always making sure we provide our guests with a unique one-of-a-kind experience that always ensures good times."

You can check out their menu at hoyleskitchenandbar.com or stop by and visit Hoyle's at 1440 Roswell Road in Marietta. They are open every day for lunch, dinner and late night.

PAID ADVERTISEMENT

EAST COBBER

EAST COBB SHOP OWNER WRITES COOKBOOK



Smita Daya

Smita Daya, owner of Olea Oliva!, has created a cookbook entitled *An Odyssey of Flavors*. Smita features recipes made from the most health-promoting ingredients on the planet. Her recipes feature 100% plant foods: vegetables, fruits, whole grains, legumes, nuts and seeds,

and contain no animal-derived ingredients: meat (beef, pork, fowl, fish, seafood), eggs, honey, or dairy products. The cookbook is a "culinary journey" using Extra Virgin Olive Oils, balsamic vinegars and super spices.

Having lived in Zambia, South Africa, and England, Smita creates unique dishes and loves to spice things up in a healthy way. Smita is a self-taught chef and learned to cook from her grandmother and mother at a very young age. She learned the importance of using super spices and how to incorporate them in everyday cooking. Smita also holds a Plant-Based Nutrition Certificate from The T. Colin Campbell Center for Nutrition Studies at eCornell. Smita cooks with passion and loves to empower her customers to take control by holding workshops at her store.

An Odyssey of Flavors cookbook can be purchased at the Olea Oliva! store (located at The Avenue East Cobb) and on the store's website, www.oleaolivia.com. 🌱

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INGREDIENTS:

- 1 large watermelon
- 24 oz cherry mixed medley tomatoes, halved
- 1 English cucumber, small diced
- 1 15 oz can of garbanzo, drained and rinsed
- 1 cup bean sprouts
- ¼ cup Olea Oliva's Basil Olive Oil
- 2 Tbsp Olea Oliva's Honey Serrano Chile Vinegar
- 1 Tbsp Olea Oliva's Maple Balsamic
- Freshly cracked black pepper

INSTRUCTIONS:

1. Slice the watermelon in half crosswise. Then cut 1-inch-wide slices crosswise. Using a cookie cutter cut 12 rounds, or more if needed. Set aside.
2. In a medium mixing bowl, combine tomatoes, garbanzo, cucumber, and bean sprouts. Dress the tomato mixture with maple vinaigrette or other vinaigrette of your preference. If you have time, cover and refrigerate for at least 1 hour, to allow the flavors to meld before serving.
3. Arrange the watermelon round on a platter. Then spoon the tomatoes salad generously over the slices watermelon.
4. Drizzle more vinaigrette and sprinkle with freshly cracked black pepper, if desired. Serve on a big platter.



An East Cobb Original



Photo Credit: Amy Smith, My East Cobb Magazine

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FLOWERS MEDICAL CAN HELP YOU FEEL STRONGER AND HEALTHIER



Director Misty Croft, RN and Lynn Flowers, MD



Lobby

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

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

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

He started the practice with one nurse, Misty Croft, RN, who also believed in making wellness a priority. After growing organically through word of mouth and referrals, Flowers Medical recently expanded into a new location at Spectrum Circle in Marietta. The new center offers specialized testing, comprehensive lab

work, and examinations that are designed to keep people feeling energetic and healthy as they age.

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

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

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

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

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

Because their patients felt better on the inside, they asked for services to help them look better on the outside too. Flowers Medical provides Cool Sculpting, a nonsurgical procedure that eliminates stubborn fat.

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

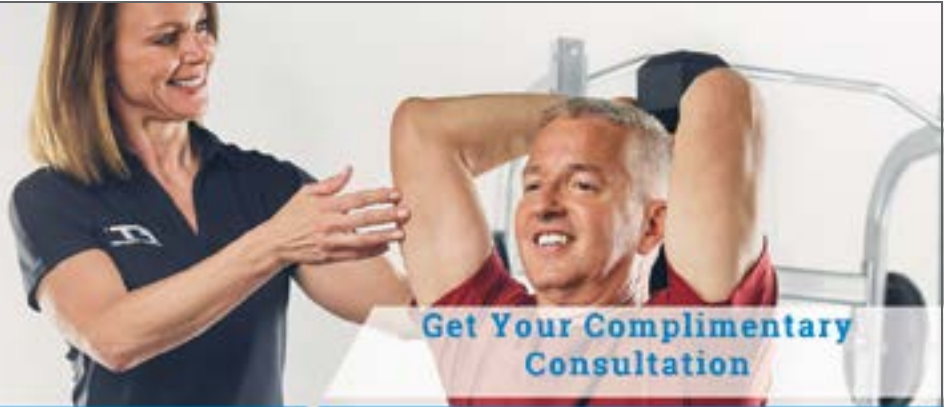
Patient testimonials also share how their experience impacted their lives:

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

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

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EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR AUGUST

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.

Funeral Home 101 #5482

Tuesday, September 4 • 10-11 am.

Free; Registration required.

Join Mayes Ward-Dobbins to learn how 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.



TWEET TWEET!
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A Matter of Balance #5761

Tuesdays, September 4-October 23 • 1-3pm.

Free; Registration required.

This program is designed to manage falls and increase activity levels. You will learn to view falls and the fear of falling as controllable, set realistic goals to increase activity, change environment to reduce fall risk factors, and exercises to increase strength and balance.

Free Hearing Screening

Friday, September 7 • 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. First come, first served basis.

Social Security 101 #5483

Friday, September 7 • 10-11 am.

Free; Registration required.

Alicia Lipscomb with Social Security Administration will answer any questions regarding your benefits, eligibility, and Medicare.

Cooking Class: Fall Favorites with a Twist #5489

Monday, September 10 • 11:30am-1:30pm.

\$8 supply fee payable to the instructor; Registration required. Taught by Cherie Beasley with Pampered Chef.

Dental 101 #5488

Tuesday, September 11 • 10-11:30am.

Free; Registration required.

Sage Dental will teach about denture care, denture cleaning, the different kind of dentures, the right candidate for dentures. Dry mouth: causes and prevention, recommendations on toothbrushes and toothpaste.

Dine-a-Round #5486

Wednesday, September 12 • 11:30am-1:30pm.

Separate checks for lunch; Registration required.

Marlow's Tavern. 2960 Shallowford Rd, Marietta /East Cobb. Everyone meets at the restaurant.



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For more information or to schedule a tour, please contact

Lora Causey, Community Relations Director.

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www.sterlingestateseastcobb.com

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Tupperware Bingo #5487

Friday, September 14 • 10-11:30am.

Free; Registration required.

Come play a Tupperware Bingo with our local Tupperware Star Director, MaryAnn Medford. Win prizes and learn some cooking tips.

Medicare 101 #5485

Tuesday, September 18 • 10-11:30am.

Free; Registration required.

If you are newly eligible or soon to be eligible for Medicare, this seminar is designed especially for you. Dotti Denham with Cigna will cover the basics of Medicare and what you need to know to make an informed decision about your coverage options.

Better Balance, Less Fall #5494

Tuesday, September 25 • 10-11:30am.

Free; Registration required.

Dr. Josh with First Step Physical Therapy will teach techniques, strategies, and exercise to improve balance, strength in your legs and core musculature to help prevent falls.

AARP Smart Driver #2695

Thursday, September 27 • 9am- 4pm.

\$15/AARP members; \$20/Non-members (cash or check only).

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

Flu Shots with Walgreens #5642

Friday, September 28 • 10am-12pm.

Free with Medicare; Registration required.

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CLUB CALENDAR

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 (September-May). 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.atlantaillini.com or club.atlantaillini.com.

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.

Bridge Club. Four free lessons; \$7 thereafter. Every Saturday. 1-4:30pm. Beginners and those that have never played. 1809 Roswell Road, Marietta. More info: 770-973-7717.

The Civil War Round Table of Cobb County. Brings in nationally known published historians on various Civil War events. Meets 1st Thursday of the month (Sept.-June). 7pm. Hilton Marietta Hotel & Conference Center, 500 Powder Springs Street, Marietta. More info: www.cobbccwrtf.org or cobbccivilwarrt@gmail.com.

Cobb County Democratic Committee. Monthly breakfast 2nd Saturday each month. 10am. Smyrna Community Center, 200 Village Green Circle SE, Smyrna. More info: www.cobbdemocrats.org.

Cobb County Gem & Mineral Society. 2nd Tuesday of the month, 7pm at their Clubhouse, 516 West Atlanta Street, Marietta 30060. More info: www.cobbcountrymineral.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, Aug-April. 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. Marietta Enrichment Center, American Business Center, Bldg 700, Suite 702, 1395 South Marietta Parkway, Marietta. More info: www.cobbphotosociety.com or info@cobbphotosociety.com.

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

East Cobb Business Association. Luncheon and featured speaker. 3rd Tuesday of the month. 11am. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbbba.com.

East Cobb Civic Association. Last Wednesday of the month. 7pm. Please check www.eastcobb.net for meeting location and speaker information.

East Cobb Civilians. 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 Kiwanis Club. 1st and 3rd Wednesday. 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 & 4th Tuesday of the month. 7pm. Piccadilly Restaurant, 536 Cobb Parkway, Marietta. More info: Susan Hampton@lionbank.com.

East Cobb New Horizons Band. Monday mornings. Jazz Ensemble: 9am; Concert Band: 11am. If you are 50 or older, play a musical instrument and have been looking for a great place to make music, come join! More Info: 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 Perennial Plant Association. 3rd Monday of the month. 7pm. Atlanta History Center, McEreath 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 29, 921 Gresham Road, Marietta. More info: Al Heflin, 404-317-5201.

Georgia Tea Party. 2nd and 4th Thursdays. 7pm. 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.

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. 7:30pm. Marietta Pizza Company, 3 Whitlock Avenue, Marietta. More info: www.cobblp.org or call 770-795-1331.

Marietta Kiwanis Club. Every Thursday. 12:15pm. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, pathuey@comcast.net or www.mariettakiwanis.org.

Marietta Lions Club. 2nd Thursday of the month. 6:30pm. Come-N-Get-It Restaurant, 1409-E Church Street Extension, NW, Marietta 30060. More info: Steve Hughes, 770-378-0095.

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.

Martha Stewart Bulloch Society of Children of the American Revolution. Meets one Sunday per month (Sept.-May). 2-4pm. Osage Terrace Room and Pavilion at Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: Tisha Johnston, 404-915-7738 or msbnsccarroswell@gmail.com.

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

Newcomers of Cobb County. 3rd Tuesday September-May at 10am. John Knox Presbyterian Church, 505 Powers Ferry Rd, Marietta/East Cobb. More info: newcomersofcobbcounty.com.

Northeast Cobb Business Association. Luncheon meeting 3rd Wednesday of the month. 11:30am-1pm. 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 website. More info: www.nowamom.org or 678-235-8468.

North Atlanta Jewish Networking. Every Wednesday. 7:30am. Panera Bread at the Avenue East Cobb, 4475 Roswell Road, Marietta. More info: Vic Anapolle 404-432-0626 or vicanapolle@aol.com.

Peach State Depression Glass Collectors' Club. 2nd Tuesday of the month except December. Guests welcome. 6:30pm social; 7pm meeting. Powers Ferry UMC Fellowship Hall, 245 Powers Ferry Road, Marietta. More Info: psdgc.com.

Retired Old Men Eating Out (R.O.M.E.O.). Every Tuesday, 7am. 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.

Sierra Club Centennial Group. (Cobb, Cherokee, North Fulton members). 1st Thursday of the month. 7pm. Life University, 1269 Barclay Circle, Marietta. More info: gacentexcom@gmail.com or www.sierraclub.org/georgia/centennial.

Song of Atlanta Show Chorus. Women's four-part harmony chorus. Every Tuesday. 7:30pm. Northbrook UMC, 11225 Crabapple Road, Roswell. 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.

Toastmasters International. Rising Phoenix Club. Every Saturday. 9:45-11:15am. A great way to improve your speaking and leadership skills. Guests always welcome. Northeast Cobb Y, 3010 Johnson Ferry 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.

SUPPORT GROUPS

Al-Anon. For Family and friends of alcoholics. Every Monday and Thursday at 8pm. Every Wednesday and Friday at 1pm. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-422-5130.

Al-Anon. Thursdays, 7-8:30pm. Mt. Bethel United Methodist Church Room A18, 4385 Lower Roswell Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

Al-Anon. Wednesdays, 8-9pm. Mt. Zion United Methodist Church, Room 305, 1770 Johnson Ferry Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

Alateen. Every Monday and Thursday. 8pm. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-422-5130.

Alcoholics Anonymous. Every Monday and Thursday. 8pm. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-422-5130.

Alcoholics Anonymous. Every Saturday-Wednesday at 8pm (Open meeting). Thursday at 6:30pm (Women's meeting). Mt. Zion UMC, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465.

Alcoholics Anonymous. Every Friday at 8pm. Open meeting. Episcopal Church of St. Peter and St. Paul, Garden Room, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473.

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.

Bereavement Support. Every Wednesday. 5pm. Lower level in Parish Office, Catholic Church of St. Ann, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6018.

Caregiver Support Group. First Monday of the month. 4:30-5:30pm. 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. First Baptist Church of Marietta, 148 Church Street NE, Marietta. More info: Ria, 404-539-4287 or www.tcfmarietta.org.

• **Depression and Anxiety Support Group.** 2nd Sunday of the month. 3-4pm. St. Andrew UMC, 3455 Canton Road, Keheley Building-Room 129, Marietta. More info: Beth Clark 770-926-3488 or beth@thepumpkinchurch.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 • Wednesdays beginning in Aug. 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. Catholic Church of St. Ann, Mary's Chapel, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6018.

• **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.

• **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: Katrina, 678-938-3820.

• **Grief Recovery.** Every Wednesday (Aug-May). 6:30pm. Piedmont Church, 570 Piedmont Road, Marietta. More info: www.piedmontchurch.tv/groups.

• **Grief Share.** 13-week program on Mondays. 7-8:30pm. Join at any time. Johnson Ferry Baptist Church, Room 354, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

• **Grief Share.** 13-week program on Thursdays, Aug. 16-Nov. 8. 6pm. St. Andrew UMC, 3455 Canton Road, Community Room, Marietta. More info: Beth Clark 770-926-3488 or beth@thepumpkinchurch.org.

• **Infertility, Miscarriage, Adoption Loss, or Death of an Infant.** Thursdays, 7-8:30pm. • Mt. Bethel United Methodist Church, Room B109, 4385 Lower Roswell Road, Marietta. More info: 678-560-7230 or kibble.parish@mtbethel.org.

• **Job Networking.** 2nd and 4th Mondays of the month. Check website for agenda/times. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. More info: www.rumc.com/jobnetworking.

• **Loneliness Bereavement Support Group.** • Every Wednesday except holidays. 11am. Heritage Hospice, 3315 Hilltop Drive, Marietta. More info: 770-423-5959.

• **Narcotics Anonymous.** Every Thursday at 7pm. Open meeting. Episcopal Church of St. Peter and St. Paul, Choir Room, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473.

• **Narcotics Anonymous.** Every Tuesday at 7pm. Every Saturday at 11am. Covenant Presbyterian Church, 2881 Canton Road, Marietta. More info: 770-422-5130.

• **Overeaters Anonymous.** A support group for those who suffer from the need to compulsively overeat. Monday-Wednesday-Friday. 10am. Catholic Church of St. Ann, 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, Aug-May. 7-8:30pm. • Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Room 270, Marietta. More info: Fair Brocard, 770-612-1197 or www.prodigalchildministries.org.

• **Parkinson's Disease Support Group.** • For persons with Parkinson's and their caregivers. 1st Tuesday each month, 11am. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road. More info: 770-722-7641.

• **Ruth Young Women's Cancer Support Group.** 1st Tuesday of the month (Aug-May) at 7pm. Mt. Bethel Community Center, 4385 Lower Roswell Road, Marietta. More info: Sandy Weber 770-789-6095.

• **Spousal Support Group.** 2nd Thursday of the month. 1:30-2:30pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@arborcompany.com.

• **Widowed helping Others (WHO).** For those newly widowed, please contact the church for more information. Catholic Church of St. Ann, 4905 Roswell Road, Marietta. More info: 770-552-6400 ext. 6018.

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EAST COBB WOMEN CHAIRING FOUNDATION FUNDRAISER



Laura Stanley, Executive Director of the Foundation for Mitochondrial Medicine; Ashley Benecchi, Co-Chair of the 2018 event; and Susan Schreer Davis, Honoree for the 2018 event

East Cobb residents Ashley and Chris Benecchi, are co-chairing the Foundation for Mitochondrial Medicine's (FMM) ninth annual celebration of Hope Flies: Catch the Cure. The fundraiser will be on Friday, September 21 at The Fairmont, located at 1429 Fairmont Avenue in Atlanta. The event will feature a buffet dinner, open bar, live dance music by Shimmer, a live auction and a silent auction. Tickets to the event are \$175 per person and various sponsorship packages are available.

The Benecchis and Ms. Davis are sharing their time and talent in the hopes that strides in mitochondrial research will soon yield more treatment options for the disease. The Foundation for Mitochondrial Medicine recently partnered with MitoAction, the United Mitochondrial Disease Foundation, and the Mitochondrial Medicine Society to form a first-of-its-kind Mitochondrial Care Network (MCN). The goals

of this collaborative effort on behalf of patient advocacy groups and the Mitochondrial Medicine Society include formally unifying clinicians who provide medical care to individuals with mitochondrial disease; define, design and implementing best practices in mitochondrial medicine; and optimizing management and care for patients with mitochondrial disease. There are 22 centers (including three affiliate centers) participating in the MCN. A full list of the centers can be found at www.mitonetwork.org.

Hope Flies: Catch the Cure is the Foundation's annual signature event in Atlanta and seeks to raise over \$250,000. All proceeds benefit the foundation and its mission to accelerate treatments and cures for the many forms of mitochondrial diseases. Other events around the country also help raise funds and awareness for the Foundation of Mitochondrial Medicine. For more information on the Foundation, please visit www.mitochondrialdiseases.org.



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