

December 2018

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Dr. Meenakshi Hari
SUN PEDIATRICS

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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 EAST COBBER is distributed free to homes, schools, and 500+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068 and 30075. Comments and stories are always welcome.

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PUBLISHER'S NOTE



This month's issue marks the end of our 25th year of publishing. Like all the magazines I have published these past 25 years, I have taken care to make this edition special and worthy of the magazine's original mission: to connect readers with the goodness, good works and good people found in East Cobb County.

December is a natural time to look

both back and ahead, and as I review 2018 a lot of moments made a highlight reel. I am proud to present business owners and people doing good in our community on our front covers every month. I also had to say farewell to our long time photographer, Michael Drewitz, who has retired to Florida. Michael took wonderful, iconic photographs for our front cover since 1993 when I first started publishing the EAST COBBER. His creativity and dependability will be missed. And in October, the East Cobb Business Association bestowed the EAST COBBER its first annual Business of the Year award (page 50-51).

This month, we close out the year by celebrating the holiday season. Along with our Holiday Happenings guide (pages 12 – 22) we also list winter break camps (page 34), Toys for Tots drop off points (page 43) and the annual tree recycling event sponsored by Keep Cobb Beautiful (page 52).

As always, thanks for reading and making the EAST COBBER part of how you connect with the community we all love. Here's to a great 2019. I'm already getting to work on what comes next, and I hope you continue to join me!

Happy Holidays! Happy New Year!

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

On the Cover

This month's front cover spotlights Dr. Meenakshi Hari, founder of Sun Pediatrics.

Sun Pediatrics recently opened a second office in East Cobb to provide another convenient location for local families. Sun Pediatrics provides a full spectrum of pediatric healthcare (sick, well, and preventative care) from birth through 21 years of age. A practicing physician for 18 years, Dr Meenakshi Hari opened the practice with her husband to provide a place where parents and kids can feel at ease. Their three providers aim to provide the best pediatric healthcare without unnecessary tests and medicines. They recognize that parents know their children the best, and it's important to listen carefully to the parent and child to get the information needed to make an accurate diagnosis.

The providers schedule more time with each patient so they can complete a thorough examination and talk through all treatment options with the family. "Your child will not feel like a number here. We will treat your child like we treat our very own," says Dr. Hari.

The East Cobb office is at 1230 Johnson Ferry Rd, Suite A10, Marietta/East Cobb 30068. Call to make an appointment today at 678-501-5601. For more information, read their story on page 6 or visit sunpediatrics.com.

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Pediatrician Dr. Hari examines a patient.

Choosing a pediatrician is an important decision for every parent, and it's essential you and your child find a comfortable place to call your medical home. Sun Pediatrics recently opened an office in East Cobb to provide a second convenient location for local families. Sun Pediatrics provides a full spectrum of pediatric healthcare (sick, well and preventative care) from birth through 21 years of age. They also offer sports and camp physical evaluations.

Sun Pediatrics is a family owned-practice. A practicing physician for 18 years, Dr Meenakshi Hari opened the practice with her husband to provide a place where parents and kids can feel at ease. Their three providers aim to provide the best pediatric healthcare without unnecessary tests and medicines. They recognize that parents know their children the best, and it's

important to listen carefully to the parent and child to get the information needed to make an accurate diagnosis.

The providers purposefully schedule more time with each patient so they can complete a thorough examination and talk through all treatment options with the family. "Your child will not feel like a number here. We will treat your child like we treat our very own," says Dr. Hari.

Still need a flu shot? Sun Pediatrics offers flu vaccines for patients and parents of patients during regular exams and scheduled flu clinics. Their brand-new, spotless office offers walk-in sick times and separate waiting areas for sick patients. There is also a separate waiting area and exam room for newborns to reduce exposure.

Sun Pediatrics has an in-house lab, which means they can get lab results quickly. They can perform rapid flu and rapid strep tests onsite, as well as blood tests for glucose and hemoglobin.

Open Monday-Friday from 9am-5pm, the office provides the following services: vision and hearing screens, breathing treatments, ear irrigations, wart removals, catheterizations, removal of foreign bodies, burn treatment, abscess drainage and ear piercing.

Clear and open communication is an important part of the care process. The electronic medical system allows patients to access patient medical information easily through the online portal, and parents can ask non-urgent questions through the portal as well. Providers are available for parent

questions during the day and are accessible after hours for urgent calls.

"I have been going to Dr. Hari since 2014. I have a three year old and a newborn and she has been there for both. I love Dr. Hari she always makes us feel like family when we visit. She is so compassionate about her work and the health of my children. She has never recommended any unnecessary treatments for my children. I have recommended both my sisters to her, and they both now go to her and love her as well," says Talitha Jones, a parent in an online review.

The East Cobb office is at 1230 Johnson Ferry Road, Suite A10, Marietta 30068. Call to make an appointment today at 678-501-5601. For more information, visit sunpediatrics.com.



Charlotte Grulke, MSN, PNP-PC, with a young patient.

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ALEX GAINES LAW: HELPING FAMILIES PROTECT WHAT MATTERS MOST



Alex Gaines with husband, Robert, and their 2 sons.

As we approach the holiday season of family and reflection, have you considered how your family would cope without you? Make this the year to talk to your loved ones about the “What ifs?” of life and establish an estate plan. There is no better gift than peace of mind. Attorney Alex Gaines recommends everyone create a will and maintain a holistic estate plan through every stage of life. A well rounded estate plan can avoid the stress and delay of court involvement and save thousands of dollars in costs. After practicing for years throughout metro Atlanta, Attorney Gaines returned to

her native Cobb County and founded her own estate planning and probate firm, Alex Gaines Law – The Legacy Firm, with family in mind.

“When I decided to start my practice, I wanted to serve the community I love and build a firm that makes the estate planning process friendly and approachable,” says Gaines. “Our mission has always been to empower as many people as possible to keep control of their affairs, preserve their legacies, and protect their families from unnecessary burdens after the loss or disability of a loved one.” As a mom of two young boys, Gaines enjoys working with young families on child protection plans. “Ensuring parents have made a legally enforceable plan for their children’s care in the event they can no longer provide that care is vital,” she explains.

According to Gaines, the best times to establish an estate plan include: marriage, divorce, purchase of real estate and birth of a first child. She recommends updating and reviewing your plan at least every 3-5 years, or whenever there is a change in life circumstances, such as moving to another state, adding children or grandchildren, changing marital status, losing a spouse or receiving a substantial inheritance.

Alex Gaines Law stands behind its mission to inform community members about preserving their legacies by hosting free interactive monthly workshops and coffee meetings where Attorney Gaines explains the intricacies of estate planning. For more information about these events or to schedule a free consultation, visit www.alexgaineslaw.com or call 770-285-0033. Alex Gaines Law is conveniently located minutes from East Cobb at 3101 Cobb Parkway, Suite 124, Atlanta, GA 30339.

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PTA PROMOTES EVERY KID IN A PARK

By Illana Burkhart, Co-Vice President for ECCC PTA

In his international bestseller *Last Child in the Woods*, Richard Louv writes about the alienation of children from the natural world and outlines the benefits of a strong connection to nature. His research shows that the benefits of being outside range from boosting mental alertness and creativity to reducing obesity and depression, from promoting health and wellness to simply having fun.

Connecting our nation's youth to the great outdoors is even more important at a time when 80 percent of American families live in cities or suburbs, and most children spend more time on computers and smartphones than exploring nature.

As part of a national effort to connect more kids to nature and to teach students the importance of protecting our public lands, the Every Kid in a Park program is a nationwide effort to create a new generation of outdoor enthusiasts.

The program allows all fourth graders (or home school equivalent) to receive a FREE one year pass for themselves and their family to visit ALL federal parks, lands and waters. With over 2,000 sites across the country, every person is within two hours of a site to use the pass. There are over 150 sites within an hour and a half drive from East Cobb. Here are a few destinations nearby families can go to:

- **See Protected Animals at a National Wildlife Refuge.**

Georgia is home to a group of seven Wildlife Refuges along the coast that create a protected habitat for many species such as bobcats and alligators, and the inland marsh attracts thousands of migratory birds every year. Closer to home you can visit the Piedmont Wildlife Refuge and try to catch a glimpse of an endangered Red-cockaded woodpecker. Use their website to search for a Refuge near you. www.fws.gov/refuges

- **Visit the Woods.** We are fortunate to have both National and State Forests practically in our backyard. Use www.discovertheforest.org/ to find dozens of sites to explore. The Chattahoochee-Oconee National Forest is only an hour and a half drive and a perfect day trip with kids. Mountain hikes and breathtaking waterfalls make the drive more than worth it. Be sure to download the free Agents of Discovery app before you go. It is a game that uses augmented reality to actively

engage kids in learning about our public lands. Or try the Nature Next Door challenge to go on a nature scavenger hunt, learn about the forests through an artistic lens, or simply enjoy a family-friendly outdoor workout.

- **Go to a Park.** Want something a little tamer? At www.findyourpark.com you can search by state to find new places to explore that aren't too far off the beaten path. A family favorite is the Chattahoochee River National Recreation Area just outside of downtown Roswell. You can enjoy an easy hike on manicured paths along the Chattahoochee River, or just bring your lunch and have a picnic along the river bank. You can also rent kayaks or rafts and float the river.
- **Watch History Come Alive.** The website www.recreation.gov lets you search for even more options to use the Every Kid in a Park Pass. Tours of local historic sites are included so if you have been meaning to venture in town and visit the Martin Luther King Jr National Historic Site or the Jimmy Carter Presidential Library, now is your chance to do so.

Get your free pass at www.everykidinapark.gov. The Every Kid in a Park pass is good at thousands of National Parks, Forests, Wild and Scenic Rivers, and historic landmarks across the country. With Winter Break and Spring Break on the horizon, be sure to check out the many sites you can visit. The Every Kid in a Park pass is valid until August 31, 2019 so you still have months left to explore and enjoy the benefits. 📱



Illana Burkhart is the Co-Vice President for ECCC PTA's, and serves as Vice President of Davis Elementary PTA. She moved to East Cobb in 2014 and has a third grader at Davis Elementary and a sixth grader at Mabry Middle. She has a passion for community engagement and has worked in the non-profit sector for over 15 years. She and her family are sports and outdoor enthusiasts. She is a past board member of The First Tee of Aiken and currently serves on the US Forest Service National Recreation Resources Advisory Committee representing the Southeast Region

AN IMPORTANT ADDITION TO YOUR NEW YEAR'S RESOLUTIONS

As we enjoy the holiday season, we are reminded that a new year is fast approaching. We begin thinking of resolutions we will make in the new year, such as eating healthier or exercising more regularly – actions that are sure to improve our health and well being. This year, I urge you to add one more resolution to your list, one that will not only improve your dental health, but can also improve your overall wellness – flossing!

Flossing is an essential part of taking care of your teeth and gums and should be done daily. Cleaning between your teeth with floss can help prevent cavities and gum disease by removing plaque that often accumulates there. Plaque contains bacteria that feed on leftover food and sugar in your mouth. When this happens, it releases an acid that weakens the adjacent enamel causing cavities. If plaque is not removed, it hardens into tartar (or calculus) which collects along and below the gum line causing gum disease. Once tartar

forms, only your dentist or hygienist can remove it. Also, many medical studies have shown a link between gum disease and heart disease. We now we believe that if excessive oral bacteria enter the bloodstream, it can lead to atherosclerosis, so removal of this bacteria from your teeth and gums is important for the health of your arteries as well!

Using the proper technique when flossing is critical because simply snapping the floss between the teeth does not remove much plaque. Begin by breaking off about 18 inches of floss and winding most of it around one of your middle fingers. Wind the remaining floss around your opposite middle finger and then hold the floss tightly between your thumbs and forefingers. Guide the floss gently between your teeth, and when the floss reaches the gum line, curve the floss into a C shape against the side of one tooth. While maintaining this C shape, slide the floss into the space between the

tooth and gum and gently rub the side of the tooth with up and down motions going under the gums. Curve the floss into a C around the adjacent tooth and repeat the motion. Repeat this process on every tooth in your mouth including the back side of the very last tooth in each corner of your mouth.

Starting and maintaining a new habit can be difficult. Though flossing may be uncomfortable and your gums may bleed a bit when you first begin, stick with it! The discomfort and bleeding should ease within a week or two, and your teeth, gums and arteries will be happier and healthier thanks to your effort!



Dr. Kristina Chandler
practices at Cheek Dental
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LOCAL AUTHOR WRITES CHRISTMAS BOOK



Author Debra Stephens



East Cobb resident Debra Stephens, author of *The Jesus Touch*, *Prepared*, *ID'd* and *Crowned*, has written *Christmas Travelers—Daily Readings for the Christmas Season*. Debra hopes her daily devotionals will help the reader reclaim the peace and joy of Christmas.

"There are so many distractions during the holidays, as well as added stressors that wreak havoc—which is precisely why I prepared these daily devotionals for the Christmas season," says Debra.

Christmas Travelers features different people who journeyed in search of the Christ, as found in the biblical narrative. In considering each encounter, the reader is sure to discover that they have much in common and share the same need to draw near. It's the perfect resource to guide hearts and focus minds on the real wonder and beauty of the season. This devotional book also provides a means for families to enrich their holiday tradition and make lasting memories.

Use *Christmas Travelers* as your ticket to transport your heart and holiday this Christmas. For more information on the author and her published works, please visit www.DebraStephens.com.

An East Cobb resident since 1991, Debra is the mother of Breana and Dylan, who are both attending college. She is also a woman's ministry leader at Burnt Hickory Church of Christ in West Cobb. ☪

Here's an excerpt from *Christmas Travelers*:

December 1st

Fit for Travel

Traveling is to Christmas what pilgrims are to Thanksgiving. Airports bustle, bus depots buzz, highways jam – because Christmas is the season for traveling. It goes back in history as far as...well, Mary and Joseph.

I invite you to travel along with me on a 25-day journey. Not by train, plane, or automobile – but by story. Together, we'll stroll through the Biblical record of people moving toward the Christ. Our destination is not Christmas, mind you – but the Christ of Christmas. So, as we travel there December days to Christmas, let's travel towards Christ Jesus.

The first traveler of Christmas we'll look at, here on Day One of our journey, is the one in the mirror.

Take time today to examine your traditions to see the meaning and purpose that lies behind them. Ask yourself if you truly understand what it is you believe about what you're celebrating.

Typically, traveling requires much preparation. It calls for advance planning and packing. Don't pack. In fact, it's best if you unpack. Unpack your hurries and worries...your unrealistic expectations. Empty your mind of unnecessary baggage and clear your over-packed schedule. Simply commit to take time out each day to sojourn with Jesus.

So, check your baggage here at the gate. Honestly assess your fitness for travel – heart, mind, soul and strength...

ROBOCALLS HAVE SKYROCKETED!

Let me guess how your day goes. Your phone rings constantly with random, unrecognizable phone numbers from people that you may or may not have requested information from. You are getting frustrated to the point where you don't even want to answer the phone anymore. Sound familiar? It does to me, because that is what I deal with each day and I am 100% confident that I have never called or went online requesting information on health insurance. Unfortunately, there is more you should be worried about besides them being inconvenient. These calls can potentially endanger your finances. If you do end up speaking to one of these callers, make sure you take proper steps to safeguard yourself and your identity. This is not to say that everyone who calls you is unethical or out to take advantage of you but there are some who do, and I want to ensure everyone is properly informed and uses proper precaution when transacting business online or over the phone.



I would like to share a story of personal experience, so it might help you look for the warning signs. The other day, I received a phone call from a number I usually see call at least five to seven times a day. I was curious to see what exactly they were offering. It must have been important for the sheer number of times they had called. The call was automated, and I had to follow prompts to be connected to an actual agent. Once connected to an actual person, the gentleman proceeded to sell me what he claimed was a Major Medical plan. This plan had a \$0 deductible. He said this plan didn't have a network and I could see any doctor I chose. He indicated that the hospital coverage was \$1000 per day with no limit on the number of days! He asked if that sounds good so far. To the average consumer they may think, "Yes, that sounds great!" With my knowledge I said, "WAIT! \$1000 per day in the hospital? That won't even cover the room charges." Fun fact, according to CBS news Money Talk, the average hospital stay for a heart attack is five days and the cost is around \$760,000!! Using the plan he was selling, as an example, \$1000 per day for 5 days that's only \$5,000 in coverage. So, what happens to the other \$755,000? Yep, you guessed it; YOU have to pay that out of your own pocket. As I proceeded to pull back the layers, I realized the plan was trying to sell me was a just a Hospital Indemnity plan, not a true Major Medical plan that he originally claimed it to be. After 10 minutes on the call, I pushed him to verify that he was a licensed agent with the ability to sell insurance. Come to find out, he wasn't even licensed to sell insurance, so I immediately ended the phone call. Do you know, he had the nerve to call me back to say he was frustrated with ME for wasting his time. For training purposes our calls are always recorded so I was able to go back and listen to our entire call. I have linked this call on our website, so you can listen, too. www.insurd.net/telemarketer

It's my desire that everyone has the information they need to protect themselves and their families in whatever the circumstance.

Picking out insurance can be a daunting task and if you want honest advice from a reliable source, stop by Insur'd in Marietta or call our office at 678-792-4555. It would be a pleasure to offer you a free coverage review to ensure you have the plan that is right for you. Whether you have Medicare, health insurance or none at all my services are always free. Keep in mind, Open Enrollment for Medicare ends December 7th and Open Enrollment for Under 65 Health Insurance ends December 15th. We offer many options for coverage beyond these dates as well. Call Today 678-792-4555.



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Holiday Happenings

Metro Atlantans celebrate the holiday season by continuing old traditions, decorating public spaces and putting on plays. The EAST COBBER is happy to provide a sampling of those special events to help you get in the holiday spirit.

CHRISTMAS ACTIVITIES

THROUGH DECEMBER 24

Santa's Fantastical. A family-friendly interactive wonderland of immersive worlds. The ultimate modern-day mashup of art, technology, and nostalgia. Times vary daily. Visit website to purchase tickets and secure a time slot as well as a reservation with Santa. \$34 adults. \$26 ages 3-12. Free ages under 3.

1155 Mount Vernon Highway, Sandy Springs
info@santasfantastical.com | santasfantastical.com

DECEMBER 1-31

Toy Exhibit. This display will feature a collection of antique toys, some belonging to the Smith family and others on loan to the plantation. Toys date back to the 19th century. \$8 adults, \$7 seniors, \$6 children.

Smith Plantation Home
935 Alpharetta Street, Roswell
770-641-3978 | southerntrilogy.com

DECEMBER 8

Gingerbread Christmas. Learn how to prepare and decorate gingerbread cookies for baking over the open hearth in the historic 1863 cookhouse. Children will also have the opportunity to make a holiday craft ornament. 10am-3pm. \$5 per child. Reservations required.

Smith Plantation Home
935 Alpharetta Street, Roswell
770-641-3978 | southerntrilogy.com

DECEMBER 8

Christmas for Kids. Kids will make a seasonal craft and participate in the Candy Cane hunt and sing-along. Enjoy a light snack and stories, and a special visit from Santa and Mrs. Claus. Tour of the house will be included. 10am-12pm. \$15. Reservations required. Ages 5-11.

Bulloch Hall
180 Bulloch Avenue, Roswell
770-992-1731 | www.bullochhall.org

DECEMBER 9

Enchanted Woodland Wonders Family Fun Day. This holiday highlight brings you and your family live holiday performances, winter crafts, face painting, live reindeer and lots more under the twilight sky. 2-6pm. \$10 adults, \$7 students/seniors, \$6 children, ages 2 and under free. Free for CNC members.

Chattahoochee Nature Center
9135 Willeo Road, Roswell
770-992-2055 ext. 238 | www.chattnaturecenter.org

DECEMBER 11

Scandinavian Christmas Dinner Cooking Class. Menu includes: Thyme Honey Glazed Ham, Potato Gratin with Goat Cheese, Swedish Red Cabbage and Apples, Danish Dream Cake. After preparing the meal, participants will dine on their creations in the home's spacious modern kitchen. Complimentary wine is served with dinner and a free mini-tour. 6:30-9pm. \$50 per person. Reservations required.

Barrington Hall
535 Barrington Drive, Roswell
770-640-3855 | www.southerntrilogy.com

DECEMBER 12

Holiday Card Make-and-Take. Families with children of all ages can create cards for the holidays during this drop-in program. No registration required. Children 9 and younger must be accompanied by an adult. 3-5pm.

East Cobb Library
4880 Lower Roswell Road, Marietta/East Cobb
www.cobbcat.org

Holiday Happenings

DECEMBER 15 & 17

Cookies with Mrs. Claus. Children are invited to help Mrs. Claus decorate cookies with seasonal icings and sugars. 10am-12pm. \$10 per child. Reservations required.

Barrington Hall

535 Barrington Drive, Roswell

770-640-3855 | www.southerntrilogy.com

CHRISTMAS TRADITIONS

THROUGH DECEMBER 9

Christmas at Callanwolde. You'll be transported into a magical world in the twinkling of an eye as you enter the magnificent Gothic-Tudor mansion. Transformed by Atlanta's top interior and floral designers, the historic Callanwolde estate captures the spirit and charm of the holidays. 12-8pm. \$20/online \$25/at the door. Free/children 3 and under.

Callanwolde Fine Arts Center

980 Briarcliff Road NE, Atlanta

678-701-6114 | www.christmasatcallanwolde.org

THROUGH JANUARY 6

Pink Pig. A holiday tradition for the whole family, ride Priscilla along the train tracks under the Pink Pig Tent and experience storybook fantasy in real life. \$3/ride; \$5.50/2 rides; \$7.50/3 rides. December Hours: Mon-Fri: 10am-8pm; Sat: 10am-9pm; Sun: 11am-7pm. Christmas Eve and New Year's Eve: 10am-6pm. Closed Christmas Day.

Macy's Department Store at Lenox Square Mall

3393 Peachtree Road NE, Atlanta

www.simon.com/mall/lenox-square/stores/macys/stream/macys-pink-pig-6040810

WEEKENDS THROUGH JANUARY 6

The Botanical Express at Atlanta Botanical Garden.

10am-4pm. \$5/passenger; \$3/member plus admission to the gardens. Climb aboard as the conductor takes you on a scenic holiday journey around the Garden. Train does not run in inclement weather.

Atlanta Botanical Garden

1345 Piedmont Avenue, Atlanta

404-876-5859 | atlantabg.org





Cookies & Cocoa
With Santa

Sunday, December 9
2-4 pm in the Gym

Santa Pictures Gingerbread Store Crafts



Mt. Zion UMC
1770
Johnson Ferry Rd.
Marletta
770-971-1465
www.mtzionumc.org

Other Events

Lessons & Carols
Service
December 16
8:30 & 11:00 am

Service of Remembrance
& Restoration
December 16
7:00 pm
Mt. Zion Chapel





Mt. Zion's Children Present
Live Nativity 2018

Wednesday, December 12
6:15 - 6:45 pm
In the South Parking Area

www.mtzionumc.org

Christmas Eve Services 5pm (Family-Friendly), 7pm (Traditional) & 11pm (Modern Worship)

Holiday Happenings

CHRISTMAS TRADITIONS

DECEMBER 7, 14, 21

Holidays at the Avenue. Enjoy complimentary horse drawn carriage rides, holiday music and visits with Santa. 3-7pm. Free.

The Avenue East Cobb
4475 Roswell Road, Marietta/East Cobb
770-971-9945 | www.avenueeastcobb.com

THROUGH JAN 14

Holidays at The Battery Atlanta. The Battery Atlanta is ringing in the holiday season with the opening of its seasonal ice skating rink, visits from Santa Claus, the first lighting of its Christmas tree and a live DJ that will perform on various nights throughout the holiday season. Sunday through Thursday: 11am- 9pm; Friday and Saturday: 11am-11pm.

The Battery Atlanta
800 Battery Avenue, Atlanta
batteryatl.com

DECEMBER 8

18th Annual Sleighbells on the Square 5K/1K/Tot Trot sponsored by the Cobb County Bar Association to benefit their Children's Emergency Fund. Peachtree qualifier. Registration: 7:30am; Race 5k: 8:30am. \$35/race day. Historic Marietta Square
10 East Park Square, Marietta
www.active.com; www.cobbcountybar.org; www.mariettaga.gov

DECEMBER 8

Kennesaw's Breakfast with Santa. Kennesaw Parks & Recreation is partnering with the Kennesaw-Acworth Optimist Club to host an "all-you-care-to-eat" pancake breakfast with Santa. Two seating options available: 8-9:15am & 10- 11:15am. Tickets: \$6/per person, purchased in advance at the Ben Robertson Community Center or online. Children two (2) years of age and under do not need a ticket; however, they must sit on an adult's lap.

Ben Robertson Community Center
2753 Watts Drive, Kennesaw
770-422-9714 | Tickets: www.active.com/kennesaw-ga/classes/breakfast-with-santa-10-00am-seating-2018



DECEMBER 9

Cookies and Cocoa with Santa. 2-4pm. Free (Donations accepted).
Mt. Zion United Methodist Church
1770 Johnson Ferry Road, Marietta/East Cobb
770-971-1465 | www.mtzionumc.org

DECEMBER 9

Cookies with Santa. All ages are invited to come for a relaxing, fun-filled afternoon of holiday activities. Kids will be able to talk to Santa in a casual environment. Enjoy an afternoon of holiday treats, cocoa and tea. 2-4pm. Open to the community. \$5/child under 13. Parents are free but must accompany children to this event. Members register online: Class ID: 453460. Non-Members register at the Y-cash only.
McCleskey-East Cobb Family YMCA
1055 East Piedmont Road, Marietta
770-977-5991 | www.ymcaatlanta.org

DECEMBER 9

Enchanted Woodland Wonders. Come out for this unique new holiday tradition. Live reindeer will be making a special holiday appearance. Create reindeer crafts and warm up with campfire treats, find fairy houses and gnome homes, and food trucks. 2-6pm. Members Free; \$10/adults; \$7/seniors (age 65+) & Students (ages 13-18); \$6/children (ages 3-12).
Chattahoochee Nature Center
9135 Willeo Road, Roswell
770-992-2055 | www.chattnaturecenter.org



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Holiday Happenings

DECEMBER 9

Homes for the Holidays: A Family Christmas. Bundle up and bring the family when the Southern Trilogy Historic House Museums: Barrington Hall, Bulloch Hall and Smith Plantation open their doors after hours for twinkling lights, greenery of the season, and sounds of the 19th century drifting throughout the rooms. Each house has different offerings. 5-8pm. \$15/person 13 and over; under 12 Free; need to register.

Barrington Hall, 535 Barrington Drive, Roswell
Bulloch Hall, 180 Bulloch Avenue, Roswell
Smith Plantation, 935 Alpharetta Street, Roswell
770-641-3978 | www.roswellgov.com

DECEMBER 9-10

Christmas at Piedmont Church. This free two-day event features local school choruses, orchestras, and bands performing holiday music, inflatable jumpies for kids, crafters offering hand-made gifts, and the only Snow Tube slide in Cobb County. Friday: 5-9pm. Saturday: 10am-5pm. Free.

Piedmont Church
570 Piedmont Road, Marietta
770-422-2566 | piedmontchurch.tv/events/christmas-at-piedmont



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repurpose
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3

GREAT LOCATIONS

MARIETTA

2745 SANDY PLAINS RD
678-453-0600

ALPHARETTA

670 N MAIN ST
678-297-7571

BUFORD

4125 GA HWY 20
678-714-0643

ROSWELL

4125 GA HWY 20
678-714-0643

DECEMBER 11 & 12

Winter Wonderland at The Marietta Square. Experience a magical half-hour with Santa at his house on The Square. Come have some milk and cookies, read Christmas stories, make reindeer food and more, and walk away with pictures to remember your magical night. 3-8pm. Booking required. \$150/family up to 8 people.

Marietta Square Glover Park
50 North Park Square, Marietta
www.winterwonderlandmarietta.com

DECEMBER 11 & 13

Christmas High Tea at Bulloch Hall, a delightful way to spend an afternoon in the 1839 childhood home of Mittie Bulloch. Visit includes a delicious 2-course tea served by ladies in period clothing and a tour of the house decorated for Christmas. 4pm. Reservations: \$50.

Bulloch Hall
180 Bulloch Avenue, Roswell
770-992-1731 | www.bullochhall.org

DECEMBER 15

Tacky Sweater Party. Break out those sweaters or vests from the back of your closets, blow off the age-old dust and sport those tacky nightmares over to Six Flags Over Georgia for the biggest tacky sweater party in Georgia! All guests who arrive at the park wearing a tacky Christmas sweater will be given a \$20 off General Admission ticket to Six Flags Over Georgia's Holiday in the Park celebration. 2-10pm. General Ticket Admission.

Six Flags over Georgia
275 Riverside Parkway, SW, Austell
770-948-9290 | www.sixflags.com/overgeorgia/special-events/tacky-sweater-party

DECEMBER 15, 22 & 23

Christmas Royal Tea and Grand Yuletide Ball. Treat that special starry-eyed child in your life this holiday season at The Strand. You and your prince or princess will start the evening with Christmas royals Prince Good Tidings and Princess Joy at The Strand's fourth floor banquet chamber for High Tea. Afterwards, guests are invited to retire to 2nd floor minstrel's hall where the Prince and Princess will teach young guests a few simple royal dances at the Grand Yuletide Ball. Saturdays: 11am and 1pm; Sunday: 1pm. \$18. Limited space available.

The Earl & Rachel Smith Strand Theatre
117 N. Park Square, Marietta
770-293-0080 | www.earlsmithstrand.org



Holiday Happenings

CONCERTS

DECEMBER 7

9th Annual Holiday Concert presented by Marietta Pops. A musical trip down Christmas memory lane. 7:30pm. \$20/adults; \$10/children (grades K-12).

First Baptist Church Marietta
148 Church Street, Marietta.

770-874-8525 | mariettapopsorchestra.org



DECEMBER 7

The Strand Ole Opry's Country Christmas. This back-porch special featuring Travis Cottle and his One Horse Band and a host of guest vocalists is sure to please country fans of all ages! This concert will transport patrons to the old south with beautiful vocals and live band accompaniment, as well as traditional southern storytelling. Join the performers in the Lumiere Lounge for some drinks and maybe even some sing-alongs after the show! 8pm. Tickets: \$18/advance.

The Earl & Rachel Smith Strand Theatre
117 North Park Square, Marietta
www.earlsmithstrand.org

DECEMBER 7 & 9

Carols for Christmas. A fun, family-friendly concert set in the nostalgic style of a 1960s Christmas special. Friday: 7:30pm; Sunday: 6pm. Free (tickets required).

Mt. Bethel United Methodist Church
4385 Lower Roswell Road, Marietta
770-971-2880 | Tickets: www.mtbethel.org

DECEMBER 7 & 9

Christmas Festival Concert. The 100-voice Roswell United Methodist Church Sanctuary Choir, Handbell ringers, children's and youth choirs, and the Georgia Philharmonic present a program of both religious and secular music. Dec. 7: 7:30pm; Dec. 9: 3pm. Free, but tickets required to ensure seating.

Roswell United Methodist Church
814 Mimosa Boulevard, Roswell
770-594-0512 | www.rumc.com or itickets.com



DECEMBER 8

A Happy Holiday with the Atlanta Wind Symphony. A holiday concert featuring jazz influences and holiday favorites. 7:30pm. Bring a new unwrapped toy for Toys For Tots.

Centennial High School
9310 Scott Road, Roswell
www.atlantawindsymphony.org

DECEMBER 8

Cobb New Horizons Concert Band Holiday Cards Concert. Directed by Dr. Charles Jackson, enjoy Hanukkah and Christmas favorites. 3pm. Free.

McEachern High School Concert Hall
2400 New MacLand Road, Powder Springs
404-353-4880 | www.cobbnewhorizonsband.com

DECEMBER 8 & 9

Big Chicken Chorus Christmas Show: Have Yourself A Merry-etta Christmas. This year's special guest is OC Times, Barbershop Harmony Society's 2008 International Quartet Champions. 3:30pm. Tickets: \$20/adults; \$15/Seniors; \$8/students; Free/Children under 6 (ticket required).

Marietta Performing Arts Center at Marietta High School
1171 Whitlock Avenue NW, Marietta
470-349-0550 | www.bigchickenchorus.org



DECEMBER 14-16 & 21-23

A Christmas Tradition. This song and dance revue is guaranteed to make the entire family dance, clap and enjoy the spirit of the holidays. Fridays & Saturdays: 8pm; Sundays: 3pm. \$30.

The Earl & Rachel Smith Strand Theatre
117 N. Park Square, Marietta
770-293-0080 | www.earlsmithstrand.org

DECEMBER 15

Cobb Wind Symphony Holiday Concert. Conductor Alfred Watkins and Assistant Conductor Bob Cowles present holiday classics. 8pm. Free. (Donations accepted.) Lassiter High School Performing Arts Concert Hall
2601 Shallowford Road, Marietta
678-305-7148 | www.cobbwindsymphony.org

DECEMBER 15

The Sounds of Christmastime. A cappella vocal ensembles Song of Atlanta and Atlanta Vocal Project share their passion for harmony and the Christmas season in this special holiday performance. 3pm. \$23-27.

Sandy Springs Cultural Arts Center
1 Galambos Way, Sandy Springs
770-206-2022 | www.citysprings.com

DECEMBER 16

Messiah Sing-Along. Join voices with the Michael O'Neal Singers in this annual community event. 3pm. \$10.

Roswell United Methodist Church
814 Mimosa Boulevard, Roswell
770-594-7974 | www.mosingers.com





DECEMBER 16

Lessons in Carols. A Christmas Cantata by the Chancel Choir. 8:30am & 11am. Coffee hour in between. Nursery provided.

Mt. Zion United Methodist Church
1770 Johnson Ferry Road, Marietta
770-971-1465 | www.mtzionumc.org

DECEMBER 22

Boston Brass & the Brass All-Stars Big Band. Perennial favorites Boston Brass have teamed up with all-star brass players from around the globe to produce an unmatched sound that will light a fire for your holiday season. 8pm. \$23-\$35.

Sandy Springs Cultural Arts Center
1 Galambos Way, Sandy Springs
770-206-2022 | www.citysprings.com

DECEMBER 22

Classic Nashville Christmas. Jason Petty and Katie Deal bring you a collection of country Christmas songs and the stories behind them. 8pm. \$30. \$25 senior, student, military.

Roswell Cultural Arts Center
950 Forrest Street, Roswell
770-594-6232 | www.RoswellCAC.com

LIGHT DISPLAYS

THROUGH DECEMBER 31

Lights of Life. Millions of holiday lights throughout the campus. Santa Claus will be visiting on weekends for photographs. Monday-Thursday: Dark-9pm. Friday-Sunday: Dark-10pm. Monday-Thursday: \$5-/car; Weekends and December 14-31: \$10/car; \$20/bus. There will also be pony rides (\$5 per rider), train rides (\$3 per rider), a petting zoo (\$3 per person), and a concession stand offering seasonal drinks and snacks for purchase.

Life University
1269 Barclay Circle, Marietta
678-331-4342 | www.life.edu

THROUGH JANUARY 6

Magical Nights of Lights at Lake Lanier Islands. Take a driving tour through more than 7 miles of giant illuminated characters and millions of twinkling lights. Daily (including holidays). 5-10pm most nights. 5-11pm peak nights, check calendar for hours. \$43-53/car; \$90-\$100/van (11-20 people); in advanced, additional charge applies at the gate.

Lake Lanier Islands
7000 Lanier Islands Parkway, Buford
770-945-8787 | www.lakelanierislands.com

Holiday Happenings

THROUGH JANUARY 4

Fantasy in Lights at Callaway Gardens. Enjoy the scenic five-mile drive, featuring over eight million lights with holiday tunes. \$21-\$30/Adults; \$10.50-\$14/Children 6-12; Ages 5 and under: free but require a "free child" ticket. Prices vary with prime and value days. Check for times and purchase tickets in advance for best rates. Christmas Village opens at 4pm.

Callaway Gardens
4500 Southern Pine Drive, Pine Mountain
844-512-3826 | www.callawaygardens.com

THROUGH JANUARY 6

Garden Lights, Holiday Nights at The Atlanta Botanical Garden. The debut of the Skylights Lounge. Plus, several larger-than-life plant giants from Imaginary Worlds. Once Upon a Time will be awash in holiday glow. See the Ice Goddess, Tunnel of Light along with the Orchestral Orbs, Radiant Rainforest, Model Trains and other favorites that continue to make the exhibition a must-see holiday tradition. 5-11pm. Select days ticket prices vary with discounts, check website for pricing on your day.

Atlanta Botanical Garden
1345 Piedmont Avenue, Atlanta
404-876-5859 | atlantabg.org




You Are Invited
Powers Ferry
United Methodist
Church
245 Powers Ferry
Marietta, GA 30067

Wednesday — December 19th — 5:30-7:30pm
This Christmas, we invite your whole family to experience the night Jesus was born in Bethlehem. Engage with people dressed like they are in Bethlehem, sign in for the census, pass the inn, ponder on Jesus at the stable, and experience other games and crafts, and a market place. Visit www.powersferryumc.com / 770-973-5271
We look forward to seeing you!

Holiday Happenings

LIGHT DISPLAYS

THROUGH JANUARY 6

Six Flags Over Georgia Holiday in the Park. More than one million LED lights and dozens of Christmas trees, festive shows, tasty culinary treats and of course, the Big Man: Santa Claus in all his glory. Select days Ticket prices vary with discounts, check website for pricing on your day.

Six Flags Over Georgia

275 Riverside Parkway, SW, Austell

770-948-9290 | www.sixflags.com/overgeorgia/special-events/holiday-in-the-park

THROUGH JANUARY 6

Stone Mountain Christmas. More than two million lights and an abundance of performances and activities. Prices and times vary by day.

Stone Mountain Park

U.S. Highway 78, East Stone Mountain

770-498-5690 | www.stonemountainpark.com/Events/Stone-Mountain-Christmas

LIVE NATIVITIES

DECEMBER 7-9

Bethlehem Walk. Walk through the streets of Bethlehem to a live nativity scene. 7-9pm. Free.

Mountain View United Methodist Church

2300 Jamerson Road, Marietta

770-928-0050 | www.mvumc.org

DECEMBER 7-9

Drive through Nativity. Experience the story of Christmas from the comfort of your car. Legacy Church's drive-through nativity is a live nativity experience acting out the story of the birth of Jesus Christ. The experience takes 10-12 minutes and afterwards you are invited for refreshments. 7-9pm. Free.

Legacy Church

1040 Blackwell Road, Marietta

LegacyChurchGA.com

DECEMBER 12

Live Nativity and Bethlehem Walk. Experience the sights, sounds, smells and tastes of a Bethlehem village with Live Nativity showings at 5, 6 and 7pm. Crafts, weaving and storytelling, stroll through the biblical booths and music. 5-7:30pm. Free (donations for the United Methodist Children's Home.)

Mt. Bethel United Methodist Church

4385 Lower Roswell Road, Marietta/East Cobb

770-971-2880 | www.mtbethel.org

DECEMBER 12

Live Nativity. 6:15pm. Free.

Mt. Zion United Methodist Church

1770 Johnson Ferry Road, Marietta/East Cobb

770-971-1465 | www.mtzionumc.org

DECEMBER 15

An Evening in Bethlehem. The Bethlehem Village (a simulated first-century marketplace) will be in the Dining Room in the Chapel Building. Journey through an indoor reenactment of an authentic first century marketplace, then praise with the shepherds, rejoice with the angels and bow down with the Magi. 4-6:30pm. The Presentation of the Nativity will be at 4:30pm & 5:30pm. Free (\$10 family donation appreciated). Reservation required for seating of the Nativity.

Roswell UMC, in the Fellowship Hall in the Chapel

Building, 814 Mimosa Boulevard, Roswell

770-993-6218 | www.rumc.com/rkevents

DECEMBER 19

One Starry Night. Families will enjoy hands-on experiences as they enter through the Bethlehem city gate, record their names for the census, gaze at constellations, seek lodging at the inn, enjoy treats from the marketplace and follow the shepherds to find baby Jesus in his humble manger. 5:30-7:30pm. Free.

Powers Ferry United Methodist Church

245 Powers Ferry Road, Marietta

770-973-5271 | www.powersferryumc.com

SANTA SIGHTINGS

THROUGH DECEMBER 24

Cumberland Mall

Monday-Saturday: 12-8pm; Sundays: 12pm-6pm.

Special hours:

December 15-22: 9am-9pm

December 23: 10am-8pm

Christmas Eve: 8am-6pm

1000 Cumberland Mall SE, Atlanta

More info: 770-435-2206

www.cumberlandmall.com



THROUGH DECEMBER 24

Lenox Square Mall

Check website for hours.

Make an appointment for holiday photos by visiting

simon.santasfastpass.com

3393 Peachtree Road NE, Atlanta

More info: 404-233-6767

www.simon.com

THROUGH DECEMBER 24

North Point Mall

Monday-Saturday: 11am-8pm; Sunday: 12-6pm.

Special hours:

12/14-12/23: 9am-9pm

12/16: 11am-7pm

Christmas Eve: 9am-6pm

1000 North Point Circle, Alpharetta

770-740-9273 | www.northpointmall.com



THROUGH DECEMBER 24

Perimeter Mall

Monday-Saturday: 11am-8pm; Sundays: 11am-6pm.

Special Hours:

December 15-22: 9am-9pm

December 23: 10am-8pm

Christmas Eve: 9am-6pm

4400 Ashford Dunwoody Road, Atlanta

770-394-4270 | www.perimetermall.com



GET OUTSIDE THIS HOLIDAY SEASON

Sunday, Dec. 9 • 2-6 pm

ENCHANTED WOODLAND WONDERS



Family Fun, Fairy Houses and Reindeer!

Included with general admission,
and free for CNC Members

Presenting Sponsor



NORTHSIDE HOSPITAL



9135 Willeo Rd., Roswell, GA 30075

chattnaturecenter.org • 770-992-2055 X238

"O Come, All ye Faithful"

The Episcopal Church of St. Peter and St. Paul Invites You
to Spend Advent and Christmas with us!

Advent Lessons and Carols: Sunday, December 9th at 4:00pm. Special worship service that marks the quiet season of Advent.

Special Advent Music begins at 3:45pm.

Christmas Eve Family Holy Communion: Monday, December 24th at 3:00pm.

Children and youth in a dramatic presentation of the Christmas story. Nursery available.

Christmas Eve Holy Communion: Monday, December 24th at 5:00, 9:00 & 11:00pm.

Traditional Christmas Eve services. Mild incense at 11:00pm.

Nursery available for 3:00pm and 5:00pm only.

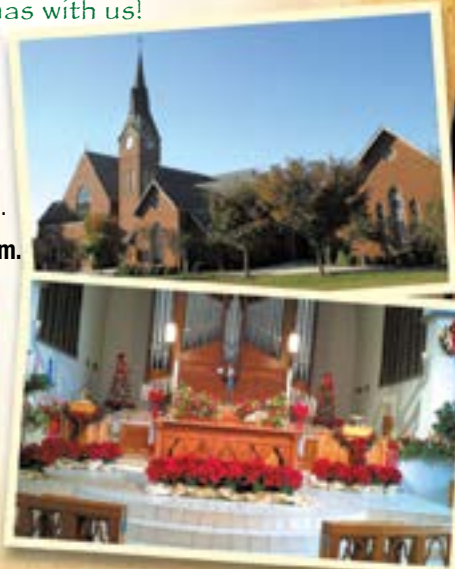
Christmas Day Holy Communion: Tuesday, December 25th at 10:30am.

No Nursery available.



The Episcopal Church of
St. Peter &
St. Paul

1795 Johnson Ferry Road
Marietta, GA 30062 • 770-977-7473
www.peterandpaul.org



Holiday Happenings

SANTA SIGHTINGS

THROUGH DECEMBER 24

Santa on the Marietta Square

Reserve your time with Santa in advance.
See website for available dates/times.

Marietta Square - Glover Park
50 North Park Square, Marietta
www.winterwonderlandmarietta.com



THROUGH DECEMBER 24

Town Center Mall

Check website for hours.

400 Ernest W. Barrett Parkway, Kennesaw
770-424-9486 | www.towncenteratcobb.com

DECEMBER 7, 14 AND 21: 3-7PM

The Avenue at East Cobb

4475 Roswell Road, Marietta/East Cobb
770-971-9945 | www.avenueeastcobb.com

DECEMBER 8 & 15

Botanical St. Nick at Atlanta Botanical Garden

Meet Saint Nick clad in his dark green robe and botanical head wreath. Bring a camera to take your own photos. 10am-2pm. Free with garden admission or membership. Admission: \$18.95-\$21.95.

Atlanta Botanical Garden
1345 Piedmont Avenue, Atlanta
404-876-5859 | atlantabg.org



DECEMBER 8 & 15

Edward-Johns Jewelers

2-5pm.

1225 Johnson Ferry Road, Suite 801, Marietta/East Cobb
770-977-2026 | www.edward-johns.com

DECEMBER 8 & 16

Santa and Mrs. Claus

Bring the family or give your list to Santa and Mrs. Claus.
Free pictures taken. 1-3pm. Free.

Town Square, 610 Atlanta Street, Roswell
770-641-3050 | www.roswellgov.com

THEATER & DANCE

DECEMBER 7-9

The Nutcracker. Check the website below for various performance times and ticket prices.

Roswell Cultural Arts Center
950 Forrest Street, Roswell
770-594-6232 | www.RoswellCAC.com

DECEMBER 7-9, 14-16

Elf the Musical. Based on the beloved holiday film, this hilarious fish-out-of-water comedy follows Buddy the Elf in his quest to find his true identity. Show times vary by day. Tickets: \$30-\$62.

Byers Theatre, Sandy Springs Performing Arts Center
1 Galambos Way, Sandy Springs
770-206-2022 | www.citysprings.com



Holiday Happenings

DECEMBER 7-9, 13-16, 18, 20-23

Kudzu Playhouse's A Christmas Carol. Bulloch Hall and Kudzu Playhouse present Charles Dickens' *A Christmas Carol*. Reservations required. \$18 plus \$2 handling fee. Check the website below for various performance times and to purchase tickets.

Bulloch Hall
80 Bulloch Avenue, Roswell
770-992-1731 | www.bullochhall.org



DECEMBER 7-9, 11-16, 18-23, 26-30

Rudolph the Red-Nosed Reindeer at the Center for Puppetry Arts. Based on the classic television special. Ticket includes the live performance, Create-A-Puppet Workshop, and admission to the Worlds of Puppetry Museum. Show times vary by date. \$25.

Center for Puppetry Arts
1404 Spring Street NW, Atlanta
404-873-3391 | www.puppet.org



DECEMBER 7-8, 14-15, 21-22

Santa After Hours. Presented by Out of Box Theater. The usual gang of idiots return to Out of Box this holiday season to make you more uncomfortable than ever. Adults only. 9pm. \$21.20.

Out of Box Theatre, Artisan Resource Center
585 Cobb Parkway South, Marietta
678-653-4605 | www.outofboxtheatre.com



DECEMBER 7-9, 13-16, 18, 20-23

A Christmas Carol. A traditional holiday classic for the entire family guaranteed to fill you with the Christmas spirit and warm your heart. Show times vary by day. Adults: \$20.

Bulloch Hall
180 Bulloch Avenue, Roswell
770-992-1731 | www.bullochhall.org



Christmas at Johnson Ferry

Advent Worship

Sunday, December 16, 4 & 6:30 p.m.
Join our modern worship team for a beautiful night of Scripture, worship and teaching at our family friendly Advent Worship Gathering. Come sing carols with us, and join us for warm cookies and a cup of hot chocolate immediately after the service!

Christmas Eve Services

Sunday, December 23 Modern Service 10 a.m. Traditional Service 10 a.m.	Monday, December 24 Modern Service 3 & 6 p.m. Traditional Service 12, 3, 6, 8 & 11 p.m. Shine (Special Needs) Service 12 p.m.
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Join us for a comfortable, relaxed candlelight worship service where all families, especially those with Special Needs are welcome.

JOHNSON FERRY BAPTIST CHURCH | 955 JOHNSON FERRY RD. MARIETTA, GA 30068 | JOHNSONFERRY.ORG

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

Holiday Happenings

THEATER & DANCE

DECEMBER 8-9, 12-16, 19-24

Atlanta Ballet's *Nutcracker* with the Atlanta Ballet Orchestra. Unveils a brand-new *Nutcracker* – an innovative production designed to surprise and delight all audiences. See website for dates and times. Tickets start at \$31.

Fox Theatre

660 Peachtree Street NE, Atlanta

404-881-2100 | www.atlantaballet.com/performances/nutcracker

DECEMBER 8-9, 13-16, 18-24

A *Christmas Carol*. Starring Palmer William Jr. as Scrooge from Tyler Perry's *House of Pain* and *Love thy Neighbor* tells the story of Ebenezer Scrooge, an old miser who is visited by the ghost of his former business partner Jacob Marley and the Ghosts of Christmas Past, Present and Yet to Come. Show times vary by day. Adults: \$22.50-35.

Marietta's New Theater in the Square

11 Whitlock Avenue, Marietta

770-426-4800 | www.theatreinthesquare.net

DECEMBER 12, 14-16

A *Christmas Carol*. Join the Alliance Theatre for one of Atlanta's most treasured holiday traditions. Watch as Ebenezer Scrooge encounters the Ghosts of Christmas Past, Present and Future in this holiday classic story. Showtime vary. \$20-\$80 plus applicable fees.

Cobb Energy Performing Arts Centre

2800 Cobb Galleria Parkway, Atlanta

770-916-2800 | cobbenergycentre.com

DECEMBER 6-9 & 13-16

A *1940s Radio Christmas Carol*. Presented by Act 3 Productions. It's Christmas Eve, 1943, and the Feddington Players are now broadcasting from a hole-in-the-wall studio in Newark, NJ, and set to present their contemporary "take" on Dickens's *A Christmas Carol*. Whether it's the noisy plumbing, missed cues, electrical blackouts, or the over-the-top theatrics of veteran actor, but radio novice, William St. Claire, this radio show is an entertaining excursion into the mayhem and madness of a live radio show. Thursday-Saturday: 8pm; Sunday: 3pm. Tickets: \$16-32.

Act3 Playhouse

6285-R Roswell Road, Sandy Springs

www.act3productions.org

DECEMBER 14-16

Home for the Holidays. This annual holiday extravaganza fills the stage with talented stars from Pebblebrook High School and local professional artists. Tickets: \$20. Friday & Saturday: 8pm; Sunday: 3pm.

Jennie T. Anderson Theatre, Cobb Civic Center

548 South Marietta Parkway, Marietta

770-528-8490 | www.ticketmaster.com/

Anderson-Theatre-tickets-Marietta/venue/115324

DECEMBER 20

It's a Wonderful Life Marathon. In this true holiday classic, an angel (Henry Travers) helps a compassionate but despairingly frustrated businessman (James Stewart) by showing what life would have been like if he never existed. Get here 15 minutes early for a holiday preshow and sing along on the Mighty Allen Theatre Organ. 12, 2:45pm, 9:15pm. \$8/adults. \$7/seniors, students, and military.

The Earl & Rachel Smith Strand Theatre

117 N. Park Square, Marietta

770-293-0080 | www.earlsmithstrand.org

DECEMBER 20-23

Your Happy Holiday. Presented by The Atlantic Lyric. Featuring rich performances by your favorite Lyric stars, with sparkling dance numbers by a beautiful, energetic ensemble, luxurious costumes, and a live band that will kick your holiday off just right! Tickets: \$48-\$58. Thursday & Friday: 8pm; Saturday 2pm & 8pm; Sunday: 2pm. Jennie

T. Anderson Theatre, Cobb Civic Center

548 South Marietta Parkway, Marietta

404-377-9948 | atlantalyrictheatre.com

.....



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Hope Christmas brings you all that you are wishing for . . . and more!
❄️ Happy Holidays from your friends at the East Cobber! ❄️

2018 *December* 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.

EVERY SATURDAY

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

THROUGH DECEMBER 9

Good Mews Décor Market. Get started on your holiday shopping at the Good Mews annual Holiday Décor Market. Choose from festive fall décor, collectibles, ornaments and tree trimmings, knick-knacks and so much more! Proceeds go to Good Mews Animal Foundation, a cage free no-kill shelter for cats. Friday 12/7: 12 Noon-5pm; Saturday: 10am-5pm; Sunday: 12 Noon-5pm. Free. Sandy Plains Shopping Center, 1860 Sandy Plains Road, Suite 202, Marietta. More info: goodmews.org.

THROUGH DECEMBER 17

Artist Attic Holiday Show & Sale. Unique handmade items by students, instructors and staff from The Art Place. Monday-Thursday: 10am-5pm. The Art Place – Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-2700 or tapmarietta.com

THROUGH DECEMBER 31

Trail of Tears Photography Exhibit. Browse at your leisure photographs of contemporary sites on the Trail of Tears, along with a reproduction of the protest roll. Free. 9am-5pm. Kennesaw Mountain National Battlefield Visitor Center, 900 Kennesaw Mountain Drive NW, Kennesaw. More info: www.nps.gov/kemo.

DECEMBER 7-9 & 13-15

Rose & Walsh presented by CenterStage North Theatre. Following two great literary figures and the depth and consequence of their enduring love. At a beautiful beach house on the tip of Long Island, Rose, a celebrated but near penniless author, receives nightly visits from Walsh, the love of her life and a famous writer himself. Now Walsh must go away forever, but not before securing Rose's financial future with an extraordinary proposal that promises to change everything. Friday-Saturday: 8pm; Sunday: 3pm. \$16. The Art Place – Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-331-0079 or www.centerstagenorth.com.

DECEMBER 8, 15 & JANUARY 3

Auditions for A tribute to the life and works of Dr. Martin Luther King, Jr. Auditions held for dance, spoken word, vocal & musical performances. Performances are limited to three minutes and should relate to Dr. King's message. Event date is January 21. December audition dates: 10am-12pm; January audition date: 6-8pm. Jennie T Anderson Theatre, Cobb Civic Center, 548 South Marietta Parkway, Marietta. More info/audition slots: 770-425-5757 or cobbmlk2019@gmail.com.

DECEMBER 9

Annual Empty Bowl Brunch. Includes a bowl made by a local artist (you choose and keep) filled with soup or chili. Advance tickets on sale now. 11am-1:30pm. \$15. Proceeds will benefit Must Ministries. The Art Place - Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More Info: 770-509-2700 or tapmarietta.com.

Atlanta Youth Wind Symphony Concert (AYWS). Join the talented musicians of the AYWS for their last concert of the year. 6pm. Free. Lassiter Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info: 404-367-5163 or atlantayouthwindsymphony@gmail.com.



COMMUNITY CALENDAR

DECEMBER 11

#TeenSpace-Green Screen Videos. Come produce mini videos using green screen technology. You can make your own mini masterpiece using fun and creative items such as Legos or be a part of a team that recreates a popular scene with written scripts and props. This program is appropriate for middle and high school ages. Free; registration required. 5pm. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info/registration: 770-509-4964.

Teen Volunteer Orientation. Are you a high school student who needs to earn volunteer hours? Learn how you can become a teen library volunteer, ages 15-17. 3:30-6pm; by appointment only. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info/appointments: 770-509-2711.

DECEMBER 12

Museum Mice Tours: Murray and Etta Count Collections.

Tours are geared towards children ages 3-5 and their parents to introduce them to history. 10:30-11:30am. \$5/ family (one adult and up to 3 children). Additional adults or children \$5/each. Marietta Museum of History, 1 Depot Street, Suite 200, Marietta. More info: 770-794-5710 or mariettahistory.org.

DECEMBER 13

Cobb Executive Women Annual Holiday Social. Say goodbye to 2018 at The Strand Theater on Marietta Square. Enjoy wine, hors d'oeuvres and good company while overlooking a beautiful rooftop view of the square. Registration required by December 7. Ticket prices vary. 5:30-7:30pm. More info: Rebecca Chadwick, rchadwick@cobbchamber.org or www.cobbchamber.org.

READING Paws. Come read to the library's Reading Dog! This one-on-one program for children in grades K-5 is designed to promote confidence and to encourage independent reading skills. 3:30-4:30pm. Free; registration required. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info/registration: 770-509-2730.

DECEMBER 13-15

Guard & Reserve On-site Sale hosted by The Military Family Support Center. The sale is available to retired veterans and active duty personnel and their families who have been granted commissary privileges. Sale features grocery goods, and features a stock assortment of about 1,000 items including fresh meat, fresh produce, chilled and frozen items. Thursday & Friday: 9am-5pm; Saturday: 9am-3pm. Military Support Center, 1901 Terrell Mill Road, Marietta. More info: Susan Edmonds, susan.edmonds2@deca.mil or 910-330-7954.



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COMMUNITY CALENDAR

DECEMBER 15

Pope High School Fine Arts Showcase. Pope's chorus, mastery orchestra and band wind symphony team up for this showcase which is sure to delight. \$10. 2pm & 8pm. Pope High School Performing Arts Center, 3001 Hembree Road, Marietta/East Cobb. More info/tickets: 770-578-7900 or popehs.typepad.com/mrs_johns.

Walton High School Basketball Reunion. All former girls' and boys' players, cheerleaders and coaches are invited to attend. Girls game: 4pm; Boys game: 5:30pm. All former players will be recognized between games. Walton High School rotunda, 1590 Murdock Road, Marietta/East Cobb. More info: 770-977-2321 or lengpac@yahoo.com.

DECEMBER 19

Mittie Bulloch and Theodore Roosevelt Sr.'s 1853 Wedding Reenactment. Step back in time as a guest at this important wedding which ultimately produced our 26th president, Theodore Roosevelt. Tickets: \$15. Tours on the half hour: 6pm, 6:30pm, 7pm, 7:30pm, 8pm & 8:30pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info/reservations: 770-992-1731 or bullochhall.org.

Kids' Art Smart. Join artist, Bekalyn Craig, for an exciting exploration of the world of art. This program is designed to help kids ages 3-5 years and their adult caregivers, learn about art through history and science. 11-11:45am. Free. Gritters Library, 880 Shaw Park Road, Marietta. More info: www.cobbcat.org.

LEGO Fun. Let's play with LEGOs! Families with school aged children are invited to make fun LEGO creations during this STEAM event. All supplies will be provided. No registration required, children 9 and younger must be accompanied by a caregiver. 3-5pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: www.cobbcat.org.



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DECEMBER 24-JANUARY 4, 2019

Cobb County schools closed for winter break.

DECEMBER 26

Craf(tea) Meetup. Savor a cup while crafting! Bring your own craft project from home to work on while socializing with other crafters and sipping tea. Share and learn tips, talk, and enjoy the fun! Open to adults and teens. 7-8pm. Free. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: www.cobbcat.org.

DECEMBER 28

Gritters Knitters. Do you knit, crochet, or work with yarn in any way? If you would like to get together to craft, get inspired, and make new friends, then this group is for you. All skill levels are welcome. 11am-1pm. Free. Gritters Library, 880 Shaw Park Road, Marietta. More info: www.cobbcat.org.

JANUARY 6

The Georgia Bridal Show. Meet face-to-face with wedding professionals and find everything you need to create the wedding of your dreams. 12-5pm. \$10/advance Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info/tickets: eliteevents.com.



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A CHRISTMAS STORY ON JOHNSON FERRY



Red Sky Tapas & Bar, Marietta's premier restaurant for chef-driven tapas, dueling pianos, and local music, ups the ante this holiday season with OTP's first-ever holiday pop-up, inspired by the movie, *A Christmas Story*. From the icicle covered patio space to the main dining area glowing with holiday warmth and

an Instagram-worthy, kitschy photo room, each space is uniquely decorated and plays into an over-the-top, cohesive vision as Red Sky offers the community a holiday story of its own. Chef Brian Kennington has created a tapas and entrees menu inspired by traditional holiday dishes including Orange Glazed Smoked Duck Breast with Cranberry Chutney and Turkey Leg Confit with Duck Gravy alongside cocktails such as Cranberry Mules, Spiked Eggnog and Vanilla Vodka Winter Wonderland. The holiday pop-up will be offered until December 31, during regular business hours.

"We've seen holiday pop-ups of this kind in Midtown Atlanta, Buckhead and Decatur, and we thought, 'why not here?' We could not be more excited to introduce East Cobb's first and only holiday pop-up bar. Throughout the year our guests show us so much love; this is our small holiday gift to the community, and I think our guests are going to love it! It's going to be a truly one-of-a-kind holiday experience," said Terry Kirby, proprietor of Red Sky Tapas & Bar.

The *A Christmas Story* transformation includes a winter wonderland patio space with snowflakes, snow globes and warm, white lights; multi-colored string lights, oversized picture frames; themed props; holiday tunes on repeat; and maybe even a leg lamp (but nothing that will "shoot your eye out!"). To learn more, visit www.redskytapas.com. 📍



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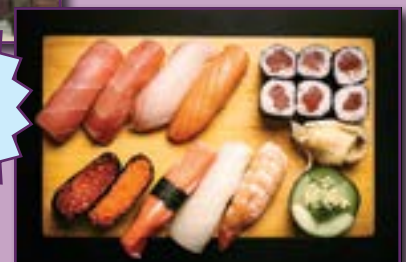
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PET OF THE MONTH: BEXLEY

Submitted by Amber McDonald



Animal/Breed: Cat

Age & Gender: 2 years old/male

Favorite Food: Green olives

Favorite Person: Hunter

Best Trick: Bexley wakes us up every morning at the same time (6:30am) without hesitation, he always lets us know its time to wake up and feed him breakfast! After breakfast, he becomes very hyper and runs through the house crazily for playtime.

Turn Ons: Bexley loves to be talked to, he does talk back as well!

Turn Offs: Bexley does not like to be rubbed/scratched anywhere except his head or neck.

Favorite Toy: Toy mouse, he will take every toy mouse around the house (about 15 of them) and hide them down in the basement for himself only, not to share with our other 2 cats.

What makes your pet so special: Bexley was adopted from Jacksonville Humane Society as a playmate and companion for my son. He has become a best friend to Hunter and a family member to each of us. He is a very sweet cat and loves to be talked to as well as vocalizing himself for the entire house to hear. He's our alarm clock in the mornings, hes our sleeping buddy as well as a true companion. He sleeps on a pillow beside my son in the bed every night.

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: _____

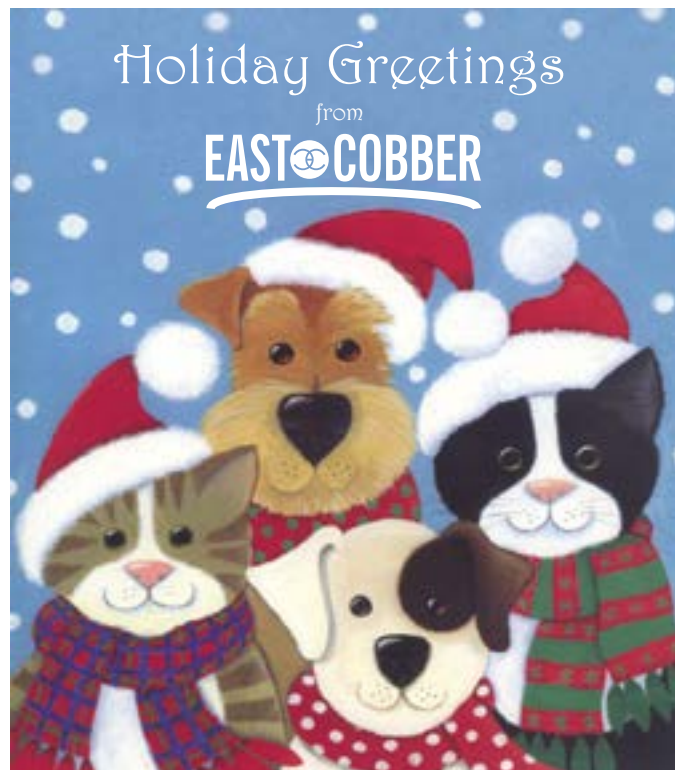
Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____



DREAMS REALLY DO COME TRUE AT MATTRESS BY APPOINTMENT, MARIETTA



Merissa Hylbak, owner of Mattress By Appointment, Marietta, and her son, Hunter

Getting a good night's sleep helps us to be our best selves the following day. So choosing the correct mattress to sleep on is an important decision for us all. Just as important is finding it for the right price. Have you had a retail sales person tell you recently that the mattress you like costs literally thousands of dollars?

There is a solution to this conundrum through a locally owned, boutique-style shop called Mattress By Appointment. Located at South Marietta Parkway, the Marietta store is owned and operated by Merissa Hylbak. Mattress By Appointment is part of a network of dealers that operate independently to give customers high-quality mattresses for great prices.

Now in business for almost two years, Hylbak opened her shop after searching for a new business opportunity that allowed for more family time. She describes Mattress By Appointment as an anti-retail shop with a boutique style.

"My prices are 50-80 percent less than retail stores," she explains. "But I want to emphasize that this is not a typical discount store. I have something for everyone's budget from economy to high-end. I am able to pass along the savings for several reasons, including no franchise fees and low overhead because I don't pay for premium retail space. I also get bulk discounts from my manufacturer orders. And finally, I have no employees, it's just me and my husband Travis who delivers the merchandise."

The name, Mattress by Appointment, reflects how the business operates. As the only sales person, Hylbak sets up appointments to meet customers. "Through appointments, I can help customers choose the mattress that is right for them," she says. "They have my undivided attention. And unlike ordering from the Internet, the customer can test the product in my showroom."

Based on Google reviews, customers can't say enough about their experience with Mattress By Appointment and the Hylbaks. Here are some reviews:

"...Mattress By Appointment was the easiest, no-hassle buying experience I've had, and the selection and prices are unbeatable."

"...Merissa and her husband Travis are nice and helpful. You feel very comfortable trying out the best mattress that fits your needs!"

If you are looking for a new mattress or adjustable base, call Merissa Hylbak at 678-439-5709 for an appointment. For more information, visit mattressbyappointment.com/locations/ga/marietta. Financing and referral fees are available.

A large advertisement for Mattress By Appointment. On the left is a large, white, dual-bell alarm clock. To the right of the clock is the company logo, which consists of a stylized clock face icon followed by the text 'MATTRESS BY APPOINTMENT®'. Below the logo is the website address 'www.mattressbyappointment.com'. At the bottom of the advertisement, the text 'Bypass High Retail Markups Locally' is written in black, and 'Save 50-80% Off Retail Store Prices!' is written in red.

PAID ADVERTISEMENT



HOLIDAY BREAK CAMPS

Cobb County School District has scheduled the holiday break from December 24 until January 4. That's two weeks off of school! To fend off winter break cabin fever, it's time to make plans to keep your kids busy for that long stretch off of school. To ensure a jolly season for all, here are some holiday camps in and around East Cobb.

Baseball Holiday Camp

This camp will cover all aspects of baseball training -using Hittrax, fielding with Fungoman, games and more.

Where: Titans Sports Academy, 755 Hawkins Store Road, Kennesaw

When: January 2-4, 9am- 2pm

Who: Ages: 5-12

Price: \$50/day. Early drop-off available \$10/day 7:30-9am.

More info: titansnation.net/camps/Chance Beam, 404-441-1400

CAMP H2O

Enjoy an all-day camp filled with swimming, activities, crafts, and most importantly fun! No matter what swim level your child is, there is a place for them at Camp H2O. Children will have SPLASHES of fun!

Where: Atlanta Swim Academy, 732 Johnson Ferry Road, Marietta

When: December 26-28

Who: Ages 4-12

Price: \$195

More info: www.atlantaswimacademy.com/camp-h2o, (770) 973-3120, sales@atlantaswimacademy.com

Camp Kingfisher's Winter Break Camp

Day campers will hike, play outside, spend time in the Starlab and romp around the Chattahoochee Nature Center.

Where: Chattahoochee Nature Center, 9135 Willeo Road, Roswell

When: December 28, January 2-4, 9am-4pm

Who: Grades K-7

Price: Prices vary per session

More info: www.chattnaturecenter.org, 770-992-2055

Dynamite Days Off Camp

During the school holidays, join the McCleskey YMCA for activities including swimming, crafts, sports and group games.

Where: McCleskey YMCA, 1055 E Piedmont Road, Marietta

When: December 26-28, 9am-3:30pm (extended care from 7:30am-6pm)

Who: Ages 5-12

Price: Members: \$40/day; Facility Members and Program Members: \$60/day

More info: 770-977-5991

Fencing Camp

Boys and girls are invited to discover the joy of fencing. Lessons are conducted by a national Olympic team member.

Where: Alpha Fencing Club, 1686 Roswell Road, Marietta

When: December 26-29, 9am-1pm.

Who: Ages 8-14

Price: \$135

More info: 470-301-1000

High Meadows Winter Camp

Campers go home happy, tired, dirty, and inspired! Since 1973, girls and boys have been experiencing our rich, traditional outdoor day program with unique facilities on more than 40 acres of meadow and woodland.

Where: High Meadows Camp, 1055 Willeo Road, Roswell

When: December 26-29, 9am-4pm

Who: Kingergarten-8th grade

Price: \$280

More info: www.highmeadowscamp.org, 770-993-7975

EAST COBBER

NEXT ISSUE: JANUARY • DEADLINE: DECEMBER 17

CALL EAST COBBER: 770-640-7070

Ninja Quest Holiday Camp

Spend time off from school training to learn the flips and tricks necessary to become a ninja. Their camps combine themed team games, ninja obstacle courses, trampolines, warp walls, archery attack, snacks, and more!

Where: Ninja Quest Fitness, 3910 Canton Road, Marietta

When: December 26-28, 9am-1pm or 9am-4pm, January 2-4, 9am-1pm or 9am-4pm

Who: 6+

Price: \$180/3 full day, \$120/3 half day, \$70/full day, \$50/half day

More info: www.ninjaquestfitness.com/fall-camp, 678-384-6500

School's Out Camp

This program offers the chance to enjoy a wide variety of fun-filled activities. Camps focus on swimming, sports, art, drama and more.

Where: Marcus Jewish Community Center, 5342 Tilly Mill Road, Dunwoody

When: December 21, 26-28, 8am-4pm. January 2-4, 8am-4pm

Who: Children preschool-8th grade

Price: Members: \$60/day; Non-members: \$80/day

Registration: www.atlantajcc.org/interior-pages/camps-school-s-out-camp, 678-812-4000

Softball Holiday Camp

This camp will be covering all aspects of softball training. Hitting, throwing and fielding using Hittrax, fielding with hack attack, games and more.

Where: Titans Sports Academy, 775 Hawkins Store Road, Kennesaw

When: January 2-4, 1-4pm

Who: Ages 5-12, girls only

Price: \$50/day. *Sandy Plains Softball, Kennworth Softball, and Twin Creeks Softball players get 30% use Promo Code: TitansGiveback

More info: titansnation.net/camps, Chance Beam, 404-441-1400

Young Chefs Academy Winter Camps

Prepare some awesome recipes your family will love. Great for game nights and movie nights. How about some gourmet camp fire recipes?! You'll be excited to bring your recipes home to prepare some awesomely delicious and fun foods for your family!

Where: Young Chefs Academy, 230 Hammond Drive NE, Suite 368, Sandy Springs

When: December 21, 27-28 & January 2-4, 9am-12pm or 12:15-3:15pm

Who: Ages 3-18

Price: Pricing is \$65 for the first day of camp and \$60 any additional day. Sibling rate is \$60.

More info: sandysspringsga.youngchefsacademy.com/camps, 404-255-9263



Coming in January: The Early Bird Camp Guide

Reserve your Ad Space Today!

Deadline: December 17

Call 770-640-7070



A graphic with a blue border. At the top, a woman in a red sun hat and a white tank top is walking, carrying a large shopping bag. The bag has text on it: "Art Dining Fashion Health Beauty Real Estate Events Dining Fashion Beauty Health Real Estate". Below the woman, the words "Shop Local" are written in a large, stylized font. To the right of "Shop Local", it says "WE PROUDLY FEATURE LOCALLY OWNED MERCHANTS". At the bottom, the "EAST COBBER" logo is displayed, with a small circular icon containing a stylized 'C' between the words. Below the logo, it says "For advertising information, call 770-640-7070".

HEALTH & WELLNESS

ACUPUNCTURIST

Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist
3535 Roswell Road, Suite 37 • Marietta 30062
678-560-7978 • www.drshutcm.com

Mon-Fri: 9am-6pm; Sat: 9am-4pm

25 years experience in traditional Chinese medicine treating pain management, respiratory system, emotional/mental health, nervous system, digestive system, smoking/weight loss, wrinkle reduction, high blood pressure and much more.

CARDIOLOGISTS

Sibley Heart Center

2835 Brandywine Road, Suite 400 • Atlanta 30341
770-488-9218 • www.choa.org/cardiology
Mon-Fri: 8:30am-5pm

Sibley Heart Center Cardiology is composed of more than 50 pediatric cardiologists providing comprehensive services for patients with acquired or congenital heart disease.

DENTISTS

Cheek Dental

2872 Johnson Ferry Road • Marietta 30062
770-993-3775 • www.cheek.dental.com

Mon-Fri: 8am-5pm

An all-female dental team provides quality comprehensive dentistry to adults and children. Their high-tech office provides same day crowns and implant restorations and uses intraoral cameras and digital x-rays. Read their consistently 5-star reviews on their website and see why so many East Cobb residents trust them with their smiles!

Mansouri Family Dental Care

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

Mon-Fri: 7:30am-6pm

Implants, root canals, cosmetic and family dentistry for all ages. Oral sedation available for fearful patients. Rest assured that everyone you meet there will be courteous, warm and exceptionally helpful. Please call the office for more info.



Season's Greetings

from your friends at



www.NiaDentistry.com

770.479.9999

1111 Johnson Ferry Road • Suite 200 • Marietta, Ga 30068

DERMATOLOGISTS

Dermatology Consultants

4800 Olde Towne Parkway, Suite 250 • Marietta 30068
770-971-3376 • www.dermatologyconsultants.org

Mon-Fri: 7am-5pm

Delivering excellent customer service and excellent dermatological care for the entire family. Their board-certified dermatologists utilize cutting-edge technology and equipment and strive to provide expert consultations to their patients.

FITNESS CENTER

Women's Premier Fitness

4961 Lower Roswell Road • Marietta 30068

770-565-5450 • www.womenspremierfitness.com

Mon-Thurs: 5:30am-9pm; Fri: 5:30am-8pm; Sun: 9am-2pm

East Cobb's only full-service fitness club and spa for women only. They feature over 60 group fitness classes per week as well as Barre, TRX and personal training. Free child care.

FOOTWEAR & HEALTHY FOOT

Foot Solutions – East Cobb

4101 Roswell Road, Suite 800 • Marietta 30062

770-984-0844 • www.footsolutions.com/eastcobb

Mon-Sat: 10am-6pm

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

GASTROENTEROLOGISTS

Atlanta Gastroenterology Associates

4800 Olde Towne Parkway, Suite 370 • Marietta 30068

678-631-4620 • www.atlantagastro.com

Mon-Fri: 9am-5pm

For more than 40 years, Atlanta Gastroenterology has been dedicated to providing accessible, affordable and compassionate digestive healthcare services to communities throughout greater-Atlanta. They diagnose and treat all types of digestive concerns for both pediatric and adult patients, as well as offer preventive screenings and nutrition counseling.



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HEALTH & WELLNESS

GASTROENTEROLOGISTS

GI Specialists of Georgia

711 Canton Road, #300 • Marietta 30060

678-448-6630 • www.gigeorgia.com

Mon-Fri: 8am-4:30pm

The leading gastroenterology practice in Northwest Georgia. Their board-certified physicians treat all disorders of the digestive tract, including disorders of the colon, liver and pancreas. Patients choose them to receive high-quality treatment in a professional, supportive and educational environment.



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STUDIO348FORWOMEN.COM | 3822 ROSWELL RD. #114, MARIETTA



Hurry! Offer Expires 12/31/18

MASSAGE

Massage Très Belle

2440 Sandy Plains Road • Marietta 30066

770-362-0005 • www.massagetresbelle.com

Mon-Sat: 9am-5pm

Provides therapeutic massage for all women and specializes in prenatal massage. They value empathy and compassion above all else. Feel safe and confident in their clinic while they aid in bodily healing and restoration.

MEMORY CARE

Thrive Memory Care at East Cobb

200 Village Parkway • Marietta 30067

470-250-0808 • www.ThriveAtEastCobb.com

Residential community featuring 25 suites for people living with dementia and Alzheimer's Disease. National Institute for Dementia Education (NIDE) certified care team. Conveniently located in Paper Mill Village. Daycation and respite services also available.

PAIN MANAGEMENT

Acupuncture and Injury

3823 Roswell Road, #201 • Marietta 30062

678-217-2115 • www.acupunctureandinjury.com

Mon-Fri: 9am-6pm

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

PEDIATRIC DENTISTRY

Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068

770-479-9999 • www.NiaDentistry.com

Mon-Thurs: 8am-5pm; Fri: 8am-4pm;

Sat: by appointment 9am-2pm

Nia Pediatric Dentistry focuses on preventative care using the latest technology and friendly environment that takes the typical child's fear of dentistry away.

PEDIATRICIAN

Sun Pediatrics

1230 Johnson Ferry Road, Suite A-10 • Marietta 30068

678-501-5601 • www.sunpediatrics.com

Mon-Fri: 8am-5pm

Keeping kids happy and healthy. Sun Pediatrics will treat your child like they would treat their very own. Working with parents to help raise a happy, healthy child without unnecessary tests and medicines. Making your experience a personal one.



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PERSONAL TRAINERS

Fitness Together

1000 Johnson Ferry Road
Building 400, Suite 412 • Marietta 30068
770-321-1347 • www.fitnessstogether.com/eastcobb
Hours by appointment.

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

Studio 348 Personal Training for Women

3822 Roswell Road, Suite 114 • Marietta 30062
678-540-1518 • www.studio348forwomen.com
Mon-Thurs: 6am-12pm, 4-8pm; Fri: 6am-12pm; Sat: 8am-12pm
Small group personal training for women. Nationally Certified Personal Trainers work with 1-4 women at a time to provide quality personal training at an affordable rate. Each woman gets the individual attention she needs for fitness and nutrition.



Bring It OM Power Yoga

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GET ONE-ON-ONE ATTENTION

WHY PRIVATE LESSONS?

- Get personalized instruction based on your needs and lifestyle
- Understand yoga basics and gain confidence
- Enhance your current practice and master challenging postures
- Learn modifications for injury, recovery, or to safely grow your practice
- Get a great workout tailored to you!
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PRICING & INSTRUCTORS

ADULT 1 HR SESSION - \$75
KID/TEEN 1 HR SESSION - \$60

Instructors: Karen Patton (adult and teen), Lindsay Rodriguez (adult), Kristyn McGeehan (adult), Alena Levine (adult), Charina Shields (adult), Dani Helgeson (kids)




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770-726-2691 • www.brazilianwax.com

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WELLNESS & WEIGHT LOSS

20/30 Fast Track East Cobb

4961 Lower Roswell Road, Suite 105 • Marietta 30068

470-551-0100 • www.2030wellnesseastcobb.com

Mon-Fri: 10am-6pm

20/30 Fast Track balances the seven hormones that are keeping you from losing weight and feeling better. Through a structured eating plan, natural supplements, and a scientific approach to nutrition, they can help eliminate stress and balance your hormones.

YOGA

Bring It Om Power Yoga

3162 Johnson Ferry Road, Suite 440 • Marietta 30062


470-299-5256 • bringitompoweryoga.com

Mon-Fri: 5:30am-9pm; Sat: 8am-1pm; Sun: 9:30am-7pm

Bring It OM Power Yoga is an all inclusive yoga studio with classes ranging from beginner to advanced, non-heated to hot. They welcome all levels and truly have something for everyone!

SHARE YOUR WEIGHT-LOSS STORY WITH EAST COBBER!

Have you transformed your body? Tell us how you made it happen. We want to hear all the details of your weight loss story. We want to know what led to your weight gain (please be specific), what you consider your turning point, how you lost weight, and how long it took you to get to achieve your feel-great weight. How did you change your eating habits and physical activity? Were there any special diet tricks you used to control cravings, squeeze in exercise or meal planning, or limit portions? What are your go-to products (think apps, training tools, even food scales), if any, that helped you stay on track?

Email us your weight loss success story--along with before and after photos--to cynthia@eastcobber.com. 

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HEALTHY**

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ANNOUNCING

A Special Advertising Opportunity for Health & Wellness Providers

East Cobb residents, like most Americans, are in search of improving their health! Especially at the beginning of a new year, people are putting better health and wellness on their New Year's Resolution list!

If you are a fitness trainer or health care professional you need to let EAST COBBER readers know you are here to help them get in tip-top shape. We give readers a place to begin their quest for good health and wellness. Our monthly Health & Wellness Guide provides the names and contact information of many of our local area's trusted wellness resources. Whether our readers are new to the area, in need of a second opinion, or require a specialist, the EAST COBBER Health & Wellness special section helps our readers locate professionals right in their own backyard!

Get your business in top shape!

- **PLACE YOUR DISPLAY AD AT A DISCOUNT.** If you want increased visibility in the January 2019 issue, you will want to place a display ad. You can place your ad at the 6x rate—even if you choose to advertise in just the January issue! Your listing is FREE when placing a display ad!
- **FREE COLOR.** Your ad can be in color – at no extra charge!

By advertising in the EAST COBBER you will be implementing a practical promotional program that will show results.

AD DEADLINE: DECEMBER 17, 2018

**For more information,
Call the EAST COBBER at 770-640-7070**


TOYS FOR TOTS SEEKS DONATIONS

As the holidays are upon us and planning for Christmas arrives, it's also time to think about doing something special for children in need. The U.S. Marine Corps Reserve Toys for Tots Program is again underway giving local residents an opportunity to purchase a toy for a boy and girl outside their family.

Toys for Tots started 70 years ago when Maj. Bill Hendricks, USMCR and a group of Marine reservists in Los Angeles collected and distributed more than 5,000 toys to children in need. Hendricks' idea caught on and was so successful that the Marine Corps adopted Toys for Tots the following year and expanded it into a nationwide program. In 1995, the Secretary of Defense approved Toys for Tots as an official activity of the U.S. Marine Corps and an official mission of the Marine Corps Reserve.

Today, Toys for Tots is the Marine Corps' premier community action program and one of the nation's flagship Christmas charitable causes. Toys for Tots is the only charitable endeavor within the Department of Defense which reaches outside the military establishment to give something back to communities. Toys for Tots has enjoyed over a half century of success because of the support from millions of caring Americans, local communities and corporate America, plus the dedication and hard work of thousands of U.S. Marines. Toys for Tots is a program which brings all elements of a community together in a common cause for three months each year. It is a program dedicated to helping in the development of our nation's most valuable natural resource: our children. The shiny new toy at Christmas lets these youngsters know that someone cares.

Toys for Tots collects only new toys. Organizers ask that toys brought to drop-off points be unwrapped so they can be sorted and given to the right child. Toys are to be appropriate for children from birth to 12 years.

For a complete list of drop-off points, visit www.northatlanta.toysfortots.org. 

Toys For Tots Drop-off Points

- **AAA CAR CARE PLUS**
1197 Johnson Ferry Road
Marietta 30068
- **AAA CAR CARE PLUS**
3445 Gordy Parkway
Marietta 30066
- **Catfish Hox Southern Restaurant**
2595 Sandy Plains Road
Suite 101
Marietta 30066
- **Cornerstone Wealth Management, LLC:**
Ben L Clark, CFP®
3115 Roswell Road
Suite 102
Marietta 30062
- **Doctor No's Comics and Games Superstore:**
Amber Brendli
3372 Canton Road
Suite 104
Marietta 30066
- **Dorsey Alston Realtors**
1000 Johnson Ferry Road
Building G
Marietta 30068
- **East Cobb Middle School**
825 Terrell Mill Road
Marietta 30067
- **Ivy Lane Boutique**
3605 Sandy Plains Road
Marietta 30066
- **Jimmy Macs**
3205 Canton Road
Marietta 30066
- **Johnson Ferry Dentistry**
4250 Roswell Road
Suite 110
Marietta 30062
- **Neurosport Physical Therapy**
1163 Johnson Ferry Road
Suite 100
Marietta 30068
- **Peachtree Hearing LLC**
4939 Lower Roswell Road
#107
Marietta 30068
- **Pope High School Fastpitch Softball**
Contact: Chris Turco
3001 Hembree Road
Marietta 30062
- **Smith Smile Orthodontics**
2323 Shallowford Road
Suite #101
Marietta 30066
- **Suburban Tap**
1318 Johnson Ferry Road
Marietta 30068
- **Winston's Food & Spirits**
1860 Sandy Plains Road
Suite 101
Marietta 30066



EAST COBB ELECTION RESULTS

On Tuesday, November 6, East Cobb residents, along with the rest of Georgian citizens, participated in the mid-term elections to vote for Republican and Democratic candidates for a variety of public offices. In Cobb County, 312,516 or 64.21% out of a total of 486,697 registered voters exercised their right to vote. The following presents the vote tally for ballots East Cobb voters had the opportunity to vote on. Editor's note: These results were collected November 8. ⓘ

GOVERNOR

	Cobb Votes	State Total	%
Abrams (D)	168,767	1,923,685	48.8%
★ Kemp (R)	138,852	1,978,408	50.2%
Metz (L)	4,195	37,235	.95%

U.S. HOUSE OF REPRESENTATIVES-DISTRICT 6

	Cobb Votes	State Total	%
Handel (R)(Incumbent)	51,166	156,396	49.6%
★ McBath (D)	40,637	159,268	50.5%

COBB COUNTY COMMISSION-DISTRICT 3

	Total	%
★ Birrell (R) (Incumbent)	36,356	51.6%
Holko (D)	34,112	48.4%

COBB BOARD OF EDUCATION-POST 4

	Total	%
★ Chastain (R) (Incumbent)	20,592	53.6%
Parr (D)	17,820	46.4%

COBB BOARD OF EDUCATION-POST 6

	Total	%
★ Davis (D)	21,654	51.3%
Sweeney (R) (Incumbent)	20,580	48.7%

GEORGIA HOUSE OF REPRESENTATIVES – DISTRICT 43

	Cobb Votes	%
★ Cooper (R) (Incumbent)	13,087	51.6%
Wakeman (D)	12,269	48.4%

GEORGIA HOUSE OF REPRESENTATIVES – DISTRICT 44

	Cobb Votes	%
Allen (D)	11,365	44.6%
★ Parsons (R) (Incumbent)	14,140	55.4%

GEORGIA HOUSE OF REPRESENTATIVES – DISTRICT 45

	Cobb Votes	State Total	%
★ Dollar (R) (Incumbent)	15,871	16,974	59.3%
Johnson (D)	9,544	11,643	40.7%

GEORGIA HOUSE OF REPRESENTATIVES – DISTRICT 46

	Cobb Votes	State Total	%
★ Carson (R) (Incumbent)	11,663	17,442	61.9%
Sandiford (D)	7,676	10,752	38.1%

GEORGIA STATE SENATE – DISTRICT 32

	Cobb Votes	State Total	%
★ Kirkpatrick (R) (Incumbent)	47,453	52,754	57.4%
Triebisch (D)	33,575	39,125	42.6%

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EAST COBBER
 Magazine on Facebook

Chat with other **EAST COBBER** fans, post pictures, find out about giveaways and events and keep in touch with others that love East Cobb County and the **EAST COBBER** as much as you do!

You can find us at Facebook.com under **EAST COBBER**



GEORGIANS VOTE ON CONSTITUTIONAL AMENDMENTS

While most attention was focused on the midterm elections, voters across the state also got to vote on amendments to the Georgia constitution as well as local and statewide referendums. Georgia currently does not allow any form of citizen initiated ballot measures, so all ballot measures must be referred by the legislature. Constitutional amendments must be approved by a majority of the electorate. East Cobbers, along with their fellow Georgians, got the chance to vote on the following five proposed amendments to the State Constitution on November 6. The following presents how Cobb County residents and Georgians voted on those amendments. ⓘ

★ AMENDMENT #1: OUTDOOR STEWARDSHIP

A proposed amendment to the state constitution would put more money toward preserving Georgia's parks, trails and hunting land - but wouldn't cost taxpayers any more money. This would take sales tax from outdoor equipment like camping gear or fishing equipment and reserve it for various outdoor projects in the state.

	Cobb Votes	State Total
★ Yes	253,054	3,143,910 / 82.9%
No	49,855	649,966 / 17.1%

★ AMENDMENT #2: STATEWIDE BUSINESS COURT

Billed as a pro-business and cost-saving measure, this proposal would create statewide business courts. Judges in these courts would be appointed by the governor to five-year terms with the approval of the Senate Judiciary Committee and its counterpart in the House. The amendment cuts out of the process voters, who currently elect all trial court and appeals court judges.

	Cobb Votes	State Total
★ Yes	197,578	2,545,318 / 69.0%
No	95,882	1,144,535 / 31.0%

★ AMENDMENT #3: FOREST CONSERVATION

Right now, property values are locked in for land used by timber growers. This amendment allows the state to re-evaluate how much the land is worth yearly. It's meant to be fairer for both the government and the landowner. Designed to encourage more landowners to preserve their timberland. In return, they get a better tax rate. The state will also collect money to run a program that sends money back to rural counties that have more timberland.

	Cobb Votes	State Total
★ Yes	180,580	2,263,067 / 62.2%
No	109,478	1,377,545 / 37.8%

★ AMENDMENT #4: MARSY'S LAW

Gives crime victims in Georgia more rights -- things like updated information on their case and the right to be included in every court proceeding.

	Cobb Votes	State Total
★ Yes	244,409	3,051,047 / 80.9%
No	56,746	720,299 / 19.1%

★ AMENDMENT #5: SCHOOL SALES TAX

This would remove the requirement that a county school district and a city school district within the county's boundaries must agree before calling a referendum to raise sales taxes for education.

	Cobb Votes	State Total
★ Yes	208,914	2,625,357 / 71.2%
No	85,321	1,061,614 / 28.8%

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★
**GEORGIA REFERENDUM A:
HOMESTEAD EXEMPTION**

This referendum allows homestead exemption in homes that are located in more than one county. Voting yes meant you support the measure to provide a homestead property tax exemption for some cities equal to the difference between the current year and the adjusted base year. This referendum will become law and take effect on January 1, 2019 and will apply to all tax years beginning on or after that date.

	Cobb Votes	State Total
★Yes	157,891 / 55.42%	2,060,127 / 57.09%
No	127,032 / 44.58%	1,548,608 / 42.91%

★
**GEORGIA REFERENDUM B:
TAX EXEMPTION FOR MENTALLY DISABLED**

This referendum asked if a tax exemption nonprofit homes for the mentally disabled should be available if for-profit businesses assisting in financing the property. Voting yes meant you support this measure to allow a tax exemption for nonprofits that serve the mentally disabled even in instances when housing constructed is paid for by financing from corporations.

	Cobb Votes	State Total
★Yes	228,157 / 77.29%	2,860,293 / 76.93%
No	67,028 / 22.71%	857,809 / 23.07%

★
SUNDAY BRUNCH BILL

East Cobb also had to vote on a local ballot measure, the "mimosa mandate," which allows the sale of alcohol at restaurants and bars to begin at 11am on Sundays rather than 12:30pm. Georgia Gov. Nathan Deal signed Senate Bill 17 in May — the "Sunday Brunch Bill" or "mimosa mandate" — making it the law of the land. However, residents throughout the state had to vote to include the new law on the books in their communities. A "yes" vote is in favor of allowing the sale of alcohol in restaurants and bars to begin at 11am on Sunday morning in a specific city/county.

	Cobb Votes
★Yes	216,625 / 71.7%
No	85,398 / 28.3%

I ♥ East Cobb





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for your continued
support!

404-656-5069
CooperForHouse@gmail.com
facebook.com/cooperforhouse

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR DECEMBER

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. 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 #6397

Tuesday, December 4 • 10-11am.

Free; Registration required.

Planning is always good. Join this seminar 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. Presented by Mayes Ward-Dobbins.



TWEET TWEET!
FOLLOW US ON TWITTER

Eggnog in the Lobby

Tuesday, December 4 • 11am.

Free; No registration required.

Come celebrate the winter holidays and this magical time of year. Enjoy Donna's famous eggnog, cookies in the lobby. Sponsored by Lisa Black with A Place for Mom.

Dine-a-Round #6392

Thursday, December 6 • 5:30-7:00pm.

Chicago's Restaurant

4401 Shallowford Road, Marietta/East Cobb.

Separate checks; Registration required. Everyone meets at the restaurant.

Hearing Screening

Friday, December 7 • 9am-12 noon.

Free; No registration required.

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

AARP Smart Driver #2698

December 20 • 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.



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PLAN A TRIP WITH OLLI TRAVEL

The Osher Lifelong Learning Institute (OLLI) Travel is a new group that has come together to plan trips for not only OLLI students, but anyone age 50 or older and interested in travel. OLLI's travel committees have been meeting to plan many exciting trips. The trips will be educational and mainly focus on cultural, historical and scenic locations. Here are some destinations planned:

- **Biltmore** – Visit America's largest home located in the vibrant city of Asheville, NC.
- **Pacific Coast Highway** – Explore one of the most scenic drives in the country that begins in northern California and stretches into San Diego.
- **Ireland** – Travel to the beautiful island west of the UK filled with breathtaking landscapes, castles and bountiful history.

Most of the travel group is planning to travel alone. Through this OLLI travel group, you will be able to meet

others while exploring the world—near and far! OLLI is designed for individuals that are 50 and older. All of the travel opportunities will be volunteer led. Teams are forming in the areas of day travel, domestic travel and international travel.

For more information, contact Pat Walker, OLLI Program Manager at pwalker43@kennesaw.edu to be placed on the mailing list for future planning meetings.

The Osher Lifelong Learning Institute (OLLI) is part of Kennesaw State University's College of Continuing and Professional Education. OLLI offers an impressive selection of education and social opportunities for adults age 50 and older. With a purpose to promote lifelong learning and continued intellectual and personal growth for retirement-age individuals, OLLI has become the place for fun, interactive learning in a safe and encouraging environment. 🌐

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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.atlantailini.com or club@atlantailini.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.cobbcwrt.org or cobbcivilwart@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.

Daughters of the American Revolution – Old Noonday Chapter. 2nd Wednesday of the month (Sept.-May). 10:30am. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: Linda Howe 678-403-2034.

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.eastcobbba.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.

Executive Toastmasters Club. Develop your public speaking and leadership skills in a supportive environment. Every Tuesday. 7:15-8:30pm. Turner Chapel, 492 North Marietta Parkway NE, Marietta. More info: cmarayanaswamy@gmail.com.

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

Georgia Vietnam Veterans Alliance. 3rd Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post 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.cobbip.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.marietakiwanis.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 msbncarroswell@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 Road, 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.

Veteran Connection. 2nd Wednesday of the month. 10am. Coffee, doughnuts & conversation. Vets 55+ welcome. Cobb Senior Services, 1150 Powder Springs Street, Marietta. More info: 770-528-1448.

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. Monday and Thursday 8pm. Wednesday and Friday 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.

Family Caregiver's Support Group. 2nd Thursday of the month. 6pm. Open to anyone needing support for anyone affected by dementia or Alzheimer's Disease or related issues. Thrive Memory Care, 200 Village Parkway NE, Marietta/East Cobb. More info/RSVP: hello@thriveateastcobb.com.

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 kibbie.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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Invite a guest to join you.

For more information visit www.EastCobbBA.com



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EAST COBBER MAGAZINE AWARDED BUSINESS OF THE YEAR

The East Cobb Business Association (ECBA) held its monthly meeting Tuesday, October 23, at the Olde Towne Athletic Club. This event was highlighted when ECBA President Jim Harris presented the first annual Business of the Year Award to Cynthia Rozzo, Founder and Publisher of EAST COBBER. The Business of the Year Award recognizes a small business for its demonstrated success, innovation, contributions to economic growth and community involvement. Cynthia also received an Honorary Lifetime Membership to the East Cobb Business Association.

As the ECBA President, Jim Harris, stated, "The [ECBA] board wanted to honor Cynthia's 25 years of dedication to the East Cobb community. To date, the EAST COBBER has published 284 monthly issues, 260 weekly e-newsletters, and produced 23 parade and festivals. Her small business really makes a difference in our community and makes East Cobb an even better place to live." Jim also noted Cynthia's early involvement in the ECBA as its first President. "We felt it was appropriate to select Cynthia/the EAST COBBER as the inaugural recipient of this special award," said Jim.

As Cynthia accepted the award, she described her love for East Cobb and her business, "I am such a lucky girl...for the past 25 years, I have been able to use my talents, get involved in my community, be home for my three babies while they were growing up and to be able to make some money..." After her acceptance speech, Cynthia acknowledged the East Cobb residents that have been featured on previous cover profiles and had their specific issue on hand as well as a gift for the recipients to take home.

EAST COBBER was established in 1993 to serve East Cobb County residents to spotlight East Cobb residents doing good, provide a forum for them to share their ideas and a source for them to learn more about their community.

The East Cobb Business Association is a membership-based professional group committed to providing a lineup of strategic events and networking opportunities that are specifically designed to help member businesses grow and prosper in East Cobb County. 



Michelle O'Shaughnessy, Account Representative; Laren Brown, Account Representative; Cynthia Rozzo, Founder/Publisher; Amy Celio, Social Media Manager; and Amy Valley, Assistant to the Publisher



Jim Harris, President of the East Cobb Business Association (ECBA), presents Cynthia Rozzo, Founder & Publisher of the EAST COBBER, with its first annual Business of the Year award and a Lifetime Membership to the ECBA.



Officer Jerry Quan (front cover September 2014), with his wife, Lydia Ang



East Cobb residents that were featured on the front cover of the EAST COBBER magazine stand behind Cynthia Rozzo as she cuts a ceremonial ribbon celebrating the magazine's 25th anniversary.



Linda Bishop (front cover November 2000)



Anne Davidson (front cover April 2015) and Anita King (front cover August 2012)



Mary Helen Harris (front cover December 2004) and Abby Shiffman (front cover November 2009 & December 2010) stand beside publisher Cynthia Rozzo.



Helga Hong (front cover November 2003)

BRING ONE FOR THE CHIPPER



Even after all the holiday packages have been unwrapped there's still a chance to give one last present to the earth by donating your live Christmas tree to a county-wide recycling program that will chip it into a life-giving, water-saving, sweet-smelling layer of mulch. Recycling trees creates mulch, fuel, wildlife habitats and other useful material. You can help "Keep Cobb Beautiful," by recycling your old tree after the holiday season. Keep Cobb Beautiful is sponsoring free recycling drop-offs.

Keep Cobb Beautiful is inviting everyone to "Bring One for the Chipper," and recycle your Christmas tree after the holidays. As part of a statewide effort to reuse Christmas trees, Keep Cobb Beautiful is hosting convenient sites where area residents can drop off their trees. No other items will be allowed to be dropped off at sites. Various locations in Cobb County will accept trees from December 26, 2018 until January 5, 2019. To volunteer at a site location, look on

the website at www.keepcobbbeautiful.org and go to the volunteer section for more information.

The following locations will accept dropoffs from December 26, 2018 until January 5, 2019:

- > Noonday Creek Park
489 Hawkins Store Road
Kennesaw, GA 30144
- > Fullers Park (Lower Field)
3050 Robinson Road
Marietta, GA 30064
- > Home Depot
3605 Sandy Plains Road
Marietta, GA 30066
- > Home Depot
4101 Roswell Road NE
Marietta, GA 30062
- > Home Depot
2450 Cumberland Parkway SE
Atlanta, GA 30339

Before dropping off your tree, remove all non-organic objects such as lights, wire, tinsel, ornaments and nails. Foreign objects can contaminate the mulch and ruin the chipper. Flocked trees cannot be recycled and must be disposed of as garbage. Davey Trees at 770-451-7911, as well as the Cobb parks locations will have free mulch available to citizens after January 8. For more information and/or to receive a mulch request form, contact at 770-528-1135 or visit: www.keepcobbbeautiful.org. 🌱

DID WE MISS YOUR LOCATION?

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

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

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

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- **All buses are \$20,**
regardless of the day.
- **All cars/trucks are \$10**
on the dates of November 22-25,
December 14-31 and all Fridays,
Saturdays and Sundays.
- **All cars/trucks are \$5**
on the dates of November 26-29,
December 3-6 and
December 10-13.

Share your Lights of LIFE photos on social media with
us for a chance to win a prize! Snap a pic and use
#iheartlightsoflife

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Health and Wellness

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Biology | Biopsychology
Business Administration
Computer Information Management
Culinary Nutrition | Dietetics | Exercise Science
General Studies | Health Coaching
Human Ecology | Nutrition | Psychology
Positive Human Development and Social Change

MASTER'S DEGREES

Athletic Training | Clinical Nutrition
Positive Psychology | Sport Health Science

DOCTOR OF CHIROPRACTIC ONLINE MASTER'S DEGREES

Positive Psychology

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B.S. Biology
B.S. Psychology

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