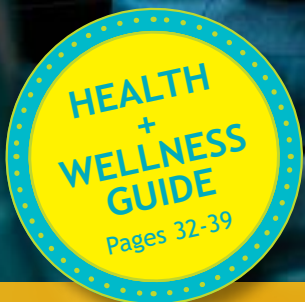
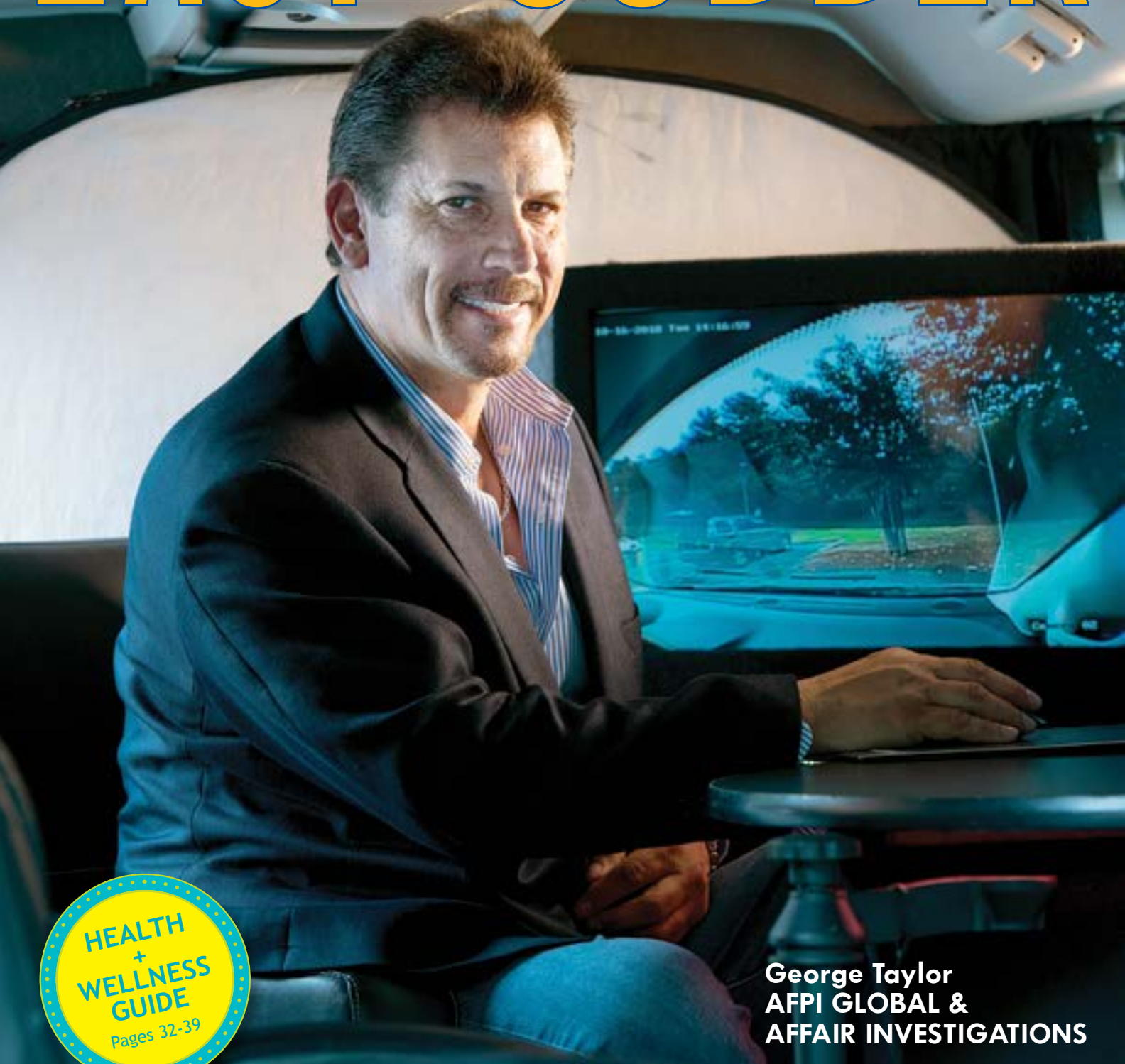


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**George Taylor**  
**AFPI GLOBAL &**  
**AFFAIR INVESTIGATIONS**

**Do Good Guide** PAGES 14-17 | **Community Calendar** PAGES 20-24 | **Support Groups** PAGE 51

**Early Bird Day Camp Guide** PAGES 40-45 | **Pet of the Month** PAGE 26 | **Seniors** PAGES 46-49

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## Health & Wellness Guide

Local health experts and resources  
are listed to help you shape up and  
lead a healthier lifestyle in 2019.

## EAST COBBER

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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



It's officially the start of a New Year, and for most of us, it means the start of a New Year's resolution list! This time of year sees many of us setting worthy goals for ourselves: eat less, exercise more, get organized... self-improvement is always important and our Health & Wellness section (pages 32-39) offers local resources and experts to help you achieve some of those New Year resolutions.

This issue also reminds us to also look beyond ourselves when making those goals for 2019. How 'bout resolving to get more involved in 2019? The annual "Do Good Guide" (pages 14-17) offers a list of local non-profits that

could use your help. Volunteering benefits those who give as well as those who receive. I hope you will consider helping out the groups listed in our "Do Good Guide" and/or go beyond that list and see if your local theater, youth group, library, school, or church could use your help. Consider joining a club. See page 50 for club meeting times and contact information.

One of the best parts about ringing in the New Year is the chance to reflect on our own lives over the past year and make goals to help us do things a little better. One of my many New Year's resolutions is to serve my EAST COBBER readers better. There is so much information about East Cobb people, events and issues, I can't possibly fit it all in this magazine. Social media allows the EAST COBBER more ways to share that info. In addition to print advertising, EAST COBBER is evolving into a media company that offers a variety of platforms—from blogs, e-newsletters, a Facebook page, and more special events—that promote the people, causes and businesses in this great community! You can keep up with what is going on by:

- > Liking us on Facebook: [Facebook.com/eastcobber](https://www.facebook.com/eastcobber)
- > Following us on Twitter @EastCobber; and,
- > Seeing our pics on Instagram @eastcobber, and
- > Signing up for our e-newsletter by visiting [www.eastcobber.com](http://www.eastcobber.com).

Of course, let me know if I overlooked another way to spread the news, by emailing me at [cynthia@eastcobber.com](mailto:cynthia@eastcobber.com).

Here's to a happy and prosperous 2019!

Happy New Year!

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

Cynthia M. Rozzo  
Founder & Publisher  
[cynthia@eastcobber.com](mailto:cynthia@eastcobber.com)

P.S. For all of you planners, this issue of the EAST COBBER also includes our Early Bird Summer Day Camp Guide (pages 40-45) which features local day camps to help you ensure your children have an enriching summer!

## On the Cover

This month's front cover features George Taylor, president and founder of AFPI Global & Affair Investigations.

AFPI specializes in private investigative services in the Metro Atlanta area. George and his team can help with background checks, computer/cell phone forensics, missing persons, child endangerment, affairs and more.

George has over 30 years of investigative experience. This includes his work as a Private Investigator and as a Federal Agent with U.S. Customs and Department of Homeland Security.

George's experience and dedicated staff provide him the foundation he needs to handle any investigation. He and his team understand how important it is to find the answers their clients want and deserve.




"Rest easy when you know the truth by hiring a professional to handle your investigation," George says.

AFPI's office is located at 570 W. Crossville Road Suite 103 in Roswell. Call to schedule a meeting at 404-697-9362. For more information, read their story on page 6 or visit [www.afpiglobal.com](http://www.afpiglobal.com).





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# GET ANSWERS YOU CAN TRUST WITH AFPI GLOBAL & AFFAIR INVESTIGATIONS



**AFPI Global & Affair Investigations  
owner, George Taylor**

It can be difficult to decide who to trust these days. Recently, an elderly woman suspected that one of her caregivers might be stealing from her. She hired AFPI Global & Affair Investigations (AFPI) to see if they could track down her stolen mementos and identify the thieves. Through careful investigation, the AFPI team was able to find her belongings and turn the culprits over to the police. The woman now has her treasured possessions back and peace of mind about who she is letting in her house.

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

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

AFPI Global & Affair Investigations to help people in East Cobb and the Atlanta area.

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

The AFPI team uses the most advanced technology and surveillance equipment to find the truth fast. Obtaining answers to family problems that weigh heavy on the heart and keep his clients up at night is his passion. He recommends consulting with his team before you start investigating on your own. As a third-party consultant, he can provide evidence that you need – and that won't be dismissed in court.

Taylor also conducts security evaluations for homes and local businesses. If you are worried that you may be watched, recorded or tracked without your permission, the AFPI team can conduct a counter-measures sweep of your home, automobile, phones and computers. Their forensics tools can also check your smart phone to ensure that it hasn't been hacked or being monitored and also discover deleted messages and texts that may have been hidden.

In this age of technology and social media, it's not easy to know everything our children are doing online and especially on their phone. Taylor's team can provide suggestions to help parents with his "Parent Help Program."

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

AFPI's reviews speak for themselves. One client shared, "Working with AFPI for the past few months has been an enlight-

ening experience and an eye opener for me and my company. An employee of 12 years had been stealing me blind for years. Thanks to George Taylor for his perseverance and professionalism to get to the bottom of our issues and not give up."

George's team also recently helped with a stalker case that impacted an entire family.

"AFPI Global Investigations has been such a pleasure to work with. I decided to call a Private Investigator after my ex-boyfriend spent hours texting, calling, harassing and stalking me. George worked with me day and night to help make me feel safe and secure; He was always a phone call or text away no matter what time it was. I strongly feel my case was made a top priority. I cannot express in words how thankful my family and I are for the time, effort and resources provided for my case, so that we could collect evidence needed, and to help my family and I resolve the issue at hand," the client shared in a review.

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



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# STEPS TO A SUCCESSFUL JOB SEARCH



**Richard Reichner,**  
RFR Affiliates

**Seeking employment?**

**Having difficulty writing an effective  
resume and/or generating interviews?**

**Not receiving offers from interviews?**

**Unclear on how best to negotiate your  
desired salary?**

**You're not alone.**

For most, a job search is a stressful and intimidating process. It is also a complicated procedure, requiring successful navigation of multiple hurdles imposed by a prospective employer, each step becoming more unwieldy as the selection process becomes more stringent. Adding to the stress is the possibility of rejection, which can occur anywhere along the line.

Consider this typical search scenario:

- Preparation of a Cover letter and Resume
- Job Submission and Follow-up Procedures
- Application Completion and Information Disclosure,
- Phone-screening Protocols
- Face-to-Face Interviewing Strategies
- Reference Gathering and Background Check Procedures
- Negotiation Strategies and Offer Generation
- The Resignation Process

Yet, under such difficult odds, many people conduct job searches unsystematically, without proper advisement, often making critical strategic mistakes – then, unwittingly, *repeating* the same mistakes with the next potential employer. In any competitive marketplace, these oversights and errors must be eliminated.

I am a 30+ year independent recruiter and employment counselor. Having worked with hundreds of decision-makers, I've identified the mechanisms/patterns by which most employers select and reject candidates. Such information, while vital, is not normally available to the job seeker, as most hiring officials are mandated *not* to discuss the employer's hiring rationale. However, as an independent, I am under no such obligation. Should you retain my services, I work for *you*.

For hundreds of job seekers, the feedback received and subsequent recommendations I've made – pragmatic advice, strategies and tips that most candidates cannot obtain on their own – have proven to be invaluable in eliminating costly tactical errors, reducing the unpredictability and stress of the search process and, ultimately, maximizing the likelihood of success.

I would like to pass this information along to you.

For more information, contact Richard Reichner, RFR Affiliates at [rfr@rfrservices.com](mailto:rfr@rfrservices.com) or 770-310-4266. [www.linkedin.com/pub/richard-reichner/5/7b9/7a3](https://www.linkedin.com/pub/richard-reichner/5/7b9/7a3)

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# GET YOUR MOVE ON THIS NEW YEAR

*By Ashley Saunders, Health & Wellness Chair, East Cobb County Council of PTAs*

**H**appy New Year! Cheers to new beginnings, a fresh start and renewed motivation. Last year I shared that there are 5 main areas of health: Physical, Mental, Social, Emotional and Spiritual. This year, I just want to focus on the physical area. Taking care of physical health can benefit all the other areas, as well. There are four main pillars of physical health: exercise, nutrition, sleep and stress. Exercise can help with the sleep and stress pillars, as well.

The definition of exercise is: "horrible." That was a joke. It's not horrible. Really, it's not. That might be most people's opinion, but it is not the actual definition. Exercise is- "bodily or mental exertion, especially for the sake of training or improvement of health". Get your body moving—more than just your thumb on your phone or reaching for the TV remote. It can be simple and it does not have to be horrible! Of course, the more effort you give, the greater the results can be, but something is better than nothing. You don't have to make resolutions if you don't want to, but do make a plan. Don't try to change everything at once! That will overwhelm you and derail you by February 1st. Pick one or two activities and make time for them. There is rarely time left over to "squeeze it in." Make movement a priority for your day, at least 5 out of 7 days a week. It helps to find something you like to do! You are more likely to stick with something that you actually enjoy doing. For example, I have a friend, who is an 80 year old widow, who loves to square dance. It's great for movement, low impact and keeps her socially healthy, too. She recently moved to Minnesota and square dancing has been a great indoor way for her to stay active and to meet new people. You could search for dance classes near you. Pick whatever you like—ballroom, salsa, swing, line-dancing, hip hop, or whatever interests you. Just get your move, or groove on!

Here are some other ideas:

- > **Join the Y(MCA).** They offer a variety of health improving services. Also, an added bonus for parents is that the childcare is inexpensive and they even do parent's night out occasionally. That could be great for your mental, social, and emotional health as well!
- > **Lifetime Fitness** has lots of great things for the kids to do as well as the parents. They offer indoor rock climbing, indoor and outdoor pools, and many other family friendly activities.
- > **Do you need low impact activities?** Have you ever thought about water aerobics, or yoga/pilates, or even cycling? These activities can be beneficial, yet not as much impact on the body/joints.
- > **If you don't have enough money to join a gym, head to the parks.** If it's cold/rainy outside, go walk around the indoor mall. There are plenty of options to get moving yourself and with your family, no matter the ages.
- > **Go hiking or explore** some of our many parks in East Cobb. Check out this website for some ideas near you: [www.eastcobb.com/attractions/parks](http://www.eastcobb.com/attractions/parks).
- > **Do a couch to 5K** with your kids, or with a friend, or by yourself. Even if you are an avid runner, maybe do a short one, just for fun! Here is a website that lists some races that are upcoming in Cobb County: [runningin-theusa.com/race/list/cobb-county-ga/upcoming](http://runningin-theusa.com/race/list/cobb-county-ga/upcoming).

There are so many more options available! Whether you're a parent or not, you have an impact on the next generation. Lead by example, and let's show them what it is to be a healthy individual—in all 5 areas—but especially in physical health. Find something that fits your groove—indoor/outdoor, individual/group, free/cost, high impact/low impact—and get your move on in 2019! 🏃‍♀️



Ashley is also the Health & Wellness Co-Chair for the Rocky Mount Elementary PTA. She and her husband, Les, reside in Lassiter district along with their three kids, two of whom are students at Rocky Mount Elementary School. She taught PE at Palmer Middle and Dickerson Middle Schools before she became a stay-at-home mom that never stays at home.



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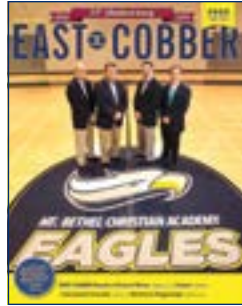
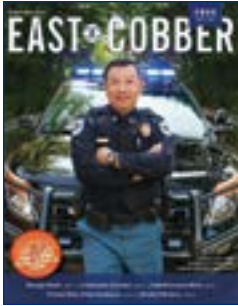
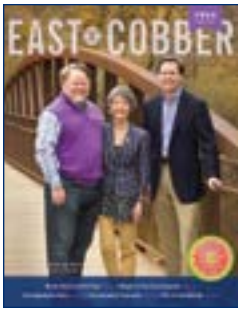
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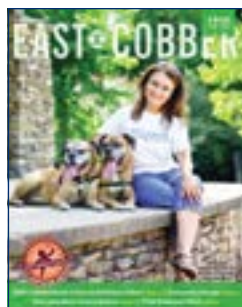
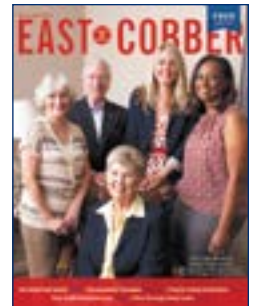
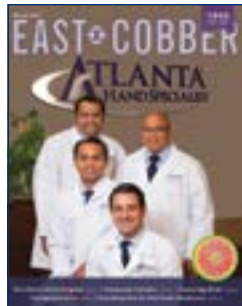
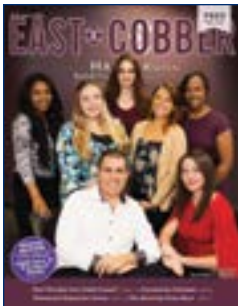




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# HUNTINGTON LEARNING CENTER HELPS KIDS AND TEENS ACHIEVE ACADEMIC SUCCESS



Owners Frank and Montse Fabregas

The quest for good grades and success in school can be fulfilled if you know the right place to look for it. For East Cobb, that place is Huntington Learning Center. Adhering to the philosophy that one size does not fit all students, Huntington is a local leader in tutoring and test prep. It has faithfully served the East Cobb community for more than 20 years and has changed the lives of more than 2,000 students from kindergarten through 12th grade.

When is the right time for a student to seek help from Huntington? Frank Fabregas, co-owner of Huntington's East Cobb location along with his wife Montse, identifies situations such as when a student is having difficulties in a specific subject, experiencing low self-esteem due to poor grades, or wanting at the high school level to improve SAT or ACT scores to expand his or her college options.

"I have never met a student who couldn't do the academic work that was expected of him or her," says Fabregas. "That student simply needed to build the skills necessary to do well in school.

"I like to use the analogy of teaching someone to swim," continues Fabregas. "We will use John as an example. John sinks underwater each time he steps into the pool because he can't swim. We start John off in the shallow end to learn basic swimming skills. He then becomes confident in his ability to tread into deeper water, ultimately swimming the entire length of the pool. John can now swim anywhere at any time. It's the same at Huntington. Once a student masters the skills, that student can depend upon and trust in those academic skills forever."

Mastering the skills involves following a path that is proven to produce results. Fabregas cites the statistic that the average percentage for improving reading comprehension is 48 percent for students who complete the Huntington program, which lasts typically three to six months.

Here is how it works: For each new student, Huntington conducts a comprehensive academic evaluation and then a personalized learning plan is developed to meet the student's needs. That student receives personalized tutoring to help him or her learn at an individual pace to build skills, confidence, and motivation. Regular conferences with parents to discuss student's progress take place.

Although Huntington has been in East Cobb for 20 years, Frank and Montse purchased the franchise four years ago and have been



diligently working to improve every aspect of Huntington's services. In fact, in October 2018, the East Cobb center was awarded the Huntington Chairman's Award for superior customer service. Eileen Huntington, CEO and co-founder, was quoted as saying, "Francesc and Montse are very deserving of the award. They are an asset to the Huntington organization and individuals who sincerely care about helping children succeed and become better students."

East Cobb parents seem to agree with the Huntington CEO. Reviews on Huntington's website further demonstrate the commitment of the East Cobb center's staff to student success. One parent wrote in June 2018: "In January we were told our son had no possibility of catching up to be promoted to second grade in the time left. Huntington identified the holes in his education. They put a plan together specific for him. The instructors

are remarkable. My son is confident and happy with learning. In April we were told he would be promoted to second grade. In May we were told he may be selected for the gifted program in the second grade."

More recent reviews include:

- > "Daily communication with parent on child's progress. I also like the progress my daughter made on her ACT while being on the program."
- > "We are very impressed with the tutoring our son has received. His testing scores improved dramatically in just 26 hours."

If your student is experiencing difficulty in math, reading, writing, study skills, or needs SAT or ACT prep, visit [www.huntingtonhelps.com/center/east-cobb](http://www.huntingtonhelps.com/center/east-cobb) to learn more. It's located in the East Cobb Crossing shopping center, 4381 Roswell Road, Suite 240. For an appointment, call 770-977-3112.



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Sunday: Closed

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[huntingtonhelps.com/center/east-cobb](http://huntingtonhelps.com/center/east-cobb)





Ashley Brown

# LASSITER GRAD LEADING LOCAL WINE TO WATER CHAPTER

*By Hannah Greco*

Nearly 663 million people worldwide lack access to clean water and another 2.4 billion people lack access to adequate sanitation. The Atlanta chapter of the non-profit Wine to Water is devoted to fighting this global crisis. Lassiter grad (Class of 2013), Ashley Brown, is the social media volunteer for Water to Wine's Atlanta chapter. Part of her duties is raising awareness about global water access by bringing together Atlantans who want to help with wine tasting fundraisers, as well as coordinating volunteer trips to Wine to Water's various overseas projects.


In fact, Ashley recently returned from a two week trip to Nepal to help bring clean water access to the villages of Kalyanpur. During the trip, Ashley and her team built retaining walls, dug trenches, laid piping and made other improvements for the drinking water of Kalyanpur.

Initially, Ashley thought she would just be helping to provide access to clean drinking water to the village, but she could have never anticipated what she learned

and gained during her time in Kaylanpur. "I truly believe that water was just the bridge connecting people from different sides of the Earth together. Water allowed us to empower each other and encourage each other," Ashley says.

Ashley says that she hopes to continue her work and travels with Wine to Water. She is currently on track to become a trip leader, which would put her in charge of planning more trips to help bring clean drinking water to other communities.

"I want to bring and lead people to volunteer for Wine to Water and show them what I felt in Nepal. I believe it is so important to see other cultures. It changes your outlook and perspective and makes you appreciate other cultures, as well," Ashley says. "Wine to Water has changed my life. It has given me joy I never knew existed."

If you are passionate about helping those in need of clean water, visit [winetowater.org](http://winetowater.org) or email Ashley Brown at [ashleyrbrown08@gmail.com](mailto:ashleyrbrown08@gmail.com). 



# MY PERSONAL JOURNEY FOR BETTER BREATHING AND BETTER SLEEP

In my early forties, I began waking up during the night with my heart racing and had trouble falling back asleep. I visited my MD who prescribed me anti-anxiety and sleep medications, but even on these medications, I woke most nights, sometimes with a gasp, and then lay there awake for a couple of hours.

I assumed that my sleep issues could be attributed to being in my 40s and having the stress of a busy practice and three elementary-aged kids. I also had a lot of headaches that started from the neck area, so I was getting regular massages, chiropractic adjustments, acupuncture and dry needling. For several years, I had worn a bite guard at night to protect my teeth from my grinding which had worn my posterior teeth flat.

After dealing with these sleep issues for a few years, I happened to participate in a course my study club offered on a new topic to dental medicine—sleep-disordered breathing. I learned that some people grind their teeth as a response to airway limitation and that the forward head position I'd developed was actually my body's way of helping to create a more open airway. Even as a child, my dad often

commented I needed to stand up straight with my head and shoulders back. Neither of us knew my perceived bad habit was actually a desperate attempt for my body to get the oxygen it needed. While my body's coping mechanism would somewhat aid my breathing, it also strained my neck muscles, contributing to my headaches and neck pain.

I now understand that not sleeping well can lead to anxiety and concentration/memory issues as well as body aches and pains, all of which were problematic for me. The heart racing I experienced during the night was my body's way of saying, "Hey, I need more oxygen!" By the end of the course I had decided to ask my doctor to recommend a sleep study for me.

Just 2 weeks later, I received the results—moderate sleep apnea. Since then, I have studied in-depth the factors that contribute to sleep-disordered breathing in children and adults and have been able to greatly improve my quality of sleep.

Using my experience in dealing with my own sleep apnea enabled me to transform my practice to help families. I look at tonsils in children as well

as jaw development, narrow arches, continued thumbsucking, bed wetting, dark circles under the eyes, hyperactivity, snoring, which are all signs of sleep-disordered breathing in children. I am also helping tired adults and those with worn or broken teeth improve not only their dental health but their overall health, as well by recognizing potential sleep breathing issues.

Some of the symptoms which show up during dental examinations are TMD (pain or dysfunction in the jaw joints), tooth wear, broken teeth and scalloped tongues. Because I know that years of poor sleep and sleep-disordered breathing can lead to health issues and dementia, I feel grateful for my own personal journey that is helping me improve the quality of life for many patients.



**Dr. Cristi Cheek** is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit [www.cheekdental.com](http://www.cheekdental.com).

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## MAKE A NEW YEAR'S RESOLUTION TO VOLUNTEER



At the start of each new year, people make a list of things they are going to do to improve their lives. We say we are going to eat less and work out more. Think about making resolutions that will not only help you, but help your community. Volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. Or if your time is really in short supply, maybe you can donate the furniture, clothing and other household items that you no longer need. In addition to our local schools, synagogues and churches, here's a sampling of some local, non-profit organizations that are in need of volunteers, financial contributions and/or miscellaneous donations.

### **ADOPT-A-STREAM PROGRAM**

(Watershed Stewardship Program)

This Cobb County program provides participants the opportunity to learn about the watershed they live in with a variety of programs designed to help people learn how to improve local water quality through hands-on activities for all ages. Free.

[www.cobbcounty.org/watershed-stewardship](http://www.cobbcounty.org/watershed-stewardship) **770-528-1482**

### **AMERICAN RED CROSS**

Provides care to those in need. A network of generous donors, volunteers and employees who share a mission of preventing and relieving suffering.

1955 Monroe Drive  
Atlanta, GA 30324  
[www.redcross.org](http://www.redcross.org)

**404-876-3302**

### **BACKPACK BLESSINGS**

Provides food for elementary school children who qualify for the free meal plan and go without food on the weekends.

Tony Palermo, Volunteer Crew Leader, Board Chairman  
[www.backpackblessings.org](http://www.backpackblessings.org)

**678-245-1252**

### **CENTER FOR CHILDREN & YOUNG ADULTS**

Provides secure residential care for Cobb County's abused and neglected children.

Kimberly Tinsley, Volunteer & Activities Coordinator  
[ktinsley@ccyakids.org](mailto:ktinsley@ccyakids.org); [www.ccyakids.org](http://www.ccyakids.org)

**770-333-9447**

### **THE CENTER FOR FAMILY RESOURCES**

Provides emergency assistance to families in Cobb County so that they can acquire the resources they need to become independent and self-sufficient, thereby breaking the cycle of poverty.

Alicia Ferguson, Development & Volunteer Coordinator  
995 Roswell Street, Suite 100, Marietta 30060  
[theCFR.org](http://theCFR.org)

**770-428-2601**

### **COBB COMMUNITY FOUNDATION**

Promotes philanthropy to create and support a vital and caring community. It builds a collection of endowment funds and distributes the proceeds to nonprofit organizations that serve the community's members.

Cobb Chamber of Commerce  
240 Interstate North Parkway, Atlanta, GA 30339  
[www.cobbfoundation.org](http://www.cobbfoundation.org)

**770-859-2366**

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**COBB COUNTY JUVENILE COURT – CITIZEN PANEL REVIEW**

A volunteer-supported program tasked with reviewing foster care cases.

Michael Figueras; michael.figueras@cobbcounty.org

www.cobbcountyga.gov 770-528-2284

**COBB COUNTY JUVENILE COURT SPECIAL ADVOCATE**

A Court Appointed Special Advocate (CASA) is a trained community volunteer appointed by a Juvenile Court Judge to speak up for the best interest of an abused or neglected child involved in a juvenile court proceeding. Seeking volunteers for future training classes.

Carlene Redmond

www.cobbcountyga.gov 770-528-2285

**COBB COUNTY JUVENILE COURT YOUTH DIVERSION PROGRAM**

This program is for first offenders with minor offenses. These juveniles are given the opportunity to appear before a panel of community volunteers instead of a judge. Volunteers are needed to serve on the panel. Training provided and required.

Bridget Jones

www.cobbcountyga.gov 770-528-2042

**COBB COUNTY PUBLIC LIBRARY SYSTEM**

Help needed with shelving and straightening paperbacks and periodicals as well as other opportunities as listed on website.

www.cobbcat.org 770-528-2320

**COBB COUNTY SHERIFF'S OFFICE VOLUNTEER PROGRAM**

Cobb County Sheriff's program is looking for residents to assist deputies and other staff in sheriff's day-to-day office operations.

Kim Norrell

www.cobbcounty.org 770-499-4651

**COBB LITERACY COUNCIL**

Needs tutors for GED as well as administrative help.

Donna Frankovsky

dfrankovsky@cobbworks.org

www.cobbworks.org 770-528-8094



# COMING IN OUR FEBRUARY ISSUE!

**SPECIAL  
SECTION:**  
**21st Annual  
Child Care +  
Preschool  
Guide**

**EAST COBBER is the only magazine that publishes a comprehensive and complete list of child care facilities and preschools in East Cobb: The 21st Annual Child Care & Preschool Guide!**



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# DO GOOD GUIDE

## THE EXTENSION

A residential recovery program for the homeless. Needs volunteers to plan, prepare and serve meals.

Tyler Driver, Executive Director & Volunteer Coordinator  
1507 Church Street (Men's Extension)

Marietta 30060

130 Holiday Street (Women's Extension)

Marietta 30060

tylerdriver@theextension.org

www.theextension.org

770-590-9075 x.301

## FAMILY PROMISE

Mission is to help homeless and low-income families achieve sustainable independence through a community-based response.

Camilla Worrell, Executive Director

1823 Blackwell Road, Marietta 30066

volunteers@familypromisecobbcounty.org

www.familypromisecobbcounty.org

678-594-3150

## FOSTER CARE SUPPORT FOUNDATION

Helps abused and neglected children experience a kinder side of daily life while in their foster care home. Volunteers needed to help in the distribution center and the resale shop.

115 Mansell Place, Roswell 30076

vol@fostercare.org

www.fostercare.org

## FRIENDS FOR THE EAST COBB PARK

For the establishment, maintenance, and expansion of the only passive park in East Cobb.

Lee O'Neal, President

info@eastcobbpark.org

www.eastcobbpark.org

## GEORGIA AARP TAX-AIDE

Seeks volunteers for tax counselling service between mid-January and April 15.

www.aarp.org

1-888-687-2277

## GIRLS INC. OF COBB COUNTY

Provides programs to promote self-esteem in young women.

Seeks people to donate time and skills working with girls in an activity or class such as arts and crafts, computer training, sports, aerobics, and tutoring.

Talia Sylvain, Volunteer Coordinator

461 Manget Street, Marietta 30060

www.girlsincatl.org, tsylvain@girlsincatl.org

770-422-0999

## HAPPY CAPS

Volunteers make and give handmade hats to people suffering hair loss due to cancer treatment – or any medical condition – to keep their head warm, to remind them each time they wear it that there are people who care.

Happy Caps Atlanta

142 Flagstone Way, Acworth 30101

contact@happycapsatlanta.org

happycapsatlanta.org

770-653-9448

## HELPING HAND FOUNDATION

Improves the lives of local families by providing support through financial assistance, resource networking, fundraising events and volunteer leadership.

Melisa White, Founder/Executive Director

3605 Sandy Plains Road, Suite 240-265, Marietta 30066

www.helpinghandfoundationga.org

770-596-8667

## JUNIOR LEAGUE OF COBB - MARIETTA

Organization of women committed to promoting voluntarism, developing the potential of members and improving the community through the effective action and leadership of trained volunteers.

505 Kennesaw Avenue, Marietta 30060

www.jlcm.org

770-422-5266

## liveSAFE GEORGIA

liveSAFE Georgia, formerly the YWCA of Northwest Georgia, established in Cobb County in 1917, is an organization that works to empower, educate, advocate and unite. Their philosophy is to stand up and speak on behalf of those who cannot speak for themselves in the arenas of domestic violence and sexual assault.

Beth Ramirez, volunteer and Intern Coordinator

48 Henderson Street SW, Marietta 30064

www.livesaferesources.org

770-423-3562

## MAKE-A-WISH FOUNDATION OF GEORGIA

Grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. The Foundation needs office volunteers, fundraisers and wish granters.

Beth Parmer

1775 The Exchange SE, Suite 200, Atlanta 30339

bparmer@georgia.wish.org

www.georgia.wish.org

770-916-WISH (9474)



## READ MORE. DO MORE.

Each EAST COBBER issue and eastcobber.com's blogs offer you the latest in local arts and entertainment, dining, community events, school news, and health tips.

Get more out of East Cobb: visit [www.eastcobber.com](http://www.eastcobber.com)

**MUST MINISTRIES**

Since 1972, MUST has provided services to the poor and homeless in Cobb and Cherokee Counties.

1407 Cobb Parkway, Marietta 30062

volunteer@mustministries.org

www.mustministries.org/BeHelp

**770-427-9862**

**NORTHWEST METRO ATLANTA  
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Strives to eliminate substandard housing in Cobb County through new home construction and existing home renovation. Also offers zero-interest loans.

1625 Spring Road, Smyrna 30080

www.nwmetroatlantahabitat.org

**770-432-7954 x100**

**RALLY FOUNDATION**

Empowers volunteers across the country to raise awareness and funds for childhood cancer. Volunteers needed for special events and fundraisers

Maureen Barry, Volunteer Coordinator

5775 Glenridge Drive, Building B, Suite 370

Atlanta 30328

info@rallyfoundation.org

www.rallyfoundation.org

**404-847-1270**

**SAFE AMERICA FOUNDATION**

They distribute information, develop and facilitate programming, and support businesses and products with a focus on emerging health and safety issues at home, work and play.

2000 First Drive, Suite 310, Marietta 30062

info@safeamerica.org

www.safeamericadrivers.org

**770-973-7233**

**SAFE KIDS COBB COUNTY**

Safe Kids Cobb County is committed to reducing and preventing accidental injuries to children in Cobb County. It provides information and education on the following topics:

Car and Booster Seats, Poison Prevention, Water Safety,

Bicycle/Wheel Safety, Home Safety & Pedestrian Safety.

Sponsors car seat checks, bike rodeos, and safety fairs.

Lisa Grisham, Safe Kids Co-Coordinator

114 Cherry Street, Suite G, Marietta 30060

www.safekidscobbcounty.org

**770-793-7185**

**SAFEPATH CHILDREN'S ADVOCACY CENTER**

Ensures a child-friendly environment in which child victims of abuse and neglect can feel safe and comfortable during the process of intervention and investigation. Caring adults are needed to greet families and supervise children in their playroom/waiting area during the day, and in the evening on Mondays and Wednesdays.

736 Whitlock Avenue, Suite 600, Marietta 30064

info@safepath.org; www.safepath.org

**770-801-3465**



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**SIMPLE NEEDS GA**

Monthly hands-on projects help the homeless and children in need. Check out website for other opportunities.

P.O. Box 670265, Marietta 30066

info@simpleneedsgea.org

www.simpleneedsgea.org

**678-266-3344**

**UNITED WAY OF GREATER ATLANTA**

United Way does "whatever it takes" to help the Cobb community focus and get results on important human issues. While United Way does raise and invest dollars, it also helps people volunteer, lend their professional expertise, donate household and office items and advocate on behalf of issues.

Bianca Ash, Regional Director

995 Roswell Street, Suite 338, Marietta, GA 30060

info@unitedwayatlanta.org

www.unitedwayatlanta.org

**770-428-8344**

**WELLSTAR**

WellStar volunteers are an integral part of the healthcare team. Volunteers provide service to the hospital while also promoting a caring attitude in the hospital and community. Volunteers interact daily with hospital team members, physicians, patients and patients' families.

330 Kennestone Hospital Boulevard, Marietta, GA 30060

www.wellstar.org

**770-793-7120**

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# SIMPLE NEEDS GEORGIA'S FOUNDER **BRENDA RHODES** IS CITIZEN OF THE YEAR



Brenda Rhodes holds her plaque designating her as East Cobb's Citizen of the Year.

At their November breakfast meeting, the Cobb Chamber East Cobb Area Council announced East Cobb's Citizen of the Year for 2018: Brenda Rhodes.

The Citizen of the Year Award is given to an individual whose impact throughout the years are recognized and regarded with pride throughout the area as a role model. These outstanding citizens are chosen for their definable, exceptional deeds, with which he or she has made their community a better place to live.

East Cobb resident Brenda Rhodes is the President and founder of the non-profit Simple Needs GA (SNGA). After many years of volunteering at MUST Ministries, Special Olympics, the Atlanta Community Food Bank, Hands on Atlanta, Wellstar Foundation and The Center for Family Resources, Brenda noticed some "gaps" that these worthy non-profits were not able to fill. As Brenda shares, "there are so many agencies doing great work, but most focus on the basic needs of food, clothing, shelter and job training. SNGA was created to 'fill in the cracks'

by meeting other unmet, but important needs."

SNGA's mission is "to meet the simple needs of children, people experiencing homelessness, and others in need, while inspiring our community to do the same."

In 2017, SNGA's "My Birthday Matters" program provided birthday gifts and other useful items to 217 homeless children in Cobb. SNGA's "Spirit of Christmas" program provided Christmas presents to 158 kids in 2017. The organization last year delivered 1,200 duffel bags of toiletries to MUST and other shelters around the county, as well as 200 new pairs of shoes for schoolchildren.

In addition to running a non-profit, Brenda is also able to maintain a full-time job as a business analyst to Genesys. In her spare time, she sings in the choir at First United Methodist Church and is a board member of the Georgia Symphony Orchestra.

A resident of East Cobb for the past 22 years, Brenda enjoys the easy access to "everything you need" and the generous spirit of her fellow East Cobbers. ☺

## EAST COBBER

*Next Issue: February • Deadline: January 15*  
*Call East Cobber: 770-640-7070*



**EAST COBBER**



# FIRST ALL-GIRL BOY SCOUT TROOP FORMING IN EAST COBB




- require registered adult female leaders at all events
- have its own Class A and Class B uniforms
- have separate meetings from the boys' troop at St. Peter & St. Paul
- host its own troop-level campouts
- work to acquire and maintain its own equipment
- attend council-wide functions and campouts, such as summer camp, jamboree, etc.
- attend courts of honor and other celebrations with boys' troops
- have every opportunity to earn the requirements to become an Eagle Scout.

"We have had 31 girls that have shown interest in joining and will gladly invite any girl aged 11-17 to join us and have some fun camping and scouting. Five high schools are represented and four middle schools. We are the first all girls troop in East Cobb and will be a stand-alone troop. We will meet on our own night, have our own group of leaders and be led by the girls. We have male and female adult leaders with about a 50/50 split ranging in age from 20-75-year-olds," explains Kes.

The next parent/girl information meeting is Tuesday, January 15 at 7:30pm. Anyone interested is invited to come and hear more about this new troop and meet the scouts and leaders. Girls and parents are also invited to the first official troop/scout meeting which will be held on Tuesday, February 5 at 7:15pm. The troop will meet every Tuesday after that from 7:15 to 8:45pm. All meetings will be held at The Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road in Marietta/East Cobb.

Scoutmaster Kes has already scheduled three campouts and a summer camp in the North Georgia Mountains will be offered. "We are on track to have the first female Eagle Scouts in Cobb County within a few years," says Kes. "We are a separate troop and will not camp or do many activities with the boy troops."

For more information, contact Scoutmaster Kes at [kes@kesstadler.com](mailto:kes@kesstadler.com) or visit the troop's Facebook page: "Girls Troop 2019 Scouts BSA." 

In October, Boy Scouts of America announced it would allow girls to join — the first time the organization has fully included girls since its founding in 1910 — as a way to get the whole family involved in scouting.

Scoutmaster Kes Stadler is forming the first all-girl scout troop for Scouts, BSA in East Cobb. Troop 2019 is an all-female scout troop that will make history when they launch on February 1. "We are actively recruiting young ladies now so we can get to know each other and prepare for registration," says Kes.

Here are some important things to note as you and your daughter consider membership, the all-girls troop will:

- include weekly meetings to learn and practice leadership skills, work on a merit badge and advancement requirements, and to plan the calendar.
- have monthly events and campouts/outdoor adventures at least once per quarter.
- have its own trained volunteer staff
- require all adults to maintain BSA Youth Protection Training certification

**EAST COBBER**

**NEXT ISSUE: FEBRUARY • DEADLINE: JANUARY 15**  
**CALL EAST COBBER: 770-640-7070**

# 2019 January 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: [www.cobbemc.com/content/request-wood-chips](http://www.cobbemc.com/content/request-wood-chips).

## EVERY WEDNESDAY

**Family Fun Time at East Cobb Library.** Family Fun Time is for families with children of all ages. Can include books, activities, a short film, parachute play, music and a craft. This program encourages a love of reading and learning as well as the use of fine and large motor skills. All story times require a participating adult. Free. Starts January 9. 3:30-4:15pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: [www.cobbcat.org](http://www.cobbcat.org).

**Little Listeners.** Enjoy an interactive story time with your child that incorporates read a louds, rhymes, music and movement activities while encouraging reading readiness and fun. Ages 3-5 with a participating adult. Free. Starts January 9. 10:15-11am. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: [www.cobbcat.org](http://www.cobbcat.org).

## EVERY SATURDAY

**Marietta Square Farmers Market** features products that are grown and produced in Georgia, including produce, plants, honey, breads, cheese and other items. Saturday 9am-12pm. Rain or shine. Now open all year. Glover Park-Marietta Square, 50 N Park Square, Marietta. More info: 770-499-9393 or [mariettasquarefarmersmarket.net](http://mariettasquarefarmersmarket.net).

## THROUGH JANUARY 4

**Cobb County schools closed for winter break.**

## 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 in advance online or \$15 at door. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info/tickets: [www.georgiabridalshow.com](http://www.georgiabridalshow.com).

## JANUARY 8

**Cobb Chamber First Monday Breakfast.** Join fellow business professionals as Cobb County Commission Chairman Mike Boyce gives the annual State of the County address. 7:30-9am. General admission: \$60; Chamber members: \$30. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or [www.cobbchamber.org](http://www.cobbchamber.org)

**Cobb Young Professionals (CYP) Kick-Off Social.** Kick off the year at the Georgian Club with hor d'oeuvres, drinks and networking with 100+ Cobb Young Professionals. If you have never been to a CYP event before or have a friend or co-worker you've been wanting to bring, this is the perfect event to see what it's all about. Members Online: Free; Members At-Door: \$10; Non-members: \$20. 5:30-7:30pm. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: [www.cobbchamber.org](http://www.cobbchamber.org).



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## JANUARY 10

### KSU Continuing Professional Education Open House.

Discover how Kennesaw State University (KSU) Continuing Education classes can help you reach your personal and professional goals. Get a sneak peek at numerous courses and certificate programs offered annually. 6-8:30pm. Free. KSU Center, 3333 Busbee Drive NW, Kennesaw. More info: Registration required and can be completed at [ccpe.kennesaw.edu/student-resources/open-house](http://ccpe.kennesaw.edu/student-resources/open-house) or 470-578-6765.

## JANUARY 10-13, 16-20, 23-27

**Moonlight & Magnolias** presented by the Georgia Ensemble Theatre. The ultimate "Hollywood secrets" insider story. Take a peek behind the camera as David O. Selznick, Victor Fleming, and Ben Hecht lock themselves in an office with a 5-day supply of peanuts and bananas to solve the near-disaster of *Gone With the Wind*. Show times: Wednesdays: 7:30pm; Thursdays-Saturdays: 8pm; Saturday 1/19 & 1/26: 4pm; Sundays: 2:30pm. Tickets start at \$26. Georgia Ensemble Theatre, Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-641-1260 or [www.get.org](http://www.get.org).

## JANUARY 11

### Cobb Chamber Executive Women (CEW) Luncheon.

The speaker will be Sharon Mason, CEO of the Cobb Chamber, 11:15am-1pm. CEW Members: \$30 online; Guests: \$40. The Georgian Club, 100 Galleria Parkway, 17th floor, Atlanta. More info/ registration: [www.cobbchamber.org](http://www.cobbchamber.org) or [rchadwick@cobbchamber.org](mailto:rchadwick@cobbchamber.org).

### Thyme to Read: Winter Garden by Kristin Hannah.

Discussion facilitated by Chris Force 10:15-11:15am. Cobb Water Lab, 660 South Cobb Drive, Marietta. More info: 770-528-4070 or [cobbmastergardeners.com](http://cobbmastergardeners.com).

## JANUARY 11-13

### Special Olympics Georgia State Indoor Winter Games.

Special Olympics athletes from around the state head to Cobb County for the Indoor Winter Games. Over 2,100 athletes, coaches, and unified partners from across the state of Georgia will participate in: Basketball, Bowling, Floor Hockey, Artistic Gymnastics, and Powerlifting. Free. Opening ceremony Friday at 7:30pm. Various events at various locations. More info/volunteer info: [liz.smith@specialolympicsga.org](mailto:liz.smith@specialolympicsga.org).

## JANUARY 12

**White Elephant Auction** hosted by Friends of East Cobb Senior Center. Selling new and gently used items, including, small new appliances, canister sets, wicker vanity & stool, novelty cookie jars, kitchen items, pictures, linens, vintage hats, handbags, baby patchwork quilt...and more. \$5 includes all beef hot dog & choice of beverage. No reserve, bidding starts at \$1. Cash only. No buyer's premium! All proceeds go to Friends of East Cobb Senior Center. Doors open: 10:30am; Preview: 11am-12noon; Auction: 12noon. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-4900.

### Meet The Poets: Spoken Word Showcase and Open Mic.

In the Blackbox Theater which will include an opportunity for crowd participation with an Open Mic! Hosted by MasterPeace, featured showcase poets are: Mr. B Rock, Camille Victoria, and Justin Patton. Free. 2-4pm. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: [www.cobbcat.org](http://www.cobbcat.org).



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# COMMUNITY CALENDAR

## JANUARY 12, 29, & 26

**STEAM Team.** Part of the Family Stage Series at the Georgia Ensemble Theatre. Meet Scout, Taylor, Elliot, Aubrey, and Misha, five friends who use their interests in science, technology, engineering, arts, and math to solve mysteries and problems in their own back yards. When the group heads to middle school and one of their own is targeted by a bully at the science fair, the team gets back together for one more mystery. 11am. Tickets: \$10. Georgia Ensemble Theatre, Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-641-1260 or [www.get.org](http://www.get.org).

## JANUARY 13

**STARLAB.** Come learn about the night sky in winter. We are going to experience a Supermoon on January 21. Learn all about this celestial occurrence and the winter constellations as well. 1-2pm. Members Free. Admission: Adults \$10; Child (3-12) \$6; Senior 65+/Student (Ages 13 -18) \$7; Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JANUARY 14

**Christina Smith, flute and Robert Henry, piano.** Faculty recital featuring Christina Smith, Artist in Residence in Flute, and Robert Henry, Coordinator of Piano Studies and Assistant Professor of Music. Free. 8pm. Kennesaw State University, Morgan Concert Hall at the Bailey Performance Center, 1000 Chastain Road, Kennesaw. More info: [arts.kennesaw.edu/music](http://arts.kennesaw.edu/music)

## JANUARY 14

**Understanding Birth.** Bring your partner along on this four-week, weekend journey through childbirth including labor and delivery, breathing and relaxation, hospital procedures and Cesarean birth. 6-9 pm. \$55. WellStar/ East Cobb Health Park, 3747 Roswell Road NE, Marietta/ East Cobb. More info/to register: 770-956-STAR (7827) or [wellstar.org](http://wellstar.org).

## JANUARY 18

**Foxtrotters Alumni Reunion Dance.** The Class Act Band will perform. Get dressed up in your best dressy or semi-formal attire and dance the night away. Ages 55 and over. Tickets: \$10 at the door. 6:30-9:30pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta/East Cobb. More info: [foxtrottersdanceclub.wordpress.com](http://foxtrottersdanceclub.wordpress.com).



## JANUARY 18-20

### 2019 Trumpet Festival of the Southeast.

Featuring a host of fabulous artists from across the region and country. Artists include the KSU Jazz Parliament, Georgia Brass Band, and KSU Wind Ensemble. \$50. Kennesaw State University School of Music, Bailey Performance Center, 488 Prillaman Way NW, Kennesaw or Carmichael Student Center, 395 Cobb Avenue NW, Kennesaw. More info: [arts.kennesaw.edu/music/concerts-and-events/trumpet\\_festival.php](http://arts.kennesaw.edu/music/concerts-and-events/trumpet_festival.php).

## Kids Consignment Sale

The Episcopal Church  
of St. Peter and St. Paul

**Register!**

Consign your gently used  
children's spring/summer  
clothing (Size 0-14), toys,  
baby equipment and  
furniture.

**Friday, February 1**

**9 am - 6 pm**

**Saturday, February 2**

**9 am - Noon**

1795 Johnson Ferry Road  
Marietta, GA 30062

- MAXIMUM 300 items
- Sellers receive 70% of the selling price
- ALL reduced 30% on Saturday
- Open Late Friday until 6pm
- Now offering maternity wear
- Volunteer and shop early!

**Registration Now Open**

Visit us on Facebook



Go to [spspkids.com](http://spspkids.com) for more information.

# COMMUNITY CALENDAR

## JANUARY 19

**2019 Eddie Glennon Gameboree.** The Atlanta 400 Baseball Fan Club will hold its annual winter banquet and fundraiser at the Marriott Northwest at Galleria. A gala reception, silent auction and raffle of Braves memorabilia begins at 5pm with the awards dinner and program following at 6:30pm. Tickets: \$75/members; \$80/Non-members. 5-9pm. Atlanta Marriott Northwest at Galleria, 200 Interstate North Parkway SE, Atlanta. More info: 770-416-4539 or [www.atl400.org](http://www.atl400.org).

## JANUARY 20

**The Beach Boys: Then & Now.** The Beach Boys have sold over 100 million records worldwide and have received more than 33 RIAA Platinum and Gold record awards. The Rock And Roll Hall of Famers where also honored at the 2001 Grammy Awards with the Lifetime Achievement Award. With more than five decades of touring under their belts, The Beach Boys have performed more concerts than any major rock band in history. 2:30pm. Tickets: \$47-\$120. Cobb Energy Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: [www.cobbenergycentre.com](http://www.cobbenergycentre.com).

## JANUARY 21

**Free Entrance Days in the National Parks.** Come experience the national parks! All National Park Service sites that charge an entrance fee will offer free admission. More info: [www.nps.gov/playourvisit/fee-free-parks.htm](http://www.nps.gov/playourvisit/fee-free-parks.htm).

### Service Day at the Chattahoochee Nature Center.

Come help restore woodlands and wetlands during this afternoon of service. Will be working to remove invasive plants in and around the 127 acres to encourage native plant restoration. 1-4pm. Contact to reserve a spot for your family or group. Ages: 5-Adult; Registration required and open until Jan. 14, or until event has filled. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JANUARY 26

**Stop Bullying Family Community Event** presented by the National Stop Bullying Program. Workshops will address: Anti-Bullying, Anger Management, Effective Parenting and How Electronics are Brainwashing Us. Will also offer family fun & games. Free food. 1-4pm. Fullers Recreation Center, 3499 Robinson Road, Marietta/East Cobb. More info: 716-370-6289



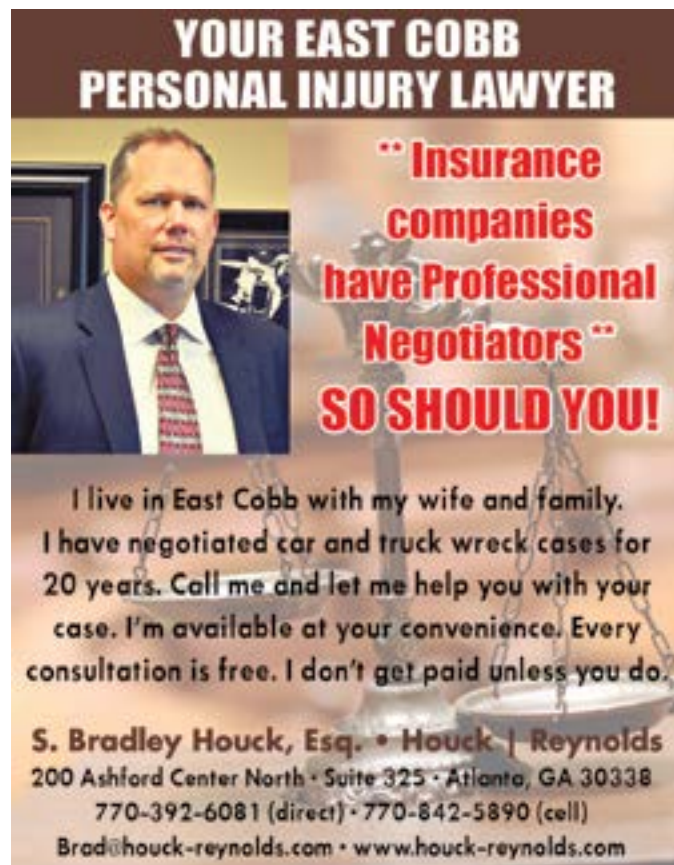
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# COMMUNITY CALENDAR

## JANUARY 26

### 14th Annual Walton Chorus Fashion Show & Silent Auction.

This fundraiser showcases Walton Chorus students modeling prom fashions from David's Bridal, current trends from, Fabrik, East Cobb's most popular boutique, as well as sporty looks from Dick's Sporting Goods. The students will also delight you with an array of vocal performances. Check out the silent auction and register to win great raffle items such as Midtown Music Festival tickets, gift certificates, a MacBook Pro, an iPhone XR and much more! Tickets: \$12/advance; \$18/at the door. Silent Auction begins at 6pm. Fashion Show at 7pm. Walton High School Theater, 1590 Bill Murdock Road, Marietta/East Cobb. More info/tickets on sale January 14th: [www.waltonchorus.com](http://www.waltonchorus.com).

**31st Annual Polar Bear Run.** An official Peachtree Qualifier, this race is a road race featuring a flat course in East Cobb and an electric disposable chip timing device system. The race will be held rain, snow or shine. 2K Fun Run: 8am. 5K Race: 8:30am. Cub Runs (ages 4-5) and Cub Dash (ages 2-3): 9:15am. Register online at [ltsyourrace.com](http://ltsyourrace.com). 5K & 2K: \$30; Cub events (ages 2-5): \$25. Phantom racer: \$35 (no sweat-just T-shirt). Proceeds benefit 2019 High School Choir Tour. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info: [www.polarbear-run.com](http://www.polarbear-run.com).

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## JANUARY 26

### Cobb Chamber of Commerce 77th Annual Dinner.

Join the Cobb Chamber for their 77th Annual Dinner gala. This black-tie dinner affair celebrates the many accomplishments of 2018 and sets the standard for a successful 2019. 6pm reception. 7pm dinner and program. Tickets: \$175 per person; \$1,500 per table of 10. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: [www.cobbchamber.org](http://www.cobbchamber.org).

**The Magicians.** A mind-blowing spectacular showcasing the astonishing magic of 3 of the best performers in the city. The Magicians are back with 90 minutes of jaw dropping, action packed illusions. Come and watch Chris Hanowell, David Howell, & Gusto Graves perform their unique brand of magic, comedy, & mind-reading. Tickets: \$20. 3pm & 7pm. Marietta's New Theatre in the Square, Emil Theatre, 11 Whitlock Avenue NW, Marietta. Tickets/More info: [www.theatreinthesquare.net](http://www.theatreinthesquare.net).

**Recycling Day at Pope High School.** Metal, electronics, paint, appliances, paper shredding - \$10 minimum donation for unlimited electronics and metal - additional fees for TV and monitors, other items. Pick up available within 5 miles of Pope High School for additional fee. Proceeds benefit Pope High School Band. 9am-4pm. Pope High School, 3001 Hembree Road, Marietta/East Cobb. More info: [www.popeband.com/recycle.html](http://www.popeband.com/recycle.html).

## FEBRUARY 1-2

### The Episcopal Church of St. Peter & St. Paul Kids

**Consignment Sale.** Great selection of new and gently used items at low prices! Free. Fri: 9am-6pm. Sat: 9am-12pm Noon (most items reduced 30%). The Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or [spspkids.com](http://spspkids.com).

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# WHAT'S YOUR STORY?

*Let Us Tell It!*

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

## CUSTOMERS COME FIRST AT KASHA'S HAIR SALON



**New Looks: Sasha Mamer, Zhel Shoshina, and Marie Pionenko**

It's no secret just how much people value their hair stylists. They go to great lengths to schedule life around that cut or color appointment. But Kasha Mamer's customers look at it a step further. Not only do they value that perfect cut, but they also helped Kasha start her own salon.

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

Dedicated Kasha's Hair Salon is located at 2520 Meadowdale Road in the Center Stage Plaza High School. Scheduling appointments:

"Creating a friendly, professional," says Kasha, "I wanted my salon to give them the best of both worlds—the experience of a high-end salon while still offering what works for their budget. Here, the person who cuts, colors and styles it, and a better understanding of."

Along with Kasha, there make up her team. What makes her so successful? Her commitment to her customers. Many of her customers now share her friendly voice when you call.

Some of her customers are on Facebook. Says Kasha, "We're on Facebook and we have a lot of reviews from our clients and lovely comments." For many years, she's been making a difference in her community.

Kasha's Hair Salon is open seven days a week. Monday through Saturday, 10am to 7pm. For more information, visit [www.kashasalon.com](#). Call for an appointment at 770-422-1800. Kasha started her business in 2010.

## PREPARE FOR A SUCCESSFUL COLLEGE EXPERIENCE



For many high school students in the East Cobb area, post graduation plans will include attending college. Once the bubble of getting accepted has burst, there are some very real questions that need to be answered in order to be a success in college. If a student could begin college with all the necessary skills intact, the chances of success will greatly increase. Some students and professionals see these skills before starting college. This is college advisor Cheryl Rosenfield and the basis for her program.

Cheryl works with students to prepare them for college by providing them with the following advice:

- Research colleges and universities that interest you.
- Prepare your resume and cover letter.
- Prepare your application materials.
- Prepare your financial aid application.
- Prepare your college entrance exam scores.
- Prepare your college transcripts.
- Prepare your college recommendation letters.
- Prepare your college acceptance letter.
- Prepare your college enrollment form.
- Prepare your college housing application.
- Prepare your college meal plan.
- Prepare your college transportation plan.
- Prepare your college health insurance plan.
- Prepare your college emergency contact information.
- Prepare your college campus map.
- Prepare your college orientation schedule.
- Prepare your college first-year course schedule.
- Prepare your college first-year roommate selection.
- Prepare your college first-year social calendar.
- Prepare your college first-year academic plan.
- Prepare your college first-year career plan.
- Prepare your college first-year personal development plan.
- Prepare your college first-year leadership plan.
- Prepare your college first-year volunteer service plan.
- Prepare your college first-year internship plan.
- Prepare your college first-year research plan.
- Prepare your college first-year creative arts plan.
- Prepare your college first-year physical education plan.
- Prepare your college first-year extracurricular activities plan.
- Prepare your college first-year student government plan.
- Prepare your college first-year honor society plan.
- Prepare your college first-year fraternity/sorority plan.
- Prepare your college first-year religious organization plan.
- Prepare your college first-year cultural organization plan.
- Prepare your college first-year LGBTQ+ organization plan.
- Prepare your college first-year disability services plan.
- Prepare your college first-year veterans services plan.
- Prepare your college first-year military recruitment plan.
- Prepare your college first-year ROTC plan.
- Prepare your college first-year ROTC scholarship plan.
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- Prepare your college first-year ROTC donor

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**By publishing an advertorial we can turn your expertise into story lines that shape opinions and compel people to action. We are dedicated to enhancing and celebrating East Cobb businesses.**

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# PET OF THE MONTH: MAURY

*Submitted by Hannah Greco*



**Animal/Breed:** Reptile/Blue-tongued Skink

**Age & Gender:** 3 years old/Male

**Favorite Food:** Raspberries

**Favorite Person:** Me (Hannah Greco)

**Best Trick:** Maury has an excellent balancing act. He can stand on his two back feet to reach for treats.

**Turn Ons:** Maury loves when you scratch his head with your pinky finger. He also loves snuggling under blankets. He'll go right to sleep.

**Turn Offs:** Maury does not like belly rubs.

**Favorite Toy:** Maury loves breaking open eggs with his mouth; it's more of a game than feeding time for him.

**What makes your pet so special:** Maury is such an obscure pet to have and is very misunderstood. Lots of people fear him or assume he has no personality because he is a lizard. Blue tongued skinks are very affectionate towards their owners. They can recognize their owner's scent, voice and even the vibrations of their footsteps! Maury is a great companion and very fun once you get to know him!

## 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](mailto:petomonth@eastcobber.com)

**Pet's Name:** \_\_\_\_\_

**Animal/Breed:** \_\_\_\_\_

**Age & Gender:** \_\_\_\_\_

**Favorite Food:** \_\_\_\_\_

**Favorite Person:** \_\_\_\_\_

**Best Trick:** \_\_\_\_\_

**Turn Ons:** \_\_\_\_\_

**Turn Offs:** \_\_\_\_\_

**Favorite Toy:** \_\_\_\_\_

**Last Seen:** \_\_\_\_\_

**What makes your pet so special:** \_\_\_\_\_

**Owner's Name:** \_\_\_\_\_

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Check out: [www.facebook.com/eastcobber](http://www.facebook.com/eastcobber) today!

# DO GOOD FOR DOGS, CATS AND OTHER ANIMALS

*There are many opportunities to volunteer and work one-on-one with many animals in need. The EAST COBBER provides a list of local animal rescues and adoption groups looking for loving individuals interested in animal volunteer work. Not ready to participate in animal volunteer work? East Cobb residents may want to consider donating to any one of these non-profits so that they can recruit more volunteers and help the animals find homes.*

## **ALL PAWS CONSIDERED**

770-640-5550 • [shermannancy1@att.net](mailto:shermannancy1@att.net)

Rescues neglected, abused and homeless animals and provides them with needed medical care and rehabilitation until their permanent home can be found. They have a small network of foster homes and try to help as many animals as they can, including those that are ill or have physical disabilities.

## **ANGELS AMONG US PET RESCUE (AAUPR)**

P.O. Box 821 • Alpharetta, GA 30009

877-404-5874 • [www.angelsrescue.org](http://www.angelsrescue.org)

[info@angelsrescue.org](mailto:info@angelsrescue.org)

A non-profit that educates the public on the plight of animals in high kill shelters throughout Georgia and saves as many animals as they can.

## **ANIMALS DESERVE BETTER, INC.**

P.O. Box 72016 • Marietta, GA 30007

770-402-0297 • [www.animalsdeservebetter.com](http://www.animalsdeservebetter.com)

Rescues lost, abandoned and neglected dogs- rehabilitate them and turn them into thriving highly trained service and therapy dogs, making a difference in the life of the dogs and the humans they will serve.

## **BASSET HOUND RESCUE OF GEORGIA**

P.O. Box 680322 • Marietta, GA 30068

770-499-1164 • [www.bhrg.org](http://www.bhrg.org)

A non-profit, volunteer effort to save abandoned and mistreated basset hounds for the love of the breed.

## **BEST FRIENDS ATLANTA**

4874 S. Atlanta Road SE • Atlanta, GA 30339

404-815-6680 • [atlantapetrescue.org](http://atlantapetrescue.org)

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

## **COBB COUNTY ANIMAL CONTROL & SHELTER**

1060 Al Bishop Drive • Marietta, GA 30060

770-499-4136 • [www.cobbcounty.org](http://www.cobbcounty.org)

Billy Mayfield -Shelter Operations Manager

770-590-5614 • [william.mayfield@cobbcounty.org](mailto:william.mayfield@cobbcounty.org)

## **GEORGIA HOUSE RABBIT SOCIETY**

2280 Shallowford Road • Marietta, GA 30066

678-653-7175 • [www.houserabbitga.org](http://www.houserabbitga.org)

The Georgia House Rabbit Society is committed to rescuing abused, abandoned and neglected domestic house rabbits, fostering them and finding them great homes.

## **GOOD MEWS ANIMAL FOUNDATION**

3805 Robinson Road • Marietta, GA 30068

770-499-2287 • [adopt@goodmews.org](mailto:adopt@goodmews.org) • [www.goodmews.org](http://www.goodmews.org)

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

## **HAPPY TAILS PET THERAPY**

P.O. Box 767961 • Roswell, GA 30076

770-740-8211 • [www.happytailspets.org](http://www.happytailspets.org)

Members and pets brighten patients' days at local health care facilities, social agencies and special needs programs.

## **HUMANE SOCIETY OF COBB COUNTY**

148 Fairground Street SE • Marietta, GA 30060

770-428-5678 or 770-428-9882 • [www.humanecobb.com](http://www.humanecobb.com)

A no-kill shelter serving Cobb County and the surrounding area. Services and programs include pet crisis counseling, guidance for pet owners in need, home-to-home placement, pet-assisted therapy, community education, pet sterilization programs, as well as lost and found, rescue, and adoption service.

## **MOSTLY MUTTS**

3238 Cherokee Street, Kennesaw, GA 30144

770-325-PETS • [www.mostlymutts.org](http://www.mostlymutts.org)

Contact: [info@mostlymutts.org](mailto:info@mostlymutts.org)

Mostly Mutts has been working to reduce the number of animals euthanized at local shelters in metro Atlanta. They work closely with animal control officers to save adoptable dogs that are often moments away from being put to sleep.

## **MUTT MADDNESS**

P.O. Box 71821 • Marietta, GA 30007

404-406-6322 • [www.muttmaddness.org](http://www.muttmaddness.org)

Contact: [info@muttmaddness.org](mailto:info@muttmaddness.org)

Mutt Madd-ness is a no-kill rescue made up of community volunteers dedicated to saving dogs whose lives are in jeopardy. They run an upscale resale store to raise money for their organization. The store is Rescue Rescued Too! At 4665 Lower Roswell Road, Suite 104, Marietta, GA 30068.

## **OUR PAL'S PLACE**

4508 Canton Highway • Marietta, GA 30066

678-795-0202 • [www.ourpalsplace.org](http://www.ourpalsplace.org)

[helpanimals@ourpalsplace.org](mailto:helpanimals@ourpalsplace.org)

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



# DINING GUIDE

## Asian Express

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

## Basil Wraps

>Mediterranean  
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2800 Canton Road  
Marietta 30066  
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770-514-9990  
www.basilwraps.com

## Black Swan Tavern

>English pub Fare and American  
The Pub offers both traditional English foods and classic American favorites. Enjoy an ice cold pint served with our fantastic menu in a warm pub atmosphere. Tuesday: Trivia; Wednesday: Prime Rib Night; Thursday: Burger Night.  
1401 Johnson Ferry Road, Marietta, 30062  
Sun: 12:30pm-midnight;  
Mon-Thurs: 11:30am-midnight;  
Fri-Sat: 11:30am-1am.  
678-401-5286  
www.dunwoodyrestaurant-group.com/blackswantavern

## Bradley's Bar & Grill

>American  
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4961 Lower Roswell Road  
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www.bradleysbarandgrill.com

## Café Life at Life Grocery

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1453 Roswell Road  
Marietta 30062  
Mon-Sun: 12-5pm  
770-977-9583  
www.lifegrocery.com

## Capozzi's Pizza

>Italian  
Neighborhood pizzeria with a family friendly atmosphere.  
4285 Roswell Road  
Marietta 30068  
Mon-Sun: 11am-10pm  
770-321-5550  
capozzispizza.com



## Chicago's Restaurant

>American  
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4401 Shallowford Road  
Roswell 30075  
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www.chicagosrestaurant.com

## Egg Harbor Café

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## DELICIOUS DISH OF THE MONTH: VEGAN WRAP

*Submitted by Kirsten Rickers*



Kirsten Rickers munches on her favorite dish: a vegan wrap from Kale Me Crazy.

In the spirit of the new year, the EAST COBBER is debuting a new series: Delicious Dish of the Month, in which locals can "dish" about their favorite dishes from restaurants in East Cobb. January is a time for resolutions and to set new goals. Eating healthier is at the top of many new year resolutions for 2019, so the EAST COBBER is kicking off this series with a healthy dish.

Kristen Rickers, Franchise Owner of CYCLEBAR East Cobb, submitted her favorite "go-to" healthy dish. Kristen shared, "The vegan wrap from Kale Me Crazy is my favorite because it's fresh, all veggies, loaded with the good stuff!"

The vegan wrap consists of kale, quinoa, cabbage, carrots, red onion, avocado and hummus wrapped in a spinach tortilla and served with a tahini sauce on the side. Cost: \$8.50

## What's Your Favorite Delicious Dish?

The only thing better than good food is sharing it! So, please take a moment to submit your favorite dish from an East Cobb eatery.

Fill out the information below and send it to:

EAST COBBER, P.O. Box 680455, Marietta, GA 30068

Please include both a photo of the dish and, if you're not too shy, a photo of yourself. Your taste sensation could be featured in an upcoming EAST COBBER!

Or email a description and jpg to: [dining@eastcobb.com](mailto:dining@eastcobb.com). Be sure to put "Delicious Dish" on the subject line.

Your Name: \_\_\_\_\_

Name of Dish: \_\_\_\_\_

Restaurant: \_\_\_\_\_

Description of the Dish: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cost: \_\_\_\_\_

Why it's Your Favorite: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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# DINING GUIDE

## Fuji Hana

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1255 Johnson Ferry Road, Suite 1  
Marietta 30068  
Mon-Sun: 11:30am-10pm  
678-560-8071  
[www.fujihanaeastcobb.com](http://www.fujihanaeastcobb.com)

## Good Food Marietta

>American  
Homemade comfort food served cafeteria style.  
2044 Lower Roswell Road, #200,  
Marietta, 30068  
Mon-Fri: 11am-8:30pm  
770-262-7802  
[Goodfoodmarietta.com](http://Goodfoodmarietta.com)



## Harry's Pizza and Subs

>Pizza  
Family owned and run, an excellent place for any occasion from a business meeting to an outing with your family. Not only do they serve real New York style pizza, but they are also known for their chicken wings, oversized salads, and mouth watering sandwiches!  
2150 Powers Ferry Road  
Atlanta 30339  
Mon-Thurs: 11am-10pm; Friday: 11am-11pm; Sat: 11am-10pm; Sun: 12pm-10pm  
770-955-4413  
[www.harryspizzaandsubs.com](http://www.harryspizzaandsubs.com)

## Hoyle's Kitchen + Bar

>American  
Guests who come to Hoyle's are there to have a good time and to delight in house-made recipes and the distinctive Hoyle's experience. They provide the overall "wow!" factor of good times and new ways to have it, including 20 HD TVs, a putting green and a one-of-a-kind game room.  
1440 Roswell Road,  
Marietta 30062  
Mon-Sat: 11am-1am;  
Sun: 12pm-midnight  
770-509-3320  
[www.hoyleskitchenandbar.com](http://www.hoyleskitchenandbar.com)

## J. Christopher's

>Breakfast, Brunch, Lunch  
A neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere.  
1205 Johnson Ferry Road  
Marietta 30068  
Daily: 7am-2pm  
770-579-6800  
[www.jchristophers.com](http://www.jchristophers.com)

## Jersey Mike's Subs

>Submarine Sandwiches  
Serves the most authentic submarine sandwich available. The Certified Angus Beef top rounds are cooked right in the store. The meats and cheeses are all top-quality premium brands. The bread is fresh-baked every day on the premises. Everything's prepared right in front of you.  
4400 Roswell Road, Suite 148  
Marietta 30062  
Mon-Sun: 10am-9pm  
770-321-3998  
[www.jerseymikes.com](http://www.jerseymikes.com)

## Kale Me Crazy

>Superfood cafe  
Offering juices, smoothies, salads and wraps in a sleek upscale environment. Supporting your healthy lifestyle through the use of fresh, organic and raw food. Kale Me Crazy believes in real food and that everyone deserves access to real food.  
The Avenue East Cobb  
4475 Roswell Road, Suite 1620  
Marietta 30062  
Mon-Fri: 7am-8pm; Sat: 9am-8pm; Sun: 9am-6pm  
770-559-9001  
[www.kalemecrazy.net](http://www.kalemecrazy.net)

## Loyal Q and Brew

>BBQ  
Dedicated to serving the freshest ingredients possible. Loyal Q has a true passion for creating a one-of-a-kind experience for each and every guest they serve, and they do that with a little help from their smokers.  
4880 Lower Roswell Road, #850,  
Marietta, 30068  
Sun-Wed: 11am-10pm;  
Thurs: 11am-11pm;  
Fri-Sat: 11am-midnight  
678-921-0456  
[www.loyalq.com](http://www.loyalq.com)

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Roswell 30062  
Sun-Thurs: 11am-10:30pm;  
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770-565-9666  
www.newluckychina.com

## Olde Towne Pub & Grille

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Marietta, 30068  
Mon-Fri: 11am-9pm;  
Sat-Sun: 11am-3pm  
770-578-9901  
www.olderowneathleticclub.  
com

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Roswell 30075  
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Lunch: Mon- Sat: 11am-3pm;  
Mid-day Menu: Tues-Sun: 3-5pm  
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# HEALTH & WELLNESS

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### Acupuncture and Wellness Center

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3535 Roswell Road, Suite 37 • Marietta 30062  
678-560-7978 • [www.drshutcm.com](http://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.

## CARDIOLOGY

### Sibley Heart Center

2835 Brandywine Road, Suite 400 • Atlanta 30341  
770-488-9218 • [www.choa.org/cardiology](http://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](http://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 Cobbers trust them with their smiles!

### Mansouri Family Dental Care

4720 Lower Roswell Road • Marietta 30068  
770-973-8222 • [www.NaturalSmile.biz](http://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.



Happy 2019

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## DERMATOLOGISTS

### Dermatology Consultants

4800 Olde Towne Parkway, Suite 250 • Marietta 30068  
770-971-3376 • [www.dermatologyconsultants.org](http://www.dermatologyconsultants.org)

Mon-Fri: 7am-5pm

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770-565-5450 • [www.womenspremierfitness.com](http://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](http://www.footsolutions.com/eastcobb)

Mon-Sat: 10am-6pm

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## GASTROENTEROLOGISTS

### Atlanta Gastroenterology Associates

4800 Olde Towne Parkway, Suite 370 • Marietta 30068

678-631-4620 • [www.atlantagastro.com](http://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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[DermatologyConsultants.org](http://DermatologyConsultants.org)



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# HEALTH & WELLNESS

## MASSAGE

### Massage Très Belle

2440 Sandy Plains Road • Marietta 30066  
770-362-0005 • [www.massagetresbelle.com](http://www.massagetresbelle.com)

Mon-Sat: 9am-5pm

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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

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## PEDIATRIC DENTISTRY

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770-479-9999 • [www.NiaDentistry.com](http://www.NiaDentistry.com)  
Mon-Thurs: 8am-5pm; Fri: 8am-4pm;  
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# POLAR BEAR RUN IS THE COOLEST RACE IN EAST COBB



**T**he 31st Annual Polar Bear Run will be January 26. The 5k, 2k Fun Run, Cub Run and Cub Dash all support the High School Choir Mission Tour of Johnson Ferry Baptist Church. This year the choir will be singing in New York City in June. The Polar Bear

Run prides itself in being the coolest race in East Cobb with the miles outside and the party indoors. One of the longest running 5ks in the area, the Polar Bear Run has 2,000 participants. Polar Bear Run also boasts the favorite race shirt in Cobb County—this year will be a long sleeved, dry-fit hoodie.

The Polar Bear Run is a popular East Cobb Race with hundreds of dedicated runners participating every year. "I have run in the Polar Bear 5K about 15 times and it is my favorite local 5K. It is well organized, has an easy fairly flat course, and the proceeds go to help support our local high students who have an impact for God's kingdom around the world. I love seeing the students and parents along the course cheering and encouraging participants no matter how cold the temperatures are," says Lauren McCook.

"I just love the Polar Bear race! This will be my 6th year doing the race with my Team Sparkle! We love how friendly and well organized it is! The course makes it fun for everyone to bring their families! And getting the opportunity to support high schoolers going on mission is the best feeling ever! So, we can say that it is a WIN WIN all the way around!" says Jacynta Harb.

The race takes place at Johnson Ferry Baptist Church, 955 Johnson Ferry Road in Marietta/East Cobb. For more information and to register for the 31st Annual Polar Bear Run, visit [polarbear-run.com](http://polarbear-run.com). 🐻

# 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](mailto:cynthia@eastcobber.com). 📧

.....

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# HEALTH & WELLNESS

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770-321-1347 • [www.fitnessstogether.com/eastcobb](http://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](http://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.



## WAXING/HAIR REMOVAL

### **Brazilian Wax by Andreia**

1205 Johnson Ferry Road, Suite 117 • Marietta 30068  
770-726-2691 • [www.brazilianwax.com](http://www.brazilianwax.com)  
Mon-Fri: 10am-7pm; Sat: 9am-5pm  
Home of the Original \$35 Brazilian Wax! 18 Locations across Metro Atlanta for your convenience. Ready to take care of ALL your waxing needs.

## WELLNESS & WEIGHT LOSS

### **20/30 Fast Track East Cobb**

4961 Lower Roswell Road, Suite 105 • Marietta 30068  
470-551-0100 • [www.2030wellnesseastcobb.com](http://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](http://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!

**LIFESTYLES RESOLUTIONS ARE EASY TO BREAK KEEP.**

**GET STARTED**  
**WE'RE READY WHEN YOU ARE**  
**Complimentary Consultation**

**East Cobb - 770.321.1347**  
1000 Johnson Ferry Rd  
Marietta, GA 30068  
[fitnessstogether.com/eastcobb](http://fitnessstogether.com/eastcobb)

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# START THE NEW YEAR RIGHT WITH FLOWERS MEDICAL GROUP

*We get you looking and feeling great from the inside out!*

*Want to look and feel your best in the New Year? Start by checking out how the pros at Flowers Medical Group are resolving to make 2019 your most beautiful year with the following services.*

**1 BIOIDENTICAL HORMONE REPLACEMENT THERAPY** that optimize your hormone levels to treat menopause, fatigue, muscle loss, osteoporosis and many other health issues.

**2 TARGETED NUTRITIONAL TESTING** for functional levels of nutrients are drawn and individualized plans are made for each patient to optimize health and wellness.

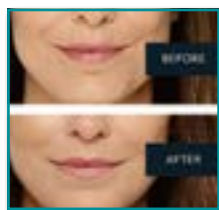
**3 FITNESS TESTING AND INDIVIDUALIZED TRAINING PLANS** with 8-Time Mr. Olympia Lee Haney.



**4 GENETIC TESTING** to predict risk of cardiovascular disease, cancer, and other diseases. These tests also help us customize diet and exercise plans to prevent disease.

**5 INDIVIDUALIZED WEIGHT LOSS PLANS WITH BODY COMPOSITION** and targeted supplements to boost metabolism. We customize plans for each patient that works in their lifestyles.

**6 FACIAL INJECTABLES** such as Xeomin, Radiesse, and Belotero, remove wrinkles, fine lines and restore collagen loss in the face.



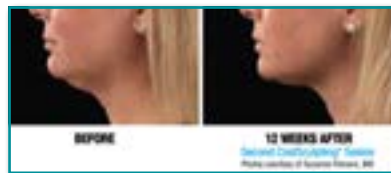
**7 MEDICAL ESTHETICIAN** assessments and individualized skincare regimens. We offer **PRP, Microneedling, and other skin care treatments** to build collagen and restore a youthful glow.

**8 OBAGI MEDICAL SKIN CARE** is a scientifically formulated product line that we offer our patients for more beautiful, healthy-looking skin.



**9** The **PROLON FASTING MIMICKING DIET** is a 5-day plan that stimulates weight loss, decreases cholesterol and blood sugar and helps with cellular regeneration.

**10 COOLSCULPTING** is the world's #1 non-invasive fat-reduction treatment that uses controlled cooling to eliminate stubborn fat that resists all efforts through diet and exercise.



**11 YOGA INSTRUCTOR** to learn basic hatha yoga postures and help increase balance, strength and flexibility.

**12 HEALTH COACH**, assists patients with goal driven, well-developed plans for them to get and stay healthy while also tracking patients' progress and providing positive reinforcement for their efforts.

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complimentary consultation.*



# EAST COBBER *Early Bird* DAY CAMP GUIDE

Summer day camps are fun and education all rolled into one. EAST COBBER has collected information on a wide range of wonderful day camps to fit all ages and interests, including sports camps, adventure camps, Christian camps, art camps, science camps, dance camps and more. Many day camps listed throughout these pages are held right here in East Cobb, and some are just a short drive away. Please note, as extensive as this day camp chart is, it is still just a preliminary listing of all the day camps available. We recommend you visit the websites noted on each listing for even more offerings. Editor's Note: Our April issue will feature a more extensive Day Camp Guide.

Camp Name	Age Group	Weekly Camp Fee	Times	May 28- May 31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
<b>Art Camps</b> The Art Place-Mountain View 3330 Sandy Plains Road, Marietta 30066 770-509-2700 • www.theartplace.us	4-18	See website	See website		✓	✓	✓	✓		✓	✓	✓	
<b>Art Camp! S.M.art Club!</b> Addison Elementary School • 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	PreK-9th grade	\$149-\$239	8am-5:30pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Art Camp! S.M.art Club! Junior Counselor Program</b> Addison Elementary School • 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	6th-12th grade	\$149-\$239	8am-5:30pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Art Camp! S.M.art Club!</b> Mt. View Elementary School • 3151 Sandy Plains Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	PreK-9th grade	\$149-\$239	8am-4pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Art Camp! S.M.art Club! Junior Counselor Program</b> Mt. View Elementary School • 3151 Sandy Plains Road, Marietta 30066 404-313-2999 • www.sm-art-club.com	6th-12th grade	\$149-\$239	8am-4pm*	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs	✓ Mon-Thurs		✓ Mon-Thurs			
<b>Atlanta Gifted Academy</b> 2060 Lower Roswell Road, Marietta 30068 770-726-0123 • www.atlantagiftedacademy.com	PreK-5th grade	\$267-\$85	9-2pm, 3-5pm	✓	✓	✓	✓	✓					
<b>Atlanta Junior Rowing Association</b> 245 Azalea Drive, Roswell 30075 770-835-5769 • www.ajracrew.com	12-18	\$175	7:30am, 10am or 6pm		✓	✓	✓	✓		✓	✓	✓	

\*Extended Hours Offered



**Serving Grades K-8**

- Age-Appropriate Classroom & Schedule: K-3 Abbreviated Day / 4th - 8th Full Day
- Small Class Sizes
- Low Student/Teacher Ratios
- Experiential Learning Environment

**Please join us for an OPEN HOUSE**  
**January 24th at 7 pm**

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**Now...  
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**Every Mural is Different! Customized to Each Artists Creative Ideas!**

**Taught by Kirsten Haley, M.Ed. School Counseling/Owner/Artist  
and Professional Local Artists.**

**Have Fun Performing World Musical Rhythms, Blues, Jazz & more!**



- Students Create Their Own Large Fine Art Murals
- Team & Skill Building Activities
- Huge Gym, 3 Playgrounds, Basketball
- Pizza/Pasta/Chicken Nugget Lunch Available
- Family/Friends **Art & Music Fusion Show** with Ice Cream Topping Bar Each Week

**Addison Elementary  
Marietta, Ga**

**Week 1 6/3-6/6  
Week 2 6/10-6/13  
Week 3 6/17-6/20  
Week 4 6/24-6/27**



**Tuition includes high quality fine art & music supplies, Family/Friends Art & Music Fusion show with Ice Cream topping bar, camp week & performances - slide show/photos/videos link available online.  
\$25 down, \$43/month \$239 total Flexible payment plans  
\$15 discount for siblings & multiple sessions!!**

**Mon-Thur 9am to 5:30pm \*8am to 5:30pm  
1/2 days: 9am-12 noon available for \$159/  
week! Swim Team Special! 11am-5:30pm, \$199**

**\*Before care (8-9am, \$5) & After care (3-5:30pm, \$10) \*8am-5:30pm**

**Questions Contact Kirsten at [s.m.artclub@me.com](mailto:s.m.artclub@me.com)**



# EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 28- May 31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
<b>Atlanta Swim Academy Camp H2O</b> 732 Johnson Ferry Road, Marietta 30068 770-973-3120 • www.atlantaswimacademy.com	4-12	\$325	8:30am-5pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Camp Faith</b> Faith Lutheran Church & School 2111 Lower Roswell Road, Marietta 30068 770-973-8921 • www.faithmarietta.com/summercamp	2 - 4 years	Call for rates	7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Camp Horizon (special needs)</b> Windy Hill Community Center • 1885 Roswell Street SE, Smyrna 30080 770-528-2569 • cobbcounty.org/parks	7-21	See website	9am-4pm			✓							
<b>Camp Kingfisher - Chattahoochee Nature Center</b> 9135 Wilcox Road, Roswell 30075 770-992-2055 • www.chattanaturecenter.org/camp-kingfisher	4 years - rising 9th grade	See website	8am-6:15pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Camp Ruach!</b> Congregation Etz Chaim • 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net	14 mos - PreK	Call for rates	9:30am-1:30pm or 8am-5pm		✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Chabad of Cobb Summer Camp</b> 4450 Lower Roswell Road, Marietta 30068 770-565-4412 • www.chabadofcobb.com	Rising PreK+	\$300	9am-3:30pm					✓	✓	✓	✓		
<b>Fullers Kids Summer Camp</b> Fullers Park • 3499 Robinson Road, Marietta 30068 770-509-2737 • cobbcounty.org/parks	6-11 12-15	\$125- \$187	7:30am - 3:30pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>The Georgia Ballet-Summer Dance Camps</b> 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	3+	Call for rates	Varies		✓	✓	✓	✓	✓	✓	✓	✓	
<b>Ginepri Performance Summer Tennis 2018 Jr. Camp</b> Olde Towne Athletic Club • 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.gptennis.net	7-18	\$335	9am-2pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Harrison Tennis Center Summer 2018 Jr. Camps</b> 2653 Shallowford Road NE, Marietta 30066 770-591-3151 • htcdpro.com	4-17	See website	See website		✓	✓	✓	✓		✓	✓	✓	
<b>Johnson Ferry Baptist Church</b> 955 Johnson Ferry Road, Marietta 30068 678-784-5317 • www.johnsonferry.org/youthsports	See website	See website	See website	DATES TO BE DETERMINED									
<b>Kids' Zone Weekly Day Camps</b> Kids' Zone Daycare & Learning Center 137 Johnson Ferry Road, Suite 1100, Marietta 30068 770-933-6900 • www.kidszonelearningcenter.com	5-10	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>KSU Summer University</b> Kennesaw State University-Continuing Education 3333 Busbee Drive NW, Kennesaw 30144 470-578-6765 • www.kennesaw.edu/coned	1st - 12th grade	See website	See website	✓	✓	✓	✓	✓	✓	✓	✓		
<b>MJCCA Summer Day Camps</b> 5342 Tilly Mill Road, Dunwoody 30338 678-812-4004 • www.mjccadaycamps.org	Rising PreK-10th grade	Call for rates	9am-4pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>MJCCA Summer Day Camps in East Cobb</b> 1415 Old Canton Road, Marietta 30062 678-812-4004 • www.mjccadaycamps.org	K-8th grade	Call for rates	9am-4pm*		✓	✓	✓	✓	✓	✓	✓	✓	
<b>Mount Paran North Mountain Top Sports Camp</b> Mount Paran North • 1700 Allgood Road, Marietta 30062 678-285-3248 • mountparansports.website.silplay.com	6-13	\$115 + \$50 activity fee	7:30am-6pm	✓	✓	✓	✓	✓	✓		✓	✓	
<b>Primrose School of Lassiter</b> 2821 Lassiter Road, Marietta 30062 770-641-8535 • www.primroseschools.com/schools/lassiter	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Primrose School of Sprayberry</b> 2531 East Piedmont Road • Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>School of Rock-Beginner Performance Camp</b> 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	5-17	\$425	9am-3pm		✓		✓				✓		
<b>School of Rock-Performance Camp</b> 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$425	9am-3pm			✓							
<b>School of Rock-Pop Rock Camp</b> 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$475	9am-3pm									✓	
<b>Science Camp by High Touch High Tech</b> @various locations 770-667-9443 • www.sciencemadefunatl.net	6-12	\$260	9am-3pm		✓	✓	✓	✓		✓	✓	✓	✓

\*Extended Hours Offered



# EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 28- May 31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
<b>Sprayberry Academy Pre-K Camp</b> 2100 Post Oak Tritt Road, Marietta 30062 770-977-0877 • www.sprayberrychildrensgroup.com	PreK-5	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Sprayberry Academy 2.0 Camp</b> 2100 Post Oak Tritt Road, Marietta 30062 770-672-6289 • www.sprayberry2.com	K-8th grade	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>Terrell Mill Tennis Center/Junior Summer Tennis Camp</b> 480 Terrell Mill Road, Marietta 30067 770-644-2771 • southerntennischampions.net	6-17	\$180	9am-12pm		✓	✓	✓	✓	✓	✓	✓		
<b>Unity North Atlanta Church-Imagine It</b> 4255 Sandy Plains Road, Marietta 30066 678-819-9100 • UnityNorth.org/summercamp	5-12	Call for rate	9am-1pm*								✓		
<b>The Walker School Summer Programs</b> 700 Cobb Parkway North, Marietta 30062 770-427-2689 www.thewalkerschool.org/page/community/summer-programs	K3-12th grade	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓	
<b>YMCA McCleskey/East Cobb-Summer Camps</b> 1055 East Piedmont Road, Marietta 30062 770-977-5991 www.ymcaatlanta.org/program-locations/summer-camp/mccleskey-cobb.php	3-5 and 5-16	See website	9:30am-12:30pm 9am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>YMCA Northeast-Summer Camps</b> 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 www.ymcaatlanta.org/program-locations/summer-camp/northeast-cobb.php	3-5 and 5-16	See website	9:30am-12:30pm 7am-6pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<b>WinShape Camp</b> Mt. Bethel Christian Academy-High School Campus 2509 Post Oak Tritt Road, Marietta, GA 30062 404-765-2510 • www.camps.winshape.org	K-8th grade	\$255	7:30am-5pm		✓	✓	✓	✓	✓	✓	✓		

\*Extended Hours Offered

**Atlanta's Best Summer Camps**

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Where Science & Technology Meet!

**To Ch Scientific**

**60 STEM and STEAM Camps To Choose From!**

**NEW FOR 2019 STEAM CAMPS!**

**ART & SCIENCE CONNECTED!**

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- Manga Make!
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**Including:**

- Minecraft
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- Geology
- FOX - Zombie
- LEGO Robotics
- Veterinary Medicine
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Check out our website for more!  
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**Walker**  
summer programs

Open to the community!

Offering academic, artistic, and athletic camps

Registration opens January 22 at [thewalkerschool.org/summer](http://thewalkerschool.org/summer)

# EAST COBBER *Early Bird* DAY CAMP GUIDE

## Overnight Camps

Camp Name	Age Group	Weekly Camp Fee	Times	May 26- June 1	June 2-8	June 9-15	June 16-22	June 23-29	June 30- July 6	July 7-13	July 14-20	July 21-27	July 28- Aug 3
<b>Deer Run Overnight Camps-1 week camp</b> 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • <a href="http://deerrun.camp/youth-overnight-camp">deerrun.camp/youth-overnight-camp</a>	Preteen	\$749	See website			✓	✓			✓	✓		
<b>Deer Run Overnight Camps-2 week camp</b> 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • <a href="http://deerrun.camp/youth-overnight-camp">deerrun.camp/youth-overnight-camp</a>	Middle & High School	\$1,619	See website			✓	✓			✓	✓		
<b>Deer Run Overnight Camps</b> 3845 Perkins Road, Thompson's Station, TN 37179 888-794-2918 • <a href="http://www.camps.deerruntreat.org">www.camps.deerruntreat.org</a>	Family	See website	See website		✓				✓				
<b>Girl Scouts of Greater Atlanta-Camp Misty Mountain</b> 490 Lake Marvin Road NE, Armuchee, GA 30105 706-629-1030 • <a href="http://www.gsatl.org">www.gsatl.org</a>	See website	See website	See website			✓	✓	✓	✓	✓	✓	✓	✓
<b>Girl Scouts of Greater Atlanta-Camp Timber Ridge</b> 4575 Pebble Brook Road, Mableton, GA 30126 770-702-9600 • <a href="http://www.gsatl.org">www.gsatl.org</a>	See website	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓	
<b>Sports Broadcasting Camp</b> @ Emory University • 201 Dowman Drive, Atlanta 30322 800-319-0884 • <a href="http://www.playbyplaycamps.com">www.playbyplaycamps.com</a>	10-18	\$650-\$1295	See website								✓		
<b>U.S. Space &amp; Rocket Center - Space Camp</b> One Tranquility Base, Huntsville, AL 35805 1-800-637-7223 • <a href="http://www.spacecamp.com">www.spacecamp.com</a>	9-18	\$999-\$1099	See website	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>YMCA - Camp Ocoee</b> 111 YMCA Drive, Ocoee TN 37361 423-338-5588 • <a href="http://www.campocoe.com">www.campocoe.com</a>	7 years - Rising 10th grade	See website	See website		✓	✓	✓	✓		✓	✓	✓	✓

\*Extended Hours Offered

### Camp Juliette Low

On Lookout Mountain in Cloudland, GA





CJL is a private, residential summer camp for girls 7-17.  
1 & 2 week sessions: June 2- July 27, 2019

- Horseback
- Fire-building
- Archery
- Ropes course
- Climbing wall
- Pottery/crafts
- Camp-outs

- Platform tents
- Canoeing
- Sailing
- Pool
- Drama
- Hiking
- Backpacking



CJL.org

Preparing Girls for Confident Living and Leadership Since 1922




## SUMMER CAMP

*A20*

### June & July 2019

Mondays - Fridays, 8:30-5pm

[atlantaswimacademy.com](http://atlantaswimacademy.com) 770-973-3120



**Mt. Zion United Methodist Church**  
1770 Johnson Ferry Rd. in East Cobb  
**Vacation Bible School 2019**



**God is Big**

June 17-20, 9:30 am to 12:30 pm  
Registration Begins March 15  
[mtzionumc.org](http://mtzionumc.org)

SUMMER 2019  
**MJCCA DAY CAMPS**  
100+ CAMP OPTIONS FOR RISING PRE-K - 10th GRADE



**FREE TRANSPORTATION BUS** **MULTI-WEEK DISCOUNT**

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PERFORMING ARTS SPORTS CIA THEME TRAVEL TEEN  
LOCATIONS IN DUNWOODY, EAST COBB, AND INTOWN

Register for Performing Arts and Theme Camps in East Cobb!

Registration starts Jan. 6  
at [mjccadaycamps.org](http://mjccadaycamps.org)

**JCC** ATLANTA **Methodist Church**

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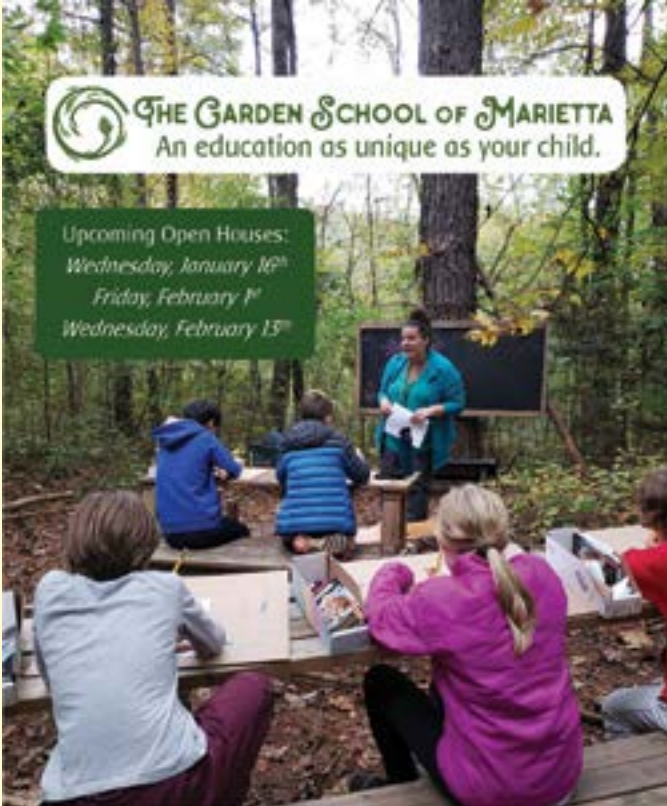


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Friday, February 1<sup>st</sup>  
Wednesday, February 13<sup>th</sup>



[www.TheGardenMarietta.org](http://www.TheGardenMarietta.org) 4010 Canton Rd, Marietta 30066 770-765-2036



## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JANUARY

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.

### **Biography Corner: "Beauty Queen: Helena Rubinstein" #6918**

CSS membership required to attend this event.  
Tuesday, January 8 • 1-2pm  
Free; Registration required.  
Helena Rubinstein is rightly seen as one of the pioneers of a market worth millions - the female beauty market.

### **The Beauty of Age Series: Hair & Skin Care #6920**

CSS membership required to attend this event.  
Friday, January 11 • 10-11:30am  
Free; Registration required.  
Join this seminar for an educational and fun workshop.

### **Cooking Class with Pampered Chef #6922**

CSS membership required to attend this event.  
Wednesday, January 16 • 11:30am  
Registration required.  
\$8 supply fee payable to the instructor.

### **History Corner: "Forgotten Ellis Island" #6917**

CSS membership required to attend this event.  
Tuesday, January 22 • 1-2pm  
This is the first film about the once abandoned immigrant hospital on Ellis Island. In the era before antibiotics, tens of thousands of immigrant patients were separated from family, detained in the hospital, and healed from illness before becoming citizens.

### **Dine-a-Round #6924**

CSS membership not required to attend this event.  
Wednesday, January 23 • 11:30am-1pm  
Stockyard Burgers & Bones  
26 Mill Street, Marietta.  
Separate checks for lunch; Registration required.  
Everyone meets at the restaurant.

### **AARP Smart Driver #6827**

CSS membership not required to attend this event.  
Thursday, January 24 • 9am-4pm  
\$15/AARP members; \$20/Non-members  
This course teaches proven driving techniques to help keep you and your loved ones safe and on the road. Learn age-related physical changes and how to adjust your driving to compensate. Check with your insurance agent about a possible discount. Bring a lunch.

### **Couponing Seminar #6923**

CSS membership required to attend this event.  
Wednesday, January 30 • 1-2pm  
Free; Registration required.  
Couponing is great way to save money and even get a little cash back. It is a popular hobby and even a TV show. Join us and learn how to not only clip paper coupons but move into the digital age with your mobile device. You can now use coupons right from your phone.

# EAST COBBER

**Next Issue: February • Deadline: January 15**  
**Call East Cobber: 770-640-7070**



# SEVEN SMART NEW YEAR'S RESOLUTIONS FOR SENIORS

The new year is a new opportunity to refocus on your goals. As an older adult, you have a lot that could make your resolution list. From health and wellness to family to-do's, making goals and sticking to them will help support a bright future. Here are seven resolutions that could make a big impact in 2019.

- 1/ Eat more fruits and vegetables:** No matter your age, fruits and vegetables are part of a healthy diet. The USDA's Choose My Plate program states all adults should eat at least five servings of fruits and vegetables a day. Choose produce, rich in vitamins and minerals, in a variety of colors to ensure you get plenty of different nutrients. Dark leafy greens, bright citrus and red berries are just a few tasty examples.
- 2/ Consider supplements:** Talk with your health care provider about supplements you could be taking, especially if you're on a restrictive diet that could impact your intake of various nutrients. A daily multivitamin is a good conversation starter, but there are many others to consider based on your unique needs, such as omegas, fiber, vitamins D, B, K and more.
- 3/ Stay physically active:** No matter how many years young you are, it's important to stay physically active. Mild to moderate physical activity with minimal impact can do wonders for the body and mind. Walking with a friend is an easy way to get started, but other activities to consider include tai chi or signing up for stretching or water aerobics classes. Why not have fun and try something new in the new year?
- 4/ Stay mentally active:** Your mental health is just as important as your physical health, so make time to give your brain a workout, too. Reading, crossword puzzles and Sudoku are simple activities that can be done virtually anywhere. Join a club to play cards, bridge, or try a new creative skill like painting to learn new things that challenge the brain grow new brain cells. The socialization is wonderful for staying positive and connected.



- 5/ Update legal documents:** Whether you've created them years ago or have been putting the entire process off, the new year is a great time to update legal documents. This includes things like wills or advance directives including a living will or power of attorney documents. For assistance you could contact an attorney or consider a low-cost technology solution.
- 6/ Stay socially active:** Research shows that social connection improves quality of life, [EA2] but it can be harder to stay socially active as you age. This year, make your relationships a priority. Set up a weekly time to chat or have dinner with family members. Get to know your neighbors by exchanging phone numbers in case of emergency. Or consider joining a community organization or church group.
- 7/ Have important conversations:** Have you been putting off having tough conversations with your family? You're not alone. The new year is the perfect time to finally tackle these tasks. Talk with loved ones about your future needs, including things like moving into an assisted-living community. It can be difficult to start the conversation, but you'll feel so much better after you do. 🗣️



**Be Inspired. Stay Connected. Like Some Stuff.**

[www.facebook.com/EastCobber](http://www.facebook.com/EastCobber)

## SENIORS DO GOOD GUIDE

When you spend time volunteering with seniors, you'll benefit just as much as they do—and you can learn a lot too! The EAST COBBER staff has compiled some ideas for different ways to lend a hand, a listening ear or your skills to seniors—from reminiscing to making new memories. Remember, simply giving your time and conversation can sometimes mean the most.

### ALOHA TO AGING

A local non-profit that empowers family caregivers, aging care receivers and volunteers in a positive, nurturing manner through quality programming.

Ms. Dawn Reed, Certified Senior Advisor, Founder & President  
4608 Lower Roswell Road  
Marietta 30068  
www.alohatoaging.com

678-439-1177

### COMPUTERS FOR SENIORS

The East Cobb Senior Center offers free training for seniors on basic computer usage techniques.

www.cobbseniors.org

770-528-1445

### FRIENDS OF EAST COBB SENIOR CENTER

Raises money for special projects and items needed at the East Cobb Senior Center.

Diana Prior, Chair  
3332 Sandy Plains Road  
Marietta 30066  
dmprior@bellsouth.net

### MEALS ON WHEELS

Volunteers needed on meal delivery team. Volunteers also serve as a link of information between the client and caseworker.

Kristie Naylor, Legacy Coordinator  
www.cobbseniors.org

770-528-5381

### METRO ATLANTA RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

RSVP is designed to heighten the awareness of issues facing seniors. Seniors are trained to convey information about older American issues, such as: Access to Services, Medication Management, Consumer Fraud, or more.

www.cobbseniors.org

770-528-5293

### SECOND WIND DREAMS

An international, nonprofit organization dedicated to changing the perception of aging through the fulfillment of dreams. Also offers educational programs including its flagship, sensitivity training.

www.secondwind.org

678-624-0500

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**www.parcatapiedmont.com**



## What is The Purpose of Memory Care?

**Memory Care is a familiar term, but what is it?** What happens when a senior has dementia and needs care beyond the family? What should families expect?

First, Memory Care is the full-time support of seniors struggling with cognitive conditions commonly known as dementia. Dementia includes other diseases and illnesses that damage or change the senior's brain, such as Alzheimer's, Lewy Body, Vascular and several others.

**Radiance East Cobb Memory Care** provides specialized care for seniors with dementia and support for their families in four essential ways:

**Safety & Security** - A Protective Environment

**Health & Wellness** - Medication Management, Hygiene and Meals

**Socialization & Stimulation** - Community and Staying Active

**Peace of Mind** - Family Relief From Care Giving and Constant Worry



Visit [RadianceEC.com/Purpose](http://RadianceEC.com/Purpose)  
for detailed information.

**Radiance East Cobb**  
Memory Care

200 Village Pkwy NE, Marietta GA 30067  
**470-250-0808**

## SHARE THE CARE VOUCHER PROGRAM HELPS CAREGIVERS

**C**obb County Senior Services offers the "Share the Care" program which provides vouchers to caregivers who are caring for Alzheimer's or dementia-related disorder clients. Vouchers can be used for respite, personal care, etc. The caregiver must be a Cobb County resident and live in the same home as the Alzheimer's or dementia client. Fee for services based on income. The goal of Cobb County's Share the Care program is to provide support and relief to family caregivers who are caring for a loved one diagnosed with Alzheimer's or related dementia or chronic diseases which severely impair their quality of life, such as failure to thrive, stroke, multiple sclerosis, COPD, end stage renal disease and cancer. Here is a quick overview of the Share the Care program:

### RESPIRE

- The family caregiver can receive assistance in the home with personal care or companion services.

### ELIGIBILITY

- Cobb County Resident
- Family caregiver must be 18 years and older and the care-receiver must be 60 years and older.
- Family caregiver and care-receiver must live in the same household.
- Must not be eligible for any other respite programs such as CCSP, SOURCE, etc.

For additional information, contact Cobb County Senior Services at 770-528-5364. ☎

**I ♥ East Cobb**

# 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.eastcobba.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: eastcobbr Rotary.

**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 kibble.p@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.

## Meet Your Future Clients, Customers and Business Associates

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



The ECBA meets monthly at Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta from 11am-1pm for lunch, networking and a great speaker.

Invite a guest to join you.

For more information visit [www.EastCobbBA.com](http://www.EastCobbBA.com)



## GRAPHIC DESIGN

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Aloha Sun Tanning  
American Red Cross  
Bellingham Apartments  
Book Nook  
Café Life  
Chestnut Ridge Christian Church  
Chevron  
Cookies by Design  
Curves  
Dermatology Consultants  
Dodgen Middle School  
Dog City Bakery  
Dr. Bradley Cross  
Dr. Larry Weiss ENT  
Dr. Mark Light  
East Cobb Oral Surgery  
East Cobb Prep  
East Cobb Presbyterian  
Eastminster Preschool  
Edward Jones  
Eiffel's Place  
Elmwood Apartments  
ENT of Georgia/Cobb  
Episcopal Church of  
St. Peter & Paul  
European Deli  
Eyes on Providence  
Fitness4U  
Good Mews  
IHOP  
St. Ann Catholic Church  
State Farm Insurance/Don Johnson  
Sunrise of East Cobb  
Sunshine School  
Temple Kol Emeth  
The Goddard School  
Timber Ridge Elementary School  
Tritt Elementary School  
Waldron Dentistry  
Walmart  
Walton High School  
WellStar Health Park  
Williamson Bar-B-Q  
Wood Acres Day School

## **30066 Area-Sandy Plains Road/ Canton Road Area**

A Passion for Pets  
Ace Hardware  
Addison Elementary School

Ankle & Foot Center  
Bi-County Chiropractic  
Blackwell Elementary School  
Blimpie  
Brewsters Restaurant  
British Academy of Ballet Arts  
Buddha's Delight Restaurant  
C2 Education  
Capozzi Pizza  
Cazadores Restaurant  
Chalise & Co.  
Chattahoochee Tech College  
China Dynasty  
Citgo  
Covenant Presbyterian Preschool  
Curves  
David Douglas Jewelers  
Davis Elementary School  
Day Spa Nirvana  
Dunkin Donuts  
Edward Jones  
Egleston Rehab Center  
Expert Car Medics  
Fabric & Fringe  
Family Dental Care  
Fire Station  
Fitness 1440  
Goddard School  
Heritage Retirement Home  
Jersey Mikes  
J.J. Daniel Middle School  
Kids Kuts  
Kids R Kids  
Kincaid Elementary School  
Kroger  
Lassiter High School  
Marietta Eye Clinic  
McCleskey Middle School  
Mountain View Aquatic Center  
Mountain View Community Center  
Mountain View Elementary School  
Mr. WonTon's  
New Lucky China  
Nicholson Elementary School  
Pak Mail  
Paradise Grille  
Paradise Optical  
Patrick Carmen Hair Salon  
Primary Prep Academy  
Queen of Hearts  
Rocky Mount Elementary School  
Rosa's Pizza

## **30067 Area**

A Child's Night Out  
Atlanta Ballet  
Atria Johnson Ferry  
Baldino's  
Barber Shop  
BMW Dealership  
Boneheads  
Brumby Elementary School  
Chevron Food Mart  
Christos Restaurant  
Delkwood Grill  
Doc Greens  
Happy Mart  
Hot Dogs Cool Cats  
J. Christopher's  
John Knox Presbyterian Church  
Kroger  
Los Bravos Mexican Restaurant  
Lutheran Church of  
the Resurrection  
Mellow Mushroom  
Powers Ferry Elementary School  
Schlotsky's Deli  
Shell Food Mart  
Sope Creek Elementary School  
Sugarbenders Bakery  
The Sunshine House  
US Post Office  
Windy Hill Athletic Club  
Wood Hollow Apartments  
YMCA

## **30068 Area-Johnson Ferry Road**

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Adamark Jewelers  
Aesthetic Orthodontic Care  
Allstate  
American Brake Center  
Arbor Terrace  
Atlanta North Stars  
Atlanta Swim Academy  
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Back By Popular Demand  
Bagelicious  
Synovos  
BBQ-1  
Betsy's Hallmark  
BP  
Bradley's Bar & Grill  
C2 Education  
Caldwell Chiropractic

Center for Ortho & Sports Medicine  
Chevron  
Chin Chin  
Choi Kwang Do  
Coldwell Banker  
CrossFit  
CT Nails  
CVS  
Dance Stop  
Delta Credit Union  
Dermatology Affiliates  
Diane's Nails  
Dickerson Middle School  
Dr. Burstein  
Draisen Edwards  
Dunkin Donuts  
East Cobb Government Center  
East Cobb Health Center  
East Cobb Middle School  
East Cobb Pediatrics  
East Cobb Vet Clinic  
East Side Baptist  
East Side Elementary School  
Eastvalley Elementary School  
Edward Johns Jewelers  
Edward Jones  
Etz Chaim  
Extra Storage Space  
Faith Lutheran School  
Fitness Together  
Flowers of Marietta  
Frameworks Gallery  
Fuji Hana  
Fullers Park  
GA Tire Depot  
Get in Shape for Women  
Great Clips  
H&R Block  
H.M. Patterson Funeral Home  
Harry Norman Realtors  
Hong Kong Star  
Innovative Orthodontics  
J. Christopher's  
Javits Academy  
Johnny's Pizza  
Johnson Ferry Baptist Church  
Keller Williams  
Kid Zone  
Kids R Kids  
Kinkos/Fedex  
Kroger

Langley Chiropractic  
LaVida Massage  
Lilli Nails  
Manor Care  
Marietta Family Dental  
Marlow's Tavern  
Massey's Automotive  
Medi Grill  
Montrose Animal Hospital  
Mower Doctor  
Mt. Bethel Christian Academy  
Mt. Bethel Athletics Center  
Mt. Bethel Elementary School  
Neurosport  
Parc at Piedmont  
Parkaire Shoe Repair  
Peachtree Gymnastics  
Pet Boutique  
Podiatry Group  
Pro Martial Arts  
RE/MAX  
Red Sky Tapas  
Salon Zahara  
Sedalia Park Elementary School  
Smoothie King  
Specialized Printing  
Sports Clips  
St. Catherine's Preschool  
State Farm Insurance/Ron Sprouse  
Subway  
Sun Pediatrics  
Suntrust  
The Village Gas Station  
Tijuana Joe's  
Tires Plus  
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Wells Fargo  
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