

February 2019

FREE
Take One!

EAST COBBER



Special Section:
**21st Annual
Child Care &
Preschool
Guide**
PAGES 24-30

Dr. Ganielle E. Hooper
Owner
Axis Hope

East Cobb Legislators PAGE 12 | **Local Students Raise Funds** PAGE 14 | **Community Calendar** PAGE 18

Winter Break Camps & Activities PAGE 16 | **Pet Adoption Events** PAGE 33 | **Health Heroes** PAGE 40



SUMMER UNIVERSITY

Camps for rising 1st
through 12th graders

SCHOOL'S OUT, but learning is always in at Summer University!

Our innovative camps combine fun and education, sparking long-lasting memories and keeping young minds sharp! Explore our 80+ offerings – we have an awesome variety! Prepare for a one-of-a-kind summer at KSU!

NEW CAMPS INCLUDE:

- Adulting
- Dynamic Dinosaurs
- Hogwarts World of Wizardry
- Kidprov
- The Savvy Entrepreneur

RETURNING FAVORITES INCLUDE:

- Comic Book Art & Manga
- Computer Game Design
- Extreme Science
- Junior Bakers Academy
- Little Coders

EARLY BIRD DISCOUNT // Save \$10 on each camp!
Use Promo Code 193SU10. Expires 2/28 @ 11:59PM!
Cannot be applied to prior SummerU registrations. Not valid on Before Care or Extended Care. Cannot be combined with any other discounts.

CAMPS OFFERED IN JUNE & JULY (9AM - 3PM)
Before Care and Extended Care available (additional cost)
SummerU.com // summeru@kennesaw.edu // 470-578-6765
LIKE US on Facebook.com/SummerUniversityKSU

KENNESAW
STATE UNIVERSITY
College of Continuing
and Professional Education

EMPOWER // REINVENT // SUCCEED

BUILD MUSCLE AND BURN FAT

EMSCULPT® is the world's only
non-invasive procedure to efficiently
build your muscle and reduce fat

- Strengthen core
- Refine six pack
- Non-surgically lift buttocks
- Real Self satisfaction rating of 96%
- Average fat reduction of -19%

Book your FREE consultation today!

Two convenient locations:
4800 Olde Towne Parkway
Suite 250
Marietta, GA 30062
770-971-3376

2045 Peachtree Road N.E.
Suite 200
Atlanta, GA 30309
404-351-7546



Featured

- 10 Singing Valentines
- 16 Winter Break Camps
- 40 Health Heroes

THIS MONTH

- 18 COMMUNITY CALENDAR
- 32 PET OF THE MONTH
- 34 DINING GUIDE
- 38 HEALTH & WELLNESS
- 46 SENIORS
- 50 CLUB CALENDAR
- 51 SUPPORT GROUPS



EAST COBBER

P.O. Box 680455 • Marietta, GA 30068

770-640-7070 • FAX: 770-559-3185

www.eastcobber.com

Volume 26 | Number 5

Founder | Publisher

CYNTHIA ROZZO

cynthia@eastcobber.com

Account Representatives:

East Cobb Businesses - Merchant's Walk - Roswell Road

MICHELLE O'SHAUGHNESSY

678-357-9384 • michelle@eastcobber.com

Northeast Cobb Businesses

LAREN BROWN

770-880-0965 • laren@eastcobber.com

Graphic Designer: Tamara Stephens

www.eastcobber.com

www.facebook.com/EastCobber

www.twitter.com/eastcobber



EAST COBBER monthly is published by
EAST COBBER, LLC. Copyright © 2019 by
EAST COBBER, LLC. All rights reserved. Reproduction

or any use of editorial or pictorial content in any
manner, without written permission, is prohibited.

Any opinions expressed here do not necessarily
represent the views of the EAST COBBER.

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.

Please address all correspondence to
cynthia@eastcobber.com.

Subscriptions are available for \$20/year.

Send check or money order payable to
EAST COBBER to the above address.

Front cover photo taken by
Angie Hall Photography

Hey!

EAST COBBER
has an email
newsletter!



Get a weekly rundown
of local news, events and
happenings sent straight
to your email!

Sign up at eastcobber.com



2 Sweet.

2.00%^{APY*} Checking

Plus 1% cash back on LGE credit card purchases**

The big banks pay little to nothing on checking, but at LGE you can earn 2.00%^{APY} and to sweeten the deal even more, get 1% back on your LGE credit card purchases! Open an account today! Visit LGEccu.org/HighRewardsChecking for details.

LGE
Community Credit Union®

Membership eligibility required. Refer to LGEccu.org/HighRewardsChecking for terms and conditions.

* APY = Annual Percentage Yield. Rate effective 01/01/15 and subject to change without notice. The 2.00% APY applies to balances up to \$25,000 only; a lower rate will be paid on balances over \$25,000.

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

Federally insured by NCUA.

LGEccu.org • 770-424-0060

PUBLISHER'S NOTE



Raising three children (even if 2 are in college and one in high school) I have realized the importance of how I use my time to stay on top of my busy life-- from managing my small business to keeping in shape (*well, kinda*) to being a mom. A big time saver for me is using the resources that are right here in East Cobb County. This month's issue features the 21st Annual Child Care and Preschool Guide (pages

24-30). If you have young children, these charts will help you discover just how many quality preschool programs are offered right here in our own backyard. When you read this edition of the EAST COBBER, as well as each issue, I hope you will see that my staff has put together a quick and easy way to learn about the resources we have close by to make your life better and to help you catch up on some community causes. I hope you learn something you didn't know before – whether it be about a local business, a special event, and/or what your neighbor is up to!

The February calendar includes St. Valentine's Day, an annual holiday to celebrate romantic love, friendship and admiration. People celebrate this day by sending messages of love and affection to partners, family and friends. The EAST COBBER focuses on the love shared by fellow EAST COBBERs every month. When someone loves to do something or love someone, they devote their best talents and skills to make that project, relationship, or situation the best possible. There are many people from Rotarians to PTA members to our advertisers who love this community and are doing whatever it takes to make East Cobb a better place to live. As an editor and publisher I love to shine a light on their efforts. Now, you've gotta LOVE that, right?

Happy Valentine's Day!

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

On the Cover

This month's front cover features Dr. Ganielle E. Hooper, founder of Axis Hope. If your child is suffering from anxiety, depression or just not acting like themselves, Dr. Ganielle Hooper at Axis Hope can provide the expertise and support they need to feel better. A medical professional for 16 years, Dr. Hooper recently opened Axis Hope in East Cobb to better address the mental health needs of kids and teens in the area.

Dr. Hooper provides a comprehensive physical, mental and psychosocial exam for each new patient in order to assess, diagnose and treat mental illness. She also develops treatment plans and prescribes medications for symptom management. The practice is able to work with children facing anxiety, depression, eating disorders, mood disorders and other mental health concerns. She also specializes in ADD/ADHD management and helping children on the Autism Spectrum.

Axis Hope is currently accepting new patients and can usually schedule the first appointment within 1-2 weeks. They also accept insurance and provide telemedicine options for patients who might not be able to travel.

Axis Hope is conveniently located in Piedmont Commons at 2551 Roswell Road, Suite 420 in Marietta/East Cobb. For more information, visit axishope.care, email info@axishope.care or call 678-648-7888.

Cover photo taken
by Angie Hall of
Angie Hall Photography.

John Michael Miller, CPA, Inc.

1033 Sandy Plains Rd., Suite E • Marietta, GA 30066

BY APPOINTMENT • FAX • MAIL

(770) 419-3399 (Phone)

(770) 419-2028 (Fax)

johnmillercpa@gmail.com

www.IncomeTaxPreparation.com

- Homeowners - \$290 (for most returns)
- Corporate Returns & Partnership Returns
- Monthly Business Accounting
- Now on YouTube.

Visit us at www.YouTube.com/johnmillercpainc

As you know, tax time is once again upon us. Have your tax return prepared by a CPA with over 20 years experience preparing tax returns. You will receive fast, reliable service at reasonable rates.

Your Federal and State returns will be carefully prepared to make sure that you get every deduction to which you are entitled. You will also be advised on how to keep your taxes as low as possible for next year.

FREE

Electronic Filing
to our clients

\$25 OFF

TAX PREPARATION

\$10 OFF RETURNS UNDER \$225

Coupon may not be
combined with any other offer.

PAYROLL SERVICES

1st Month FREE

**WITH SIX MONTH CONTRACT
CALL FOR RATE**

Coupon may not be
combined with any other offer.

MONTHLY ACCOUNTING

1st Month FREE

**WITH SIX MONTH CONTRACT
CALL FOR RATE**

Coupon may not be
combined with any other offer.

INCOME TAX PREPARATION

Snappy

**Snappy Makes
Homes Happy!**

770-321-3433

snappyservices.com

- ELECTRIC
- HEATING
- PLUMBING
- AIR CONDITIONING

Locally Owned in East Cobb!

AXIS HOPE PROVIDES MENTAL HEALTH HOPE TO EAST COBB YOUTH



Dr. Ganielle Hooper surrounded by her patients.

If your child is suffering from anxiety, depression or just not acting like themselves, Dr. Ganielle Hooper at Axis Hope can provide the expertise and support they need to feel better. A medical professional for 16 years, Dr. Hooper recently opened Axis Hope in East Cobb to better address the mental health needs of kids and teens in the area.

Dr. Hooper provides a comprehensive physical, mental and psychosocial exam for each new patient in order to assess, diagnose and treat mental illness. She also develops treatment plans and prescribes medications for symptom management. The practice is able to work with children facing anxiety, depression, eating disorders, mood disorders and other mental health concerns. She also specializes in ADD/ADHD management and helping children on the Autism Spectrum.

Dr. Hooper offers a safe space without judgment for kids and teens who want to talk openly. She asked children for input into the waiting area and treatment rooms, so they are cozy and inviting for all ages. As part of the treatment, she meets with the child and parent independently and then works with both on developing a treatment plan. It's also the reason she extended the time

for visits – she wants enough time to get to know each patient.

Dr. Hooper is dual certified as a Pediatric Nurse Practitioner and Pediatric Mental Health Specialist. She is bilingual in Spanish and also a military veteran. She still serves as an Officer in the Air National Guard and is active in the local community,

along with her husband, Otis.

A mother of four boys, she can relate to parents who want the best for their children. Her goal is to help the entire family with her practice and to also help others in the area through the nonprofit, Axis Angels, which provides mental health care for families who need financial assistance.

Dr. Hooper started her career as an Emergency Room nurse. In this role, she saw many patients with mental issues that impacted their choices and the care they received. She decided to further her education with a focus on pediatrics and mental health.

"I care about the kids I see, and I want the best for them," shares Dr. Hooper. "When I hear from a patient that I positively impacted their life, it makes me want to help even more children."

Axis Hope has received many positive reviews from patient families. One shared:

"Dr. Ganielle Hooper is one of the most professional and thorough physicians that our family has ever had. My children felt comfortable at once when they met with her. She is patient and a great listener."

She uses genetic testing to enable her to find what best medicine works for my children. Thus, saving time and money. Feel so blessed to have Dr. Hooper care for my children. She is awesome! I highly recommend Dr. Hooper!" – K. Bito.

If you have concerns about your child or your teen is struggling, contact Axis Hope today. Early assessment, accurate diagnosis and treatment of psychiatric disorders may prevent certain behaviors in the classroom and home that will preserve the child's sense of confidence, certainty and hope.

Axis Hope is currently accepting new patients and can usually schedule the first appointment within 1-2 weeks. They also accept insurance and provide telemedicine options for patients who might not be able to travel.

Axis Hope is conveniently located in Piedmont Commons at 2551 Roswell Road, Suite 420, Marietta 30062. For information, visit axishope.care, email info@axishope.care or call 678-648-7888.

Dr. Ganielle E. Hooper is a Nationally Certified Pediatric Nurse Practitioner and Mental Health Specialist. She received her Bachelor's degree from Georgia State University, her Master's degree from John's Hopkins University and her Doctorate degree from St. Catherine's University. She is the owner and operator of Axis Hope, a mental health care clinic in Marietta, GA providing treatment to the pediatric population through assessment, diagnosis and medication management.



AXIS HOPE. LLC

PAID ADVERTISEMENT

EAST COBBER

SIGN UP FOR COBB COUNTY'S CITIZENS PUBLIC SAFETY ACADEMY

The Cobb County Department of Public Safety (DPS) is announcing its Spring session of the Citizens Public Safety Academy (CPSA).

This 14-week program provides an opportunity for Cobb County citizens to obtain an insider's look into the various entities that comprise the Department of Public Safety. During the course, participants will gain knowledge and insight as to how the Police, Fire, Animal Control, and 911 departments are organized and the important role each plays in fulfilling the myriad tasks that ensure the safety of all the citizens of Cobb County.

In order to participate, interested citizens should either live in Cobb County or work for Cobb County government or schools and be at least 21 years of age.


The Spring Academy start date is Tuesday, April 2 at 6pm at the Cobb County Public Safety Training Academy located at 2109 Valor Drive, Marietta 30008.

To be accepted into the program, citizens must fill out an application. This application can be emailed to you or be picked up in person at the DPS Training Center located at 2109 Valor Drive, Marietta 30008. The completed application will need to be taken to the Cobb County Public Safety Internal Affairs Department located at 1150 Powder Springs Street, Suite 300, Marietta 30064 by Monday, March 18 at 3pm. It is suggested to bring your driver's license with you as they will need to make a copy for the application process.

Applications that are waitlisted will be held over to the Fall 2019 program if necessary. If you do not have an email address, please make sure to provide a phone number.

The first night of the CPSA will meet at the Cobb County Public Safety Training Academy, 2109 Valor Drive, Marietta, 30008. Participants will meet the training staff, receive a presentation and tour the Academy grounds. Please note the first night begins at 6pm and all subsequent sessions will meet at 6:30pm at various Cobb County Public Safety locations. Classes will be conducted every Tuesday evening for 14 weeks, with graduation being the 14th week. A few of the planned activities include:

- > Meeting with distinguished members of the Public Safety Department
- > Touring the 911 Communications Center and the Medical Examiner's Office
- > Receiving demonstrations from DPS Police Training on weapons/firearms safety and defensive tactics.
- > Participating in classes from the Fire Department special operations, i.e., Hazardous Materials, Heavy Rescue Squad.

The complete schedule will be given out on the first night along with other information. If you have any questions, contact Training Registrar Victor Verola at Victor.Verola@cobbcounty.org and/or 770-590-5653. 

Call for Entries: Mother of the Year 2019 Essay Contest

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

Mail your essay along with photo to:
EAST COBBER

P.O. Box 680455, Marietta, GA 30068
or E-mail contests@eastcobber.com.

Deadline: April 7, 2019



PTAS CELEBRATE THE ARTS!

By Aimee Pulley and Shanon Bonds, Co-Chairs, East Cobb County Council of PTAs Reflections Committee

For 50 years, the National PTA has promoted Reflections, its arts appreciation and recognition program. It is part of the PTA's mission to ensure all children receive a quality education, including an arts education.

This year, students created their vision of "Heroes Around Me." The East Cobb County Council (ECCC) received artwork from 27 schools. Over 300 entries were submitted from students K-12 in six categories: dance choreography, film production, literature, music composition, photography and visual arts. The students were first recognized, judged and celebrated at their local school. Those who won at their school advanced to the council level, and in November, numerous judges (to whom we are extremely grateful!) volunteered their time to review the entries. They selected the finalists whose work was submitted to the Georgia State PTA to be judged to possibly move on to the national level.

On November 27, 2018, an awards ceremony and exhibition were held to honor the East Cobb students who were selected to advance to the state level. Students' work was exhibited and students were invited to perform their work. It was a wonderful evening celebrating the creativity and hard work of our East Cobb students.

We hope to receive even more submissions next year. It's never too early to have your students start planning. The PTA Reflections theme for 2019-2020 is "Look Within."

Congratulations to our ECCC winners and good luck at the next stage of the competition!



Kelly Gilbert from Murdock Elementary School performs her winning dance at the ECCC Reflections award ceremony.

Dance Choreography

Aara Ahn
Aahana Satish
Davaju Babalola
Abigail Kruse
Hannah Hardin
Emerson Lindsley
Adison Branch
Kelly Gilbert
Pasha Clayton
Sangyethia Joseph
Avery White
Raliyah Joseph
Janya Gowda
Maggie Driemeyer
Emma Zeng
Rhea Singi
Smrithi Krishna

Film

Shreya Khanna
Addie Simons
David Barry
August Branch
Caleigh Barnett
Giuliana Achtenberg
Hayden Campbell
Naila Julien

Literature

Aarsheya Gunjal
Jaclyn Kabakoff
Medha Gunda
Kahliya Clayton
Shreya Khanna
Vikashini Venkatasamy
Kaeley Sinclair

Olivia Leone
Seneca Crosby
Ayan Shetye
Sophia Song
Ananya Rajagopalan
Arka Bhaumik
Adrija Chakraborty
Kingshuk Ganguli
Claire Weed
Ariana Martinez
Paige Vandembussche
Ariana Virani
Anushka Jain
Risha Hegde
Samyukta Iyer
Aahana Satish

Music Composition

Alashia Lindsay
Kirti Subramanian
Eric Mo
Shreya Khanna
Aahana Satish
Sesharaman Krishnan
Senria Nath
Aidan Reilly
Claire Kopriva

Priyanka Bhandarkar
Aditi Subramanian
Amalia Quinn
June Hutchinson
Clarabelle Sung
Harshika Prasad
Grace Lege
Sarah Grace Simons
Oliver Long
Samukta Iyer
Anahelle Villefranche

Photography

Kahliya Clayton
Madeleine Grant
Sesharaman Krishnan
Turner Sahadevan
Zoe Reed
Shreya Ram
Krishiv Sharma
Ryan Rashidi
Violet Rashidi
William Fernandez
Emma Pellicano
Katy Brucciani
Lexi Lindstrom
Savannah Garrett



Priyanka Bhandarkar from Mountain View Elementary School playing the piano at the ECCC Reflections award ceremony.

Jasmine Bellinger	Adeline Morley
Charlie Magato	Izabella Wallace
Trey Sprecher	Mary Lan
Leonardo Donato	Nicholas Nesmith
Lauren Trevathan	Isabel Nader
Graham Cauthon	Payton Crowe
Millie McMurtrie	Savanna Herring
Abigail Scheffel	Eric Xu
Lexi Fenwick	Clarabelle Sung
Devin Poyette	Nicole Nicolescu
Regan Gilbert	Chung Chit (Elvis) Yun

Visual Arts

Anika Viswanathan	Vadansshi Mohanty
Morris Lin	Amy Cataldo
Sanjana Konduru	Beck Pawlowski
Gargi Telang	Emma Woodman
Jennifer Rawlinson	Heather Byers
Brinda Gururaj	Maha Mohsin
Ellana Yang	Parker Walden
Grace Huang	Renee Chen
Anna Gurevich	Samukta Iyer

For more information about the Reflections Program, please visit: ecccpta.org/reflections. 

Aimee Pulley and Shanon Bonds are the East Cobb County Council of PTAs Reflections Chairs. Aimee Pulley resides in Cherokee Crossing subdivision with her husband Nathan and her daughter Rory, who attends East Cobb Middle School. Shanon Bonds and her husband have been East Cobb residents for over 17 years. They have two children who attend East Cobb Middle School.



DON'T MISS THE FAIRIES!

Ends February 28

ENCHANTED WOODLAND TRAIL



Experience the magic of nature with these tiny abodes along CNC's wooded trails

Included with general admission, and free for CNC Members

presented by  NORTHSIDE HOSPITAL



9135 Willeo Rd., Roswell, GA 30075

chattnaturecenter.org • 770-992-2055 X238

Family. Friends. Community.



770-956-1688

www.ronsprouse.com

Ron Sprouse

 **State Farm**

BIG CHICKEN BARBERSHOP CHORUS OFFERS SINGING VALENTINES

Do you want a Valentine's Day present that your special someone will remember for years? Picture a tuxedoed quartet showing up at your sweetheart's office, your favorite restaurant, or your home to deliver the most memorable Valentine ever! A quartet from Marietta's Big Chicken Chorus will deliver love songs, a red rose, and a personalized card to your sweetheart on Valentine's Day!

"Don't just say 'I Love You!' let us sing it for you!" says Rob Rhodes, a Big Chicken Chorus member.

Marietta's Big Chicken Chorus is pleased to offer again in 2019 its highly popular "Singing Valentines" program. Quartets, dressed in tuxedos with a Valentine's Day red vest and bow tie, deliver two sentimental love songs along with a live red rose and a card with a personal message to the purchaser's significant other at home, office, school, restaurant, or other public location.

In-person deliveries are primarily in the Northwest Metro Atlanta area, with coverage of Cherokee, Cobb and Fulton Counties. In addition to the in-person offerings, Singing Valentines may also be delivered electronically by Skype or Facetime or by telephone.

This year, Singing Valentines will be offered on Thursday, February 14, from 9am to 9pm; Friday, February 15 from 1pm to 7pm; and, Saturday, February 16, from 1pm to 7pm. Only a limited number of



Members of the Big Chicken quartet serenaded both mother Dana Griffin and daughter Aly Griffin for Valentine's Day in 2018. Pictured (l-r) are: Gordon Angles, Maury Morris, Aly Griffin, Dana Griffin, Ray Taylor, Terry Morrison.

deliveries will be available, so the Chorus suggests that reservations be made as soon as possible.

Pricing ranges from \$25 for a telephone delivery, \$35 for a video performance, to \$50-\$90 for in-person quartets. To make a reservation, or for more information call the Singing Valentines Hotline at 470-349-0550 or visit the Big Chicken Chorus website at www.bigchickenchorus.org.

The Big Chicken Chorus is a multi-generational, male chorus of more than 50 voices, singing a cappella, four-part harmony, in the style of a Barbershop Quartet. 🎵

DID WE MISS YOUR LOCATION?

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

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

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

Join our fast growing list of distribution sites.



THE CONNECTION BETWEEN ORAL HEALTH AND YOUR HEART

As we celebrate Valentine's Day with heart-shaped candies, cards, and decorations, have you thought about the health of your own heart? And did you know that there is a connection between oral health and heart disease?

In April 2012, the American Heart Association published a statement supporting an association between gum disease and heart disease. Gum disease, also referred to as periodontal disease, is an infection of the tissues that surround and support your teeth. Gum disease is caused by plaque, the sticky film of bacteria that is constantly forming on our teeth. The early stage of gum disease is called gingivitis. If you have gingivitis, your gums may become red, swollen and bleed easily. At this stage, the disease is reversible and can usually be eliminated by a professional cleaning at your dental office, followed by daily brushing and flossing. When gum disease becomes more advanced, it is called periodontitis. Periodontitis

can lead to the loss of tissue and bone that support the teeth and may become more severe over time ultimately resulting in tooth loss. It is estimated that 47.2% of adults over 30 in the United States have periodontitis.

Unfortunately, gum disease sometimes does not have any symptoms or warning signs, so people who have it may be unaware that the tissues and bone supporting their teeth are eroding away. This is one reason why regular dental cleanings and periodontal examinations are so important. The earlier we are able to identify gum disease, the earlier we can intervene and prevent the condition from progressing.

While the exact link between gum disease and heart disease remains undetermined, it is known that people with gum disease have a two to three times higher risk of having a heart attack, stroke, or other serious cardiovascular event. Although we cannot prove that treating gum disease prevents

heart disease, the connection is compelling enough that both dentists and doctors agree patients should strive to prevent developing gum disease. To avoid developing gum disease and maintain good oral health, the American Dental Association suggests:

- Brushing twice a day with an ADA-accepted fluoride toothpaste.
- Cleaning between teeth daily with floss or an interdental cleaner.
- Eating a balanced diet and limiting between-meal snacks.
- Visiting your dentist regularly for oral examinations and professional cleanings.



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

2872 Johnson Ferry Road • 770-993-3775 • www.cheekdental.com



PAID ADVERTISEMENT

EAST COBBER

EAST COBB STATE LEGISLATORS

The General Assembly meets in regular session starting the second Monday in January for no longer than 42 days each year. As the new Georgia General Assembly gathers for the 2019 session, the EAST COBBER monthly presents the state legislators that represent the East Cobb area. Citizens interested in locating the legislator that represents them may call Cobb County Board of Elections at 770-528-2300.

State Representatives - East Cobb County



MARY FRANCES WILLIAMS (D)
District 37

First elected in 2018
770-424-9084
info@maryfrances4hd37.com



TERI ANULEWICZ (D)
District 42

First elected in 2017
404-656-0116
teri.anulewicz@house.ga.gov



SHARON COOPER (R)
District 43

First elected in 1996
404-656-5069
sharon.cooper@house.ga.gov



DON PARSONS (R)
District 44

First elected in 1994
770-977-4426
repdon@donparsons.org



MATT DOLLAR (R)
District 45

First elected in 2002
404-656-5138
matt.dollar@house.ga.gov



JOHN CARSON (R)
District 46

First elected in 2002
404-520-8826
john.carson@house.ga.gov

State Senators - East Cobb County



JEN JORDAN (D)
District 6

First elected in 2017
404-656-6446
jennifer.jordan@senate.ga.gov



KAY KIRKPATRICK (R)
District 32

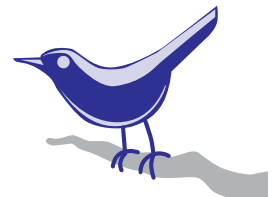
First elected in 2017
404-656-0150
kaye.kirkpatrick@senate.ga.gov



MICHAEL RHETT (D)
District 33

First elected in 2014
404-656-0054
michael.rhett@senate.georgia.gov

@eastcobber



APPLICANTS AND DONATIONS NEEDED FOR MARGIE HATFIELD PTA SCHOLARSHIP

The East Cobb County Council (ECCC) of PTAs created the Margie Hatfield Scholarship Fund in 1990 to honor Mrs. Hatfield's dedication to the youth of the Council. Mrs. Hatfield spent countless hours working with the ECCC PTA, including serving as president for three consecutive years. With this service in mind, the Council PTA sponsors the scholarship program to help deserving youth in their educational journey. An emphasis is placed on the applicants' service records and citizenship, attributes that embody the philosophy of the PTA.

This year, the Margie Hatfield Scholarship Fund will once again award a \$1,000 scholarship to one student from each of the six high schools located within the East Cobb County Council (Kell, Lassiter, Pope, Sprayberry, Walton, and Wheeler). The following criteria, listed in order of significance, are used to evaluate applicants: involvement in service-oriented projects, community and extra-curricular activities, leadership, honors and awards, an essay, references, completeness of application, and grade point average. In addition:

- Any graduating ECCC high school senior who plans to enroll in a full-time course of study at an institute of higher learning may apply.
- Scholarship funds must be used for continuing education.
- There is no limit to the number of students that may apply.
- The deadline for receipt of applications is February 28. Applications will be available in the counselors' offices in mid-January. Students may also download an application from the ECCC PTA website.
- Winners will be notified in early April and honored at the ECCC PTA general membership meeting held on April 23.

The ECCC PTA relies on donations from the 35 ECCC PTA schools and other community supporters to fund this scholarship. To donate, please contact Patty Pace, ECCC PTA Scholarship Chair, at scholarship@ecccpta.org for more information. 📞

IN
PRINT
ON
LINE
AND
ALL
AROUND
EAST
COBB



www.eastcobber.com

EAST COBBER

*East Cobb's premier source
for local info since 1993.*

770-640-7070

LOCAL STUDENTS RAISE FUNDS FOR LEUKEMIA & LYMPHOMA SOCIETY



Katie Valley and Rebekah
Address



Maddie Atkins



Liza Gaster



Avnee Sarnaik and Sohpie
Kudratov

Each year, in communities across the country, exemplary and passionate students engage in a spirited fundraising competition to raise critical funds for blood cancer research for The Leukemia & Lymphoma Society (LLS) through the Students of the Year campaign. LLS Georgia is honored to announce these individuals who will compete for scholarships and to earn the Student of the Year title.

The candidates are high school students who are philanthropic, ambitious, resourceful and passionate about making a difference in the lives of people suffering from blood cancers. Their relentless ambition drives them to fundraise with remarkable results. This year's Students of the Year candidate class includes 73 high school students--six are from East Cobb County--who are active in their community and aim to raise over \$1,500,000 in seven weeks to fight blood cancer.

"The Students of the Year campaign is a great way for students to develop leadership skills within a philanthropy program that ensures they stand out among their peers and make an impact in their communities," said Nychelle Williams, Campaign Director for The Leukemia & Lymphoma Society Georgia Chapter. "Candidates showcase their fundraising and community engagement skills while providing assistance and hope to blood cancer patients."

The Students of the Year seven week campaign kicked off on January 31 and the scholarship winners will be announced at the Grand Finale Gala at The Georgia Aquarium on March 23, 2019.

The following East Cobb County candidates have teamed up (see below) to raise funds:

- **Rebekah Address**, sophomore, Lassiter High School and **Katie Valley**, sophomore, Walton High School
[Rebekah Address - 10th Grade - Lassiter High School](#)

Rebekah is a sophomore at Lassiter High School. She became involved with Students of the Year in honor of her friend's mother who is currently battling cancer. Rebekah is passionate about finding a cure and helping cancer patients and their families.

[Katie Valley - 10th Grade - Walton High School](#)

Katie is a sophomore at Walton High School. Katie's interest in the campaign is very personal, her mother was recently diagnosed with a cancer re-occurrence. "Cancer has personally affected my family and friends. I am honored and excited to be able to fight to find a cure for cancer. My mom is currently battling melanoma. The immunotherapy that she is taking was developed through research funded by LLS, so helping raise money for more research is very important to me because it has helped her."

- **Maddie Atkins**, sophomore, Johnson Ferry High School & **Liza Gaster**, sophomore, Pope High School
[Maddie Atkins - 10th Grade - Johnson Ferry High School](#)

Maddie is a sophomore at Johnson Ferry High School. One of her close, personal friend's sister was diagnosed with leukemia in 10th grade. "Seeing what her family went through and how strong they were, really inspired me. I said if I'm given the opportunity to help someone fight a horrible battle like this, I will."

Liza Gaster - 10th Grade - Pope High School

Liza is a sophomore at Pope High School. "After our friend's sister fought a battle with leukemia for a year and a half, finding a cure for childhood cancer became really important to me." She watched her fight and the toll it took on her family and feels honored to help LLS raise money and help find a cure!

- **Avnee Sarnaik**, Junior, Wheeler High School &
Sophia Kudratov, Junior, Wheeler High School

Sophia Kudrato - 11th Grade - Wheeler High School

Sophia is a sophomore at Wheeler High School. Sophia's watched her aunt fight to survive breast cancer. Sophia says she never wants other families to have this awful experience and that motivated her to participate in the program. "For this campaign, I would like to give people fighting this long, hard battle the support to live their best lives."

Avnee Sarnaik - 11th Grade - Wheeler High School

Avnee is a junior at Wheeler High School. Avnee is inspired by the mission of LLS. Fortunately, Avnee has not been personally touched by cancer but she wants to take a stand to change the lives of cancer patients for the better. "Through this campaign, I love to volunteer and now have the opportunity to make people happy and I can't stand by and not do anything about it."

To learn more about Students of the Year, please visit events.lls.org/ga/AtlantaSOY19.

The Leukemia & Lymphoma Society® (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services. The Georgia Chapter serves patients with a variety of programs including the Patti Robinson Kaufmann First Connection Program, the Georgia Blood Cancer Conference, and the LLS Co-Pay Assistance Program. 📞

SHARE THE LOVE

find us ♥ follow us ♥ friend us ♥

EAST COBBER

www.eastcobber.com

770-640-7070

REAL. LOCAL. SAVINGS.

See how much you could save on car insurance today.

GEICO
Local Office

770-565-9696
2125 Roswell Rd, Marietta





Saving people money on more than just car insurance.*

*Some discounts, coverages, agent plans and features are not available in all states for all GEICO companies. Motorcycle and RV coverages are underwritten by GEICO Indemnity Company. Homeowners, renters and auto coverages are written through our affiliated insurance companies and are provided through the GEICO Insurance Agency, Inc. Boat and PWC coverages are underwritten by GEICO Marine Insurance Company. GEICO is a registered service mark of American Express Insurance Company, Washington, D.C. ©2019. A Berkshire Hathaway Inc. subsidiary. GEICO Gecko image © 1999-2019. 11-2019-0000

Dance Stop Company
Mid Winter Concert 2019

Cobb Civic Center
Jennie T. Anderson Theatre

Saturday, March 2nd
2pm & 8pm

Sunday, March 3rd
3pm

Tickets \$15
Purchase at
Dance Stop Studios
A Portion of ticket sales will
benefit CURE, Childhood Cancer.

770-578-0048
4400 Roswell Road • Marietta, Georgia
www.dancestopstudios.com



WINTER BREAK CAMPS & ACTIVITIES

The Cobb County School District has scheduled a winter break for students from February 18-22. There are many fun and enriching camps and activities taking place during winter break in and around East Cobb. Check out the list below for some ideas.

CAMPS: FEBRUARY 18-21

Cobb Soccer Academy. Improve your skills, make new friends and have fun! Boys and Girls Kindergarten-8th welcome. Monday-Thursday: 9am -12noon. \$100. Mt. Bethel Elementary School, 1210 Johnson Ferry Road, Marietta. More info: Coach Dietrich, 217-714-4308 or www.CobbSoccerAcademy.com.

Next Play 360 Gym Basketball Camp. Players will improve their shooting, passing, ball handling, scoring and footwork. Additionally, campers will have fun scrimmaging, participating in contest and playing Pickleball. All ages and skill levels are welcome. Campers will be grouped with players similar to their age and abilities. Camp will cover all aspects of the game. K-12. 7:30am-5pm. \$225. Next Play 360 Gym, 3910 Canton Road, Marietta. More info: 770-895-2005 or email info@nextplay360.com.

Sprayberry Soccer Winter Camp. Players get to train with the varsity team during winter break and will have the opportunity to play at halftime of the varsity game on Saturday, Feb. 23. Grades 6-8. 9am-12pm. \$125. Lunch provided on Thursday. More info: 214-687-8950 or aaron.wessner@cobbk12.org.

CAMPS: FEBRUARY 18-22

Covenant Day Camp. Provided for children Kindergarten through 5th Grade. 9am-4pm, extended care: 7am-6pm. Camp fee is \$25/day. Covenant Presbyterian Church, 2881 Canton Road, Marietta/East Cobb. More info: 770-422-5130.

D-Bat Winter Break Baseball and Softball Camp. Camp will cover all aspects of the game. Ages 5-12. 9am-2pm, extended camp options available from 8am-6pm. D-BAT Baseball & Softball Academy, 1666 Roswell Road, Building 300, Marietta. More info: 678-403-2632 or www.DBAntlanta.com.

Junior Lifeguard Class. This program is designed to give participants the foundation of knowledge and skills to be future lifeguards. Participants will learn life saving rescue techniques, be able to shadow lifeguards, learn about volunteer opportunities as a Junior Lifeguard at the Y and have fun! Course will include both in water and classroom sessions. Ages 11-15. \$200. 9am-4pm. McCleskey YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991.

CAMPS: FEBRUARY 18-22

NinjaQuest Winter Camp. Spend time off from school learning the tricks and skills to Parkour and Ninja! Camp combines themed team games, ninja obstacle courses, parkour techniques, trampolines, warp walls, Bubble Sports and more! Ages 6+. 9am-1pm or 9am-4pm. \$200/half day or \$300/full day. Full week \$70/full daily rate \$50/half daily rate. NinjaQuest Fitness, 3910 Canton Road, Marietta. More info: 678-384-6500 or ninjaquestfitness.com/camps.

Windy Hill Athletic Club Winter Sports Camp. Kids can get fit and have fun by participating in this sports camp that builds self-confidence, improves motor skills and encourages a healthy lifestyle. Pre- and post-camp options available. Ages 5-14. 9am-4pm. \$200 (members); \$300 (non-members). More info: 770-953-1100 or www.midtown.com/atlanta.

YMCA Dynamite Days Off Camp. Qualified counselors will lead activities that will help build your child's self-confidence, strengthen their social skills, deepen their respect for others and build lasting relationships. 9am-4pm with free before and early care; 7:30-9am & 4-6pm. Ages: 5-12. \$40/day (members); \$60/day (non-members). McCleskey YMCA, 1055 East Piedmont Road, Marietta. More info: 770-977-5991.

ACTIVITIES: FEBRUARY 18

Enchanted Woodland Trail. Fairies and gnomes have been busy building all new homes for the Enchanted Woodland Trail opening this winter. Whimsical works line the trails – slow down as you search for the fairy houses made from tiny natural objects. Until February 28. General Admission; \$10/Adults; \$7/ Seniors (Ages 65+) & Students (Ages 13-18); \$6/Children (Ages 3-12); and, Free/Children 2 & under . Free to CNC Members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055.

For the Birds. Get crafty and help migrating birds by making a pinecone bird feeder. Your bird feeder will help supply energy for the chilly winter months and long journey of migration. Take your birdfeeder home and add it to your backyard habitat. 11am. Included with general admission: general admission; \$10/adults; \$7/ seniors (ages 65+) & students (ages 13-18); \$6/children (ages 3-12); and, free/children 2 & under free to CNC members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055.

GET IN TOUCH!



facebook.com/eastcobber



[@EastCobber](https://twitter.com/EastCobber)



www.eastcobber.com
editor@eastcobber.com

ACTIVITY: FEBRUARY 19

Teen Pop Culture Escape Room. How much do you know about past, present and future trends? Test your knowledge of Snap Chat, Binge Worthy TV, Emojis and Fake News to get through this escape room. You only have 45 minutes before you are stuck in a FAD and are so "last year." Grades 6-12. 3-4pm. Free. Sewell Mill Library, 2051 Lower Roswell Road, Marietta. More info: 770-509-2711 or www.cobbcat.org.

ACTIVITIES: FEBRUARY 20

Preschool STEM with Cobb 4-H. Get out your lab coat and goggles because STEM for preschoolers is coming to the Mountain View Regional Library. Cobb 4-H STEM instructor, Kathleen McElroy, opens up the world of science to preschool children and their adults. Fun and hands-on, this series of interactive STEM workshops will peak preschool curiosity about the world around them. Each month has a different theme. Ages 3-5. 11-11:30am. Free; Registration required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-4964 or www.cobbcat.org.

Parachute Dance Party. Come dance and bounce the winter blues away! Fly away with creative parachute play. If you need a little down time, winter-themed crafts will bring out your inner artist. No registration required. Grades K-5. 1-2:30pm. Free. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-4964 or www.cobbcat.org.

Disney Family Trivia. Who was Buzz's best friend? Which princess uses her long blonde hair to escape her prison? What body part does Dumbo use to fly? Come dressed as your favorite Disney character and test your family's Disney IQ at Sewell Mill Library's family trivia. No registration required. Teams must consist of 2+ players (at least one child and one adult). All ages. 3-4pm. Free. Sewell Mill Library, 2051 Lower Roswell Road, Marietta. More info: 770-509-2711 or www.cobbcat.org.

ACTIVITIES: FEBRUARY 21

Winter Break Movie. Watch the first installment of How to Train Your Dragon in the Story Time Room. Hiccup, a misfit Viking teen befriends a dragon, despite his tribe's beliefs and history of dragon slaying, in this adaptation of the children's fantasy book by Cressida Cowell. Rated PG. Grades K-6. 2-4pm. Free. Sewell Mill Library, 2051 Lower Roswell Road, Marietta. More info: 770-509-2711 or www.cobbcat.org.



The One. The Only.
EAST COBBER
770-640-7070

ACTIVITIES: FEBRUARY 21

Wonderlab - Straw Rockets. Wonderlab is a space for children in grades K-2 to explore, create, and investigate! Are you up to the challenge of building a rocket with only a straw, rubber band, craft stick, paper and a paperclip? Test your rocket with target practice to see if it can escape the atmosphere. Tweak your design to achieve maximum results! Ages K-2. 3:30-4:30pm. Free; Registration required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta. More info: 770-509-4964 or www.cobbcat.org.

ACTIVITY: FEBRUARY 22


Gritters Knitters. Do you knit, crochet, cross stitch or work with yarn in any way? If you would like to get together to craft, get inspired, and make new friends then this group is for you. All skill levels are welcome — the only requirement is your enthusiasm! Just bring your project and yourself to Gritters. 10am-1pm. Free. Gritters Library, 880 Shaw Park Road, Marietta. More info: 770-528-2524.

ACTIVITY: FEBRUARY 23

Black History Month Parade. The Black History Month Parade celebrates the culture, heritage, history and accomplishments of Black/African American people in the United States and from across the world. The Black History Month Parade features marching bands, entertainers, dignitaries, civic groups, non-profits, celebrities, corporate groups, artistic expressionist, entertainment and fun for the whole family! 1-4pm. Hurt Park, 25 Courtland Street SE, Atlanta. More info: 404-478-7820 or www.blackhistorymonthparade.com. 

contractors • window cleaning • air conditioning • appliance repair • carpet cleaning • deck design • flooring • garage door repair • gutter cleaning • landscaping • maid cleaning • plumbing • remodeling • roofing contractors

Coming in March:
EAST COBBER's
10th Annual Home & Garden Guide
For Advertising Information, call
770-640-7070



2019 February COMMUNITY CALENDAR

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

TUESDAY AND SATURDAY

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

EVERY WEDNESDAY

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

EVERY FRIDAY

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

EVERY SATURDAY

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

THROUGH MARCH 24

Carole Pigott: The Power of Light. Explore oil painting scenes from the Southern and Southwestern United States and is inspired by the connectedness of visual art to creative writing. The oils will be accompanied by written reflections by author, Eudora Welty. \$8. 11am-4pm. Marietta Cobb Museum Art Museum, 30 Atlanta Street SE, Marietta. More info: mariettacobbartmuseum.org.

Richard Cecil: Creations in Oil and Bronze. This Atlanta-based artist's work encompasses painted portraiture, still-life, landscape and more including his bronze sculptures, where he renders human forms, wildlife, and mythological beings. \$8. 11am-4pm. Marietta Cobb Museum Art Museum, 30 Atlanta Street SE, Marietta. More info: mariettacobbartmuseum.org.

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-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 spskids.com.



locally owned
Parker Landscaping
& Maintenance

Let us create your perfect landscape...

If you're updating existing landscaping, embarking on an entirely new project, or simply looking to maintain your lawn we will deliver superior service to meet your needs.

- Residential
- Commercial
- HOA

678-644-2413 • Britt@Parkerlandscapingatl.com

MAKING LIFE LESS TAXING.....

W. ROBERT MCGOLDRICK, CPA, CFP
CERTIFIED PUBLIC ACCOUNTANT
CERTIFIED FINANCIAL PLANNER

770-992-7614

- TAX PLANNING & PREPARATION
- BUSINESS/INDIVIDUALS/NON-PROFIT ORGANIZATIONS
- RETIREMENT PLANNING
- ESTATES & TRUST
- SMALL BUSINESS ACCOUNTING

2866 JOHNSON FERRY ROAD, SUITE 100
MARIETTA, GA 30062

SECURITIES OFFERED THROUGH TRIAD ADVISORS, LLC
MEMBER FINRA/SIPC



COMMUNITY CALENDAR

FEBRUARY 1-10

Winter Bird Seed Sale at Chattahoochee Nature Center.

Just in time for the Great Backyard Bird Count, fill your feeders with Cole's premium bird seed and benefit the Chattahoochee Nature Center (CNC). Pre-sale orders can be placed online or at the Nature Store. Pre-purchase between February 2-11 and pick up is at CNC February 16-18. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

FEBRUARY 2

7th Annual Luvin' LAX Youth Clinic. Kick-off your spring lacrosse season with the Lassiter ladies high school team's clinic. All girls from U9, U11, U13, and U15 teams from beginner to experienced players are welcome. Work with Lassiter Varsity Coach, Angela Brunner and the high school payers to improve and learn new skills and techniques. Must bring: lacrosse stick, mouth guard, goggles and athletic shoes. 12pm-4pm. Clinic fee: \$50 (includes t-shirt, pizza and prizes). Lassiter High School Stadium, 2601 Shallowford Road, Marietta/East Cobb. More info: www.lassiterladieslacrosse.org.

Super Bowl LIII Football Family Festival. This will include fun football-related activations, special guest speakers, a parents' forum, youth league sign-up stations, music, food trucks and giveaways. 10am-1pm. Marietta High School, 1171 Whitlock Avenue NW, Marietta. More info: travelcobb.org/events.

FEBRUARY 2, 5, 8, 10

Dead Man Walking presented by The Atlanta Opera. A true story that spawned a best-selling book and an Academy Award-winning movie, Jake Heggie's Dead Man Walking tells of Sister Helen Prejean and her time as spiritual advisor to Joseph de Rocher, a murderer on death row. \$38-\$134. 8pm, Sunday 3pm. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: atlantaopera.org.

FEBRUARY 8

Cobb Executive Women Luncheon. Registration/General networking: 11am. Program: 11:15am-1pm. Members: \$25 at door. Guests: \$35 at door. The Georgian Club, 100 Galleria Parkway, 17th Floor, Atlanta. More info: Rebecca Chadwick at rchadwick@cobbchamber.org or cobbchamber.org.

Cobb County Master Gardeners Lunch and Learn: The Productive Home Vegetable Garden. Grow delicious, healthy food in your own home garden! Learn how to set up and tend your vegetable garden with an emphasis on organic methods. Program presented by Master Gardener, garden blogger and former Extension staff member, Amy Whitney, who has more than 25 years of experience growing food in her Cobb County garden. Bring your lunch. 12-1pm. Cobb Water Lab, 660 S. Cobb Drive, Marietta. More info: 770-528-4070 or cobbmastergardeners.com.

Get Your Event Listed!

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



Call us today for an appointment:
(678) 506-2861

1391 East Cobb Dr, Marietta, GA 30068
www.Honest1EastCobb.com
Mon-Fri • 7am-6pm | Sat • 8am-4pm

**FREE 12 MONTH
ROADSIDE ASSISTANCE**
On all work orders over \$25

\$15 off
Full Synthetic Oil Change
Special includes:

- Full Synthetic Oil Change
- Comprehensive Vehicle Inspection

\$5 off
Emissions Testing

*Most vehicles. Tax & shop supplies extra. Up to 5 quarts of Full Synthetic motor oil, including spin on filter. Cannot combine with any other offers. For a limited time only.

THE LAW OFFICES OF SEAN R. WHITWORTH



DIVORCE AND FAMILY LAW

*Serving Cobb and
All Metro Counties*

For A Free Consultation Call Us At
770-490-0921
Offering Flat Fee Billing
www.swhitworthlaw.com
seanwhit@swhitworthlaw.com

Sean R. Whitworth
Attorney-at-Law

COMMUNITY CALENDAR

FEBRUARY 8

Martinis & Music. Four times a year, people gather at Marietta/Cobb Museum of Art for live music, light refreshments, great art, a cash bar, and a lot of fun. Open to the public. \$10/person. Free for museum members. Regular museum admission rates do not apply for this event. 5:30-8:30pm. Marietta/Cobb Museum of Art, 30 Atlanta Street, Marietta. More info: 770-528-1444 or mariettacobbartmuseum.org.

FEBRUARY 8-10

Into the Woods presented by Theatre in the Square. The story follows a Baker and his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; and Jack, who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch's curse, the two set off on a journey to break the curse. Friday: 7:30pm; Saturday: 2pm and 7pm; Sunday: 3pm Tickets: \$18-\$25. Theatre on the Square, 11 Whitlock Avenue NW, Marietta. More info: 770-426-4800 or theatreinthesquare.net.

FEBRUARY 8-24

The Wedding Singer presented by Atlanta Lyric Theatre. Based on the hit Adam Sandler movie, The Wedding Singer's sparkling new score does for the '80s what Hairspray did for the '60s. Just say yes to the most romantic musical in twenty years. Thursday-Saturday: 8pm. Sunday: 2pm. Tickets: \$43-\$68. The Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info: 404-377-9948 or atlantal lyrictheatre.com.

FEBRUARY 9

39th Annual Walton Raider Chase. This 5K will be a celebration of both running and Raider Pride. Olympic style track finish, complete with live music, awards, and raffle prizes. All proceeds benefit Walton Track and Field Cross Country programs. 5K: 8am. \$20-\$30. Walton High School, 1590 Bill Murdock Road, Marietta. More info: waltoncinderclub.membershiptoolkit.com/raiderchase.

Dancing with the Stars of Marietta. This exciting annual dance competition benefits Georgia Metropolitan Dance Theatre. Five teams of local celebrities will compete for a Mirror Ball Trophy at this fun filled event. Don't miss the chance to cheer on your favorite team and support Georgia Metro Dance Theatre to educate, cultivate, and inspire the next generation through dance. \$20-\$55. 7-10pm. The Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.

Family Night Hike & Campfire at the Chattahoochee Nature Center. The winter world of CNC is one that deserves exploration in the dark. You will listen for the sounds of winter in the woods and gaze up at the stars, while enjoying the crisp air of the season. A campfire, where you can roast a marshmallow, will be waiting for you as you wrap up the evening. 7-9pm. \$12/general public. \$10/CNC Members. Registration required. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055, ext. 238, or chattnaturecenter.org.

Become a fan of **EAST COBBER** Magazine on Facebook

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

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



COMMUNITY CALENDAR

FEBRUARY 10

Super Museum Sunday. This is an annual event coordinated by the Georgia Historical Society as part of the Georgia History Festival, commemorating the founding of Georgia. This year, there are 101 participating sites in all parts of the state. 1-4pm. Free. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: bullochhall.org.

Greater Atlanta Coin Show. Many dealers in one place where you can browse, buy, sell or trade coins, currency, bullion, and other collectibles. Experienced coin dealers also provide free verbal appraisals for coins, currency and precious metals. 9am-5pm. Admission: Free. Hilton Atlanta/Marietta Hotel and Conference Center, 500 Powder Springs Street, Marietta. More info: 770-772-4359 or www.atlcoin.com.

Low-Cost Pet Vaccination Clinic. Save an average of 50% off retail pricing for vaccines and supplies like flea, tick and heartworm preventative. You'll also receive a gift card for a free pet exam at Town & Country Veterinary Clinic. Dogs must be friendly around children and other dogs. 12-3pm. Janice Overbeck Real Estate, 2249 Roswell Road, Marietta/East Cobb. More info: janiceoverbeck.com.

FEBRUARY 11

Cobb Chamber First Monday Breakfast. Networking: 7am. Program: 7:30-9am. Members: \$30; General Admission: \$60. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-980-2000 or info@cobbchamber.org.

FEBRUARY 14-16

The Military Family Support Center On-site Sale. The sale is available to retired veterans and active duty personnel and their families who have been granted commissary privileges. This sale features grocery goods sold at cost plus a 5 percent surcharge, and features a stock assortment of about 1,000 items including fresh meat, fresh produce, chilled and frozen items. Thurs-Fri: 9am-5pm; Sat.: 9am-4pm. Military Family Support Center, 1901 Terrell Mill Road, Marietta (intersection of U.S. Highway 41 and Terrell Mill Road). More info: Susan Edmonds, susan.edmonds2@deca.mil or 478-222-7618.



@eastcobb



Painting Plus
Serving Metro Atlanta Since 1998

- SIDING
- GUTTERS
- PAINTING
- ROOFING

10% OFF gutter cleaning
\$300 OFF complete exterior paint or siding job

A division of Plus Services, Inc.
www.paintingplus.com
770-971-1577

Walton HS Alumni



angiehall
PHOTOGRAPHY

Lifestyle Family Photography • Local Events
• Affordable Senior Portraits

Now booking for the Senior Class of 2020!
Call **404-754-1747** today to Schedule

Angie Hall Photography, LLC
404-754-1747
angiehallphotography.com
Instagram: @angiehallphotography
Facebook: Angie Hall Photography

COMMUNITY CALENDAR

FEBRUARY 14-24

The Cotton Club Revue presented by Theatre in the Square. The story follows a Baker and his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; and Jack, who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch's curse, the two set off on a journey to break the curse. Thursday-Saturday: 7:30pm; Sunday: 2:30pm Tickets: \$30. Theatre on the Square, 11 Whitlock Avenue NW, Marietta. More info: 770-426-4800 or theatreinthesquare.net.

FEBRUARY 15-23

Almost, Maine presented by Centerstage North. Welcome to Almost, Maine, a town that's so far north, it's almost not in the United States—it's almost in Canada. And it almost doesn't exist. Because its residents never got around to getting organized. So it's just...Almost. Tickets: \$20. Friday and Saturday 8pm, Sunday 2pm. The Art Place Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-331-0079 or centerstagenorth.org.

FEBRUARY 15-23

La Sylphide presented by the Atlanta Ballet. One of the oldest surviving classical masterpieces and August Bournonville's most lasting contributions to dance, La Sylphide is a magical story of forbidden love and heartbreak. Set in the mist shrouded Scottish Highlands, a land of mystery and enchantment, a young Scotsman falls under the spell of a sylph, a fairy-like spirit. He devotes himself to her, but their romance is doomed and a life together an impossible dream. 2pm and 8pm. Tickets: \$20-\$130. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: ticketmaster.com or atlantaballet.com.

FEBRUARY 16

Green Screen Magic. Take advantage of the video studio in the Creative Studios at Sewell Mill library. You'll get a glimpse into editing green screen backgrounds and some of the fun uses! Free, registration required. Ages 14 and older. 2-3pm. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: cobbcat.org.



TWEET TWEET!
FOLLOW US ON TWITTER



George Taylor, Owner

AFPI GLOBAL AND AFFAIR INVESTIGATIONS

- ★ Infidelity/Cheating Partners ★ Polygraph
- ★ Child Custody/Unfit Parent ★ Cell Phone Forensics
- ★ Skip Trace - Recover Bad Debit

404-697-9362 • www.afpiglobal.com



MIDDLE SCHOOL & HIGH SCHOOL STUDENTS!
WANT TO FENCE AT A TOP UNIVERSITY?
VISIT ALPHA FENCING CLUB.

Fencing Benefits

- AGILITY
- ALERTNESS
- MUSCLESTRENGTH
- FLEXIBILITY
- CARDIOVASCULAR HEALTH
- COORDINATION

contact us today

470-301-1000

1686 Roswell Road
Marietta, GA 30062

www.alphafencingclub.com

EAST COBBER

2018 BUSINESS OF THE YEAR

EAST COBB
BUSINESS ASSOCIATION

FEBRUARY 16

Young Artists' Concerto Competition. The Samuel Fordis Young Artists' Concerto Competition features the top competition winners in solo performance with the orchestra. The first and by far largest in the South, the competition draws the best young soloists in the area to compete head-to-head on virtuosic concertos. 7pm. \$10-\$50. Bailey Performance Center, Kennesaw State University, 1000 Chastain Road, Kennesaw. More info: 770-429-7016 or georgiasymphony.org.

SAT Mock Test. Looking to take a practice SAT test without test day pressure? Appplerouth Tutoring Services will collaborate with the library to provide a free SAT practice test to interested teens. Afterwards, you'll receive a comprehensive score report that identifies your strengths and targets areas for improvement. Space is limited, registration is required. 12:30-4pm. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730.

FEBRUARY 18-22

Cobb County School District Winter Break. All Cobb County schools will be closed.

FEBRUARY 20

Preschool STEM with Cobb 4-H. Cobb 4-H STEM instructor, Kathleen McElroy, opens up the world of science to preschool children and their adults. Fun and hands-on, this series of interactive STEM workshops will peak preschool curiosity about the world around them. Ages 3-5 with a participating adult. 11-11:30am. Free, space is limited to the first 30 registered participants. Mountain View Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info/Register: 770-509-4964 or visit the Children's Reference Desk.

FEBRUARY 23

GSO JAZZ! @ the Strand presented by the Georgia Symphony Orchestra. "UnReel," an evening of jazz adaptations of music from film and television. The septet will reimagine such themes as: *Mannix*, *Mr. Rogers' Neighborhood*, *Star Wars* and many more. \$10-\$28. 8pm. The Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.

FEBRUARY 26

Genealogy Society of Cobb County Georgia Meeting. Using FamilySearch.org Website: What is New? presented by Marilyn Cranford. 7-8pm. Free. First Presbyterian Church of Marietta, 189 Church Street, Marietta. More info: ccgs@cobbgagensoc.org or cobbgagensoc.org.

FEBRUARY 27

Kindness Rocks! This project is about cultivating connections within the community and lifting others up through simple acts of kindness. Free. 1:30-2:30pm. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: cobbcat.org.

MARCH 2

10th Annual Marietta Mardi Gras 5K/1K Run. All proceeds benefit the Junior League of Cobb-Marietta and its community partners. Certified as a Peachtree Road Race qualifier. Start Time: 5K: 8am; 1K: 9am; Tot Trot: 9:15am. Fees: 5K: \$35; 1K: \$25; Tot Trot: \$15; Phantom: \$25 (T-Shirt Only). Race Start & Finish: Marietta Square, 1 Cherokee Street, Marietta. More info: Skip Breese, 770-518-8002, mariettamardigrasrun@gmail.com or marietta5krun.com.

.....





Custom made boys and girls clothes as timeless and endless as little children are.

Elegance appropriate for any occasion

770-815-2224
figtreenauticals@gmail.com
www.figtreenauticals.com
Instagram: @figtreenauticals





EAST COBB BRANCH
4273 Roswell Road, Marietta, GA 30062
(East Cobb Crossing Center • Intersection of Johnson Ferry Rd. & Roswell Rd.)

678-580-6410

8 Month CD 2.50% APY*
12 Month CD 2.55% APY*

Minimum \$1,000 to open. A penalty may be imposed for early withdrawal before maturity.
* APY = Annual Percentage Yield. The rate is effective as of December 27, 2018 and subject to change without notice.

TO SEE ALL OF OUR BRANCH LOCATIONS, PLEASE VISIT METROCITYBANK.COM



CDAR Member SWIFT Code: GMCBUS3A



East Cobb Child Care & Preschool Guide

The following pages provide a comprehensive listing of all child care centers, Mother's Morning Out (MMO) programs, and preschools available to children up to the age of 5 in East Cobb County. This information offers a quick review of the child care and educational programs located right here in our East Cobb community. We have not attempted to "rank" or "rate" any centers. Readers are encouraged to thoroughly evaluate any potential caregiver. The Child Care Licensing Section of the Georgia Department of Human Resources regulates the industry and can be very helpful. In the Pre-K column, an * after the check mark indicates that the preschool offers the Georgia Pre-K program.

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4 Year-Olds)	Kindergarten (5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
ABC KIDS ACADEMY (30) 4041 Canton Road, Marietta 30066	Terrell & Erika Griffin 770-592-4933	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
ACADEMY AT NORTH (62) 1700 Algood Road, Marietta 30062	Teresa Smith 678-285-3226	8 wks +	✓	✓	✓				✓			
BRIGHT HORIZONS AT WILDWOOD (100) 3175 Windy Hill Road, Atlanta 30339	Monique Wilson 770-933-0530	6 wks +	✓	✓	✓*	✓	✓	✓	✓		✓	✓
BUNDLE OF JOY LEARNING ACADEMY (53) 2145 Barnes Mill Road, Marietta 30062	Moseasa 770-565-3933	6 wks +	✓	✓	✓		✓		✓		✓	✓
CATHOLIC CHURCH OF ST. ANN'S PRESCHOOL (130) 4905 Roswell Road, Marietta 30062	Nancy Wohlfrom 770-552-6400 ext. 6030		16 mos +	✓	✓	✓		✓	✓			
CHILDCARE NETWORK (174) 2090 Lower Roswell Road, Marietta 30068	Jacklyn Woods 678-374-3940	6 wks +	✓	✓	✓	✓	✓		✓		✓	✓
CORRIGAN CARE, INC. SPECIAL NEEDS DAY CARE (30) 9205 Coleman Road, Roswell 30075	Amy Corrigan 678-509-3669	6 wks +	✓	✓	✓	✓	✓	✓	✓	✓		✓

*Georgia pre-K offered

FACT:

Social and emotional intelligence may be the most important determinant of a child's future success.

BALANCED LEARNING® WAY:

Being school-ready is just the beginning.

NOW ENROLLING!
CALL TO LEARN MORE.
Infants – Private Pre-K and After School

Primrose School of East Cobb at Paper Mill
202 Village Parkway NE | Marietta, GA 30067
470.631.9327 | PrimroseEastCobb.com






East Cobb Child Care & Preschool Guide

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4 Year-Olds)	Kindergarten (5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
COVENANT PRESBYTERIAN CHURCH (50) 2881 Canton Road, Marietta 30066	Lanie Norton 770-422-5130		✓	✓	✓			✓				✓
CRESCO MONTESSORI SCHOOL (68) 3001 Johnson Ferry Road, Marietta 30062	Huma Imam 770-992-8031	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
CRÈME DE LA CRÈME (220) 726 Woodlawn Drive, Marietta 30068	Betsy Green 770-954-8143	6 wks +	✓	✓	✓		✓		✓			
DOODLE BUGGS DAYCARE & LEARNING CENTER (50) 2561 Canton Road, Marietta 30066	Hellena Hammand 770-422-0284	6 wks +	✓	✓	✓				✓			✓
EAST COBB CHURCH OF CHRIST (40) THE FIRM FOUNDATION PRESCHOOL 5240 Roswell Road, Marietta 30062	Rhonda Hawkins 770-587-5999 ext. 220		15 mos +	✓	✓	✓		✓			✓	✓
EAST COBB PREP (175) 3875 Shallowford Road, Marietta 30062	Erin Fleishman 770-649-0415	6 wks +	✓	✓	✓		✓					
EASTMINSTER CHRISTIAN PRESCHOOL (110) 3125 Sewell Mill Road, Marietta 30062	Debbie Wilson 770-485-0611		16 mos +	✓	✓							
EASTSIDE BAPTIST PRESCHOOL (130) 2450 Lower Roswell Road, Marietta 30068	Karen Walker 770-971-4766	6 wks +	✓	✓	✓							
THE EPSTEIN SCHOOL (115) 335 Colewood Way NW, Sandy Springs 30328	Stephanie Wachtel 404-250-5600	8 wks +	18 mos +	✓	✓	✓	✓		✓			✓
ETZ CHAIM PRESCHOOL (56) 1190 Indian Hills Parkway, Marietta 30068	Debbie Deutsch 770-977-3384			✓	✓		✓		✓			✓
FAITH LUTHERAN SCHOOL (95) 2111 Lower Roswell Road, Marietta 30068	Daryl Kruse 770-973-8921		15 mos +	✓	✓	✓	✓		✓			
FELLOWSHIP CHRISTIAN SCHOOL (10) 10965 Woodstock Road, Roswell 30075	Sherri McLeroy 770-992-4975				✓	✓	✓					
THE GARDEN SCHOOL OF MARIETTA (37) 4010 Canton Road, Marietta 30066	Jas Darland 770-765-2362			✓	✓	✓	✓		✓			
THE GODDARD SCHOOL OF EAST COBB (135) 3584 Providence Road, Marietta 30062	Naomi Davis 770-579-1190	6 wks +	✓	✓	✓	✓	✓		✓			✓

*Georgia pre-K offered



Cherishing Childhood - Valuing Education

St. Catherine's Preschool

571 Holt Road • Marietta, GA 30068

www.stcatherines.org • 478-437-1984

- Ages one year to pre-K • Qualified, dedicated staff
- Planned preschool learning curriculum
- Loving, safe, and healthy environment
- Preschool of excellence in East Cobb since 1975

NOW ENROLLING FOR 2019-2020

Tours and Registration are ongoing.

Wednesdays and Thursdays 10am-12pm

No Appointment Necessary.

East Cobb Child Care & Preschool Guide

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4 Year-Olds)	Kindergarten (5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
THE GODDARD SCHOOL TRICKUM ROAD/EAST COBB (125) 3147 Trickum Road, Marietta 30066	Holly Yarbrough & Porsche Slowers 770-321-8370	6 wks +	✓	✓	✓	✓		✓	✓			
HIGH MEADOWS SCHOOL (75) 1055 Willeo Road, Roswell 30075	Margaret Jones 770-993-2940			✓	✓	✓	✓		✓			
HOLY FAMILY CHURCH PRESCHOOL (105) 3401 Lower Roswell Road, Marietta 30068	Kate Viets 770-973-0038 ext. 824		✓	✓	✓				✓			
JAVITS ACADEMY CENTER (50) 1240 Johnson Ferry Place, Suite E108, Marietta 30068	Shoshana Javits 770-321-8484	6 wks +	✓	✓	✓	✓	✓		✓		✓	
JOHN KNOX PRESBYTERIAN CHURCH PRESCHOOL (95) 505 Powers Ferry Road, Marietta 30067	Karen Otto 770-973-5050 ext. 4		18 mos+	✓	✓				✓			
JOHNSON FERRY BAPTIST CHURCH THE WEE SCHOOL(300) 955 Johnson Ferry Road, Marietta 30068	Kim Mayo 770-794-2997		✓	✓	✓			✓	✓			
KIDDIE KOLLEGE (100) 2000 Lower Roswell Road, Marietta 30068	Erica Finch 770-973-7223	6 wks +	✓	✓	✓*		✓		✓		✓	✓
KIDS R KIDS (180) 4671 Sandy Plains Road, Roswell 30075	Melissa Crumb 770-552-8877	6 wks +	✓	✓	✓*		✓		✓			✓
KIDS R KIDS EAST COBB PRESCHOOL (268) 505 Johnson Ferry Road, Marietta 30068	Joanna Wagner 770-565-2220	6 wks +	✓	✓	✓		✓		✓			✓
KIDS R KIDS EAST COBB (241) 2100 Post Oak Tritt, Marietta 30062	Diane Heilmann 770-971-7200	6 wks +	✓	✓	✓				✓			✓
KIDS R KIDS WEST OAK (188) 1887 West Oak Parkway, Marietta 30062	Beth Anderson 678-594-8700	6 wks +	✓	✓	✓				✓		✓	✓
KIDS ZONE DAYCARE & LEARNING CENTER (130) 137 Johnson Ferry Road, Suite 1100, Marietta 30068	Tiffany Chambers 770-933-6900	6 wks +	✓	✓	✓		✓		✓		✓	
LA PETITE ACADEMY (85) 2358 Shallowford Road, Marietta 30066	Saundra Hill 770-926-8364	6 wks +	✓	✓	✓*		✓		✓		✓	✓
LA PETITE ACADEMY (45) 1805 Williams Drive, Marietta 30066	Tammy Crawford 770-428-1516	6 wks +	✓	✓	✓*		✓		✓			

*Georgia pre-K offered



COVENANT PRESBYTERIAN PRESCHOOL
Over 40 years of Excellence

- Enrolling Ages 1 – 4
- Low Teacher/Student Ratios
- Multi-Cultural Preschool
- Discounts For Siblings

2881 Canton Rd.
Marietta, GA 30066
770-422-5130
www.covpreschool.com

“Let me help you promote your business to 40,000+ East Cobbers.”

Laren Brown
- Community Marketing Executive

EAST COBBER

Northeast Cobb businesses, call:
770-880-0965
or e-mail
laren@eastcobber.com



HOW TO PICK A PRESCHOOL PROGRAM

Starting your child in preschool for the first time is not only a big event in his or her life; it is also a very important decision for you and a milestone in your parenting journey. Take some time to ask the right questions of the program and you can easily determine if you've found the right place. Here are some factors to consider when choosing a Preschool:

1. CHECK OUT THE SCHOOL'S LICENSING

- Ask to see copies of all the licensing and certifications required by the state agencies that regulate the program.
- Does the program participate in any accreditation programs?

2. HOW DOES THE SCHOOL SCHEDULE MATCH YOUR NEEDS?

Ask about the type of scheduling that is available: full-time, part-time, flexible scheduling. Make sure the times and days coordinate with your work schedule.

3. GET A FEEL FOR THE SCHOOL

Visit the schools you are considering – start with an open house, interview the directors of the schools you felt positively about after the open house, talk to some of the teachers. Consider:

- How warm and welcoming does the school feel?
- How nurturing does the school staff seem to be?
- Does it seem that staff/adults and children get along and feel comfortable with one another?
- Do the children look happy?

4. LEARN ABOUT SAFETY AND HEALTH POLICIES

Discuss with the Director general safety features of the program so that you can be sure that your child will be well taken care of and the environment is safe.

- Are staff members trained in CPR and first aid?
- Learn the program's illness and medication policy. Are the children required to have immunizations and regular health evaluations? Is there a hand washing policy in effect?
- Does the facility have a monitored entrance, accessible emergency information and a child release policy? Investigate the programs policy on open-door parent visitation. Is there a check-in and check-out procedure? Find out how the center monitors newcomers, strangers or unauthorized people to pick up children.

5. CHECK OUT THE TEACHERS

Before you even meet with the teachers, ask the program director about staff experience, training and certifications.

- What is the staff/teacher-to-child ratio?
- Observe the teachers to see if they interact positively with the children.
- Do they create a warm and secure environment?

6. FIND OUT ABOUT THE PROGRAM ITSELF

Because children are growing intellectually (cognitively), socially, physically and emotionally, learn how the school addresses each of these areas of growth.

- Is there a balance of play and learning time, as well as group and individual activities?
- Do the children have outdoor play? Look for a secured, fenced outdoor play area with age-appropriate supplies and equipment that encourage motor skills.

7. KEEP IN TOUCH

Ask to see a copy of the parent handbook. All center policies and procedures will be contained in the parent handbook.

- What does the school do when there is a behavior problem?
- Do you feel comfortable with their approach?

8. REMEMBER YOU ARE NOT ALONE IN MAKING THIS DECISION!

Be sure to speak to friends or other parents in your neighborhood or area – often times you can get the best information from the opinions of other parents whose judgment you trust – they may have had older children who attended various preschools and so have had first-hand experience.


These 8 steps should help you with your decision in choosing an early childhood education program, but don't forget that it's important to “feel comfortable” with the program and the people who will be caring for your child. For parents, the bottom line is simple: Watch closely what's happening in the classroom, pick a preschool that you wish you had gone to, and your child will do just fine. 🧠

Source: Center for Parenting Education.

East Cobb Child Care & Preschool Guide

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4 Year-Olds)	Kindergarten (5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
LEGACY CHRISTIAN SCHOOL/ WOODSTOCK CHRISTIAN CHURCH (60) 3662 Shallowford Road, Marietta 30062	Heidi Milton 770-578-8445		✓	✓	✓	✓						
LIGHTHOUSE ACADEMY AT EAST COBB UMC (93) 2325 Roswell Road, Marietta 30062	Annita Iobst 770-971-3671	8 wks +	✓	✓	✓				✓			✓
MJCCA SUNSHINE SCHOOL AT TEMPLE KOL EMETH (75) 1415 Old Canton Road, Marietta 30062	Raye Lynn Banks 678-812-3720		✓	✓	✓				✓			✓
MONTESSORI SCHOOL OF WOODSTOCK (55) 3899 Canton Road, Marietta 30066	Patricia Shahbazi 770-928-2515		18 mos +	✓	✓	✓	✓		✓			
MOUNTAIN VIEW UMC PRESCHOOL (150) 2300 Jamerson Road, Marietta 30066	Tracie Schwebs 770-591-8659		✓	✓	✓	✓		✓	✓			
MT. BETHEL CHRISTIAN PRESCHOOL (340) 4385 Lower Roswell Road, Marietta 30068	Ginny Mateer 770-971-6812		16 mos +	✓	✓	✓		✓	✓			
MT. BETHEL CHRISTIAN ACADEMY (60) 4385 Lower Roswell Road, Marietta 30068	Jim Callis 770-971-0245					✓	✓					
MT. BETHEL CHRISTIAN DAY CARE CENTER (70) 615 Woodlawn Drive NE, Marietta 30068	Dee Stolz 678-560-8005	6 wks +	✓	✓	✓				✓			
MT. ZION UMC PRESCHOOL (182) 1770 Johnson Ferry Road, Marietta 30062	Kristi Olterman 770-971-1478		✓	✓	✓	✓						✓
NOBLE WORLD MONTESSORI (55) 2502 East Piedmont Road, Marietta 30062	Mehdi Sayfi 770-509-1775	6 wks +	✓	✓	✓	✓	✓		✓			


*Georgia pre-K offered




Since 1973, High Meadows has inspired children in Pre-K through 8th Grade to think critically, learn creatively, act globally, and live compassionately.

Register online for upcoming Admission Events:
Preschool & Pre-K Preview - February 14, 2019

Pre-K through 8th Grade | Roswell, GA
770.993.2940 | www.highmeadows.org
An International Baccalaureate® School





 **FAITH LUTHERAN SCHOOL**

2111 Lower Roswell Road
Marietta, GA 30068

school.faithmarietta.org
Phone: 770-973-8921

E-mail:
susie.glass@faithmarietta.org

"Excellence in Education where Christ and Family Come First"

 Faith Lutheran is scheduled to become STEAM-certified by 2020!

Enrolling 15-months thru 8th grade



Check out our
Website!
www.eastcobb.com

Web-exclusive stories, lots of photos, and
new ways to experience East Cobb!



 **The Walker School**

Now offering weekly tours!

Inspiring Early Learners through 12th grade



Schedule a visit today at
thewalkerschool.org

**TAKE A TOUR!
OPEN ENROLLMENT FEBRUARY 4**



 **MJCCA**
The Sunshine School

**Building a love
of learning,
and a
community
for life.**

IN EAST COBB

FULL AND HALF-DAY OPTIONS
AGES 1 YEAR - PRE-K

ATLANTAJCC.ORG/PRESCHOOL
PRESCHOOL@ATLANTAJCC.ORG

 **The Sunshine School** | 1415 Old Canton Road, Marietta GA 30062 | 678.812.3708



East Cobb Child Care & Preschool Guide

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4 Year-Olds)	Kindergarten (5 Year-Olds)	After School Care	Mother's Morning Out	Summer Session	Evening Care	Drop-In Day Care	Special Needs
NOONDAY CHRISTIAN ACADEMY (144) 4121 Canton Road, Marietta 30066	Starla Chester 770-926-8891		✓	✓	✓	✓		✓	✓			
PIEDMONT ACADEMY (90) 570 Piedmont Road, Marietta 30066	Dolores Bailey 770-423-9578	6 mos +	✓	✓	✓	✓		✓			✓	
PIEDMONT EARLY LEARNING CENTER (90) 570 Piedmont Road, Marietta 30066	Dolores Bailey 770-423-9578	3 mos +	✓	✓	✓	✓		✓	✓		✓	
PRIMROSE SCHOOL AT EAST LAKE (140) 2065 Roswell Road, Marietta 30062	Becky Artemis 770-971-0148	6 wks +	✓	✓	✓*		✓		✓		✓	✓
PRIMROSE SCHOOL OF EAST COBB AT PAPER MILL (176) 202 Village Parkway NE, Marietta, GA 30068	Stephanie Mosac 470-631-9327	6 wks +	✓	✓	✓*		✓		✓			
PRIMROSE SCHOOL OF LASSITER (130) 282 Lassiter Road, Marietta 30062	Patsy McGilvary 770-641-8535	6 wks +	✓	✓	✓*		✓		✓			✓
PRIMROSE SCHOOL OF SPRAYBERRY (144) 2531 East Piedmont Road, Marietta 30062	Kim Barnett 770-578-4832	6 wks +	✓	✓	✓*	✓	✓		✓			✓
PRINCETON EARLY PREPARATORY SCHOOL (10) 2877 Johnson Ferry Road, Marietta 30062	Vernell Davis 770-417-8841	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
SANDY PLAINS BAPTIST CHURCH (90) 2825 Sandy Plains Road, Marietta 30066	Terri Butler 770-971-8525 ext.25		✓	✓	✓							
SEWELL MILL CHRISTIAN SCHOOL of SEWELL MILL BAPTIST CHURCH (55) 2550 Sewell Mill Road, Marietta 30062	Brandie Ingram 770-971-3746		✓	✓	✓	✓	✓ K5 Only					
SHINING STARS DAYCARE (35) 100 Powers Ferry Road, Marietta 30067	Margaret Aluko 770-977-7840	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
SPRAYBERRY 2.0 (144) 2670 Kinjac Drive, Marietta 30066	Ashleigh Bailey 770-672-6289				✓*							
SPRAYBERRY ACADEMY (174) 2110 Post Oak Tritt, Marietta 30062	Samantha Swift 770-977-0877				✓*		✓					✓
ST. ANDREW UMC PRESCHOOL (150) 3455 Canton Road, Marietta 30066	Jenni Cockrell 770-592-7250		16 mos +	✓	✓	✓						✓
ST. CATHERINE'S EPISCOPAL CHURCH PRESCHOOL (150) 571 Holt Road, Marietta 30068	Karolyn Olliffe 770-971-2839	✓	✓	✓	✓		✓	✓				
THE SUNSHINE HOUSE (155) 4677 Paper Mill Road, Marietta 30067	Sherma Dailey 770-955-2768	6 wks +	✓	✓	✓*		✓		✓		✓	✓
TEMPLE BETH TIKVAH EARLY CHILDHOOD EDUCATION CENTER (20) 9955 Coleman Road, Roswell 30075	Susan Cosden 770-642-4168 or 770-642-0434		✓	✓	✓	✓			✓			✓
WALKER SCHOOL, THE (75) 830 Damar Road, Marietta 30062	Tara Williams Owens 678-581-1099			✓	✓	✓	✓		✓			

*Georgia pre-K offered

"Whoever welcomes one such child in my name welcomes me..." – Mark 9:37



18 months to Young 5s
building foundational skills for learning and life
in a fun, loving and joyful Catholic environment
Tours available weekdays 10:00-11:30 a.m. • 770-973-0038 x*824



3401 Lower Roswell Road, Marietta, GA 30068 • www.holyfamilycc.org/preschool

The 19th Annual EAST COBBER Camp Guide!



To get in the EAST COBBER annual Camp Guide which will be featured in the April 2019 issue mail or FAX your completed listing form to:

EAST COBBER

Camp Listings Editor

P.O. Box 680455

Marietta, GA 30068

Fax: 770-559-3185

e-mail: campguide@eastcobber.com

All listings are subject to editor's discretion. Every attempt will be made to include all camp listings submitted. Advertiser's listings are guaranteed. Form due date: March 15, 2019.

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

Age Group: _____ Camp Fee: _____

Camp Dates: _____ Time: _____

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

Age Group: _____ Camp Fee: _____

Camp Dates: _____ Time: _____

Contact name: _____ Title: _____

Website address: _____ Email address: _____

Address: _____

City, State, Zip: _____

Telephone: _____ Fax: _____

☐ Contact me about advertising in the 19th Annual Summer Camp Guide.

Call 770-640-7070 for additional information.

SUBMISSION DEADLINE: March 15, 2019

PET OF THE MONTH: LILY

Submitted by Julie Varon



Animal/Breed: Dog/Aussiedoodle

Age: 5 months

Gender: Female

Favorite foods: Peanut butter and roast beef

Favorite person: Mom

Best trick: Managing to escaping 4 people trying to catch me! I'm super fast!

Turn On: Going to my puppy preschool, lovies from my family.

Turn offs: Coming inside when I want to keep playing

Favorite toys: tennis balls, my leather chew stick

Last seen: Chasing my 3 brothers around the front yard, hunting for their stuffed animals inside

What makes me so special: I am such a smart, sweet and fun-loving pup. All I want to do is play with my family and show them how much I love them.

Should Your Pet Be Our Pet of the Month?

Fill out the information on your pet and send it to:

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

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

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

WE OUR FRIENDS



"Like" us on Facebook and be eligible to win great prizes!
Check out: www.facebook.com/eastcobber today!

PET ADOPTION EVENTS CLOSE TO EAST COBB

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

ANGELS AMONG US

877-404-5874 • www.angelsrescue.org

Every third weekend

Dog City Bakery, 4369 Roswell Road, Marietta 30062

*Check website for specific dates/times

CASTOFF PET RESCUE

706-781-3992 • www.castoffpetrescue.org

Most Saturdays

PetSmart, 6370 North Point Parkway, Alpharetta 30022

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

CHEROKEE COUNTY HUMANE SOCIETY

770-592-8072 • www.cchumanesociety.org

>Cat Adoptions: Saturdays 11am-4pm

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

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

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

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

FANCY FELINE RESCUE OF THE SOUTH

678-522-2152 • www.fancyfeline.com

>Saturdays 11am-4pm

PetSmart, 860 Cobb Place Blvd NW, Kennesaw 30144

>Sundays 1-4pm

PetSmart, 860 Cobb Place Blvd NW, Kennesaw 30144

FURKIDS ANIMAL SHELTER

678-624-1003 • www.furkids.org

>Saturdays 12-4pm

Petco, 5938 Roswell Road NE, Sandy Springs 30328

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

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

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

GOOD MEWS ANIMAL FOUNDATION

770-499-2287 • www.goodmews.org

3805 Robinson Road, Marietta 30068

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

HOMELESS PETS FOUNDATION

770-971-0100 • www.homelesspets.com

Saturdays & Sundays 12-4pm

PetSmart, 1289 Johnson Ferry Road, Marietta 30068

MISFIT HAVEN ANIMAL RESCUE

706-237-7729 • www.misfithavenanimalrescue.com

Saturdays and Sundays 10am-3pm

Petco, 1100 Johnson Ferry Road, Marietta 30068

MOSTLY MUTTS

770-272-MUTT • www.mostlymutts.org

Saturdays and Sunday 11am-4pm

3238 Cherokee Street, Kennesaw, 30144

MUTT MADD-NESS

404-406-6322 • www.muttmaddness.org

Saturdays 12-3pm

Red Bandana, 3162 Johnson Ferry Road, Marietta 30062

SOUTHEASTERN GREYHOUND RESCUE

770-653-3118 • www.greyhoundadoption.org

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

Marietta Farmers Market, 65 Church Street,
Marietta 30060



**This is a
doggone great
spot to advertise
your business!**

**Call
EAST COBBER
770-640-7070**

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
Serving the best Mediterranean
food in Marietta/Kennesaw
area. Chicken/beef gyros,
kabob, shawarma, kofta,
falafel, and much more.
2800 Canton Road
Marietta 30066
Mon-Sat: 11am-8pm
770-514-9990
www.basilwraps.com

Black Swan Tavern

>English pub Fare and Ameri-
can
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
The friendliest neighborhood
dive bar in East Cobb with
great bar food, great custom-
ers & great staff!
4961 Lower Roswell Road
Marietta 30068
Mon-Sat: 11:30-2am
770-321-0108
www.bradleysbarandgrill.com

Café Life at Life Grocery

>Vegetarian
Healing, Wellness, & Healthy
Food for the Mind, Body & Soul.
Choose from a variety of organ-
ic vegan foods.
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
Celebrating 25 years in the
neighborhood, eat where the
locals eat! Relaxed dining,
warm hospitality, offering a
wide selection of entrees, hand-
crafted cocktails and terrific
wine list. Cozy bar. Live music
on Wednesdays, Fridays and
Saturdays. Now offering Sunday
Brunch 11am-2pm.
4401 Shallowford Road
Roswell 30075
Open daily 5pm
770-993-7464
www.chicagosrestaurant.com

Egg Harbor Café

>Breakfast and Lunch
Specializing in gourmet
breakfast and lunch creations
in a warm, charming, country
setting with fast, friendly and
efficient service. The first Egg
Harbor Café was hatched in
December 1985.
4719 Lower Roswell Road
Suite 210, Marietta 30068
Mon-Sun: 6:30am-2pm
770-575-3001
www.eggharborcafe.com

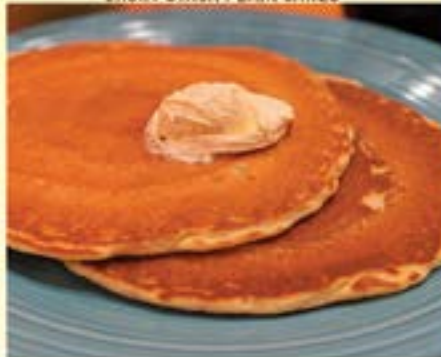


**EAT
EAST
COBB**

CROQUE MADAM



SHORT STACK PLAIN CAKES



POT BELLY BENNY



J. Christopher's
Breakfast Lunch

Serving Daily 7 AM - 2 PM

An East Cobb Original for 22 years!

We're celebrating
NATIONAL PANCAKE DAY
with \$5 short-stacks*
all week long
February 18th-23rd!

Like us on Facebook
Follow us on Instagram

www.jchristophers.com

*at participating locations.
Only valid Monday-Saturday February 18-23.
Not valid with any other offers.

TRAVEL TO ITALY WITHOUT EVER LEAVING EAST COBB



**Tim Klatt, owner
Lucia's Italian Restaurant**

"It's too hard, I can't do it," replied Lucia's Italian Restaurant owner Tim Klatt when pressed to name just one favorite item on the menu. "It is a tie between the chicken parmesan and the

lasagna. What can I say, these are my mom's recipes, it would be like asking which of your children do you love the most?"

The restaurant, family-owned and operated for 15 years, is a truly authentic Italian eatery, committed to the creation of exquisite dishes with fresh ingredients, all made in-house. Klatt's Mom Lucia Collesano relocated to Georgia to help open the restaurant and oversee cooking with her old-world recipes. A family affair, Klatt's wife Heather creates all the deserts and pastries, his daughter is a hostess and his son is often on the scene during Sunday brunch, flipping pancakes. And if you are lucky, you may run into Lucia herself to beg her for her cooking secrets.

Lucia's commitment to East Cobb is not limited to delicious food. The restaurant is an active partner with multiple schools, supporting the Lassiter band and athletics programs, Spirit Night at Garrison Mill, Pope, Davis and Blackwell schools. "It is important that we give back to the community that has been so supportive of us," said Klatt.

If your New Year's resolution is to eat healthier, they have you covered. Lucia's offers many lighter dishes, veggie "zoodles" and many healthy choices like turkey Bolognese, scrumptious seafood and gluten free dishes. But, of course, there is ample rich comfort food when you are ready to toss calorie counting to the wind.

Add in quality yet economical wines, signature cocktails, a huge Sunday brunch spread and the perfect lunch nook for soup and salads, you will find something for everyone at Lucia's Italian Restaurant.

Lucia's Italian Restaurant is located at 4705 Woodstock Road, Roswell, GA 30075. Mon-Tues 4:30-9:30; Wed-Fri 11:30-9:30; Sat 4:30-9:30 and Sunday Brunch 11-3, dinner 3-9:30. For private parties and catering call 678.646.1000. www.lucias.org

PAID ADVERTISEMENT

KALE me CRAZY

JUICES • SMOOTHIES
SALADS • WRAPS

The Avenue Shopping Center - East Cobb
770.559.9001 | eastcobb@kalemecrazy.net | kalemecrazy.net

SERVING EAST COBB SINCE 1992
3130 JOHNSON FERRY ROAD | MARIETTA | 770-640-1731

Come hungry. **IHop** Leave happy.*

VOTED #1 IN FAMILY DINING

KIDS EAT FREE EVERYDAY: 4-10PM
Including Holidays and Weekends!
*ONE FREE KIDS MEAL OFF THE "JUST FOR KIDS" MENU
PER ADULT ENTREE FOR KIDS UNDER 12

SENIORS: BUY ONE ENTREE GET ONE FREE
MONDAYS & TUESDAYS: 3 - 10PM
*ONE FREE MEAL OFF THE "SENIOR" MENU

DINING GUIDE

Fuji Hana

Steak, Sushi, Thai
>Japanese & Thai
\$1 Sushi every Monday night
dine-in only. Hibachi Early Bird
Special from \$10 every day
before 6pm. Voted Best Asian
Restaurant in East Cobb.
1255 Johnson Ferry Road, Suite 1
Marietta 30068
Mon-Sun: 11:30am-10pm
678-560-8071
www.fujihanaeastcobb.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

Hoyle's Kitchen + Bar

>American
Guests who come to Hoyle's are
there to have a good time and
to delight in house-made reci-
pes 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

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

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

Kale Me Crazy

>Superfood cafe
Offering juices, smoothies,
salads and wraps in a sleek up-
scale 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

Lucia's Italian Restaurant

>Italian
Now in its 20th year in the
Roswell/East Cobb community,
Lucia's features the freshest
ingredients available, infused
with herbs, spices, and the
passion the Family has for the
kitchen. Owner/manager Tim
Klatt, ensures guests receive
the personal experience they
expect from a neighborhood
Italian restaurant. Casual
Encouraged! Mangia, Mangia!
4705 Woodstock Road
Roswell 30075
Sun: 11am -9:30pm; Sat,
Mon & Tues: 4:30-9:30pm;
Wed-Fri: 11:30am -9:30pm
www.lucias.org

New Lucky China

>Chinese and Sushi
The Best Chinese and Sushi
in East Cobb.
3045 Gordy Parkway
Roswell 30062
Sun-Thurs: 11am-10:30pm;
Fri-Sat: 11am-11pm
770-565-9666
www.newluckychina.com

Olde Towne Pub & Grille

>American
Olde Towne Athletic Club's
Pub & Grille offers casual
dining with an extensive pub
menu. Dining on the veranda
overlooking the pool and tennis
courts is a great option!
4950 Olde Towne Parkway
Marietta, 30068
Mon-Fri: 11am-9pm;
Sat-Sun: 11am-3pm
770-578-9901
www.oldeTowneathleticclub.com



The Mill Kitchen & Bar

>Modern Southern
Comfort Food
The quintessential Southern
neighborhood restaurant is
a down-to-earth spot, where
the casual vibe is heightened
by the mouth-watering cuisine,
the culinary inspired cocktails,
large selection of craft beers
and the thoughtfully selected
wine list.
590 Mimosa Boulevard
Roswell 30075
Brunch: Sun: 10am-3pm
Lunch: Mon-Sat: 11am-3pm;
Mid-day Menu: Tues-Sun: 3-5pm
Dinner: Tues-Thurs: 5-9pm;
Fri-Sat: 5-10pm; Sun: 5-9pm
770-817-9345
www.themillkitchenandbar.com

Tin Lizzy's Cantina

>Tex Mex
A taqueria known for its unique
flavors and fresh margaritas.
Come enjoy live music on the
patio or watch your favorite
game on the many flat screens!
Taco Tuesdays: \$2 taco menu
after 2pm on Tuesdays.
4475 Roswell Road, #1510
Marietta 30062
Sun-Thurs: 11am-11pm;
Fri-Sat: 11am-Midnight
770-609-2689
www.tinlizzyscantina.com



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

Readers share their love!



HEALTH & WELLNESS

ACUPUNCTURIST

Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist

3535 Roswell Road, Suite 37 • Marietta 30062

678-560-7978 • www.drshutcm.com

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

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

CARDIOLOGY

Sibley Heart Center

2835 Brandywine Road, Suite 400 • Atlanta 30341

770-488-9218 • www.choa.org/cardiology

Mon-Fri: 8:30am-5pm

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

COACHING

Cosmose Coaching

678-643-5289 • cosmose.net

Helping clients reach their personal goals through a customized program that fits their own needs and environment. They answer the "how?" to any desired change. Sessions are 101, online, at home, outdoor. Grocery store tours, pantry management, and cooking workshops are also offered.

DENTISTS

Cheek Dental

2872 Johnson Ferry Road • Marietta 30062

770-993-3775 • www.cheek.dental.com

Mon-Fri: 8am-5pm

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



Dr. Azi Nia
Board Certified Pediatric Dentist

Nia Pediatric Dentistry
1111 Johnson Ferry Road, Marietta, GA 30068
770.479.9999
www.NiaDentistry.com



DENTISTS

Mansouri Family Dental Care

4720 Lower Roswell Road • Marietta 30068

770-973-8222 • www.NaturalSmile.biz

Mon-Fri: 7:30am-6pm

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

DERMATOLOGISTS

Dermatology Consultants

4800 Olde Towne Parkway, Suite 250 • Marietta 30068

770-971-3376 • www.dermatologyconsultants.org

Mon-Fri: 7am-5pm

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

FITNESS CENTER

Women's Premier Fitness

4961 Lower Roswell Road • Marietta 30068

770-565-5450 • www.womenspremierfitness.com

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

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

FOOTWEAR & HEALTHY FOOT

Foot Solutions – East Cobb

4101 Roswell Road, Suite 800 • Marietta 30062

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

Mon-Sat: 10am-6pm

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



TWEET TWEET!
FOLLOW US ON TWITTER



**East Cobb
Family Medicine**

770-509-0017
for an appointment

New Name, Same Great Care!

East Cobb Family Medicine is a full-service primary care practice dedicated to providing the highest quality care possible to patients aged 5 and older. Our board-certified physicians, Dr. Brian Nadolne and Dr. Vinaya Gokki provide care for the whole patient, and offer a full range of family medicine services, including acute illness care, chronic disease management and preventative medicine to keep you and your family healthy. We take pride in serving each patient with personalized attention and care, accept most insurance plans, and offer walk-in appointments for sick visits.

Our Services Include

- Care for patients aged 5 and older
- Immunizations for Children and Adults
- Acute Illness Care & Chronic Disease Management
- School & Sport Physicals
- Women's Health Services



Brian K. Nadolne, MD, FAAFP



Vinaya Gokki, MD

New Location!
1121 Johnson Ferry Road
Building 1, Suite 320
Marietta, GA 30068
EastCobbFamilyMed.com

EAST COBB YMCA LEADERS ARE HEALTH HEROES

The Cobb Chamber presented its 2018 Health Hero Awards to two recipients at its First Monday Breakfast at the Cobb Galleria Centre on Dec. 3. The awards, sponsored by MetroAtlanta Ambulance Service and the Cobb Community Foundation, recognized the outstanding accomplishments of one individual and one organization who have made significant impacts on the health of the Cobb County community.

The individual 2018 Health Hero Award was presented to Misty Latham, Wellness Director for the YMCA of East Cobb. In addition to her role as wellness director, Latham serves as the East Cobb Y hunger relief coordinator, organizes and manages the YMCA run club and oversees the Haunted Hustle 5K/10K, Little Nugget 1 Miler and Youth Fit 4 Life events. Latham further serves the Cobb community by managing Farm Fresh Markets for impoverished seniors, promoting active lifestyles through the Atlanta Y Kids Tri program and providing leadership as a board member of the Roswell Bike Club, Cobb 2020 and the Cobb Health and Wellness Committee.

The organizational 2018 Health Hero Award was presented to the YMCA of East Cobb, which actively seeks gaps in the Cobb community and plays a critical role in the health and wellness of thousands of citizens. The Y tackles hunger through Farm Fresh Market food deliveries and the School's Out Lunch program, and as America's Swim Instructor, teaches thousands of children how to protect themselves in water. Additionally, East Cobb YMCA addresses the needs of special community populations, having designed programs such as PD Gladiators, a program designed for people living with Parkinson's Disease, and programs supporting



Left to Right; Trey Sanders, 2018 Cobb Chamber Chairman, Becky Shipley, East Cobb YMCA, 2018 Health Hero Award Winner (organization), Misty Latham, East Cobb YMCA, 2018 Health Hero Award Winner (individual), Dr. Ross Brakeville, 2018 Health & Wellness Committee Chair

cancer survivors and promoting diabetes prevention. In 2018 alone, East Cobb YMCA partnered with Walton Communities to offer adult swimming lessons, with Brumby Elementary and MUST Ministries to create a food pantry, with Cobb and Douglas Public Health to prepare children for their first-ever triathlon and continued a partnership with East Valley Elementary School and Children's Healthcare of Atlanta, offering Youth Fit 4 Life, an after-school fitness program designed to lower the BMI and increase the cardio health of children.

To learn more about the Health Hero Awards, contact Jazmyn McCloud at 770-319-4716 or Jazmyn.mccloud@dph.ga.gov. 📞

**THANKS,
ADVERTISERS!**



You make the EAST COBBER available FREE to 40,000 affluent, well educated East Cobb residents every month!

NORTHSIDE HEART

NORTHSIDEHEART.COM

We are proud to serve the Marietta community with the highest standard of cardiovascular care. Our board-certified physicians serve each patient with the latest technologies and treatments, and work with referring physicians to optimize treatment and individualize care. One of the largest cardiology groups in the North Atlanta area, we offer 8 convenient locations throughout the Metro and Greater Atlanta areas.

WE OFFER SERVICES FOR COMPLETE CARDIOVASCULAR CARE, INCLUDING:

- Arrhythmia Evaluation & Treatment
- Cardiac Ultrasound
- Stress Testing
- Pacemaker Implantation
- Cholesterol & Hypertension Management
- Cardiac Cath/Coronary Stent
- Defibrillator Implantation

CONVENIENT LOCATION IN
THE NORTHSIDE/EAST COBB MEDICAL
OFFICE BUILDING

EAST COBB OFFICE

4800 OLDE TOWNE PARKWAY
SUITE 420
MARIETTA, GA 30068
470-639-6260

VISIT OUR WEBSITE FOR INFORMATION
ON OUR OTHER SEVEN LOCATIONS



NEW EAST COBB LOCATION NOW OPEN



Sun Pediatrics

1230 Johnson Ferry Road • Suite A-10 • Marietta, GA 30068
(678) 501-5601 • sunpediatrics.com
Monday-Friday: 8am – 5pm • Saturday: 9am – Noon

Keeping Kids Happy & Healthy Is Our Mission

We specialize in providing comprehensive pediatric medical care (sick, preventative, and well) from birth through eighteen years of age.

Sun Pediatrics is welcoming new patients in East Cobb. Choosing the right pediatrician for your child is one of the most important decisions you will make.

WE ARE COMMITTED TO:

- Treating your child like we treat our very own.
- Making your experience a personal one.
- Working with parents and help you raise a happy, healthy child.



Dr. Meenakshi Hari
M.D., F.A.A.P.



Charlotte Fischer Grulke
MSN, PNP-PC; Nurse Practitioner



Cate Crenson
MMSc, PA-C; Physician Assistant

HEALTH & WELLNESS

MASSAGE

Massage Très Belle

2440 Sandy Plains Road • Marietta 30066
770-362-0005 • www.massagetresbelle.com

Mon-Sat: 9am-5pm

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

STUDIO 348
PERSONAL TRAINING FOR WOMEN

HURRY!
6 Weeks of Personal Training
NOW ONLY \$269!
Offer Expires 2/28/19.

678.540.1518
MARIETTA@STUDIO348FORWOMEN.COM
STUDIO348FORWOMEN.COM | 3822 ROSWELL RD. #114, MARIETTA

MEDICAL

Vascular Surgical Associates & Vein Specialists

61 Whitcher Street, Suite 2100 • Marietta 30060
770-423-0595 • www.vascularsurgicalatlanta.com

Accredited Vascular Surgeons in Metro Atlanta. When you are looking for the highest quality vascular care and treatment, you can count on Vascular Surgical Associates. They have ten office locations in the metro Atlanta area and can offer you proven surgical and non-surgical solutions to your vascular condition.

MEMORY CARE

Radiance East Cobb

200 Village Parkway NE • Marietta 30067
470-250-0808 • www.radianceeastcobb.com

Mon-Fri: 8am-5pm

Radiance East Cobb is a specialized community exclusively serving seniors struggling with dementia. The community has 25 rooms, so each resident receives individualized care from their 5 to 1 resident to staff ratio. Families have peace of mind knowing their loved one is being cared for by memory care specialists.

PAIN MANAGEMENT

Acupuncture and Injury

3823 Roswell Road, #201 • Marietta 30062
678-217-2115 • www.acupunctureandinjury.com
Mon-Fri: 9am-6pm

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

PEDIATRIC DENTISTRY

Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068
770-479-9999 • www.NiaDentistry.com

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

Sat: by appointment 9am-2pm

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

PEDIATRIC MENTAL HEALTH

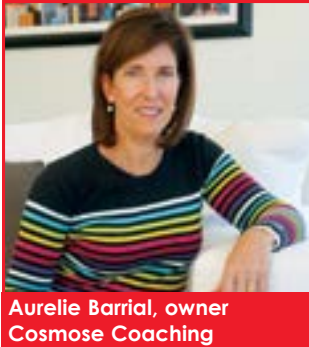
Axis Hope, LLC

2551 Roswell Road, Suite 420 • Marietta 30062
678-648-7888 • www.axishope.care

Mon-Fri: 9am-6pm

Currently accepting new patients, 21 years old and younger, for the assessment, diagnosis, and treatment of mental health concerns. Medication prescribing, weekend appointments, and telemedicine are also available for their patients.

COSMOSE CREATOR BLENDS HEALTHY EATING WITH LIFESTYLE CHOICES



Aurelie Barrial, owner
Cosmose Coaching

Starting in France and winding her way through six countries, Aurelie Barrial has now settled in East Cobb to launch her new business, Cosmose Coaching. She describes herself as an integrative nutrition health coach who can help you discover balance not only through nutrition, but also through harmony in relationships, career and other facets of your life.

French by birth, Aurelie with her husband and two sons have moved for her husband's career around the world to places like Madagascar and Brazil. Along the way, Aurelie found a passion for family harmony and health and began a journey several years ago as a health coach. The recent move to the United States added another concern on her plate.

"I was astonished by the food system in the states," explains Aurelie. "There are good shops and good produce, but there is a lack of knowledge on how to eat properly. Most people don't pay attention to what is in the food they buy and eat. When this is the case, families, especially children, pay the price with health issues, including lack of energy and diminished focus on schoolwork."

Aurelie's research on how to combat this problem led her to The Institute for Integrative Nutrition (IIN) in New York City. She has recently become certified as an integrative nutrition health coach and is offering her services through her newly revamped business, Cosmose Coaching.

Aurelie's holistic approach does not involve diets or fads. It simply relies on what works best for an individual or a family through a customized balanced approach to healthy eating and lifestyle choices. How does it work? The first one-hour consultation is free. Aurelie visits your home for a conversation with you about health history, the foods you like to eat and lifestyle. If you want to proceed, the program continues for six months, with two one-hour sessions per month, email support between sessions, printed materials for reference, food samples, pantry review and grocery store tours.

"My goal is to help families get back to the dining table and use that as the basis for improving health and happiness," says Aurelie. "Once we set goals, I help individuals or families explore new foods, understand and reduce cravings, increase energy and generally feel better in their bodies."

Also on tap for Aurelie is an upcoming book to be published in May 2019 with 100 of her recipes and organizational instruction on a balanced lifestyle. If you are interested in finding out more about Cosmose Coaching, visit www.cosmose.net or call Aurelie at 678-643-5289 for a free consultation.

PAID ADVERTISEMENT

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.

.....

*Celebrate Valentine's Day
with Beautiful Legs*

10% discount on Vein Injections with ad.

Expires 3/1/19

Real Vascular Surgeons, Real Results

Vein Specialists
of Northwest Georgia

Varicose Veins | Spider Veins | Leg Pain | Swollen Legs

770-423-0595

veinspecialistofatlanta.com

3747 Roswell Road ♥ Suite 316 ♥ Marietta 30062

Located in the Wellstar Health Park building

HEALTH & WELLNESS

PEDIATRICIAN

Sun Pediatrics

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

678-501-5601 • www.sunpediatrics.com

Mon-Fri: 8am-5pm

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

PERSONAL TRAINERS

Fitness Together

1000 Johnson Ferry Road

Building 400, Suite 412 • Marietta 30068

770-321-1347 • www.fitnessstogether.com/eastcobb

Hours by appointment.

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

Studio 348 Personal Training for Women

3822 Roswell Road, Suite 114 • Marietta 30062

678-540-1518 • www.studio348forwomen.com

Mon-Thurs: 6am-12pm, 4-8pm; Fri: 6am-12pm; Sat: 8am-12pm

Small group personal training for women. Nationally Certified Personal Trainers work with 1-4 women at a time to provide quality personal training at an affordable rate. Each woman gets the individual attention she needs for fitness and nutrition.

WAXING/HAIR REMOVAL

Brazilian Wax by Andreia

1205 Johnson Ferry Road, Suite 117 • Marietta 30068

770-726-2691 • 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

Mon-Fri: 10am-6pm

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

YOGA

Bring It Om Power Yoga

3162 Johnson Ferry Road, Suite 440 • Marietta 30062

470-299-5256 • bringitompoweryoga.com

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

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

**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

FT / FITNESS TOGETHER®
Private, Personalized Training & Nutrition

*Valid for first time clients. Contact Studio for more details and to schedule. Limited time offer. ©2019 Fitness Together Franchise Corporation. All rights reserved. Each Fitness Together® studio is independently owned and operated.



Bring It OM
POWER YOGA

3162 Johnson Ferry Road Marietta, GA

SWEAT YOUR HEART OUT CANDLELIGHT FLOW AND RESTORE

With Karen Patton and David Melton

THURSDAY, FEBRUARY 14TH
5:45 PM TO 7 PM

BY CANDLELIGHT, THIS CLASS BEGINS WITH HEAT BUILDING VINYASA FLOW AND ENDS WITH GENTLE RESTORATIVE STRETCHES. Note: This is not a partner class, so come solo or bring your date!

Register online at www.bringitompoweryoga.com

[Love is in the air]



17 Locations in Atlanta
Brazilianwax.com

Authentic Brazilian Wax by *Andreia*

90 Powers Ferry Rd, Marietta, GA 30067 | 770-579-3201 | 1230 Powers Ferry Rd, Marietta, GA 30067 | 770-902-2326 | 1205 Johnson Ferry Rd, 117, Marietta, GA 30066 | 770-726-2045 | 440 E. Smith Plaza, 115 - Kennesaw, GA 30144 | 478-941-8011

New Year New You

Flowers Medical Group
has a new esthetician!

We would like to offer you a special first-time discount.

Take advantage of our special Package Pricing

Silver Package

Buy 5 peels and receive 1 for free. Includes a free post peel kit.

Gold Package

A series of 3 treatments for Microneedling (with hyaluronic acid) and a Sensi peel OR Dermaplaning. Includes a free post peel kit.

Platinum Package

A series of 3 treatments for Microneedling with PRP and an advanced peel. Includes a free post peel kit.

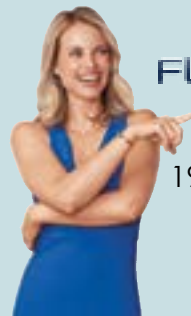
Customized Package

Individualized packages can be created for all patients to address specific concerns.

Pricing will be given with your complimentary consultation.

50% OFF

Half priced facial (\$150 value) to introduce you to our new medical esthetician. Must call to schedule before March 1st to receive this special offer.



FLOWERS  MEDICAL

Flowers Medical Group
1950 Spectrum Circle, Suite 505
Marietta, GA 30067
www.flowersmedical.com
678-303-4420



LIKE US
[facebook.com/EAST COBBER](https://facebook.com/EASTCOBBER)



EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR FEBRUARY

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.

Scarf Tying Workshop (#7294)

Friday, February 1 • 10-11am

Free; Registration required

Scarves are a great way to update an outfit. In this workshop, you will learn some ways to tie the latest fashion scarves.

Cooking Class -Valentine on a Dime (#7291)

Monday, February 4 • 11:30am

\$8 supply fee payable to the instruction;

Registration required.

Three course Valentine's Day Meals to share with a friend or partner.

Lunch & Learn: Orthopedic Update (#7292)

Wednesday, February 6 • 11am-1pm

Free; Registration required.

Learn how to manage symptoms of arthritis in your hands and other hand ailments. Complimentary lunch will be served.

Age of Beauty Series - Healthy Heart & Young Hands (#7293)

Friday, February 8 • 10-11am

Free; Registration required

Early prevention can help determine an individual's risk for heart disease, stroke, and other serious conditions. Join for an educational presentation by a WellStar Health System professional to learn how to decrease your risk of heart disease. Learn how to keep your hands healthy and young.

Abraham Lincoln Documentary (#7351)

Tuesday, February 12 • 1-2pm

Free; Registration required

Abraham was the 16th President of the United States, serving from March 1861 until his assassination in April 1865. Come to see the movie.

Line Dance Party (#7354)

Wednesday, February 13 • 10am-2pm

\$9 Cobb residents; \$11 Non-residents

Expect good times, old boots, and plenty of country music. Enjoy baked potato bar with the different toppings and a fresh salad. Fundraiser Event for the East Cobb Senior Center.

Cooking Club – Soups & Salads

Friday, February 15 • 10-11:30am

Bring your soup selection to share and ten copies of the recipe for the group.

Dine-a-Round (#7310)

Wednesday, February 20 • 11:30am-1pm

Zama, 2550 Sandy Plains Road, Marietta, 30066

Registration required.

**Want to
Advertise?**



EAST COBB
770-640-7070

Tupperware Bingo (#7290)

Friday, February 22 • 10am-12pm

Free; Registration required

Come to play Tupperware Bingo. Win prizes and learn some cooking tips.

An Odyssey of Flavors –Book Signing with Smita Daya (#7353)

Monday, February 25 • 11am-12:30pm

\$13 Cobb residents; \$15 Non-residents

Join Smita's culinary journey through food using extra virgin olive oils, balsamic vinegars and super spices.

Fundraiser for East Cobb Senior Center.

What is the History of Valentine's Day? (#7352)

Tuesday, February 26 • 1-2pm

Free; Registration required

Valentine's Day is more than roses, candy and candlelight dinners. Come see the movie to learn more.

AARP Smart Driver (#6828)

Thursday, February 28 • 9am-4pm

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

(cash or check only).

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

success," honored volunteers celebrating annis and other very special milestones. The event recognized the Auxiliary's newly-elected officers, eager to continue the tradition.

Moore, of East Cobb, has been a volunteer of service to the Northside Hospital. Moore volunteers at the hospital to patients and transport them to and from the hospital. East Cobb was recognized at the event.

gain this year, we have provided compassionate care to patients, families and for special projects. Lisa Angel, Auxiliary member, said, "I am humbled by the volunteers. It is a privilege to be part of this conscientious group."

Angel presented Northside Hospital's 9, raised from all of the efforts in 2012-2013 including sales in the Gift Commissions on baby photo sales and several sales to employees. The money was used

• The Auxiliary's Community Health Education Program (CHEP) performed 42 puppet shows to more than 4,000 children.

therapy) volunteers made appointments for patients and their families in the medical-surgery units.

2,655 items, including blankets and scarves, for the Northside Nursery and patient care.

volunteers visited with patients and provided breast and other cancer education. 423 follow-up calls were made to cancer patients.

Auxiliary has always been a component to hospital care. Quattrocchi, president of the hospital, said, "There are no limitations on our volunteers' efforts. They do it off each and every day."

For more information about the Northside Hospital-Atlanta Auxiliary, call 404-851-8707 or visit www.northside.com/volunteers.

WE ALL HAVE A STORY TO TELL

Tell Us Your Story!

EAST COBBER

770-640-7070

editor@eastcobber.com

Quality of Life with a Peace of Mind

Radiance East Cobb Memory Care



Radiance East Cobb is a special Memory Care community where we exclusively serve seniors living with all forms of dementia.

This bright and homelike intimate community has a 1-5 staff to resident ratio allowing us to provide individualized care for our residents.

Families have peace of mind knowing their loved ones are safe by focusing our mission around day to day care.

Call today to learn more about this unique East Cobb Memory Care community.

Schedule your personalized tour with Jennifer.

**Radiance East Cobb
Memory Care**

200 Village Pkwy NE, Marietta GA 30067
470-287-8359

AARP TAX-AIDE OFFERS **FREE TAX HELP**

AARP is once again helping Cobb County residents file their taxes on time and correct. There is no charge for the service, and all tax preparers are trained by AARP. AARP Tax-Aide is the nation's largest, free, volunteer-run tax assistance and preparation service. AARP Tax-Aide volunteers prepare federal, state and local tax returns for taxpayers who have straightforward tax returns starting February 1 through April 15. Membership in AARP is not required and the service is available to everyone regardless of age. Appointments are not required, and electronic filing is available at all locations.

Taxpayers should bring their 2017 return and all 2018 tax documents. Each taxpayer must also present their social security cards or other identification documents for themselves and all dependents.

For direct deposit refunds, taxpayers must have their checkbook and a valid blank or canceled check.

AARP Tax-Aide volunteers will be available at the

following locations convenient to East Cobb County:

- ◆ Mondays and Tuesdays from 10am to 2pm at the Cobb County Senior Services Center, 1150 Powder Springs Street in Marietta.
- ◆ Mondays from 10:30am to 2pm at Gritters Library, 880 Shaw Park Road in Marietta.
- ◆ Tuesdays from 10:30am to 2pm at the East Cobb Library, 4880 Lower Roswell Road in Marietta.
- ◆ Thursdays from 10:30am to 2:30pm at the Mountain View Library, 3320 Sandy Plains Road in Marietta.
- ◆ Fridays, except for April 14, from 10:30am to 2:30pm at the Switzer Library, 266 Roswell Street in Marietta.
- ◆ Fridays from 10am to 2pm at the Robertson Community Center, 2753 Watts Drive in Kennesaw.

For more information, visit aarp.org/taxaide. 

Exceptional Senior Living!



Exceptional Service, Care
and Amenities

Serving families in East Cobb,
Marietta and Roswell's
finest neighborhoods



Independent and Assisted Lifestyles

Call us and VISIT TODAY!
770.565.8828

Parc at Piedmont - East Cobb
999 Hood Road | Marietta, GA 30068
Intersection of East Piedmont and Roswell Rd. (Hwy. 120)
www.parcatpiedmont.com

REACH & CONNECT WITH OUR EXCLUSIVE, EAST COBB AUDIENCE



PRINT



ONLINE



SPECIAL
EVENTS



SOCIAL
MEDIA



E-OPTIONS

Our Elevator Pitch

EAST COBBER offers platforms where our readers and users find information, resources, and each other to enrich their quality of life locally—specifically in East Cobb County. Our target audience in print and online is loyal, active and committed, and they are using every media platform to find products and services to give their families the best quality of life possible. **EAST COBBER is the market leader in connecting East Cobb residents and local businesses.**

Your advertising deserves nothing less than what EAST COBBER has to offer. Whether you are seeking to promote an important business or a community event, give us a call. Our professional advertising staff can help you with placement and counsel. They can even assist with laying out an ad that will grab the attention of your audience.

The Power of Print

Magazine Brands: Stronger & More Relevant

- **96% of U.S. adults** read magazines.
- Magazine **readership is growing** in an increasingly crowded and noisy media world.
- Magazine reading offers pure pleasure, control and escape. **68% consider** magazine reading to be “my time.”
- **Magazine ads drive Web searches** more than any other medium.
- Magazines excel at reaching people who shape **attitudes and behavior**.

Source: Association of Magazine Media



770.640.7070 | eastcobbber.com

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.cobbbgagensoc.org or ccgs@cobbbgagensoc.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.cobbbphotosociety.com or info@cobbbphotosociety.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.eastcobbbba.com.

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

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

East Cobb Kiwanis Club. 1st and 3rd Wednesday. 7pm. Paradise South of the Border, 3605 Sandy Plains Road, Marietta. More info: Johnny Johnson, 770-977-2026 or edwardjohnsjewelers@yahoo.com.

East Cobb Lions Club. 2nd & 4th Tuesday of the month. 7pm. Piccadilly Restaurant, 536 Cobb Parkway, Marietta. More info: Susan.Hampton@lionbank.com.

East Cobb New Horizons Band. Monday mornings. Jazz Ensemble: 9am; Concert Band: 11am. If you are 50 or older, play a musical instrument and have been looking for a great place to make music, come join! More info: ecnhb.com or email webmaster@ecnhb.com.

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

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

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.cobblp.org or call 770-795-1331.

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

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

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

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

Marine Corps League. 1st Saturday of every month. 11am. Delkwood Grill, 2769 Delk Road, Marietta. More info: mcldet647@gmail.com

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 msbnsccarrowswell@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.nowmomom.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.



TWEET TWEET!
FOLLOW US ON TWITTER

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 Support Group. A free 13-week series that includes a video, discussion and take-home workbook. Free childcare is available. Every Thursday. 7-8:30pm. Mt. Bethel Church, 4385 Lower Roswell Road, Marietta. More info, registering, or counseling: call Judith at 770-597-9882 or email jmr.lpc@gmail.com

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.parish@mtbethel.org.

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

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

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

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

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

Parents of Prodigals. For parents of struggling teens and young adults. 2nd and 4th Thursday, Aug-May. 7-8:30pm. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Room 270, Marietta. More info: Fair Brocard, 770-612-1197 or www.prodigalchildministries.org.

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

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

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

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

Meet Your Future Clients, Customers and Business Associates

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

ECBA
East Cobb Business Association

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



GRAPHIC DESIGN

Tammy Stephens

678-860-3562

tcwstephens@gmail.com

www.behance.net/TamaraStephens

- Magazines
- Newsletters
- Advertising
- Brochures
- Business Cards
- Flyers/Mailers
- Invitations
- & Much More!

SEARCH IS ON FOR 2019 SMALL BUSINESS OF THE YEAR


The Cobb Chamber of Commerce is accepting applications until Friday, March 8 for the Cobb Chamber's Small Business of the Year Awards. Each year, the Chamber names the Top 25 Small Businesses of the Year from a wide pool of applicants. The 2019 Small Business of the Year will be selected from among the Top 25 small businesses.

To celebrate Cobb's brightest business stars and up-and-coming businesses, the Cobb Chamber also offers an additional award category—the Businesses to Watch. These businesses are on the rise—achieving incredible growth while launching just three years ago or less.

- Business owners can nominate themselves or other businesses. Nominees must:
- Be a Cobb Chamber member
- Demonstrate an increase in sales and/or unit volume
- Have been in business at least three years

- Show evidence of contributions to community-oriented projects
- Comply with the U.S. Small Business Administration's size standards in defining a small business (sba.gov/size)
- Be for-profit

The Top 25 will be recognized and the Small Business of the Year will be announced during the Cobb Chamber's May 6 breakfast event. In addition, The Service Fort, the 2018 Small Business of the Year, will be inducted into the Cobb Chamber Small Business Hall of Fame, joining the past 34 years of winners. The 2019 Small Business of the Year winner will participate in the Georgia Small Business of the Year competition.

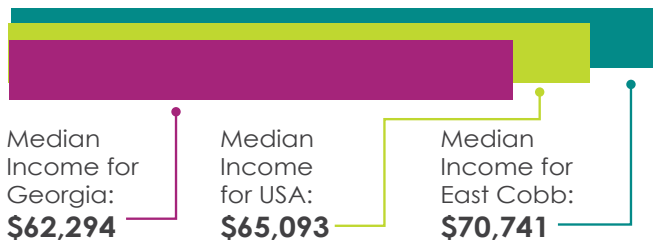
Nomination forms can be found at www.cobbchamber.org/sboy. For more information, contact Jani Dix at 770-859-2335 or jdix@cobbchamber.org. 

EAST COBBER: Serving East Cobb County since 1993

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

AFFLUENT

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



EDUCATED & FAMILY-FOCUSED

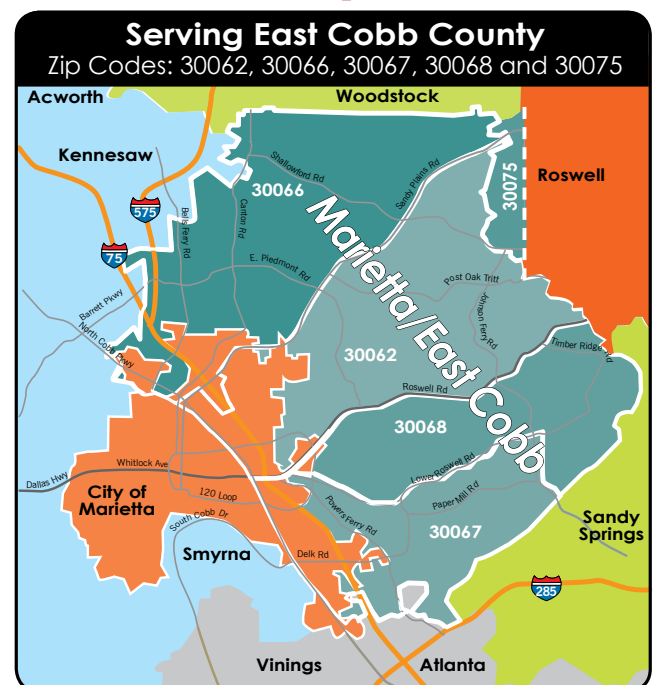


66.7%
with
College
Degrees

66%
Married
Couples
Who Both
Work



80%
Families
with at least
one Child



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



MANSOURI FAMILY DENTAL CARE

Voted Top Dentist in East Cobb

"a true family dental practice for all your dental needs"

IMPLANTS

CROWNS • VENEERS • INVISALIGN



Appointments Fill Up Quickly. Call Now To Reserve Yours!
WE ACCEPT MOST PPO INS.



(404) 475-3004

4720 Lower Roswell Rd.

Now Accepting New Patients

Drs. Azita & Michael Mansouri have been featured on

www.NaturalSmile.biz

**Atlanta**
MAGAZINE

TOP DENTISTS

JOSE'STM

PAINTING & REMODELING

25
YEARS

Buying, Selling or Updating?



Any Job

Over \$2,000 / * Call for details

10% OFF

Interiors

- Interior Painting
- Drywall
- Carpentry
- Flooring & Tile
- Cabinets Repainting

Exteriors

- Exterior Painting
- Limewash Brick
- Stucco & Brick
- Siding & Gutters
- Pressure Washing

Remodeling

- Kitchens
- Bathrooms
- Cabinets
- Countertops
- Finish Basements
- Carpentry
- Additions
- Decks
- Screen Porches

all-in-1

Services

Licensed & Insured

Residential & Commercial / Interior & Exterior



770-421-9732

For Savings & Information Just Call or Click www.JosesPainting.com