



### 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% 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.



Membership eliability required. Refer to LO you gry Horly as a dsChecking for terms and conditions

APY - Annual Percentage Yield. Rate effective 01/01/1 and subject to change without cotice. 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 Comment Spend". Net Spend is any eligible purchases made during the calendar month not during the credit cant billing cycle. Some exclusions apply. Posted credits, unad earlied of area, and items returned during the calendar month may decrease the amount of net spend eligible for cash back. Rewards an posted on the first business day of each month for part in onth activity. Accounts and forms shall become and/or remain in delinquent status may not be eligible for cash back rewards. USE Visa Credit Card must be on the same actions a spen light Rewards Checking to be eligible for the cash back reward.

# **SUMMER IS** COMING!

Dermatology Consultants has performed more than 8,500 treatments to date and in 2016 became the first Diamond CoolSculpting Practice in Georgia. We offer CoolSculpting® in all three of our Atlanta locations in Buckhead, Marietta and Covington.

Dermatology Consultants is among a few locations in Georgia offering Dual CoolSculpting® where we can treat two areas at the same time, reducing overall treatment times.

BEFORE



12 WEEKS AFTER









Call to schedule your complimentary consultation! (770) 971-3376

4800 Olde Towne Pkwy. Suite 250 Marietta, GA 30068

## THIS ISSUE







#### FEATURED

9 HERE COMES THE BUS APP!

ANNUAL DAY

30 EASTER EGG HUNTS

39 FANCY FELINE RESCUE

#### EVERY MONTH

32 **COMMUNITY** CALENDAR

38 **PET OF** THE MONTH

40 **DINING** GUIDE

44 **HEALTH** & WELLNESS

54 SENIORS

58 **CLUB** CALENDAR

59 **SUPPORT** GROUPS

# **EAST © COBBER**

P.O. Box 680455 • Marietta, GA 30068 770-640-7070 • FAX: 770-559-3185 www.eastcobber.com **Volume 26 | Number 7** 

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.

<u>Subscriptions</u> are available for \$20/year.

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

Front Cover Photo Taken by Jeremy Adamo



Sign up at eastcobber.com



Free Estimates
Financing Available

#### FREE PAD UPGRADE

When You Mention EAST COBBER Magazine. Valid Until May 31, 2019

2214 Roswell Road Marietta, GA 30062 678-387-5112 FlooringAtlanta.com





Snappy Makes Homes Happy!

770-321-3433 snappyservices.com

- ELECTRIC HEATING
- PLUMBING
   AIR CONDITIONING

Locally Owned in East Cobb!

## PUBLISHER'S NOTE



When you read this issue, the azalea bushes and cherry trees should be bursting with color against the beautiful blue Georgia sky. We'll be serenaded by the sounds of chirpina birds and whirring lawnmowers. Signs that spring has sprung and summer is just around the corner. Ahhh, summer . . . School will be out soon and how will your children pass the lazy, hazy days of summer? This April issue features our 19th Annual Day Camp Guide (pages 16-29). We have put together a list of

day camps offered right here in East Cobb County and/or a short drive away. While day camp can help your children learn a better backhand in tennis, acquire a stronger stroke in swimming, or get in touch with nature, the true payoff of camp will be apparent when your child becomes a bit more self-reliant, self-sufficient, and self-confident.

I hope you love East Cobb as much as I do. In addition to helping our readers find things to do locally, and featuring the do-gooders in our community, this magazine also promotes small businesses and the value they add to our local community. Since 1993, this magazine-which is East Cobb owned (I live in East Cobb and so do most of my staff)--has been dedicated to supporting and promoting small businesses in our exceptional community. Our advertisers are mostly local entrepreneurs serving our community with their special set of skills and hard work. Locally-owned businesses build strong communities by linking neighbors in a web of economic and social relationships, and contributing to local causes. I am proud this magazine is a catalyst for this "Love Local" movement!

I hope you will support our efforts to "Love Local." Follow us (and we'll follow you back, too!) on any of our EAST COBBER social media sites (Facebook, Twitter and Instagram) or get in touch with me directly if you think we could work together or

if you know of any good stories. I'd love to hear

from you!

Happy Spring!

Cynthia M. Rozzo Founder I Publisher cvnthia@eastcobber.com

### On the Cover

This month's front cover features Brian Albrecht. **President and CEO of Credit** Union of Georgia. Brian has now been with the Credit Union for more than 11 years, having gained his knowledge and experience through various levels of the organization.

**Credit Union of Georgia was** established nearly 60 years ago to help local educators and those who live and work in Northwest Georgia with their finances. The Credit Union of Georgia offers a wide variety of products and services to assist businesses and members achieve their financial goals. There are seven branch locations. including their newest location in East Cobb at 1020 Johnson Ferry Road in Marietta.

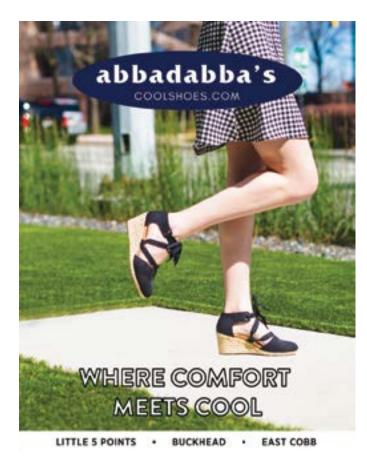
To learn more about the current promotions being offered exclusively at the new Johnson Ferry Road Branch Location and what they can do for you or your business. visit www.CUofGA.org/JFR or stop by today!

For more information about the Credit Union of Georgia. read page 6 or visit www. CUofGA.org.

Front cover photo taken by Jeremy Adamo.









# CREDIT UNION OF GEORGIA OPENS NEW COBB LOCATION

A Better Banking Experience Has Arrived in East Cobb

Tired of paying traditional high service fees and feeling disconnected from your bank? If so, consider joining Credit Union of Georgia. Credit Union of Georgia is opening their newest location in East Cobb in early April, which makes it an even more convenient option for members. Credit Unions are member owned, not-for-profit financial institutions where money earned by the Credit Union is returned to its members in the form of competitive deposit rates and lower lending interest rates.

Credit Union of Georgia offers all traditional banking services, including checking and savings accounts, home and auto loans, college planning, student accounts, online banking and ATM services. In fact, Credit Union of Georgia is large enough to provide members with the same products and services they are accustomed to from larger financial institutions, without exorbitant fees – and a more personal experience.

They also offer a complimentary Auto Buying Service where a representative negotiates with local dealers to get the best prices for their members. Additionally, they offer a no-cost financial advisor and financial wellness counseling through GreenPath, a non-profit dedicated to improving financial wellness for Credit Union members. Their Cuga Kid's Club Program makes saving fun for kids.

Members can access their finances 24/7 through free online banking, mobile app, remote deposit and ATM services. Credit Union of Georgia is



part of a CO-OP Shared Branching Network that allows members access to nearly 30,000 surcharge-free ATMS free of charge, including Publix Presto! ATMs.

Credit Union of Georgia was established nearly 60 years ago to help local educators with their finances. Today, the Credit Union is open to anyone who lives or works in not only Cobb County, but Cherokee, Douglas, Fulton, Gilmer, Paulding and Pickens counties. There are seven branch locations, including the newest location at 1020 Johnson Ferry Road in Marietta, at the corner of Little Willeo Road and across from Johnson Ferry Baptist Church.

"Some people think of Credit Unions as the place where their mom had her Christmas Club account. We do in fact have special saving account options, but we are so much more to our members," says Brian Albrecht, President/CEO. "We offer a wide variety of services that help our individual businesses and members reach their financial goals."

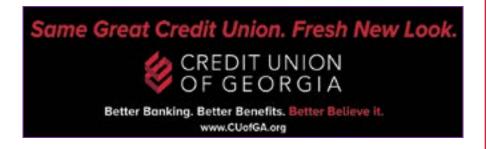
For a limited time, Credit Union of Georgia will be offering specials to new members of the Johnson Ferry Road Branch Location only.

Stop by Today to Take Advantage of These Great Offers...

- Bring Your Current Auto or Recreational Vehicle Loan Over & Save up to 1% APR\* or more OR Receive up to \$200 Cash\*
- Open a New Checking Account\* & Receive a \$50 Deposit
- Open a New 15-Month Share Certificate\* (CD) & Earn 2.60% APY
- Open a New Money Market Account\* & Earn 2.50% APY Until December 2019

For more information and branch hours, visit www.CUofGA.org, call 678-486-1111 or stop by 1020 Johnson Ferry Road.

\*Promotions are valid for a limited time only at the Johnson Ferry Road Branch Location only. For complete rules, terms and conditions, please visit www. CUofGA.org/JFR.



6 April 2019 EAST©COBBER www.eastcobber.com

PAID ADVERTISEMENT







or prior services. One per household.

or prior services. One per household.

# MABRY MIDDLE SCHOOL HOLDS INTERNATIONAL NIGHT

By Tammy Andress, Lassiter HS PTSA President







abry Middle School, a sweet little school nestled in the Lassiter School District, recently celebrated its annual "International Night." The common perception of East Cobb schools is that they are primarily attended by white, middle class students. But if you attended Mabry's International Night, you would have discovered that it is a school rich in diversity, proud of and excited to share its wide religious and cultural differences and consequently, help to raise children who are tolerant of others. It is only with the hard work and dedication of the 8th grade foreign language teachers, the 7th grade teachers, Mabry administration, the PTSA Diversity Committee and Lassiter High School student volunteers and committed parents, that they were able to celebrate the wide-ranging diversity that Mabry MS enjoys.

All 7th grade reading classes are required to participate in this activity. In December, students form small groups and pick a country to do an in-depth study on, which is usually a country that one member of the group identifies with culturally or has lived in. Because this is a six-week study/project, the reading, social studies and language arts teachers all work together to build their curriculums around this event, which consequently allows students to really absorb and learn the lessons of world geography, cultural diversity and humanities. In February, the culmination of their hard work is showcased during a "Tour of Countries" at International Night. This Tour consists of student researched and designed tables that are filled with detailed and fun facts as well as traditional items and food samples from said country.

The week of International Night begins with a school wide assembly showcasing a traditional musical performance or dance from a non-U.S. country. The students have daily opportunities to win international themed prizes based on their correctly answering the "Question of the Day," said questions being focused on world facts and prepared by Mabry's student Diversity Club. This activity is a fun way to get students and staff excited about the big event. Internationally themed music is also played in the skylight, highlighting the diverse and rich musical talent from around the world. The evening of International Night, the Mabry PTSA provides an international-themed buffet for approximately 650 members of our community (this year's buffet was a mixture of Chinese, Mexican, American and Peruvian), who then invite approximately 800 Mabry tourists to take the "Tour of Countries". This year Mabry enjoyed over 60 student tables and 15 family tables representing over 60 countries that were as diverse and far-flung as Scotland, Haiti, Russia, Braille, Poland, and Ethiopia and welcomed over 1,500 tourists.

The combination of teachers, students, administration, community and PTSA is necessary to make International Night a success. It is a great Mabry event that requires the participation of the entire Mabry Middle School family and is a great tool that integrates so many different learning opportunities and PTA Family-School Standards for the Mabry students and community. It is an excellent example of how the collaboration of the entire community can create an event that serves as a great learning tool for students, parents and educators alike.

# HERE COMES THE BUS APP

s the bus on time?" "Did we miss the bus?" "How much time do we have left to make it to the bus stop in time?" "Oh, it's raining, cold, and dark. I don't want my kids to wait at the bus stop any longer than necessary."

Parents often have these thoughts as they are getting their kids ready for school. Mornings can be a stressful time, but the Cobb County School District is taking one worry away from parents. On March 4, the Cobb Schools Transportation Department debuted the new "Here Comes the Bus" app so parents can track their child's bus in real-time on a map. The Cobb Schools Transportation Department transports more than 70,000 students via about 1,000 school buses every day. Now every parent will know exactly where the specific bus carrying their child is at on the route to and from school.

In addition to giving scheduled and actual arrival times for home and school, the app will also provide push and email notifications when the bus is near. So, thanks to the bus app, Cobb parents will know when the bus enters their neighborhood.

"We are proud to be able to offer this new service to Cobb parents," said Superintendent Chris Ragsdale. "The 'Here Comes the Bus' app not only ensures that our students know when to arrive at the bus stop, so they are on time to school, but the app also helps keep our students safe. Parents will know exactly when their child steps off the bus in the afternoon. The app connects our parents to protect our students."

To ease stress in the mornings and afternoons, download the bus app in the Apple App Store, get it on Google Play or visit herecomesthebus.com.









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

# **EAST COBB STUDENT ATHLETE PUSHING** FOR CHANGE IN SIGNING DAY TRADITION



or seniors in high school, college season is in full swing.
Thousands of students in East Cobb are choosing where they will continue their education, quite a few being student athletes. In February of each year, high schools around the nation host a Signing Day, in which students who have been awarded athletic scholarships from universities sign National Letters of Intent for a collegiate sport with a university that is a member of the United States National Collegiate Athletic Association (NCAA).

Jenna Sayler, a senior at Lassiter High School, has been awarded a scholarship from Life University to play D1A rugby. "I've been playing for 3 years," Jenna says. "I got into it after my brother started playing, then I noticed at a tournament that girls could play so I gave it a shot due to interest in trying something new!"

After receiving the scholarship and being excited for Signing Day quickly approaching, Jenna was then told that she would not be allowed to sign because rugby is not a team sport recognized by the Georgia High School Association and that it would not set the best example for students at her school who were denied to participate in the past.

Nevertheless, Jenna did not give up. She proceeded to email every athletic director in Cobb County to be able to get to the root of the problem. "I didn't think this rule schools had was fair," Jenna says. After receiving positive feedback and support, Jenna went to the Cobb County School Board (CCSB) in an attempt to have a

policy put in place that allows all students who have athletic scholarships to be allowed participate in National Signing Day. And she did not stop there; Jenna also spoke at a public CCSB meeting about this issue.

"The board hadn't realized this was happening at several schools. During board comments, our Superintendent, Chris Ragsdale, congratulated me and thanked me for speaking and using my voice as a student," Jenna says. "He was impressed and came up to me immediately after the meeting to apologize for being denied participation at my school, and I then had multiple board members come to me personally and apologize for what happened and said they supported me."

Currently, Jenna has not heard news either way but is closely watching the CCSB's minutes after each meeting to see if there is a change that occurs.

After hearing about what happened, Life University's head coach, Rosalind Chou, invited Jenna to sign at the university, so she could have an equal experience as her fellow students.

"Signing Day is important to me because it's the day different types of athletes can come together and celebrate their awesome accomplishments. It's a day to celebrate all the hard work athletes put into their sport," Jenna says. "Athletes who received a sports scholarship had to put in a lot of time, effort, and sacrifices to get that accomplishment, and I think it should be respected and honored by their high school."

# 20 YEARS OF STYLING AT KIDS KUTS SALON



The idea of a hair salon for children came to Sabra Dupree from her experience cutting hair for the young ones in her circle of family, friends, and neighbors. What has evolved over the past 20 years is a full-service salon called KIDS KUTS SALON that can span everything from baby's first haircut, a hairstyle for the father-daughter dance, and a prom updo to coloring when that first bit of gray pops out.

Although she holds close to her children's salon roots with the pink mini coupe and batmobile chairs still the favorite, Sabra decided to grow with her clients. "Since I opened the salon in 1999, my original clients have grown up," says Sabra. "They had become family, and I didn't want them to age out of coming here just because the name of the salon had KIDS in it. So I expanded the business to include those customers' needs. There were also the kids who wanted their whole families to join in. From that, I started cutting, styling, and coloring parent's hair as well.

"As time has gone by," she continues,
"I discovered that growing the business
with my customer base was the
absolute right move. This has
been confirmed by the fact that
some of my early customers now
come home from college, drop
by to say hello, and get a haircut."

When asked why she didn't change the name of a salon as the business changed, Sabra says that she still has a special place in her heart for children. "I love the conversations with my younger customers, as well as the opportunity to mentor them through our talks," she says. "Don't get me wrong -- adult conversations are great, but there is nothing more honest or pure than a conversation with a child."

Sabra and her staff have put into practice their kid-centric attitudes. Over the years, they have embraced many special needs children for haircuts and other services. Word spread quickly that KIDS KUTS was the place where special needs children are welcome.

The KIDS KUTS staff currently consists of seven stylists, including Sabra. As the owner, she has apprenticed six stylists during her two decades. And because the turnover is low, several stylists have had long careers at KIDS KUTS, contributing to the family business atmosphere and demonstrating a commitment to the community. Sabra estimates that over a quarter of a million individuals (many repeats but based on appointment numbers) have graced her doors since 1999.

According to Sabra, each stylist has her own niche and talent that she brings to the salon. "This creates a well-rounded staff," she says. "The most important thing to us is guest experience. With all of the talent that we have to offer, each customer can get exactly what he or she needs, whether that is a baby haircut or the latest treatments in hair loss."

KIDS KUTS has become a full-service salon that fits all ages. Customers can

book many services including a children's Princess Package that includes a haircut, quick updo, nail polish, makeup, and magic fairy dust; eyelash extensions, eyebrow threading, and facial waxing; and Japanese/Keratin straightening to name a few. The salon also offers classes on how to braid, apply makeup, or properly blow dry hair. Customers are able to book these classes with a specific stylist.



Celebrating 20 years, Sabra is giving her salon window a facelift with thenand-now family photos, compliments of Andrea Mages Photography, LLC. Pictured are some of her customers' early childhood haircuts paired with current photos of those now tweens recreating those scenes. Come check them out.

KIDS KUTS SALON is located at 2323 Shallowford Road, Marietta. Hours are Monday (11-6), Tuesday-Thursday (10-7), and Friday-Saturday (9-5). The last appointment is 30 minutes before closing. For more information, visit www.MyKidsKuts.com or call 770-924-4950 for an appointment. Walk-ins are welcome.





**EAST@COBBER** 

East Cobb's premier source for local info since 1993. 770-640-7070

# HOST A FRENCH STUDENT THIS SUMMER



wenty French teens from professional French families (ages 14-18) will be coming to the Atlanta area from July 9-29 and retired French teacher Linda Farmer (she taught both French and English at Lassiter High School for 24 years until she retired in 2008) is looking for host families who will show their student warmth and hospitality. These French teens from Paris to Provence want to experience American life first-hand and to be totally immersed in the English language. Ms. Farmer, along with a French chaperone, will oversee the program. "This is a wonderful opportunity," says Farmer, "for Atlanta-area families to add an international dimension to their lives with many farreaching benefits." Students can also receive community service hours for being a part of the host family.

As East Cobber and mother of a host family, Gina Anaya, shares, "By far this was one of the greatest experiences as a family that we shared. We met a very intelligent and wonderful young man. We have learned a lot from Noe, he was a perfect match for our family and we treasure all our memories right down to the humor."

LEC (Loisirs Culturels á l'étranger), the Paris-based sponsor, provides these students with comprehensive medical insurance and gives host families compensation for room and board. All come with ample spending money for expenses outside of the home and each has had three to six years of English depending on age. No French language skills are needed!

Applications are now being accepted. For more information, contact Linda Farmer at lgfarmer@aol.com or 770-973-2452; and/or visit www.lec-usa.com.

# A WOMAN'S GUIDE TO HORMONES AND DENTAL HEALTH

Hormones can affect many aspects of a woman's health – their weight, their mood, and even their dental health. You may be surprised to learn that women are more susceptible to gum disease during periods of hormone surges such as puberty, menstruation, and pregnancy. While changing hormones are a fact of life, being aware of how hormones affect our oral health can help us manage and prevent their impact.

During puberty, teenage girls may experience red, swollen, and bleeding gums. This occurs because of an increase in the female hormones, estrogen and progesterone, which cause more blood to flow to the gums. This increased blood flow makes the gums more sensitive and reactive to the presence of plaque and bacteria. In response, the gums become inflamed, swell, and bleed. The best treatment for this is prevention. Removing plaque and bacteria thoroughly each day by brushing twice a day and flossing daily can reduce gum inflammation, discomfort, and bleeding.

Hormonal changes during menstruation can also impact oral health. While most women will not experience changes in their oral health in the days before their period, some have reported experiencing swollen gums, bleeding gums, canker sores, and swollen salivary glands. Luckily, these symptoms often subside after menstruation ends.

Pregnancy puts our bodies in hormonal hyper drive. As many as half of all expectant women develop pregnancy gingivitis, a mild form of gum disease most common between the second and eighth months of pregnancy that causes the gums to be red, tender, and sore. Dentists may recommend more frequent cleanings during the second trimester and early third trimester in addition to diligent home care to help control pregnancy gingivitis.

Menopause is a huge change in a woman's life and her mouth. Two critical oral changes that may occur during menopause are dry mouth and bone loss. Dry mouth is caused by a decrease in saliva flow. Saliva functions to cleanse the teeth and neutralize cavity-causing bacteria. Without saliva, extensive tooth decay can occur. Sucking on sugar-free candy or gum and using an artificial saliva spray or rinse can help stimulate

saliva flow and replace oral moisture. Your dentist may also recommend prescription strength fluoride toothpaste to help reduce the risk of tooth decay resulting from dry mouth. The decrease in estrogen that accompanies menopause can also put women at risk for bone loss. Bone loss in the jaw can lead to tooth loss.

While signs of gingivitis – red, swollen, bleeding gums - are often apparent, bone loss may be difficult for you to notice at home. Visiting your

dentist regularly for professional cleanings and oral examinations will allow them to monitor your gum and bone health as well as vour overall dental health during times of hormonal change.



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





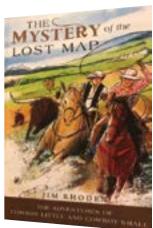
#### ★ Infidelity/Cheating Partners ★ Polygraph

- ★ Child Custody/Unfit Parent ★ Cell Phone Forensics
  - ★ Skip Trace Recover Bad Debit

404-697-9362 • www.afpiglobal.com

# EAST COBB GRANDFATHER WRITES WESTERN TALES





im Rhoden has spent his career managing real estate, but he has long been an avid storyteller. The protagonists of the first book of The Adventures of Cowboy Little and Cowboy Small series, The Mystery of the Lost Map, were born when he began creating riveting bedtime stories for his own little ones. While Cowboy Little and Cowboy Small's sense of adventure enthralled his children and later his grandchildren, Rhoden also told his stories with the intention of teaching a broader lesson.

"My hope is to encourage independence and creative thinking in my young readers so they can assess a problem and figure out a way to solve it themselves," he explains.

The Mystery of the Lost Map does exactly that as the reader is lassoed into the world of Cowboy Little and Cowboy Small, two feisty, headstrong brothers who can't get enough of exploring with their horses Ned and Ted, their dogs Red and Fred, their fleas Itch and Scratch, and their cattle Brawny Bull and Helen Heifer. When the boys wander beyond the fences of Circle R Ranch, they stumble upon old saddlebags filled with gold coins and a strange map. It's up to them to solve the mystery of where these coins came from and where the rest of the treasure lies while facing menacing foes and working with loyal friends along the way.

Not only will children and the young at heart be captivated by stories that harken back to the simplicity and excitement of the Wild West, but they will also be charmed by themes of bravery, justice, and the freedom to explore the great outdoors and every adventure this world has to offer. The Mystery of the Lost Map is perfect for parents who want to spark their child's curiosity and independence, but also for any adult who wants a taste of wonder and good ole cowboy fun.

The Mystery of the Lost Map is available on Amazon.com, CowboyLittleandCowboySmall.com, and Shop.BookLogix.com.



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

Camp Name	Age Group	Weekly Camp Fee	Times	May 27-31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
3D Dolphans Princeton Early Prep 2877 Johnson Ferry Road, Suite B, Marietta 30062 770-417-8841 • www.princetonearlyprep.com	5-12	\$160	8:30am- 6pm	V	V	V	V	•	V	V	V	V	V
ACT Prep Bootcamp Mt. Paran Christian School 1275 Stanley Road NW, Kennesaw 30152 770-363-8345 • www.myclassconnection.com	Rising 9th-12th Grade	\$375	9:30am- 1:30pm					<b>✓</b> June 24-27					
Andretti Indoor Karting & Games Race Kamp 1255 Roswell Road, Marietta GA 30062 678-496-9530 • www.andrettikarting.com	8-14	\$375	9am-4pm			V				V			
Art Camps - The Art Place Mountain View 3330 Sandy Plains Road, Marietta 30066 770-509-2700 • www.theartplace.us	4-18	\$60-\$135 + Supply fee	See website		V	V	V	~		V	V	V	
Art Camp - SMart Club!* Addison Elementary School 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.smart-clubs.com	PreK-9th Grade	\$159- \$239	9am-3pm+		Mon- Thurs	Mon- Thurs	Mon- Thurs	Mon- Thurs					
Art Camp - SMart Club! Junior Counselor Program* Addison Elementary School 3055 Ebenezer Road, Marietta 30066 404-313-2999 • www.smart-clubs.com	6th-12th Grade	Call for rates	8am- 5:30pm		Mon- Thurs	Mon- Thurs	Mon- Thurs	Mon- Thurs					
Atlanta Junior Rowing Association 245 Azalea Drive, Roswell 30075 770-835-5769 • www.ajracrew.com	12-18	\$125/ Session	7:30, 10am or 6:30pm	V	V	V	V	•		V	V	V	V
Atlanta Swim Academy Camp H20 732 Johnson Ferry Road, Marietta 30068 770-973-3120 • www.atlantaswimacademy.com	4-12	\$325	8:30am- 5pm	V	V	V	V	V	V	V	V	V	
Camp Acworth 4425 Beach Street, Acworth 30101 770-917-1234 • www.campacworth.org	6-14	\$115- \$140	9am-4pm+	V	V	V	V	•		V	~	~	
Camp Faith Faith Lutheran Church & School 2111 Lower Roswell Road, Marietta 30068 770-973-8921 • school.faithmarietta.org (Student Life tab)	15 mos- 8th Grade	\$150- \$235	9am-4pm+	V	V	V	V	~	V	V	V		
Camp Gan Izzy Chabad of Cobb 4450 Lower Roswell Road, Marietta 30068 770-565-4412 • www.cgicobb.org	3-13	\$300+/ Weekly	9am- 3:30pm					•	V	V	V		
Camp Horizon (Special Needs) Windy Hill Community Center 1855 Roswell Street, Smyrna 30080 770-528-2570 • cobbcounty.org/parks	7-21	\$125	9am-4pm+		V	V	V	V		V	V	V	
Camp Invention* Sedalia Park Elementary School 2230 Lower Roswell Road, Marietta 30068 1-800-968-4332 • www.campinvention.org	K-6th Grade	See website	8am-4pm		V								

\*Check website for more info. \*Extended hours offered.







# SCREAMING EAGLE ZIP LINE NOW OPEN!

Experience Atlanta's newest aerial adventure and eco canopy tour featuring 40 adventure challenges and 14 zip lines.



9135 Willeo Road | Roswell, GA 30075 chattnaturecenter.org | 770.992.2055 GET YOUR NATURE ON

Camp Name	Age Group	Weekly Camp Fee	Times	May 27-31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
Camp Kingfisher-Chattahoochee Nature Center* 9135 Willeo Road, Roswell 30075 770-992-2055 • www.chattnaturecenter.org	4-15	See website	8am-6pm+	V	V	V	V	V	V	V	V	V	V
Camp Ruach! Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net	14 mos- PreK	\$90-\$260	7am-5pm		V	V	V	V	V	V	V	V	V
Circus Camp Northeast Cobb YMCA, 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 • www.circuscamp.org	6-12	\$60-\$310	9am-4pm					V				V	
Cobb Soccer Academy Mt. Bethel Elementary School 1210 Johnson Ferry Road, Marietta 30068 217-714-4308 • www.CobbSoccerAcademy.com	Rising 1st-9th Grade	\$110	9am-12pm	<b>✓</b> Tu-Fri									
Cobb Soccer Academy Tritt Elementary School, 4435 Post Oak Tritt Road, Marietta 30062 217-714-4308 • www.CobbSoccerAcademy.com	Rising 1st-9th Grade	\$110	9am-12pm		<b>√</b> Mon- Thur	✓ Mon- Thur							
CourtCamp – Mock Trial Day Camp St. Catherine's Episcopal Church 571 Holt Road, Marietta 30068 678-637-7029 • www.CourtCamp.com	Rising 6th-10th Grade	\$220	See website		v			v			v		
Club SciKidz Science and Technology Camps East Cobb Presbyterian Church 4616 Roswell Road, Marietta 30062 678-493-5651 • www.clubscikidz.com	PreK-9th Grade	\$285	9am-4pm+		v	v	v	v	v	V	v	V	
D-BAT Marietta Baseball & Softball Camps 1666 Roswell Road, Building 300, Marietta 30062 678-403-2632 • www.DBATMarietta.com	5-12	\$150- \$250	9am-2pm+	V	V	V	V	~	V	V	V	V	
Eastside Basketball Camp Eastside Baptist Church 2450 Lower Roswell Road, Marietta 30068 678-301-5830 • www.followeastside.com	Rising 3rd-7th	\$170 for one week, \$300 for both weeks, discounts for siblings	8:30am- 3pm				V				V		

editor@eastcobber.com



facebook.com/east cobber

18 April 2019

@EastCobber

# I don't fear next school year!



# SUMMER PR GRAMS



We help students reach their educational goals. This boosts their **confidence**, strengthens their **moti**vation to learn, and restores their **self-esteem**. Take advantage of this summer and help your child!

CALL NOW 770.977.3112

4381 Roswell Road · Marietta, GA

												1	
Camp Name	Age Group	Weekly Camp Fee	Times	May 27-31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
Fellowship Christian School Summer Camps* 10965 Woodstock Road, Roswell 30075 404-408-5997 • www.fellowshipchristianschool.org	4-12	\$100+	See website						V	V	V	V	V
Fullers Park Kids Summer Camp 3499 Robinson Road, Marietta 30068 770-509-2737 • cobbcounty.org/parks	6-11	\$100- \$125	9am-4pm+	V	V	V	V	V	V	V	V	V	V
The Georgia Ballet-Summer Dance Camps* 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	6-12	\$250	9am-4pm			•				~			
Georgia Dance Conservatory Hip Hop Camp* 49 W. Park Square, Marietta 30060 770-428-0007 • www.georgiadance.com	6-12	\$176	9:30am- 12:30pm				V						
Georgia Dance Conservatory Tap Camp* 49 W. Park Square, Marietta 30060 770-428-0007 • www.georgiadance.com	6-12	\$176	9:30am- 12:30pm									V	
Georgia Ensemble Theatre Summer Conservatory GET Summer Camps 950 Forrest Street, Roswell 30075 770-641-1260 • www.get.org	2nd-12th Grade	\$200+	9am-5pm		V	V	V	V		V	V	V	
GPT Summer Tennis 2019 Camp Olde Towne Athletic Club 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.GPTTennis.net	7-18	\$335	9am-2pm+	V	V	v	V	v	v	V	v	V	V
Harrison Tennis Center Summer 2019 Jr. Camps 2653 Shallowford Road NE, Marietta 30066 770-591-3151 • cobbcounty.org/parks	4-17	\$45-\$180	See website		V	V	V	V		V	V	V	
High Meadows Day Camp 1055 Willeo Road, Roswell 30075 770-993-7975 • www.highmeadowscamp.org	Rising K-9th Grade	\$1260	9:15am- 4pm		3 W	EEK CA	MP,	3 W	EEK CA	MP /	3 W	EEK CA	MP 🗸
High Meadows Day Ants Camp 1055 Willeo Road, Roswell 30075 770-993-7975 • www.highmeadowscamp.org	4 yrs- Rising K	\$960	9:45am- 1:45pm		3 W	EEK CA	MP_	3 W	EEK CA	MP,	3 W	EEK CA	MP 🗸
Huntington Summer Programs Huntington Learning Center, 4381 Roswell Road, Marietta 30062 770-977-3112 • www.huntingtonhelps.com	5-18	See website	9am-5pm	V	V	V	V	V	V	V	V	V	•
Hyde Farm Nature Camp 721 Hyde Road, Marietta 30068 770-528-8829 • www.cobbcounty.org/parks	Rising 3rd-5th Grade	\$65	9am-1pm					~					
Johnson Ferry Baptist Church-Sports Camps* 955 Johnson Ferry Road, Marietta 30068 678-784-5317 • www.johnsonferry.org/youthsports	See website	See website	See website			Impact Cheer, Youth Tumble	Tennis, Senior Tumble	Flag Football, Tennis, Dance		Day Camp			
Kell High School Nike Basketball Camp 4770 Lee Waters Road, Marietta 30066 1-800-645-3225 • www.elitehoopsbasketball.com	9-15	\$285	Mon-Thur 9am-3pm Fri: 9am- 12pm			V							
KIDS 4 CODING Computer Camps* 11050 Crabapple Road, D115B, Roswell 30075 770-642-0004 • www.kids4coding.com	7-16	\$299- \$509	See website	V	V	V	V	V		V	V	V	
Kids Zone Weekly Day Camps Kids Zone Daycare & Learning Center 137 Johnson Ferry Road, Suite 1100, Marietta 30068 770-933-6900 • www.kidszonelearningcenter.com	5-12	Call for rates	6:30am- 6:30pm*	V	V	V	V	V	V	V	V	V	
KSU Summer University* Kennesaw State University-Continuing Education 3333 Busbee Drive NW, Kennesaw 30144 470-578-6765 • ccpe.kennesaw.edu/youth/summeru	Rising 1st-12th Grade	\$199- \$350	9:30am- 3pm+	V	V	V	V	V	V	V	V		

\*Check website for more info. +Extended hours offered.



# **EAST®COBBER**

Promoting East Cobb People and Events





# SUMMER CAMP

Perfect for All Ages & Abilities
Sign Up Now! Fills Up Fast!



You Choose! Art or Art & Music Easy Online Registration at:

Every Mural is Different! Customized to Each Artists Creative Ideas!

Taught by Kirsten Haley, M.Ed. School Counseling/Owner/Artist

and Professional Local Artists.

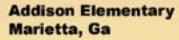
Have Fun Performing World Musical Rhythms, Blues, Jazz & more!







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



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





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

\$15 discount for siblings & multiple sessions!!

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

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

Questions Contact Kirsten at s.m.artclub@me.com

Camp Name	Age Group	Weekly Camp Fee	Times	May 27-31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
Lassiter High School Girls Youth Lacrosse Camp 2601 Shallowford Road, Marietta 30066 770-592-7926 • lassiterladieslacrosse.org	K-8th Grade	\$125	9:30am- 12pm				<b>√</b> June 17-20						
Lassiter High School Trojan Volleyball Camp 2601 Shallowford Road, Marietta 30066 404-309-1142 • www.lassitervolleyball.net	Rising 2nd-6th 6th-8th Grade	\$95 \$125	9am-12pm 1-4pm								July 15-17		
Life University Womens Soccer Camp 1269 Barclay Circle, Marietta 30060 816-225-2020 • Samantha.Clark@live.edu	Rising 9th-12th Grade	\$305	9am-3pm			V							
Lighthouse Academy's Summer of Wonder East Cobb United Methodist Church 2325 Roswell Road, Marietta 30062 770-971-3671 • www.eastcobburnc.org/lighthouse	Rising K-5th Grade	\$185/week + \$65 registration fee	7am-6pm	V	V	V	V	V	V	V	V	V	V
Marietta Cobb Art Museum Summer Art Camps* 30 Atlanta Street, Marietta 30060 770-528-1444 • www.mariettacobbartmuseum.org	5-17	\$180- \$280	See website					V			V		
Marietta Community School Summer Enrichment Camps 2019 Marietta Middle School, 121 Winn Street, Marietta 30064 678-919-4495 • www.mariettacommunityschool.com	4-14	\$140 (5 days) + \$135 Reg. fee	6:30am- 7pm		V	V	V	V	V	V	V		
Marietta's New Theatre in the Square Young Voices United 11 Whitlock Avenue, Marietta 30064 770-426-4800 • www.theatreinthesquare.net	6-18	\$120 + \$25 Reg. fee	7:30am- 6pm		V	V	V	V	V	•	V	V	
Marietta's New Theatre in the Square Summer Film Camp 11 Whitlock Avenue, Marietta 30064 678-270-7272• www.theatreinthesquare.net	13-18	\$300/1 wk \$600/2 wks	10am-5pm		~	V							
MJCCA Summer Day Camps • 5342 Tilly Mill Road, Dunwoody 30338 • Temple Kol Emeth, 1415 Old Canton Road, Marietta 30062 678-812-4004 • mjccadaycamps.org	Rising PreK-10th Grade	Call for rates	7:30am- 6pm	V	V	V	V	V	V	~	V	V	V
MJCCA Camp Billi Marcus Temple Kol Emeth, 1415 Old Canton Road, Marietta 30062 678-812-3720 • atlantajcc.org/preschool	2-4	Call for rates	7:30am- 6pm	V	V	V	V	V	V	~	V	V	
Moohan Martial Arts Academy 3605 Sandy Plains Road, Marietta 30066 770-973-5425 • www.mymoohan.org	4-12	\$170- \$200	8am-6pm	V	V	V	V	V	V	~	V	V	
Mount Paran North-Sports Camp @ North Mount Paran North Church 1700 Allgood Road, Marietta 30062 678-285-3248 • MPNSports.com	6-13	\$115 + \$50 Reg. fee	7:30am- 6pm	V	V	V	V	V	V	•	V	V	
Mrs. Jackie Camp 4814 Paper Mill Road SE, Marietta 30067 727-729-9829 • mrsjackiecamp.com	6-12	\$75/day Discounts available	8:30am- 5:30pm	V	V	~	V	V	V	~	V	V	
Mt. Bethel UMC Hoops Camps* 4385 Lower Roswell Road, Marietta 30068 770-971-5280 • www.mtbethel.org	Rising 1st-8th Grade	\$95-\$115	See website			Mon- Thur				Mon- Thur			
Mt. Bethel UMC Soccer Camp* 4385 Lower Roswell Road, Marietta 30068 770-971-5280 • www.mtbethel.org	6-12	\$115- \$140	9am- 12:30pm	V									
Mt. Bethel UMC Sports Camps* 4385 Lower Roswell Road, Marietta 30068 770-971-5280 • www.mtbethel.org	Rising 2nd-5th Grade	\$265- \$290	9am- 4:30pm				V	V					
Mt. Bethel UMC Volleyball Camp* 4385 Lower Roswell Road, Marietta 30068 770-971-5280 • www.mtbethel.org	Rising 4th-8th Grade	\$80-\$100	9am-12pm								July 15-17		
Mt. Zion UMC Vacation Bible School Mt. Zion United Methodist Church 1770 Johnson Ferry Road, Marietta 30062 770-971-1465 • www.mtzionumc.org	3 yrs- rising 5th grade	\$25/child (\$75/ family max)	9:30am- 12:30pm				June 17-20						
Ninja, Parkour & More Variety Camp Ninja Quest Fitness, 3910 Canton Road, Marietta 30066 678-384-6500 • www.ninjaquestfitness.com	6+	\$200- \$300	9am-1pm 9am-4pm	V	V	V	V	~		V	V	~	
Ninja Warrior Camp Ninja Quest Fitness, 3910 Canton Road, Marietta 30066 678-384-6500 • www.ninjaquestfitness.com	4+	\$200- \$300	9am-1pm 9am-4pm	V	V	V	V	V		V	V	V	

\*Check website for more info. \*Extended hours offered.

www.eastcobber.com



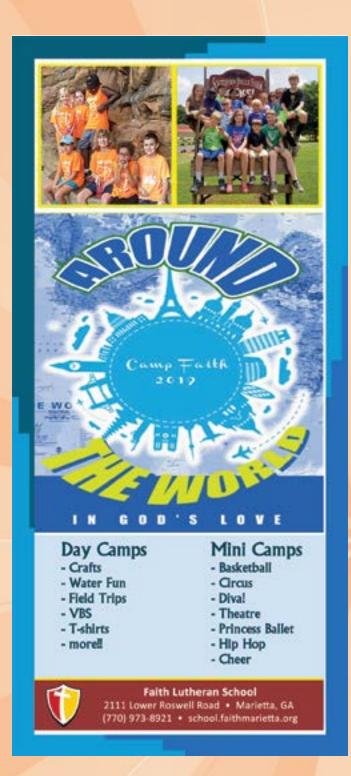




Camp Name	Age Group	Weekly Camp Fee	Times	May 27-31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
Our Pal's Place-Camp O.P.P. 4508 Canton Road, Marietta 30066 678-361-7623 • www.ourpalsplace.org	Rising 4th-9th Grade	\$235- \$245	9am-4pm+		~	V	V	V		V	V	V	
Piedmont Academy & Early Learning Center Piedmont Church, 570 Piedmont Road, Marietta 30066 770-423-9578 • www.piedmontacademy.tv	4 yr-4th grade	\$150 + \$50 Reg fee	8am-3pm+		V	V	V	V		V	V		
Pope Fastpitch Softball Camp Pope High School 3001 Hembree Road, Marietta 30062 770-578-7900 • www.popefastpitch.net	Rising 6-13	\$120	9am-12pm	<b>✓</b> May 28- 31									
Pope High School-Cheer Mini Camps 3001 Hembree Road, Marietta 30062 popecheer.wixsite.com/pope/mini-camp	K-5th Grade	\$125	9am-2pm	<b>✓</b> May 25-30								July 30-31	
Pope High School-Fencing Camp 3001 Hembree Road NE, Marietta 30062 678-524-6810 • www.popefencing.org	Rising 6th-12th Grade	\$240	9am-3pm							July 9-12			
Primrose School of Lassiter* 2821 Lassiter Road, Marietta 30062 770-641-8535 • www.primroselassiter.com	5-12	\$249 + \$100 Reg Fee	6:30am- 6:30pm	~	V	V	V	V	V	V	V	~	V
Primrose School of Sprayberry* 2531 East Piedmont Road, Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	\$243 + \$150 Reg Fee	6:30am- 6:30pm	V	V	V	V	V	V	V	V	V	V
Prodigy Performing Arts- Ballet and Make Believe Camp-Unicorn Magic 4005 Canton Road, Marietta 30066 678-697-9320 • www.prodigyperformingarts.com	3-6	\$95	9:30am- 12pm				V	V			V		
SAT Prep Bootcamp Mt. Paran Christian School 1275 Stanley Road NW, Kennesaw 30152 770-363-8345 • www.myclassconnection.com	Rising 9th-12th Grade	\$375	9:30am- 1:30pm	~									
School of Rock - Beginner Performance Camp 2469 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	5-17	\$399	9am-3pm		V		V				V		
School of Rock - Music Recording Camp 2469 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$399	9am-3pm									~	
School of Rock - Rock n Roll Performance Camp - All levels 2469 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$399	9am-3pm			V							
School of Rock - Songwriting Camp 2469 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-17	\$399	9am-3pm									V	
Science Camp by High Touch High Tech* Northbrook United Methodist Church 11225 Crabapple Road, Roswell 30075 770-667-9443 • www.sciencemadefunatl.net	Rising 1st-6th Grade	\$260	9am-3pm		V	V	V	V	V	V	V	V	V
Seriously Addictive Math (S.A.M.) of East Cobb- Spark the Tank: Unplug Your InnerPreneur 1000 Johnson Ferry Road, Suite B-130, Marietta 30068 678-388-9495 • sparkthetank.com	Rising 3rd-6th Grade	\$250	9am-3pm					V		V	V		
Shaping Minds Summer Camps 4880 Lower Roswell Road, Suite 610, Marietta 30068 404-474-2350 • www.mariettasummercamp.com	5-12	\$109- \$149	9am-4pm+	V	V	V	V	V	V	V	V	V	
The Spanish Academy - Spanish Camp 2663 Johnson Ferry Road, Marietta 30062 770-751-3646 www.thespanishacademy.com/summercamp/eastcobb	2-8	\$85-\$200	9am-1pm		V	V	V	V				V	V
Sports Broadcasting Camp Emory University, Atlanta 1-800-319-0884 • playbyplaycamps.com	10-18	\$675	9am-4pm								V		
Sports Camp @ North Mount Paran North Church 1700 Allgood Road, Marietta 30066 678-285-3248 • MPNSports.com	6-13	\$115 weekly \$50 reg fee	7:30am- 6pm	V	V	V	V	V	V	V	V	V	
Sprayberry Academy 2.0 Camp 2670 Kinjac Road, Marietta 30066 770-672-6289 • www.sprayberry2.com	K- 8th grade	\$230	6:30am- 6:30pm	V	V	V	V	V	V	V	V	V	
Sprayberry Cheerleading-2019 Little Jacket Cheer Camp 2525 Sandy Plains Road, Marietta 30066 678-591-3585 • www.sprayberrycheerleading.com	5-12	\$100	9am-1pm				V			k website for			

\*Check website for more info. +Extended hours offered.











Camp Name	Age Group	Weekly Camp Fee	Times	May 27-31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
St. Andrew Rowing Club Introduction to Rowing 675 Riverside Road, Roswell 30075 770-676-2739 • www.standrewrowing.com	Rising 6th-12th Grade	See website	8:30am- 4pm		V	~	~	~	V	~	~	V	
St. Francis School-Academic Morning Camp 9375 Willeo Road, Roswell 30075 770-641-8257 • www.saintfrancisschools.com	2nd-8th Grade	\$325	9am- 12pm+							2 WI	EKS		
St. Francis School-Activities Camp 9375 Willeo Road, Roswell 30075 770-641-8257 • www.saintfrancisschools.com	2nd-8th Grade	\$300	12:30- 3:30pm+							2 WI	EKS		
St. Francis School-Basketball Camp 9375 Willeo Road, Roswell 30075 770-641-8257 • www.saintfrancisschools.com	5th-8th Grade	\$300	12:30- 3:30pm+							2 WI	EKS		
St. Francis School-STEM Camp 9375 Willeo Road, Roswell 30075 770-641-8257 • www.saintfrancisschools.com	5th-8th Grade	\$300	12:30- 3:30pm+							2 WI	EKS		
STREM HQ Tech & Robotics Summer Camps 519 Johnson Ferry Road, Bulding B, Marietta 30068 508-507-8736 • www.stremhq.com	6-17	\$199+	9am-4pm+	V	V	V	V	V	V	V	V	V	
Terrell Mill Tennis Center Junior Summer Tennis Camps 480 Terrell Mill Road, Marietta 30067 770-644-2771 • www.prca.cobbcountyga.gov	5-17	\$180	9am-12pm		V	~	~	•		•	~	V	
Upbeat! String Camp Dodgen Middle School, 1725 Bill Murdock Road, Marietta 30062 770-642-8111 • www.upbeatstringcamp.com	Rising 6th-12th Grade	\$245 by 5/15/19 or \$260	8:30am- 4pm							<b>√</b> July 9-12			
The Walker School Summer Programs* 700 Cobb Parkway, Marietta 30062 770-427-2689 • www.thewalkerschool.org/summer	3-18	See website	9am-12pm 1pm-4pm All Day	V	V	V	V	V		V	V	V	V
Walton High School-Elite Volleyball Camp* 1590 Bill Murdock Road, Marietta 30062 770-856-1254 • www.waltonvolleyball.com	6th-8th Grade	\$250	4-9pm								V	V	
Walton High School-Learn-to-Play* 1590 Bill Murdock Road, Marietta 30062 770-856-1254 • www.waltonvolleyball.com	5th-8th Grade	\$200	9am-2pm			June 11-14							
Walton High School-Puzzles and Logic Camp Dickerson Middle School, 855 Woodlawn Road, Marietta 30068 Laura.Speer@cobbk12.org • www.waltonmathteam.com	Rising 4th-8th Grade	\$175 by 5/3 or \$225	9am-3pm		June 3-6								
Walton High School-Raider Summer Camp Dodgen Middle School 1725 Bill Murdock Road, Marietta 30062 404-667-4222 • www.raidersfb.org	K-5th Grade	\$150	9am-1pm					<b>√</b> June 24-27					

\*Check website for more info. +Extended hours offered.









#### Summer Sessions

#### **RISING 6TH-10TH GRADES:**

June 3-7: Walker School June 24-28: Hembree Park/Roswell July 15-19: Hembree Park/Roswell

- >> CRITICAL THINKING
- >> LOGICAL REASONING
- >> PUBLIC SPEAKING
- >> PROFESSIONAL POLISH

#### **RISING 4TH-6TH GRADES**

July 1-5: KSU Summer University

- Prepare for trial using a fictional lawsuit <<
- Participate in a full mock trial on the last day of camp <<
- Family and friends invited to observe the mock trial <<
  - Led by experienced attorneys <<
  - No prior experience or preparation necessary <<

More information and registration at www.CourtCamp.com





Camp Name	Age Group	Weekly Camp Fee	Times	May 27-31	June 3-7	June 10-14	June 17-21	June 24-28	July 1-5	July 8-12	July 15-19	July 22-26	July 29- Aug 2
Walton High School-Robotics Camp* 1590 Bill Murdock Road, Marietta 30062 waltonroboticscamp@gmail.com • waltonrobotics.org	Rising 6th-9th Grade	\$200- \$300	8am-3pm			<b>√</b> June 11-14							
Wheeler High School CAMP G.A.M.E.S. Science and Enginieering Camp for Girls 375 Holt Road, Marietta 30068 770-578-3286 • www.wheelermagnet.com	Rising 4th-6th Grade Girls	\$260	9am-3pm					V					
Wheeler High School Science Spectrum 375 Holt Road, Marietta 30068 770-578-3286 • www.wheelermagnet.com	Rising 7th-9th Grade	\$300	9am-3pm			V							
Wheeler High School STEM Explorers 375 Holt Road, Marietta 30068 770-578-3286 • www.wheelermagnet.com	Rising 4th-6th Grade Boys	\$260	9am-3pm					V					
WinShape Camp Mt. Bethel Christian Academy North Campus 2509 Post Oak Tritt Road, Marietta 30062 770-977-5991 • www.winshapecamps.org/cobb	K-8th Grade	\$254	7:30am- 5pm M-Th 7:30am- 11:30pm Fri		V	V	V	V	V	V	V		
YMCA McClesky/East Cobb-Summer Camps 1055 East Piedmont Road, Marietta 30062 678-654-2122 www.ymcaatlanta.org/program-locations/summer-camp/ mccleskey-cobb.php	3-5 and 5-17	See website	9am- 12pm+ 9am-4pm+	V	V	V	V	V	V	V	V	V	
YMCA Northeast-Summer Camps 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 www.ymcaatlanta.org/program-locations/summer-camp/ northeast-cobb.php	3-5 and 5-17	See website	9am- 12pm+ 9am-4pm+	V	V	V	V	V	V	V	V	V	

\*Check website for more info. +Extended hours offered.

# MyClassConnection's Summer 2019

SAT and ACT Test Prep Classes

In Person, Mt. Paran School, Kennesaw

SAT Camp 1 5/28 - 5/31, Mornings SAT Camp 2 7/22 - 7/25, Mornings ACT Camp 6/24 - 6/27, Mornings

College Admissions are very competitive...
"Tomorrow "you may wish you had started "Today"...

To learn more, register and read our 5-Star reviews, go to myclassconnection.com.

For more information, or to discuss private tutoring options, call Julie Truono at 770-363-8345.



## Father of the Year 2019

All EAST COBBER readers are encouraged to nominate a father who either lives or works in East Cobb County to be this year's EAST COBBER Father Of The Year. In 200 words or less explain why this man should receive this honor. The Father Of



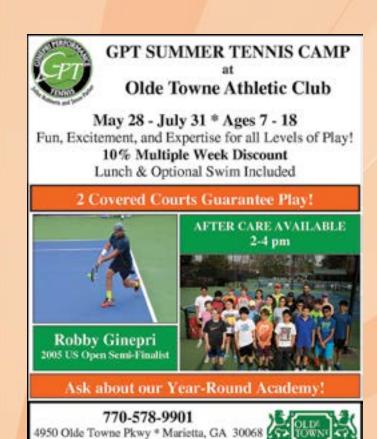
2018 Father Of The Year

The Year will participate in our annual Parade, and be eligible to receive gifts from our local merchants.

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

All entries must be postmarked by May 8.





www.gpttennis.net



Dream it. Plan it. Make it happen.
SUMMER ADVENTURE CLUB



At Primrose Schools Summer

Adventure Club, children become
engineers, artists, explorers and more
as they discover the joys of design
thinking, a fun and innovative way to
learn. Engineering design challenges,
experiments and themed activities
await as children unlock new ways
of thinking—all while having a blast!

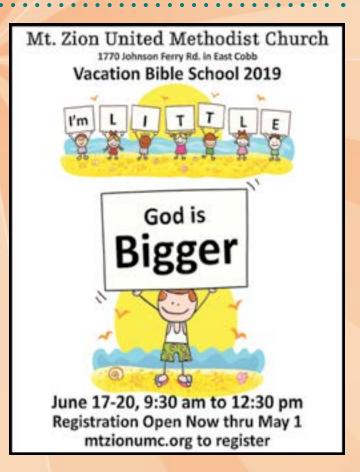
#### **Now Enrolling**

Primrose School of Lassiter 2821 Lassiter Road Marietta, Ga. 30062 770.641.8535

Please contact Ms Putsy McGilvary



Applications for an expectate small of represent function. Process district to comment of Process Subsectioning Streets, and the streets of the Streets Streets and the project costs of the Streets Streets and the project costs of the Streets Streets and the Streets Stre



# HIPPITY HOPPITY! HAVE FUN VITH THESE 2019 EASTER EVENTS

If the little ones in your family are excited about Easter, celebrate by joining these egg hunts and bunny visits! If you're looking for some springtime fun, we've got a lot of great options for you below!

# Through April 20 Photos with the Easter Bunny

Town Center Mall
400 Barrett Parkway, Kennesaw 30144
770-424-9486 • www.simonbunny.com
It's the season for warmer weather and Easter Bunny
photos! Families can save time and avoid the line with
Simon's Fast Pass available online.

#### April 7, 10:30am-12pm Caring Bunny Event

Town Center Mall 400 Barrett Parkway, Kennesaw 30144 770-424-9486 • www.simon.com/caringbunny Children with special needs and their families will enjoy a photo session with the Easter Bunny during private hours. Extra care will be taken to support the sensory, physical and other developmental needs of children so that they can enjoy this wonderful holiday tradition.

#### April 12, 6:30 pm Acworth Egg Night Hunt

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

#### April 12, 6:30 pm Easter Egglow Scramble

Franklin Gateway Sports Complex 1034 Franklin Gateway SE, Marietta 30067 770-794-5601 • www.mariettaga.gov/191 Marietta Parks and Rec invite all to bring your flashlights and baskets to hunt for eggs in a fun glow in the dark experience. Free.

#### April 12, 3-5pm

#### Spring Fling

East Cobb Church of Christ 5240 Roswell Road, Marietta 30062 770-587-5999 • www.eastcobbcoc.org Families will enjoy bounce houses, food, games and more.

#### April 14, 6:30-8pm

#### Pet Photos with the Easter Bunny

Town Center Mall 400 Barrett Parkway, Kennesaw 30144 770-424-9486 • bit.ly/PetsPicsTCC2019 Families with pets are invited to get portraits of their favorite pets with the Easter Bunny! Guests are asked to please enter through the Food Court entrance between JCPenney and Belk. No reptiles or exotic animals will be permitted.

#### April 17, 6:15 pm

#### Easter Egg Scramble

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

#### April 20, 8am-12pm Kennesaw Bunny Breakfast

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



Join our community of over 11,000+ East Cobbers on Facebook

#### April 20, 9am

#### Breakfast with the Easter Bunny 9am

St. Andrew United Methodist Church 3455 Canton Road, Marietta 30066 770-926-3488 • www.thepumpkinchurch.org Egg Hunt: 10am. Register online. \$5 adults/\$2.50 children (2-11)

#### April 20, 9:30am

#### Pancake Breakfast & Egg Hunt

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

# April 20, 10am-5pm Northeast Cobb Community Egg Drop

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

#### April 20, 10am-2pm Easter Egg Hunt

#### Smith Gilbert Gardens

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

# April 20, 10:30am Easter Egg Scramble

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

#### April 20, 11am-2pm

#### Easter Picnic

Sandy Plains Baptist Church 2825 Sandy Plains Road, Marietta 30066 770-971-8525 • www.sandyplains.org Lunch will be served along with an interactive petting zoo, egg hunt and more.

#### April 20, 4-6pm

#### Shallowford Church's Annual Egg Hunt

Nicholson Walking Track 1599 Shallowford Road, Marietta 20066 770-926-1163 • www.shallowfordchurch.com Egg hunt, games, prizes and inflatables.

#### April 20, 4-6pm

#### Family Celebration & Egg Hunt

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





**Free Mulch.** Cobb EMC offers free mulch from the clearance maintenance of Cobb EMC power lines. It is available throughout the year and can be delivered when crews are in your area. More info: cobbemc.com/content/request-wood-chips.

#### **APRIL 1-30**

**5th Annual Roswell Azalea Festival.** Enjoy concerts, a River Run, art exhibition and much more. Cost varies based on events. Events located throughout Roswell check website for information on what is happening and when. More Info: 770-640-3253 or www.roswellazaleafestival.com.

#### 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 MONDAY**

**Pop-In Preschool Storytime.** Bring your preschooler for a fun, interactive storytime that includes fingerplays and movement activities, too! 10:30am. Free. Ages 3-5. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/ East Cobb. More info: 770-509-2711.

#### **EVERY TUESDAY**

**Gritter Baby Storytime.** Introduce your baby to the world of reading through finger plays, bouncing rhymes, music and books. 10:15 am. Free; No registration required. Ages Birth-18 months. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: 770-528-2524.

**Toddler Tadpoles** is for children ages 1-2. It lasts 20-25 minutes and can include stories, finger plays, bean bags, shaker eggs, lots of music, and fun. 10:15am. Free; No Registration required. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. 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.





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





#### **WEEKENDS THROUGH MAY 19**

Good Mews Spring Flea Market. Find great bargains on a variety of items. All proceeds benefit Good Mews Animal Foundation, a local non-profit organization which operates a volunteer-based no-kill shelter for homeless, abused, and abandoned cats. Saturdays: 10am-5pm. Sundays: 12-5pm. 562 Wylie Road, Marietta (behind the U-Haul on Highway 120). More info: 770-499-2287 or goodmews.org.

#### **THROUGH MAY 31**

Eco-Tinker: Interactive Exhibits. Head outdoors for a nature-inspired tech and tinker stations where you can experiment and explore. There's plenty to play with while you learn at STEM stations. Members: Free. \$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.

#### APRIL 1- APRIL 5

Cobb County Schools' Spring Break.

#### **APRIL 5 & 6**

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





(770) 884-2480 Marietta/EastCobb TowelChic.com

#### 100% COTTON AUTHENTIC TURKISH TOWELS



- Compact and lightweight
- Perfect for the beach, lake- or poolside, spa, hike, or just a relaxing bath
- Perfect gift for the bridesmaids
- Highly absorbent yet quick to dry
- Long cotton fibers craft the softest touch and durability
- Certified non-toxic OEKO-TEX®



FREE shipping with code CHICCOBBER TowelChic.com

NEW for the Dawgs fans!

Visit our online store for a one of a kind design exclusively by and for TowelChic, supporting need-based scholarship for local GA students.

TowelChic is locally owned and operated in East Cobb

### COMMUNITY CALENDAR

#### **APRIL 5-14**

Shen Yun invites you to travel back to the magical world of ancient China. Experience a lost culture through the breathtaking art of classical Chinese dance, and see legends come to life. Wednesday: 7:30pm; Thursday: 2pm; Friday: 7:30pm; Saturday: 2pm & 7:30pm; Sunday: 1pm. Tickets: starting at \$85. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 800-745-3000 or cobbenergycentre.com, or ticketmaster.com.

#### **APRIL 6**

2019 Run the River. Enjoy a scenic run/walk along the Chattahoochee River. Proceeds will be used to continue Home Stretch's mission of providing housing, hope, and life skills to homeless families. 10K: 7:30am; 5K: 7:45am; 5K Walk: 7:50am: Fun Run: 7:55am, 10K: \$40, 5K: \$35. Family: \$115. Fun Run: \$15. St. Andrew Catholic Church, 675 Riverside Road, Roswell. More info: 770-642-9185 or homestretch.org.

Georgia Native Plant Society's 8th Annual Spring Native **Plant Sale.** Thousands of native perennials, ferns, shrubs, azaleas, vines and trees will be available. 10am-2pm. Free, McFarlane Nature Park, 280 Farm Road SE, Marietta.



a neighborly company

#### **BONDED & INSURED EXPERIENCED EMPLOYEES** PROFESSIONAL, SAFE AND RELIABLE



(678) 752-7779

MrHandyman.com

### COMMUNITY CALENDAR

#### APRIL 6

Spectacular Showcases presented by the Georgia Symphony Orchestra. Edward Eanes' twenty years as concertmaster will be celebrated in a grand fashion with a performance of orchestral showpieces. Rimsky-Korsakov's beloved Scheherazade weaves a thrilling and memorable musical tale. Liszt's exciting Les Preludes is one of the earliest symphonic poems, and full of brilliance and drama. Guest conducting this first half of this performance will be Stephen Plate, Director of the Kennesaw State University School of Music. Also includes a pre-concert talk with Edward Eanes as he reflects on two decades with the Georgia Symphony Orchestra. 8pm. Tickets: \$10+. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. More info: 770-429-2390 or online at georgiasymphony.org.

#### **APRIL 8 & 22**

Cobb Connections. This networking event provides the opportunity to build relationships and grow business-to-business and business-to-consumer connections. 3-4:30pm Cobb Chamber members: Free. General Admission: \$25. Registration required. Cobb Chamber of Commerce, 240 Interstate North Parkway, Atlanta. More info: cobbchamber.org.

#### APRIL 11

Solutions to Substance Use Disorder: A County Wide Approach. A symposium presented by Davis Direction Foundation. Hear from Cobb County's own recovery roundtable leadership council members and newly appointed GBI Director Vic Reynolds to understand the community approach and solutions to substance use disorder. 7-9pm. Free. Marietta First United Methodist Church, Family Life Hall, Building A, 56 Whitlock Avenue, Marietta. More info: missy@davisdirection.com.

#### **APRIL** 11-21

Murder! At The Strand. An immersive theatrical who-dunit! Using all of The Strand, this interactive, world-premiere event challenges the audience to identify the true story behind a nefarious crime and the criminal with the motive to commit it. This is an opportunity for patrons to experience the historic Earl and Rachel Smith Strand Theatre as never before. Wednesday, Thursday & Friday: 7pm & 8:30pm; Saturday: 3pm, 7pm & 8:30pm; Sunday: 3pm. Tickets: \$40-\$45. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

#### APRIL 12

Cobb County Master Gardeners' Thyme to Read Book Club will be discussing The Second Bud by Martha Ezzard. Book is available through the Cobb County Public Library system. 10:15-11:15am. Free. Cobb County Water Lab, 662 Atlanta Road, Marietta. More info: 770-528-4070 or cobbmastergardeners.com.

#### **APRIL 12-28**

Singin' in the Rain presented by The Atlanta Lyric Theatre. The "Greatest Movie Musical of All Time" is faithfully and lovingly adapted by Broadway legends, Betty Comden and Adolph Green, from their original award-winning screenplay in Singin' in the Rain. Thursdays, Fridays & Saturdays: 8pm. An additional matinee performance on Saturday, April 27 and Sundays: 2pm. Tickets: \$51-\$71. Jennie T. Anderson Theatre, 548 S. Marietta Parkway, Marietta. More info: atlantalyrictheatre.com.

#### APRIL 13

Ivy Lane Fashion Show to benefit suicide prevention in East Cobb high schools. Lunch, drinks, music, swag bags, auction and more. 3pm. Tickets: \$30. To purchase tickets online go to ivylanemarietta.com. Sponsorships available. Ivy Lane boutique, 3605 Sandy Plains Road, Marietta/East Cobb. More info: 770-578-0506 or ivylanemarietta.com.

#### **APRIL 13 & 14**

**42nd Annual Kennesaw/Big Shanty Festival** combines the rich heritage of Kennesaw and the Civil War era with funfilled activities with arts and crafts, food and live entertainment. The festival kicks off with a parade on Saturday at 9:30am, starting at Adams Park and continuing down Main Street through downtown Kennesaw. Saturday: 10am-6pm. Sunday: 12-5pm. Free. Downtown Kennesaw, 2829 Cherokee Street, Kennesaw. More info: 770-423-1330 or kennesaw.com/big-shanty-festival.

#### **APRIL 13 & 27**

Marietta Square Artisan Market. An open-air fine arts market showcasing the best of local, handmade art and fine crafts. From jewelry to sculpture, paintings and more, there is something for everyone. 9am-2pm on Mill Street between Church Street and the railroad tracks. More info: ArtistsMarketMarietta.com.

#### **APRIL 14-17**

Rhea Lana's A Children's Consignment Event. Shop for children's clothes, shoes, toys, books, DVDs, baby equipment, gently used maternity clothes and more at affordable prices. Sunday 11am-7pm; Monday 10am-8pm; Tuesday 10am-3pm. Free. East Cobb Center, 3920 Canton Road, Suite 100, Marietta. More info: Sarahsummers@rhealana.com or 770-316-0876.

#### **APRIL 19 & 20**

20th Annual Cobb Master Gardener Garden Fair & Plant Sale. There is something for everyone - including native azaleas, unusual and unique plants, gardening accessories, yard art and furniture from special vendors around the southeast. Rain or shine. 10am-4pm. Free. Jim R. Miller Park, 2245 Callaway Road SW, Marietta. More info: www.cobbmastergardeners.com.

#### APRIL 20

Pope HS Band Mattress and Sheet Sale Fundraiser. A complete mattress showroom featuring name brand options in all sizes and mattress types. Firm, pillow-top, orthopedic, latex and gel memory foam sets will be included. Other items will also be available, such as adjustable bed systems, luxury pillows and mattress protectors. All mattress sets will come with full factory warranties. Credit card, checks, cash and financing 10am-5pm. Pope High School, 3001 Hembree Road NE, Marietta, More info: popeband.com/mattress-sale.html.

#### **APRIL 20 & 21**

Sandy Springs Artsapalooza. Two-day outdoor festival bringing art to the streets of the city. Children's play area, local musicians, interactive art stations, plus up to 150 arts and crafts participants in every discipline. Saturday: 10am-5pm. Sunday: 11am-5pm. 6100 Lake Forrest Drive, Sandy Springs. More info: sandyspringsartsapalooza.com.

#### **APRIL 23**

Cobb Chamber of Commerce's East Cobb Area Council meeting. Featured Speaker: Dana Johnson, Executive Director of Select Cobb, will provide insight into some of Cobb County's biggest successes and will share where the county is headed. 7:30-9am. Free. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: www.cobbchamber.ora.

#### APRIL 26

Wheeler Fresh Collaborative Dinner Theater. Wheeler HS theater students will perform Annie following a limited seating dinner hosted, prepared and served by Wheeler students. 5:30pm. \$50. Wheeler Performing Arts Center, 375 Holt Road NE, Marietta, Tickets: www.showtix4u.com/ events/14519. More info: Kelly.Feddersen@cobbk12.org.

#### **APRIL 26 & 27**

Atlanta Antique Gun and International Military Show. Antique Guns & Arms & Memorabilia of the Civil War, Indian Wars, WWI, WWII, etc. will be exhibited, bought, sold & traded. Friday: 12-5pm. Saturday: 9am-4pm. Daily admission: \$7; Ages 7-12: \$1. IAMAW Union Hall, 1032 S. Marietta Parkway, Marietta. More info: 704-282-1339 or Richard@thecarolinatrader.com.

6th Annual Percussion Ensemble Symposium presented by Lassiter High School Band. Proceeds benefit the Lassiter High School bands. Student ensembles perform approximately every half hour. Friday: 5-9:15pm; Saturday: 9am. \$10 for both days. Lassiter High School Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info: Facebook.com/lassiterpercussionsymposium or percussionsymposium@lbba.org.





FRIDAY NOON - 5PM • SATURDAY 9AM-4PM

APRIL 26-27, 2019

**IAMAW LOCAL 709 UNION HALL** 

1032 S. MARIETTA PARKWAY, MARIETTA

130 TABLES DAILY ADMISSION \$7.00 AGE 6-12 \$1.00 2 DAY PASS (FRI & SAT) \$10.00

Carolina Trader Promotions

# METRO CITY BANK

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

#### 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 2.55% 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 January 24, 2019 and subject to change without notice.

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

FDIC CDAR Member SWIFT Code: GMCBUS3A



#### WWW.NORTHSIDEPLUMBINGATLANTA.COM







RESIDENTIAL & COMMERCIAL

- WATER HEATERS (Tank/Tankless)
- Water & Sewer Lines
- CAMERA INSPECTION
- FAUCETS & TOILETS
- ALL REPAIRS





Master Plumber Chad Mahaffe

10% Any Plumbing Service

max discount up to \$100

### COMMUNITY CALENDAR

#### **APRIL 26-MAY 5**

**Spring Bird Seed Fundraiser Pre-Orders.** Just in time for the Great Backyard Bird Count, fill your feeders with Cole's premium birdseed and benefit the Chattahoochee Nature Center. Pick-up in store May 11-13. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

#### APRIL 27

**20th Annual Garden Faire.** The North Fulton Master Gardeners, in partnership with Historic Bulloch Hall, will be selling perennials, herbs, native plants and more. Find special treasures for your house and garden in the Vintage Fleatique. Purchase unique gifts, birdhouses, tools, garden decor, crafts and plants from over thirty exciting vendors. 9am-4pm. Children's activities 10am-2pm. Free. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: www.nfmg.net/garden-faire.

**Date Night Canoe Trip.** Canoe guides will lead you on a 2 ½ hour sunset trip where you will learn all about the Chattahoochee River and look for wildlife with experienced naturalists. After the paddle, join the guides around the campfire to roast marshmallows. 5pm. General public: \$35, CNC members: \$30, Ages 21+. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. For registration/scheduling: 770-992-2055 x237 or scheduling@chattnaturecenter.org.



#### APRIL 27

YMCA's Healthy Kids Day. A community event to inspire more kids to keep their minds and bodies active. Family Zumba, hula hoop contests, inflatables, 1K Race and more. 10am-1pm. Free. McCleskey-East Cobb YMCA, 1055 E. Piedmont, Marietta. More info: ymcaatlanta.org/ymca-locations/mccleskey-cobb.

#### **APRIL 27, 30, MAY 3 & 5**

La Traviata presented by the Atlanta Opera. With a sumptuous setting and sweeping music, Violetta, a young and beautiful courtesan falls in love with the equally young and beautiful Alfredo. Love, however, can be deadly to a woman in her position. Saturday: 8-pm; Tuesday 7:30pm; Friday: 8pm; Sunday: 3pm. Tickets: \$38.50+. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 770-916-2800 or cobbenergycentre.com.

#### APRIL 28

America Volume 5 presented by the Georgia Symphony Orchestra (GSO) Chorus. America, Vol. 5: A New America, is a continuation of the GSO's American Series. Works of Berstein, Larsen, and Lauridsen will be presented. 3pm. Tickets: \$10-\$20. Bailey Performance Center, 488 Prillaman Way, Kennesaw. More info/Tickets: 770-429-2390 or georgiasymphony.org.

Glover Concert Series: KRP Band. Come out and enjoy KRP Band, a pop and rock band, that will sure to have you singing and dancing in the park. A limited number of tables can be reserved. Personal tables, tarps and plastic ground coverings are prohibited inside of Glover Park and will be removed. Blankets and lawn chairs may be set up in the park. 8pm (rain or shine) Free. Glover Park on the Historic Marietta Square, 50 North Park Square, Marietta. More info: 770-794-5601 or mariettaga.gov/concerts.

The Orange Duffel Bag Dash (ODBI) is a fun-filled 5K Trail Run! Help homeless and foster care students stay on track with their education! How? ODBI programs are proven to mobilize and motivate high school students toward academic success! Race day: check-in: 6:45-7:45am at the Pavilion for participants who did not Pickup Packets. Event Start: 8:30am. 5K; \$30; Phantom: \$35. Garrard Landing Park - Covered Bridge Trail, 8000 Holcomb Bridge Road, Roswell. More info: www.runsignup.com/Race/GA/Roswell/OrangeDuffelBagDash5K2019.

#### **APRIL 28**

**Taste of Marietta.** Enjoy samplings from local restaurants, live entertainment and kids' activities. 11am-7pm. Festival admission: Free. Food tastes: \$1-\$5. Historic Marietta Square, 4 Depot Street, Marietta. More info: tasteofmarietta.com.

### COMMUNITY CALENDAR

#### APRIL 29

28th Annual Charity Golf Tournament hosted by East Cobb Lions Club. Proceeds to benefit several vision, diabetes, and other local charities. 8am: Registration, continental breakfast and range balls. 9am: Shotgun start. Four-person team, Ft. Lauderdale format. Lunch and awards follow golf. \$140/player. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info/to register: Contact Don Garrow at 770-955-6914, email dgarrow@bellsouth.net or eastcobblions.club.

#### MAY 2

35th Annual Cobb County Prayer
Breakfast. Join leaders from Cobb
County and surrounding areas as they
join to pray for our nation, state, and county.
Tickets include a delicious breakfast and program.
Coffee social: 6:30-7am. Breakfast and program: 7-9am.
\$25. Cobb Galleria Centre, 2 Galleria Parkway SE,
Atlanta. More info: cobbcountyprayerbreakfast.org.

#### MAY 4

Free Comic Book Day. Each year, participating comic book shops across North America and around the world give away comic books for absolutely free to anyone who comes into their stores. Dr. No's Comics & Games Superstore, 3372 Canton Road, Suite 104, Marietta/East Cobb and Great Escape Comics & Games, 1050 East Piedmont Road, Suite 106, Marietta/East Cobb. More info: 770-422-4642 and 770-973-2253 or freecomicbookday.com.

Project82 Kenya 5K Run. All race proceeds will benefit Mt. Bethel UMC's children's education and healthcare programs in Kenya. \$20-\$30. Sign in begins at 6am. Race: 7:30am. Fun run: 8:30am. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta/East Cobb. More Info: project82kenya.com.

**Taste of East Cobb.** Enjoy samplings from local restaurants, live entertainment and kids' activities. Fundraiser for the Walton High School band. 11am-5pm. Festival admission: Free. Food tastes \$2-\$5 Johnson Ferry Baptist Church, South Parking Lot, 955 Johnson Ferry Road, East Cobb. More info: tasteofeastcobb.com.



this month, visit
ww.eastcobber.com



# PET OF THE MONTH: **BARTHOLOMEW a.k.a BART**

Submitted by Thomas Miller



Animal/Breed: Cat/Tabby

Age & Gender: 8 Month/Male

Favorite Food: Dog's food

Favorite Person: Me/My Dad

Best Trick: Kissing on the blankets

Turn Ons: Coming inside

Turn Offs: Getting Kicked out of our house

Favorite Toy: Laser

Last Seen: (look at picture)

**What makes your pet so special:** Bart is a good cat. He likes to climb a tree when he gets startled. He is a very

fluffy cat and I love him.

# Should Your Pet Be Our Pet of the Month?

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

Please include a picture with your entry Or email

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:



# LOCAL RESCUE NONPROFIT HELPS

# FIND FANCY FELINE COMPANIONS



o you like the "fancier" things in life? They say pets take after their owners, so why not adopt a cat that suits your elegant lifestyle? Fancy Feline Rescue of the South (FFRS) is a non-profit, no-kill rescue organization with a big heart for the "Fancy Feline" breeds, such as Persian, Himalayan, Exotic, Ragdoll, Birman, Maine Coon, Siamese and other CFA (Cat Fanciers' Association) - and TICA (The International Cat Association) - recognized breeds and mixes.

Fancy Feline Rescue of the South is dedicated to providing individual attention and the best care possible for their cats up for adoption. They evaluate each cat as to temperament, fully vet before adoption, and place them with the best adoptive home to meet the needs of each specific cat.

Dale Thompson opened the rescue in 2005 and has enjoyed overseeing its growth.

Dale volunteered with another organization previously. "That was what sparked me to start FFRS," says Dale. Over the years, Dale says she has gained an admiration for other people that work in the rescue field, as well as a knowledge of various breeds of cats and the personality traits of cats in general. Through her growth with the organization, Dale has learned a lot, as well. "Over the years, I have found that educating the public about the need for rescue and understanding cats and their quirkiness has been quite a struggle." Regardless, Dale continues to pursue her mission because of "the unconditional love that the rescued cats give back and witnessing what Dale calls the 'happily ever after' pictures and hearing stories about the FFRS Alumni" makes it all worth it.

Dale has two rescue cats of her own, O'Malley, a Seal Point Mitted Ragdoll and Bailey, a red tabby Kurilian Bobtail. "Bailey is not a well-known breed and I was enamored with his personality, smarts and



curiosity," Dale says. While FFRS does focus on purebreds and high mixes, they also accept domestic cats into their organization when the space is available. Dale takes care of each individual cat and makes sure they find their perfect home. "We thoroughly screen our applicants to make sure that we place the appropriate cat in the appropriate home, especially when it comes to the purebreds. Applicants with knowledge and previous experience with a particular breed that they are wanting to adopt is a plus," Dale says. "We are a very small, all-volunteer organization that works with the best interest of our kitties in mind and wanting to find the most appropriate home possible for any particular cat. We aren't in it for the income, but are in it for the perfect outcome of our cats."

Come see the cats available for adoption at the Kennesaw PetSmart, 860 Cobb Place Boulevard, Kennesaw, during the second and third weekend of each month or make an appointment by calling 678-522-2152 or emailing FancyFelineResQ@bellsouth.net.

### 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 Marrietta/Kennesaw
area. Chicken/beef gyros,
kabob, shawerma, 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 American

The Pub offers both traditional English foods and classic American favorites. Enjoy an ice cold pint served with our fantastic menu in a warm pub atmosphere. Tuesday: Trivia; Wednesday; Prime Rib Night; Thursday: Burger Night.

1401 Johnson Ferry Road, Marietta, 30062
Sun: 12:30pm-midnight;

Mon-Thurs: 11:30am-midnight; Fri-Sat: 11:30am-1am. 678-401-5286

www.dunwoodyrestaurantgroup.com/blackswantavern

#### **Bradley's Bar & Grill**

>American
The friendliest neighborhood
dive bar in East Cobb with
great bar food, great customers & 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 organic 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

#### 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

www.chicagosrestaurant.com

4719 Lower Roswell Road Suite 210, Marietta 30068 Mon-Sun: 6:30am-2pm 770-575-3001

www.eggharborcafe.com

### **COMING** in the August Issue:



East Cobb's only comprehensive listing of all restaurants in East Cobb County!

To ADVERTISE, call 770-640-7070









### DINING GUIDE

#### Fuii 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 recipes and the distinctive Hoyle's experience. They provide the overall "wow!" factor of good times and new ways to have it, including 20 HD TVs, a putting green and a one-of-a-kind game room.

1440 Roswell Road Marietta 30062 Mon-Sat: 11am-1am; Sun: 12pm-midnight 770-509-3320

www.hoyleskitchenandbar.com

J. Christopher's

>Breakfast, Brunch, Lunch A neighborhood daytime breakfast and lunch eatery featuring traditional housemade 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

.....

#### Kale Me Crazy

www.jerseymikes.com

>Superfood cafe Offering juices, smoothies, salads and wraps in a sleek upscale environment. Supporting your healthy lifestyle through the use of fresh, organic and raw food. Kale Me Krazy 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

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











# Saturday, May 4th, 2019 11am to 5pm

Delicious food • Silent auction • Face painting Huge inflatables • Live jazz • Great shopping Tastes are \$1 to \$5 each

Johnson Ferry Baptist Church South Parking Lot, 955 Johnson Ferry Rd.

Cash, Debit, Credit Cards Accepted Rain or Shine

TasteOfEastCobb.com

## 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 Coachina**

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!





# WELLSTAR EAST COBB HEALTH PARK SEEKS VOLUNTEERS

hile WellStar doctors and nurses care for a patient's body, it's often a volunteer that can help bring a smile to that patient's face. Volunteers are an integral part of the WellStar family, and are needed at all of their hospitals and health parks. A WellStar volunteer can contribute in many different capacities. No matter where your strengths lie, there is sure to be a volunteer opportunity that's perfect for you.

If you are looking for a way to be active in the East Cobb community, the WellStar East Cobb Health Park is looking for some additional volunteers! Volunteers are a very important part of the guest experience at the health park and these dedicated folks commit to at least one 4-hour shift per week (9am to 1pm or 1pm to 5pm). Health park volunteers go through volunteer training at WellStar Kennestone Hospital and request placement at the East Cobb Health Park. Volunteers work alongside the Guest Relations team greeting patients and guests, helping them navigate the building and other duties as needed to insure guests have the best experience possible. Health Park volunteers must be at least 18 years old and provide a medical release form signed by their physician.

Bob Andretta, a volunteer since the health park opened says "Among the many blessings I get from volunteering is seeing friends and acquaintances, who in some cases, I haven't seen in 20-25 years. Also, putting a smile on the face of someone who walks in looking bewildered or frightened makes my day."

Another dedicated volunteer, Mary Hagan, commented, "I like to think that my 4 years of volunteering has helped patients have the best



possible experience while they are at WellStar East Cobb Health Park."

If you want to make a difference and better the lives of patients at the WellStar East Cobb Health Park, be sure to visit www.wellstar.org and apply online. On WellStar's homepage in the "What Would You Like To Do?" section, click on "volunteers/patrons" and then select "volunteer my time". Click on East Cobb Health Park in the right-hand column to locate the application.



visit EASTCOBBER.COM

A great place to find the latest community news.



# Love Your Summer Body with CoolSculpting

Want to look fabulous for the summer? Schedule a consultation to find out how you can freeze away stubborn fat within 35 minutes.





#### FREEZE AWAY STUBBORN FAT WITH COOLSCULPTING\* AND FINALLY ACHIEVE YOUR RESOLUTION GOALS

- · Non-surgical
- · Little or no downtime
- · Results and patient experience may vary

Call today to schedule your consultation!

(770) 776-7028

#### CONTACT INFORMATION

- Canton Office
   \$615 Cumming Hwy, Canton, GA 30115
- Marietta Office 4475 Roswell Rd Ste 1100, Marietta GA 30062
- Info@casmedspa.com
- CALL TO SCHEDULE A FREE CONSULTATION TODAY



#### WHY CAS MED SPA?

Using our proprietary CAS Mind & Body Synergy™ Advantage Program we've developed a true body & confidence transformation.

#### Your Results Promised

We're so confident in our CAS Mind & Body Synergy™ program that we will retreat select areas\* if you're not happy with results...

 The CAS Mind & Body Synergy™ Advantage Program

Our CAS Body & Mind™ experts serve as your personal coach, creating a holistic approach customized specifically to your body and goals.

Experience Matters

Our experts are nationally trained, Med Spa Accelerator certified and have performed over 5,000 successful treatments.



### WANT \$500 OFF COOLSCULPTING?

Visit our website below to download a \$500 OFF Gift Card for CoolSculpting. (Hurry, only available to the first 20 people who sign up) visit:

www.bit.ly/cas-500-off-cs







# CONCUSSION AWARENESS A SAFETY MUST FOR SPRING ATHLETES

By Dr. Daniel Charek, concussion specialist with Northside Hospital Sports Medicine Network

ith spring sports season in full swing, parents and coaches alike are watching young athletes for injuries on the field, court and rink -- especially head injuries or concussions. But it's not just in the game where these can occur.

"A concussion can result from a fall, a sports activity, a car accident or any other trauma to the brain," said Dr. Daniel Charek, a concussion specialist with the Northside Hospital Sports Medicine Network. Any "shaking or jarring of the brain within the skull can cause a person to experience a concussion, even if the blow was not directly to the head."

Sometimes, there are obvious signs that a concussion has occurred, such as when a person loses consciousness or is unable to recall memories for a period of time before or after the injury. Other times, it might be less obvious that a concussion has occurred, although the person with the injury might experience a variety of symptoms, such as headache, nausea, dizziness or blurry vision typically occurring within 24 to 48 hours after a head injury.

"It is important to know that an individual can sustain a concussion even if they do not lose consciousness or experience amnesia. Increasingly, we have learned that there are different types of concussions and each type is associated with specific treatments and management techniques," Dr. Charek points out.

Regardless, after a concussion, next steps are crucial. "One of the most important things an athlete can do

following a concussion is immediately remove themselves from play," he said.

After experiencing a brain injury, you should visit your healthcare provider for individualized treatment. Most patients should maintain a consistent schedule around sleep, diet, and hydration. Aim for eight to nine hours of quality sleep each night with minimal and brief (20-minute) naps.



While maintaining a regular schedule, it's also "essential to manage stress levels," Dr. Charek notes. "Many concussion symptoms can be made worse by excessive stress."

For athletes looking to get back on the field, some light exercise can help with recovery.

"Exercise can be an important part of the recovery process, although your level of physical activity will be determined by your medical provider. [But], activities posing a risk for further head injury should be avoided until the concussion has resolved." he said.

# **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.



## HEALTH & WELLNESS

#### **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.

#### **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.



## HEALTH & WELLNESS



#### **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.

#### **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.





770-509-0017 for an appointment

A Northside Network Provider

#### 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

Wanna get your advertising in top shape? **Advertise** in the **EAST COBBER.** TO ADVERTISE: Call Us! 770-640-7070 **EAST® COBBER** 







Offering Non-Invasive Body Contouring, Laser Hair Removal, Dermal Fillers, Skin Tightening and Rejuvenation Plus More!

5 Cobb County Locations!



Call 770.509.0000 for Your FREE Consultation! Amerejuve.com

# HEALTH & WELLNESS

# EAST COBB TODDLER TAPPED AS CYSTIC FIBROSIS AMBASSADOR FOR

# CARS & 'Q FOR THE CAUSE

ames Alexander loves singing, dancing, playing in the park near his home in the Kings Cove subdivision and especially cars - just like his parents, Alexia and Derrick who own a 1966 Ford Fairlane convertible.

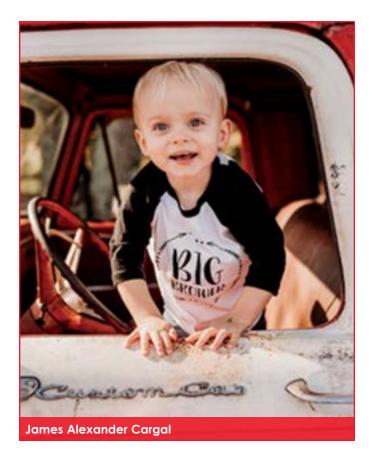
That infectious love for cars combined with his parent's enduring support for the Cystic Fibrosis Foundation makes him the perfect ambassador for Cars & 'Q for the Cause, a family-friendly car show and party hosted by Choate Construction in support of the Georgia Chapter of the Cystic Fibrosis Foundation (CFF) on Saturday, May 4.

James may be too young to understand his official role as ambassador at the 10th annual Cars & 'Q for the Cause, but his family plans to shed light on Cystic Fibrosis to the event's 1,200 plus attendees. His mother Alexia shared with us a typical day as James battles Cystic Fibrosis, a genetic disease that effects his whole body, but primarily causes respiratory and digestive issues, affecting about 30,000 in the U.S.

When was James first diagnosed? James was diagnosed when he was three weeks old - it caught us completely by surprise because he didn't have issues at birth so when we went in for CF testing, we thought it would rule out he had the disease. We felt this way because I'm a carrier of a rare mutation that they couldn't identify until we requested a DNA analysis after his sweat test at three weeks old confirmed his CF diagnosis.

What is a typical day in the life of James? After treatments, he loves going to the park, playing with his two dogs, he loves being with his cousins and his grandparents. When it's not flu and cold season, he has so much fun joining me at a workout class that allows children, he loves music class, the aquarium, the zoo things every child his age enjoys.

Summary of his regimen for treatment and medications? James' regimen consists of airway clearance treatments twice a day when he's healthy. If he's sick or starting to get sick, this goes up to four times per day, and we add in breathing treatments to open up his airways and help him breathe. He also takes about 15 pills per day, three with each meal because without



them, he wouldn't absorb the fats and nutrients we need to grow. Other medications include a specialty vitamin since people with CF are deficient of fat-soluble vitamins A, D, E and K.

You can support the Cargal Family and the CF Foundation through Cars & 'Q for the Cause. Advance tickets include BBQ and local craft beers and ranges from \$20 to \$40 with access to bar. Tickets rise to \$30 and \$50 on April 26 and may sell out. Children under 8 are free, and parking is complimentary. Cars & 'Q will be at 8200 Roberts Drive in Atlanta. Visit www.carsnq.com or email carsnq@choateco.com.Advance tickets include dinner and range from \$20 to \$40 with access to the bar. Tickets rise to \$30 and \$50 on April 26. Children under 8 are free, and parking is complimentary. 8200 Roberts Drive, Atlanta. Visit www.carsnq.com.

## HEALTH & WELLNESS

#### **PERSONAL TRAINERS**

#### **Fitness Together**

1000 Johnson Ferry Road

Building 400, Suite 412 • Marietta 30068

770-321-1347 • www.fitnesstogether.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.

#### **VEIN SPECIALISTS**

#### Vein Specialists of Northwest Georgia

3747 Roswell Road, Suite 316 • Marietta 30062

770-423-0595  $\bullet$  www.veinspecialistsofatlanta.com

Hours: Mon - Fri 8am - 5pm

When you are looking for the highest quality vein treatment and vascular care, you can count on Vein Specialists of Northwest Georgia. Their team is highly skilled and trained to provide the best solutions for your vascular issues. Visit their East Cobb location plus 10 additional locations.

#### **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!



# EAST COBB SENIOR CENTER ACTIVITIES

# SCHEDULED FOR APRIL

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list of all activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta/East Cobb. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

#### **Beginner iPhone Training (#8542)**

Mondays, April 1–22 ● 1-4pm \$4 Cobb residents; \$5 Non-residents Some iPhones don't know they can be more than a phone. With proper training, they can do all the following too: alarm clock, flashlight, camera, photo album, weather, compass and much more. Bring your iPhone to the class. iPhones 5 or later only please. Taught by Andy Kastelik.

#### Cooking with Pampered Chef (#8541)

Monday, April 5 ● 11:30am
Registration required;
\$8 supply fee payable to the instructor.
Will be cooking lasagna, sesame dish and banana pudding.

#### Six Dimensions of Wellness Workshop (#8546)

Tuesdays, April 2- May 7 ● 10-11:30am Free; Registration required

This workshop is designed to help you better understand the lifestyle of wellness by applying it within six different dimensions: physical, emotional, social, intellectual, environmental and spiritual. In each of these areas, the key is self-awareness and personalization.

April 2 – Intellectual Session; April 9 - Physical Session; April 16 – Environmental Session; April 23 – Spiritual Session; April 30 – Emotional Session; May 7 – Social Session

#### Funeral Home 101 (#8550) Wednesday, April 3 • 10-11am

Free; Registration required
Planning ahead is always good. Join Mayes, WardDobbin to learn to ease your family's emotional burden,
avoid difficult decisions at a stressful time, what happens
after the funeral and what documents will you need.



#### Dementia Stimulation (#8551)

Monday, April 8 • 10-11:30am Free; Registration required

Join for an overview of the most common age-related health challenges and how they affect those that have a cognitive impairment while also facing other health challenges. You will participate in hands on exercises designed to simulate what loved ones may experience during dementia.

#### Flower Arrangement (#8554)

Tuesday, April 9 • 10-11:30am

Free; Registration required

Learn the art of flower arranging and bring home beautiful flowers to enjoy.

#### Biography: Coco Chanel Life of a Star (#8555)

Tuesday, April 9 • 1-2pm Free; Registration required

Documentary on Coco Chanel She is best known for her contributions to the design and fashion industry. Her designs changed the way we approached the female form, and Hollywood stars would fly her from Paris to Los Angeles just to have a red-carpet dress designed.

#### Dine-a-Round (#8556)

Wednesday, April 10 • 11:30am-1pm Wing Zone 3052 Shallowford Road, Marietta Registration required.

#### **Advanced Care Planning (#8557)**

Friday, April 12 • 10-11:30am Free; Registration required

Who would make your health care decisions if you couldn't make them for yourself? Join this seminar and learn: how to talk with your family about your choices for final health care, how to make decisions on specific medical issues and health conditions, how to legally document your choices and how to appoint someone as your Health Care Agent.

# Orthopedic Update-Knee & Hip Replacements (#8558)

Tuesday, April 16 • 1-2pm Free; Registration required

Dr. Anil is going to talk about new strategies for hip and

knee replacements.

#### History Corner-Titanic (#8560)

Tuesday, April 23 ● 1-2pm Free; Registration required

The luxury steamship RMS Titanic sank in the early hours of April 15, 1912, off the coast of Newfoundland in the North Atlantic after sideswiping an iceberg during its maiden voyage. Come to learn more about the Titanic.

#### AARP Smart Driver (#6830)

Thursday, April 25 ● 9am-4pm \$15.00 AARP members/\$20.00 Non-members (cash or check only)

This 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.

#### **Cooking Club**

Friday, April 26 • 10:30-11:30am

#### Ask the Expert/Medicare Questions (#8090)

Friday, April 26 • 10am-12:00pm

Free; Registration required

Whether you are turning 65, are already on Medicare, or helping someone with their coverage, plan to attend a meeting with the expert, to get your Medicare questions answered. Call to schedule your 15-minute appointment.



# Radiance East Cobb Memory Care

Conveniently nestled on Village Parkway in Marietta. Radiance East Cobb provides a home-like environment where companionship, activities, safety & security are provided by caring staff and leadership. We promote an atmosphere where families can remain close.

Call us, let's talk about your journey.

470.250.0808



# SENIOR CITIZEN COUNCIL KEEPS COBB SENIORS CONNECTED

The Senior Citizen Council of Cobb County is a non-profit 501(c)(3) all-volunteer organization established in 1973 to promote the common good and general welfare of adults over 55 years of age living in Cobb County. They focus on providing relevant programs and activities within the community, and also serve as a source of information on issues important to this age group.

The council engages in a substantial advocacy role by addressing senior citizen concerns with the Cobb County Board of Commissioners and the Georgia legislature.

In 1973, when the Senior Citizen Council of Cobb was formed many of the founders were members of the Cobb business community. The Senior Citizen Council along with other local organizations raised funds that enabled Cobb County to be the first county in the metro Atlanta area to open a center dedicated to senior citizen recreation and enrichment. There are now five Cobb Senior Services Multi-purpose centers located throughout the county.

The Senior Citizen Council sponsors a variety of events and programs throughout the year. One of the most notable is their annual luncheon in August where county proclamations are given to celebrate seniors who have shown exceptional leadership in the community. The council also donates an annual financial gift award to a gerontology student at Kennesaw State University, and collects money for Meals on Wheels. The Senior Council has an active political advocacy committee

which is involved in senior voter education and registration and on keeping seniors informed on pertinent legislative policies.

The Senior Citizen Council has always focused on keeping Cobb Seniors connected by maintaining a website where seniors can get information about the current activities of the Senior Council and providing information about issues and topics important to senior citizens. Any Cobb County resident over the age of 55 can become a voting member or renew their membership to the Senior Council by visiting their website: seniorcitizencouncilofcobb.org.

The Senior Council also emails a monthly bulletin that is free to all who are interested and sign up for the bulletin can also be done at the website.

The Senior Citizen Council of Cobb partners with and maintains active membership in other organizations which assist seniors including the Cobb Collaborative, the Atlanta Regional Commission (ARC), the Cobb Chamber of Commerce, and the Georgia Council on Aging.

The next Senior Citizen Council meeting--which is open to all Cobb County seniors--will be on April 12, from 11:30am-1pm, at the North Cobb Senior Center, 3900 S. Main Street in Acworth. The speaker will be Cobb County Commissioner Keli Gambrill.

For more information about the Senior Citizen Council of Cobb County, email: info@seniorcitizencouncilofcobb. org.  $\ensuremath{\mathfrak{G}}$ 

# 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** 

# RESOURCES FOR OLDER CITIZENS

Here are some links to some information-filled websites. We do not endorse any of these organizations or guarantee the accuracy of their content. However, you may find resources that are helpful here.

**Aging and Disability Resource Center (ADRC) -** Georgia's ADRCs serve older individuals, individuals with disabilities of all ages, families, caregivers and professionals. www.georgiaadrc.com

Alzheimer's Association- GA Chapter - The Alzheimer's Association works on a global, national and local level to provide care and support for all those affected by Alzheimer's and other dementias.

www.alz.org/georgia

**Georgia Adult Day Services Association -** Find providers, become a member, and learn about adult day service programs as well as their licensing standards and regulations.

gadsa.org



**Georgia Long Term Care Ombudsman -** The Office of the State Long-Term Care Ombudsman seeks to improve the quality of life for residents of long-term care facilities. www.georgiaombudsman.org

Good Pill Pharmacy - Good Pill Pharmacy is a Georgia nonprofit that provides affordable medicine to people with high medication costs, whether your insurance copays or deductibles are too high or you don't have insurance. Good Pill is stocked with surplus medicine and asks patients to contribute \$6 for a 90-day supply of most generic medications to help cover our operating costs. www.goodpill.org

**Leading Age Georgia** - The trusted voice for not-for-profit and other mission-driven organizations dedicated to providing quality housing, healthcare and community-based services for Georgia's seniors.

Independent and Assisted Lifestyles

www.leadingagega.org

# **Exceptional Senior Living!**



Exceptional Service, Care and Amenities

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



Call us and VISIT TODAY! **770.565.8828** 

Parc at Piedmont - East Cobb

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

www.parcatpiedmont.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.atlantaillini.com or club@atlantaillini.com.

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

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

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

#### The Civil War Round Table of Cobb

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

Cobb County Genealogical Society.
4th Tuesday of the month. 7pm. First
Presbyterian Church of Marietta, 189
Church Street, Marietta. More info:
www.cobbgagensoc.org or
ccgs@cobbgagensoc.org.

Cobb County Republican Women.
4th Friday of the month. 11:30am. Hilton
Atlanta/Marietta Conference Center,
500 Powder Springs Street, Marietta.
More info: 770-785-2522 or
www.ccrwc.ora.

Cobb Marietta Retired Educators Association. 2nd Thursday of the month, Aug-April. 11:30am. Luncheon reservations required. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: www.cmrea.org.

#### Cobb Photographic Society.

Photographers of all skill levels are welcome. 1st and 3rd Monday of the month. 7-9pm. Marietta Enrichment Center, American Business Center, Bldg 700, Suite 702, 1395 South Marietta Parkway, Marietta. More info: www.cobbphotosociety.com or info@cobbphotosociety.com.

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

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

East Cobb Business Association. Luncheon and featured speaker. 3rd Tuesday of the month. 11am. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta, More info:

Towne Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton@lionbank.com, or www.eastcobbba.com.

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

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

East Cobb 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@ vahoo.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: crnarayanaswamy@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@amail.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 msbnscarroswell@gmail.com.

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

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

Northeast Cobb Business Association. Luncheon meeting 3rd Wednesday of the month. 11:30am-1pm. Piedmont Church, 570 Piedmont Road, Marietta. More info: 770-423-1330.

#### Northwest Atlanta Mothers of Multiples.

A club for families with or expecting twins, triplets, or quadruplets. Second Tuesday of each month. Date and time may change; check website. More info: www.nowamom.org or 678-235-8468.

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

Peach State Depression Glass Collectors' Club. 2nd Tuesday of the month except December. Guests welcome. 6:30pm social; 7pm meeting. Powers Ferry UMC Fellowship Hall, 245 Powers Ferry Road, Marietta. More Info; psdqc.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 ecagle 1@bellsouth.net.

**Sope Creek Garden Club.** First Wednesday of the month (Sept-June). 10am. Locations vary. More info: Karin Guzy, 770-955-1303 or karinguzy@gmail.com.

**Toastmasters International.** Rising Phoenix Club. Every Saturday. 9:45-11:15am. A great way to improve your speaking and leadership skills. Guests always welcome. Northeast Cobb Y, 3010 Johnson Ferry Rd, Marietta. More info: www.risingphoenix. toastmastersclubs.org.

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

Y Business Network. Every other Friday. 7:30-8:45am. Local business networking and referrals. Northeast Cobb Y, 3010 Johnson Ferry Rd., Marietta. Guests always welcome. More info: ybusinessnetwork.webs.com.



## SUPPORT GROUPS

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

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

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

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

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

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

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

Alzheimer's/Caregiver Support Group Meeting. First Monday of each month. 10:30am. Open to family members who are assisting an aging loved one both inside and outside of the home. Free respite care is provided for your loved one while we meet. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road, Marietta. More info or to RSVP: 770-722-7641.

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

Caregiver Support Group. First Monday of the month. 4:30-5:30pm. Arbor Terrace, 886 Johnson Ferry Road, Marietta. More info: 770-977-4420 or ACaudell@ arborcompany.com.

Caregiver Support Group. 2nd Thursday of the month. 12-1pm. Episcopal Church of St. Peter and St. Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or eharres@peterandpaul.org

Compassionate Friends. First Tuesday of the month. 7pm. Assists bereaved families following the death of a child. First Baptist Church of Marietta, 148 Church Street NE, Marietta. More info: Ria, 404-539-4287 or www.tcfmarietta.ora.

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, Mare 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, Morietta. More info: 678-560-7230 or kibbie.parish@mtbethel.org.

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

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

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

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

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

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

Parkinson's Disease Support Group. For persons with Parkinson's and their caregivers. 1st Tuesday each month, 11am. Aloha to Aging/Mt. Bethel Community Center, 4608 Lower Roswell Road. More info: 770-722-7641. Ruth Young Women's Cancer Support Group. 1st Tuesday of the month (Aug-May) at 7pm. Mt. Bethel Community Center, 4385 Lower Roswell Road, Marietta. More info: Sandy Weber 770-789-6095.

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

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

#### Meet Your Future Clients, Customers and Business Associates

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

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

Invite a guest to join you.

For more information visit www.EastCobbBA.com







# 2019 SPECIAL SECTIONS C A L E N D A R

The EAST COBBER publishes special sections, a Health & Wellness Guide, an extensive Community Calendar, and Dining Guide every month. The following special sections are planned for 2019.



#### JUNE/JULY



SUMMER FUN FATHER OF THE YEAR

**Ad Close:** 5/15/19 **Issue Date:** 6/6/19

#### **OCTOBER**



PRIVATE SCHOOL GUIDE

**Ad Close:** 9/16/19 **Issue Date:** 10/3/19

#### **AUGUST**



BACK TO SCHOOL GUIDE EAST COBB DINING GUIDE

**Ad Close:** 7/15/19 **Issue Date** 8/1/19

#### **NOVEMBER**



**PET GUIDE** 

**Ad Close:** 10/15/19 **Issue Date:** 11/7/19

#### **MAY**



MOTHER OF THE YEAR MORE DAY CAMPS

**Ad Close:** 4/15/19 **Issue Date:** 5/2/19

#### **SEPTEMBER**



**PARADE & FESTIVAL GUIDE** 

**Ad Close:** 8/15/19 **Issue Date:** 8/29/19

#### **DECEMBER**



**HOLIDAY HAPPENINGS** 

**Ad Close:** 11/15/19 **Issue Date:** 12/5/19

#### **ADVERTISE WITH US!**

**CONTACT: EAST COBBER, 770-640-7070** 



# **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









**Licensed & Insured** 

Residential & Commercial / Interior & Exterior

**9770-421-9732**