

March 2019

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Owner John White  
and Team  
**PANACEA PLUMBING**

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**Bass Fishing League** PAGE 10 | **Mostly Mutts Flea Market** PAGE 33





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EAST COBBER is a locally owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information. The EAST COBBER is distributed free to homes, schools, and 500+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068 and 30075.

Comments and stories are always welcome.

Please address all correspondence to [cynthia@eastcobber.com](mailto:cynthia@eastcobber.com).

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Front Cover Photo

Taken by Jeremy Adamo

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# PUBLISHER'S NOTE



With one of the highest median household incomes in metro Atlanta, East Cobb County residents enjoy a reputation of living the "American Dream." Drive around East Cobb and one cannot help but notice the expensive cars, subdivision after subdivision of lovely homes, beautifully landscaped lawns, and other symbols of wealth. This March issue features our annual Home + Garden Guide (see pages 14-23) which includes local experts and resources to help

with your home maintenance and beautification efforts this spring.

I realize the American Dream is much more than a house, children, and a couple of cars in the garage. It's also the idea that Americans can strive for a life crafted by no one else but you, based on hard work, freely practicing your faith and a tolerance of other beliefs. For so many East Cobb residents, the "American Dream" also includes sharing their wealth, and/or their time to help others.

This edition of the EAST COBBER, as well as previous publications, features those East Cobbers that are giving back to their community and helping those in need. On page 12 we spotlight the Wheeler HS students and teachers collaborating for a better sense of community at their school. Page 8 features the East Cobb principals, teachers-of-the-year, and staff members of the year who were all honored by their PTAs at a special luncheon last month. Our Club Calendar and Support Groups pages list many groups that come together on a regular basis to serve those in need whether it be a Moms Club or a service club.

It is so gratifying to hear that many of you have responded to EAST COBBER stories by donating money or signing up to volunteer or passing along information found in the EAST COBBER to help those in need. That is what this paper is all about! Consider it an "idea book" on how you can fulfill the "American Dream."

All the best!

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

## On the Cover

**This month's front cover features East Cobb John White, Owner of Panacea Plumbing, and his team. Pictured (back row, l-r:) are Dustin White, Jack Drook, Bryce Gaskin; (front row, l-r:) Owner John White and David Hobart.**

**John is a Master Plumber with over a decade of experience. John is a Vice President of the North Metro Division of the PHCC (Plumbing, Heating, Cooling Contractors) of Georgia. John is a leader in advocating new technology that best serves the customer's evolving needs and he and his team are extensively trained in the tried and true basics.**

**"I love helping people and creating custom solutions for plumbing needs. Plumbing is an ever-evolving industry. I stay educated on the most current technologies and products," shares John.**

**Panacea Plumbing provides East Cobb and beyond with quality plumbing installation, repairs and service.**

**For more information about this locally-owned and operated business, read page 6 or visit [www.panacea.plumbing](http://www.panacea.plumbing).**

**If your home needs plumbing services, call Panacea Plumbing at 404-644-7549.**

**Front cover photo taken by Jeremy Adamo at the model home in the Edenton subdivision.**

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**John White, Owner**

When John White pondered a name for his family plumbing business nearly 3 years ago, he and his wife Tracy, a native East Cobb, sought one that would encompass all his customer's potential needs: quality plumbing repairs, home renovations that are energy efficient, assuring the safest, cleanest water supply to homeowners and most importantly, at the lowest possible price. He wanted their business to be more than the average plumbing company, to be the solution to all water problems, a panacea. And today it has proven to be just that. Business has more than doubled and attention to stellar customer service is as consistent as the day the company began.

Panacea Plumbing provides service for all plumbing emergencies, water heater repairs and tankless water heater installation, water filtration systems, as well as custom bathroom design and installation. There is an explosion of East Cobb residents renovating their homes not just for additional space, style or curb appeal, but to create a “smart home,” one in which energy and water efficiency contributes to the value of the home.

Today all of us try to make healthy choices, buying organic produce, protecting our skin from the sun, sensitive to the quality of the air we breathe and what we ingest. Have you questioned if your home is contributing to your healthy lifestyle? Without a quality filtration system, homeowners cook in water filled with toxic chemicals, as well as bathe and wash their clothes in them. In addition, a comprehensive filtration system can help prevent corrosion to plumbing pipes caused by toxins in your water.

John notes that “pinhole leaks” in East Cobb has become a near epidemic. Repiping with the most resilient pipes, PEX (density polyethylene which makes water less corrosive and leads to fewer pinholes) is the solution to preventing surprise flash floods and assuring the quality of the water running through your home.

As a vice president of the Georgia PHCC (Plumbing, Cooling and Heating Contractors Association), John feels like he is always participating in a non-stop continuing education class, building on his Master certification. Nuggets of wisdom he gained include that it is a myth that copper pipes last a lifetime, rather, closer to 40 years. He also learned that



**Fixture Installation**

patching pinhole leaks that are dripping water doesn't solve the true underlying problem—the inside of the pipe.

A quick Google search will illustrate that John “walks the talk” in his commitment to consistently going above and beyond for his customers. Panacea is top-rated in every review, having the top, five-star ratings among hundreds of plumbers serving East Cobb and has never received a negative review.

“Panacea repiped our East Cobb home quickly after finding that the copper in our slab had leaks,” said Cara Barron, a happy customer. “We were shocked to find after opening up the ceilings that ALL of our copper had pin-hole leaks, even though spots had not yet started to appear on the ceiling. John and his crew made it as painless as possible. It was a relief to finally stop worrying about when the next inevitable flood would come.”

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Amy Cobb



Melissa Conroy



Edward Eanes



Jim Glover

**P**lan to attend one of the most fun and engaging events on the East Cobb social calendar. The Georgia Symphony Orchestra (GSO) is hosting its 12th annual Celebrity Luncheon fundraiser on March 23 at the Marietta Country Club.

Monica Kaufman Pearson, renowned broadcast journalist and former longtime WSB-TV Channel 2 senior news anchor, will join a diverse and entertaining group of talented local artists, authors, musicians and business leaders as the event's keynote speaker, which benefits the GSO's musical performance, youth education and outreach programs.

Not only are guests certain to be inspired by Pearson, as well as a few other surprises planned, they will also select to be seated at a table with one of a carefully assembled collection of influential and creative people in the area to learn about their path to fame. A specially curated three-course menu will be prepared by Gary Sanderson, Marietta Country Club executive chef, and his team.

Highlights of this year's celebrities include:

- Tiffanie Barriere—Cocktail mixologist
- Mary Nye Bennett—Actress and artistic director of the Atlanta Lyric Theatre
- Katy Ruth Camp—Editor of Cobb Life Magazine, Cobb Business Journal and Marietta Daily Journal Features
- Melissa Conroy—Artist, author and illustrator; published *The Lowcountry Coloring Book*, *Grandma is an Author* and *Poppy's Pants*
- Edward Eanes—Concertmaster, Georgia Symphony Orchestra

- Jim Glover—Sixth-generation Cobb County native, three-time author and vice president and managing broker for Atlanta Fine Homes Sotheby's International Realty's Cobb office
- Kim Gresh— President of the S.A. White Oil Company
- Dennis Krusac—Bat and endangered species specialist, USDA Forest Service, a.k.a. "Bat Man"
- Ann Parsons—Executive director, Smith Gilbert Gardens
- Stephen Plate—Director, School of Music, Kennesaw State University

The luncheon also will provide a great opportunity for guests to indulge themselves from an array of live and silent auction goodies, such as rare trinkets and tidbits, stunning fine art and everyday splurges.

Founded in Marietta in 1951, the GSO, a nonprofit arts organization, has become one of Georgia's finest community-supported, multifaceted performing arts organizations through imaginative programming, visionary leadership and critically acclaimed performances. Today, more than 700 individuals participate in one of its diverse programs, as musicians, vocalists, educators, students and volunteers.

Proceeds from the event will allow the GSO to thrive and continue delivering classical, jazz and pops concerts of high-quality choral and instrumental music and help inspire and educate young musicians through the Georgia Youth Symphony Orchestra—the largest such program in the Southeast.

Tickets are \$50 and good seats are still available. To purchase, visit [georgiasymphony.org](http://georgiasymphony.org). 🎫



Kim Gresh



Dennis Krusac



Ann Parsons



Stephen Plate



Wanda Yang Temko



Daniel Porubiansky



Christopher Swann

# PTA HOLDS APPRECIATION BRUNCH



East Cobb Principals

The East Cobb County Council (ECCC) of PTAs recently honored the 2018 Teacher and Classified Employees of the Year with its annual celebratory brunch, which highlighted the hard work and dedication of these amazing educators. This year's celebration was hosted by the Kell/Lassiter Cluster of PTAs: Kell HS, Lassiter HS, Mabry MS, McCleskey MS, Davis ES, Garrison Mill ES, Rocky Mount ES, Keheley ES, and Nicholson ES. Under the leadership of Tammy Andress, Cluster Rep and Co-President of the Lassiter PTSA, the cluster focused on this year's theme of "Hearts of Gold."

Held at the beautiful Piedmont Church, it was an amazing event featuring a performance by the sweet

voices of the Garrison Mill 5th Grade Chorus under the direction of Ms. Colleen Crotty, beautiful decorations by Rocky Mount PTA and door prizes collected by Nicholson ES for every Teacher Of The Year and Classified Employee Of The Year to go home with a goody. Keheley Elementary provided a sumptuous coffee bar and Craig Brasco of Davis Elementary put together a stunning program featuring statements from the principals describing why their honorees had "Hearts of Gold." It was also the desire of this cluster to go paperless this year. Rather than send paper Save the Dates and invitations these notices were sent electronically through email and an Evite.



East Cobb Teachers of the Year





East Cobb Classified Employees of the Year

The Kell/Lassiter Cluster highlighted the amazing things happening in their cluster schools while also providing these hard working and dedicated educators positive and uplifting examples of just what an impact they make on our students. For example, The Kell Culinary students, under the tutelage of Chef Mark Maier, planned, cooked and served a scrumptious meal of eggs, sausage, bacon, homemade pastries, quiche and fruit (among other items). Not only was the brunch absolutely delicious, the entire menu, from planning, purchasing, preparation, serving and cleanup was almost completely student led.

Also, students produced a video that was presented at the celebration. Wanting to try something new, the Kell/Lassiter Cluster asked each PTA in the ECCC to send a short video explaining why their TOTY/CEOTY have "Hearts of Gold." These videos, which featured students, teachers and parents alike, were then strung together and made into a movie. Produced almost

100% by eighth grade Mabry Middle School students, it was a great addition to a wonderful event. The Varsity Kell-Lassiter Color Guard, under the command of First Sergeant Lorenzo Cox, presented the Colors and led the Pledge of Allegiance.

Overall, this event was designed as a way to showcase the amazing learning taking place in the schools in East Cobb County. We are so proud of our students and the teachers and classified employees who make such an impact in their lives. The ECCC PTA was proud to showcase and honor our amazing educators and classified employees. 📺



*This article was submitted by Tammy Andress. Tammy lives in East Cobb with her husband Kiffer. She has three daughters who attend American University, Lassiter HS and Mabry MS. She is the current PTSA President at Lassiter HS and is a passionate advocate for education.*

## 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!

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# BASS FISHING CATCHING ON IN LOCAL SCHOOLS



High school students Mitchell Dean, Johnson Ferry Baptist Academy; and, Brooks Anderson, Mount Bethel Christian Academy at a bass fishing tournament.

A new, unconventional sport is “hooking” high schoolers around East Cobb - bass fishing. Two East Cobb Christian schools have bass fishing teams and are already making an impact, with an expectation to continue growing.

Mount Bethel Christian Academy (MBCA) started their bass fishing program the first year the high school opened in 2014 and has had a team in the State Championship for the last three years. Johnson Ferry Christian Academy (JFCA) started their program in 2017 and put a team in the State Championship in their first year!

Brooks Anderson, a junior at MBCA, started the MCBA fishing team in 2014 and has gone on to qualify for the National Championship for the last two consecutive years. In order to qualify for the National Championship, a team has to finish in the top ten percent in the state. Mount Bethel has ranked 5th in Georgia Bassnation Angler of Year Rankings in both 2017 and 2018 and gone on to the National Championship both years.

“My best experience from this team is definitely the opportunity to be able to compete at a level that is designed to prepare you for college fishing,” Brooks says.


Mitchell Dean, founder and president of the JFCA bass fishing team, started the program while in middle

school and is now a freshman leading the JFCA team. Brooks Anderson helped JFCA start their team and now JFCA has over 20 students in the first year of the club. The team had their kick off meeting in the fall of 2018.

“We currently have 24 anglers in the league” says Mitchell. “We started out with 10 or 12 students at the start of the school year and over the course of this year it has doubled!”

JFCA had success in their first year by being Runner-Up State Champions in the GICAA (Greater Independent Christian Athletic Association) league and also qualified for the Georgia Bassnation State Championship in 2018.

As a show of cooperation in the bass community, Brooks and Mitchell are fishing jointly in a league known as Bassnation Wiregrass. The sport has grown so exponentially over the last few years, with many tournaments exceeding 150 teams. Both Brooks and Mitchell look forward to what the sport has to offer and are glad to assist any students in the East Cobb area that may want an opportunity to take part in the sport.

If you are interested and want more information or to request information to join, contact: Brooks Anderson at [brooks1aa@aol.com](mailto:brooks1aa@aol.com) or Mitchell Dean at [mitchelldean@icloud.com](mailto:mitchelldean@icloud.com). 



# THE IMPORTANCE OF EARLY ORTHODONTICS (BRACES)

In my practice parents often ask me if it is better to wait until their child's baby teeth are all out before seeing an orthodontist. They tell me that they "don't want to have to do braces twice." But seeing an orthodontist early on, by the age of 7, can often help many children avoid complicated orthodontics later, as early intervention may prevent teeth from erupting improperly and can aid in the proper formation of the jaws.

By the age of seven, most children should have a panoramic image taken that shows the positioning of all the permanent and primary (baby) teeth. In that image we sometimes find that a permanent tooth is congenitally missing (is not going to form), and we then know that we have to take extra special care of the baby tooth until the child is old enough for an implant to be placed.

Or we may see that a permanent tooth is erupting sideways and that early removal of the baby tooth that sits over it can help that tooth drop down into place without the need for future surgical intervention.

In an orthodontic examination, the jaws are assessed for whether there will be enough room for the teeth to fit. If one or both jaws are found to be too small, a palatal expander or other device placed at a young age can widen and grow the jaw to help make room for the teeth to erupt in a more normal position, decreasing the need for future tooth extractions. When children have issues with breathing and speech, these growth-promoting early orthodontic treatments can help improve those issues as well.

Early orthodontic assessment

and intervention (when needed) is helpful in making second stage orthodontics more simple. Not all cases require immediate orthodontic intervention. In these situations, orthodontists will monitor your child's development at regular office visits and will determine the appropriate time for treatment if needed. If you have a young child with a developing dentition, ask your dentist to recommend an orthodontist in your area who is skilled at early intervention orthodontics.



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

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**EAST COBBER**

# WHEELER FRESH COLLABORATIVE BUILDS COMMUNITY



Some of the staff members participating in the Wheeler Fresh Collaborative are pictured (l-r): Will Dezern (Horticulture), Stacy Regitsky (Magnet Advisor), Valerie Bolen (Drafting), Tiera Aguillon (Culinary Arts), Kelly Feddersen (Sports & Entertainment Marketing); and Kelly Karr (Graphic Design).

Something new, exciting, and fresh is happening at Wheeler High School! This spring, the Wildcat Nation is rolling out the Wheeler Fresh Collaborative, a cross-curricular collaboration by teachers and students whose goals are to increase community involvement and provide food essentials when and where needed. This STEAM initiative (Science, Technology, Engineering, Art, and Math) was originally conceived as a "farm to table" type program but has since evolved to include a food pantry started by Wheeler students and eventually supplemented with contributions from the surrounding community. The Wheeler Fresh Collaborative will utilize expertise from Wheeler's culinary, horticulture, environmental science, drafting, graphic design, and marketing classes to help ensure fellow Wildcats students have a reliable source of food when needed.

From concept to realization, many classes have helped develop the Wheeler Fresh Collaborative. Drafting students designed the layout of the grow beds for Horticulture. Environmental Science students are studying the soil and growing environment. Horticulture students are growing herbs and vegetables for Culinary. Culinary students are preparing, cooking, and serving the meal. Graphic Design students are creating logos and visuals. Marketing students are branding and promoting the Wheeler Fresh Collaborative program and events. Wheeler's Girls Who Code Club members are creating an online ordering system for the Food Pantry.

To officially kick off the Wheeler Fresh Collaborative, Wheeler is hosting a Dinner Theater event this Spring. On April 26th, Wheeler theater students will perform *Annie* following a limited seating dinner hosted, prepared, and served by Wheeler students. "We hope this dinner theater event will showcase the sense of community Wheeler offers which has enabled a program like the Wheeler Fresh Collaborative to exist," boasts Kelly Feddersen, Sports and Entertainment Marketing teacher and one of the leaders of the Wheeler Fresh Collaborative. The Wheeler Fresh Collaborative hopes to spread their mission through a fun and entertaining evening.

As the program grows, Wheeler Fresh Collaborative hopes to sustain a food pantry with both Wheeler grown food and other nonperishable items to aid the 41% of Wheeler students who benefit from free and reduced lunch. The Wheeler Fresh Collaborative helps ease this challenge through a program that demonstrates what can be accomplished when students work together, building a true sense of community.

If you would like to attend the Dinner Theater, tickets can be purchased at [www.showtix4u.com/events/14519](http://www.showtix4u.com/events/14519). The event is Friday, April 26th, beginning with the dinner at 5:30pm, and the performance *Annie* at 7pm. Tickets are \$50 for the dinner + *Annie*. Tickets for *Annie* alone are \$15. If you would like to donate funds, nonperishable food items or help in other ways, please email Kelly Feddersen at [Kelly.Feddersen@cobbk12.org](mailto:Kelly.Feddersen@cobbk12.org). 📧



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





# ANNUAL ATLANTA HOME SHOW IS GEORGIA'S LARGEST




Georgia's largest home show, the Atlanta Home Show, will return for its 41st year March 22-24, 2019 at the Cobb Galleria Centre. The Atlanta Home Show will feature hundreds of home improvement exhibitors, live radio broadcasts, product demonstrations and presentations by experts including HGTV's and DIY's Clint Harp. Harp, a carpenter who became well-known nationally for his appearances on the hit HGTV show *Fixer Upper*, grew up in Atlanta. He will speak Friday, March 22 at 1pm and Saturday, March 23 at 1pm and 4pm.

"We have a very exciting line up of speakers and special features for the Atlanta Home Show," said Mark Levine, show manager. "Our biggest-ever display will be a 3,500-square-foot Tiny Home Village, landscaped by Georgia Landscape. Homes will be created by Mustard Seed Tiny Homes, Bolder Container Homes and others. I think our attendees will really enjoy learning how to live large in a small space. We'll also have live radio broadcasts throughout the event."

Show hours are Friday, March 22: 10am-6pm; Saturday, March 23: 10am-8pm; and Sunday, March 24:

11am-5pm. General Admission tickets are \$10 and may be purchased at the box office, or attendees can save \$2 per ticket by purchasing them in advance at [AtlantaHomeShow.com](http://AtlantaHomeShow.com). Children age 12 and under and adults age 65 and older (with I.D.) are admitted free.

This year's Atlanta Home Show features several exciting contests and promotions. Attendees can enter at the Show or online to win a trip for two to Waco, Texas to meet *Fixer Upper*'s Clint Harp and take a private tour of Harp Design Co., a Home Show sampler prize package and a trip to Hawaii to participate in a Habitat for Humanity home build on the Big Island.

Friday, March 22 is Hero Day at the Atlanta Home Show, and active military, veterans, fire, police and first responders with valid ID are invited to enjoy the Show free of charge. March 22 is also Trade Day, sponsored by PMC Pros. Members of the housing industry with valid ID can receive free admission to the Atlanta Home Show on Friday only. On-site parking is available for \$5, payable only by credit or debit card. The Cobb Galleria Centre is located at Two Galleria Parkway in Atlanta. For more information, visit [AtlantaHomeShow.com](http://AtlantaHomeShow.com). 





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**Q.** Why is it important to hire a state licensed general contractor? What does it really mean to be licensed? Why are some contractors licensed and others not? And the ultimate question: Does it matter?

**A.** Contractors pay a tidy sum to play by the rules, which makes it hard for them to compete against those who don't. Homeowners can pay the price when they fail to distinguish between the two. Georgia now requires contractors to have a license to obtain a building permit. Anyone can say they are licensed, so it is important to make the contractor prove it. Go to [www.sos.state.ga.us/plb/](http://www.sos.state.ga.us/plb/) to protect yourself.



Charlie Dallavalle  
President  
Painting Plus Inc.



Todd Peterson, Owner  
Peterson Pressure Washing

**Q.** Will pressure washing damage my siding?

**A.** We do a soft wash that will not damage paint, windows, etc. It is the pressure like you are watering plants.

**Q.** What are some factors in deciding between replacing or repairing your heating and air conditioning system?

**A.** There are several to consider when you get the news that you have an expensive repair on your HVAC system. First, you should ask for a firm price on the proposed repair. Next, if the repair is on a major component and your system is 10 or more years old it pays to look into replacements. Additional part failures occur as equipment ages, replacement can save additional repair costs and improve your comfort and efficiency. Also, if your system is over 15 years old, it is likely a 10 SEER air conditioner and a 65% furnace. For every additional point in SEER you save between 5 and 10% in energy costs, we install systems up to 21 SEER. The AFUE of 65% means that 35% of your fuel is waste that goes up your flue. We now install furnaces that are 80 to 95% efficient. This, with comfort improvement options like zoning and variable speed furnaces, should also play into your decision-making.



Debbie Abernathy  
Owner  
E. Smith Heating and  
Air Conditioning, Inc.



Matthew Jourdan Owner  
Junk Generals

**Q.** Why did you quit college after only one day?

**A.** To be honest, I am surprised that I even lasted that long. I decided when I was eleven years old that I would be in the Junk Business and that's when I started. I already have nine years of experience in this industry and can say there is nothing we can't do. Whole house clean outs, hot tubs, entire decks, appliances, etc. All gone, and all with a smile!

**Q.** Why is it important to schedule maintenances for your heating and cooling equipment?

**A.** Your HVAC equipment has many different components that work together to heat & cool your home, one part failing or underperforming can cause the others to fail. Both can increase repair bills and decrease the efficiency of the equipment. As you can imagine, both will hit you hard in the wallet! Maintaining the equipment annually will not only help prevent breakdowns but also increase the life of the air conditioning.



Adam Bunyard, Owner  
Snappy Electric, Plumbing,  
Heating, & Air



# PETERSON PRESSURE WASHING **PROTECTS** **YOUR PROPERTY**



Todd Peterson

Temperatures are rising, the flowers are blooming and East Cobbbers are embarking upon that seasonal ritual: Spring Cleaning! While focused on the dust on your ceiling fans and that mess underneath the sink,

are you giving as much TLC outside as you are inside? If the exterior of your house is not as gloriously clean and shiny as the inside, you may be taking a risk that your curb appeal radiates only from your azalea bushes.

Todd Peterson loves a spic-and-span home and testimonials from hundreds on clients will attest that a visit from the team at Peterson Pressure Washing can work magic on rejuvenating your home. A native East Cobber and alumnus of Mt. Bethel ES, Dickerson MS and Walton High, Todd has been rescuing East Cobb homeowners from mildew and grime for over ten years. Todd prides himself on using only biodegradable cleansers that get the job done gently. His team has never damaged a plant nor window. Unlike traditional "pressure washing," they "soft wash," removing mildew and stains without any damage to paint, brick or siding.

"Most homeowners assume they need to paint," said Todd. "But 9 times out of 10, the house just needs pressure washing, saving thousands of dollars in painting costs. With regular washing, houses should only need painting every eight years."

It isn't just your house that can sparkle with pressure washing, but driveways, sidewalks and decks benefit, as well. Pressure washing a concrete driveway adds another benefit of enhanced safety. Newly pressure-washed concrete regains the traction that dirt and mildew hinder. Fully licensed and insured, Peterson Pressure Washing is consistently rated as Number One on Nextdoor.com and for good reason: the quality of the work and the customer service is stellar.

Todd and his team of trained professionals are here to take the "pressure" off by improving your home's curb appeal. If you are looking to make your home exterior shine in 2019, contact Peterson Pressure Washing for a free estimate at 770-875-4217. Mention this article and receive 30% off.

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# CALL PAINTING PLUS AND GET YOUR HOME READY FOR SPRING

Take a good, long look at your home's exterior. After this rainy winter, could it use fresh paint, new siding or gutters? Maybe, it needs a new entrance or walkway to meet its full potential? If you want your home to look its best, Painting Plus can cover all of your exterior home needs. Owner Charlie



Charlie Duvall, owner

## Painting Plus

and customer satisfaction. After graduating from Walton High School and the University of Georgia, he opened his own painting business in his hometown of Marietta. Twenty

years later, that painting business has grown by leaps and bounds by exceeding customer expectations.

To meet customer needs, Painting Plus expanded its services over the years to include seamless gutters (Gutters

Plus), roof replacement systems and siding installation (Siding Plus). In fact, they are now one of the largest HardiePlank installers in the country. Of course, they still complete paintings jobs, large and small. They recently completed the exterior of the new Field & Stream store in Kennesaw and have painted the exterior of Johnson Ferry Baptist Church in East Cobb.

"We are a family business, and we don't want to lose that mom-and-pop feel," says Charlie. "We work around the schedules of our customers and strive to exceed expectations in every interaction."

Their secret to long-term success: Honest-business practices and top-quality services at an affordable



BEFORE



AFTER

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price. At Painting Plus, they make communication a priority, and customers are able to work with one project manager from estimation to completion.

"We found that customers like working with one contractor for all of their needs, says Charlie. "It just made sense to grow our business and become a full-service exterior specialist." Painting Plus recently invested in dumpsters, so they can also provide that clean up option to customers.

They are so confident in the quality of their work that they guarantee it. They come highly recommended by their customers and take pride in their excellent standing with the Cobb Chamber of Commerce and the Better Business Bureau of Georgia.

Just look at what their customers are saying:

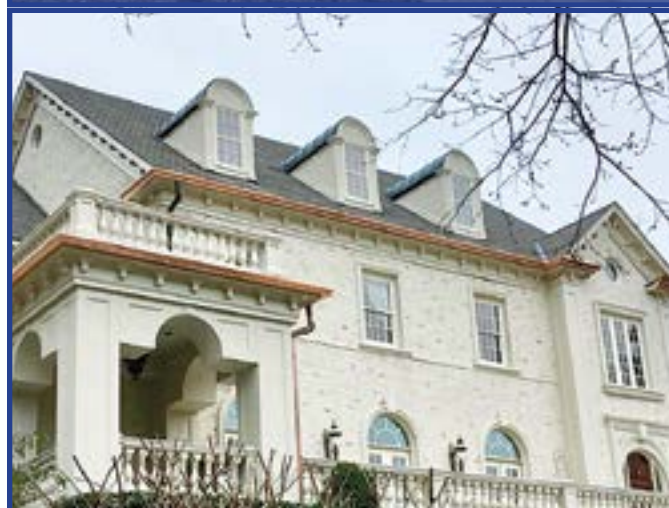
***"Everybody at Painting Plus Inc. is very professional. They completed the job quickly and I am highly impressed with their craftsmanship. They do a fantastic job."*** – Raj G.

***"Outstanding, professional, dependable, cost effective, quality work, great people, easy to work with, excellent communication. If needed in the future, I will definitely call them again, great contractor to do business with. I'm telling all my friends to contact them for any painting, siding or gutter work!"*** – Phillip P.

Visit [paintingplus.com](http://paintingplus.com) to see more before/after pictures of their work or contact them at 770-971-1577 for a free in-home consultation.



BEFORE



AFTER



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## EAST COBBERS FEATURED IN CRAFT SHOW

The American Craft Council (ACC) Show returns to the Cobb Galleria Centre for its 30th consecutive Atlanta Show on March 15-17. As one of the largest juried fine craft shows in the Southeast, the event features 250 of the country's top contemporary craft artists, specializing in everything from handmade ceramics to fine jewelry, apparel, furniture, home décor and textiles.



PJ Floyd



Ricky Frank

Atlanta is one of four stops by the ACC offering area collectors, fans, and enthusiasts of design, craft and art a once-a-year opportunity to discover and shop the best one-of-a-kind, artisan-made craft items. The lineup of artisans

includes both emerging artists -- those new to the Show -- as well as many that Atlanta patrons hope to see each year, like PJ Floyd and Ricky Frank of East Cobb. Three popular programs are returning:

### > HIP POP

ACC's emerging artist program with some of the nation's best and most unique new craft from elegantly sophisticated to edgy objects and wearables.

### > LET'S MAKE INSPIRATION STATIONS

This fun for all-ages program with Atlanta-area craft organizations and small slow-batch beverage, food and skin care companies offers hands-on demos and tastings from Just Bakery, Mudfire Studio & Gallery, Rev Coffee, Dirty Beauty, the Georgia Association of Woodturners, the Silver River Center for Chair Caning, Southeast Fiber Arts Alliance, and others.

### > SCHOOL-TO-MARKET

The School-to-Market program bridges the gap between higher education curriculum and the marketplace. This year the ACC is partnering with three colleges: University of Georgia's Lamar Dodd College of Art, Tennessee Tech University's School of Art, Craft and Design, and Haywood Community College in North Carolina's Professional Crafts program.

The American Craft Council is a national, non-profit educational organization that has been shaping the craft movement for decades with its annual juried craft shows, thought leadership conferences, awards of excellence, and a research library and archives preserving the rich heritage of American craft. For more information, visit [craftcouncil.org](http://craftcouncil.org).

## More information

### WHAT

American Craft Show

### WHERE

Cobb Galleria Centre  
2 Galleria Parkway SE, Atlanta

### WHEN

Friday, March 15: 10am-8pm  
Saturday, March 16: 10am-6pm  
Sunday, March 17: 11am-5pm

### TICKETS

Online/Advance \$12  
[craftcouncil.org/atlanta](http://craftcouncil.org/atlanta)  
On-site \$13 one-day pass  
\$5 after 5pm Friday night  
on-site purchases only  
Children 12 and under and  
American Craft Council members FREE.





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 [cobbmastergardeners.com](http://cobbmastergardeners.com)  


  
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Q.

What will I find at the Queen of Hearts?

A.

*The Queen of Hearts Antiques & Interiors has three locations offering furniture, home accessories, smalls, lamps, books, paint, clocks and much, much more. Each location is a mecca with over 190 dealer-merchants in each location -- Marietta, Alpharetta, Buford. Merchandise changes daily so make sure the Queen is one of your weekly shopping stops. Each location is open late each Thursday evening until 8 pm with refreshments and events. Like us on Facebook to stay informed.*



John White  
Master Plumber, Owner  
**Panacea Plumbing**

Q.

Why should I install a whole house water filtration system?

A.

*Tap water is full of chemicals. A whole house water filter is an integral part of a healthy lifestyle, providing purified water not only for drinking but also for cooking and bathing. Filtered water throughout your plumbing system can also cut down on repair bills. The chemicals and heavy metals in unfiltered water are corrosive to pipes, fixtures, and appliances increasing the propensity for leaks and the need for replacement.*

Q.

Does Flooring Atlanta carry waterproof flooring?

A.

*Flooring Atlanta carries many different styles of waterproof flooring. Waterproof wood is an exciting new product, offering homeowners a real wood floor with the benefit of waterproof protection at a competitive price. Our luxury vinyl products come in both wood and tile patterns and can be used in any room of your home. Water resistant flooring has a low water tolerance and does not provide a comparable level of deterrence.*



Glenn Hallerman  
Store Manager  
**Flooring Atlanta**



Q.

Do you need interior design help?

A.

*If you are looking for that "WOW!" factor for your home, the interior designers at Orchid & Ivy are trained to think creatively and spatially. They can envision an overall picture that clients often cannot. Not only will you get a good design, but you'll also get an attention to detail from proper lighting and furniture placement to fabric choices and color palette. Our interior design service can save you time and money while improving the livability of your home.*

Q.

How often should I paint the exterior of my home?

A.

*It depends on a few factors and usually has a lot to do with the quality of preparation and paint work from the previous paint job. Another important factor is the sunlight exposure, some homes receive intense sunlight and require painting more often. It is important homes are given proper maintenance every 2 years, we recommend painting the exterior of your home every 5-7 years to keep it in excellent condition.*



Mr. Jose, Owner  
**JP Painting and Remodeling**



# HEART SOUL & ART BRING PEACE AND HARMONY



**Sharron Ragan, owner**

East Cobb Sharron Ragan loved her 25 year career in the marketing division at Coca Cola. She thrived on the opportunities to deploy her intuitive sense of what motivates people, what inspires, what ultimately resonates a feeling of personal success, however that is defined for each of us.

When she retired, an awakening, a need to create an organic place to support those seeking balance, joy and spirituality all while instilling artistic variety and expressions in their lives led her on a new path. And from this Heart Soul & Art was born, a pleasurable stroll through art, unique crafts, custom jewelry, majestic crystals and stones to create personal balance in mind, being and spirit. Adjacent to the shop is Creative Expression Studio.

Some call it "New Age," some say "Metaphysical," there really isn't a label that adequately sums up the movement that brings inner peace and balance through the healing power of stones, crystals, scents and expressive art.

Over 9,000 crystal and stones, handmade jewelry, art, candles, incense, salt lamps, wind chimes, Feng Shui products, Tibetan bowls, natural soaps, bath products are available. Classes on understanding stones and crystals, art therapy and personal health coaching is available and private parties are rapidly booking up. Shoppers are given literature about the stones and how to benefit from their power in their daily lives.

"It isn't a matter of whether you believe in the transformative power of stones," said Ragan. "Here we want to welcome people into a place with the elements to help balance energy, offer tools for meditation and an opportunity to rethink how to reach happier, more peaceful days that inspire energy, optimism and through that, reduce the stress we all face each day."

The public is invited to the next class on understanding the top ten stones, free of charge, March 24th from 1:30-3:00pm. Just call to reserve a seat, space is limited.

Heart Soul & Art is in East Cobb in the East Marietta Shopping Center at 1470 Roswell Road, Marietta. The Boutique and Gallery is open 6-days a week Tue-Sat 10-6pm and Sun 12-5pm. For more information, call: 678-315-5171 or visit [www.heart soul and art.com](http://www.heart soul and art.com).

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George Taylor, Owner

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



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

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

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

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

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

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

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

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

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

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

AFPI’s reviews speak for themselves. One client shared, “Working with AFPI for

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

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

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

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



**George stands next to the AFPI  
surveillance van with remote  
access cameras**

# 2019 March

## COMMUNITY CALENDAR

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

### TUESDAY AND SATURDAY

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

### 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

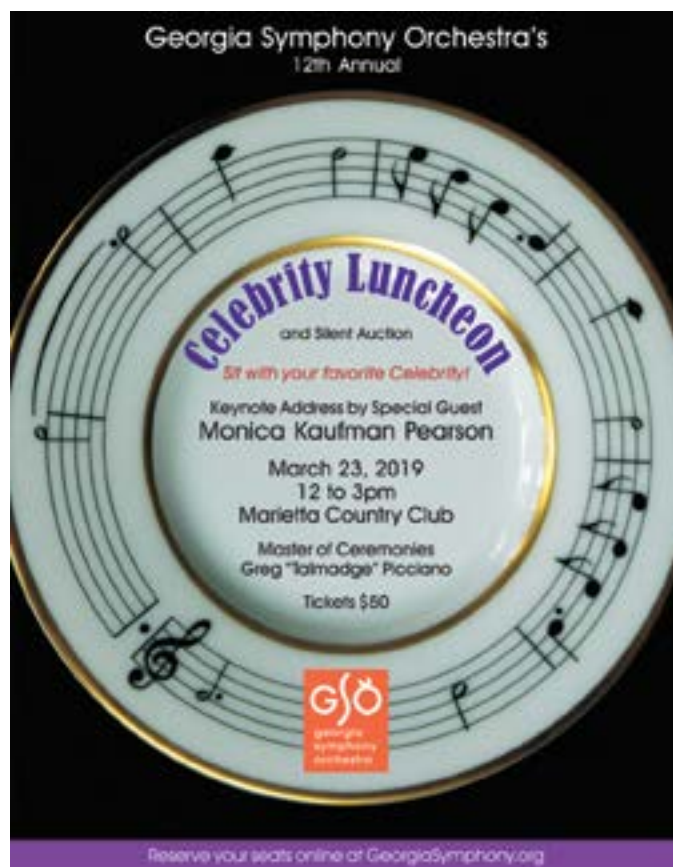
**Marietta Square Farmers Market** features products that are grown and produced in Georgia, including produce, plants, honey, breads, cheese and other items. Saturday: 9am-12pm. Rain or shine. Now open all year. Glover Park-Marietta Square. More info: 770-499-9393 or [mariettasquarefarmersmarket.net](http://mariettasquarefarmersmarket.net).

### THROUGH MARCH 10

**The Mountaintop.** A fictional retelling of how Martin Luther King Jr. spent his last night on earth, before his tragic assassination. Thurs-Sat: 7:30pm; Sun: 2:30pm. Tickets: \$20-\$30. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or [www.theatreinthesquare.net](http://www.theatreinthesquare.net).

### THROUGH MARCH 10

**Eugene Onegin** presented by the Atlanta Opera. Pyotr Ilyich Tchaikovsky explores the theme of love lost, found and the one that got away in this lush, romantic and beautifully Russian opera. Saturday: 8pm; Tuesday: 7:30pm; Friday: 8pm; Sunday: 3pm. Tickets: \$40-\$135. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or [www.cobbenergycentre.com](http://www.cobbenergycentre.com).



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## THROUGH MARCH 17

**Driving Miss Daisy.** Set against a beautiful historical backdrop of Atlanta's development through the mid-20th century, the story of aging Southern matron Daisy Werthan, her long-suffering son Boolie, and her chauffeur Hoke Colburn unfolds over 25 years of friendship, loss, racial tension and ultimately love. Performances at Georgia Ensemble Theater and Oglethorpe University. Various showtimes. Tickets: \$33-\$58+. More info: [www.get.org/get-tickets/single-and-group-tickets](http://www.get.org/get-tickets/single-and-group-tickets).

## MARCH 2

**10th Annual Marietta Mardi Gras 5K Fun Run + Walk.** A major fundraiser for the Junior League of Cobb-Marietta. 8am-10am. \$15-\$35. Marietta Square, North Park Square, Marietta. More info: [www.runsignup.com/Race/Ga/Marietta/MariettaMardiGras5K](http://www.runsignup.com/Race/Ga/Marietta/MariettaMardiGras5K).

**Teen Tech: littleBits** presented by STEAM. littleBits are electronic building blocks that easily snap together to make inventions come alive. All supplies will be provided. 3:30pm. Free; Registration required. Grades 6-12. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730.

## MARCH 2-3

**Mid-Winter Concert 2019** presented by the Dance Stop Company. Sat: 2pm and 8pm. Sunday: 3pm. The final performance, Sunday, March 5 \$1 from each ticket sold will go to CURE Childhood Cancer. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info: 770-578-0048 or [dancestopstudios.com](http://dancestopstudios.com).

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## MARCH 3

**Atlanta National College Fair.** Students and parents can meet one-on-one with admission representatives from a wide range of national and international, two- and four-year colleges and universities. Learn about admission requirements, financial aid, campus environment and discuss individual needs with onsite counselors. 12:30-4pm. Parking: \$5; Admission: Free. Registration online encouraged. Georgia International Convention Center, Exhibit Halls ABC, 2000 Convention Center Concourse, Atlanta. More info: 571-551-5275 or [collegefairs@nacacnet.org](mailto:collegefairs@nacacnet.org).

## MARCH 5

**Premiere Pro for Beginners.** Adobe Premiere Pro is a timeline-based video editing program. This workshop provides a beginner's look at uploading, editing and adding effects to your videos. 7pm. Free; Registration required. Ages 14+. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.

**Town Hall Meeting.** Cobb Commission Chairman Mike Boyce will discuss topics including FY19 budget benefits, FY20 budget priorities, transit and transportation proposals. 3pm and 7pm. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711 or 770-528-3305.

## MARCH 6

**Town Hall Meeting.** Cobb Commission Chairman Mike Boyce will discuss topics including FY19 budget benefits, FY20 budget priorities, transit and transportation proposals. 3pm and 7pm. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-4900 or 770-528-3305.



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Sean R. Whitworth  
Attorney-at-Law

# COMMUNITY CALENDAR

## MARCH 6

**Hexagons are Here.** Learn this time-tested method called English Paper Piecing. This class involves hand sewing. Some experience helpful, but not required. All materials are supplied for making a pin cushion. 5:30am. Free; Registration required. Ages 14+. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.

## MARCH 7-10

**Lifeguard Class.** Become a certified lifeguard. Successful participants of this course will be certified in CPR for the professional rescuer, basic first aid, emergency oxygen administration and pool lifeguarding. Thursday and Friday: 4-9pm; Saturday and Sunday: 9am-5pm. \$200/member; \$250/non-member. McCleskey East Cobb Family YMCA, 1055 E Piedmont Road, Marietta/East Cobb. More info: [www.ymcaatlanta.org](http://www.ymcaatlanta.org) or 770-977-5991.

## MARCH 8-17

**The Great American Cover-Up Quilt Show at Bulloch Hall.** The Quilt Show is a tradition in North Fulton County and across Georgia. Enjoy a delightful variety of quilts on display throughout Bulloch Hall. Monday-Saturday: 10am-4pm; Sunday: 1-4pm. \$8/adults. \$7/seniors. \$6/child, 6-18. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: 770-992-1731 or [bhqgshow@gmail.com](mailto:bhqgshow@gmail.com).

**South Pacific** presented by City Springs Theatre. The glorious classic that poetically parallels two love stories threatened by the dangers of prejudice and war. 2pm. Tickets: \$30-\$62. Byers Theatre, 1 Galambos Way, Sandy Springs. More info: [www.cityspringstheatre.com](http://www.cityspringstheatre.com) or 404-477-4365.

## MARCH 9

**4th Annual Sensory Friendly Concert** presented by Georgia Symphony Orchestra. This event is designed uniquely for sensory sensitive listeners. As a component of the GSO educational and outreach programs, this concert will provide the opportunity to experience great orchestral music in a low-pressure environment. 2pm. Tickets: \$10. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. More info: 770-429-2390 or [www.georgiasymphony.org](http://www.georgiasymphony.org)

**Walton Band Garage Sale.** Two gymnasiums filled with furniture, electronics, baby items, sporting goods, clothing, books, linens, holiday, housewares, lighting, games, toys, bikes and so much more All proceeds to benefit the Walton Band and Guard program. 8am-3pm. Cash, checks and credit cards accepted. Walton High School, 1590 Bill Murdock Road, Marietta/East Cobb. More info: 678-719-9267 or [waltonband.org/garagesale](http://waltonband.org/garagesale).

## MARCH 9

**Wheeler Band Recycling Day.** Clear out the clutter and bring your recyclable metal, electronics, appliances, paint and paper for shredding to Wheeler. 9am-3pm. Drop off is at the former East Cobb Middle School, 380 Holt Road, Marietta. More info: [www.wheelerbands.org](http://www.wheelerbands.org) or [wildcatpriderecycle@gmail.com](mailto:wildcatpriderecycle@gmail.com).

## MARCH 9-10

**Eastman Gun & Knife Show.** Saturday: 9am-5pm. Sunday: 10am-4pm. \$10/adults. Free/12 and under. Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. More info: 229-424-4555 or [eastmangunshows.com](http://eastmangunshows.com).

## MARCH 10

**The Georgia Bridal Show.** Meet wedding professionals and find everything you need in one place and in one day! Meet the photographer behind the photos, taste the cake, listen to the DJ's music, see the gowns and tuxedos in person, talk to a honeymoon specialist about the right trip for your budget, and more. 12pm-5pm. \$10. Cobb Galleria Centre, 2 Galleria Parkway SE, Atlanta. More info: [www.georgiabridalshow.com](http://www.georgiabridalshow.com).

## MARCH 10-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](http://chattnaturecenter.org).

## MARCH 12

**Gritters Tuesday Afternoon Book Club** meets on the second Tuesday afternoon of each month for an active book discussion. Newcomers are always welcome. "Cold Mountain" by Charles Frazier will be discussed. 2pm. Free. No registration required. Gritters Library, 880 Shaw Road, Marietta/East Cobb. More info: 770-528-2524.

## MARCH 13

**Q.U.E.S.T. College Fair East.** Q.U.E.S.T. stands for Question-Understand-Explore-Search-Target. Various college representatives from colleges and universities throughout Georgia and the greater southeastern region will be in attendance. This event is open to all students and parents. 6-8pm. Free. Wheeler High School, 375 Holt Road, Marietta/East Cobb. More info: Wheeler High School Counseling Office, 770-578-3266.



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## MARCH 15-17

**American Craft Council Show.** Shop from more than 230 of the country's top contemporary jewelry, clothing, furniture and home decor artists. Friday: 10am-8pm; special Friday evening admission: \$5 after 5pm. Saturday: 10am-6pm. Sunday: 11am-5pm. Tickets: \$13. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 612-206-3100 or [shows@craftcouncil.org](mailto:shows@craftcouncil.org).

## MARCH 16

**Crazy Socks and Shake Your Shamrocks 5K.** Proceeds from the race benefit the STEM program at Brumby Elementary School and the PE program at East Cobb Middle School. The course is a Peachtree Road Race qualifier. 8am. Free. Registration required. Old East Cobb Middle School, 380 Holt Road, Marietta. More info: [www.crazysocksshakeyourshamrocks.racewire.com](http://www.crazysocksshakeyourshamrocks.racewire.com).

**Pop in for Family Fun - Vintage Games Day.** Provides children and their families the opportunity to interact with the Marietta Museum. Vintage board games so children and their parents can explore at their own pace. 10:30am. \$5/person with \$20 family cap. Marietta Museum of History, 1 Depot Street, Marietta. More info: [www.mariettahistory.org/events](http://www.mariettahistory.org/events).

**St. Patrick's Day Parade.** The route begins and finishes on Peachtree Road and winds through Midtown, Piedmont Park and finished on the parade route on historic Peachtree Street. 12pm. Free. Peachtree Street at 16th Street, 1280 Peachtree Street NE, Atlanta. More info: [www.atlantastpats.com](http://www.atlantastpats.com) or 770-805-8015.

## MARCH 16-17

**16th Annual St Patrick's Day Festival** at Smyrna Market Village. Enjoy a great lineup of live local music, games and family-friendly fun in Smyrna. Saturday, don't miss Mayor Max Bacon's dyeing of the fountain green at 5pm. Saturday: 11am; Sunday: 12pm. Tickets: \$14 for Saturday & Sunday; \$8 for Saturday or Sunday; Free/Under 13. Atkins Park, 2840 Atlanta Road, Smyrna. More info: [www.smyrnastpatricksdaysfest.com](http://www.smyrnastpatricksdaysfest.com)

**Model Train Show** sponsored by the Piedmont Division of the National Model Railroad Association (NMRA). Six operating model railroads, over 260 tables of model train dealers, door prizes, raffle layout, white elephant table and more. Saturday: 10am-5pm; Sunday: 10am-4pm. Tickets: \$10/Adults; Free/Child (8 and under). Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-707-5019 or [showmanager@themodeltrainshow](mailto:showmanager@themodeltrainshow).

## MARCH 21-23

**101 Dalmatians KIDS** presented by The Little Actors' Studio, Murdock Elementary School's drama club. Thursday and Friday: 7pm; Saturday: 2pm and 5pm. Tickets: \$10. Dodgen Middle School, 1725 Bill Murdock Road, Marietta. More info: [www.littleactorsstudio.org](http://www.littleactorsstudio.org).

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f p t i in

# COMMUNITY CALENDAR

## MARCH 22

**Coppelia and the Magical Toy Shop** presented by Georgia Metropolitan Dance Theatre. Join Swanhilda and her friends as they uncover the mysteries hidden in the magical toy shop of mad inventor Dr. Coppelius. Will Franz win the heart of the mysterious girl in the window? Will Dr. Coppelius be successful in bringing his doll Coppelia to life? This show guarantees to delight the entire family with plenty of humor and magic. Friday: 7:30pm. Saturday: 2pm & 7:30pm. Sunday: 2pm. Tickets: \$10-\$25. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info/tickets: 678-287-9020 or [georgiametrodance.org](http://georgiametrodance.org).

## MARCH 22-24

**Atlanta Home Show.** Features hundreds of home improvement exhibitors, live radio broadcasts, product demonstrations and presentations by experts including HGTV's and DIY's Clint Harp. Friday: 10am-6pm; Saturday 10am-8pm; Sunday 11am-5pm. \$10/adult, free/seniors & children under 12. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: [www.atlantahomeshow.com](http://www.atlantahomeshow.com).

## MARCH 22-24

**Look Don't Touch.** An imaginative mix of three works revealing the playful side of dance. Alexander Ekman's Cacti, which pokes fun at the seemingly pretentious nature of "high art," returns this season to take audiences on an energizing, laugh-out-loud romp. Friday: 8pm; Saturday: 2pm and 8pm; Sunday: 2pm. Tickets: \$16-\$92. Cobb Energy Performing Arts Center, Atlanta. More info: [www.cobbenergycentre.com](http://www.cobbenergycentre.com) or 770-916-2800.

## MARCH 23

**7th Annual Water Drop Dash 5K** is a fast, flat course along the banks of the beautiful Chattahoochee River in Roswell. This event will kick-off national Water Sense Fix a Leak Week and encourages metro Atlanta residents to conserve water and check their plumbing fixtures for leaks. 7am: Packet Pickup; 8am: Water Drop Dash 5k; 8:45am: Kid's Fun Run; 9am: Awards and Family Water Festival. Individual 5K - \$35. Kid's Fun Run - \$15 (Parents are welcome to walk/run with kids at no additional cost). Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 404-463-3254 or [waterdropdash.com](http://waterdropdash.com).



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## MARCH 23

### 2nd Annual JJ Daniell Middle School PTSA Craft Show.

Loads of booths with wonderful spring shopping opportunities! Jewelry, pottery and glass, photography, yard art, birdhouses, monogrammed items, spring decorations, home décor, Easter items, dolls & accessories, food, sweets & much, much more! 9am-6pm. JJ Daniell Middle School, 2900 Scott Road, Marietta/East Cobb. More info: Sharona Sandberg at 404-226-4105 or daniellcraftshow@gmail.com

**4th Annual Gator Gallop 5K and Fun Run** benefits Addison Elementary School Foundation. Open to all students, friends, family and community members. 5K Run: 8am. Tot Trot: 9am. Fun Run: 9:15am. 3rd -5th Fun Run: 9:30am. \$25/5K and \$15/Fun Run/Tot Trot. \$25/Phantom runners. Addison Elementary School, 3055 Ebenezer Road, Marietta. More info: 770-578-2700 or addisongatorgallop.com.

**Recycle Day at Pope High School.** Clear out the clutter and bring your recyclable metal, electronics, appliances, paint and paper for shredding to Pope. A \$10 donation includes all you can bring metal, appliances and computers. Additional fees apply for monitors, TVs, paint and shredding. Pick-up available. 9am. More info: [www.popeband.com/recycle](http://www.popeband.com/recycle) or [popebandrecycling@gmail.com](mailto:popebandrecycling@gmail.com).

**AJO4LAX Fest** honors the memory of former Pope Greyhound stick man Andrew Oswald (#4), who was tragically killed in an automobile accident in 2005, with a full slate of varsity lacrosse games, played consecutively at Pope High School stadium. 10am-7pm. Tickets: \$7/adults; \$3/children (covers all five games). Pope High School Stadium, 3001 Hembree Road NE, Marietta/East Cobb. More info: 404-357-1709 or [the\\_oswalds@ajo4lax.com](mailto:the_oswalds@ajo4lax.com).

### 12th Annual Celebrity Luncheon and Silent Auction.

A fundraiser for the Georgia Symphony Orchestra. Sit with your favorite local celebrity! Keynote address by special guest Monica Kaufman Pearson. 12-3pm. Marietta Country Club, 1400 Marietta Country Club Drive, Kennesaw. More info: 404-692-3336 or [www.georgiasymphony.org/event](http://www.georgiasymphony.org/event).

**Blockbusters! Choral & Orchestral Favorites.** The Michael O'Neal Singers and Georgia Philharmonic join forces to present well-known choral/orchestral masterworks. Imagine the sound of almost 200 musicians on stage performing together. 7:30 pm. Tickets: \$20/\$25 in advance; \$22/\$27 at the door. Lassiter Concert Hall, 2601 Shallowford Road, Marietta. More info: [www.mosingers.com/concert/blockbusters](http://www.mosingers.com/concert/blockbusters).



## MARCH 28

**The Very Hungry Caterpillar Show** by author/illustrator Eric Carle has delighted generations of readers since it was first published in 1969, selling more than 43 million copies worldwide. The timeless classic has made its way off the page and onto the stage. 10:15am and 12pm. Tickets: \$10. Cobb Energy Performing Arts Center, Atlanta. More info: [www.cobbenergycentre.com](http://www.cobbenergycentre.com) or 770-916-2800.

## MARCH 29-30; 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 garden and more. 10am-5pm. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [chattnaturecenter.org](http://chattnaturecenter.org).

## MARCH 30-31

**Nourished: The Gluten Free, Allergy and Special Diet Festival.** Attendees can sample and purchase new gluten-free, allergy friendly or special diet products, meet brand ambassadors, receive coupons and attend educational classes. 10am-3pm. Tickets: \$5-35. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: [www.nourishedfestival.com/expo/atlanta](http://www.nourishedfestival.com/expo/atlanta) or [laura@nourished.group](mailto:laura@nourished.group).



## PET OF THE MONTH: FRY

*Submitted by Sandy Greening*



**Animal/Breed:** Dog/Chiweenie

**Age & Gender:** 2 years/male

**Favorite food:** Zucchini noodles

**Favorite person:** Chick-Fil-A drive-thru attendant that hands the bag of nuggets

**Best Trick:** Changing channels with the remote

**Turn ons:** Zumba music and watching animal planet

**Turn offs:** The vacuum

**Favorite Toy:** Squeaky turkey toy

**Last seen:** Playing in the leaves

**What makes your pet so special:** He makes friends with dogs and people easily, and goes to play dates that he is invited to in the neighborhood. Fry makes everyday exciting with his enthusiastic nature, bursts of energy, and love of life. Even on rainy days, Fry is upbeat and ready for fun.

## Should Your Pet Be Our Pet of the Month?

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

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

Please include a picture with your entry. Or email description and a jpg to: [petomonth@eastcobber.com](mailto:petomonth@eastcobber.com)

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

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

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

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

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

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

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

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

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

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

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

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

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# MOSTLY MUTTS HOLDS ANNUAL FLEA MARKET FUNDRAISER THIS MONTH

The only thing better than shopping is shopping for a good cause. Mostly Mutts, a local non-profit animal adoption organization, is hosting their 11th annual flea market fundraiser during the month of March.

Donated items you can find at this market will include (but are not limited to): furniture, collectibles, antiques, china, crystal, kitchen supplies, tools, jewelry, art, pet supplies, handbags, accessories, books, small appliances in good working order, games, toys, storage/organizational items, office supplies, sports equipment, garden decor, scarves, belts, video games, record albums, DVDs, Christmas décor and clothing in good condition.

All proceeds will go towards the cost of operating Mostly Mutt's adoption facility. Mostly Mutts works to reduce the number of animals euthanized at local shelters throughout metro Atlanta.

The flea market is located at 6065 Highway 92 in Acworth. This year's location is very easy to find – the building used to be a CVS Pharmacy and recently a furniture store called Rooms 1-2-3. The flea market will



be open Wednesdays through Saturdays from 12pm-6pm from March 6 to March 30.

Since 2004, Mostly Mutts Animal Rescue has been working to reduce the number of animals euthanized at local shelters in metro Atlanta. They work closely with animal control officers to save adoptable dogs that are often moments away from being put to sleep. Often,

these dogs are sick and injured and require rehabilitation. Mostly Mutts provides housing, health care, training, and physical and emotional care to them until they can be placed in a new home. Mostly Mutts holds weekly adoption events at their facility (3238 Cherokee Street in downtown Kennesaw) to help each dog find their "fur-ever home." The rescue & adoption center hours are Monday – Saturday from 11 am - 4pm.

Mostly Mutts is a non-profit organization, licensed by the Georgia Department of Agriculture, and supported by a community of dedicated volunteers. They are privately funded through donations from the community. For more information or to see the current adoptable animals at Mostly Mutts, please visit: [www.mostlymutts.org](http://www.mostlymutts.org). 🐾

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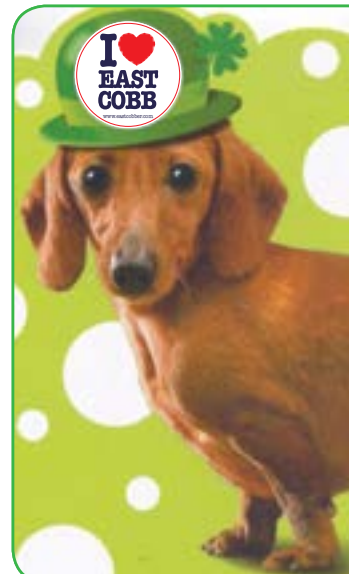
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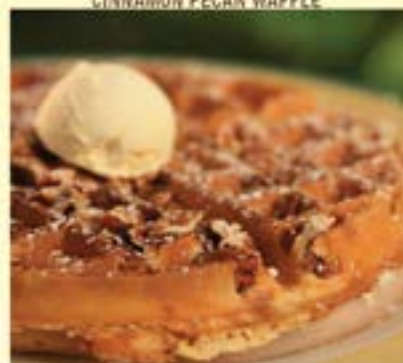
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 Tastes are \$1 to \$5 each

Johnson Ferry Baptist Church  
 South Parking Lot, 955 Johnson Ferry Rd.  
 Cash, Debit, Credit Cards Accepted  
 Rain or Shine



# DINING GUIDE

## Fuji Hana

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

## Hoyle's Kitchen + Bar

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

## J. Christopher's

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

## Jersey Mike's Subs

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

## Kale Me Crazy

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

## Lucia's Italian Restaurant

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



## READ MORE. DO MORE.

Each EAST COBBER issue and [eastcobber.com](http://eastcobber.com)'s blogs offer you the latest in local  
arts and entertainment, dining, community events, school news, and health tips.

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



# RESTAURANT HEALTH INSPECTIONS

The following are the results of inspections done by the Environmental Health Division of the Cobb County Health Department. Grading Scale: A=100-90, B=89-80, C=79-70, U=69 or less.

## BURGER KING

2716 Sandy Plains Road  
Marietta/East Cobb 30066  
**Inspection Score: 91**  
Inspection Date: 02-15-2019



## MELLOW MUSHROOM PIZZA

2000 Powers Ferry Road SE, Suite G-3  
Marietta/East Cobb 30067  
**Inspection Score: 91**  
Inspection Date: 02-14-2019



## SUBWAY

3000 Windy Hill Road SE  
Marietta/East Cobb 30067  
**Inspection Score: 93**  
Inspection Date: 02-14-2019



## JOHNNY'S NEW YORK STYLE PIZZA

4880 Lower Roswell Road, Suite 155  
Marietta/East Cobb 30068  
**Inspection Score: 100**  
Inspection Date: 02-07-2019



## MONTANA'S BAR & GRILL

2995 Johnson Ferry Road, Suite 330,  
Marietta/East Cobb 30062  
**Inspection Score: 68**  
Inspection Date: 02-12-2019



## TACO BELL

4880 Lower Roswell Road  
Marietta/East Cobb 30068  
**Inspection Score: 95**  
Inspection Date: 01-31-2019



## JUDY'S COUNTRY KITCHEN

2745 Sandy Plains Road, Suite 106  
Marietta/East Cobb 30066  
**Inspection Score: 58**  
Inspection Date: 02-14-2019



## PANDA EXPRESS

4275 Roswell Road  
Marietta/East Cobb 30062  
**Inspection Score: 89**  
Inspection Date: 02-14-2019



## TED'S MONTANA GRILL

640 Johnson Ferry Road, Suite 150  
Marietta/East Cobb 30068  
**Inspection Score: 95**  
Inspection Date: 01-25-2019



## MCDONALD'S

3101 Roswell Road  
Marietta/East Cobb 30062  
**Inspection Score: 90**  
Inspection Date: 02-11-2019



## PAPPASITO'S CANTINA

2788 Windy Hill Road SE  
Marietta/East Cobb 30067  
**Inspection Score: 91**  
Inspection Date: 02-05-2019



## WAFFLE HOUSE

2720 Sandy Plains Road  
Marietta/East Cobb 30066  
**Inspection Score: 91**  
Inspection Date: 02-14-2019







*Proudly serving East Cobb for 27 years!*

Serving dinner daily at 5pm (early dining service from 5-6:30 Sunday through Thursday)

**Now serving Sunday Brunch 11am-2pm**

4401 Shallowford Road (at Johnson Ferry Road) • 770-993-7464 • [www.chicagosrestaurant.com](http://www.chicagosrestaurant.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](http://www.drshutcm.com)

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

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

## CARDIOLOGY

### Sibley Heart Center

2835 Brandywine Road, Suite 400 • Atlanta 30341

770-488-9218 • [www.choa.org/cardiology](http://www.choa.org/cardiology)

Mon-Fri: 8:30am-5pm

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

## COACHING

### Cosmose Coaching

678-643-5289 • [cosmose.net](http://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](http://www.cheek.dental.com)

Mon-Fri: 8am-5pm

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



*Dr. Azi Nia*  
*Board Certified Pediatric Dentist*

**Nia Pediatric Dentistry**  
1111 Johnson Ferry Road, Marietta, GA 30068  
770.479.9999  
[www.NiaDentistry.com](http://www.NiaDentistry.com)





## DENTISTS

### Mansouri Family Dental Care

4720 Lower Roswell Road • Marietta 30068

770-973-8222 • [www.NaturalSmile.biz](http://www.NaturalSmile.biz)

Mon-Fri: 7:30am-6pm

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

## DERMATOLOGISTS

### Dermatology Consultants

4800 Olde Towne Parkway, Suite 250 • Marietta 30068

770-971-3376 • [www.dermatologyconsultants.org](http://www.dermatologyconsultants.org)

Mon-Fri: 7am-5pm

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](http://www.womenspremierfitness.com)

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

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

## FOOTWEAR & HEALTHY FOOT

### Foot Solutions – East Cobb

4101 Roswell Road, Suite 800 • Marietta 30062

770-984-0844 • [www.footsolutions.com/eastcobb](http://www.footsolutions.com/eastcobb)

Mon-Sat: 10am-6pm

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



TWEET TWEET!  
FOLLOW US ON TWITTER

## NEW EAST COBB LOCATION NOW OPEN



### Sun Pediatrics

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

(678) 501-5601 • [sunpediatrics.com](http://sunpediatrics.com)

Monday-Friday: 8am – 5pm • Saturday: 9am – Noon

## Keeping Kids Happy & Healthy Is Our Mission

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

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

### WE ARE COMMITTED TO:

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



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



**Charlotte Fischer Grulke**  
MSN, PNP-PC; Nurse Practitioner



**Cate Crenson**  
MMSc, PA-C; Physician Assistant

## WEIGHT LOSS WINNER

**Name:** Joni Russell

**Occupation:** Administrative Assistant at RAM Partners

**Family:** Bill Russell; 35 years married and one son, Andy Russell, 28.

**Lived in East Cobb since:** 1997

**Subdivision:** Chattahoochee Heights neighborhood; one of the first neighborhoods in East Cobb!

**Age:** 60 years old

**Height:** 5'3

**Former Weight:** 150 pounds in December 2017

**Current Weight:** 125 pounds

**Weight Lost:** 20+ pounds and getting weight and body mass index in the normal range.

**How long did it take you to lose the weight?** Four months.

**Why You Lost Weight:** I decided to make a change and not let age and weight dictate my health.

**Can you share your biggest challenge?** Sticking with a set regime each day and not getting discouraged.

**How Did You Lose It?** I followed a physician-based program with the help of my free health coach and a structured eating plan. I learned that eating six small meals spread throughout the day was better than eating 3 times a day; this helps control cravings. I began balancing carbs and protein for more stable blood sugars and the weight came off.



BEFORE - Joni Russell at 150 pounds.

AFTER - 4 months later, Joni weighs 125 pounds.

**Favorite Healthy Foods:** Healthy salads, cauliflower and broccoli.

**What Keeps You Motivated:** Being healthy makes me feel my best, sleep well and helps me lead an optimal life!

**How Has Your Life Changed?** My extra weight is gone, my energy level has increased tremendously and now I coach others through the same program to help them achieve optimal health. I no longer have high cholesterol and my blood sugar is also normal. I feel empowered and no longer controlled by food!

**Lesson Learned:** I learned to change one healthy habit at a time - not just do it all at once! 🙌

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

*Celebrate Spring with Beautiful Legs*

10% discount on Vein Injections with ad.  
Expires 3/1/19

**Real Vascular Surgeons, Real Results**

**Vein Specialists**  
of Northwest Georgia

Varicose Veins | Spider Veins | Leg Pain | Swollen Legs

**770-423-0595**

[veinspecialistsofatlanta.com](http://veinspecialistsofatlanta.com)  
3747 Roswell Road ♥ Suite 316 ♥ Marietta 30062  
Located in the Wellstar Health Park building

VARICULAR SURGICAL ASSOCIATES



## MEDICAL

### Vascular Surgical Associates & Vein Specialists

61 Whitcree Street, Suite 2100 • Marietta 30060

770-423-0595 • [www.vascularsurgicalatlanta.com](http://www.vascularsurgicalatlanta.com)

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

## MEMORY CARE

### Radiance East Cobb

200 Village Parkway NE • Marietta 30067

470-250-0808 • [www.radianceeastcobb.com](http://www.radianceeastcobb.com)

Mon-Fri: 8am-5pm

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

## PAIN MANAGEMENT

### Acupuncture and Injury

3823 Roswell Road, #201 • Marietta 30062

678-217-2115 • [www.acupunctureandinjury.com](http://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](http://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](http://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.



**STUDIO|348**  
PERSONAL TRAINING FOR WOMEN

**HURRY!**  
6 Weeks of Personal Training  
Up to 4 (1 hour sessions) per week.  
**NOW ONLY \$269!**  
Offer Expires 3/30/19.

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

## EAST COBBER

**NEXT ISSUE: APRIL**  
**DEADLINE: MARCH 15**  
**CALL EAST COBBER:**  
**770-640-7070**

## GEORGIA LAUNCHES NEW APP FOR FREE MENTAL HEALTH COUNSELING

Georgia health officials launched a new mobile app last month that offers free and confidential access to people suffering from mental illness, substance abuse and other issues.

The My GCAL app, which works on Apple and Android phones, caters to younger Georgians who are more comfortable sending texts than picking up the phone.

It's run by the Georgia Crisis and Access Line (GCAL), which has long operated a full-time hotline for people in need of mental health treatment. But officials worry that they're missing some Georgians, particularly those under 25, who would rather chat online.


This free app helps Georgians confronting a mental health crisis. Downloadable to Apple and Android smartphones, the My GCAL app connects via text and chat with the confidential Georgia Crisis and Access Line. The hotline is now staffed 24 hours a day with counselors and clinical professionals.

Teenagers prefer to text instead of calling. They also may be in a crisis situation where they can't call. This just makes the crisis hotline more accessible, particularly to the younger population.

Staffers at the center field about 700 to 1,000 calls a day, according to the Department of Behavioral Health & Developmental Disabilities. Commissioner Judy Fitzgerald says, "It's for people who are struggling and those with friends who are struggling, in addition to a source for urgent care."

Is there a crisis going on, or is someone under threat? Or is someone feeling sad or being bullied? Responders are there for any of those conversations that are acute in the minds of young people who don't know who to talk to."

Governor Brian Kemp called the My GCAL app an "innovative tool" to address what parents, students and educators have convinced him is a growing mental health crisis in schools. His budget this year includes increased funding for intervention and school security measures.

Anyone in Georgia can contact GCAL for help for themselves or on behalf of someone else at 800-715-4225 or via the app. Callers in crisis can speak with live clinicians trained in de-escalation and, when needed, mobile crisis response teams can be dispatched. Information specialists also can provide referrals for treatment in a caller's area. 

.....



### FLOWERS MEDICAL GROUP

CENTER FOR ANTI-AGING AND METABOLIC MEDICINE

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#### FEATURING:

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- Facial injectables
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- Facials
- Pharmaceutical grade supplementation

#### FOOD & DRINKS

#### GIVEAWAYS:

- Gift certificates
- Gift baskets
- Facial
- 25% off PRP (first treatment only)
- And more

1950 Spectrum Circle, Suite 505  
Marietta, GA 30067

678-303-4420 • [www.flowersmedical.com](http://www.flowersmedical.com)

### Who says nothing in life is free?

Take a moment to sign up and we'll send you our weekly e-newsletter featuring useful and unique news about East Cobb and our East Cobb community. Sign up at [www.eastcobb.com](http://www.eastcobb.com)





# HEALTH & WELLNESS

## PEDIATRICIAN

### Sun Pediatrics

1230 Johnson Ferry Road, Suite A-10 • Marietta 30068  
678-501-5601 • [www.sunpediatrics.com](http://www.sunpediatrics.com)

Mon-Fri: 8am-5pm

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

## PERSONAL TRAINERS

### Fitness Together

1000 Johnson Ferry Road  
Building 400, Suite 412 • Marietta 30068  
770-321-1347 • [www.fitnessstogether.com/eastcobb](http://www.fitnessstogether.com/eastcobb)

Hours by appointment.

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

### Studio 348 Personal Training for Women

3822 Roswell Road, Suite 114 • Marietta 30062  
678-540-1518 • [www.studio348forwomen.com](http://www.studio348forwomen.com)

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

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

## WAXING/HAIR REMOVAL

### Brazilian Wax by Andreia

1205 Johnson Ferry Road, Suite 117 • Marietta 30068  
770-726-2691 • [www.brazilianwax.com](http://www.brazilianwax.com)

Mon-Fri: 10am-7pm; Sat: 9am-5pm

Home of the Original \$35 Brazilian Wax! 18 Locations across Metro Atlanta for your convenience. Ready to take care of ALL your waxing needs.

## WELLNESS & WEIGHT LOSS

### 20/30 Fast Track East Cobb

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

Mon-Fri: 10am-6pm

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

## YOGA

### Bring It Om Power Yoga

3162 Johnson Ferry Road, Suite 440 • Marietta 30062  
470-299-5256 • [bringitompoweryoga.com](http://bringitompoweryoga.com)

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

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



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

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

**FT**

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Private, Personalized Training & Nutrition

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# CONSIGNMENT SALES SCHEDULED FOR SPRING

Looking for inexpensive clothes and accessories for your kids? You can also make a bundle by selling your gently used children's and maternity clothing, shoes, accessories, toys and equipment at one of these sales! Check out this list of Spring 2019 children's and maternity consignment events:

## MARCH 8-9

**Born Again Blessings Children's Consignment Sale.** A non-profit, children, junior and maternity consignment sale sponsored by Riverstone Church. Proceeds from this sale further the ministry of the Barnabas Fund and help meet the various needs of families throughout the community. March 8: Volunteers, educators with ID and new/first time parents can shop the preview sale. March 8: 9am-7pm; March 9: 9am-12pm.

### Riverstone Church

**2005 Stilesboro Road NW, Kennesaw 30152**

More info: [bornagainblessings.com](http://bornagainblessings.com)

## MARCH 9

**Tots to Tweens Consignment Sale** sponsored by Northwest Atlanta Moms of Multiples (NOWAMOM). Everything you need for your family from tots to tweens! Strollers welcome! Electronic tagging, so a much faster checkout! 9am-2pm.

### Sandy Plains Baptist Church

**2825 Sandy Plains Road, Marietta/East Cobb 30066**

More info: email [sale@nowamom.org](mailto:sale@nowamom.org) or visit Facebook page, NOWA MOM KIDS CONSIGNMENT SALE

## MARCH 14-16

**All 4 Kids Consignment Sale.** 750 sellers. Bring a laundry basket with a long belt or rope tied to it to help carry all of your goodies while you shop as no baskets are provided. Adults who donate \$5 cash for Missions will be given early admittance on opening morning. Thursday: 9:30am-8pm; Friday: 9am-6pm; Saturday: 9am-1pm.

### Cobb Fairgrounds at Jim Miller Park

**2245 Callaway Road, Marietta 30008**

More info: [www.all4kids.com](http://www.all4kids.com)

## MARCH 15-16

**Mt. Bethel Spring/Summer Consignment and Baked Goods Sale.** More than 400 sellers consign toys, books, bikes, children's furniture, sporting goods, spring and summer clothing, shoes and gear for babies, kids, juniors, and expecting mothers. There will also be a boutique section for upscale brands, custom-made and smocked clothing. Proceeds go to support domestic and international philanthropies. Friday: 9am-7pm (No children or strollers allowed on sales floor on Friday until 12pm. Nursery available from 8:30am to 12pm. Babies in slings/front or back packs allowed anytime). Saturday: 9am-12pm (all items 30% off).

### Mt. Bethel UMC, 4385 Lower Roswell Road, Marietta 30068

More info: [MBCCSale@gmail.com](mailto:MBCCSale@gmail.com) or [www.mtbethelccs.com](http://www.mtbethelccs.com)

## MARCH 15-16

**Semi-Annual Children's Consignment Sale** hosted by the Roswell United Methodist Church Preschool and Kindergarten (RUMCK). Three overflowing rooms with 200 consignors and great prices on gently worn spring and summer children's clothing and accessories (newborn-size 14), as well as maternity clothing, baby equipment, nursery décor, play sets and much more. Donated items will be given to the Foster Care Support Foundation. Friday: 9am-2pm (no strollers before noon). Saturday: 8am-12pm (select items ½ price).

### Roswell UMC, in the Fellowship Hall

**Building B, 814 Mimosa Boulevard, Roswell 30075**

More info: 770-998-8699 or [www.rumc.com/rumck](http://www.rumc.com/rumck)

## MARCH 22-23

### KinderMart Spring/Summer Children's Consignment Sale.

Save big on children's clothing, shoes, toys, infant care items and room decor/furniture. Many items sold at 50% off on Saturday. Bring a large bag or basket to carry items. Financial contributions for this sale will support the Sarah Davidson Scholarship Fund and donations will benefit church outreach and Must Ministries. Thursday: Seller's Preview 5:30-8pm; Friday: 9:30am-7pm (No strollers before 11am) Saturday: 9am-12pm. Many items half price on Saturday.

### Smyrna First United Methodist Church

**1315 Concord Road, Smyrna 30080**

More info: [www.kindermartsale.com](http://www.kindermartsale.com) or [info@kindermartsale.com](mailto:info@kindermartsale.com)

## APRIL 14-17

**Rhea Lana's Consignment Sale.** Save on high quality children's clothes, shoes, toys, books, baby equipment, gently used maternity clothes and so much more all at affordable prices for your family. Sunday (Private Pre-Sale): 11am-6pm; Monday: 10am-8pm; Tuesday: 10am-8pm; Wednesday: 9am-5pm (Half Price Day).

### East Cobb Center

**3920 Canton Road, Suite 100, Marietta/East Cobb 30066**

More info: [www.cobbcounty.rhealana.com](http://www.cobbcounty.rhealana.com) 





# Rhea Lana's

A Children's Consignment Event in  
Cobb County

**April 14-17, 2019**

East Cobb Center

3920 Canton Road Suite 100 Marietta, GA 30066

sarahsummers@rhealana.com /

[www.cobbcounty.rhealana.com](http://www.cobbcounty.rhealana.com)



**still time  
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East Cobb!*

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A great place to find the latest community news.



## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR MARCH

All Cobb County residents age 55+ are invited to participate in activities at various senior centers throughout Cobb County. 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.

### Free Hearing Screening

Friday, March 1 • 9am-12pm

Free; First come, first served basis.

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

### Afford Your Medications and Stay Out of the Donut Hole (#7969)

Friday, March 1 • 10-11am

Free; Registration required

The ongoing cost of prescription medications can be a challenge, especially if you are taking more than one prescribed medication. Come to this seminar to learn how to save money.

### Cooking with Alto (#7970)

Wednesday, March 6 • 11am-12pm

Free; Registration required.

Enjoy cooking Italian food.

### Town Hall with Chairman Mike Boyce

Wednesday, March 6 • 3pm and 7pm

A chance to discuss topics including FY19 & FY20 budgets, transit & transportation proposals.

### Importance of Being Educated Prior to a Crisis (#7980)

Tuesday, March 12 • 10am-12pm

Free; Registration required

The options for paying for long-term care are limited. Did you know that Medicare will not pay for home care or assisted living community care? Do you know what Medicaid provides? Most families do not realize their limited options until they are in a crisis—usually when their loved one is about to be discharged from a hospital. Making decisions while in a crisis can be stressful and result in bad choices.

### Biography: Juliette Gordon Low (#7974)

Tuesday, March 12 • 1-2pm

Free; Registration required.

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

Documentary film on Juliette Gordon Low, the founder of Girl Scouts.

### Dine-a-Round

Wednesday, March 12 • 11:30am-1pm

Tin Lizzy's Cantina, 4475 Roswell Road, #1510, Marietta

Registration required.

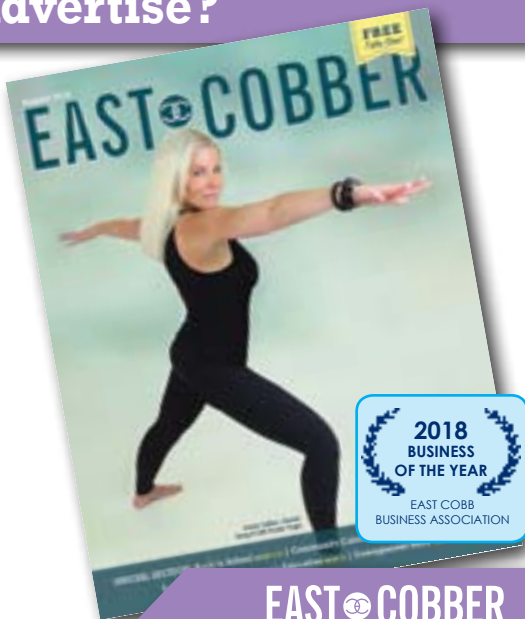
### Ireland Through Irish Eyes (#7976)

Monday, March 18 • 11am-1pm

Free; Registration required

Dervila Stivers and Emer Coughlin, Celtic native and owners of Celtic Hearts Travel, will discuss their favorite topic: Ireland! There will be a picture presentation on Erin's geography, culture and history, some Irish trivia and time for Q&A. Complimentary lunch sponsored by The Holbrook of Acworth.

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**EAST COBB**  
770-640-7070



### **Cooking with Pampered Chef (#7971)**

Monday, March 18 • 11:30am

Registration required. \$8 supply fees payable to the instructor.

### **Cooking Club**

Friday, March 22 • 10-11:30am

### **How to Use Uber (#8756)**

Friday, March 22 • 1:30-2:30pm

Free; Registration required

Join us to learn how to use the rideshare program Uber. Uber is a great outlet for seniors looking for a safer way to travel. We will be learning how to create an account, how to check prices for rides, how to request a ride, and Uber safety tips. Smartphone, laptop, tablet or computer required to use Uber.

### **History Corner: Mardi Gras & New Orleans (#7975)**

Tuesday, March 26 • 1-2pm

Free; Registration required

When it comes to Mardi Gras, New Orleanians like to think they're at the center of the universe. While they most definitely put on the largest and most fun free party in North America, the celebration of Fat Tuesday is much older than New Orleans.

### **AARP Smart Driver (#6829)**

Thursday, March 28 • 9am-4pm

\$15.00 AARP members/\$20.00 Non-members (cash or check only).

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

### **Weather Safety (#7977)**

Friday, March 29 • 10-11am

Free; Registration required

Join Cobb County Emergency Management Agency as they bring you tips and important information on how to prepare and protect yourself for a tornado and other types of destructive storms. You will also learn how to use a weather radio to keep you informed. ☎

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## Quality of Life with a Peace of Mind

### Radiance East Cobb Memory Care



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

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

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

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

Schedule your personalized tour with Jennifer.

## Radiance East Cobb Memory Care

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

## ALOHA TO AGING MARCH PROGRAMS

*Aloha To Aging is a non-profit that aims to empower family caregivers, aging care recipients, volunteers and the community in a positive, nurturing manner through quality, targeted programming. Below is a list of some of the programs offered in March. Programs are held at Aloha to Aging Inc. 4608 Lower Roswell Road in Marietta/East Cobb 30068. For more information call 770-722-7641 or email [info@alohatoaging.org](mailto:info@alohatoaging.org).*

### Alzheimer's/Caregiver Support Group

Monday, March 4 • 10:30-11:30am

Open to family members who are assisting an aging loved one both inside and outside of the home. Helpful tips and resources provide comfort and encouragement. Free respite care is provided for your loved one during meeting, but must call in advance for care to 678-439-1177 or email [info@alohatoaging.org](mailto:info@alohatoaging.org).

\*\*For additional Evening Support Groups please visit [www.alohatoseniors.com/events](http://www.alohatoseniors.com/events) or call 678-777-7241.

### Parkinson's Disease/Care Support Group

Tuesday, March 5 • 11:15am-12pm

Guest Speaker, Randy Nicholson, Owner of Fitness Firm Studio, will discuss Boxing Training for PD. This program for both the person with Parkinson's and their care partner, covers helpful tips and resources that provide comfort and encouragement for you or someone you love with PD. For more information call 770-722-7641 or email [info@alohatoaging.org](mailto:info@alohatoaging.org).



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999 Hood Road | Marietta, GA 30068  
Intersection of East Piedmont and Roswell Rd. (Hwy. 120)  
[www.parcatpiedmont.com](http://www.parcatpiedmont.com)



### Healthy Brain Game Day and Lunch

Thursday, March 7 • 11:30am-1pm

A healthy mind is the essential key to staying independent, involved and enjoying our lives to the fullest at any age. Join Aloha to Aging for a healthy lunch and exciting series of games to keep your mind sharp and stimulated. Suggested donation of \$10. RSVP by emailing [info@alohatoaging.org](mailto:info@alohatoaging.org) or call 770-722-7641.

### Gentle Yoga Class

Every Tuesday • 10-11am

Join Carolyn Purvis, licensed Yoga Instructor, for an hour yoga class. This class is appropriate for everyone, at any level of experience! You will stretch, strengthen, and practice balance poses. We start seated on a chair (for stretching/centering) and then move to standing positions (strength/balance) and move onto the floor, ending in a deep state of relaxation. MANY modifications will be given, floor poses can be modified for the chair. Class size limited. \$25 per month, no daily rate. Bring your own, block(s), blanket, and water. RSVP by emailing [info@alohatoaging.org](mailto:info@alohatoaging.org) or call 770-722-7641.

### Aloha Day Club

Every Monday and Wednesday • 10:30am-2pm

Keep the Aloha spirit alive in this social day program for those 55 and older who are no longer driving and need engaging activities outside of their residence. This week day program incorporates exercises, music and stimulating games and discussions into each session. Day Club participants range from 55 - 96 years young! This fun-filled 3.5 hour program includes a morning snack, art, games, music, trivia, and best of all... lunch and 50 minutes of seated exercise. Call 770-722-7641 for more information.

### Dementia 24/7 - Dementia Simulation Training

Caring for individuals with Alzheimer's and other dementia's can be challenging. Their actions and verbal communication might not make sense, and conversing with others is sometimes difficult. They live with their condition twenty-four/seven, so it's imperative that providers identify with the complexity of their world. Families, caregivers and professionals can reach a deeper level of understanding regarding patients living with dementia by spending some time "walking in their shoes." Dementia Twenty-Four/Seven's simulation activities mimic what it's like to feel confused, frustrated, isolated, and much more. Participants will gain compassion and empathy while they participate in the five activities and share their newfound understanding with other participants. If interested call 770-722-7641 for dates, times and locations. ⓘ

# Call for Entries:

## **EAST COBBER**

### Mother of the Year Essay Contest



▲ Wendy Cooper  
Mother of the Year 2018

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

Mail your essay along with photo to:  
EAST COBBER  
P.O. Box 680455, Marietta, GA 30068  
or E-mail [contests@eastcobbler.com](mailto:contests@eastcobbler.com)

**Deadline: April 7, 2019**

# CLUB CALENDAR

**American Needlepoint Guild.** 2nd Tuesday of the month. 6:45pm. Tiny Stitches, 2520 East Piedmont Road, Marietta. More info: 770-394-0065.

**Anne Hathaway Garden Club.** 3rd Wednesday of the month (September-May). Marietta Educational Garden Center, 505 Kennesaw Avenue NW, Marietta. More info: Nancy Martin, 770-428-7056.

**Atlanta Illini Club.** Professional and social networking for University of Illinois alumni, families and friends in the Atlanta area. Game watches at the Rose & Crown, 1931 Powers Ferry Road, Marietta. More info: www.atlantailini.com or club@atlantailini.com.

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

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

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

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

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

**Cobb County Gem & Mineral Society.** 2nd Tuesday of the month, 7pm at their Clubhouse, 516 West Atlanta Street, Marietta 30060. More info: www.cobbcountrymineral.org.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Georgia Vietnam Veterans Alliance.** 3rd Thursday of the month. Social hour: 6pm. Meeting: 7pm. American Legion Post 29, 921 Gresham Road, Marietta. More info: Al Heflin, 404-317-5201.

**Georgia Tea Party.** 2nd and 4th Thursdays. 7pm. 799 Roswell Street. More info: Jerry Kotyuk, 404-374-0580 or jerryk623@att.net.

**Golden "K" Kiwanis Club.** Every Thursday. 10am. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Joe Vanhorn, Jr. 770-424-6654.

**IMPS Bridge Club.** Various formats, dates and times available. For more information contact Roni Fink at 404-310-3448 or phinque999@AOL.com.

**Libertarian Party of Cobb County.** First Thursday of the month. 7:30pm. Marietta Pizza Company, 3 Whitlock Avenue, Marietta. More info: www.cobblp.org or call 770-795-1331.

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

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

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

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

**Marine Corps League.** 1st Saturday of every month. 11am. Delkwood Grill, 2769 Delk Road, Marietta. More info: mclde1647@gmail.com

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

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

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

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

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

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

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

**Retired Old Men Eating Out (R.O.M.E.O.).** Every Tuesday. 7am. Meet for friendship, conversation and sharing a variety of antique cars, street rods and muscle cars. Marietta Diner, 306 Cobb Parkway South, Marietta.

**Shakespeare Reading Group.** First and 3rd Thursday of the month. September-May. 2-4pm. First Presbyterian Church, Room 050, 189 Church Street, Marietta. More info: Lynne Johnson, 770-591-3474.

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

**Song of Atlanta Show Chorus.** Women's four-part harmony chorus. Every Tuesday. 7:30pm. Northbrook UMC, 11225 Crabapple Road, Roswell. More info: www.songofatlanta.com or 770-696-6502.

**Sons of the American Revolution.** Captain John Collins Chapter, meets the third Tuesday of every month, 6 pm, at Cherokee Cattle Company, 2710 Canton Highway. More info: Earl Cagle 770-579-2748 or ecagle1@bellsouth.net.

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

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

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

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



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# SUPPORT GROUPS

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

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

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

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

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

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

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

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

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

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

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

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

**Depression and Anxiety Support Group.** 2nd Sunday of the month. 3-4pm. St. Andrew UMC, 3455 Canton Road, Keheley Building-Room 129, Marietta. More info: Beth Clark 770-926-3488 or beth@thepumpkinchurch.org.

**Depression/Bipolar Support Group.** First and 3rd Thursday of the month. 7-8:30pm. Johnson Ferry Baptist Church, Room 339, 955 Johnson Ferry Road, Marietta. More info: 770-794-2978.

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

**Divorced/Separated Support Group.** First and 3rd Tuesday of each month. 7:30pm. Catholic Church of St. Ann, Mary's Chapel, 4905 Roswell Road, Marietta. More info: 770-552-6400, ext. 6018.

**Families Anonymous (FA).** for families who have loved ones struggling with addiction. Every Tuesday, 7:30-9pm. Mt. Zion United Methodist Church Youth Center, 1770 Johnson Ferry Road, Marietta. More info: 770-971-1465.

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

**Grandparents Raising Grandchildren Support Group.** 2nd Tuesday of the month. 7:15pm. Special guest speaker. Transfiguration Church, Room 102, 1815 Blackwell Road, Marietta. More info: Katrina, 678-938-3820.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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# EAST COBBER

## EDITORIAL CALENDAR

### 2019 SPECIAL SECTIONS CALENDAR



#### APRIL



##### EXPANDED SUMMER DAY CAMP GUIDE

Ad Close: 3/15/19  
Issue Date: 3/29/19

#### MAY



##### MOTHER OF THE YEAR MORE DAY CAMPS

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

#### JUNE/JULY



##### SUMMER FUN FATHER OF THE YEAR

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

#### AUGUST



##### BACK TO SCHOOL GUIDE EAST COBB DINING GUIDE

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

#### SEPTEMBER



##### PARADE & FESTIVAL GUIDE

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

#### OCTOBER



##### PRIVATE SCHOOL GUIDE

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

#### NOVEMBER



##### PET GUIDE

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

#### DECEMBER



##### HOLIDAY HAPPENINGS

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

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