

August 2019

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WOMEN FIRST REHABILITATION



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EAST COBBER

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

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PUBLISHER'S NOTE



On August 1, approximately 36,000+ East Cobb children head back to school. Education is a top priority, a shared value, in East Cobb County. It is our community's strength. At the core of our exceptional schools are the teachers welcoming our kids into their classrooms. Their day begins before their students are even awake and can carry on long into the evening. They work in front of children, the world's toughest audience with patience and understanding. They do one of the most important jobs in the world for little financial reward. Teachers are the quiet heroes of our communities.

So, as you read the special "Back to School" section (pages 7-15), with its facts and figures, keep in mind the teachers who are an integral part of our schools' incredible reputations.

We often hear about the effects teachers have on their classroom kids, but what about their real-life kids? As the child of teachers—yes, my mom and dad both taught elementary school in my hometown of Mentor, Ohio. Being a teacher's kid was knowing early mornings in a quiet classroom and late evenings at a school event. It was doing homework at the kitchen table while my mom graded a stack of papers beside me. Being a teacher's kid was having your parents' undivided attention on summer break. It was stability. It was middle class. It was living frugally but having so much more than just what you need. I carry with me fond memories of my parents loving and helping people. I often wonder how my parents had the capacity after teaching all day to come home and make me and my 4 other siblings feel so special. If I know one thing for sure, it's that I owe my empathy, passion, and love of education to my teacher parents.

When deciding to dine out, I hope you'll refer to our 22nd Annual Dining Guide (pages 30-47) for inspiration. With every restaurant in East Cobb listed, you'll discover that a special evening or a night out with friends can be enjoyed right around the corner. I have to give a special shout out to the local eateries that chose to advertise in this issue. My staff and I realize these restaurant owners are our neighbors operating a small business and chasing their dreams, as well as supporting their families and those of their employees.

East Cobb is so much more than a place. It's the people, businesses, cultures, flavors, diversity, values, ingredients, history and foods. It's a community and collective of voices and ideas. That's what makes supporting local so special and important.

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

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

On the Cover

This month's front cover features the staff of Women First Rehabilitation (l-r): Sabrina Wilson, Candice Goch, Suzanne Croteau, Dr. Sara Bolden, Mary Graziano, and Cathy Kramer. For well over a decade, Women First Rehabilitation (WFR) has led the industry in pelvic floor rehabilitation. Along with their compassionate staff, they go above and beyond to create a safe, secure environment for healing to take place.

WFR is devoted exclusively to treating individuals with pelvic pain, urogenital disorders, fertility challenges, prenatal preparation, post-partum musculoskeletal impairments and pelvic floor dysfunctions. The providers at Women First Rehabilitation offer a holistic approach to healing by providing all-natural pain-relief, bowel and bladder restoration, nutritional counseling, whole-body strengthening, functional medicine and wellness programs.

For more information about this unique practice, read page 6. Better yet, readers are invited to visit their beautiful, new location at 3233 S. Cherokee Lane, Building 1000, in Woodstock or schedule an appointment by calling 770-485-7411.



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- ☐ Caulk around tub
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WOMEN FIRST REHABILITATION: “WE GOT THIS!”



Pictured above are Women First Rehabilitation team members: Suzanne Croteau, Candice Goch, Cathy Kramer, Mary Graziano, Dr. Sara Bolden, and Sabrina Wilson.

Are you an athlete who experiences bladder leakage? Do you experience pain with intimacy? Do you have postpartum back pain or pelvic pain that won't go away? Women First Rehabilitation (WFR) wants you to know, “We Got This!” This is not just a motto for them. This Women First team has the advanced training and education to treat most pelvic floor conditions that many women, and men, suffer with daily.

For well over a decade, Women First Rehabilitation has led the industry in pelvic floor rehabilitation with evidenced-based, cutting edge techniques provided by some of the highest trained pelvic floor physical therapists in the country. Their specialists spend one-on-one, quality time with every individual during every appointment. Along with their compassionate staff, they go above and beyond to create a safe, secure environment for healing to take place.

“Pelvic pain and urogenital disorders impact the very heart of a suffering individual. At Women First Rehabilitation, our goal is to help every person live free of pain and assist in restoration of the whole body. We know that strong, healthy bodies improve self-esteem, confidence, interpersonal relationships and entire family units,” shares Dr. Sara Bolden, owner and pelvic floor specialist at Women First Rehabilitation and

author of *What a Girl Wants: The Good Girls' Guide to Great Sex*.

WFR is unique because its devoted exclusively to treating individuals with pelvic pain, urogenital disorders, fertility challenges, prenatal preparation, post-partum musculoskeletal impairments and pelvic floor dysfunctions.

The providers at Women First Rehabilitation are licensed pelvic health physical therapists with board-certification in women's health. They offer a holistic approach to healing by providing all-natural pain-relief, bowel and bladder restoration, nutritional counseling, whole-body strengthening, functional medicine and wellness programs. They utilize their advanced knowledge in women's health with individual subspecialty training in functional medicine, nutrition, yoga, neurology, trauma recovery and clinical education to create unique, individualized treatment plans. WFR specialists are also wives, mothers and daughters who understand the different roles women play in their day-to-day

lives. As a result, they are able to set expectations and attainable goals for patients to achieve lasting results.

“I cannot thank Dr. Bolden and the Women First team enough for the amazing transformation in my health and my attitude. I was diagnosed with interstitial cystitis and lived with constant pelvic floor and bladder pain. My symptoms were just barely managed by expensive medications and costly visits to the urologist. I just accepted that my life was always going to be that way. Fortunately, I found Women First Rehabilitation! I cannot believe the difference it's made in my life. Every step of the way, Dr. Bolden was caring, passionate, and taught me so much about my own body. I have been able to stop three of my medications. I haven't had to take pain medication for an interstitial cystitis “flare” in months when it used to be several times a week. I've been able to incorporate more foods back into my diet which before would have caused a “flare.” Intercourse with my husband is no longer painful. I feel like the old me again!” shared one WFR patient.

The time is now! Your health is important! Women First Rehabilitation says, “We Got This!” Check out their beautiful, new location at 3233 S. Cherokee Lane, Building 1000, in Woodstock. Visit www.WomenFirstRehab.com for more information or call 770-485-7411.



PAID ADVERTISEMENT

COBB COUNTY SCHOOL BOARD APPROVES 2020 BUDGET


The Cobb County School Board approved the \$1.1 billion budget for the 2019-20 school year. The budget included a "historic" 8 to 12.6% raise for every non-temporary employee in the system which had not been implemented by the district in at least 25 years.

"This budget shows the priority of the district is our staff and students," Superintendent Chris Ragsdale said, adding the raises were made possible by Gov. Brian Kemp's across-the-board \$3,000 raise for certified teachers.

The budget, which went into effect July 1, accounts for 90 more classroom positions and an additional 7.5 custodial positions. It also gives nurses incremental raises every two years, adjust bus driver salaries so that their base pay is spread equally throughout the year and gives campus police officers a competitive salary adjustment.

"An investment in our staff is an investment in the future success of our students and I'm confident this budget will allow Cobb to continue to be what it has been: the best place for families to live in the metropolitan Atlanta area," said David Chastain, Cobb County School Board Chairman.

Detailed information and documentation about the approved Fiscal Year 2020 Budget and development process are available under the Finance and Budget section of the Cobb County School District website: www.cobbk12.org.

The Cobb County School District is the second largest school system in Georgia and the 23rd largest in the nation. It serves 113,000 students and 112 schools, including 67 elementary schools, 25 middle schools, 17 high schools, one charter school, one special education center and one adult education center. 



Chris Ragsdale,
Cobb County School
Superintendent



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COBB CHAMBER OFFERS CHANCE TO BE PRINCIPAL FOR A DAY


The Cobb County Chamber of Commerce invites you to participate in a unique, behind-the-scenes experience as a Principal for a Day to better understand one of Cobb County's strongest assets: our public education system.

As a Principal for a Day, you will have the chance to meet one-on-one with one of Cobb County or Marietta City's outstanding principals to gain firsthand knowledge of the challenges and strengths local schools face on a daily basis. Participants will shadow a local principal, meet with the faculty, and spend time in the classroom with students. This special opportunity will provide a greater understanding of the educational process in Cobb County.

"We believe this program is a rewarding experience for business professionals, Cobb's educators and students and builds important partnerships between schools and businesses," says Jani Dix, Senior Manager of Programs and Events for the Cobb Chamber of Commerce.

Principal for a Day is scheduled for September 30-October 4 in both Cobb County and Marietta City Schools. The principal and participant will connect at the beginning of the week and select the date that would be best for them. The program requires the commitment of a half workday.

An application for this program can be found on the Chamber's website: www.cobbchamber.org. Applications are due on August 23 for teachers and participants.

For information about becoming a Principal for a Day, contact Jani Dix at jdix@cobbchamber.org or 770-859-2335. 

2019-20 COBB COUNTY SCHOOL CALENDAR

August 1	First Day of School
September 2	Labor Day Holiday
September 23-27	Student Holiday
November 5	Student Holiday
November 25-29	Thanksgiving Holidays
December 23-January 3	Winter Holidays

2020

January 6	First Day of 2nd Semester
January 20	M.L. King Holiday
February 17-21	Student Holiday
April 6-10	Spring Holidays
May 20	Last Day of School


COBB COUNTY SCHOOL DISTRICT

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Fairy tales tell children the dragons can be killed."
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BACK-TO-SCHOOL DENTAL EMERGENCIES

In our dental practice, we sometimes see young patients being rushed into our office with injuries to their teeth from school-related activities. The injuries we have seen have ranged from a small chip on a tooth from a fall on the playground or hallway to teeth being completely knocked out by a Lacrosse stick or even another child's head. So, what are you as a parent to do when you get that call from the school?

TOOTH KNOCKED OUT:

If your child's entire permanent tooth has been knocked out, hold the tooth by the crown/top portion, and if the tooth is dirty, gently rinse it off. Do NOT scrub the tooth or remove any tissue fragments. If possible, try to place the tooth back into its socket. Otherwise, place the tooth into a cup of milk or hold it in your mouth next to the cheek to try to maintain a normal pH and keep the root from drying out. If the tooth is a primary (baby) tooth, do not try to replace it without your dentist's recommendation as it may damage the underlying permanent tooth that is developing. In any case, see your dentist as soon as possible! The tooth may need to be stabilized

with a splint, and root canal therapy (removal of the tooth nerve) may be necessary.

BROKEN TOOTH:

If a portion of your child's tooth has broken, call your dentist immediately to see what his or her recommendations are. A tooth that has been chipped from a hard blow to the mouth can possibly suffer unseen nerve damage. Larger fractures of the teeth may expose the underlying dentin, which can be sensitive to cold, heat, or air, or may even expose the nerve of the tooth requiring root canal treatment. Sometimes during the injury, the tooth will pierce the lip. Your dentist will take x-rays to check for root fractures and make sure no pieces of the tooth have broken off inside your child's lips, cheeks, or tongue.

LOOSE TOOTH:

If an injury only loosens a tooth, the tooth should still be evaluated by a dentist, even if it is just a baby tooth. Sometimes a tooth can be struck in such a way that the root or even the bone fractures beneath the gums which will make the tooth loose. Also, loosening the tooth can

damage the nerve of a tooth. Even if no evidence of nerve damage is seen immediately, a loosened tooth will need continued monitoring over several months for the development of an abscess. Any abscess that forms over the injured root of a nerve-damaged baby tooth can potentially cause defects in the underlying permanent tooth.

For most active children, it is almost impossible to prevent accidental injuries at school, so having a dentist available you can call on a moment's notice is critically important. Be sure your entire family has a relationship with a dentist who examines your teeth and mouth every six months and call him or her immediately after any type of tooth trauma.



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.

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COBB COUNTY BOARD OF EDUCATION

The Cobb County Board of Education consists of seven elected members who appoint a superintendent responsible for the administration of the system. Elected to serve four-year terms, each school board member votes on issues that affect school curriculum and instruction, auxiliary services, personnel and administration. The Board of Education meets twice each month. The first meeting is a work session held the second Wednesday of each month at 8:30am. The Board meets again the fourth Thursday of each month to vote on agenda items developed at the work session. The Thursday meetings begin at 7pm.

**RANDI SCAMIHORN • POST 1**

rscamihorn.boardmember@cobbk12.org

Schools represented in Post 1:**High Schools:**

Allatoona, Kennesaw Mountain,
North Cobb

Middle Schools:

Awtrey, Barber, Durham, McClure,
Pine Mountain

Elementary Schools:

Acworth, Baker, Bullard, Frey, Hayes,
Kennesaw, Lewis, McCall, Pickett's Mill

**JAHA HOWARD • POST 2**

jhoward.boardmember@cobbk12.org

Schools represented in Post 2:**High Schools:**

Campbell, Cobb Horizon, Osborne

Middle Schools:

Campbell, Floyd, Griffin, Lindley 6th
Grade Academy, Lindley Middle

Elementary Schools:

Belmont Hills, Birney, Fair Oaks, Green
Acres, King Springs K-2, King Springs 3-5
LaBelle, Nickajack, Norton Park, Russell,
Smyrna

**DAVID MORGAN • POST 3**

dmorgan.boardmember@cobbk12.org

Schools represented in Post 3:**High Schools:**

Pebblebrook, South Cobb

Middle Schools:

Cooper, Garrett, Tapp

Elementary Schools:

Austell, Bryant, Clarkdale, Clay,
Compton, Harmony Leland, Hendricks,
Mableton, Powder Springs, Riverside
Intermediate, Riverside
Primary, Sanders

**DAVID CHASTAIN • POST 4**

dchastain.boardmember@cobbk12.org

Schools represented in Post 4:**High Schools:**

Kell, Sprayberry

Middle Schools:

Daniell, McCleskey, Palmer

Elementary Schools:

Addison, Bells Ferry, Big Shanty, Blackwell,
Chalker, Keheley, Kincaid, Nicholson,
Pitner, Rocky Mount

**DAVID BANKS • POST 5**

dbanks.boardmember@cobbk12.org

Schools represented in Post 5:**High Schools:** Lassiter, Pope**Middle Schools:**

Hightower Trail, Mabry, Simpson

Elementary Schools:

Davis, East Side, Eastvalley, Garrison Mill,
Mountain View, Murdock, Powers Ferry,
Sedalia Park, Shallowford Falls, Tritt

**CHARISSE DAVIS • POST 6**

cdavis.boardmember@cobbk12.org

Schools represented in Post 6:**High Schools:** Walton, Wheeler**Middle Schools:**

Dickerson, Dodgen, East Cobb

Elementary Schools:

Argyle, Brumby, Mount Bethel, Sope
Creek, Teasley, Timber Ridge

**BRAD WHEELER • POST 7**

bwheeler.boardmember@cobbk12.org

Schools represented in Post 7:**High Schools:**

Harrison, Hillgrove, McEachern

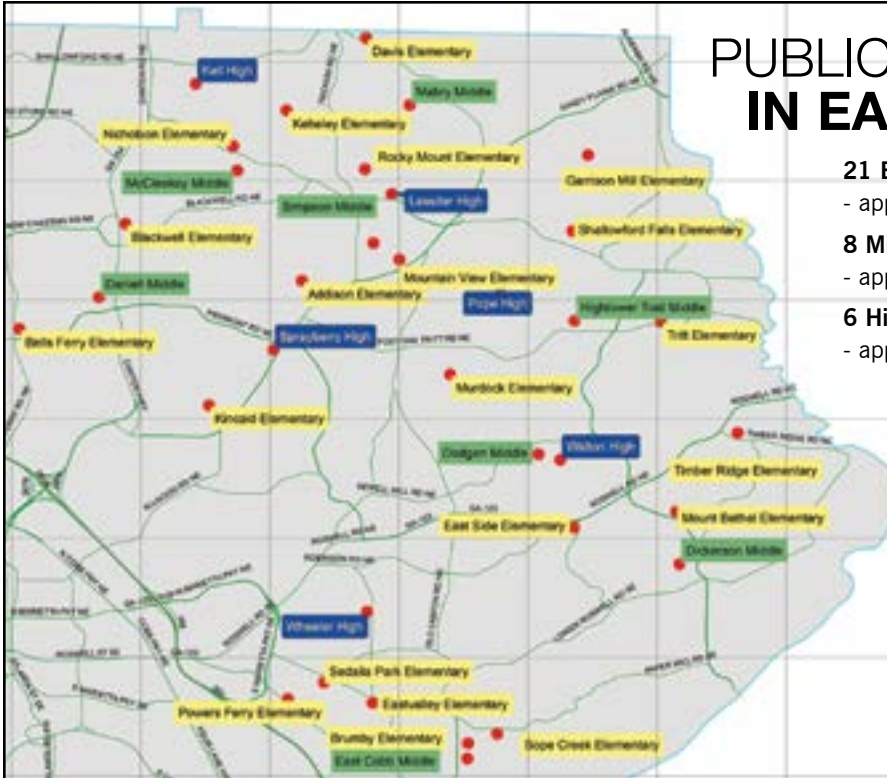
Middle Schools:

Lost Mountain, Lovinggood, Smitha

Elementary Schools:

Cheatham Hill, Dowell, Due West, Ford,
Hollydale, Kemp, Milford, Still, Varner,
Vaughan

PUBLIC SCHOOLS LOCATED IN EAST COBB COUNTY



21 Elementary Schools

- approx. 14,701 Elementary School students

8 Middle Schools

- approx. 8,486 Middle School students

6 High Schools

- approx. 12,280 High School students



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- Middle School
- High School

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NEW SCHOOL YEAR, NEW POTENTIAL

By Illana Burkhart, President, East Cobb County Council of PTAs

As we head back to school for a new year, some of us are reluctant to give up laid-back summer schedules. Others are anxious to return to the structure and routine that comes along with classes being back in session. One thing we all agree on though is that we are sending our students back to the best schools in Georgia!

Consistently ranked as one of the best places to live in Georgia, East Cobb is also home to some of the state's highest ranked schools. Top-notch academics combined with diverse extracurricular activities contribute to the success of a school. However, research shows that one of the key factors that make our schools stand out is the level of parent and family engagement.

According to a recent study by the US Department of Education, "raising the next generation is a shared responsibility. When families, communities, and schools work together, students are more successful and the entire community benefits." The study shows that the more families are invested in the life of the school the greater student achievement is in both grades and test scores, attendance is higher, graduation rates are higher, and alcohol and drug use is lower.

With such great schools here in East Cobb, it should come as no surprise that East Cobb schools are supported by strong PTAs. The East Cobb County Council is a group of PTAs and PTSAs from 35 schools in East Cobb – we represent the PTAs at Kell, Lassiter, Pope, Sprayberry, Walton and Wheeler High Schools and all of their feeder elementary and middle schools. *The PTA's mission is "to make every child's potential a reality by engaging and empowering families and communities to advocate for all children."*

Your school's PTA/PTSA offers many programs that help students reach their full potential no matter what their interest. Students are encouraged to use their creativity by participating in National PTA's Reflections program – a contest that lets students express themselves using dance, film production, literature, music composition, photography and visual arts. For the more literary minded students, ECCC PTA hosts an essay contest each year called "Honoring our Heroes" in which students are encouraged to write about their

everyday heroes. Your school's PTA/PTSA also sponsor's many programs, which enhance classroom education – Reading Bowl Teams, Mathletes, Chess Club, Learning Gardens, STEM nights, International Festivals and Book Fairs, are just a few programs that can found in many of our East Cobb schools.

PTA/PTSA also advocates for students through programs in your local school that may serve populations that are more specific. Diversity and Inclusion programs celebrate the rich cultural backgrounds of all residents. Exceptional Student programs work hard to make sure every student in the school feels welcome and has a voice, regardless of learning styles or educational needs. Programs such as All Pro Dads champion the roles strong father figures play in a child's success.

PTA/PTSA also advocates for children beyond the walls of the school. We take seriously the job of informing and educating parents about legislative issues affecting public education. We encourage parents to research the candidates' stances on public education and be an informed voter. On the County level PTA leaders work with school board and school district officials to make sure our students' voices are heard.

Every one of us can help keep our East Cobb schools on top! As you head back to school, we encourage you to join your school's PTA/PTSA. Even better, get involved. Becoming more engaged will not only help your own child but will increase the overall performance of the entire school. Our students and our schools are better when we all work together. 📣



Illana Burkhart is the President of ECCC PTA's, and serves as Co-President of Davis Elementary PTA. She has a fourth grader at Davis Elementary and a seventh grader at Mabry Middle. She has a passion

for community engagement and has worked in the non-profit sector for over 17 years. She and her family are sports and outdoor enthusiasts. She is a past board member of The First Tee and currently serves on the US Forest Service National Recreation Resources Advisory Committee representing the Southeast Region.

GEORGIA SCHOOL GRADES: EAST COBB ELEMENTARY SCHOOLS

As part of the Governor's Office of Student Achievement, The Georgia School Grades Reports website provides school reports for all public elementary, middle, and high schools in Georgia. The reports include A-F letter grades based on school performance as well as other information about schools, such as performance on state tests, the make-up of the student body, and the graduation rate. The purpose of these reports is to help parents, students, educators, and communities understand how their local schools are performing and focus improvement efforts on the most critical challenges. The grades earned by the public elementary schools located in East Cobb County are listed below. Source/More info: schoolgrades.georgia.gov.

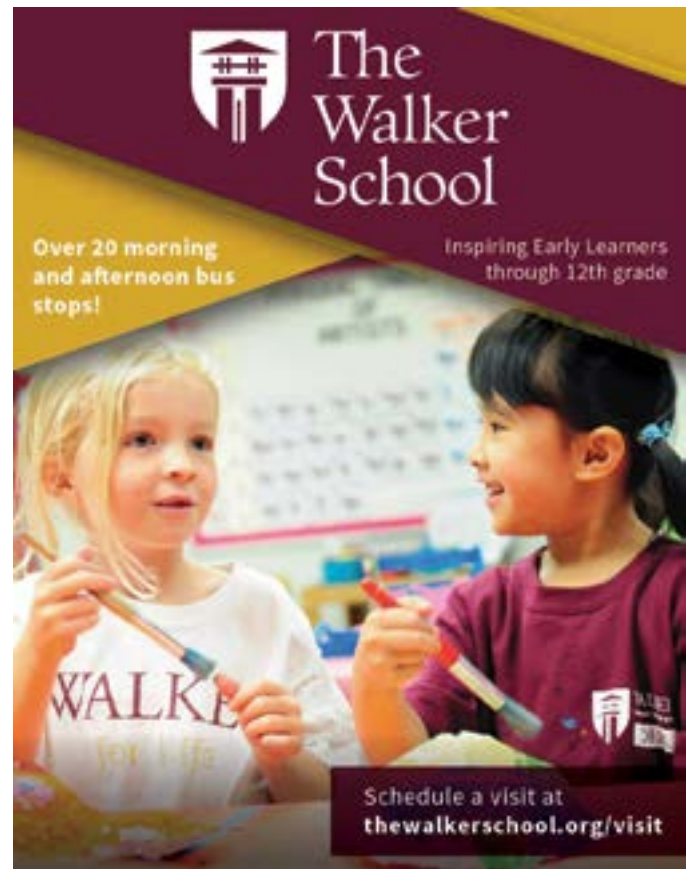
ELEMENTARY SCHOOL	GRADE
Addison ES • 7:45am - 2:15pm 3055 Ebenezer Road, Marietta, GA 30066 770-578-2700 • www.cobbk12.org/addison Principal: Susan Hallmark • # of students: 616	B
Bells Ferry ES • 7:50am - 2:20pm 2600 Bells Ferry Road, Marietta, GA 30066 678-594-8950 • www.cobbk12.org/bellsferry Principal: Gail May • # of students: 679	B
Blackwell ES • 7:50am - 2:20pm 3470 Canton Road, Marietta, GA 30066 678-494-7600 • www.cobbk12.org/blackwell Principal: Melissa Shackelford • # of students: 711	C
Brumby ES • 7:45am - 2:15pm 815 Terrell Mill Road SE, Marietta, GA 30067 770-916-7070 • www.cobbk12.org/brumby Principal: Dr. Amanda Richie • # of students: 914	D
Davis ES • 7:50am - 2:20pm 2433 Jamerson Road, Marietta, GA 30066 678-494-7636 • www.cobbk12.org/davis Principal: Kristin Erbskorn • # of students: 569	B
East Side ES • 7:50am - 2:20pm 3850 Roswell Road, Marietta, GA 30062 770-578-7200 • www.eastsidees.com Principal: Maria Clark • # of students: 1,269	B
Eastvalley ES • 7:50am - 2:20pm 2570 Lower Roswell Road, Marietta, GA 30067 770-578-7214 • www.cobbk12.org/eastvalley Principal: Kendell Foster • # of students: 729	C
Garrison Mill ES • 7:50am - 2:20pm 4111 Wesley Chapel Road, Marietta, GA 30062 770-642-5600 • www.cobbk12.org/garrisonmill Principal: Kyle Giesler • # of students: 679	A
Keheley ES • 7:50am - 2:20pm 1985 Kemp Road, Marietta, GA 30066 678-494-7836 • www.cobbk12.org/keheley Principal: Tucker Smith • # of students: 504	C
Kincaid ES • 7:45am - 2:15pm 1410 Kincaid Road, Marietta, GA 30066 770-578-7238 • www.cobbk12.org/kincaid Principal: Deborah Blake • # of students: 691	C
Mt. Bethel ES • 7:45am - 2:15pm 1210 Johnson Ferry Road, Marietta, GA 30068 770-578-7248 • www.cobbk12.org/mtbethel Principal: Jessica Appleyard • # of students: 1,116	A

ELEMENTARY SCHOOL	GRADE
Mountain View ES • 7:50am - 2:20pm 3151 Sandy Plains Road, Marietta, GA 30066 770-578-7265 • www.cobbk12.org/mtview Principal: Dr. Renee Garriss • # of students: 732	A
Murdock ES • 7:50am - 2:20pm 2320 Murdock Road, Marietta, GA 30062 770-509-5071 • www.cobbk12.org/murdock Principal: Lynn Hamblett • # of students: 1,011	A
Nicholson ES • 7:50am - 2:20pm 1599 Shallowford Road, Marietta, GA 30066 770-928-5573 • www.cobbk12.org/nicholson Principal: Faith Harmeyer • # of students: 499	C
Powers Ferry ES • 7:50am - 2:20pm 1845 Powers Ferry Road, Marietta, GA 30067 770-578-7936 • www.cobbk12.org/powersferry Principal: Dr. Patrice Jones • # of students: 459	D
Rocky Mount ES • 7:45am - 2:15pm 2400 Rocky Mount Road, Marietta, GA 30066 770-591-5050 • www.rockymountelem.com Principal: Peggy Fleming • # of students: 581	B
Sedalia Park ES • 7:50am - 2:20pm 2230 Lower Roswell Road, Marietta, GA 30067 770-509-5162 • www.cobbk12.org/sedaliapark Principal: Tiffany Jackson • # of students: 811	C
Shallowford Falls ES • 7:50am - 2:20pm 3529 Lassiter Road, Marietta, GA 30062 770-642-5610 • www.cobbk12.org/shallowfordfalls Principal: Donna Long • # of students: 673	B
Sope Creek ES • 7:50am - 2:20pm 3320 Paper Mill Road, Marietta, GA 30067 770-916-7085 • www.sopecreekes.com Principal: Dr. Douglas Daugherty • # of students: 1,152	A
Timber Ridge ES • 7:50am - 2:20pm 5000 Timber Ridge Road, Marietta, GA 30068 770-642-5621 • www.cobbk12.org/timberridge Principal: Dr. Shannon McGill • # of students: 552	A
Tritt ES • 7:50am - 2:20pm 4435 Post Oak Tritt Road, Marietta, GA 30062 770-642-5630 • www.tritttelementary.com Principal: Karen Carstens • # of students: 870	B

GEORGIA SCHOOL GRADES: EAST COBB MIDDLE SCHOOLS

As part of the Governor's Office of Student Achievement, The Georgia School Grades Reports website provides school reports for all public elementary, middle, and high schools in Georgia. The reports include A-F letter grades based on school performance as well as other information about schools, such as performance on state tests, the make-up of the student body, and the graduation rate. The purpose of these reports is to help parents, students, educators, and communities understand how their local schools are performing and focus improvement efforts on the most critical challenges. The grades earned by the public middle schools located in East Cobb County are listed below. Source/More info: schoolgrades.georgia.gov.

MIDDLE SCHOOL	GRADE
Daniell MS • 9:15am - 4:15pm 2900 Scott Road, Marietta, GA 30066 678-594-8048 • www.cobbk12.org/daniell Principal: James Rawls • # of students: 1,064	D
Dickerson MS • 9:15am - 4:15pm 855 Woodlawn Road, Marietta, GA 30068 770-578-2710 • www.cobbk12.org/dickerson Principal: Adam Hill • # of students: 1,294	A
Dodgen MS • 9:15am - 4:15pm 1725 Bill Murdock Road, Marietta, GA 30062 770-578-2726 • www.cobbk12.org/dodgen Principal: Dr. Patricia Alford • # of students: 1,244	A
East Cobb MS • 9:15am - 4:15pm 825 Terrell Mill Road SE, Marietta, GA 30067 770-578-2740 • www.cobbk12.org/eastcobb Principal: Leetonia Young • # of students: 1,263	D
Hightower Trail MS • 9:15am - 4:15pm 3905 Post Oak Tritt, Marietta, GA 30062 770-578-7225 • www.cobbk12.org/hightowertrail Principal: Laura Montgomery • # of students: 1,077	A
Mabry MS • 9:15am - 4:15pm 2700 Jims Road, Marietta, GA 30066 770-928-5546 • www.mabrymiddleschool.com Principal: Jonathan Tanner • # of students: 938	B
McCleskey MS • 9:15am - 4:15pm 4080 Maybreeze Road, Marietta, GA 30066 770-928-5560 • www.cobbk12.org/mccleskey Principal: Dr. Andrea Jenkins-Mann • # of students: 670	B
Simpson MS • 9:15am - 4:15pm 3340 Trickum Road, Marietta, GA 30066 770-971-4711 • www.cobbk12.org/simpson Principal: Dr. Ansley Daniel • # of students: 936	A



GEORGIA SCHOOL GRADES: EAST COBB HIGH SCHOOLS

As part of the Governor's Office of Student Achievement, The Georgia School Grades Reports website provides school reports for all public elementary, middle, and high schools in Georgia. The reports include A-F letter grades based on school performance as well as other information about schools, such as performance on state tests, the make-up of the student body, and the graduation rate. The purpose of these reports is to help parents, students, educators, and communities understand how their local schools are performing and focus improvement efforts on the most critical challenges. The grades earned by the public high schools located in East Cobb County are listed below. Source/More info: schoolgrades.georgia.gov.

HIGH SCHOOL	GRADE
Kell High School • 8:20am - 3:30pm 4770 Lee Waters Road, Marietta, GA 30066 678-494-7844 • www.cobbk12.org/kell Principal: Dr. Peter Giles • # of students: 1,517	B
Lassiter HS • 8:20am - 3:30pm 2601 Shallowford Road, Marietta, GA 30066 678-494-7863 • www.lassiterhigh.org Principal: Dr. Chris Richie • # of students: 2,192	A
Pope HS • 8:20am - 3:30pm 3001 Hembree Road, Marietta, GA 30062 770-578-7900 • www.cobbk12.org/pope Principal: Thomas Flugum • # of students: 2,031	A
Sprayberry HS • 8:20am - 3:30pm 2525 Sandy Plains Road, Marietta, GA 30066 770-578-3200 • www.cobbk12.org/sprayberry Principal: Sara Griffin • # of students: 1,705	B
Walton HS • 8:20am - 3:30pm 1590 Bill Murdock Road, Marietta, GA 30062 770-578-3225 • www.waltonhigh.org Principal: Dr. Catherine Mallanda • # of students: 2,691	A
Wheeler HS • 8:20am - 3:30pm 375 Holt Road, Marietta, GA 30068 770-578-3266 • www.cobbk12.org/wheeler Principal: Paul Gillihan • # of students: 2,144	B



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**Ann Chambers, McCobb
Executive Suite Manager**

"Our goal is to help our clients as they successfully run their businesses," says Ann Chambers, Executive Suite Manager of McCobb LLC, which is located in East Cobb at 2265 Roswell Road. A wide range of firms call McCobb their home, including attorneys, CPA, chiropractor, architect, senior services, an insurance firm, and many others.

A family business, the 2265 Roswell Road building is owned by Shirley McCollum. The building is operated by Chambers as the Executive Suite Manager and Jeri O'Neil as the Property Manager and Conventional Real Estate Broker. All businesses have access to common areas, such as the kitchen and conference rooms, as well as the communication and administrative services. The offices are conveniently located at the corner of Roswell and Sewell Mill Roads, with high visibility and easy accessibility.

Chambers stresses the flexibility offered to businesses that can rent an office for long term, short term, and even for a day. "Our offices are fully furnished and ready to go at all times," she says. "Simply bring your laptop, and we can have you operational within the hour."

For businesses that are looking long term but are not certain how fast they will grow, they can initially rent one office. Once their business increases, they can easily expand to more offices or move into conventional space, built to their specifications, without ever changing their address.

The executive office suite concept allows business owners to focus on their products or services while McCobb handles the rest. McCobb's professional team offers a full-service solution, with its office packages starting at \$395/month. Additional services, such as administrative support and even running errands, are billed based on completion time.

McCobb also offers virtual offices for at-home businesses that desire a professional address and/or telephone answering, with an occasional need of meeting space and administrative services. Virtual packages start at \$50 per month and can be tailor made to specific needs.

Conventional, executive suite, and virtual offices are currently available. To get started with office space today, contact Ann Chambers or Jeri O'Neil at 770-509-2200, annchambers@aol.com, or oneilj@aol.com.



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CAR WASH USA IS BACK AT A NEW LOCATION



Owner, Jim Salimi

Long-time resident of East Cobb, Jim Salimi, is excited to announce the return of Car Wash USA in a new location in the East Cobb Crossing shopping center (near Dick's Sporting Goods and Party City).

Last year, Jim sold his

long-standing hand car wash on the corner of Old Canton Road and Roswell Road, after 17 years in business. After reading Facebook posts about how much customers missed the car wash, Jim decided to come out of retirement and re-create Car Wash USA with even better amenities and services.

"I am passionate about cars and people, and I only hire car washers who feel the same way. They take great pride in doing a great job, and it shows," shares Jim.

In 2002, Car Wash USA was the first California-style car wash in East Cobb. Jim first thought of building this type of car wash in East Cobb while on a trip to Southern California. He noticed there were no drive thru car washes to be found, only hand car washes. The benefit of this type of car wash is a thorough cleaning without streaks and swirls. This is because the hand mitts used to wash cars are switched out early and often, reducing the risk of dirt and grime getting stuck in bristles and mitts and scratching the top surface of a car's exterior.

As an East Cobb resident himself, Jim was bothered by an empty lot in a local shopping center, so he decided to open a car wash at that location. His goal was to offer a premium hand car wash at a great value and that is what his team provided customers for 17 years.

Car Wash USA also offers ceramic coating, as well as buffing, waxing and detailing. They also condition leather seats, shampoo carpets and mats, and repel rain water on windshields. When detailing the inside of the car, they use targeted air systems to get to even the tiniest corners.

The new location offers a comfortable waiting area, reminiscent of someone's backyard patio. For customers, there are free refreshments, WiFi, charging stations and a pleasant, air-conditioned viewing area.

Jim is happy to be out of retirement and seeing all of his old customers. "The people in East Cobb are like a small family. They respect the value of money and if you provide a quality service, they will become your customers for life," says Jim.

The car wash is open Monday-Saturday: 9am-6pm and Sunday: 10am-5pm. You can drop in at 1454 Johnson Ferry Road during operating hours or book an appointment through their Facebook page, facebook.com/HandWashUSA.

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The Double Bounce Party - \$250 for Up to 10 Guests

PARTY INCLUDES:

- **60 minutes of ALL ACCESS PLAY:** open jump trampoline, rock wall, dodge ball, obstacle, foam pit
- T-Shirt for birthday child
- 40 minutes of time in party room
- 1 slice of pizza per child
- 1 hour jump pass for each participant
- \$13 for each additional guest
- Prices are plus tax

The Super Bounce Party - \$270 for Up to 10 Guests

PARTY INCLUDES:

- **75 minutes of ALL ACCESS PLAY:** open jump trampoline, rock wall, dodge ball, obstacle, foam pit
- T-Shirt for birthday child and a year free jump pass
- 40 minutes of time in party room
- 1 slice of pizza per child
- 1 hour jump pass for each participant
- \$15 for each additional guest
- Prices are plus tax

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LOCAL CONSIGNMENT SALES

RECYCLE BY RESELLING

Consignment sales offer everything from strollers, bouncy seats, cribs, any kind of toy you can think of, to diaper bags, bedding, infants' and kids' clothes, and maternity clothes. You can also find winter coats, boots, and Halloween costumes. Shoppers can find a wide variety of children's items that are usually screened for quality, all under one roof. You don't have to drive around town to different garage sales where it's a hit-or-miss on what items you might find and in what shape, as the local consignment sales have quality standards. We've scouted and scoured our sources to provide EAST COBBER readers a list of upcoming local consignment sales.

AUGUST 15-17

All 4 Kids/East Cobb. Thursday: 9:30am-8pm; Friday: 9am-6pm. No strollers before 11am. Saturday: 9am-1pm (half off). Accepting Cash, Debit (\$1 fee), MasterCard and Visa (\$2 fee). No checks. Jim Miller Park, 2245 Callaway Road, Marietta. More info: www.all4kids.com.

AUGUST 16 & 17

Mt. Bethel UMC Fall/Winter Children's Consignment Sale.

Get the best deals on toys, books, children's furniture, sporting goods, fall and winter clothing and much more. Make sure to visit the boutique section for upscale brands, custom-made and smocked clothing. All proceeds go to support local and global missions. Preview Shopping for volunteers and first-time moms Thursday: 6-8pm; Friday: 9am-7pm; Saturday: 9am-12pm (all items 30% off). Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta. More info: consignmentsale@mtbethel.org or mtbethelccs.com.

AUGUST 24

NOWAMOM Consignment Sale brought to you by Northwest Atlanta Moms of Multiples. Everything you need for your family from tots to tweens! Strollers welcome! Electronic tagging makes for a much faster checkout! 9am-2pm. Sandy Plains Baptist Church, 2825 Sandy Plains Road, Marietta. More info: 678-235-8468, sale@nowamom.org or www.nowamomsale.org.

SEPTEMBER 5-7

Lil' Lambs Closet. Thursday: \$5 Preview: 2-8pm; Friday: 9am-7pm; Saturday: 9am-1pm. Many items half off on Saturday. Proceeds go to benefit church ministries and community missions. First United Methodist Church of Marietta, 56 Whitlock Avenue, Marietta. More info: kellyduncan@mariettafumc.org or www.lil-lambs.org.

Kids Consignment Sale

The Episcopal Church
of St. Peter and St. Paul

Register!

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

Friday, September 6

9 am - 6 pm

Saturday, September 7

9 am - Noon

1795 Johnson Ferry Road
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- MAXIMUM 300 items
- Sellers receive 70% of the selling price
- ALL reduced 30% on Saturday
- Open Late Friday until 6pm
- Now offering maternity wear
- Volunteer and shop early!

Registration Now Open

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Go to spspkids.com for more information.

SEPTEMBER 6-7

East Cobb's Finest Kids' Consignment Sale. Friday: 9am-6pm & Saturday: 9am-Noon. Everything 30% off on Saturday. The Episcopal Church of St. Peter-Paul, 1795 Johnson Ferry Road, Marietta. More info: 770-977-7473 or www.peterandpaul.org/childrens-consignment-sales.

SEPTEMBER 13 & 14

Due West Treasure Chest Children's/Junior's Consignment Sale. Friday: 9:30am-7pm; Saturday: 8am-12pm. Many items half price on Saturday. Due West United Methodist Church, 3956 Due West Road, Marietta. More info: 770-427-3835 or www.duewest.org/community/consignment-sale.

SEPTEMBER 13 & 14

Roswell United Methodist Church Preschool and Kindergarten (RUMCK) Children's Consignment Sale. Friday: 9am-2pm; Saturday: 8am-12pm. Roswell United Methodist Church, 814 Mimosa Boulevard, Building B, Roswell. More info: 770-993-6218 or www.rumc.com/connect/children/rumck/rumck-consignment-sale.

SEPTEMBER 17-19

Divine Children's Show Boutique Overstock and Consignment Sale. Preview Tuesday 1-8pm, for volunteers, consignors, and new moms. New moms need to register online for Tuesday preview. Wednesday: 9:30am-9pm; Thursday: 9:30am-1pm. The Mansour Center, 995 Roswell Street, Marietta. More info: divineconsignshowatlanta@yahoo.com or www.dcskids.com.

SEPTEMBER 13-14

KinderMart Children's Consignment Sale. Friday: 9:30am-7pm. No strollers before 11am. Saturday: 9am-12pm. Many items ½ price on Saturday. Benefits Smyrna FUMC Preschool/Kindergarten. Smyrna First United Methodist Church, 1315 Concord Road, Smyrna. More info: www.kindermartsale.com.



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2019 *August* COMMUNITY CALENDAR

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

SATURDAYS AND SUNDAYS

Guided Trail Hikes. Hikes are led by a guide and highlight key sights, sounds and facts of the Chattahoochee Nature Center. \$20/ages 5 and up (admission included); Free/members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

AUGUST 1-4

Cobb International Film Festival. An opportunity for filmmakers of all levels to share their work. Events vary throughout the weekend. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. Tickets: \$15-\$200. More info: earlsmithstrand.org. More info: cobbfilmfestival.com.

AUGUST 2-11

The Cotton Club Revue Encore. The Cotton Club Revue is a foot stomping, swinging jive, good time as you sing along to the hip sounds of the Cotton Club, New York's historically famous Night Club. Thursday-Saturday: 8pm; Sunday: 2:30pm. Tickets: \$25-\$30. Marietta's New Theatre in the Square, 11 Whitlock Avenue NW, Marietta. More info: www.theatreinthesquare.net.

Get Your Event Listed

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

AUGUST 2 & SEPTEMBER 6

Marietta Square Art Walk. A self-guided tour of historic Marietta Square's eclectic art scene. Art galleries, museums, cultural venues, restaurants and boutiques hosting artists within their businesses will display an Art Walk banner in their window. 5-9pm, rain or shine. Free. Maps available at each participating location and at the Marietta Welcome Center, 4 Depot Street NE, Marietta. More info: www.ArtWalkMarietta.com.

AUGUST 3

Lutzie 43 Road Race 5K. Honoring the memory of Lassiter and Auburn football player, Philip Lutzenkirchen. All proceeds benefit the Lutzie 43 Foundation and the East Cobb County chapter of Fellowship of Christian Athletes (FCA). The race start/finish line will be at Lutzie Field at Lassiter High School and features a fast, smooth run through the streets of East Cobb. Registration: 6:30am; Race: 8am. Pre-registration: \$30; Registration: \$43. Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: roadrace.lutzie43.org.

Legion Comic Convention. This family friendly event will feature comic books, toy vendors, lowbrow and pop artists. Photo opportunities available with the Mystery Machine, Cosplay, Anime, Manga, games and more. 11am-5pm. \$5/kids; 10 and under/free. American Legion Post 160, 160 Legion Drive, Smyrna. More info: legioncomicconvention.com.

Roswell Riverside Sounds featuring Family & Friends.

Concert: 7-9pm. Food available on site 6-9pm for purchase. Riverside Park, 575 Riverside Road, Roswell. Free. More info: 770-641-3705 or www.roswellriversidesounds.com.

Smyrna Summer Concert Series featuring the Mustangs and Banks and Shane.

The Mustangs are known for their musicianship and harmonies, this lively 6-piece group covers your favorite music from the past 40 years. Crowd pleasers Banks and Shane are a high energy, blow the roof off band that will have the crowd dancing the night away under the stars! 6pm. Free or tables available to reserve \$40/residents \$50/non-residents. Village Green, 200 Village Green Circle, Smyrna. More info: 678-631-5540 or www.smyrnacity.com.



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Kid's Church at 9:50 a.m.

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COMMUNITY CALENDAR

AUGUST 4

Family Fun Day: Summer Adventures Day. Come celebrate the end of summer—be sure to wear your swimsuit, you might get wet on this day filled with adventure! Canoeing on Kingfisher Pond, water crafts, face painting, fly fishing, geocaching and knot tying, wet and wild games, water conservation activities, water science stations, storytime, creature feature, guided hikes and more. 12-4pm. Admission: \$10/adults. \$7/seniors and students ages 13-18. \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org/special-events/family-fun-days.

Georgia Bridal Show. Find everything you need in one place and in one day for your big 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! 12-5pm. Bridal fashion show 4pm. \$10/advanced; \$15/cash at the door. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: www.georgiabridalshow.com.

AUGUST 5

Cobb County Chamber of Commerce's First Monday Breakfast. A panel discussion on how to create a culture that empowers, embraces and retains young professionals in the workplace. 7:30-9am. \$30/member. \$60/general admission. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/reservations: 770-980-2000 or cobbchamber.org.

AUGUST 7

Public Input Meeting. Cobb County PARKS staff will host a second round of public input meetings to discuss planning for the future of the Ebenezer park property purchased through the 2008 PARKS Bond program. Your input will play a vital role in the planning for future development once funding is identified. 6:30-8pm. Noonday Baptist Church, 4121 Canton Road, Marietta/East Cobb. More info: cobbcounty.org/parks.

AUGUST 8

Open Garden: "Gardening for Birds." Ellen Honeycutt, Atlanta gardener for 18 years, as well as an active member of the Georgia Native Plant Society and the Georgia Botanical Garden, will lead a discussion about native plants that provide berries, seeds, nectar and insects for birds and their young. Free. 9:30am. Wright Environmental Education Center, 2661 Johnson Ferry Road, Marietta/East Cobb. More info: www.cobbmastergardeners.com.

AUGUST 8 & 22

Chattahoochee Sunset Sips presented by Chattahoochee Nature Center (CNC). Enjoy a night out with families and friends for a fabulous concert. Bring a picnic and grab a beverage or snack (beer and wine available for purchase). This is a laid back, family friendly series and CNC's grounds are open for you to explore. 6:30-9:30pm. Free/members; \$10/adults; \$7/seniors and students ages 13-18; \$6/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

AUGUST 9-17

Sylvia presented by Center Stage North. Greg and Kate have moved to Manhattan after twenty-two years of child-raising in the suburbs. Greg's career as a financial trader is winding down, while Kate's career, as a public-school English teacher, is beginning to offer her more opportunities. Greg brings home a dog he found in the park—or that has found him—bearing only the name "Sylvia" on her. Thursday-Saturday: 8pm; Sunday: 2pm. Tickets: \$20. The Art Place-Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info: 770-331-0079 or visit centerstagenorth.org.

AUGUST 10

9th Annual Hero Run 5K Race. Run through historic downtown Kennesaw to raise money for wounded veterans of Iraq and Afghanistan. Awards for top 3 male/female runners in 14 age brackets plus top 3 teams. Registration at 6:30am. 1-mile fun run: 7:30am, 5K race: 8am. Pre-registration: \$30. Kennesaw First Baptist Church, 2958 N. Main Street, Kennesaw. More info: 770-427-3109, www.herorun.us or www.active.com.





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COMMUNITY CALENDAR

AUGUST 10

Family Fun Day hosted by Honest-1 Auto Care. Help raise funds for the nonprofit organization United Military Care's Battle Buddy Program, which partners back ground checked Veterans with a volunteer for in home visits to isolated Veterans from all eras. There will be a car wash, dunking booth, corn hole, food and a silent auction. 10am-2pm. Free. Honest-1 Auto Care, 1391 East Cobb Drive, Marietta/East Cobb. More info: www.facebook.com/H1EastCobb.

Recycling Day at Pope High School. Bring recyclable goods such as electronics, appliances and metal. Additional fees apply for TVs, monitors, tablets, large items, paint and paper shredding. Pick-up available with advance reservation. 9am-4pm. \$10/per car. Pope High School, 3001 Hembree Road NE, Marietta/East Cobb. More info: www.popeband.com/recycle.

AUGUST 11

Atlanta Concert Band. Come enjoy their annual family "pops" concert. 4-5pm. Free. Roswell Cultural Arts Center, 950 Forest Street, Roswell. More info: atlantaconcertband.org.

AUGUST 11

Sundays on the River Concert featuring Sam Lewis.

Enjoy some soulful sounds and feel-good music. 7-9pm. Advanced tickets: \$12/lawn seating; \$16/table seating. Cash bar available, no outside alcoholic beverages permitted. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: www.chattnaturecenter.org.

The Wonderful World of Disney performed by the Atlanta Concert Band. Put on your favorite Disney costume and enjoy an afternoon of popular Disney music! Free, donations accepted. 4pm. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: atlantaconcertband.org.

AUGUST 13

Gritters Tuesday Afternoon Book Club. This book club meets every second Tuesday of each month for an active book discussion. The August book selection is Little Fires Everywhere by Celeste Ng. Newcomers welcome. 2-3pm. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: cobbcab.org.



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COMMUNITY CALENDAR

AUGUST 15

2019 East Cobb Pigskin Preview presented by the East Cobb Area Council Cobb Chamber of Commerce. A special presentation to talk shop with East Cobb's high school football coaches and their star players. \$20/member. \$30/general. 7:30-9am. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. More info: Ashley Warner, 770-859-2346, or cobbchamber.org.

AUGUST 15-SEPTEMBER 1

Othello. Shakespeare's *Othello* is one of his most intimate and devastating tragedies of all. It is a story about society, status and the nature of the outsider – but it is also a story about the love and trust between friends, and between men and women. Thursdays & Fridays: 7:30pm; Saturdays & Sundays: 2:30pm. Tickets: \$25/general admission; \$30/VIP; \$20/seniors and military. Marietta's New Theatre in the Square, 11 Whitlock Avenue NW, Marietta. More info: www.theatreinthesquare.net.

AUGUST 16

Mobile Dairy Classroom. Learn about where milk comes from, how it is processed, the healthy benefits of consuming dairy products and dairy farmers' management of natural resources with the Mobile Dairy Classroom. Intended for children ages 5-10 along with a participating adult. 11am-noon. Free. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: cobbcat.org.

Moonlight and Martinis. Live music, a full moon and heavy hors d'oeuvres. Reservations required. \$40/person includes one drink ticket. 7:30-10pm. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: www.bullochhall.org.

Martinis and Music at Marietta/Cobb Museum of Art. Live music, light refreshments, great art, a cash bar, and a lot of fun. 5:30-8:30pm. \$10 general admission; Free for members. Marietta/Cobb Museum of Art (MCMA), 30 Atlanta Street SE, Marietta. More info: 770-528-1444 or mariettacobbartmuseum.org.

Aloha to Aging Gala. Proceeds from the event will fund programs and services to ensure enhanced quality of life for seniors, their care partners, and the community. Reception and silent auction: 5pm. Dinner and live auction and program: 6:30pm. Tickets: \$75. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta/East Cobb. More info: alohatoaging.org.

AUGUST 16-18 & 23-25

Jukebox Giants: Motown & More. A high energy song and dance show featuring unforgettable golden oldies hits will have everyone dancing in their seats! Friday and Saturday: 8pm; Sunday: 3pm. Tickets: \$20-\$25. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: earlsmithstrand.org.

AUGUST 16-SEPTEMBER 1

War Paint presented by the Atlanta Lyric Theatre. Helena Rubinstein and Elizabeth Arden defined beauty standards for the first half of the 20th century. Brilliant innovators with humble roots, both were masters of self-invention who sacrificed everything to become the country's first major female entrepreneurs. They were also fierce competitors, whose 50-year tug-of-war would give birth to an industry. Thursday-Saturday: 8pm; Saturday, September 1 & Sundays: 2pm. \$48-\$58. The Jennie T. Anderson Theatre, 548 South Marietta Parkway SE, Marietta. More info: 404-377-9948 or atlantalyrictheatre.com.

AUGUST 17

Lassiter Color Run. The 2-mile, not timed run will wind its way around the Lassiter High School campus through several multi-colored powder stations, followed by music, food, games, silent auction and fun for kids like inflatables and face painting. 10am. Registration: \$20. Run-day: \$25. The run benefits Lassiter Cross Country and the Helping Hand Foundation. Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: Coach Freed, Scott.Freed@cobbk12.org or search for 2018 Lassiter Color Run on active.com.

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EAST COBBER Parade + Festival ★ Sept. 14

- **Parade Route:** The EAST COBBER Parade will step off at 10am, starting at 1223 Johnson Ferry Road, travel 1 mile south ending at Olde Towne Parkway in Marietta/East Cobb 30068. **Festival Site:** The EAST COBBER Festival will be in the south parking lot of Johnson Ferry Baptist Church, immediately following the EAST COBBER Parade. From 11am-3pm, the admission-free Festival will feature arts and crafts, local businesses, food concessions, carnival games, and an entertainment stage. **More Info/Application:** 770-640-7070 or eastcobber.com/parade

COMMUNITY CALENDAR

AUGUST 17

Pop-In for Family Fun. Explore the Marietta Museum of History. Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. This month's theme is Summer Crafts. 10:30am-3:30pm. Admission: \$5 with a family cap at \$20. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or www.mariettahistory.org.

AUGUST 19

The Orange Duffel Bag (ODB) Initiative Annual Golf Classic. Brings together golfers from across Georgia in support of ODB's work with students who are homeless, aging out of foster care or experiencing poverty. Registration: 8am; Tee-off: 9am. Registration: \$150/person; \$500/foursome. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. More info: 800-598-5150 or theodbi.org.

AUGUST 20

Gardeners' Night Out: Building Healthy Soil presented by Cobb Master Gardeners. 7-8pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730 or cobbcat.org.

AUGUST 23

Glover Park Concert Series: Mo' Soul Band. Come enjoy this variety party band sounds in historic Marietta Square. Bring a picnic and set up your own chairs after 4pm. Show starts at 8pm. Free. Tables available for rent. Glover Park, 50 Park Square NE, Marietta. More info: 770-794-5601 or mariettaga.gov.

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AUGUST 23 & 24

Pigs & Peaches BBQ Festival. Shop, eat, drink and interact with vendors, exhibitor and BBQ contestant booths. Play in the island-themed Kid Zone, full of inflatables, fun games and attractions for the little ones. Friday: 6-10pm; Saturday: 10am-10pm. Free admission. Adams Park, 2753 Watts Drive, Kennesaw. More info: pigsandpeaches.com.

AUGUST 24

11th Annual Digital Dash 5K and 1K Fun Run benefiting Children's Healthcare & Bert's Big Adventure. Certified Peachtree Road Race qualifier. Chip timed event. Registration & check-in: 6:30am; 5K: 7:30am; 1K: 8:30am. \$25 by August 5; \$35 by August 17; \$40 on race day. Marietta Square, 205 Lawrence Street NE, Marietta. More info: digitaldash5k.com.

AUGUST 25

Miss Mary's Ice Cream Crankin' benefitting The Drake House, which provides short-term crisis housing to homeless mothers and their children. Taste over 100 unique flavors of homemade ice cream and enjoy ice cream eating and stacking contests, bouncy house, music, face painting and children's games. 2-4pm. \$7/person. Roswell Square Park, 610 Atlanta Street, Roswell. More info: missmarysicecream.org.

AUGUST 28

90 Minute Mindfulness Workshop. This workshop presents an overview of the holistic approach to alleviating stress and anxiety. Includes experiential exercises, reflections, and meditations. \$25. 6:30pm. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta/East Cobb. More info: www.eastcobbyoga.com.

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AUGUST 28

Kindness Rocks! Suzanna Holl, a LPN with Phoenix Living Group Home, will teach you about the "Kindness Rocks" project and show you how to make a kindness rock. Some paints, crafting materials, markers, and a few rocks will be provided while supplies last. Once finished, the rocks will be put in a concrete planter in front of the library, or you can take the rock with you and share it. 1:30-2:30pm. Free. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: cobbcat.org.

SEPTEMBER 1 & 2

9th Annual Noshfest. Celebrate Jewish food and culture. Enjoy booths of crafts, goods, interactive exhibits, and tours of the sanctuary. Kids zone including inflatables, games and face painting. Entertainment includes demonstrations, dancing and live music. Sunday: 11am-5pm; Monday: 11am-4pm. Free admission, two canned goods are encouraged to donate to MUST Ministry. Temple Kol Emeth parking lot, 1415 Old Canton Road, Marietta/East Cobb. More info: noshfest.com.

SEPTEMBER 2

Holy Smoke BBQ and Music Festival. Enjoy BBQ provided by Williamson Brothers, antique car show, vendors, children's inflatables/games/face painting, live music and silent auction. 10am-3pm. Free admission. \$6/meal, available for sale starting Aug 21st. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info: johnsonferry.org.

SEPTEMBER 7

Hummingbird Banding presented by Smith-Gilbert Gardens (SGG). SGG has teamed up with Birdwatcher Supply to catch and band hummers! Once the birds have been banded they will sit on your hand for a second or two before flying away, (kids love this!) Live demonstrations, crafts, games and a memorable experience. 8-11am. Pre-sale admission: Adults \$10; Seniors: \$8; Children 3-17/students/military: \$5; Children 2 and under are free. Day of admission: Adults \$15; Seniors: \$13; Children 3-17/students/military: \$10; Smith Gilbert Gardens, 2382 Pine Mountain Road, Kennesaw. More info: 770-919-0248 or smithgilbertgardens.com.



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PET OF THE MONTH: JOSIE

Submitted by Elizabeth Nunnally



Animal/Breed: Shepherd/Terrier Mix

Age & Gender: 5 months, Female

Favorite Food: Purina puppy chow and rotisserie chicken

Favorite Person: Her owner/mom

Best Trick: Fetching

Turn Ons: Treats, socks, and playing with other dogs

Turn Offs: Loud noises outside

Favorite Toy: Stuffed elephant

Last Seen: Taking a nap in her bed

What makes your pet so special: Josie is special because she is lovable, loyal, and absolutely adorable. She loves dogs, cats, and any person she meets. She gets excited when I come home and loves being held.

Should Your Pet Be Our Pet of the Month?

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

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

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

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

This is a doggone great spot to advertise your business!



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GOOD MEWS OFFERS VACCINATION & MICROCHIP CLINIC




Mark your calendar for Sunday, August 4! The Good Mews Vaccination & Microchip Clinic will offer low-cost individual and package vaccinations starting at \$15, microchipping for only \$25, and nail trims for \$10.

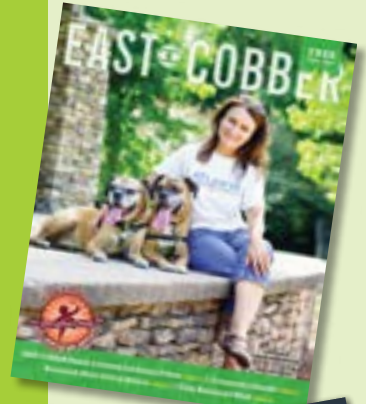
Vaccinating your four-legged loved ones keeps them from contracting preventable, life-threatening diseases. And, microchipped pets are MUCH more likely to be reunited with their human companions if they get lost. There is still plenty of time to make an appointment! Just give Good Mews a call at 678-520-4735.

The clinic will take place from 10am to 3pm. Walk-ins welcome; appointments strongly encouraged. All pets must be leashed or in a carrier. Good Mews reserves the right to refuse any animal based on temperament. Accepted payment methods: cash or credit card. Don't forget, all proceeds benefit the cats and kittens of Good Mews.

Founded in 1988, Good Mews offers an alternative to traditional animal shelters in the Metro-Atlanta area by providing a no-kill, cage-free, limited admission haven for homeless, abused, or abandoned cats until placing them in permanent, loving homes. Good Mews promotes public awareness regarding the value of pets, animal welfare, pet overpopulation, and quality human-animal companionship through education and outreach programs.

Good Mews Animal Foundation is located at 3805 Robinson Road in Marietta/East Cobb. For more information about this nonprofit, visit goodmews.org. 

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RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
AJ'S FAMOUS SEAFOOD AND POBOYS 2100 Roswell Road, Marietta 30062	678-999-0767	Cajun	45	●		●	●			\$
ALI'S COOKIES 1255 Johnson Ferry Road, Suite 34, Marietta 30068	770-971-8566 www.shipacookie.com	Dessert	0	●		●				\$
AMERICAN DELI 1230 Powers Ferry Road, Marietta 30067	770-952-4311 americandeli.com	Deli/American	20	●						\$
AMERICAN DELI 2100 Roswell Road, Marietta 30062	770-509-3800 americandeli.com	Deli/American	20	●		●				\$
ARBY'S 2161 Roswell Road NE, Marietta 30062	770-565-9283 www.arbys.com	Fast Food	100	●			●			\$
ARBY'S 4367 Roswell Road, Marietta 30062	770-971-5048 www.arbys.com	Fast Food	106	●			●			\$
ARBY'S 2692 Sandy Plains Road, Marietta 30066	770-973-0642 www.arbys.com	Fast Food	100	●			●			\$
ASAHI JAPANESE STEAK & SUSHI 2960 Shallowford Road, Marietta 30066	678-560-0015 www.asahirestaurant.com	Japanese	110	●			●	●		\$\$\$
ASIAN EXPRESS 4880 Lower Roswell Road, Marietta 30062	770-675-9369 facebook.com/asianexpressparkaire	Asian	18	●		●	●			\$\$
ASPENS SIGNATURE STEAKS 2942 Shallowford Road, Marietta 30066	678-236-1400 www.sedgwickrestaurantgroup.com	Steakhouse	160	●		●	●	●		\$\$\$
AURELIO'S, THE FAMILY PIZZERIA 1255 Johnson Ferry Road, Marietta 30068	770-578-6606 www.aureliospizza.com	Pizza/Italian	92	●	●	●	●			\$
BAGELICIOUS 1255 Johnson Ferry Road, Marietta 30068	770-509-9505 www.bagelicious.net	Deli	78	●		●	●			\$
BALDINO'S GIANT JERSEY SUBS 80 Powers Ferry Road, Marietta 30067	770-321-1177 www.baldinos.us	Sandwiches	80	●		●	●			\$
BARBERITOS 2960 Shallowford Road, Marietta 30066	770-552-2272 www.barberitos.com	Southwestern	50	●		●	●			\$
BARISTAS 4932 Lower Roswell Road, Marietta 30068	770-380-1838 facebook.com • Baristas-of-East-Cobb	Coffee Shop	0	●		●				\$
BASKIN ROBBINS 4811 Lower Roswell Road, Marietta 30068	678-504-7170 www.baskinrobbins.com	Ice Cream	37	●			●			\$
BAY BREEZE SEAFOOD RESTAURANT 2418 Canton Road, Marietta 30066	770-485-9916 www.baybreezemarietta.com	Seafood	300	●			●	●		\$\$
BENI'S CUBANO 4475 Roswell Road, Suite 1510A, Marietta 30062	404-348-4394 www.beniscubano.com	Cuban	58	●		●	●			\$\$
BISCUITS & MORE 3162 Johnson Ferry Road, Suite 450, Marietta 30062	770-993-8453 facebook.com/biscuitsandmoremarietta	American	70	●						\$
BLACK SWAN TAVERN 1401 Johnson Ferry Road, Suite 128, Marietta 30062	678-401-5286 www.dunwoodyrestaurantgroup.com/ blackswantavern	English Pub	75	●	●	●	●			\$\$
BOSTON MARKET 2014 Powers Ferry Road, Atlanta 30339	770-988-9020 www.bostonmarket.com	American	70	●		●	●			\$
BRADLEY'S BAR & GRILL 4961 Lower Roswell Road, Suite 117, Marietta 30068	770-321-0108 www.bradleysbarandgrill.com	American Bar Food	75	●		●				\$\$
BREWSTERS NEIGHBORHOOD GRILLE 3595 Canton Road, Marietta 30066	770-591-1291 www.brewstersgrille.com	American	20	●			●		●	\$
BRUSTER'S ICE CREAM 2044 Lower Roswell Road, Marietta 30068	770-973-4666 www.brusters.com	Ice Cream	0	●		●	●			\$
BRUSTER'S ICE CREAM 3735 Trickum Road, Marietta 30066	770-516-7722 www.brusters.com	Ice Cream	30	●		●	●			\$
BUDDHA'S DELIGHT CHINESE & THAI RESTAURANT 2731 Sandy Plains Road, Marietta 30066	770-565-1995 www.buddhasdelightmarietta.com	Chinese/Thai	100	●			●			\$\$
CAFÉ LIFE AT LIFE GROCERY 1453 Roswell Road, Marietta 30062	770-977-9583 www.lifegrocery.com	Vegan	40	●		●				\$
CAFÉ AT PHARR BY SUGAR BENDERS BAKERY 255 Village Parkway NE, Suite 240A, Marietta 30067	678-402-8588 www.sugarbenderscakes.com	Cafe	40	●	●	●	●	●		\$
CAMPS KITCHEN & BAR 255 Village Parkway NE, Suite 310, Marietta 30067	678-540-2003 www.campskitchenbar.com	American	125	●	●	●	●	●	Thurs	\$\$

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CALIFORNIA PIZZA KITCHEN 4250 Roswell Road, Marietta 30062	770-971-7950 www.cpk.com	American & Pizza	125	•	•	•	•			\$\$
CANTON WINGS & MORE 3190 Canton Road, Marietta 30066	770-214-3030 www.cantonwingsnmore.club	American	10	•			•			\$
CAPOZZI'S PIZZA 4285 Roswell Road, Marietta 30062	770-321-5550 www.capozzispizza.com	Italian & Pizza	52	•		•	•			\$\$
CAPOZZI'S PIZZA 2960 Shallowford Road, #101, Marietta 30066	770-321-1969 www.capozzissandyplains.com	Italian & Pizza	38	•	•	•				\$\$
CAPTAIN D'S SEAFOOD 2811 Canton Highway, Marietta 30066	770-422-1694 www.captains.com	Fast Food	60	•			•			\$
CATFISH HOX 2595 Sandy Plains Road, Suite 101, Marietta 30066	770-726-9925 catfishhox.com	Southern	30	•	•	•		•		\$\$
CAZADORES MEXICAN RESTAURANT 3165 Johnson Ferry Road, Marietta 30062	770-641-8625 www.cazadoresrestaurant.com	Mexican	115	•			•	•		\$\$
CAZADORES MEXICAN RESTAURANT 2731 Sandy Plains Road, Marietta 30066	770-578-0710 www.cazadoresrestaurant.com	Mexican	200	•		•	•			\$\$
CHEROKEE CATTLE CO. RESTAURANT 2710 Canton Road, Marietta 30066	770-427-0490 www.cherokeecattlecompany.com	Steakhouse	227	•		•	•	•		\$\$
CHICAGO'S STEAK & SEAFOOD 4401 Shallowford Road, Roswell 30075	770-993-7464 www.chicagosrestaurant.com	American	140	•			•	•	•	\$\$\$
CHICK-FIL-A - EASTLAKE 2105 Roswell Road, Marietta 30062	770-977-3355 www.chick-fil-a.com	Fast Food	115	•		•	•			\$
CHICK-FIL-A - LASSITER 3046 Shallowford Road, Marietta 30062	770-579-0076 www.chick-fil-a.com	Fast Food	179	•		•	•			\$
CHICK-FIL-A - SPRAYBERRY SQUARE 2530 Sandy Plains Road NE, Marietta 30066	770-977-2455 www.chick-fil-a.com	Fast Food	105	•		•	•			\$
CHICK-FIL-A - WOODLAWN 1201 Johnson Ferry Road, Marietta 30068	770-565-4653 www.chick-fil-a.com	Fast Food	115	•		•	•			\$
CHICKEN SALAD CHICK 4101 Roswell Road, Suite 811, Marietta 30062	770-565-3985 www.chickensaladchick.com	American	150	•	•	•	•			\$
CHICKEN SALAD CHICK 2960 Shallowford Road, Marietta 30066	770-415-3036 www.chickensaladchick.com	American	150	•			•			\$
CHILI'S 4111 Roswell Road, Marietta 30062	770-973-9419 www.chilis.com	Southwestern	260	•			•			\$\$
CHIN CHIN 617 Johnson Ferry Road, Marietta 30068	678-560-5550 www.eastcobbchin.com	Chinese	120	•	•	•	•			\$\$
CHINA DOLL 1230 Powers Ferry Road SE, Marietta 30067	770-955-6544 www.chinadollga.com	Chinese	80	•	•	•	•	•		\$\$
CHINA DYNASTY 3605 Sandy Plains Road, Suite 1, Marietta 30066	770-578-9668 chinadynastyrestaurant.com	Chinese	40	•	•	•				\$
CHINA GREAT WALL 1860 Sandy Plains Road, Marietta 30066	770-578-1488 www.chinagreatwallmarietta.com	Chinese	20	•	•					\$\$
CHINA HOUSE 1050 E. Piedmont Road, Marietta 30062	770-579-6623 www.chinahousemarietta.com	Chinese	15	•	•	•				\$
CHIPOTLE MEXICAN GRILL 1281 Johnson Ferry Road, Suite 104, Marietta 30068	678-279-1604 www.chipotle.com	Mexican	40	•		•	•			\$
CHIPOTLE MEXICAN GRILL 3606 Sandy Plains Road, Marietta 30066	678-275-2039 www.chipotle.com	Mexican	80	•		•	•			\$
CHOI'S AMERICAN WINGS 2555 Delk Road, Marietta 30067	770-818-0026 americanwings7.com	American	16	•			•			\$
CHOPSTIX CHINESE BISTRO 3822 Roswell Road, Marietta 30062	770-971-8118 www.chopsticksmarietta.com	Chinese	10	•	•	•	•			\$\$
CLEAN JUICE 1205 Johnson Ferry Road, Suite 124, Marietta 30068	678-903-5558 www.cleanjuice.com/locations/ johnson-ferry	Healthy	35	•			•			\$
COCONUTZ JAMAICAN RESTAURANT 3349 Canton Road, Marietta 30066	770-485-5777	Jamaican	50	•		•		•		\$\$
COLD STONE CREAMERY 640 Johnson Ferry Road, Marietta 30068	678-236-2653 www.coldstonecreamery.com	Ice Cream	15	•		•	•			\$

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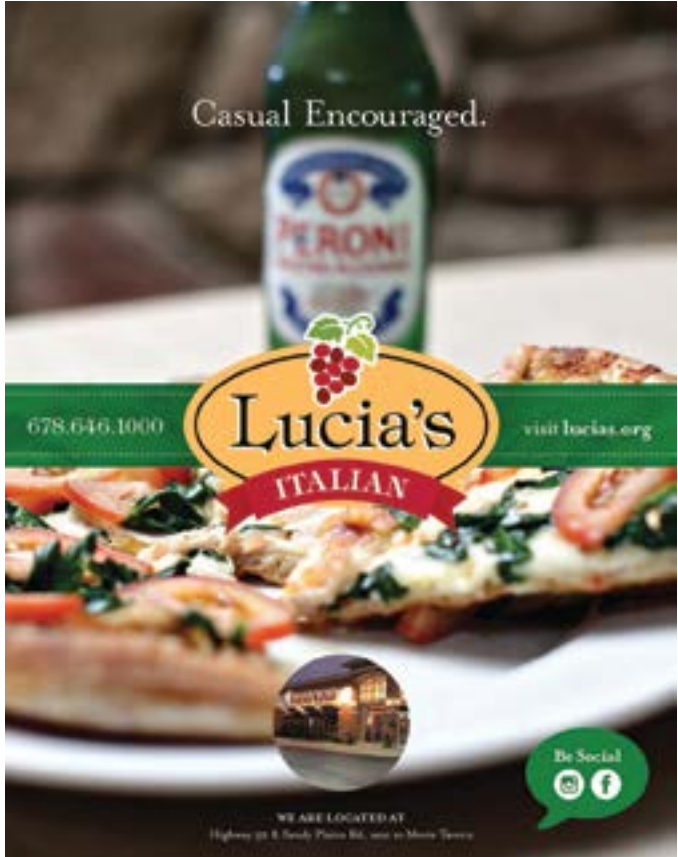
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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
THE CORN HOUSE 2060 Lower Roswell Road, Suite 150, Marietta 30068	678-919-4899 facebook.com/cornhouseusa	Brazilian	70			•	•		•	\$
CUBAN DINER 1484 Roswell Road, Marietta 30062	770-509-2576 mariettacubandiner.com	Cuban	80	•	•	•	•			\$
CUE'S BILLIARDS 3372 Canton Road, Suite 140, Marietta 30066	770-425-1101 www.cuesbilliards.com	American	75	•		•				\$
CURRY LEAF INDIAN GRILL 3000 Windy Hill Road SE, Suite 128, Marietta 30067	470-308-0254 www.curryleafatlanta.com	Indian	15	•	•	•				\$\$
DEL RAY DINER 2475 Delk Road, Marietta 30067	770-485-8069 delray.com	American	300	•			•	•	•	\$\$
DELKWOOD GRILL 2769 Delk Road, Marietta 30067	770-956-1313 www.delkwood.com	American	200	•		•	•	•		\$\$
DOMINO'S PIZZA 3545 Canton Road, Marietta 30066	770-926-0080 www.dominos.com	Pizza	0	•	•					\$
DOMINO'S PIZZA 4724 Lower Roswell Road, Marietta 30068	770-641-7020 www.dominos.com	Pizza	0	•	•					\$
DOMINO'S PIZZA 1230 Powers Ferry Road, Marietta 30067	770-955-5585 www.dominos.com	Pizza	0	•	•					\$
DOMINO'S PIZZA 2323 Shallowford Road, Marietta 30066	770-928-2299 www.dominos.com	Pizza	0	•	•					\$
DRIFT FISH HOUSE & OYSTER BAR 4475 Roswell Road, Marietta 30062	770-635-7641 www.driftoysterbar.com	Seafood	138	•			•			\$\$\$
DUCK DONUTS 1281 Johnson Ferry Road, Marietta 30068	770-693-1622 www.duckdonuts.com/location/marietta-ga	Donuts	10	•						\$
DUNKIN' DONUTS/BASKIN-ROBBINS 2885 Canton Highway, Marietta 30066	770-422-3375 www.dunkindonuts.com	Donuts/Ice Cream	25	•						\$
DUNKIN' DONUTS 980 E. Piedmont Road, Marietta 30062	770-971-8360 www.dunkindonuts.com	Donuts	20	•						\$
DUNKIN' DONUTS 611 Johnson Ferry Road, Marietta 30068	770-971-1710 www.dunkindonuts.com	Donuts	25	•						\$
DUNKIN' DONUTS 2022 Powers Ferry Road, Atlanta 30339	770-859-2954 www.dunkindonuts.com	Donuts	42	•						\$
DUNKIN' DONUTS 2765 Sandy Plains Road, Marietta 30066	770-977-2722 www.dunkindonuts.com	Donuts	30	•						\$
DUNKIN' DONUTS 2378 Shallowford Road, Marietta 30066	770-591-9906 www.dunkindonuts.com	Donuts	35	•						\$
EDIBLE ARRANGEMENTS 4880 Lower Roswell Road, Marietta 30068	770-579-7081 www.ediblearrangements.com	Fresh Fruits	0	•	•					\$\$
EGE SUSHI & JAPANESE CUISINE 2100 Roswell Road, Marietta 30062	770-977-7690	Japanese	32	•						\$\$
EGG HARBOR CAFE 4719 Lower Roswell Road, Suite 210, Marietta 30068	770-575-3001 www.eggsharborcafe.com	Breakfast & Brunch	211	•			•			\$
EGGS UP GRILL 4401 Shallowford Road, Roswell 30075	770-559 9057 www.eggsupgrill.com	Breakfast & Brunch	146	•		•	•			\$\$
EL HUARACHE MEXICAN TAQUERIA 1157 Roswell Road, Marietta 30062	678-403-8990	Mexican	50	•		•	•			\$
EL RODEO MEXICAN RESTAURANT 2719 Canton Road, Marietta 30066	770-429-1072	Mexican	125	•		•	•	•		\$\$
EL TACO MEXICAN BAR AND GRILL 1050 East Piedmont Road, Marietta 30062	678-275-2349 eltacomexicangrill.com	Mexican	50	•		•	•			\$
EM KITCHEN ASIAN CUISINE 4400 Roswell Road, Suite 154, Marietta 30062	678-653-7700 www.facebook.com/EmKitchenGA	Asian	40	•			•			\$\$
ENJOY BRAZILIAN CUISINE 2852 Delk Road, Suite 215, Marietta 30067	770-627-5258 www.enjoy-brazilian-cuisine.business.site	Brazilian	40	•						\$\$
EUROPEAN DELI 3101 Roswell Road, Suite 112, Marietta 30062	770-693-9409 european-deli-marietta.sites.tablehero.com	European	2	•						\$
EVERYTHING BURGER 3372 Canton Road, Marietta 30066	770-485-7679 www.everythingburger.org	Burgers	24	•	•	•	•			\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • Expensive: \$46-\$70 = \$\$\$

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EAST COBBER

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
FAT LADY BAKER 2995 Johnson Ferry Road, Marietta 30062	770-587-3005 www.fatladybaker.com	Prepared Foods	0	●						\$
FAT LADY BAKER 2951 Shallowford Road, Marietta, 30066	678-230-2572 www.fatladybaker.com	Bakery	0	●						\$
FIREHOUSE SUBS 2900 Delk Road, Marietta 30068	770-690-8105 www.firehousesubs.com	Subs	52	●		●	●			\$
FIREHOUSE SUBS 2745 Sandy Plains Road, Marietta 30066	678-909-2660 www.firehousesubs.com	Subs	38	●		●	●			\$
FRANKIE'S ITALIAN RESTAURANT 3085 Canton Road, Marietta 30066	770-419-8931 www.frankiesitalianga.com	Italian	100	●		●	●	●		\$\$
FRANKIE'S ITALIAN RESTAURANT 3100 Roswell Road, Marietta 30062	770-578-6608 www.frankiesonroswell.com	Italian	160	●		●	●	●	●	\$\$
FREAKIN INCAN 4651 Woodstock Road, Suite 305, Roswell 30075	678-587-5301 www.thefreakinincan.com	Peruvian	100	●		●	●			\$\$
FRESH TO ORDER 1333 Johnson Ferry Road, Marietta 30068	678-568-2121 www.freshtoorder.com	American	156	●		●	●			\$\$
FUGU EXPRESS TERIYAKI & SUSHI 2900 Delk Road SE, Marietta 30067	770-372-3993 facebook.com/fugueexpress	Japanese	10	●						\$
FUJI HANA 1255 Johnson Ferry Road, Marietta 30068	678-560-8071 www.fujihanaeastcobb.com	Japanese	150	●			●	●		\$\$
G.C. BBQ 4401 Shallowford Road, Suite 168, Roswell 30075	770-587-4227 www.gcbq.com	BBQ	42	●	●	●	●			\$
G'ANGELO'S PIZZA 3205 Canton Road, Marietta 30066	770-424-1800 www.gangelospizza.com	Italian	12	●	●	●				\$
GIGA-BITES CAFÉ 1851 Roswell Road, Marietta 30062	770-578-1497 www.giga-bitescafe.com	Café	100	●						\$
GOIANO BRAZILIAN BAKERY & RESTAURANT 1475 Terrell Mill Road SE, Marietta 30067	770-984-9194 www.goiano.com	Brazilian	20	●		●				\$
GOLDBERG'S BAGEL COMPANY & DELI 1062 Johnson Ferry Road, Marietta 30068	770-578-3771 www.goldbergbagel.com	Deli	100	●	●	●	●			\$
GREAT WALL 1275 Powers Ferry Road, Marietta 30067	770-953-6392 www.greatwallmarietta.com	Chinese	230	●	●	●	●			\$\$
HAROLD'S CHICKEN & ICE BAR 1477 Roswell Road, Marietta 30062	770-726-7779 www.haroldschickenandicebar.com	Fried Chicken	500	●		●		●	DJ Sat	\$\$
HARRY'S PIZZA & SUBS 2150 Powers Ferry Road, Atlanta 30339	770-955-4413 www.pizzarestaurant-atlanta.com	Pizza & Subs	100	●	●	●	●	●		\$
HEIRLOOM MARKET BBQ 2243 Akers Mill Road, Suite 110, Atlanta 30339	770-850-1008 www.heirloommarketbbq.com	BBQ	20	●		●				\$
HIBACHI STOP 2856 Delk Road, Suite 305, Marietta 30067	678-324-6045	Japanese	16	●			●			\$\$
HOAGIE BROS. 3595 Canton Road, Suite 330, Marietta 30066	770-485-4598 www.hoagiebros.com	Sandwiches	20	●	●	●	●			\$
HOBOKEN BREAD & BAGEL CO. 1033 Sandy Plains Road, Marietta 30066	770-419-8292 www.hobokenbreadandbagel.com	Sandwiches	16	●		●	●			\$
HONEYBAKED HAM 4101 Roswell Road, Marietta 30062	770-578-8008 www.myhoneybakedstore.com/marietta	Sandwiches	45	●	●	●	●			\$
HONG KONG STAR CHINESE CUISINE 4719 Lower Roswell Road, Suite 110, Marietta 30068	770-509-2129 www.hongkongstarmenu.com	Chinese	110	●	●	●	●			\$
HOUSE OF MING 3101 Roswell Road, Marietta 30062	770-977-7538 www.houseofmingmarietta.com	Chinese	40	●						\$\$
HOYLE'S KITCHEN & BAR 1440 Roswell Road, Marietta 30062	770-509-3320 www.hoyleskitchenandbar.com	American	400	●	●	●	●	●	Friday	\$\$
IHOP 3130 Johnson Ferry Road, Marietta 30062	770-640-1731 www.ihop.com	American	198	●			●	●		\$
J. CHRISTOPHER'S 1205 Johnson Ferry Road, Marietta 30068	770-579-6800 www.jchristophers.com	Breakfast & Brunch	100+	●		●	●	●		\$
J. CHRISTOPHER'S 1275 Powers Ferry Road, Suite 110-120, Marietta 30067	770-953-0002 www.jchristophers.com	Breakfast & Brunch	133	●		●		●		\$
J. CHRISTOPHER'S 2100 Roswell Road, Marietta 30062	770-627-2499 www.jchristophers.com	Breakfast & Brunch	100+	●		●	●	●		\$

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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
J. CHRISTOPHER'S 2700 Town Center Drive, Kennesaw 30144	678-213-2400 www.jchristophers.com	Breakfast & Brunch	100+	•			•	•		\$
JACOBS JAVA ESPRESSO AND SMOOTHIES DRIVE THRU 1350 Terrell Mill Road, Marietta 30067	404-883-2374 www.facebook.com/Jacobs Java Espresso and Smoothies Drive Thru	Coffee	20	•						\$
JADA'S CARRIBBEAN CUISINE 2595 Sandy Plains Road, Marietta 30066	678-402-5873 jadascuisine.com	Caribbean	30	•		•	•		•	\$\$
JAMBA JUICE 4101 Roswell Road, Marietta 30062	678-504-5544 www.jambajuice.com	Smoothies	10	•			•			\$
JASON'S DELI 1401 Johnson Ferry Road, Suite 334, Marietta 30062	770-509-7325 www.jasonsdeli.com	Deli	200	•		•	•			\$
JERSEY MIKE'S 2014 Powers Ferry Road, Atlanta 30339	678-279-9990 www.jerseymikes.com	Sandwiches	25	•		•	•			\$
JERSEY MIKE'S 4400 Roswell Road, Marietta 30062	770-321-3998 www.jerseymikes.com	Sandwiches	25	•		•	•			\$
JERSEY MIKE'S 2960 Shallowford Road, Marietta 30066	770-578-3973 www.jerseymikes.com	Sandwiches	25	•		•	•			\$
JET'S PIZZA 2900 Delk Road, Suite 3, Marietta 30067	770-952-1711 www.jetspizza.com/stores/georgia/marietta/2900-delk-rd-se	Pizza	20	•	•					\$
JET'S PIZZA 4401 Shallowford Road, Suite 102, Roswell 30075	770-649-9950 www.jetspizza.com	Pizza	0	•	•	•				\$
JIMMY JOHN'S 1337 Powers Ferry Road, Marietta 30067	678-324-3630 www.jimmyjohns.com	Sandwiches	20	•	•	•				\$

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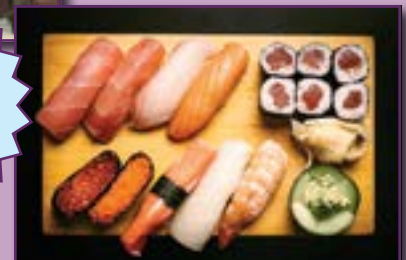
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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
JIMMY MAC'S PUB 3205 Canton Road, Marietta 30066	770-794-9700 facebook.com/jimmymacspub	American	148	•					•	\$
JP'S PIZZERIA 2211 Roswell Road, Suite 116, Marietta 30062	770-509-7794 jjs-pizzeria.com	Pizza	40	•	•		•			\$
JOHN BOY'S HOME COOKING 3050 Canton Road, Marietta 30066	770-422-6747 john-boys.com	American	150	•		•				\$
JOHNNY'S NEW YORK STYLE PIZZA 2970 Canton Road, Marietta 30066	678-797-0505 www.johnnyspizza.com	Pizza	77	•		•	•			\$
JOHNNY'S NEW YORK STYLE PIZZA 4880 Lower Roswell Road, Marietta 30068	678-560-2228 www.johnnyspizza.com	Pizza	120	•	•	•	•			\$
JORDAN'S LOUNGE & HOOKAH BAR 2755 Canton Road, Marietta 30066	770-575-9472	Mediterranean	150	•				•	•	\$\$
JUDY'S COUNTRY KITCHEN 2745 Sandy Plains Road, Suite 106, Marietta 30066	678-388-8680 facebook.com/judyscountrybuffet	Southern, Buffet	100	•			•			\$
KABOBS 1260 Powers Ferry Road, Suite E, Marietta 30067	678-388-0102 www.bbkabobs.com	Brazilian	80	•		•				\$
KALE ME CRAZY 4475 Roswell Road, Suite 1620, Marietta 30062	770-559-9001 kalemecrazy.net	Healthy	15	•	•					\$
KAYHILL'S SPORTS BAR & GRILL 2100 Roswell Road Suite 2114, Marietta 30062	678-403-1046 www.facebook.com/KayhillBarAndGrill	American	200	•					•	\$
KEEGAN'S IRISH PUB 4401 Shallowford Road, Roswell 30075	770-640-1100 www.keegansirishpub.net	Irish	211	•		•	•		•	\$
KENTUCKY FRIED CHICKEN 2540 Delk Road, Marietta 30067	770-980-0848 www.kfc.com	Fast Food	70	•		•	•			\$
KOUZINA CHRISTOS 1453 Terrell Mill Road, Marietta 30067	770-952-1950 www.kouzinachristos.com	Greek/Pizza	140	•	•	•	•		•	\$
KUMO HIBACHI SUSHI 2595 Sandy Plains Road, Marietta 30066	770-575-2822 www.kumomarietta.com	Japanese	50	•		•				\$\$
LA CARRETTA TAQUERIA 1262 Roswell Road, Marietta 30062	770-579-2963 www.lacarreta.co	Mexican Columbian	200	•		•			•	\$
LA MADELEINE 4101 Roswell Road, Marietta 30062	770-579-3040 www.lamadeleine.com	French	200	•		•	•			\$\$
LA STRADA 2930 Johnson Ferry Road, Marietta 30062	770-640-7008 www.lastradainc.com	Italian	85	•		•	•	•		\$\$
LABELLA'S PIZZERIA 2635 Sandy Plains Road, Marietta 30066	770-973-0052 www.labellaspizzeria.net	Pizza	20	•		•				\$
LAREDOS MEXICAN BAR & GRILL 1860 Sandy Plains Road, Marietta 30066	678-453-3663 www.laredosmexicangrill.com	Mexican	160	•		•	•	•		\$
LEMON GRASS 2145 Roswell Road, Marietta 30062	770-973-7478 www.lemongrassmarietta.com	Thai	290	•						\$\$
LIBERTY PIZZA 1275 Powers Ferry Road, Suite 130, Marietta 30067	770-693-3940 www.libertypizzaga.com	Pizza	48	•	•	•				\$
LITTLE CAESARS 3372 Canton Road, Suite 100, Marietta 30066	770-424-5051 www.littlecaesars.com	Pizza	0	•						\$
LITTLE CAESARS 2856 Delk Road, Marietta 30067	770-984-9400 www.littlecaesars.com	Pizza	0	•						\$
LITTLE CAESARS 2200 Roswell Road, Marietta 30062	770-971-5210 www.littlecaesars.com	Pizza	0	•						\$
LITTLE CAESARS 2520 Shallowford Road, Suite A, Marietta 30066	770-591-3319 www.littlecaesars.com	Pizza	0	•						\$
LONGHORN STEAKHOUSE 4721 Lower Roswell Road, Marietta 30068	770-977-3045 www.longhornsteakhouse.com	Steakhouse	200	•			•			\$\$\$
LOS ARCOS MEXICAN CANTINA 3101 Roswell Road, Marietta 30062	678-560-8222	Mexican	120	•		•	•	•		\$
LOS BRAVOS 2125 Roswell Road, Suite 40, Marietta 30062	678-540-5804 www.losbravosrestaurantgroup.com	Mexican	100	•			•			\$\$
LUCIA'S RESTAURANT 4705 Woodstock Road, Roswell 30075	678-646-1000 www.lucias.org	Italian	102	•		•	•	•		\$\$
MAMBO ITALIAN STREET FOOD 2022 Powers Ferry Road, Suite 240, Atlanta 30339	770-485-4026 www.mamboitalianstreet.com	Italian	110	•	•				•	\$\$

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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
MARCO'S PIZZA 3595 Canton Road, Marietta 30066	678-400-2556 www.marcos.com	Pizza	0	•	•	•				\$
MARCO'S PIZZA 2555 Delk Road SE, Marietta 30067	678-862-0600 www.marcos.com	Pizza	0	•	•	•				\$
MARCO'S PIZZA 2986 Johnson Ferry Road, Marietta 30062	678-304-6565 www.marcos.com	Pizza	0	•	•	•				\$
MARCO'S PIZZA 2424 Roswell Road, Marietta 30068	770-694-6400 www.marcos.com	Pizza	0	•	•	•				\$
MARIETTA COFFEE COMPANY 1598 Roswell Road, Marietta 30062	678-765-8885 www.mariettacoffeecompany.com	Coffee	36	•						\$
MARIETTA DONUTS 1282 Johnson Ferry Road, Suite 109, Marietta 30068	470-308-6130 facebook.com/mariettadonuts	Donuts	8	•						\$
MARIETTA FISH MARKET 3185 Canton Road, Marietta 30066	770-218-3474 www.mariettafishmarket.net	Seafood	500	•		•	•	•		\$\$
MARLOW'S TAVERN 1311 Johnson Ferry Road, Suite 208, Marietta 30068	770-977-7747 www.marlowstavern.com	American	285	•		•	•			\$\$
MARLOW'S TAVERN 2960 Shallowford Road, Marietta 30066	770-693-8278 www.marlowstavern.com	American	184	•			•			\$\$
MAZZY'S SPORTS BAR & GRILL 2217 Roswell Road, Marietta 30062	678-213-1688 www.mazzys.com	American	330	•		•		•	•	\$\$
MCDONALD'S 3010 Canton Road, Marietta 30066	770-428-1982 www.mcdonalds.com	Fast Food	70	•			•			\$
MCDONALD'S 3011 Johnson Ferry Road, Marietta 30062	770-998-3774 www.mcdonalds.com	Fast Food	139	•			•			\$
MCDONALD'S 4819 Lower Roswell Road, Marietta 30068	770-973-1125 www.mcdonalds.com	Fast Food	125	•			•			\$
MCDONALD'S 1305 Powers Ferry Road, Marietta 30067	770-951-2383 www.mcdonalds.com	Fast Food	60	•			•			\$
MCDONALD'S 3101 Roswell Road, Marietta 30062	770-565-8663 www.mcdonalds.com	Fast Food	85	•			•			\$
MCDONALD'S 2782 Sandy Plains Road, Marietta 30066	770-579-7074 www.mcdonalds.com	Fast Food	75	•			•			\$

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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
MEDITERRANEAN GRILL 1255 Johnson Ferry Road, Marietta 30068	678-996-0045 www.mediterraneangrill.com	Mediterranean	26	•	•	•	•			\$
MELLOW MUSHROOM 2000 Powers Ferry Road, Suite G3, Marietta 30067	770-933-8584 www.mellowmushroom.com	Pizza	190	•		•	•	•		\$
MELLOW MUSHROOM 2421 Shallowford Road, Marietta 30066	770-516-1500 www.mellowmushroom.com	Pizza	60	•		•	•			\$
MENCHIE'S FROZEN YOGURT 4475 Roswell Road, Suite 205, Marietta 30062	770-973-9009 www.menchies.com	Frozen Yogurt	65	•				•		\$
MEZZA LUNA 2100 Roswell Road, Marietta 30062	678-214-5856 www.mezzalunamarietta.com	Italian	60	•					•	\$\$
THE MILL KITCHEN & BAR 590 Mimosa Boulevard, Roswell 30075	770-817-9345 www.themillkitchenandbar.com	Modern Southern Comfort Food	150	•		•	•	•	•	\$\$\$
MINAS GRILL 2555 Delk Road, Suite B4, Marietta 30067	770-818-9900 www.minas-grill.com	Brazilian	30	•		•				\$\$
MING'S ASIAN KITCHEN 4665 Lower Roswell Road, Suite 101, Marietta 30068	770-693-9452 facebook.com/mingsasiankitchen	Fusion	36	•		•				\$\$
MIRKO PASTA 1281 Johnson Ferry Road, Marietta 30068	770-977-3030 www.mirkopasta.com	Italian	103	•		•	•			\$\$
MOE'S SOUTHWEST GRILL 688 Johnson Ferry Road, Marietta 30068	678-560-4666 www.moescaters.com	Southwestern	105	•		•	•			\$
MOE'S SOUTHWEST GRILL 2022 Powers Ferry Road, Atlanta 30339	770-956-0018 www.moescaters.com	Southwestern	105	•		•	•			\$
MOE'S SOUTHWEST GRILL 4401 Shallowford Road, Roswell 30075	770-645-5535 www.moescaters.com	Southwestern	80	•		•	•			\$
MONTANA'S BAR AND GRILL 2995 Johnson Ferry Road, Marietta 30062	770-998-1314 facebook.com/montanasbarmarietta	American	177	•				•	•	\$\$
MONTICELLO 2000 Powers Ferry Road, Marietta 30067	770-702-7078 www.monticelloatl.com	American	200	•		•		•	•	\$\$\$
MOON'S WINGS & HIBACHI 3012 Canton Road, Marietta 30066	678-695-7978 facebook.com/ moonswingsandhibachi	Asian/Wings	60	•			•			\$
MOXIE BURGER 2421 Shallowford Road, Suite 158, Marietta 30066	678-398-9819 www.moxieburger.net	American	25	•			•			\$\$
MOXIE BURGER 255 Village Parkway NE, Suite 120, Marietta 30067	770-627-3201 www.moxieburger.net	American	25	•			•			\$\$
MOXIE TACO 255 Village Parkway NE, Suite 330, Marietta 30067	678-903-5858 moxierestaurantgroup.com/moxie-taco	Mexican	170	•		•	•		Occasionally	\$
MR. WONTON CHINESE RESTAURANT 3595 Canton Road, Marietta 30066	770-591-4288 www.mrwontonmarietta.com	Chinese	0	•		•				\$
MY FRIEND'S PLACE 1205 Johnson Ferry Road, Marietta 30068	770-971-0124 www.myfriendsplacedeli.com	Deli	50	•		•	•			\$
MZIZI COFFEE 2995 Johnson Ferry Road, Marietta 30062	470-709-4113 www.mzizi-coffee-roaster.business.site	Coffee	10	•						\$
NANA THAI EATERY 2940 Johnson Ferry Road, Suite C, Marietta 30062	470-539-4811 nanathaieatery.com	Thai	100	•		•				\$\$
NEW LUCKY CHINA CHINESE RESTAURANT 3045 Gordy Parkway, Marietta 30066	770-565-9666 www.newluckychina.com	Chinese	80	•				•		\$\$
O'CHARLEY'S 3550 Sandy Plains Road, Marietta 30066	770-579-2690 www.ocharleys.com	American	206	•			•			\$\$\$
OKKO RAMEN 3045 Gordy Parkway, Suite 108, Marietta 30066	770-988-5000 okkoramen.com	Ramen	65	•	•	•	•			\$\$
PANDA EXPRESS 4275 Roswell Road, Marietta 30062	770-509-6708 www.pandaexpress.com	Fast Food	100	•		•	•			\$
PANERA BREAD 4475 Roswell Road, Marietta 30062	770-565-5338 www.panerabread.com	Sandwiches	190	•		•	•			\$
PAPA JOHN'S PIZZA 3165 Johnson Ferry Road, Marietta 30062	770-587-9072 www.papajohns.com	Pizza	8	•	•	•				\$
PAPA JOHN'S PIZZA 4811 Lower Roswell Road, Marietta 30068	770-971-4111 www.papajohns.com	Pizza	0	•	•	•				\$
PAPA JOHN'S PIZZA 1325 Powers Ferry Road, Marietta 30067	770-984-8282 www.papajohns.com	Pizza	0	•	•	•				\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • Expensive: \$46-\$70 = \$\$\$

EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
PAPA JOHN'S PIZZA 1860 Sandy Plains Road, Marietta 30066	770-565-3599 www.papajohns.com	Pizza	4	•	•	•				\$
PAPPADÉAUX SEAFOOD KITCHEN 2830 Windy Hill Road, Marietta 30067	770-984-8899 www.pappadeaux.com	Cajun	350	•			•	•	•	\$\$
PAPPASITO'S CANTINA 2788 Windy Hill Road, Marietta 30067	770-541-6100 www.pappasitos.com	Tex-Mex	428	•			•	•	•	\$\$
PARADISE GRILLE 3605 Sandy Plains Road, Marietta 30066	770-579-6226 www.paradisegrille.net	American	100	•		•	•	•		\$\$
PARADISE SOUTH OF THE BORDER 3605 Sandy Plains Road, Marietta 30066	770-790-5475 www.paradisegrille.net	Mexican	100	•		•	•	•	•	\$\$
PEACE LOVE AND PIZZA 1050 E. Piedmont Road, Suite 154, Marietta 30062	770-321-0757 www.peaceloveandpizza.com	Pizza	50	•	•	•				\$
PELICAN'S SNO-BALLS 3600 Canton Road, Marietta 30066	678-494-6336 pelicanssnoballs.com	Shaved Ice	30	•		•				\$
PERKS COFFEE 3000 Windy Hill Road SE, Suite 176, Marietta 30067	678-903-5539 perks-coffee.business.site	Coffee Shop	30	•		•				\$
PIU BELLO PIZZERIA RESTAURANT 2014 Powers Ferry Road SE, Suite S450, Atlanta 30339	678-403-1603 piubellopizza2.com	Italian/Pizza	32	•	•	•				\$\$
PIZZA HUT 2520 East Piedmont Road, Marietta 30062	770-578-4200 www.pizzahut.com	Pizza	50	•	•	•	•			\$
PIZZA HUT 1480 East Terrell Mill Road, Marietta 30067	770-953-8900 www.pizzahut.com	Pizza	0	•	•	•	•			\$
PIZZA HUT 1386 Roswell Road, Marietta 30062	770-509-5858 www.pizzahut.com	Pizza	0	•	•	•	•			\$

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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
THE PLACE BAR AND GRILL 700 Sandy Plains Road, Marietta 30066	770-427-9060 www.theplacebargrill.com	American	200	●		●			●	\$\$
PLANET SMOOTHIE 4805 Canton Road, Marietta 30066	770-763-8956 www.planetsmoothie.com	Smoothies	4	●						\$
PLANET SMOOTHIE 2014 Powers Ferry Road, Marietta 30339	770-859-0080 www.planetsmoothie.com	Smoothies	0	●			●			\$
R.C.'S SOUTHERN COOKING 1516 Roswell Road, Marietta, GA 30062	404-946-8375 www.rcssoutherncooking.com	Southern	4	●						\$
RAY'S DONUTS 4805 Canton Road, Marietta 30066	770-485-2448 facebook.com/raysdonutsmarietta	Donuts	16	●						\$
RED CURRY THAI 4724 Lower Roswell Road, Marietta 30068	770-977-4111 www.redcurrythaimarietta.com	Thai	38	●	●	●				\$
RED ELEPHANT THAI CUISINE 3000 Windy Hill Road, Marietta 30067	770-980-1890 www.thairedelephant.com	Thai/Chinese	50	●	●					\$
RED SKY TAPAS AND BAR 1255 Johnson Ferry Road, Suite 16, Marietta 30068	770-973-0100 www.redskytapas.com	Tapas	185	●		●	●	●	●	\$\$
REVEILLE 2960 Shallowford Road, Marietta 30066	770-971-6800 www.reveillecafe.com	American	25	●		●	●			\$
RIGHTEOUS QUE 1050 East Piedmont Road, Marietta 30062	678-221-4783 righteousque.com	BBQ	20	●		●	●			\$
RIO DE JANEIRO 1260 Powers Ferry Road, Marietta 30067	770-952-9556	Brazilian	50	●		●		●		\$
RIO STEAKHOUSE & BAKERY 1275 Powers Ferry Road SE, Suite 230, Marietta 30067	770-952-9556 facebook.com/riosteakhouseandbakery	Brazilian, Buffet	32	●						\$\$
ROSA'S PIZZA 3605 Sandy Plains Road, Marietta 30066	770-321-7855 www.rosaspizzamarietta.com	Italian	86	●		●	●			\$
ROSE & CROWN TAVERN 1931 Powers Ferry Road, Atlanta 30339	770-933-5595 www.roseandcrown tavern.com	American/ English	165	●		●	●	●	●	\$
SAKURA SUSHI 4880 Lower Roswell Road, Marietta 30068	770-565-6369 facebook.com/timsakuramarietta	Japanese	49	●			●	●		\$\$
SALATA 4101 Roswell Road, Suite 100, Marietta 30062	470-200-0876 www.salata.com	Salad Bar	70	●	●	●	●			\$
SAM'S BBQ-1 4494 Lower Roswell Road, Marietta 30068	770-977-3005 www.bbq1.net	BBQ	15	●		●	●			\$
SCHLOTZSKY'S 3000 Windy Hill Road, Suite A-10, Marietta 30067	770-953-8400 www.schlotzskys.com	Sandwiches	50	●	●	●	●			\$
SCOOTER'S COFFEE DRIVE THRU 2943 Canton Road, Marietta 30066	770-424-9198 www.scooterscoffee.com	Café	0	●						\$
SEED KITCHEN & BAR 1311 Johnson Ferry Road, Suite 504, Marietta 30068	678-214-6888 www.eatatseed.com	Modern American	115				●			\$\$
SHAHI NAAN AND CURRY 2100 Roswell Road Suite 2104 Marietta 30062	770-675-3520 www.shahinaancurry.com	Indian	60	●	●		●			\$\$
SHANGRILA 3545 Canton Road, Suite 102, Marietta 30066	678-388-7878	Chinese/Thai	16	●	●					\$
SINBAD MEDITERRANEAN RESTAURANT 3000 Windy Hill Road SE, Suite 164, Marietta 30067	678-503-8857 sinbadmedigrill.com	Mediterranean	49	●	●	●	●			\$
SMALLCAKES 4475 Roswell Road, Suite 1550, Marietta 30062	770-726-3944 www.smallcakescupcakery.com	Cupcakes & Ice Cream	30	●		●		●		\$
SMITTY'S LOCKDOWN BBQ 2900 Canton Road, Marietta 30066	678-813-5227 www.lockdownbbq.com	BBQ	85	●		●	●			\$\$
SMOKE & DUCK SAUCE 2014 Powers Ferry Road, Suite 400, Marietta 30339	678-888-2070 www.smokeandducksauce.com	Asian/American Barbecue	14	●		●				\$\$
SMOOTHIE KING 1271 Johnson Ferry Road, Marietta 30068	770-973-0001 www.smoothieking.com	Smoothies	8	●		●	●			\$
SMOOTHIE KING 2022 Powers Ferry Road, Suite 120, Atlanta 30339	770-612-2919 www.smoothieking.com	Smoothies	6	●		●	●			\$
SMOOTHIE KING 2525 Shallowford Road, Marietta 30066	678-445-1287 www.smoothieking.com	Smoothies	20	●		●	●			\$
SNOWY ROLLS 3162 Johnson Ferry Road, Suite 116, Marietta 30062	678-691-2499 facebook.com/snowyrolls	Ice Cream	20	●						\$

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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
STARBUCKS COFFEE 31 Johnson Ferry Road, Marietta 30067	770-226-0087 www.starbucks.com	Coffee Shop	20	•						\$
STARBUCKS COFFEE 1207 Johnson Ferry Road, Marietta 30068	770-578-8009 www.starbucks.com	Coffee Shop	20	•						\$
STARBUCKS COFFEE - KROGER PARKAIRE 4880 Lower Roswell Road, Marietta 30068	770-971-8801 www.starbucks.com	Coffee Shop	20	•						\$
STARBUCKS COFFEE 3631 Sandy Plains Road, Marietta 30066	770-565-0608 www.starbucks.com	Coffee Shop	18	•						\$
STARBUCKS COFFEE 1453 Terrell Mill Road, Marietta 30067	770-850-9807 www.starbucks.com	Coffee Shop	20	•						\$
STEM WINE BAR 1311 Johnson Ferry Road, Suite 516, Marietta 30068	678-214-6888 www.stemwinebar.com	European	40							\$\$
STOCKYARD BURGERS AND BONES 4475 Roswell Road, Suite 1700, Marietta 30062	678-310-1093 www.stockyardburger.com	American	125	•		•	•	•		\$\$
SUBURBAN TAP 1318 Johnson Ferry Road, Marietta 30068	770-977-4467 www.suburbantap.com	American	200	•			•		•	\$\$
SUBWAY 2872 Canton Road, Marietta 30066	770-421-9441 www.subway.com	Sandwiches	56	•		•	•			\$
SUBWAY 2610 Delk Road, Marietta 30067	770-953-2965 www.subway.com	Sandwiches	20	•		•	•			\$
SUBWAY 2520 East Piedmont Road, Marietta 30062	770-977-6801 www.subway.com	Sandwiches	30	•		•	•			\$
SUBWAY 3165 Johnson Ferry Road, Marietta 30062	770-993-5208 www.subway.com	Sandwiches	25	•		•	•			\$

Based on a typical dinner for two: Inexpensive: Under \$25 = \$ • Moderate: \$26-\$45 = \$\$ • Expensive: \$46-\$70 = \$\$\$

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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
SUBWAY 4880 Lower Roswell Road, Marietta 30067	770-971-4182 www.subway.com	Sandwiches	30	•		•	•			\$
SUBWAY 1295 Powers Ferry Road, Marietta 30067	770-956-9509 www.subway.com	Sandwiches	25	•		•	•			\$
SUBWAY 2200 Roswell Road, Marietta 30062	770-578-1818 www.subway.com	Sandwiches	42	•		•	•			\$
SUBWAY 4101 Roswell Road, Marietta 30062	770-578-4457 www.subway.com	Sandwiches	32	•		•	•			\$
SUBWAY 2525 Shallowford Road, Marietta 30066	770-592-4188 www.subway.com	Sandwiches	46	•		•	•			\$
SUBWAY 3000 Windy Hill Road, Marietta 30067	678-503-8378 www.subway.com	Sandwiches	20	•		•	•			\$
TACO BELL 2943 Canton Road, Marietta 30066	770-792-4444 www.tacobell.com	Fast Food	62	•						\$
TACO BELL 4880 Lower Roswell Road, Marietta 30068	770-971-5347 www.tacobell.com	Fast Food	99	•						\$
TACO BELL 2169 Roswell Road, Marietta 30062	770-565-2051 www.tacobell.com	Fast Food	60	•						\$
TACO BELL 2971 Shallowford Road, Marietta 30066	770-578-9432 www.tacobell.com	Fast Food	70	•						\$
TANDOOR RESTAURANT 279 Powers Ferry Road SE, Suite F, Marietta 30067	678-560-2038 www.tandooratlanta.com	Indian/Pakistani	32	•		•				\$\$
TAQUERIA TSUNAMI 1275 Johnson Ferry Road, Marietta 30068	678-310-1082 taqueriatsunami.com	Mexican/ Asian Fusion	150	•		•	•			\$\$
TASSA ROTI SHOP 224 Powers Ferry Road, Marietta 30067	770-977-3163 www.tassarotishop.com	Caribbean	50	•		•				\$
TED'S MONTANA GRILL 640 Johnson Ferry Road, Marietta 30068	770-578-8337 www.tedsmontanagrill.com	Steakhouse	149	•			•			\$\$
THREE COLOR ASIAN KITCHEN 2060 Lower Roswell Road, Marietta 30068	770-977-1688 www.threecolorsga.com	Chinese	40	•	•					\$\$
THREE DOLLAR CAFE 3000 Windy Hill Road, Suite 132, Marietta 30067	678-214-6729 www.threedollarcafe.com	American	170	•		•	•	•		\$
TIJUANA JOE'S MEXICAN CANTINA 690 Johnson Ferry Road, Marietta 30068	770-321-1233 www.tijuanajoes.com	Mexican	146	•		•	•	•	•	\$
TOFU VILLAGE KOREAN BBQ RESTAURANT 700 Sandy Plains Road, Marietta 30066	770-426-7757 www.koreanbbqatl.com	Korean	60	•				•		\$\$
TROPICAL SMOOTHIE CAFÉ 2960 Shallowford Road, Suite 102, Marietta 30066	678-540-8289 www.tropicalsmoothiecafe.com	Wraps/ Smoothies	30	•	•	•	•			\$
VATICA 1475 Terrell Mill Road, Marietta 30067	770-955-3740 www.vaticaivc.com	Indian	34	•		•				\$\$
VESPUCCI'S 4805 Canton Road, Marietta 30066	770-928-1212 www.vespuccispizza.com	Italian	60	•		•	•		•	\$\$
WAFFLE HOUSE 4797 Canton Road, Marietta 30066	770-924-9199 www.wafflehouse.com	American	40	•		•	•			\$
WAFFLE HOUSE 2805 Delk Road SE, Marietta 30067	770-933-9349 www.wafflehouse.com	American	41	•			•			\$
WAFFLE HOUSE 621 Johnson Ferry Road, Marietta 30068	770-973-3426 www.wafflehouse.com	American	50	•			•			\$
WAFFLE HOUSE 550 N. Greenbriar Parkway, Marietta 30062	770-977-4516 www.wafflehouse.com	American	50	•			•			\$
WAFFLE HOUSE 1176 Roswell Road, Marietta 30062	770-425-6645 www.wafflehouse.com	American	45	•			•			\$
WAFFLE HOUSE 2720 Sandy Plains Road, Marietta, 30066	770-509-8676 www.wafflehouse.com	American	52	•		•	•			\$
WAFFLE HOUSE 1811 Williams Drive, Marietta 30066	770-428-2234 www.wafflehouse.com	American	41	•			•			\$
WENDY'S 3035 Canton Highway, Marietta 30066	770-212-9442 www.wendys.com	Fast Food	125	•			•			\$

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CELEBRATE JEWISH FOOD AND CULTURE AT NOSHFEET

Temple Kol Emeth has announced it will host this year's Noshfest on September 1st and 2nd. The event will be held in the parking lot of Temple Kol Emeth at 1415 Old Canton Road in Marietta/East Cobb.

Noshfest enters its ninth year celebrating Jewish food and culture by showcasing delicacies and activities unique to Jewish heritage and bringing together members of Cobb County's diverse community in a fun two-day festival. Enjoy international foods from more than 40 vendors and browse 50 booths of interesting and unique crafts and goods. Learn about the Jewish culture through interactive exhibits and tours of the temple sanctuary.

There are also events for children, including a kid's zone complete with inflatables, games, petting zoo and face painting. Enjoy special entertainment with dancing and live music throughout both days, including Alex Guthrie and his band on Sunday at 3pm.

The event will feature its fourth annual Bagel Eating Contest where participants have five minutes to eat as many bagels as possible for a \$500 cash prize. There will be complimentary family portrait sessions with Courtney Goldman Photography.

Admission for the event is free. Patrons are asked to bring two canned goods per family. All food collected will be donated to MUST Ministries.

Hours of the festival are 11am-5pm on Sunday and 11am-4pm on Monday. Temple Kol Emeth is located at 1415 Old Canton Road in Marietta/East Cobb. For more information, visit noshfest.com or call 770-973-3533. ☎



Dale Jacoby and Sarah Thalheimer, Noshfest Co-Chairs

NOSHFEET
More than just food!

A Labor Day Tradition

Sunday, September 1st | 11am - 5pm
Monday, September 2nd | 11am - 4pm

- ▶ Jewish Soul Food
- ▶ Arts & Crafts
- ▶ Kid's Activities
- ▶ Live Entertainment
- ▶ Free Admission
- ▶ Bagel Eating Contest
- ▶ Temple Tours

Noshfest.com

Temple Kol Emeth
1415 Old Canton Rd. • Marietta, GA 30062

GRAPHIC DESIGN

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EAST COBBER DINING GUIDE

RESTAURANT	PHONE/WEBSITE	CUISINE	SEATING CAPACITY	TAKEOUT	DELIVERY	CATERING	KIDS MENU	PARTY ROOM	LIVE MUSIC	PRICE
WENDY'S 1123 Roswell Road, Marietta 30062	770-422-9661 www.wendys.com	Fast Food	65	●			●			\$
WENDY'S 2238 Roswell Road, Marietta 30062	770-971-7305 www.wendys.com	Fast Food	85	●			●			\$
WENDY'S 1043 Sandy Plains Road, Marietta 30066	770-424-2145 www.wendys.com	Fast Food	70	●			●			\$
WENDY'S 2961 Shallowford Road, Marietta 30062	770-973-1700 www.wendys.com	Fast Food	68	●			●			\$
WHICH WICH 1401 Johnson Ferry Road, Marietta 30062	770-321-9424 www.whichwich.com	Sandwiches	60	●		●	●			\$
WILLIAMSON BROS. 1425 Roswell Road, Marietta 30062	770-971-3201 williamsonbros.com	BBQ	325	●	●	●	●	●		\$\$
WILLIE JEWELL'S OLD SCHOOL BAR-B-Q 2550 Sandy Plains Road, Marietta 30066	770-971-8283 williejewells.com	BBQ	109	●		●	●			\$\$
WILLY'S MEXICANA GRILL 2900 Delk Road SE, Marietta 30067	770-690-0075 www.willys.com	Mexican	50	●		●	●			\$
WILLY'S MEXICANA GRILL 4250 Roswell Road, Marietta 30062	770-973-1726 www.willys.com	Mexican	93	●		●	●			\$
WINDY CITY GRILL 4017 Canton Road, Marietta 30066	678-401-7735	American	46	●	●	●	●			\$
THE WING CAFE & TAP HOUSE 2145 Roswell Road, Suite 170, Marietta 30062	770-509-9464 www.thewingmarietta.com	American	300	●		●	●	●	●	\$\$
WING FACTORY 1475 Terrell Mill Road, Suite 106, Marietta 30067	770-955-9800 www.marietta.wingfactoryrestaurant.com	Wings	40	●	●	●	●			\$
WINGS & BURGER HAVEN 2745 Sandy Plains Road, Marietta 30066	770-971-9915 www.wingsmarietta.com	American	100	●	●	●	●			\$
WINGSTOP 2900 Delk Road, Unit 100, Marietta 30067	770-726-2937 www.wingstop.com	Wings	15	●	●		●			\$
WINSTON'S FOOD & SPIRITS 1860 Sandy Plains Road, Marietta 30066	678-560-1923 www.facebook.com/ Winstons-Food-Spirits	American	150	●			●			\$
WZ TAVERN EAST COBB 3052 Shallowford Road, Suite 200, Marietta 30062	770-977-3712 www.wztavern.com	American	204	●			●			\$\$
XENGO FUSION KITCHEN & SUSHI 3162 Johnson Ferry Road, Suite 420, Marietta 30062	770-993-8828 www.ilovexengo.com	Asian	150	●		●	●		●	\$\$
YEERO VILLAGE 4751 Sandy Plains Road, Marietta 30075	470-767-8771 www.yeervillage.com	Greek	80	●		●	●			\$\$
YOGLI MOGLI 1255 Johnson Ferry Road, Suite 35, Marietta 30068	770-578-1802 www.yoglimogli.com	Frozen Yogurt	25	●				●		\$
YOGLI MOGLI 3605 Sandy Plains Road, Marietta 30066	770-973-6868 www.yoglimogli.com	Frozen Yogurt	40	●	●	●		●		\$
ZAMA MEXICAN CUISINE & MARGARITA BAR 2550 Sandy Plains Road, Marietta 30066	678-402-6681 www.zamamexicancuisine.com	Mexican	300	●		●	●		Week-ends	\$\$
ZAXBY'S 750 Johnson Ferry Road, Marietta 30068	678-560-8100 www.zaxbys.com	Fast Food	80	●	●	●	●			\$
ZAXBY'S 3030 Johnson Ferry Road, Marietta 30062	770-642-9100 www.zaxbys.com	Fast Food	80	●		●	●			\$
ZAXBY'S 2080 Lower Roswell Road, Marietta 30062	770-977-4907 www.zaxbys.com	Fast Food	80	●		●	●			\$
ZAXBY'S 2576 Sandy Plains Road NE, Marietta 30066	678-383-4600 www.zaxbys.com	Fast Food	80	●		●	●			\$
ZEUS GREEK STREET FOOD 2022 Powers Ferry Road, Suite 130, Atlanta 30339	678-741-7181 www.zeusgreekstreet.com	Greek	90	●		●				\$\$
ZOE'S KITCHEN 4400 Roswell Road, Suite 157, Marietta 30062	770-509-5743 zoeskitchen.com	Mediterranean	127	●		●	●			\$

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CLEAN JUICE: JUST THE PLACE TO #BEORGANIC AND FIND A HEALTHY MEAL ON-THE-GO



Natalia Flowers

Walk into Clean Juice Johnson Ferry and the smell of fresh fruit is the first thing that greets you. And although the trendy décor and inviting atmosphere invite you to sit a while, Clean Juice's goal is to provide quick access to organic, healthy food. This new location recently opened in the Woodlawn Square shopping center behind Chick-Fil-A and Starbucks, with the official grand opening scheduled for August 10.

East Cobb franchise owners Natalia and Alan Flowers initially encountered Clean Juice as customers in one of the original Charlotte, NC stores while living in the area. When they decided to move back to Georgia and start their own business, research led them to a Clean Juice franchise as the best option. The Flowers acquired an existing Alpharetta location in 2018 while creating the Woodlawn Square store from the ground up.

According to Natalia, what differentiates Clean Juice from other juice bars is its commitment to being 100% organic. "Only Clean Juice can claim USDA-certified organic status," she says. "We are a nutrition and wellness business, with no sugars, no harmful pesticides, and no antibiotics in any of our products."

The menu offers a selection of delicious, handcrafted juices, smoothies, açai bowls, Greenoa bowls (greens and grain bowls), avocado toast, and other light snacks. Kids smoothies are also available, with "Never miss a Monday" free smoothies for kids with the purchase of a regular menu item to start families' weeks off right, according to Natalia.

Cold-pressed juice cleanses, which are freshly pressed in the store, are on the menu as well. "The main goal of our cleanse juices is to fill the body with vitamins and minerals, allowing it to rid itself of toxin buildup from various foods and the environment," explains Natalia.

Passionate about this community they now call home, they are active in their children's schools – Mt. Bethel Elementary, Dickerson Middle, and Walton High.

Clean Juice is located at 1205 Johnson Ferry Road, Suite 124, and hours are Monday-Friday: 7am-8pm; Saturday: 8am-8pm; and Sunday: 9am-6pm. For more information, visit www.cleanjuice.com/johnsonferry or call 678-903-5558. Better yet, drop by for an organic, healthy meal on-the-go.

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BRING IT OM POWER YOGA-VERSARY! CELEBRATING ONE OM-AZING YEAR!



Alice Istanbul, Owner Karen Patton, Alena Levine, David Melton, Connie Forestner, Charina Shields, Lindsay Rodriguez

COMMUNITY. It's the defining factor of Bring It OM Power Yoga!

When Bring It OM Power Yoga opened in East Cobb one year ago, owner Karen Patton could not have predicted how ready the community was for a studio like hers. Yogis from all walks of life, all ages, all skill levels are welcomed with open arms and have come together to practice. She has cornered the market on approachable, inclusive yoga in East Cobb. And don't get us started on the fun...

Never practiced? No problem! At Bring It OM Power Yoga (BIOPY), come as you are...and find yourself on the mat. Your first class is free, and then their Introductory 30 days for \$30 Package gives you the opportunity to get into your yoga groove. This Intro Package allows new friends to try all the different classes/instructors/styles on an unlimited basis for a full month, to find what best fits their schedule and fills their yoga cup.

FUN. BIOPY is proof that you can be mindful, do the work, and still have fun!

Laughter is as good for the soul as a meditation practice is, and there's no shortage of either of these at BIOPY. From YINg-along themed classes that combine karaoke with yin (think stretching while belting out Dancing Queen) to Saturday Morning Fever where the ever-changing playlist is pulled together via yogi request, to Teen Glow-ga and Dance the Night Away Zumba inspired classes, BIOPY's fun factor elevates your yoga experience.

These unique class offerings—led by a talented group of 12 multi-faceted teachers—set BIOPY apart. Clients love the variety, experience, and unique style of each teacher. Each of the carefully selected teachers have something to offer to keep your practice challenging, fresh, and fun.

As part of the goal to introduce yoga to those who have never practiced before—or have been intimidated to try, a class aptly

named “Yoga Virgins” was born. Right from the start, the success of this class confirmed the need for an icebreaker for those new to the practice. And the ‘virgins’ that started with BIOPY have grown and developed their own practice, becoming strong yogis in their own right. Teens and kids also have the opportunity to get in the yoga game early with fun, challenging, and creative classes that help cut through the drama and stress and create mindfulness at an age when it's needed most.

Hot sequence class, Baptiste flow, hot power vinyasa, yogalates, and yin are some of the more traditional offerings that fill out the schedule at Bring It OM Power Yoga. There's truly something for everyone.

UNCONVENTIONAL. BIOPY isn't afraid to step outside the yoga comfort zone. Teacher training is something many studios don't add until after being well established in the yoga world. But in keeping up the tradition of breaking the rules, BIOPY's first teacher training program launched just 6 months after the studio opened. It resulted in 7 new teachers who are taking their practice



off their mat and into the community in diverse ways, from helping trauma victims to teaching at treatment facilities for addiction.

PURPOSE. Giving back is an inherent part of yoga. BIOPY practices Karma yoga throughout the community by supporting multiple local schools and sports teams. You'd be hard pressed to find schools in town where you won't see a Bring It OM Power Yoga banner hanging from the fence, or their name splashed across the score board. BIOPY even offered private classes last year for Cobb County teachers at a discounted rate. Many of those teachers and staff members have become regular faces at the studio. Additionally, the studio has hosted several donation-based classes in an effort to give back. These have led to multiple packed houses of yogis eager to practice with a purpose.

The first event at BIOPY benefitted the Africa Yoga Project. This event raised over \$3000 in donations for youth in Africa to step into their greatness and become self-sustaining leaders in their community. And

then there was puppy yoga, benefitting Labrador Friends of the South, which raises funds, awareness, and adoption opportunities while yogis get in their fair share of puppy love! BIOPY also sponsored last year's American Heart Association's Atlanta Heart Walk and intends to do so again this year.

CELEBRATION. Celebrations big and small filled BIOPY's first year. From packed houses on holidays that brought the community together, to clients who scream with joy the first time they flip their dog, to many a birthday song sung to clients during class...celebrating the big and small are a reminder to practice finding and appreciating the good in everything.

The celebration continues with Bring It OM Power Yoga's one year anniversary. It's true that time flies when you're having fun! All are welcome! Join in the festivities and discover yourself on the mat at this amazing studio.

*~Photos by Amanda Migliacchio Photography.
Written by Connie Forestner, Instructor
and Word Girl, LLC.*

BRING IT OM POWER YOGA'S ONE YEAR ANNIVERSARY CELEBRATION!

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Teen Yoga class taught by Karen Patton, owner of Bring It OM Power Yoga.

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Calling all baseball fans and friends that run! Join the SagerStrong Foundation and Leukemia & Lymphoma Society Atlanta's Team in Training for the first ever 3K Stadium Fun Run inside SunTrust Park, the home of the Atlanta Braves, on Sunday, August 25. This fun course, designed for the baseball enthusiast, will take you on a course inside and throughout SunTrust Park – from home plate on the Braves' infield, by your favorite eating stops on the main concourse, through the maze of ramps, to different levels of the stadium -- as you finish on the warning track and enjoy the morning from the same perspective as your favorite Braves players!

The SagerStrong 3K Stadium Fun Run is a family-friendly event – designed with all ages in mind – that features a 3K run, walk, and a short Dash on the field (ages 7 & under). Gates open at 6:30am; runners begin the 3K Fun Run at 8am, walkers at 8:20am with the Dash to follow. The younger Dash participants will receive a t-shirt for running the event. In addition to a fun run through the ballpark – the first of its kind at SunTrust Park -- the fun run participants will receive a t-shirt, as well as an Atlanta Braves game ticket to the Braves vs. Giants game, September 21. Discounted tickets will be made available for family and friends to join you at the game, as well. The fun run event will end with a party in left field concourse, with food options, music and prizes after the event.

All proceeds raised will benefit the SagerStrong Foundation and the Leukemia & Lymphoma Society's Team in Training, Georgia Chapter. Participation costs are as follows: 3K Stadium Fun Run (suggested ages 8 and older): \$39 (upper level ticket) or \$49 (lower level ticket) participant (includes 3K, t-shirt and ticket); Dash cost or Fun Run – course only -- (ages 7 and under):



\$10 a participant (includes run and t-shirt, ticket can be purchased separately.) Register now by visiting sagerstrongfoundation.org!

The SAGERSTRONG Foundation was founded in 2016 by former Turner sports reporter and personality Craig Sager (a former East Cobb resident) and his wife, Stacy, to fund and support blood cancer research and trials, so that one day, leukemia patients and their families will not have to go through the battle they endured. The Foundation has raised over \$1.1 million dollars to help fund blood cancer research, including two clinical trials at MD Anderson Cancer Center in Houston. 

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EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR AUGUST

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list of all activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Cobb seniors who wish to register for any of these activities or use one of the county's six senior centers will have to pay a \$60 annual membership fee. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

How to Reduce Nerve Pain & Neuropathy (#10350)

Tuesday, August 6 • 10-11:30 am

Free; Registration required.

Explore nerve common injuries, including carpal tunnel, sciatica and "funny bone" that result in nerve pain. You will learn exercises to help reduce pain and improve following nerve injuries.

Knight of the Round Table: 24th Anniversary (#10513)

Friday, August 9 • 11am-2pm

\$20 Cobb residents; \$25 Non-residents

Travel through the mists of time to a forgotten age and a tale of devotion, courage and love. Meet William Shakespeare to learn his influence during these times. Enjoy weapons demonstration and medieval feast catered by West Cobb Diner. Fundraiser to benefit East Cobb Senior Center.

Sip-n-Paint (#10351)

Tuesday, August 13 • 10am-12pm

Free; Registration required.

You get the opportunity to create your very own masterpiece in a fun, relaxed environment while sipping on something sweet. Wear clothes you don't mind a bit of paint on. Most classes are acrylic paintings on canvas. The final masterpiece is done at the end of class and ready to be taken home. There is no experience necessary. All supplies provided.

Cord Cutting (#10352)

Wednesday, August 14 • 10-11am

Free; Registration required.

Services like Netflix, Hulu and Amazon Prime are some of the most well-known names in what's become known as "cord cutting," doing away with cable/satellite television and using internet-based services to get your programming. Learn more about these services and how you can use them to cut your cable bill.

Movement & Nutrition (#10415)

Tuesday, August 16 • 1-2pm

Free; Registration required.

Learn the basics of leading a healthy lifestyle the easy way and the truth about your body and how to fuel it right.

History Corner: The Story of Women and Art (#10354)

Tuesday, August 20 • 1-2pm

Free; Registration required.

The Story of Women and Art is a television documentary series, consisting of three 1-hour episodes presented by Professor Amanda Vickery.

AARP Smart Driver (#6834)

Thursday, August 22 • 9am-4pm

\$15 AARP members / \$20 Non-members (cash or check only). This course teaches proven driving techniques to help keep you and your loved ones safe on the road. Learn age-related physical changes and how to adjust your driving to compensate. Check with your insurance agent about a possible discount. Bring a lunch.

Ask the Expert/Medicare Questions (#8092)

Friday, August 23 • 10am-12pm

Free; Registration required.

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

Biography Corner: Georgia O'Keefe (#10355)

Tuesday, August 27 • 1-2pm

Free; Registration required.

Among the great American artists of the 20th-century, Georgia O'Keeffe stands as one of the most compelling.

Dine-a-Round (#10421)

Wednesday, August 28 • 11:30am-1pm

Separate checks for lunch; Registration required.

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TIME TO REGISTER **FOR E.L.M.**

Registration opens for Enrichment of Life Movement (ELM) Fall Session on August 12 and runs through August 26. Classes are held every Tuesday, September 10 through October 29. Registration is online at www.elmcobb.org.

ELM is proud to celebrate its 35th year of serving senior adults. ELM is a unique non-profit, nondenominational learning organization operated almost exclusively by Cobb County volunteers. It offers a full day of classes, a catered lunch, and scheduled lunchtime presentations for active adults age 50 and older. Classes meet on consecutive Tuesdays for 8 weeks and are held at the First United Methodist Church of Marietta (56 Whitlock Avenue) near the Marietta Square.



An array of over 60 classes will be offered from 9:30am-3pm. The Fall 2019 line-up includes: Flash Fiction, Seven Classical Decades, Cowboys, Indians & Others, Line Dancing, Yoga, learn to play card games like Bridge & Canasta to name a few. The registration fee is \$50 per session and students may take up to three classes. A hot lunch is available for \$8, but brown baggers

are always welcome. Registration booklets are available at Cobb Senior Centers, Cobb Libraries, or online at www.elmcobb.org starting August 6. For more info, call the ELM Office, 678-910-1579 or email elmcobb@gmail.com. 

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CLUB CALENDAR

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.cobbcwrtf.org or cobbcivilwarrt@gmail.com.

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

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

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

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

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

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

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

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

East Cobb Business Association. Luncheon and featured speaker. 3rd Tuesday of the month, 11am. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta. More info: Susan Hampton, 404-218-6216, Susan.hampton6216@gmail.com, or www.eastcobbba.com.

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

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

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

East Cobb Lions Club. 2nd & 4th Tuesday of the month, 7pm. Piccadilly Restaurant, 536 Cobb Parkway, Marietta. More info: Susan Hampton, 404-218-6216, susan.hampton6216@gmail.com.

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

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

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

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

Franklin Roundtable. 2nd Thursdays, 7pm. 799 Roswell Street. More info: Jerry Kofyuk, 404-374-0580 or jerryk623@att.net.

Georgia Perennial Plant Association. 3rd Monday of the month, 7pm. Atlanta History Center, McCreath 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.

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

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

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

Marietta Kiwanis Club. Every Thursday, 12:15pm. Hilton Conference Center, 500 Powder Springs Street, Marietta. More info: Pat Huey, pathuey@comcast.net or www.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: mcldef647@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 msbnsccarroswell@gmail.com.

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

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

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

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

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

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

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

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

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

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

Sons of the American Revolution. Captain John Collins Chapter, meets the third Tuesday of every month, 6pm, at Provino's Italian Restaurant, 440 Ernest Barrett Pkwy. NW, Marietta. More info: Earl Cagle, 770-529-2748 or ecagle1@bellsouth.net.

Sope Creek Garden Club. First Wednesday of the month (Sept - June) 10 am. Marietta Educational Garden Center. More info Karin Guzy 678-860-4445 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 Road, Marietta. Guests always welcome. More info: ybusinessnetwork.webs.com.

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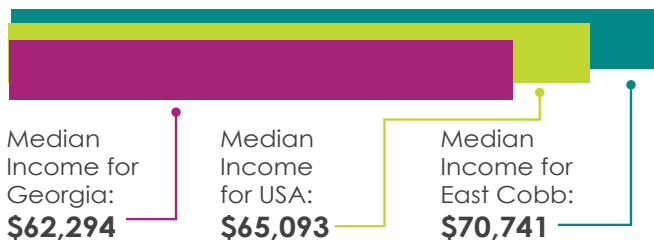
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EAST COBBER: Serving East Cobb County since 1993

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

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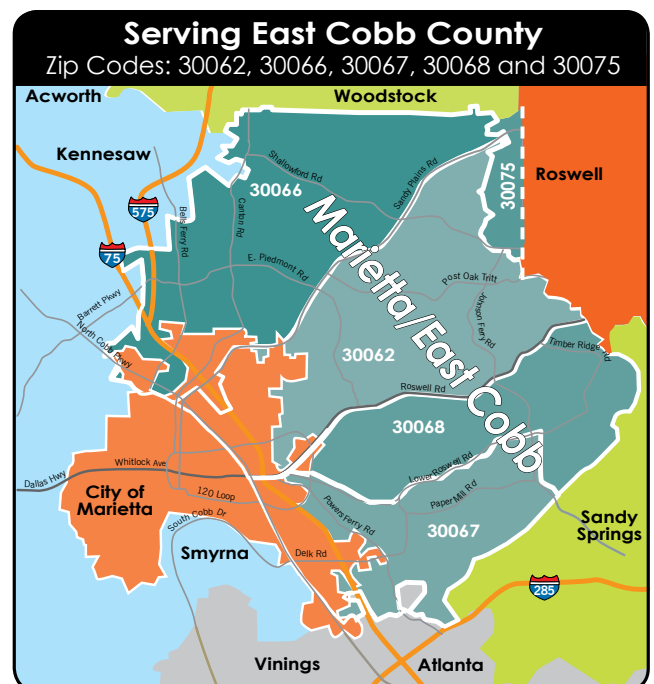


66.7%
with
College
Degrees

66%
Married
Couples
Who Both
Work



80%
Families
with at least
one Child



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, 7-8pm. Mt. Bethel United Methodist Church Room B-112, 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. 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 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 kbbie.parrish@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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