

June/July 2019

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Philip Caltabiano and William Harris  
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**Father of the Year** [PAGE 8](#) | **East Cobb Valedictorians** [PAGE 10](#) | **Dog Days Race** [PAGE 48](#)

**Kids Eat Free** [PAGE 35](#) | **Fourth of July Festivities** [PAGE 20](#)

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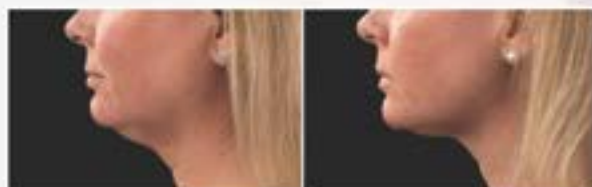


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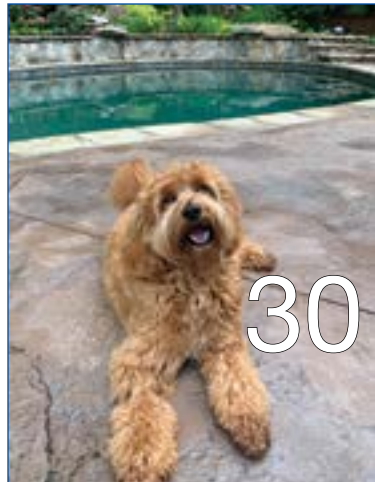
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# EAST COBBER

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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.

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

Subscriptions are available for \$20/year.

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Front Cover Photo

Taken by Jeremy Adamo

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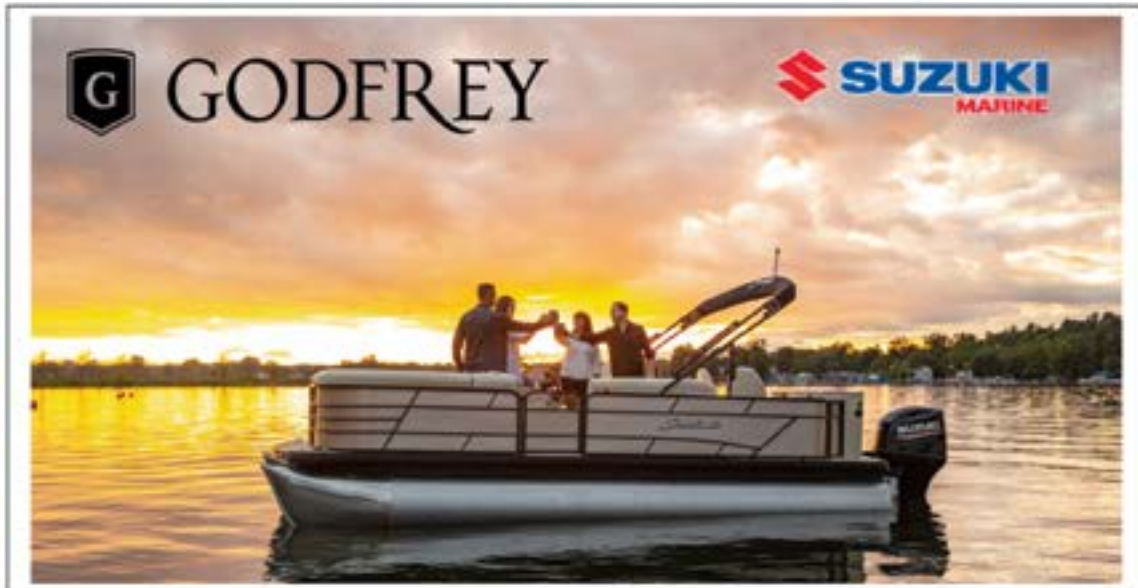
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# PUBLISHER'S NOTE



Publisher Cynthia Rozzo with daughter, Eleni Haralabidis, at her high school graduation.

*As I sat at the Kennesaw State University convocation center, waiting for my youngest daughter Eleni's 660+ fellow classmates receive their high school diplomas, I looked around and saw so many familiar faces. From the moms and dads that I have crossed paths with at Chuck E. Cheese, PTA meetings and soccer fields to Eleni's friends and classmates she's had since preschool to the high school teachers and administrators — we were all settling in to share in this milestone together. Of course,*

*I was bursting with pride that my daughter had successfully navigated the trials and tribulations of high school, but I could not help but feel so proud to be a part of this community that values education, that has so many parents who take the time to volunteer (both inside and out of school) to make this little East Cobb "bubble" a better place, and educators that encourage excellence in academics, sports and so many other worthy causes. My thanks and hugs to all of you who have helped my daughter directly or indirectly become a wonderful, independent human being ready to launch into the next phase of her life.*

*This June/July issue is another monthly effort to spotlight East Cobb residents that excel in their fields or are contributing to our quality of life. The people featured in this edition — from Jeff Brown, the EAST COBBER's Dad of the Year (see page 8) to the Rotary Club members (see page 44) to Jessica Tang, who started a chapter of a nonprofit that recycles computers (see page 16) — are all right here in our own backyards. I hope after reading this edition, like every edition, you will not only learn a little bit more about what is going on in our community but also be inspired by the people that make East Cobb such a great place to live!*

*Have a great summer!*

A handwritten signature in cursive script that reads "Cynthia".

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

## On the Cover

This month's front cover features East Cobb's Philip Caltabiano and William Harris, founders of Angel Companions. In 2007, they set out to provide the highest level of in-home senior care and elderly care throughout Metro Atlanta.

Angel Companions provides compassionate and affordable in-home senior care, elderly care, and senior assisted living services. Angel Companions is dedicated to providing peace of mind for you and your family. Their 'Angels' are committed to going the extra mile to keep their clients safe and cozy in the place they call home.

Angel Companions is located at 4994 Lower Roswell Road, Suite 33, in Marietta/East Cobb. For more information, you can read their story on pages 6 and 7, or visit [www.angelcompanions.us](http://www.angelcompanions.us).

Front cover photograph  
by Jeremy Adamo of  
Adamo Photography.



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# ANGEL COMPANIONS: ATLANTA'S MOST RECOGNIZED AND TRUSTED IN-HOME PERSONAL CARE



Pictured above is the Angel Companions administrative staff (l-r): Donna Daly, Jamie Dupree, Lisa Miller, Elizabeth Herrington, Philip Caltabiano, Sarah Hagy, William Harris, Kaitlin Sanborn, Tammy Burris, and Mercedes Holliday.

***“I SHALL PASS THROUGH  
THIS WORLD BUT ONCE: ANY  
GOOD THEREFORE THAT I  
CAN DO OR ANY KINDNESS  
THAT I CAN SHOW TO ANY  
HUMAN BEING, LET ME DO IT  
NOW, LET ME NOT DEFER OR  
NEGLECT IT FOR I SHALL NOT  
PASS THIS WAY AGAIN. . .”***

--Etienne De Grellet

Business partners and brothers-in-law Philip Caltabiano and William Harris take these words to heart. They are professionals

running a polished operation, providing in-home care for seniors or anyone in need of care. Such care includes those suffering with Dementia and help with ADLs (Activities of Daily Living). Some of the ADLs may include, help with hygiene, dressing, medication reminders, meal prep and serving. Many of their client families depend on Angel Companions for respite care during their clients' working hours and/or out-of-town stays.



Since 2007, Angel Companions Senior Care has served over 2,000 families in **all 27 metro Atlanta counties**; many of whom were told about the quality of service and reliability from other families. Many other new clients come to Angel Companions because they are told by doctors, nurses, and discharge planners that Angel Companions has deservedly earned the trust of its clients and their families.

Both owners raised their families in East Cobb and their children are Walton and Wheeler alumni, Philip's wife Patricia taught at Eastside Elementary, so East Cobb is headquarters for them. This family run business exudes warmth

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and kindness from their team as soon as you walk in the door. All incoming calls are answered by a real person and not some automated system. They understand that this may be an emotional and financial decision for those seeking help.

Accordingly, their practice is to not only answer your questions, but to educate and provide information.

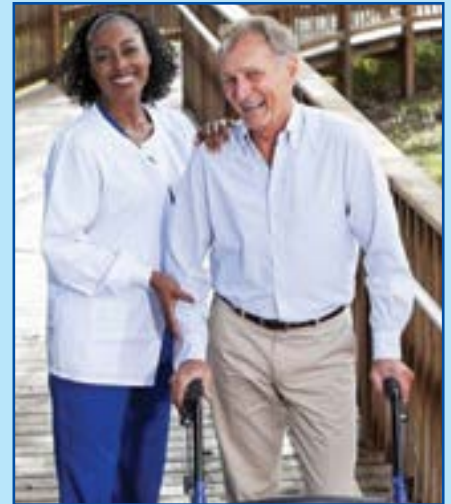
"Call it a special gift—the passionate desire to care for others. We seek these special people, the ones who have earned the right to be called caregivers. They choose this path not for recognition or riches, but for fulfillment and pride in giving care with dignity, respect and love," shares Caltabiano. Caregivers may be the face of the in-home care provider because they serve in the frontlines; but behind them must be a dedicated management team. Caltabiano and Harris know that this could only happen by building the right team with the right people making certain every day, every hour and every minute, that the care being provided is being delivered as it should be. The office culture

is one of "family". They provide a special place to work and ask that all employees treat each other as family, thereby this same culture is conveyed to the clients and caregivers with whom the staff interact with daily.

As one client shared, "I cannot begin to tell you how much we appreciate you and all the ladies who helped mom. Each and every one of them was really special and she loved them! So have we! . . . You have managed to find great people with warm hearts who get it and have become part of the family."

Angel Companions are patient advocates, seeking to provide resources as needed and are available in client homes, assisted living, hospitals and hospice-at-home. Flexible programs for hourly, overnight and live-in options are available with their Certified Nurse Aides.

Angel Companions is located at 4994 Lower Roswell Road, Suite 33, in Marietta/East Cobb and available at any time to discuss your needs. For more information, readers may contact them at 770-579-5000 or visit [www.angelcompanions.us](http://www.angelcompanions.us).



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–Dialysis  
–Orthopedics
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Overnight hospital sitting  
Rehabilitation overnight sitting
- **Companionship**



Owners William Harris and Philip Caltabiano are pictured with Vice President Elizabeth Herrington.

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**EAST COBBER**

# JEFF BROWN: EAST COBBER Father of the Year



EAST COBBER's Father of the Year, Jeff Brown, and his children, Steven (13) and Rachel (10).

Here are the winning essays submitted (handwritten) by Jeff Brown's two children:

“ I think that my Dad should be Dad of the Year because he always helps me and my family when we need it. Also my dad helps coach almost all of the sports that me and my brother play. My Dad is one of the most kindest, sweetest, smartest, handsomest and honest people that I know! Not only is my Dad kind/nice to my family, but he is kind/nice to everyone! For example, he is involved in so many organizations including Chattahoochee Nature Center, Lighthouse Family Retreat, SafePath, Neighborhood Board and so many more! Another thing is, my Dad is so helpful, he helps with so many things big and small in his life. Don't even get me started on how great at fixing things he is and how smart he is! Those are just a few reasons that my dad should get Dad of the Year! I love him so much! ”

Written By: Rachel Brown, age 10

“ My dad is the best dad ever. He is on the board for SafePath, an organization for abused children, a Vice President for New South and helps my mom raise kids. He is a loving father who sacrifices his time to be at every one of my basketball games and at all of my sister's lacrosse games. He takes time out of his busy day to spend time with me. He is a loving Dad who fully supports me in anything I do. I couldn't have asked for a better Dad. ”

Written By: Steven Brown, age 13

## DID WE MISS YOUR LOCATION?

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

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# Congratulations, Dad!

*EAST COBBER's Father of the Year 2019  
is invited to participate in this year's  
EAST COBBER Parade. Jeff Brown  
also receives the following gifts  
donated by local businesses:*

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**IHOP** - \$50 Gift Card

**Kale Me Crazy** - Free Smoothie

**Smallcakes (Avenue of East Cobb)** - Six Free  
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**Snappy Home Services** - \$50 Home Depot Gift  
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**Van Michael's Salon** - Haircut and Shave Gift  
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*Thank you, East Cobb Merchants,  
for honoring EAST COBBER's Father  
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## EAST COBBER

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# EAST COBB VALEDICTORIANS

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COLMENARES MAYZ**

**Kell High School**

College: Stanford University



**YLLONA MARIA  
CORONADO**

**Sprayberry High School**

College: Georgia Institute  
of Technology



**KEVIN BARNARD GOSHAY**

**Lassiter High School**

College: Harvard University



**WILLIAM ELLSWORTH**

**Walton High School**

College: Stanford University



**NICOLE YOOJIN KANG**

**Pope High School**

College: Georgia Institute  
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**RUCHA GHARPURE**

**Wheeler High School**

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**EDWARD CHARLES KOKAN**

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# BENEFITS OF INVISALIGN

Did you know that straight teeth are healthier teeth? Invisalign clear aligner therapy, a popular orthodontic alternative to traditional braces, uses aligners to move teeth into their proper position gradually and gently without the use of unsightly brackets and wires as are necessary with conventional dental braces. But many people think that the reason for doing Invisalign is simply related to vanity – wanting a more attractive smile without having the metal “grill” from traditional braces. While that is certainly one of the benefits of straightening teeth with Invisalign, there are some big health-related benefits as well.

When teeth are misaligned (crowded, gapped, or rotated,) it is harder to remove the plaque and bacteria that form around them. The presence of this plaque and bacteria can lead to inflamed gums, receding gums, pockets developing between the teeth and gums that harbor more bacteria and further gum disease, bone loss and ultimately tooth loss. Early signs of gum disease include red gums, bleeding when you brush and floss, and bad breath. It is important to note, however, that there may be no signs of gum disease until the more advanced stages. Having gum disease increases a person's risk of heart disease as the

bacteria underneath the gums triggers an inflammatory response that damages the cells that line the coronary arteries, resulting in plaque formation and hardening of the arteries. When teeth are properly aligned, it is easier to brush and floss the teeth and gums effectively, resulting in better removal of the plaque and bacteria that contribute to gum disease, tooth decay, and ultimately heart disease.

Besides simply straightening misaligned teeth, Invisalign therapy can correct many abnormal bite relationships, such as open bites, overbites, underbites, or crossbites. In all of these abnormal bite relationships, the upper and lower teeth fail to come together properly and collide rather than glide against each other. This can put extra stress and pressure on the teeth and jawbone, resulting in gum disease, receding gums, indentations at the gum line (abfractions), cold sensitivity, worn, chipped or fractured teeth, and/or tooth loss. Aligning the teeth and correcting the bite puts the teeth in their most stable position, reducing their risk of wear and trauma.

Invisalign clear aligner therapy is designed to be comfortable and convenient. A series of custom aligners are created, and each aligner is worn

for about two weeks, approximately 22 hours a day, before advancing to the next aligner. Because the aligners are removable, you can brush and floss your teeth normally and can remove your aligners to eat and drink. Close monitoring by your dentist is critical to ensure the teeth are moving as planned. Typically, your dentist will want to check your progress every 6 weeks or so.

Whatever your age, misalignment, or bite problem is, Invisalign clear aligner therapy can boost your self-confidence by giving you the smile of your dreams all while knowing you are also improving your oral and physical health!

If you are interested in seeing if Invisalign clear aligner therapy is right for you, please come visit Dr. Kristina Chandler at Cheek Dental for a consultation.



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# EAST COBB COUNTY COUNCIL OF PTAs RECOGNIZES OUTSTANDING SENIORS



ECCC PTA Margie Hatfield Scholarship winners (l-r): Carter Kubes (Lassiter), Thomas Papageorge (Kell), Sarah Swann (Sprayberry), Margie Hatfield, Jayson Wu (Walton) and Sabrina Hampton (Wheeler). Lee Proper (Pope) is not pictured.

Six local high school seniors were named Margie Hatfield Scholarship recipients at the East Cobb County Council of PTAs (ECCC PTA) general membership meeting held on April 23rd. The scholarship was established in 1989 to honor the dedication and years of service by Mrs. Hatfield to ECCC PTA. The scholarship recognizes and awards outstanding seniors who have demonstrated a commitment to service and citizenship in the genuine spirit of PTA. The winners, each of whom received a \$1,000 cash award to be used to further their education, were selected on the basis of their applications, community service, personal essays and letters of recommendation. Funded by the local units of the ECCC PTA and donations from community members and community businesses, the scholarship program has awarded over \$100,000 to students in the last 30 years. Mrs. Hatfield attended the scholarship presentation, held at Pope High School. All of the winners contribute to our community in significant ways through school and community activities. This year's six scholarship winners contributed a combined total of 4,957 community service hours to the East Cobb community during their 4 years in high school. Congratulations to these outstanding seniors! 🎉



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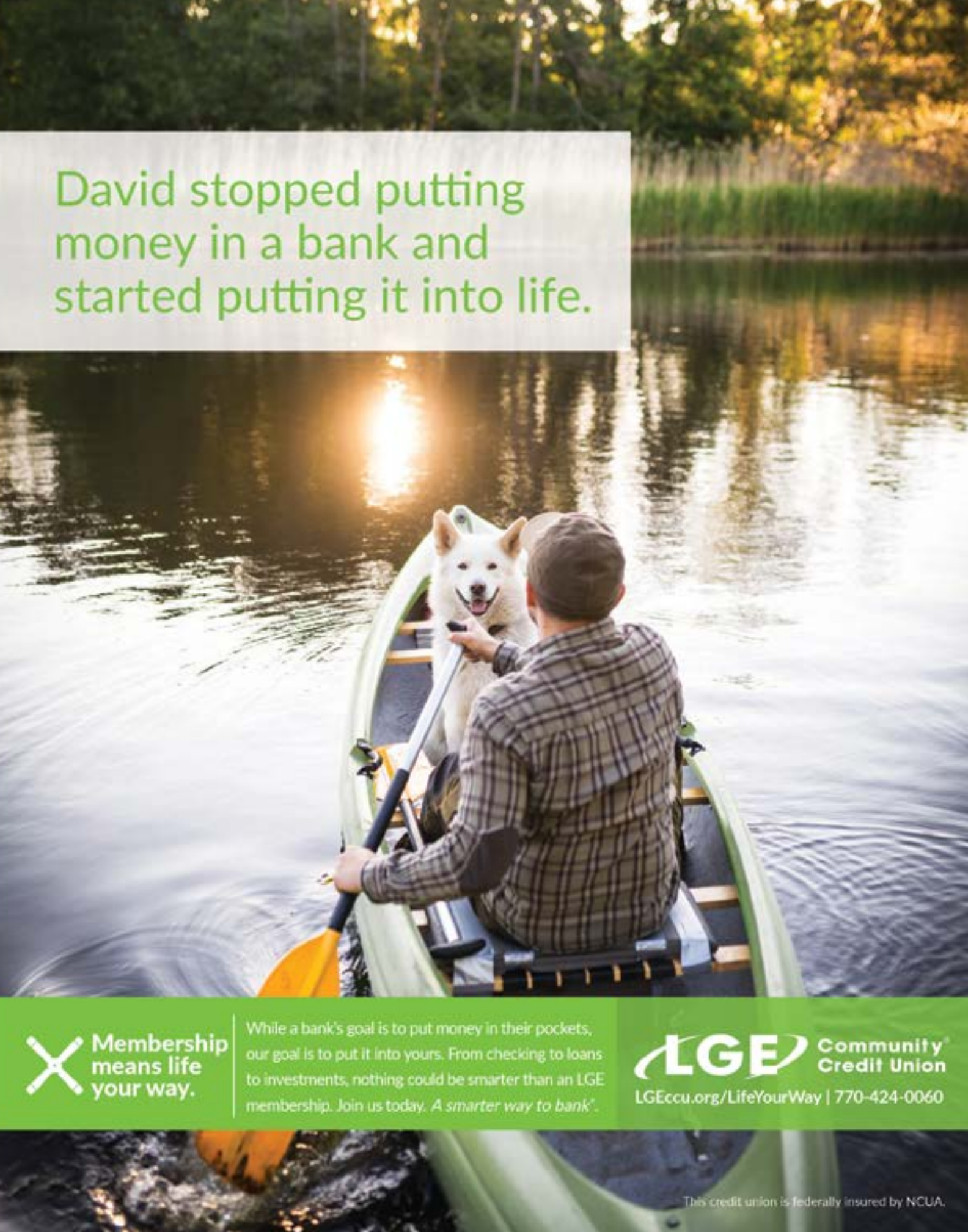
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Get more out of East Cobb: visit [www.eastcobber.com](http://www.eastcobber.com)







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# EAST COBBER PARADE

## MARCHES ON FOR 24th YEAR



The 24th annual EAST COBBER Parade & Festival is scheduled for Saturday, September 14. The day's festivities will be kicked off with the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands and a cornucopia of East Cobb groups will march down the one-mile parade route.

The EAST COBBER parade will step off at 10am, starting at 1223 Johnson Ferry Road, and will travel one mile south ending at Olde Towne Parkway.

Immediately following the EAST COBBER Parade, at approximately 11am, the EAST COBBER Festival will be held in the south parking lot (across from Olde Towne Pkwy) of Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb.

From 11am to 3pm, the free festival will feature arts and crafts, local businesses, food concessions, carnival games and an entertainment stage. The festival offers East Cobb County residents

an opportunity to come together and enjoy an afternoon of local entertainment, carnival games and good food. Booths will be set up to showcase everything from jewelry to local schools. East Cobb kids will have plenty to do at the EAST COBBER Festival, from getting their face painted to taking a chance at a carnival game to hopping in a moonwalk. Festival goers will also be treated to food from East Cobb restaurants and civic clubs.

Many thanks to this year's sponsors: WellStar and the EAST COBBER. Thanks to their generosity, this special event has become a popular pastime for East Cobb residents.

Come be a part of this very special, old-fashioned celebration – the 24th annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. If you are interested in marching in the parade, renting a booth or performing on the festival stage, call the EAST COBBER at 770-640-7070 or visit [www.eastcobber.com/parade](http://www.eastcobber.com/parade). 📞





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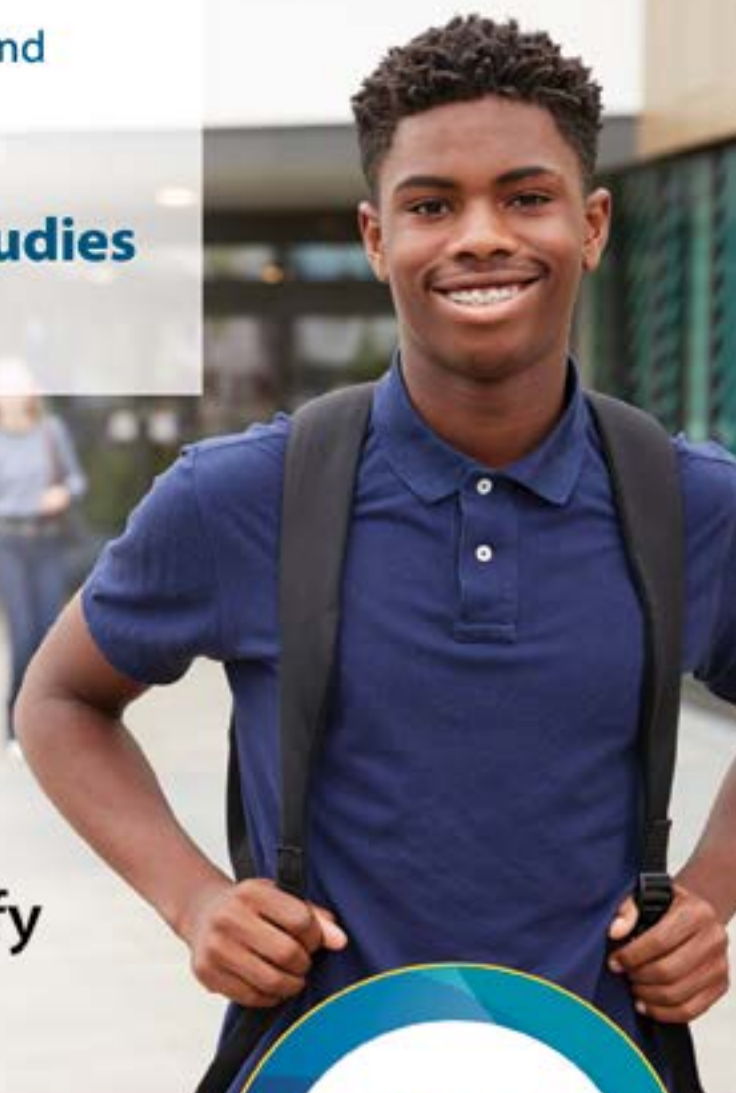
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# LOCAL NONPROFIT SEEKS COMPUTER DONATIONS

**D**o you have some old computers laying around your home or office? Consider donating them to a good cause with the World Computer Exchange (WCE) Atlanta Chapter.

WCE is a nonprofit organization dedicated to collecting old computers, laptops, iPads and other technology in order to refurbish. Once they are back in working order, educational software is installed on the computer and then shipped to developing countries.

WCE was first established in Boston in 2000. The Atlanta Chapter of World Computer Exchange was founded in January of 2018 by Wheeler High School student Howard Hua and East Cobb resident and the Atlanta chapter coordinator, Jessica Tang.

"We received our first donation of computers in early 2018 and received our first corporate donation in late 2018," says Jessica. "So far we have received about 100 computers from 3 companies and more than 50 people."

WCE's Atlanta Chapter is the only branch serving Georgia and the southeast area. In addition to fixing and donating computers, WCE also goes around Marietta and the East Cobb area giving lectures to young minds about technology and the internet. Jessica is very passionate about the work she does with this organization.

"The most rewarding part of WCE is being able to give back to the less fortunate through community service," Jessica says. "The metro Atlanta area has many businesses. A lot of Fortune 500 companies have major branches in Atlanta, as well. Expanding WCE service to Atlanta benefits both sides by




Jessica Tang, Atlanta chapter coordinator for the World Computer Exchange.

collecting more computers and giving students in developing countries the ability to connect into a digital age, which promotes scholarly research and advanced communication with others."

The Atlanta chapter is currently accepting donations. "We encourage people to think of donating computers to us," Jessica says. "Our donations are tax-deductible and all donated computers will be sent around the world to those in need." In addition, all donated computers with hard drives are thoroughly wiped using a military-grade data destruction algorithm that guarantees the safety of your personal files.

The Atlanta chapter is also looking for summer break volunteers to restore and repair computers, bag mice, speakers and keyboards, and prepare software for the donated computers.

For more information on how to donate or becoming a summer break volunteer, you can contact Jessica at [JTang@WorldComputerExchange.org](mailto:JTang@WorldComputerExchange.org) or visit [worldcomputerexchange.org/atlanta-ga](http://worldcomputerexchange.org/atlanta-ga). Please include a list of the computers you would like to donate. They are currently only accepting computers 10 years old or newer (Core 2 Duo/AMD Athlon X2 or newer) and computer-related accessories (no printers, no CRT TVs). 

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# TOWELCHIC BRINGS THE BEST TOWELS IN THE WORLD TO EAST COBB



Forget overstuffed pool bags filled with soggy, sandy towels this summer! TowelChic offers the best lightweight, 100% all-natural cotton Turkish towels that you'll find. These artisan-made towels are certified non-toxic, lightweight, compact and machine washable. They are highly absorbent yet dry quickly, preventing mildew and the sand falls right off. Because these towels are quick to dry, you can say goodbye to wet, heavy pool bags.

East Cobb resident, Arzu Wiest worked in finance for over 20 years

in Fortune 500 companies but needed a change from her long hours away from home lifestyle. She decided to kick off her pumps and bring eco-friendly, elegant and practical towels to the area. She grew up using these towels, and they made her life easier in the kitchen, bath and enjoying summer activities. After careful research and testing of product designs and styles, she launched TowelChic.

TowelChic's loomed towels are beautiful and flat-woven with longer, more durable Turkish cotton fibers, crafting the softest touch. Turkish towels are world renowned for their high quality and last for a longer period of time. These authentic Turkish towels are also great for traveling because they fit easily in a backpack or suitcase.

"After watching other moms lug heavy, soggy towels back and forth to the pool, I knew there was a better alternative out there that would make our lives easier," says Arzu. "You can fit 10-20 oversized towels in the space of three beach towels, making it easier for us to carry and wash many towels for a busy family, reducing the number of our laundry loads."

Arzu is also determined to give back. She designed a University of Georgia-themed towel, and a portion of the proceeds goes to need-based scholarships at the university. She recently met a recipient of one of the scholarships who expressed their gratitude with a towel purchase at a local festival.

You can find these towels at [Towelchic.com](http://Towelchic.com), at local festivals and in small boutiques. Be sure to look for the TowelChic name. Towels just got a chic uplift!

*TowelChic*

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# EAST COBB GRAD TO BATTLE AT BB&T ATLANTA OPEN



Wheeler grad Robbie Ginepri (pictured) will play Andy Roddick at the BB&T Open.

Fans at this year's BB&T Atlanta Open will have the opportunity to see the 2012 Atlanta Open champion in action, with Andy Roddick competing at Monday night exhibition match on Monday, July 22 against East Cobb native Robby Ginepri. Robby is a former world No. 15 and the US Open semi-finalist from 2005, retiring in 2015. Andy is a former world No. 1 and the 2003 US Open champion-Men's Single.


This year's event will be held July 20-28, and in a new more spacious spot at Atlantic Station will also feature seven-time singles major champion, Venus Williams, and 2017 US Open finalist Madison Keys in a women's exhibition. Tickets are on sale now at [www.bbtatlantaopen.com](http://www.bbtatlantaopen.com).

Andy will return to Atlanta for that Robby Ginepri clash, facing his friend in the relaxed atmosphere. Monday night's evening session will begin with Roddick and Ginepri renewing their rivalry. Roddick, an Atlanta favorite since he turned professional won his first ATP World Tour title in Atlanta in 2001. He also claimed the

2003 US Open singles title. Ginepri, who reached a career high ATP ranking of No. 15 now coaches on the ATP World Tour. Ginepri is a graduate of Wheeler High School (Class of 2001) and reached the semifinals of the 2005 US Open. Ginepri is also a co-owner of the Olde Towne Athletic Club/GPT Tennis Academy. This tennis match is a chance to show some love to a great champion and a local tennis legend compete once again on a big stage.

"It's a thrill for me to have another opportunity to play in front of my hometown fans- and playing Andy under the lights on stadium court will be a perfect setting," said Ginepri.

"It will bring back memories to see Andy Roddick and Robby Ginepri "turn back the clock" and entertain longtime tennis fans. GF Sports is really proud to present this diverse offering to our tennis fans and sports fans," says BB&T Atlanta Open Tournament Director, Eddie Gonzalez,

The BB&T Atlanta Open has welcomed over 340,000 fans over the past nine years, establishing itself as one of the top ATP Tour tennis events in the United States. Tickets for the 2019 BB&T Atlanta Open can be purchased at [www.bbtatlantaopen.com](http://www.bbtatlantaopen.com). 



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# FOURTH OF JULY FESTIVITIES

Our nation's birthday is celebrated coast to coast with fireworks, picnics and festivals. Metro Atlanta is no different. Several cities have Fourth of July events that offer a fun time for your family. Here are some great ways to celebrate Independence Day that are just a short drive away:

## ★ ACWORTH – July 4

**4TH OF JULY CELEBRATION** sponsored by The City of Acworth and the Acworth Business Association. Live music will start at 4pm. Fireworks will begin at approximately 9:30pm. Food vendors will be on site. Free admission. Parking pass and tables available for event. Residents: \$50; Non-residents: \$70. Parking without a pass is available in downtown. Lake Acworth Beach at Cauble Park, 4425 Beach Street, Acworth. More info: 770-917-1234 or visit [www.acworthparksandrecreation.org](http://www.acworthparksandrecreation.org).

## ★ ALPHARETTA – July 4

**JULY 4TH FIREWORKS AT WILLS PARK.** Celebrate Independence Day with family and friends at Wills Park! Food trucks and music start at 6pm. The spectacular fireworks display begins at dusk. Fireworks will be shot regardless of the weather conditions. Wills Park, 1825 Old Milton Parkway, Alpharetta. More info: 678-297-6130 or [www.alpharetta.ga.us](http://www.alpharetta.ga.us).

## ★ DUNWOODY – July 4

**DUNWOODY 4TH OF JULY PARADE** hosted by the Dunwoody Homeowners Association and the Dunwoody Reporter newspaper. Features marching bands, local celebrities and floats. Parade starts at 9am at the intersection of Mt. Vernon Road and Jett Ferry Road (West side of the street), follows west on Mt. Vernon to Dunwoody Village at 5483 Chamblee Dunwoody Road, Dunwoody. Spectators are encouraged to set up chairs along Mt. Vernon and Dunwoody Village Parkway. The festival begins immediately after the parade, approximately 11:30am. The festival area is to the left of the Dunwoody village entrance. This year's theme: Happy Birthday Dunwoody! More information: 770-354-7653 or [www.dunwoodyga.org](http://www.dunwoodyga.org).

## ★ EAST COBB – July 4

**MEMBERSHIP APPRECIATION DAY** hosted by Indian Hills Country Club (IHCC) featuring fireworks at dusk. IHCC allows the community to come by and grab a seat on the lawn and enjoy the fireworks extravaganza. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb.

## ★ KENNESAW – July 3

**SALUTE TO AMERICA**, a pre-Independence Day celebration, will feature high-energy, live music and family entertainment from 6-10pm in Downtown Kennesaw. Fireworks begin at 9:30pm. Free admission. Food and beverages for sale. Historic Train Depot, 2828 Cherokee Street, Kennesaw. More info: 770-422-9714 or [www.kennesawjuly3.com](http://www.kennesawjuly3.com).

## ★ MARIETTA – July 4

**FOURTH OF JULY CELEBRATION** presented by Marietta Parks and Recreation. Parade starts 10am at Roswell Street Baptist Church, 774 Roswell Street SE, Marietta, and ends at Marietta Square/Glover Park. Followed by concerts, museum tours, arts and crafts show, food and carnival games. Fireworks finale at 9:30pm in Glover Park/Marietta Square. More info: 770-794-5601 or [www.mariettaga.gov](http://www.mariettaga.gov).

## ★ POWDER SPRINGS – July 4

**SPRINGSFEST ON THE 4TH** featuring music, children's activities, vendor booths, food and fireworks at dark. 4pm-10pm. Powder Springs Park, 3899 Brownsville Road, Powder Springs. More info: 770-943-1666 or [www.springsfest4th.com](http://www.springsfest4th.com).

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★ **ROSWELL – July 4**

**5TH ANNUAL BARBEQUE AND BLUEGRASS 4th of JULY CELEBRATION** on the grounds of Barrington Hall. The King Family, who built Barrington Hall, held a 4th of July Barbeque for their friends and neighbors in the 1800's. Their tradition is re-created with live music, barbecue, beer, soft drinks and desserts for sale. Plus, fun games on the lawn and hayrides in the front yard. Free. 11am-4pm. Barrington Hall, 535 Barrington Drive, Roswell. More info: 770-640-3855 or [www.roswellgov.com](http://www.roswellgov.com).

**ANNUAL FIREWORKS EXTRAVAGANZA** presented by the City of Roswell. Live entertainment, Kids Zone and food trucks. Bring picnics, blankets and chairs. No dogs, alcohol, drugs or tobacco allowed. The fun starts at 5:30pm. Fireworks at dark (approximately 9:30, depending on weather). Free. Food and Kid Zone for a fee. Roswell High School front lawn, 11595 King Road, Roswell. More info: 770-641-3705 or [www.roswellgov.com](http://www.roswellgov.com).

★ **SANDY SPRINGS – July 4**

**STARS AND STRIPES CELEBRATION** sponsored in part by Concourse Corporate Center and the City of Sandy Springs. Bring a picnic and blanket and enjoy live music from Bogey & The Viceroy's under the stars. Following the concert will be fireworks. Free. 7:30pm-10:30pm. Concourse Corporate Center lawn, 5 Concourse Pkwy, Sandy Springs. More info: [www.visitsandysprings.org](http://www.visitsandysprings.org).

★ **WOODSTOCK – July 4**

**JULY 4TH SPECTACULAR** begins at 10am with a parade starting at Woodstock Elementary, 230 Rope Mill Road, traveling down Main Street to Sam's Club at Hwy 92. After the parade a festival with food, children's activities, musical entertainment and crafts until 3pm at The Park at City Center, 101 Arnold Mill Road, downtown Woodstock. Fireworks begin at dusk behind the Target Shopping Center at Hwy 92 and I-575. More info: [www.woodstockga.gov](http://www.woodstockga.gov).

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# 2019 *June & July* 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](http://cobbemc.com/content/request-wood-chips).

## EVERY MONDAY

**Garden Tour at Barrington Hall.** Discover how the gardens have been restored, receive gardening tips and learn about heirloom and native plants. Free tour of the historic gardens at Barrington Hall. Begins at the main house back porch. No reservations are necessary. 9:30am. Free. Barrington Hall, 535 Barrington Drive, Roswell. More info: [roswellgov.com](http://roswellgov.com).

## EVERY FRIDAY AND SATURDAY

**Brew with a View** sponsored by Red Hare Brewery. Come out for live music, drinks and a clear view of the square and Kennesaw Mountain from the Cobb Terrace. No cover charge. Age 21+. 7-11pm. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or [www.earlsmithstrand.org](http://www.earlsmithstrand.org).

## EVERY SATURDAY AND SUNDAY

**Marietta Square Farmers Market** featuring products that are grown and produced in Georgia, including produce, plants, honey, breads and cheese. Free. Saturday: 9am-12pm; Sunday: 12-3pm. Historic Marietta Square, 65 Church Street, Marietta. More info: 770-499-9393 or [www.mariettasquarefarmersmarket.com](http://www.mariettasquarefarmersmarket.com).

## EVERY THURSDAY

**Christian Movie Night.** Enjoy a different movie every week with popcorn, candy and soda. 7pm. Admission free. Johnson Ferry Baptist Church, Room 272/274, 955 Johnson Ferry Road, Marietta/East Cobb. More info: [Debbie.Dellano@jfbcc.org](mailto:Debbie.Dellano@jfbcc.org).

## EVERY THURSDAY, FRIDAY & SATURDAY

**Historic Marietta Trolley Tour.** All aboard for a one-hour, fully narrated exploration of the historic city of Marietta. Experience Marietta's rich heritage, from the vibrant Downtown Square, past grand Antebellum homes, to the battle fields at Kennesaw Mountain. Thursday and Friday: 1pm; Saturday: 10am. \$20/adults; \$12/children; \$18/Seniors & Students. The Historic Marietta Trolley Company, 131 Church Street, Marietta. More info: [www.mariettatrolley.com](http://www.mariettatrolley.com).



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## EVERY THURSDAY, FRIDAY & SATURDAY

**A Raisin in the Sun.** Meet the Younger family the day before they are getting a \$10,000 insurance check from the death of the father, Walter Younger. Tensions increase as each member of the family tries to get their own way, eventually threatening to break apart their foundation completely. Thursday & Friday: 7:30pm; Saturday: 2:30pm & 7:30pm; Sunday: 2:30pm. \$25+. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or [www.theatreinthesquare.net](http://www.theatreinthesquare.net).

## JUNE 2

**Low-Cost Pet Vaccination Clinic.** Save an average of 50% off retail pricing for vaccines and supplies like flea, tick, and heartworm preventative. Each guest will also receive a gift card for a FREE pet exam at Town & Country Veterinary Clinic. (\$50 value) 100% of the fees from this clinic will be donated to the Homeless Pets Foundation. Making this a 100% donation and tax deduction for YOU! This clinic is open to the public and no appointment is required. 12-3pm. Janice Overbeck Real Estate Team Office, 2249 Roswell Road, Marietta/East Cobb. More info: 404-585-8881.

## JUNE 7-9

**The Lightning Thief: The Percy Jackson Musical.** This electrifying show takes audience members on an action-packed journey with Percy Jackson, a student with dyslexia and ADHD, who perseveres through the obstacles that challenge him as he learns the almighty superpower of being himself. Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 1pm. Tickets: \$45 to \$75. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 800-745-3000 or [cobbenergycentre.com](http://cobbenergycentre.com).

## JUNE 7-23

**Oliver!** presented by Atlanta Lyric Theatre. The streets of Victorian England come to life as Oliver, a malnourished orphan in a workhouse, becomes the neglected apprentice of an undertaker. Oliver escapes to London and finds acceptance amongst a group of petty thieves and pickpockets led by the elderly Fagin. June 7 & 8: 8pm; June 9: 2pm; June 13-15: 8pm; June 16: 2pm; June 20 & 21: 8pm; June 22: 2pm & 8pm; June 23: 2pm. \$36-\$58. Cobb Civic Center, Jennie T. Anderson Theatre, 548 S. Marietta Parkway, Marietta. More info/tickets: 404-377-9948 or [atlantalyrictheatre.com](http://atlantalyrictheatre.com).

## JUNE 8

**5K9 Run** hosted by The Northeast Cobb Business Association. Proceeds from the event will be used to purchase a specially trained comfort dog for Cobb County DA's office of Children & Elderly Abuse Court. Bring your dog to walk or run with you! 7am - Registration; 8am - Race begins; 8:45am - Puppy Trot (ages 8 and under, must be accompanied by an adult). Registration: \$25 for 5K, \$10 for Puppy Trot. Register online at [www.northeastcobbba.com](http://www.northeastcobbba.com) or [active.com](http://active.com). Race begins at Piedmont Church, 570 Piedmont Road, Marietta. More info/sponsorship: 770-377-0072.

**Trot to Clot 5K.** Families and pets are invited to join at The Battery to help send children to Camp Wannaklot, Georgia's only summer camp for boys and girls impacted by an inherited bleeding disorder. Runners are welcome to join and will be placed at the front of the start line before the 5K begins. 8am. \$25. The Battery, 800 Battery Avenue SE, Atlanta. More info: [classy.org/event/trot-to-clot-at-the-battery](http://classy.org/event/trot-to-clot-at-the-battery).

## JUNE 8

**9th Annual Roswell Lavender Festival.** Inspired by Barrington Hall's own lavender queen, Evelyn Simpson, a descendant of Barrington. The festival is a celebration of all things lavender and will feature the many varieties, uses and folk remedies associated with this ancient plant. Demonstrations, children's activities, vendors, food samples, music and many more surprises. 10am-5pm. Free. Barrington Hall, 535 Barrington Drive, Roswell 30075. More info: [roswellgov.com](http://roswellgov.com) or 770-640-3855.



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# COMMUNITY CALENDAR

## JUNE 8

**29th Annual Creeper's Car Show.** There will be a swap meet, door prizes, music and food and a 25 Creeper's/ Sponsor's Choice Awards. 8am-3pm. \$5; Children under 12 free. All proceeds will be donated to Children's Healthcare of Atlanta and Special Olympics of Georgia. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: [creeperscarclub.org](http://creeperscarclub.org)

**Balsam Range with The Atlanta Pops Ensemble** presented by Live! In Roswell Series. Balsam Range has become one of the bluegrass genre's most award-winning acts in recent years, garnering 10 International Bluegrass Media Association Awards on the heels of six critically acclaimed albums. 8pm. \$30. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-594-6232 or [roswellpresents.com](http://roswellpresents.com).

**Smyrna Summer Concert Series featuring Sugar Lime Blue.** Sugar Lime Blue is redefining Americana. They draw from Jazz, Blues, and Country to create a purely unique sound. 7pm. Free or tables available to reserve \$30/residents \$40/non-residents. Village Green, 200 Village Green Circle, Smyrna. More info: 678-631-5540 or [www.smyrnacity.com](http://www.smyrnacity.com).

## JUNE 8 & 22 & JULY 13 & 27

**Marietta Square Artists Market** features artwork created by juried artists showcasing the best of local work. 9am-2pm. Mill Street near Marietta Square. More info: [www.artistsmarketmarietta.com](http://www.artistsmarketmarietta.com).

## JUNE 9

**Family Friendly Breakfast with Butterflies.** Enjoy a family-friendly morning with exclusive access to the butterfly encounter where you can enjoy a light breakfast, experience several species of butterflies in the CNC's Butterfly Encounter tent and explore the grounds prior to opening. Register by June 6- Limited Spaces. 10am-12pm. Ages 4+: \$25 general public; Members: \$15. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055x237, or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

**Sundays on the River Concert featuring Freddy & Francine.** A unique sound of catchy melodies and sweet harmonies with a dash of pop. 7pm. Tickets: \$16 for lawn seating, \$20 for table seating. Cash bar available, no outside alcoholic beverages permitted. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/ tickets: [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JUNE 11

**Green Screen Magic.** Get started on compositing images with Photoshop and Premiere in this beginner class. From basic recording setup to finalizing an effect on a computer, learn how to composite both video and photos as well as how to avoid common pitfalls and mistakes. This class is open to adults and teens, ages 13 and up. 6-7pm. Free, no registration necessary. Video Studio at Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711

## JUNE 12

**Kids' Art Smart - Chalk Universe!** Learn about the history and science of chalk while creating your own constellation or solar system to take home and working on a giant chalk mural. Wear your chalking clothes for this out-of-the-world experience. Age group: 3-5 and an adult caregiver. 11am-12pm. Free; no registration required. Gritters Library, 880 Shaw Park Road, Marietta/ East Cobb. More info: 770-528-2524

## JUNE 14-16

**Pan.** Summer camp encore performances. 7pm. Tickets: \$25. Spoken Images Theatre Company, 3378 Canton Road, Marietta/East Cobb. More info: [www.spittheatre.com](http://www.spittheatre.com).

## JUNE 15

**Fast and Furry 5K.** Enjoy running a 5K with your pooch to benefit Cobb Animal Shelter. The course runs along County Services Road, with awards for fastest dog and also humans. 8am. \$30. 1060 Al Bishop Drive, Marietta between County Services and Callaway Road. More info: [www.cobbanimalcontrol.org](http://www.cobbanimalcontrol.org).

**Community Yard Sale.** Donate your new and used items to Janice Overbeck Real Estate Team and they will sell them for a 100% donation to Homeless Pets Foundation or come shop! Items include: clothing, home decor, household items, small scale furniture, etc. 8am-12pm. Free. Janice Overbeck Real Estate Team Office, 2249 Roswell Road, Marietta/East Cobb. More info: 404-585-8881.

## JUNE 15 & JULY 20

**Pop-In for Family Fun.** Explore the museum in a whole new way! Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. June's theme is "Cultures of Cobb." July's theme is "Aviation/Space Exploration." 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](http://www.mariettahistory.org).



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## JUNE 16 & JULY 5

**Civil War Music Program.** Join musicians and living historians as they demonstrate the important role that music played in the civil war. 11am-3pm. Free. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or [www.nps.gov/kemo](http://www.nps.gov/kemo).

## JUNE 17

**Family Promise of Cobb County 4th Annual Golf Outing and Fundraiser** to support the mission to assist homeless and low-income families with children residing in Cobb County. It is a day filled with golf, friends and food. \$150 per golfer; \$600 for a foursome. 7:30am: Check-in; 9am: Shotgun start. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info: [familypromisecobbcounty.org](http://familypromisecobbcounty.org).

## JUNE 18 & 19, JULY 9 & 10, 23 & 24

**Defensive Driving/Driver Improvement Class** presented by Safe America. If you are already driving but want to lower the cost of your car insurance or if you've gotten a traffic ticket and need to take a defensive driving class, this class is for you. 6-hour class taught by certified instructors. 6-9pm. Court ordered/point reduction: \$95. Insurance rate reductions only: \$30. Safe America Foundation, 2000 First Drive, Suite 310, Marietta. More info: 770-973-7233 or [www.safeamericadrivers.org](http://www.safeamericadrivers.org).

## JUNE 21 & 22

**Cobb County Rodeo.** Professional cowboys and cowgirls compete for championship points. Events include bareback riding, bull riding, steer wrestling, tie down roping, team roping and barrel racing, trick riders and the rodeo clowns! 8pm. Tickets: \$15/adults; \$12/children. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: [www.cobbcountyrodeo.com](http://www.cobbcountyrodeo.com).

## JUNE 21-JULY 7

**Clybourne Park.** Winner of both the Pulitzer Prize and the Tony Award for Best Play, Clybourne Park is a razor-sharp satire about the politics of race. June 21 & 22: 7:30pm; June 23: 2:30pm; June 28: 10:14am; June 29: 7:30pm; June 30: 2:30pm; July 5: 7:30pm; July 6: 7pm; July 7: 2:30pm. Tickets: \$20-\$30. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or [www.theatreinthesquare.net](http://www.theatreinthesquare.net).

## JUNE 22

**Celebrating the Gentlemen** presented by the Big Chicken Chorus. This show will feature many of Gentlemen's Agreement's classic renditions to be performed by the Big Chicken Chorus, the Atlanta Vocal Project, the Stone Mountain Chorus, and Chicken Little. Featured quartets performing will be Interstate Rivals, Category 4 and Quadraphonics. 3pm. Free. Byers Theatre, 1 Galambos Way, Sandy Springs. More info: [bigchickenchorus.org](http://bigchickenchorus.org)

## JUNE 23

**Butterfly Encounter Photography Workshop.** Join nature photographer Eric Bowles for a workshop to help you take better photographs of butterflies and other garden subjects. You'll have private access to the Butterfly Encounter and the butterfly garden, along with classroom time to talk about technique, equipment, and tips. Registration required by July 19. Ages 16+. 10am-2pm. General Public: \$40 General Public; Members: \$30. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055x237, or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).



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Sean R. Whitworth  
Attorney-at-Law

# COMMUNITY CALENDAR

## JUNE 27

### **Fish with Your Commish and Coffee with a Cop.**

Come fish with Commissioner Birrell and meet Cobb County police officer Nathalie Jegg. Bring your fishing pole and fishing license! 3-5pm. Free; No registration required. 4055 Ebenezer Road, Marietta. More info: Nathalie.Jegg@cobbcounty.org or 770-499-3981.

## JUNE 30

**11th Annual GA 400 Hospitality Hwy Bike Ride.** Ride your bike on the forbidden Hwy GA 400. All lanes are closed so you can ride safely and get the thrill of a lifetime. Join 1,700 other riders to embark on a memorable ride of 9, 27, 45, 62 or 101 miles throughout the best roads in North Georgia filled with horse farms and small country roads. Registration: 5:30am; Ride: 7am (Arrive before 6:30am). \$45/adults, \$30/youth (12-18) in advance. Start/Finish Sky Zone parking lot, Kings Market Shopping Center, 1425 Market Boulevard, Roswell. More info: www.ga400century.com.

## JULY 4

**Birds Eye Parade View.** Get a birds-eye view of the Marietta's 4th of July parade from the rooftop on the Strand. A cash bar will include morning beverages. Doors open at 9am; parade 10am-12pm. \$10. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

**Fireworks on the Fourth!** The Strand's festive terrace is a spectacular venue to see the sky light up on the fourth of July! Guests will enjoy watching Marietta's dazzling fireworks from the fourth level Cobb Terrace with a cocktail in hand. Doors open at 6pm; fireworks at 9pm. \$25. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

## JULY 5

**Marietta Square Art Walk.** Enjoy an evening of shopping, dining, and a variety of arts & culture, around the charming streets of the Marietta Square. Top local dance, musical, visual and performing artists share their talent in front of the many boutiques, restaurants, galleries, and museums of the culturally rich and authentic Marietta Square. 5-9pm. More info: www.ArtWalkMarietta.com.

## JULY 6

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

## JULY 8

**Cobb Chamber First Monday Breakfast.** 7-9am. General admission: \$60. Members: \$35. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: 770-980-2000 or www.cobbchamber.org.

## JULY 10-14

**Little Black Dress.** This fearlessly funny ladies' night out musical makes for one wild and unforgettable evening with its hilarious show-stopping musical numbers, Magic Mike influenced dancing, and priceless improvised audience mayhem. Wednesday-Friday: 8pm; Saturday & Sunday: 3pm & 8pm. Tickets: \$35-\$85. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.



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## JULY 12-21

**182nd Marietta Campmeeting.** For nearly 200 years, fellow Christians have come together, on this sacred ground, to share their experiences with God. Campmeeting is a non-denominational revival where everyone is invited to join in the glorious celebration of our Lord. Starts with a covered dish picnic at 6pm on Friday followed by the first service at 7:30pm. Services will be held twice daily (11am and 7:30pm) the remaining days ending with the 11am service on Sunday, July 21. Free. Marietta Campground, 2300 Roswell Road, Marietta/East Cobb. More info: [mariettacampmeeting.org](http://mariettacampmeeting.org).

## JULY 13

**A Dash of Whimsy.** Join Jennifer Waldman Gross for her return to the Lyric Studio Stage in *A Dash of Whimsy*! An intimate evening filled with beautiful nostalgic music that shaped and inspired Jennifer's childhood. From classic standards like "I Could Have Danced All Night" and "Johnny One Note" to contemporary favorites "I'm The Only One" and "You Gotta Be," this will be a lovely night of song and laughter. Doors open at 7:30pm, performance at 8pm. \$25. Lyric Studio Theatre, 12 Powder Springs Street, Marietta. More info: [atlantalyrictheatre.com](http://atlantalyrictheatre.com).

## JULY 13

**Mountain Biking 101 on the Bike Skills Training.** The Interscholastic Georgia Cycling League is offering a one-day training course for those who have decided to become a coach. This will be a minimum 4-hour course to fulfill the level 2 & 3 coaching requirements in the pit zone. \$25. 9am-1pm. Allatoona Creek, 5690 Old Stilesboro Road, Acworth. More info: [georgiamtb.org](http://georgiamtb.org)

**Smyrna Summer Concert Series featuring Throwback Experience.** The Southeast's most dedicated, high-energy party band and they promise a musical journey through the 60s, 70s and 80s. 7pm. Free. Tables available to reserve: \$30/residents \$40/non-residents. Village Green, 200 Village Green Circle, Smyrna. More info: 678-631-5540 or [www.smyrnacity.com](http://www.smyrnacity.com).

## JULY 14

**Sundays on the River Concert** featuring Joe Alterman. Only 29 years old, Jazz pianist Joe Alterman has already released four critically-acclaimed albums and played some of the best venues in the country. 7pm. Tickets: \$16 for lawn seating; \$20 for table seating. Cash bar available, no outside alcoholic beverages permitted. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info/tickets: [www.chattnaturecenter.org](http://www.chattnaturecenter.org).



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# COMMUNITY CALENDAR

## JULY 16

**Star Wars Star Fest.** Whether you side with the Rebel Alliance or the Galactic Empire, fly in for a stellar afternoon full of fun Star Wars™ activities, crafts and Jedi training. Come dressed as your favorite Star Wars™ character and join the excitement! This program is for families. 2-3:30pm. Free. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info: 770-509-4964.

## JULY 19 & 20

**Antique Gun & Military Collectibles Show & Sale.** Friday: Noon-5pm; Saturday: 9am-4pm. \$7/adults; \$1/ages 7-12. 2-day pass \$10. International Association of Machinists and Aerospace Workers, Local Lodge 709, Union Hall, 1032 South Marietta Parkway, Marietta. More info: 704-282-1339 or richard@thecarolinatrader.com.

## JULY 20

**2nd Annual MiniCon.** Bring the whole family to celebrate comics and pop culture! You'll find something for everyone in the family, including: Workshops, Panels, Gaming, Vendors, Cosplay Contest, Children's Costume Parade, Food, Face Painting, Crafts and more. 10am-4pm. Free. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.

## JULY 21

**Braves Summer Concert Series featuring Zach Williams.** Williams' debut album, "Chain Breaker," reached #2 on the Billboard Christian Charts and won the 2018 GRAMMY® Award for Best Contemporary Christian Music Album. Immediately following 7:20pm game. Free with purchase of game ticket. SunTrust Park, 755 Battery Avenue, Atlanta. More info: mlb.com/braves/tickets/concerts/zach-williams.

## JULY 25

**Open House at the College of Continuing & Professional Education (CCPE) at KSU.** Info sessions on Healthcare, Management, Technology, Hospitality, Languages, Paralegal, HR, Finance, Real Estate classes and more. 10% discount on enrollment in most classes. Free. 6-8:30pm. College of Continuing & Professional Education, KSU Center, 3333 Busbee Drive, #3301, Kennesaw. More info/register: 470-578-6765 or ccpe.kennesaw.edu.

## JULY 26

**Glover Park Concert Series featuring The Tams.** Bring a picnic and blankets or set up lawn chairs after 4pm. No tarps or tents. Free. 8pm. Glover Park, 50 Park Square, Marietta. More info: 770-794-5601 or www.marietta.com.

## JULY 26 & 27

**Southeast Homeschool Expo.** The expo is devoted entirely to the display, sale and discussion of educational materials with entire exhibit hall displays of materials by the best Christian, secular and specialty publishers. Sessions on getting started, "how to" on different subjects, preparing for college and more. Friday: 10am-7pm; Saturday: 10am-5pm. \$10/online; \$20/at the door; Children under 18: Free. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: www.southeasthomeschoolexpo.com.

## JULY 27

**Coffee with a Cop.** Stop by and meet Officer Nathalie Jegg. 11am-12pm. Free. All ages are welcome and no registration is required. East Cobb Library, 4880 Lower Roswell Road, Marietta. More info: 770-509-2730

## JULY 27 & 28

**43rd Collectible Glass Show and Sale.** Beautiful American made glass from the 1800's through the depression era and into the mid-century will be featured for sale. Saturday: 10am-5pm; Sunday: 10am-4pm. \$8/Adults, free for children under 16. Hudgens Hall, Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More info: psdgc.com or showchair@psdgc.com.

## AUGUST 1

**First Day of School** for Cobb County public schools.

## AUGUST 3

**East Cobb Triathlon.** This is a qualifier for the championship race at the beginning of October. Choose from 3 distances for the adults and races for children. The swim portion takes place inside the Mountain View Aquatics Center. 7:30am. \$30-\$70. Mountain View Aquatic Center, 2650 Gordy Parkway, Marietta/East Cobb. More info: www.fivestarnpt.com.

**Cobb International Festival.** In honor of all the unique influences that make our community thrive, Cobb County Parks will host its inaugural International Festival. 10am-4pm. Free. Jim R. Miller Park Event Center, 2245 Callaway Road, Marietta. More info: 770-528-8811 or meryl.manafre@cobbcounty.org.

**Smyrna Summer Concert Series featuring Banks and Shane.** Crowd pleasers Banks and Shane are a high energy, hard kick, blow the roof off band that will have the crown 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.

**Roswell Riverside Sounds Concert Series presents Family & Friends.** Free. Food available at event 6-9pm for purchase. Concert runs 7-9pm. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or www.roswellriversidesounds.com.





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Contact Derrick Slay at [DerrickS@ymcaatlanta.org](mailto:DerrickS@ymcaatlanta.org)

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When: Tuesday, June 18th @ 6:30pm  
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Cost: \$5 for not yet members, Free for Museum members.



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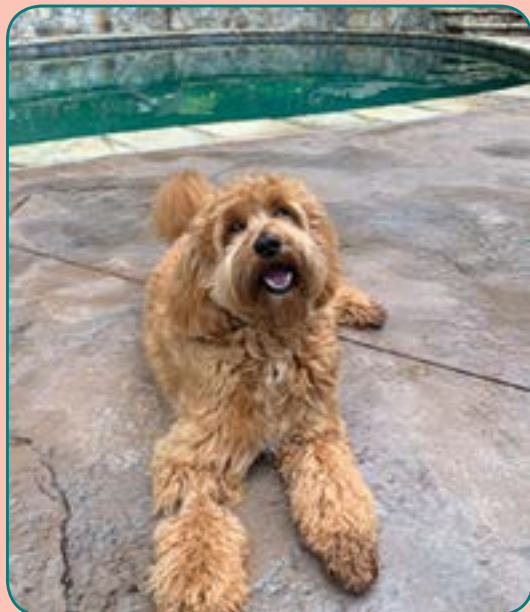
[www.MariettaHistory.org](http://www.MariettaHistory.org)





# PET OF THE MONTH: BROOKLYN

*Submitted by The Kopelman Family*



**Animal/Breed:** Dog/Labordoodle

**Age & Gender:** 10 months - female

**Favorite Food:** Laughing cow cheese

**Favorite Person:** Mom

**Best trick:** High Five

**Turn ons:** Tummy rubs

**Turn offs:** Brushing my coat

**Favorite toy:** Stuff dog that is called "baby." Baby goes outside in the morning and sleeps with me too

**Last seen:** At Williams Sonoma at the Avenue East Cobb cause they have great treats!

**What makes your pet so special:** Brooklyn has never met a stranger. She thinks everyone should pet and play with her.

A group of young girls are performing a dance in red and white costumes. They are smiling and have their arms extended. In the background, there are trees and a fence. A star-shaped graphic in the top left corner contains the text: "24th Annual EAST COBBER PARADE & FESTIVAL", "Sponsored by WELLSTAR", and "Sept 14".

## EAST COBBER Parade & Festival

### Saturday, September 14, 2019

- **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](http://eastcobber.com/parade)



# Should Your Pet Be Our Pet of the Month?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

.....

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# ARE YOU READY TO MEET YOUR NEW BEST FRIEND?



Who is your best friend? According to Rover.com, 64% of Americans will put their pet at the top of the list and for good reasons--trust, assurance, fun and unconditional love to name just a few. But are we giving our best friends back as much as they give us? Best Friends Animal Society in Atlanta warmly invites East Cobbbers to learn more about their work in our community as they strive to reach their goal: no dog or cat ever killed in a shelter again by 2025. The avenues for us to get involved in the movement are many.

The mission of Best Friends Animal Society is to bring about a time when there are No More Homeless Pets. They do this through building community programs and partnerships across the nation. A national organization, Best Friends established a regional program in Atlanta in 2016 and works collaboratively with area shelters, animal welfare organizations and individuals to save the lives of pets in area shelters.

Best Friends Lifesaving Center is open seven days a week and at any given time hosts over 40 dogs and 25 cats to who are available for adoption. The center serves as a life-saving hub for animals and base for local programming and coalition-building. Volunteer opportunities, either as an individual or as a part of a service project team are plentiful and the rewards will have you wagging your tail in no time. Join the gang at the Strutt you Mutt at Grant Park October 5th or explore rewarding projects at the center. But be warned: there is a very good chance you will fall desperately in love with your new best friend. Together, we will Save Them All!

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## COMING in the August Issue:



### 22nd Annual EAST COBBER Dining Guide

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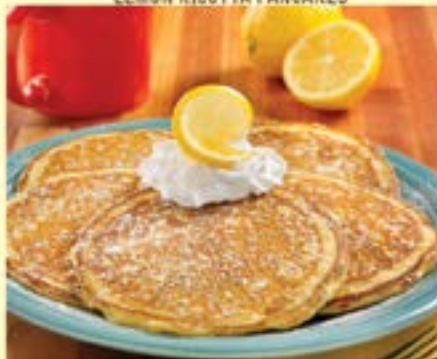
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>Japanese & Thai  
\$1 Sushi every Monday night dine-in only. Hibachi Early Bird Special from \$10 every day before 6pm. Voted Best Asian Restaurant in East Cobb.  
1255 Johnson Ferry Road, Suite 1 Marietta 30068  
Mon-Sun: 11:30am-10pm  
678-560-8071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

## Hoyle's Kitchen + Bar

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

## J. Christopher's

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

## Jersey Mike's Subs

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

## Kale Me Crazy

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

## New Lucky China

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



## Olde Towne Pub & Grille

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

## The Mill Kitchen & Bar

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

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# KIDS CAN EAT FREE IN EAST COBB

Dining out on a budget? Here are some restaurants that are "kid friendly" and offer free meals for the kids. Be sure and double check with the restaurant before you go to make sure they haven't changed their policy. If you know of any other specials, or you find that one of these specials has been discontinued, please let us know at [info@eastcobber.com](mailto:info@eastcobber.com).

## EVERY DAY

### O'Charley's Restaurant + Bar

3550 Sandy Plains Road, Marietta, 30066

770-579-2690 • [www.ocharleys.com](http://www.ocharleys.com)

Kids 10 and under eat free with adult purchase, free pie Wednesdays.

## MONDAYS

### Suburban Tap

1318 Johnson Ferry Road, Marietta, 30068

770-977-4467 • [www.suburbantap.com](http://www.suburbantap.com)

Kids eat free with purchase of an entree.

### Tijuana Joe's

690 Johnson Ferry Road, Marietta, 30068

770-321-1233 • [www.tijuanajoes.com](http://www.tijuanajoes.com)

Kids eat free with adult purchase.

## MONDAYS-WEDNESDAYS

### IHOP

3130 Johnson Ferry Road, Marietta, 30062

770-640-1731 • [www.ihop.com](http://www.ihop.com)

Kids 8 and under eat free with adult purchase 4-8pm

## TUESDAYS

### Chik-fil-A

2530 Sandy Plains Rd, Marietta, 30066

770-977-2455 • [www.chick-fil-a.com](http://www.chick-fil-a.com)

Children get a free child's meal 5:30-7:30pm.

### Taqueria Tsunami

70 South Park Square, Marietta, 30060

678-324-7491 • [www.taqueriatsunami.com](http://www.taqueriatsunami.com)

Kids eat free with an adult entree purchase.

## WEDNESDAYS

### Paradise Grille

3605 Sandy Plains Road, Marietta, 30066

770-579-6226 • [www.paradisegrillemarietta.com](http://www.paradisegrillemarietta.com)

Kids eat free with adult purchase.

### Paradise South of the Border

3605 Sandy Plains Road, Marietta, 30066

770-790-5475 • [www.paradisegrillemarietta.com](http://www.paradisegrillemarietta.com)

Kids eat free with adult purchase.

## SUNDAYS

### Jersey Mike's Subs

>2960 Shallowford Road, Marietta, 30066

770-578-3973 • [www.jerseymikes.com](http://www.jerseymikes.com)

>4400 Roswell Road, Marietta, 30062

770-321-3998 • [www.jerseymikes.com](http://www.jerseymikes.com)

1 Kids sub free with purchase of regular sub combo.

### Red Sky Tapas

1255 Johnson Ferry Road, Marietta, 30068

770-973-0100 • [www.redskytapas.com](http://www.redskytapas.com)

1 free meal from Kids menu per adult entree purchased between 4-9pm.

Please note that restaurant specials, dates, times, ages and promotions change all the time, so please be sure to call the restaurant and verify any of the above information before going. 📞

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770-640-7070

## ACUPUNCTURIST

### Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist  
3535 Roswell Road, Suite 37 • Marietta 30062  
678-560-7978 • [www.drshutcm.com](http://www.drshutcm.com)

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

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

## CARDIOLOGY

### Sibley Heart Center

2835 Brandywine Road, Suite 400 • Atlanta 30341  
770-488-9218 • [www.choa.org/cardiology](http://www.choa.org/cardiology)  
Mon-Fri: 8:30am-5pm

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

## COACHING

### Cosmose Coaching

678-643-5289 • [cosmose.net](http://cosmose.net)

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

## DENTISTS

### Cheek Dental

2872 Johnson Ferry Road • Marietta 30062  
770-993-3775 • [www.cheek.dental.com](http://www.cheek.dental.com)  
Mon-Fri: 8am-5pm

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

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# WEIGHT LOSS WINNER

**Name:** Meg Johnson

**Occupation:** East Cobb Mom

**Family:** Will (husband), Shep, and Kelly Ann

**Lived in East Cobb since:** 2012

**Subdivision:** Chimney Springs

**Age:** 33

**Height:** 5'4"

**Former Weight:** 212 pounds

**Current Weight:** 135 pounds

**Weight Lost:** 80 pounds

**How long did it take you to lose the weight?** A little over a year.

**Why You Lost Weight:** My turning point was in a dressing room in East Cobb when I couldn't recognize the girl looking back at me in the mirror. I was tired, stuck, self-conscious, and I didn't have energy for my family.

**Can you share your biggest challenge?** Staying motivated even through the low points.

**How Did You Lose It?** I reached out to my health coach and made some changes to my nutrition. With the accountability of a coach and a structured nutrition plan...I got healthy. I lost my last 30 pounds in 10 weeks, and felt energetic, confident, and happy!

**Favorite Healthy Foods:** One thing that blew my mind about weight loss is that not all traditionally healthy foods are good to eat when you want to lose weight and burn fat! For example, the program I use to coach my clients taught me that Brussel sprouts while a healthy veggie, make it harder for your body to burn fat! So my favorite healthy foods depend on whether someone is trying to lose weight or just maintain their weight. I have found a love of spaghetti squash, other fresh veggies, lean meats, berries, pistachios and I love the occasional ice-cream! I learned about nutrition and the tools to learn how to make a healthy plate which impacted our whole family!

**How Has Your Life Changed?** I sleep better, have more energy, and I definitely have more joy. When I was struggling to lose weight, I was pretty hard on myself and negative! Getting dressed in the morning was a



chore! Now, I love getting dressed and I can just live in the present!

**Lesson Learned:** At the end of my rope and desperate to lose those last 30 pounds, I became the mom who plays with her kids instead of watching her kids play from the couch. It has been so meaningful for me that I actually started coaching others to health, and it has been so much fun! 🙌

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

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## CONTACT INFORMATION

-  Canton Office  
5615 Cumming Hwy, Canton, GA 30115
  -  Marietta Office  
4475 Roswell Rd Ste 1100, Marietta GA 30062
  -  [info@camedspa.com](mailto:info@camedspa.com)
  -  (770) 800-0799
- CALL TO SCHEDULE A FREE CONSULTATION TODAY**

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# HEALTH & WELLNESS

## DENTISTS

### Mansouri Family Dental Care

4720 Lower Roswell Road • Marietta 30068

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

Mon-Fri: 7:30am-6pm

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

## DERMATOLOGISTS

### Dermatology Affiliates

44939 Lower Roswell Road • Suite 104A • Marietta 30068

404-816-7900 • [www.dermatologyaffiliates.com](http://www.dermatologyaffiliates.com)

Mon-Fri: 7am-5pm

Our board-certified dermatologists bring together years of education and experience needed to treat many different skin conditions. Dermatology Affiliates offers a robust suite of medical, cosmetic, laser and aesthetic dermatology services designed to keep your skin healthy and looking its best.

### Dermatology Consultants

4800 Olde Towne Parkway, Suite 250 • Marietta 30068

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

Mon-Fri: 7am-5pm

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

## FITNESS CENTER

### Women's Premier Fitness

4961 Lower Roswell Road • Marietta 30068

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

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

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

## FOOTWEAR & HEALTHY FOOT

### Foot Solutions – East Cobb

4101 Roswell Road, Suite 800 • Marietta 30062

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

Mon-Sat: 10am-6pm

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

## MEMORY CARE

### Radiance East Cobb

200 Village Parkway NE • Marietta 30067

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

Mon-Fri: 8am-5pm

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

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

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- Women's Health Services



Brian K. Nadolne, MD, FAAFP



Vinaya Gokki, MD

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1121 Johnson Ferry Road  
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[EastCobbFamilyMed.com](http://EastCobbFamilyMed.com)

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1111 Johnson Ferry Road, Marietta 30068



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## PAIN MANAGEMENT

### Acupuncture and Injury

3823 Roswell Road, #201 • Marietta 30062

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

Mon-Fri: 9am-6pm

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

## PEDIATRIC DENTISTRY

### Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068

770-479-9999 • [www.NiaDentistry.com](http://www.NiaDentistry.com)

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

Sat: by appointment 9am-2pm

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

## PEDIATRIC MENTAL HEALTH

### Axis Hope, LLC

2551 Roswell Road, Suite 420 • Marietta 30062

678-648-7888 • [www.axishope.care](http://www.axishope.care)

Mon-Fri: 9am-6pm

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

## PEDIATRICIAN

### Sun Pediatrics

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

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

Mon-Fri: 8am-5pm

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

.....

# EAST COBBER

*Next Issue: August • Deadline: July 15*  
*Call East Cobber: 770-640-7070*





## PERSONAL TRAINERS

### **Fitness Together**

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

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

### **Studio 348 Personal Training for Women**

3822 Roswell Road, Suite 114 • Marietta 30062  
678-540-1518 • [www.studio348forwomen.com](http://www.studio348forwomen.com)  
Mon-Thurs: 6am-12pm, 4-8pm; Fri: 6am-12pm; Sat: 8am-12pm  
Small group personal training for women. Nationally Certified Personal Trainers work with 1-4 women at a time to provide quality personal training at an affordable rate. Each woman gets the individual attention she needs for fitness and nutrition.

## VEIN SPECIALISTS

### **Vein Specialists of Northwest Georgia**

3747 Roswell Road, Suite 316 • Marietta 30062  
770-423-0595 • [www.veinspecialistsofatlanta.com](http://www.veinspecialistsofatlanta.com)  
Hours: Mon - Fri 8am - 5pm

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

## WAXING/HAIR REMOVAL

### **Brazilian Wax by Andreia**

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

## WELLNESS & WEIGHT LOSS

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

4961 Lower Roswell Road, Suite 105 • Marietta 30068  
470-551-0100 • [www.2030wellnesseastcobb.com](http://www.2030wellnesseastcobb.com)  
Mon-Fri: 10am-6pm  
20/30 Fast Track balances the seven hormones that are keeping you from losing weight and feeling better. Through a structured eating plan, natural supplements, and a scientific approach to nutrition, they can help eliminate stress and balance your hormones.

## YOGA

### **Bring It Om Power Yoga**

3162 Johnson Ferry Road, Suite 440 • Marietta 30062  
470-299-5256 • [bringitompoweryoga.com](http://bringitompoweryoga.com)  
Mon-Fri: 5:30am-9pm; Sat: 8am-1pm; Sun: 9:30am-7pm  
Bring It OM Power Yoga is an all inclusive yoga studio with classes ranging from beginner to advanced, non-heated to hot. They welcome all levels and truly have something for everyone!

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## EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JUNE

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.

### Biography Corner: Peter the Great (#9444)

Tuesday, June 4 • 1 - 2pm

Free; Registration required.

Towering over his people, Peter the Great was a physical giant determined to shatter tradition and force his nation into the modern world. By the time "The Tyrant Reformer" was finished building cities and conquering nations, Russia had become a full-fledged empire.

### Cooking with Pampered Chef (#9432)

Friday, June 7 • 12pm

\$8 supply fee; Registration required. Summer vegetables is the theme.

### Name That Tune (#9434)

Wednesday, June 5 • 10 - 11:30am

Free; Registration required.

Go back down memory lane in a lively fun environment and test your knowledge of popular hit songs from previous decades. Get points for remembering the artists name and the name of the song.

### Age of Beauty Series:-Natural Beauty (#9433)

Friday, June 7 • 10 - 11:30am

Free; Registration required.

Learn how to achieve naturally beautiful skin, how lifestyle, diet and exercise affect the skin. Learn to address aging, pigmentation, acne and sensitive skin care techniques that really work.

### Dine-a-Round (#9442)

Tuesday, June 25 • 11:30am - 1pm

\$5 advance tickets; Registration required, lunch on your own. Movie Tavern Roswell, 4651 Woodstock Road, Roswell/East Cobb.

### Hearing Screening

Friday, June 14 • 9am - 12pm

Free; No registration required.

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

### Stories from the National Cemetery (#9435)

Friday, June 14 • 11am - 12:30pm

Free; Registration required.

Join Brad Quinlin to hear the stories of the men and women who served and are buried in the Marietta National Cemetery.

### History Corner: Ancient Rome & the Rise of Apartments (#9443)

Tuesday, June 18 • 1 - 2pm

Free; Registration required.

In this eye-opening program, host Michael Guillen explores how the ancient Romans inhabited multistory apartments more than 2,000 years ago. Travel to the Roman seaport of Ostia, where a number of these ancient apartments still exist.

### Brain Game Day (#9436)

Wednesday, June 19 • 10 - 11:30am

Free; Registration required.

Brain games can improve your brain health by helping you think faster, focus better and remember more. Join for engaging and stimulating games. Presented by Aloha to Aging, Inc.

### Basic Android Class (#9438)

Friday, June 21 • 10 - 11:30am

Free; Registration required.

Are you looking to learn how to use your Android device? In this class, learn all the basics of using an Android.

### Wiggin' Out 101 (#9439)

Monday, June 24 • 10 - 11:30am

Free; Registration required.

Did you ever want to find out if blondes really do have more fun? Come to this seminar to learn basic head prep for wearing wigs, choosing the right wig type, washing and roller setting wigs, wig styling and wig maintenance.



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# EAST COBBER HONORED FOR **25 YEARS OF SERVICE**



**E**ast Cobb resident Jean Wollam was honored at the May East Cobb Civitan meeting for 25 years of service to the organization. Jean is a mental health nurse and has overseen multiple projects for the organization during her tenure. Presenting the award to her is East Cobb Civitan President Michael Krengel.

Civitan International is a global organization impacting lives at the grass roots level through local service clubs. Members of Civitan share a Servant's Heart and a desire to create positive change for people with Intellectual and Developmental Disabilities. There are currently 40 clubs in the Georgia District, including Camp Big Heart, a service club dedicated to providing inclusive overnight camping for those with developmental and intellectual disabilities. For more information about Civitans International please contact Mary Karras, Governor Elect at 678-689-4978 or [MARRYKARRAS@synovus.com](mailto:MARRYKARRAS@synovus.com). 📞



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# EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR JULY

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.

## Examining Our Funny Bone-Storytelling (#10036)

Monday, July 8 – August 12 • 10 - 11:15am

Free; Registration required.

Learn the art of storytelling. Learn how to be a storyteller and enjoy the stories.

## Biography Corner: Inside John Lennon (#10037)

Tuesday, July 9 • 1 - 2pm

Free; Registration required.

Inside John Lennon is an intimate account of the life and career of the most controversial Beatle. From his difficult beginnings in wartime Liverpool to riding the wave of Beatlemania to becoming a peace activist with his outspoken soulmate, Yoko Ono, John packed a lot into his forty short years.

## Vascular Health Checkup Event (#10040)

Wednesday, July 10 • 10am - 2:30pm

Free; Registration required.

Did you know that early detection is the key to avoiding serious damage from vascular disease? This is a free service which includes a short presentation and a carotid artery screening via ultrasound. Please schedule your appointment at the front desk.

## Downsizing (#10039)

Friday, July 12 • 10 - 11:30am

Free; Registration required.

Address how to change your living arrangements without being physically or emotionally stressed, get past being overwhelmed about the monumental decisions that have to be made.

## Spices and Their Benefits Part II (#10081)

Tuesday, July 16 • 10 - 11:30am

Free; Registration required.

In Part I of this series, some common and uncommon spices and herbs were explored and you learned how to incorporate them into your diet. Join Jobcy Alexander for the second part of the series where some dishes utilizing spices such as cumin, coriander, turmeric, curry leaves and more will be created.

## The Age of Beauty Series: Love Yourself (#10082)

Wednesday, July 17 • 10 - 11:30am

Free; Registration required.

Learn techniques that you can use to create daily habits that can lead to happier and healthier life.

## The Danger of Dehydration (#10041)

Friday, July 19 • 10 - 11:30am

Free; Registration required.

Hydration is important for overall health. Your body needs water to regulate body temperature and maintain blood pressure. Without water, our bodies can become dangerously dehydrated and sick. In this seminar, you will learn how to monitor dehydration symptoms and to know how to avoid them.

## Dine-a-Round (#10042)

Wednesday, July 24 • 11:30am - 1pm

Separate checks for lunch; Registration required.

Beni's Cubano, 4475 Roswell Road Suite 1510, Marietta/ East Cobb.

## History Corner: History of Rock and Roll (#10043)

Tuesday, July 30 • 1-2pm

Free; Registration required.

Rock and roll is a genre of popular music that originated in the United States. Register to enjoy the movie.

## AARP Smart Driver (#6832)

Thursday, July 25 • 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.






# VA HEALTH CARE CLINIC OPENS IN EAST COBB

The Atlanta VA Health Care System held a ribbon cutting ceremony May 16 for its Northeast Cobb County VA Clinic, located at 2217 Roswell Road in Marietta/East Cobb. The new VA clinic provides local veterans with primary care, mental health, telehealth and laboratory services. It is open 8am-4:30pm, Mondays through Fridays.

"We have a county of over 45,000 veterans and the needs here for medical services and primary care are urgent," said Chairman Boyce, who spent nearly 30 years in leadership positions in the Marine Corps and was in Operations Desert Shield/Desert Storm in Iraq and Operation Restore Hope in Somalia. "I'm glad to see the VA recognizes that and is going to build that kind of care

and begin serving all these warriors that live around here. It's a long time coming."

"Opening the VA clinic here will make a huge difference for our veterans in Cobb County both in the Veterans court but also for the veterans in our community that need services," said Superior Court Chief Judge Reuben Green, a veteran of the Marine Corps.

Veterans previously requesting to receive care at this site will be contacted directly. Enrolled veterans interested in transferring to the new site, please contact the new clinic by calling 404-321-6111, ext. 204403. Veterans not enrolled in the Atlanta VAHCS, please call Eligibility Service at 404-321-6111, ext. 20645. 

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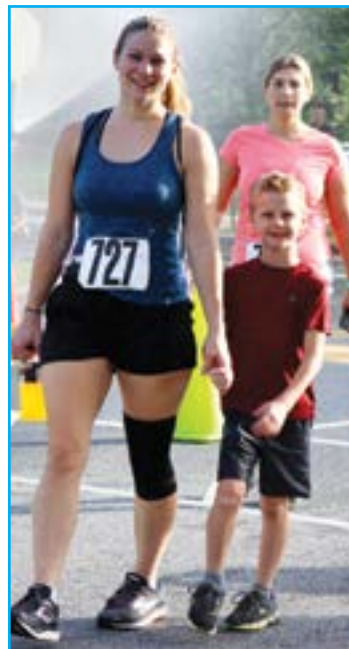
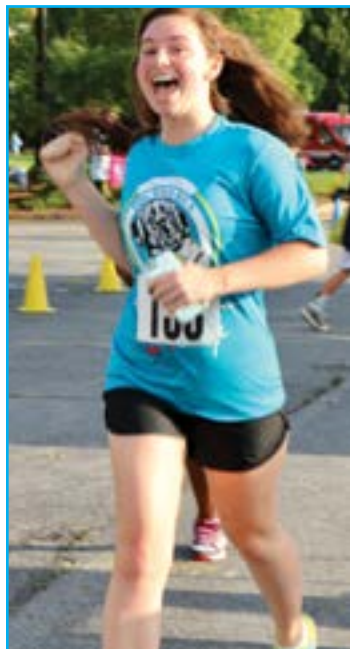
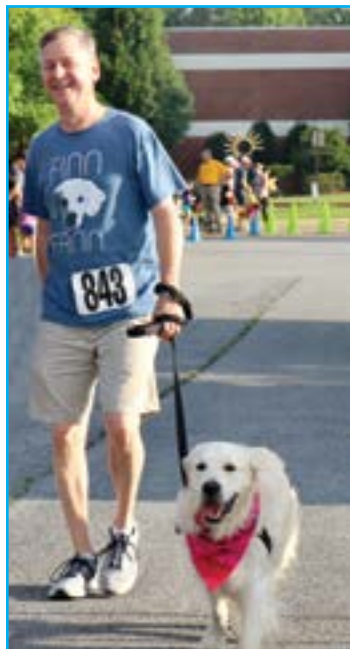
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# LOCAL ROTARY CLUB SPONSORS 14TH ANNUAL DOG DAYS RUN




**H**onoring the heat and humidity of late summer, the public is invited to the 14th annual Dog Days 5K Run on Saturday, August 3rd. Produced by the Rotary Club of East Cobb, the big event kicks off at 7:30am. Everyone is welcome to run, jog or walk the race. There will be good music, great food and lots of prizes and giveaways! There will be activities for the kids and plenty of food and fluids for all entrants, plus lots of awards and a cool commemorative 14th Annual Dog Days shirt! This is a family-friendly and pet-friendly race so the public is encouraged to bring their families and dogs to enjoy the race.

Over the years, the Rotary Club of East Cobb has donated more than \$650,000 from the race proceeds to local and international service projects. 100% of the Dog Days Race proceeds support more than 20 local/international non-profits, including YMCA, Center for Family Resources, School Mates Literacy Project, Camp Horizon, Aids Awareness, Walton Robotics, Project Mail Call, Recognition Awards for Cobb County Public Safety and Kids2Leaders, just to name a few. "Join us for a fantastic race and fun activities, while at the same time making a difference in our community," says Rotary Club President Jonathan Page.

This year's Dog Days 5K Race once again returns to the McCleskey-East Cobb YMCA, 1055 East Piedmont Road in Marietta/East Cobb and is once again a USATF certified 5K course. Cash prizes will be given to top male and female finishers.

The pre-registration fee is still \$20 and must be received by July 27, 2019, which makes it the best value of any East Cobb race (\$30 Race Day). There is a \$30 fee to be a "Phantom" Runner. If you are unable to run, but want to support this event, please register as a "phantom" runner. A t-shirt will be mailed to you after the race. To register for the 14th Annual Dog Days Race, visit [www.DogDaysRun.com](http://www.DogDaysRun.com) and click on the "Sign Up Today" link. For information on sponsoring or running, contact Tammy Palmgren ([tammy.palmgren@gmail.com](mailto:tammy.palmgren@gmail.com)).

Rotarians are business and community leaders who take an active interest in service to our community. The motto of Rotary International is "SERVICE ABOVE SELF," and the members of the Rotary Club of East Cobb exemplify this statement in their business activities and daily lives. The Rotary Club of East Cobb meets every Wednesday at 7am at the Indian Hills Country Club, 4001 Clubland Drive in Marietta/East Cobb. For more information about the club, visit [EastCobbRotary.com](http://EastCobbRotary.com). 



# Join the Fun at the 14th Annual Dog Days Run!

## Saturday, August 3<sup>rd</sup>, 2019



**5K & Tot Trot W/ Awards Ceremony**  
 Fire Truck Spray Cool Down, DJ, games and more!  
**CASH PRIZES** to top finishers | **CHIP TIMING** for all runners

*Benefits the Rotary Club of East Cobb service projects such as:  
 Wheeler Avid Program, Project Mail Call, Cobb County Public Safety,  
 YMCA, Revved Up Kids, Davis Direction, MDE School and many more*



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### Event Information

\$20.00 Pre-registration by July 27, 2019  
 \$25.00 Late registration July 28-August 1  
 \$30.00 Race Day -August 3, 2019  
 \$30.00 "Phantom" Runner

**Location Start/Finish:**  
 McCleskey-East Cobb YMCA  
 1055 East Piedmont Road  
 Marietta, GA 30062



### Easy Registration

Online at:  
<https://dogdays5k.itsyourrace.com/>  
 In person at **Big Peach Running Co.**  
 1062 Johnson Ferry Road  
 Marietta GA 30068  
 Phone: 770-579-0444

By mail using the form below (entries must  
 be received by July 27, 2019). Race day  
 registration available.

### Start Times

6:30am Registration Opens  
 7:30am Dog Days 5K  
 8:30am Tot Trot  
 8:40am Awards Ceremony

**ITS YOUR RACE**

*Please send check & entries to: Rotary Club of East Cobb | PO Box 72081 Marietta, GA 30007-2081*

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Gender M / F Age as of August 3, 2019 \_\_\_\_\_

E-Mail (for reminders & updates) \_\_\_\_\_

Circle shirt size: youth medium    adult small    adult medium    adult large    adult x-large

*For and in consideration of the Rotary Club of East Cobb ("RCEC") accepting my entry as a participant in Dog Days Run on August 3, 2019, the sufficiency of which is hereby acknowledged, I, do hereby release, remise, discharge and hold harmless RCEC and the YMCA of Metro Atlanta ("YMCA"), their officers, agents, members, sponsors, affiliates, servants, employees, successors, and assigns from any and all liability, claims, demands, suits, actions, causes of action and any consequences of every kind or nature for injury to me or to my property or, if applicable, to my minor child, relating directly or indirectly to my affiliation with or participation in the Dog Days Run Event ("Event"). I hereby acknowledge my understanding that participating in a running or walking event such as this can cause short or long term injury, illness or death. It is further understood and agreed that this release is intended to and does cover all actions, causes of action, claims and demands by reason of any damage, loss or injury, known or unknown, which arise out of, are related to or may be traced either directly or indirectly to the Event no matter how remotely they may be related to the Event. Registration on line or my signature evidences my understanding and acceptance of the above.*

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian's Signature if not 18 \_\_\_\_\_ Date \_\_\_\_\_

### Contact Information

[www.DogDaysRun.com](http://www.DogDaysRun.com)



### Rotary Club of East Cobb

Tammy Palmgren  
[tammy.palmgren@gmail.com](mailto:tammy.palmgren@gmail.com)  
 Des Yawn  
[d.yawn@comcast.net](mailto:d.yawn@comcast.net)

[www.EastCobbRotary.com](http://www.EastCobbRotary.com)

*It's not too late to add your company to the 2019 Dog Days Run Sponsor list. Ask for a Sponsor Packet today!*

# 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 cobbcivilwart@gmail.com.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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 msbncarroswell@gmail.com.

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

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

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

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

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

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

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

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

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

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

**Sons of the American Revolution.** Captain John Collins Chapter, meets the third Tuesday of every month, 6pm, at Provino's Italian Restaurant, 440 Ernest Barrett Pkwy. NW. 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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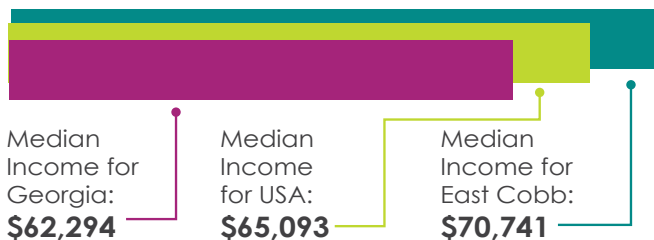


## EAST COBBER: Serving East Cobb County since 1993

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

### AFFLUENT

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



### EDUCATED & FAMILY-FOCUSED

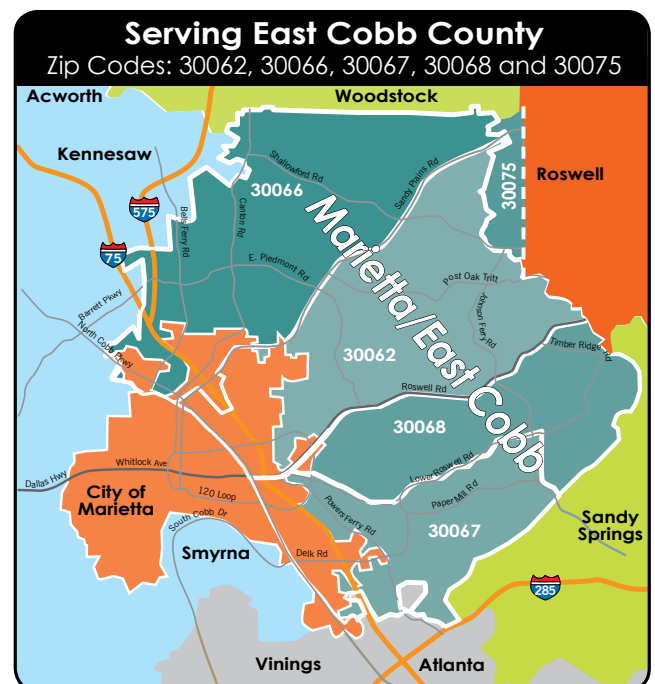


**66.7%**  
with  
College  
Degrees

**66%**  
Married  
Couples  
Who Both  
Work



**80%**  
Families  
with at least  
one Child



# SUPPORT GROUPS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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