

November 2019

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CAS Med Spa



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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@eastcobb.com.

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* * * * * EAST COBBER STAFF PETS * * * * *



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PUBLISHER'S NOTE



Publisher Cynthia Rozzo with her cavachon, Rebel.

Memories of a turkey in the oven and pies cooling fill the air with the fragrance of anticipation and glad hearts. Each year, Thanksgiving allows me to create and continue the legacy of love and tradition for my family. I cherish the feeling of contentment, knowing I have so much to be thankful for. So, readers, gather at our Thanksgiving "table" and rejoice in our bounty of blessings. The EAST COBBER gives thanks by publishing stories about people doing good in our community, like the Coding for Community Club (see page 47). This issue carries on that "Thanksgiving" spirit

represented in our stories—from the community Thanksgiving Service created by various faith groups (see page 8) to the Georgia Gives Day article (see page 44) that reminds us to help those in need.

Pets are close companions because they provide love, comfort, safety, warmth, happiness, and friendship as well as teach us some great life lessons. This issue proudly features our 14th annual "Pet Guide" for pet owners and animal lovers. This special section is a handy resource for everything and anything pet-related in the East Cobb area. You'll find emergency numbers, clubs and codes, adoption options, and more. Be sure to enjoy the photographs of our readers' beloved pets. We receive so many pet photos and we still didn't have enough pages to show them off.

"Thanksgiving" is gratitude in action as well as thoughtful reflection. So, thanks to all of you readers, who are the heart and soul of this publication, the reason for this magazine's existence. I have so much to be thankful for, and I don't mean to trivialize those personal treasures of family and friends or living in this great country, but the relationship between EAST COBBER and you, the reader, is one that forms the basis of all that I think about when I am creating each issue. I would also like to take this opportunity to thank our many advertisers who choose to promote their businesses by placing ads in the EAST COBBER. Without their support there would be no publication. And thanks to our 500 community-minded merchants who act as drop-off points for EAST COBBER. I Appreciate You All!

Happy Thanksgiving!

Cynthia M. Rozzo
Founder | Publisher
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On the Cover

This month's front cover features CAS Med Spa owners Cassie and Dr. James Craig along with their staff. Pictured (l-r, standing) are: Christian Taylor, Joy Ticko, Dr. James Craig, Medical Director; Cassie Craig, Founder and CEO; Chris Andrews, Micah Pierce, and Vina Staber; (l-r, seated) are: Kendie Vanlandingham and Shoni Baker. Cindy Sparks and Maria Holder are not pictured.

With two locations, one in Canton and their second location at The Avenue East Cobb, CAS Med Spa helps people from all walks of life feel more comfortable in their own skin by providing the latest in minimal to non-invasive beauty treatments.

"We are a Triple Diamond Level Practice which means we are recognized as the top performers in our injectables, body contouring, and skincare. Which means we do a lot more treatments than our competitors and we have the experience to ensure you get the results and care you desire," says owner Cassie Craig.

For more information about CAS Med Spa, turn to page 6. Readers are also welcome to visit their website at casmospa.com or call 770-766-7028 to schedule a free consultation.

**Cover Photo by
Jeremy Adamo**

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DISCOVERING A NEW YOU AT CAS MED SPA



CAS Med Spa owners Dr. James Craig and his wife, Cassie Craig (center) stand with their staff.

When posed the question “What type of person would be your ideal customer?” Cassie Craig, Founder and CEO of CAS Med Spa, draws from her core beliefs about her business. “My ideal customer would be one who is ready to embrace the journey to be her or his best self,” explains Craig. “We believe in treating the whole person and don’t just deliver treatments. Instead, we partner with someone to transform that individual.”

Opened in early 2019 at The Avenue East Cobb, the newest location of CAS Med Spa is doing just what Craig described -- helping transform those who enter their doors. Whether it’s for skincare, body contouring, or nonsurgical injectables, skilled practitioners help customers create a personalized plan. According to Craig, CAS Med Spa’s

approach is rooted in science, shaped by experience, and designed to deliver results that last.

Craig’s own journey to open CAS Med Spa has contributed to her business approach. A native of Marietta, Craig obtained a bachelor’s degree in education, but chose to begin her professional career in the fitness industry where she opened and expanded health clubs. She later returned to school to train as an aesthetician. Then in 2016, Craig opened the first CAS Med Spa in Canton, GA. Her business model relied on and continues to rely on her past experiences – aesthetician training, fitness expertise, and education degree.

“Just as a fitness instructor creates a stepped-phase approach for someone to reach a fitness goal, a med spa practitioner can do likewise,” says Craig. “It all boils down to building a relationship with the customer and helping that person create a clear understanding of her or his goals and then plan for success.” Craig goes on to say that her role at CAS Med Spa involves teaching other practitioners, which incorporates the skills learned through her education degree.

East Cobb’s CAS Med Spa offers an array of facial and body treatments for its customers. These encompass injectable, nonsurgical facial procedures, including Botox®, Kybella®, and the Juvéderm® Collection of Hyaluronic Acid Dermal Fillers. Other procedures include PDO Thread Lifting, a relatively new facial treatment that addresses problems caused by skin laxity; Coolsculpting®, a body contouring process that freezes fat away; and skincare treatments to address issues such as acne and sun damage.

At the heart (literally) of CAS Med Spa’s success is Dr. James Christopher

Craig, Ph.D., Cassie Craig’s husband and best supporter. Dr. Craig is board-certified and splits his

time between the two CAS Med Spa locations, Craig Wellness and Recovery in Canton, and the Highland Rivers Health Clinic in Jasper, GA, where he serves as Medical Director. Cassie Craig refers to him as “a cowboy in his approach to PDO Thread Lifting procedures and one of the best doctors around for his expertise in nonsurgical injectables.” Dr. Craig is at the East Cobb location on Fridays.

CAS Med Spa has been named a Triple Diamond Level Practice, an industry standard awarded to the top performers in the business. According to Craig, their staff practitioners have the highest level of training available in the services offered. In fact, she comments, other providers come to CAS Med Spa for training.

“We promote self-care and champion our customers’ needs by helping them accentuate the things they love about themselves and then build on that,” says Craig. “Essentially, we take the lab coat out of the picture and instead embrace transformative thinking.”

CAS Med Spa is located at 4475 Roswell Road, Suite 1100, in The Avenue East Cobb. Hours are Monday-Saturday, 10-8, and Sunday, 12-6. For more information, visit www.casmedspa.com or call 770-766-7028 for an appointment.



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ECUMENICAL THANKSGIVING EVENT CELEBRATES 15 YEARS



In a world that seems increasingly chaotic and polarized, sometimes it's difficult to see the good news that surrounds us. At a Thanksgiving community event held annually in East Cobb, a myriad of faith groups from the north Atlanta metro area unite to get to know each other better and celebrate the good that they accomplish when they work together to serve their neighbors. The community is invited to enjoy time together, laugh, share traditions and cultures, and celebrate those who are working to improve their communities.

The 15th annual Ecumenical Thanksgiving Celebration, an event put together by more than a dozen faith-based groups in the Cobb, Fulton and Cherokee counties, is scheduled for Thursday, November 21 in East Cobb at 7pm.

This year's theme is "Am I My Brother's Keeper?," and the celebration will provide a night of uplifting music, humor, good food, and inspirational messages from various religious leaders about ways to work together as faith communities to look out for one another and the world around us. The event will also spotlight interfaith efforts, Planos for Peace, a non-profit organization founded by Grammy Award winning composer and pianist Malek Jandali to transform communities and build peace through music and education, and IMAN (Inner-City Muslim Action Network), a community organization that fosters health, wellness and healing in the inner-city by organizing social change, cultivating the arts, and operating a holistic health center.

Rabbi Steve Lebow of Temple Kol Emeth added, "Cobb County and the surrounding areas need to come

together as never before. The Ecumenical Thanksgiving Celebration reminds us that we are all Americans."

Co-host Noor Abbady says, "The Ecumenical Thanksgiving Celebration is the epitome of what Atlanta really looks like. Hundreds of people from all backgrounds and faiths, gather to sing, laugh, reflect, and break bread. They gather because of their differences, not in spite of them."

The community is invited to attend this event and join 20 different local churches, temples, mosques, and centers to celebrate different faith traditions with the common goal of working together to improve communities. Come hear reflections from speakers representing Christianity, Islam, Judaism, and other faith communities about how we can work together to make the world a more compassionate and safer place. This message is more important than ever in a world where people of all faiths have faced tragedies this past year.

Participating religions in this year's Ecumenical Thanksgiving Celebration:

- Ahmadiyya Muslim Community
- Art of Living Foundation
- Baha'i Faith Center - Marietta East Cobb Islamic Center
- East Cobb Islamic Center (ECIC)
- East Cobb UMC
- Emerson Universalist Unitarian
- Faith Alliance of Metro Atlanta (FAMA)
- Interfaith Community Initiatives (ICI)
- Islamic Center of Marietta
- Masjid Al-Muminum
- Pilgrimage United Church of Christ

- Roswell Community Masjid
- Sandy Springs Christian Church (Disciples of Christ)
- Sikh Educational Welfare Association (SEWA)
- Saint Catherine's Episcopal Church
- Temple Beth Tikvah
- Temple Kol Emeth
- The Church of Jesus Christ of Latter-day Saints: Roswell and Marietta
- Transfiguration Catholic Church
- Unity North Spiritual Community

The event takes place at Temple Kol Emeth, 1415 Old Canton Road in Marietta/East Cobb. It is free to the public. Seating for 800 fills up quickly, so please arrive 15 or more minutes before the 7pm start. Parking is limited, and guests are advised to carpool.

In the event that the service reaches capacity, the event will also be live-streamed at the Church of Jesus Christ of Latter-day Saints, just three miles away at 3155 Trickum Road in Marietta/East Cobb. You can also view from home at bit.ly/TKEstream. For more information regarding the Ecumenical Thanksgiving Celebration, visit the Facebook page [ecumenicalthanksgivingFB](https://www.facebook.com/ecumenicalthanksgivingFB) or contact Hal Schlenger at hal.schlenger@gmail.com or Temple Kol Emeth at 770-973-3533. 📞

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JUMPING IN HEAD FIRST!

HOW BEING THE “NEW KID” CAN BE JUST AS HARD FOR PARENTS

By Laura Kubica, Co-President of Keheley Elementary School PTA

Moving to a new town or starting to attend a new school can be hard for kids. We read all the time about ways to help our students make the adjustments easier, or on the flip side, how to help welcome the new kids and help them feel more at home at their new school. That feeling of being new or out of place can be just as hard on parents who are struggling to meet new friends or figure out the in's and out's of a new school, while at the same time trying to ease the transition for our kids. And these feelings are the same, whether we are sending our babies off to kindergarten or to college.

One piece of advice we've all heard is “Get Involved.” For students that can mean joining an after-school club or trying out a sports team. For parents, a great way to get involved is to help out at school. And that is exactly what I decided to do.

For some of you the memory of sending your first child off to kindergarten seems like forever ago. Maybe it is difficult to remember the butterflies that were swimming in your stomach that morning. It wasn't so long ago for me. I remember the anxiety of not knowing if she was going to be afraid when I left, whether she would get lost in the hallway, be able to pull up her own pants in the bathroom. How in the world would she manage the lunch line and the chaotic cafeteria? I remember kindergarten orientation and listening desperately to speakers for information that would prepare us for the milestone. I went to sneak a peek and watched as my child cheerfully met her teacher as I cowered behind her afraid someone would notice that I had no idea what I was doing or how I was going to actually let her go to school the next day. I remember standing in the cafeteria overwhelmed by the clubs and programs and staring at the stage where the PTA was set up- walking up four steps to the stage to ask for information and buy a membership. The memories of my child's first year at school are of me trying to figure out the ropes. What does a copy mom do and is that the same as a room mom? Why can't I send my kid with cookies for snack? Who is teaching my kid popular songs on repeat- like Old Town Road- and what is this band called Kidz Bop Kids? What do you mean I missed the spirit wear deadline?

All of those feelings were overwhelming. Maybe I took a crazy pill, but it motivated me to want to get

more involved. To ease the feelings for the next group of new moms. To create a more welcoming school where parents feel at home and welcome. I don't think it was as much a crazy pill as a desire to invest myself in our community and help shape my kids' school into what I see for the future that pushed me to sign up as President. So now, I am drawing on my experience as a timid, inexperienced new kindergarten mom. I am working with the blank slate that my ignorance of past PTA programs and business has afforded me. I am basically stepping into a room with fresh eyes and a new perspective. Anything goes! Along with some of the most talented and caring volunteers on this planet, we are attempting to build up our PTA with a laser focus on advocating for all children. We are drawing on belief that providing our kids with a learning environment that is collaborative between teachers, administrators, parents and community is a key to their success and our community's enrichment. Our job is to provide the opportunities for parents to be involved, opportunities for businesses to support us, opportunities for teachers to interact with the parents and the children to participate in that. Those are the essential components of a school's success- we must find ways to involve all parents, all families, all teachers, the entire community. We can't force anyone to participate but we can make darn sure they have the chance to.

I am no longer that timid kindergarten mom. I am that PTA volunteer who will introduce myself to the new folks in town before they have a chance to cower in the corner. I will reach out my hand and make it easier for everyone to participate and shape the future of our school's PTA. I will work to empower our community to invest themselves in the success of our kids' school. I'll work to make sure that when someone steps up to lead, they are not seen as “crazy”, but rather, persistent, passionate, available and focused on what is best for the kids. 📌



Laura Kubica is Co-President of Keheley Elementary School PTA. When she's not PTA'ing she is kept busy being super mom to a first grader and preschooler. Originally from the Midwest, Laura is loving the ATL life and all the opportunities East Cobb has to offer.

SAME DAY IMPLANT TEETH

Over the past decade there has been a lot of buzz in the media about same day implants and teeth. In some cases, a smile can be restored with a single implant and crown or with multiple implants and a set of teeth in just one day. Dentists must use good judgement when assessing a patient to determine whether same day implant restoration is a good option for that patient. In many cases it is much more difficult to place a single implant and restore it with a crown the same day than it is to place multiple implants and a full set of teeth in one appointment.

Whenever possible, placement of an implant the day a tooth is removed is a dentist's first choice. Same day placement shortens the overall treatment time and allows for only one period of healing. However, much of the time, it is NOT advised to place a tooth on a single implant the same day. Just as concrete needs to set around a pole in order for

the pole to be stable, bone needs to fuse to the implant in order for the implant to take hold. Immediate placement of a tooth requires extreme caution by the patient not to use the tooth for a few months. Many patients and dentists do not want to take the risk of having an implant fail from pressure being placed on the implant too soon during the healing phase. Patients who are concerned about the way their smile looks can have a retainer with a temporary tooth made to replace the missing tooth in the meantime.

If a tooth is to be removed and there is active periodontal disease or an abscess in the area, an immediate implant may not be possible as bone grafting and time for healing may be needed before an implant can be placed. Also, if the gums in the area are thin and in poor condition, an immediate implant may not be possible because grafting of the gum tissue may be

required first. In some cases of implant replacement of an upper back tooth, especially if the tooth has been missing for a period of time, the sinus spaces may have dropped down into that area which means there is little bone above the missing tooth space. In this case, a surgical procedure called a sinus lift may be necessary before an implant can be inserted.

If someone has no teeth or only a few teeth, often there are areas of the arch where there is still sufficient bone so that removal of the remaining teeth does not interfere with placement of 4 to 6 implants at the same appointment. Then a complete set of teeth that have been made in advance can be attached immediately to those implants. However, in some cases the bone is too weak or thin or the gums are too fragile, so bone and/or gum grafting the area and allowing for healing first is necessary.

Implants are a wonderful way to replace missing teeth. They feel much more like natural teeth than any other prosthesis we have at our disposal in dentistry, and they can last a lifetime, but don't rush them! Allow your dentist and surgeon to devise a treatment plan that will give you the best long-term results so that your new smile functions and looks great for many years to come!



Dr. Cristi Cheek is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

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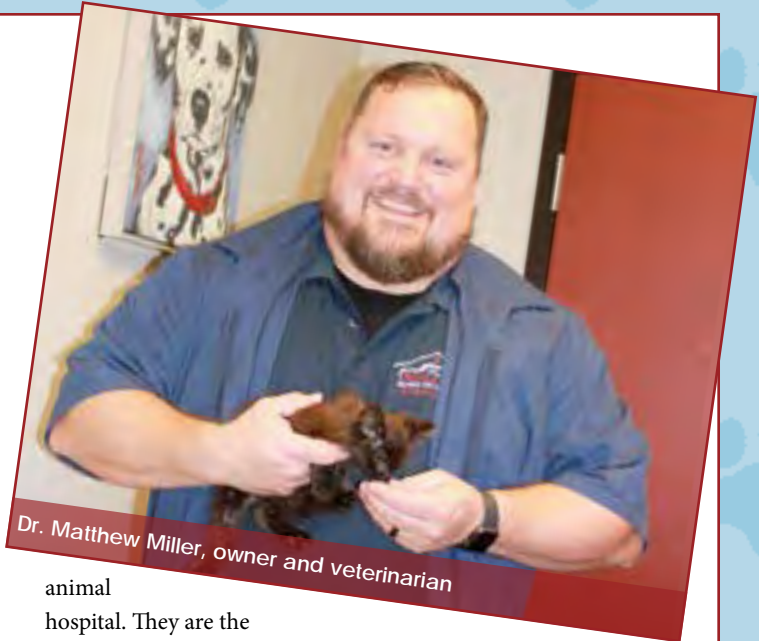
East Cobb's favorite vet is adding a new, nearby location to offer doggie daycare, grooming and overnight stays to its full-service veterinary clinic and mobile service. The additional location fulfills owner Matthew Miller's plan for being a full-service pet care option for their customers. Seven years ago, Dr. Miller opened Miller Mobile Veterinary Services and Animal Hospital.

Because of his love of animals, Dr. Miller knew he wanted to be a veterinarian at a young age. After graduating from the University of Georgia, he worked with clinics in rural areas that traveled to care for larger animals, as well as small animals. He saw the benefit of caring for animals in their homes and wanted to bring that same level of personal and convenient care to his hometown of Marietta and East Cobb. Treating pets at home can provide a lower stress environment and eliminates the challenges of transporting multiple pets, older animals or pets that don't travel well.

Miller Vet offers house call appointments in East Cobb that include wellness exams and vaccinations, lab work and diagnostics, basic sick care, many other veterinary services and compassionate in-home euthanasia if needed.

Additionally, their state-of-the-art clinic on the corner of Roswell Road and Robinson Road also offers surgery (including spaying and neutering), dental cleanings, X-rays and ultrasounds.

Dr. Miller and his wife Stephanie are excited to be opening doggie daycare, grooming and an overnight stay facility for pet owners in their new Play & Stay location that is so close to the



Dr. Matthew Miller, owner and veterinarian

animal hospital. They are the only site in the area to combine daycare with veterinary services.

"Our pet owners have been asking for these services for years. We are so excited to provide families with the comfort and peace of mind that their pets are in the best care possible, whether they are coming in for a wellness check or staying overnight," says Dr. Miller.

Miller Vet is well-known in the area for its team of compassionate and professional veterinarians and staff.

One customer shared, "Love Dr. Miller and his staff! He's been our vet for several years and now we go to his new, stylish, clean clinic location. He quickly figured out what was wrong with our doodle and is closely monitoring her condition as she continues to recover."

Miller Mobile Vet Clinic is located at 2100 Roswell Road, Marietta 30062, and the new Play & Stay location is at 3015 Roswell Road (at the corner of Roswell Road and Lecroy Drive). To make an appointment or for more information, visit millervet.com or call 470-363-8578 (Miller Play & Stay) or 404-538-5448 (Mobile Vet Clinic).



PAID ADVERTISEMENT

EAST COBBER



Name: Ruby
Owner: Tina Eustace

What do I do if my dog or cat bites someone?

You will be required to make a decision about the future of your pet. Confinement is a must under the Cobb County Animal Control Ordinance. This quarantine/confinement is necessary for 10 days. You can choose to quarantine the animal at your vet or the Cobb County Animal Control Shelter. If you do not choose to keep the animal because of the bite, you can request that the animal be put to sleep and tested for rabies. Neither of these options are pleasant, but because of the potential for rabies exposure and/or liability on your part you must make the decision that is best for your situation. Animal Control does not normally adopt out animals that have bitten or scratched, but every situation is considered individually.

DOG CLUBS

BULLDOG CLUB OF METROPOLITAN ATLANTA

bulldogclubofamerica.com

The Bulldog Club of Metropolitan Atlanta is a member of The Bulldog Club of America's Division VIII. Their goals are to protect the interests and advance the welfare of the AKC Bulldog.

CAVALIERS OF GREATER ATLANTA

ckscatlanta.org

A sanctioned breed specialty club licensed by the AKC to conduct dog shows and matches. Membership is maintained in the American Cavalier King Charles Spaniel Club (the ACKCSC), which is the AKC parent club for the breed. The purpose of the club is to protect and advance the interests of the breed by promoting quality breeding, sportsmanlike competition and the education of members and the general public.

CHATTAHOOCHEE WEIMARANER CLUB

facebook.com/ChattahoocheeWeimaranerClub/

The Chattahoochee Weimaraner Club is a member club of the Weimaraner Club of America and is licensed by the American Kennel Club to sponsor Conformation Shows, Obedience Trials, Agility Trials, Hunt Tests and Field Trials.

GREATER ATLANTA BOSTON TERRIER CLUB

770-919-1674 • atlantabostonterrierclub@gmail.com

The Greater Atlanta Boston Terrier Club is made up of members who are dedicated to the Boston Terrier Breed.

GREATER ATLANTA TOY DOG ASSOCIATION

greateratlantatoydogassociation.org

Established to advance the interest of Pure-bred Toy dogs by maintaining high breeding standards to include soundness of body and mind, while preserving the unique beauty and character of the Toy Breeds.

KENNESAW KENNEL CLUB

kennesawkennelclubinc.org

AKC All Breed Kennel Club. They offer Show Training instruction in the fall and spring. They also have breeder referral.

SOUTHEASTERN GREYHOUND CLUB (SEGC)

2232 Gordon Road • Moreland 30259

770-GREYPET (473-9738) • greyhoundadoption.org
info@greyhoundadoption.org

The Southeastern Greyhound Club's purpose is to provide Greyhound owners with a variety of ways to have fun with their Greyhounds, and to promote the breed by spreading the word about what wonderful pets Greyhounds make.

DOG PARKS-COBB COUNTY

SWEAT MOUNTAIN PARK

4346 Steinhauer Road • Marietta 30066

770-591-3162 • cobbcounty.org

Located in Sweat Mountain Park, the dog park has an area for large dogs and an area for smaller dogs weighing 30 lbs. or less. There are benches conveniently located for dog owners as well. Open daily dawn till dusk. Closed each Wednesday morning for maintenance.

PITNER ROAD DOG PARK

2450 Pitner Road • Acworth 30101

770-528-8890 • cobbcounty.org

Open daily dawn till dusk. Separate areas for large and small dogs. Playground and picnic pavilion nearby for owners. Closed each Wednesday morning for maintenance.



Name: Shelly
Owner: Mary Makuchin

Lost & Found Rules & Regulations

- Upon receipt of any domestic animal impounded, wearing a tag, the Cobb County Animal Control Division will make diligent efforts to ascertain the identity of the animal's owner and, if identified, shall, within 24 hours of receipt, contact the owner by telephone. It shall send notice of impoundment to the owner by mail.
- All animals impounded shall be kept at the Animal Control Center for a period of not less than 5 working days unless redeemed within that period.
- Any animal not redeemed shall be considered abandoned to the Animal Control Division, in which all rights of ownership shall vest in the Animal Control Division; and the owner shall have no further claim to such animal.
- The owner must go to the Animal Control Shelter during normal hours to reclaim the pet. You must bring an I.D. (Drivers License or Georgia I.D.) and proof of ownership such as Vet Records. For more info call: 770-499-4136



ORANGE COLLARS SAVE INDOOR CATS

The Nicholsons are your average big family with 5 boys. They are in the car a lot, like most everyone these days, and with several young sets of eyes – they don't miss much happening on the streets in their East Cobb neighborhood.

"Our family has a soft spot for animals. We have stopped many times to load a stray dog into our car, rescue baby squirrels, move turtles to the other side of the road, and even stop traffic to ensure safe duck and geese crossing!" said Megan Nicholson.

One day, one of the boys mentioned that while their family goes to extremes to help some animals – they barely even talk about the cat wandering across someone's lawn or walking down the street. So many people have just grown used to seeing cats outdoors. Several years ago, the Nicholson family lost their cat, Tabby, and they know the pain and anxiety it can cause an owner. They wanted to come up with a way to alert neighbors in the future that a cat is an indoor cat – and needed to be returned home. So, the family created Project Orange Cat. The Nicholson family thought they could help secure the safety and quick return of a cat by putting an orange collar, along with the owner's contact information.

The Nicholson family took on this project to have this one action become a common practice for indoor cat owners.

By putting an orange collar on your cat and alerting neighbors that your cat is an indoor cat and needs help if they see it outside. You can purchase an embroidered collar, an orange collar with a tag, or even just buy an orange collar and write your information on it with a Sharpie but, anyway you choose, take this action to keep your cat safe!

"We have all seen a cat wandering in a neighbor's yard or by the local school. Most of the time we just think, 'Oh, there's a cute cat!' If you saw a dog wandering around, more than likely you would try to help the dog, hopefully find a tag on its collar, and return



it to its owner. But cat owners just aren't that lucky," Megan said.

Just a few facts:

- **Less than 5%** of lost cats are returned
- **Most roaming cats are never caught** or even checked for a micro-chip
- **Most cats have never been outside** before they got out and are lost
- **Cats are not street smart** and for the most part have no idea what to do when outside. Most cats have never seen a car, a coyote, a stream or pool. All these scenarios can lead to a very bad ending for your sweet pet.

Alert your neighbors if you have an indoor cat! Educate them on the orange collar and its meaning. Encourage others to alert someone if they see a cat outdoors with an orange collar on!

To learn more, www.projectorangecat.com

Does your student need service hours? Project Orange Cat is happy to help with simple volunteer service hour jobs such as delivering flyers to neighborhoods or working at a local festival booth handing out information about Project Orange Cat. 🐾

DOG TRAINING

HOW TO MAKE A DOG

2150 Austell Road • Marietta 30008

404-971-8991 • howtomakeadog.com

Dog training for all breeds, ages and issues. In-home private sessions, group classes and obedience training boarding. Adhering to AKC.org Canine Good Citizen standards.

HORSE CLUBS

GEORGIA FEDERATION OF SADDLE CLUBS

georgiafcsc.com

The Georgia Federation of Saddle Clubs is a non-profit Equestrian Club. The members of the Federation compete in Judged (Performance) and Timed (Running) events.

GEORGIA HORSE COUNCIL

PO Box 295 • Bethlehem 30620

770-655-0819 • georgiahorsecouncil.com

The Georgia Horse Council is a non-profit organization dedicated to promoting, educating and unifying equine-interested people, state horse organizations and state breed associations in Georgia.

PET ADOPTIONS & SHELTERS

ACT2PUPS PET RESCUE

act2pups@yahoo.com

petfinder.com/shelters/GA797.html

Act2Pups gives senior dogs that have been thrown away a second chance by finding a second home for them.

ADOPT A GOLDEN ATLANTA

404-DOGLESS (364-5377) • adoptagoldenatlanta.com

Adopt a Golden Atlanta is an all-volunteer, non-profit organization dedicated to finding warm, loving homes for unwanted and/or abused golden retrievers before they become strays or are turned into animal shelters.

ALL PAWS CONSIDERED

770-640-5550 • petfinder.com/shelters/GA175.html

All Paws Considered is an all no-kill pet rescue organization. They rescue neglected, abused and homeless animals and provide them with needed medical care and rehabilitation until permanent homes can be found.

ANGELS AMONG US PET RESCUE (AAUPR)

PO Box 821 • Alpharetta 30009

877-404-5874 • angelsrescue.org

info@angelsrescue.org

AAUPR, a non-profit that educates the public on the plight of animals that have found themselves in high kill shelters throughout Georgia and save as many animals as they can. They see each animal through from the actual rescue to the loving foster home and ultimately to the "forever" home they were meant to have.

ATLANTA ANIMAL RESCUE FOUNDATION

6570 James B River Drive • Stone Mountain 30083

678-534-3483 • aarfatlanta.org

AARF works to create a world where every pet matters. We strive to help homeless pets find homes and help pets stay with their families for their whole lives.

ATLANTA BEAGLE RESCUE

atlantabeaglerescue.org

Helps find homes for beagles in need. Provide foster homes, necessary veterinary care, and place in permanent homes.



PET ADOPTIONS & SHELTERS

ATLANTA BOXER RESCUE INC.

5322 Vinings Lake View • Mableton 30126

atlantaboxerrescue.org

An organization dedicated to the rescue and adoption of Boxers in the metropolitan-Atlanta area, and to provide support and education for Boxer owners.

ATLANTA LAB RESCUE

PO Box 250206 • Atlanta 30325

atlantalabrescue.com

ALR's mission is to identify and rescue Labrador Retrievers and Lab Mixes from overwhelming shelters and abusive situations and place them in secure, loving homes.

BARKVILLE

100 Eagles Landing, #310 • Jasper 30143

770-846-8946 • barkvilledogrescue.org

BarkVille Dog Rescue, formerly known as BarkTown Dog Rescue & Sanctuary, is an all-volunteer, non-profit organization committed to saving dogs of all breeds, sizes and ages. They are a non-breed specific rescue, and do not exclude dogs due to extensive medical needs. Their goal is to save dogs in the most need of rescue assistance, including older dogs, medically challenged dogs, and PitBull Terrier type dogs.

BASSET HOUND RESCUE OF GEORGIA

PO Box 1834 • Fayetteville 30214

770-499-1164 • bhrg.org

A non-profit, volunteer effort to save abandoned and mistreated basset hounds for the love of the breed.

BEST FRIENDS ATLANTA

4874 S. Atlanta Road SE • Atlanta 30339

404-815-6680 • atlantapetrescue.org

Atlanta Pet Rescue & Adoption (APRA) has joined Best Friends Animal Society as Best Friends in Atlanta. The center will serve as a lifesaving hub for animals and also a base which can fill in gaps in local programming and build a coalition to help the metro-Atlanta area in its final push to no-kill.

COBB COUNTY ANIMAL SHELTER

1060 Al Bishop Drive • Marietta 30008

770-499-4136 • cobbcounty.org/animalcontrol

As a unit of the Department of Public Safety, the shelter is responsible for handling complaints in Cobb County regarding dangerous, stray, or dead animals and animal cruelty. Call for hours.

FORGOTTEN PAWS PET RESCUE

forgottenpaws.com

A non-profit animal rescue located in Atlanta. Their mission is to save the lives of as many homeless pets as possible through rehoming, education of the public and reduction in the number of animals brought into the world.

FURKIDS

Cat Shelter • 2650 Pleasantdale Road • Atlanta 30340

Dog Shelter • 1520 Union Hill Road • Alpharetta 30005

furkids.org

Furkids is a non-profit charitable organization that operates the largest cage-free, no-kill shelter in the Southeast for rescued cats and a no-kill division for dogs. At these locations, animals experience the best care in a loving, safe environment until they are adopted into forever homes.

GEORGIA HOUSE RABBIT SOCIETY

2280 Shallowford Road • Marietta 30066

678-653-7175 • houserabbitga.com

The Georgia House Rabbit Society is committed to rescuing abused, abandoned and neglected domestic house rabbits, fostering them and finding them great homes. They work to educate the public on rabbit behavior and proper care.



Name: Stormy
Owner: Alie Gail



Name: Maggie Mae
Owner: Lexi Kramer

PET ADOPTIONS & SHELTERS

GERMAN SHEPHERD DOG RESCUE OF GEORGIA

gashepherd.org

German Shepherd Dog Rescue of Georgia's mission is to find loving permanent homes for abandoned and surrendered German Shepherd Dogs in Atlanta and surrounding areas. Their rescue does not have a shelter facility, instead they utilize volunteer foster homes to care for the dogs until their adoption.

GOLDEN RETRIEVER RESCUE OF ATLANTA

grra.com

An all-volunteer organization dedicated to saving Golden Retrievers that are in need of new forever homes.

GOOD MEWS ANIMAL FOUNDATION

3805 Robinson Road • Marietta 30068

770-499-CATS (2287) • goodmews.org

adopt@goodmews.org

A non-profit organization that operates a no-kill, cage-free shelter for homeless, abused, and abandoned cats.

HERO DOG RESCUE

herorescue.org

A Georgia-based non-profit organization dedicated to saving abandoned, abused and neglected dogs from high kill shelters.

HOMELESS PETS FOUNDATION

1343 Gresham Road • Marietta 30062

homelesspets.com

The Homeless Pet Foundation is a 501(c)3 organization that saves the lives of homeless cats and dogs in Atlanta area animal shelters and promote the benefits of pet ownership.



Name: Beacon

Owners: Chad and Melody McDonald



Name: Kairi

Owner: Sarah Neely



ANGELS
AMONG US
PET RESCUE
www.angelsrescue.org

Join a community of
pet lovers and
make a difference
in the lives of
the dogs and cats
who need you the most.

Be part of
their journey from
homeless to happily
ever after.
foster • adopt
volunteer • donate



VISIT US THE
2ND SATURDAY OF EVERY
MONTH AT PETERMART ON
JOHNSON FERRY

PET ADOPTIONS & SHELTERS

HUMANE SOCIETY OF COBB COUNTY

148 Fairground Street SE • Marietta 30060
770-428-5678 • humanecobb.com

Encourages the humane treatment of animals and proper care of pets with a no-kill shelter. Offers pet crisis counselling, pet-assisted therapy, lost and found, rescue, and adopt-a-pet program.

THE HUSKY PACK RESCUE

info.huskypackrescue@gmail.com • huskypackrescue.com
Their focus is to help Siberian Huskies, Malamutes and other working dog breeds that have been abused, neglected, abandoned, or surrendered.

K-9 RESCUE LEAGUE

siems@bellsouth.net
awos.petfinder.com/shelters/GA323.html

The K-9 Rescue League rescues dogs/puppies from local and very rural animal shelters that have extremely high euthanasia rates and few adoptions. They also help abused or neglected and unwanted dogs that are living on their own.

MOSTLY MUTTS

3238 Cherokee Street, Kennesaw 30144
770-272-MUTT (6888)

mostlymutts.org • info@mostlymutts.org
They work closely with animal control officers to reduce the number of animals euthanized at local shelters in metro Atlanta. Hold weekly adoption events in downtown Kennesaw.

MUTT MADDNESS

404-406-6322 • muttmaddness.org
info@muttmaddness.org

They work closely with animal control officers and other rescue organizations to reduce the number of animals entering into and being euthanized at local shelters, educating youth on the humane treatment of animals and working on seeing legislation passed in the state of Georgia to protect all of our animals.

OAKHURST GUINEA PIG RESCUE

ogpr.org
Oakhurst Guinea Pig Rescue is a 501(c)3 Non-Profit Organization based in Decatur and dedicated to finding forever homes for unwanted, abused and neglected guinea pigs. OGPR provides a variety of services to help unwanted, abused and neglected guinea pigs and find their new loving forever home.

OUR PAL'S PLACE

4508 Canton Road • Marietta 30066
ourpalsplace.org
Pet adoption facility and education center. Their mission is to bring about a time when all animals are treated with kindness and compassion.

PURRNATION

470-285-CATS • purrnation.org
We are Purr Nation Cat Alliance, Inc, a 501(c)3 non-profit feline safe haven. Our goal is to rescue cats from high-kill shelters and other desperate situations in our local community, providing temporary care and refuge until they can be adopted into their forever homes.

ROTT'S 'N PUPS RESCUE

404-456-8943 • rottsnpupsrescue.org
Irina Chow • rottsnpupsrescue@fastmail.fm
Saves dogs from high-kill shelters, individuals who no longer want or cannot keep their animal(s), and people who find them as strays or left on their property. A network of volunteers from Georgia to the Northeast who help rescue, foster, transport, screen potential adopters and do home visits. Their goal is to match the right dog with the right family and ultimately ensure everyone's happiness and well-being.

PET ADOPTIONS & SHELTERS

SOUTHEASTERN GREYHOUND ADOPTION

770.473.9738 • greyhoundadoption.org
SEGA continues their mission to find loving, forever homes for former racing Greyhounds or any Greyhound in need. SEGA provides shelter, food and medical care for every hound who enters their program.

TRINITY RESCUE

877-71-HORSE • trinityrescueinc.org
Info@trinityrescueinc.org
Provides sanctuary, rehabilitation and new homes for unwanted, abandoned, neglected and abused horses within Georgia, as well as the rest of the southeastern United States.

PET CLUBS - MISC.

DOG HIKERS CLUB

770-992-2002
Dr. Dan Batchelor • DrBatch@aol.com
Encourages dogs to accompany members on 10-mile hikes throughout North Atlanta area.

HAPPY TAILS PET THERAPY, INC.

PO Box 767961 • Roswell 30076
770-740-8211 • happytailspets.org
Happy Tails is a non-profit group of pet owners with a common goal - to volunteer time to share the unconditional love and joy pets can give to patients and residents at a variety of facilities.

PET FOOD BANKS

PET BUDDIES FOOD PANTRY

PO Box 18062 • Atlanta 30316
678-310-9858 • petbuddiesfoodpantry.org
Pet Buddies Food Pantry is a non-profit group that donates pet food to low income seniors, disabled & the homeless with pets.

PET NON-PROFITS

FUNDS 4 FURRY FRIENDS

770-842-8893 • gjeter70@gmail.com
Raises money to aid animals in serious need.

JO GIVES

2249 Roswell Road • Marietta 30062
Partners with other pet rescue groups to help find forever homes for homeless pets by holding adoption events for the Homeless Pets Foundation.

PAWSITIVE SUPPORTERS

(404) 931 0825 • pawssitivesupporters.com
info@pawssitivesupporters.org
A non-profit group dedicated to helping homeless and shelter animals in Cobb County. Focused on the spay/neuter goals through their Fix 'Em Free program.

PETS FOR VETS

770-546-7910 • petsforvets.com/atlanta-ga
Pets for Vets helps heal the emotional wounds of military veterans by using the power of the human-animal bond to provide a second chance for shelter animals by rescuing, training and pairing them with America's servicemen and women who could benefit from having a companion animal.

ROAD TRIP HOME ANIMAL RESCUE

678-861-PAWS (7297) • roadtriphomerescue.org
roadtriphomerescue@gmail.com
Saves companion animals from life threatening situations and transports them to shelters where they can be adopted and begin new safe lives that allow them to bond with and enrich the lives of their adoptive families.

ON YOUR BARK, GET SET, GO!

5K9 RACE PLANNED FOR 2020

By KayLeigh Arneson

Save the date—June 13, 2020—for the sixth annual 5k9 Race taking place at Piedmont Church in Marietta/East Cobb. Founded by the former president of the Northeast Cobb Business Association (NCBA), Frank Wigington, the 5k9 Race combines staying active, coming together as a community, and spending time with amazing dogs.


The race was founded when the Cobb County Sheriff's Office lost one of its beloved canines. The NCBA wanted to start a fundraiser to aid the purchase of a service dog for the sheriff's office, and the 5k9 Race was born. Since 2014, The 5k9 Race has helped raise money for five service dogs for the Cobb County Sheriff's Office, the Cobb County Police Department, a veteran, a student with autism, and most recently the Cobb County District Attorney's office. The DA's office wanted a dog to help calm witnesses during interviews or testimonies in crimes against children and the elderly. In 2020, SafePath will receive a service dog from the 5k9 Race fundraising. SafePath is a child advocacy center that needs a service dog to assist in the care and comfort of children that come to their center.

One of Wigington's favorite donation stories is that of the student with autism. His mother and father, who work for the county as a special education teacher and a resource officer, respectfully, always wanted a dog for their son with epilepsy and autism, but they were never able to afford one on their own. The service dog they needed cost \$26,000 due to cross-training for both epilepsy and autism. The family had to go through three dogs to find the right match. Their first dog would eat socks! The second dog simply couldn't complete his training, but the third dog was perfect for the family.



Frank Wigington at a recent 5K9 race.

With many sponsors from the community, from Commissioner JoAnn Birrell, to the many public safety officials throughout Cobb County, the 5k9 Race is a true community event. Even the county's district attorney's office has its own team known as 'Swift Justice'. With volunteers from Sprayberry and Kell High Schools' football teams and cheerleaders, the 5k9 has become a tradition in East Cobb. "It's a great race for those that love dogs, love their community, and want to make a difference," says Frank Wigington.

For more information on the upcoming race on June 13, 2020 and to find out how to get involved, visit the Northeast Cobb Business Association's website: northeastcobbba.com. 

HEY, DON'T BE A STRANGER!

WRITE US AN EMAIL:
Cynthia@eastcobb.com



SAY HI ON FACEBOOK:
facebook.com/EASTCOBBER



JOIN US ON TWITTER:
[@eastcobb](https://twitter.com/eastcobb)

SEND US A NOTE:
EAST COBBER, P.O. Box 680455, Marietta, GA 30068

Your opinion really matters. And we love to get your questions! We're here and we're listening, so drop us a line sometime, okay?

RESCUE GROUP ADOPTION EVENTS

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

ANGELS AMONG US

877-404-5874 • angelsrescue.org

Every second weekend, Saturdays and Sundays 11am-3pm
PetSmart, 1285 Johnson Ferry Road, Marietta 30068

CATS IN THE CRADLE

kitty.rescue.atl@gmail.com • catsinthecradle.rescuegroups.org

Saturdays 12-3pm

PetSmart, 6370 Northpoint Parkway, Alpharetta 30022

CHEROKEE COUNTY HUMANE SOCIETY

770-592-8072 • cchumanesociety.org

>Cat Adoptions: Saturdays 11am-4pm

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

>Dog Adoptions: Saturdays 11am-4pm | PetSmart,

142 Woodstock Square Avenue, Woodstock 30189

>Dog Adoptions: Sundays 11am-4pm | PetSmart,

860 Cobb Place Boulevard, Kennesaw, 30066

*Cats are adoptable at Petco, 50 Ernest W. Barrett Parkway, #500, Marietta 30066 and they can be viewed any day of the week.

FANCY FELINE RESCUE OF THE SOUTH

678-522-2152 • fancyfeline rescue.org

Second and Third Weekends of the Month

Saturdays 11am-4pm and Sundays 1-4pm

PetSmart, 860 Cobb Place Boulevard NW, Kennesaw 30144

FURKIDS ANIMAL SHELTER

678-624-1003 • furkids.org

>Saturdays 12-4pm

Petco, 5938 Roswell Road NE, Sandy Springs 30328

>Dog shelter, 1520 Union Hill Road, Alpharetta 30005.

Monday-Saturday 10am-5pm and Sunday 10am-4pm.

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

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

RESCUE GROUP ADOPTION EVENTS

GOOD MEWS ANIMAL FOUNDATION

770-499-2287 • goodmews.org

3805 Robinson Road, Marietta 30068

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

HOMELESS PETS FOUNDATION

770-971-0100 • homelesspets.com

Saturdays and Sundays 11am-3pm

PetSmart, 1285 Johnson Ferry Road, Marietta 30068

MOSTLY MUTTS

770-272-MUTT • mostlymutts.org

Monday – Saturday 11am-4pm

3238 Cherokee Street, Kennesaw 30144

MUTT MADD-NESS

404-406-6322 • muttmadness.org

Saturdays 12-3pm

Petco, 1100 Johnson Ferry Road, Marietta 30068

OUR PAL'S PLACE

678-795-0202 • ourpalsplace.org

Saturdays and Sundays 1-5pm

4508 Canton Road, Marietta 30066

PURRNATION

470-285-CATS • purrnation.org

Saturdays, 11am-4pm

PetSmart, 1285 Johnson Ferry Road, Marietta 30068

SOUTHEASTERN GREYHOUND RESCUE

770-653-3118 • greyhoundadoption.org

Most Saturdays, April-November 9am-12pm

Marietta Farmers Market, 65 Church Street, Marietta 30060

@eastcobber



Name: Murphy

Owner: Aleena Shah



Name: Jameis

Owner: Yvette Calobrisi



Name: Miles

Owner: The McWilliams Family

PET PICTURES WITH SANTA 

SATURDAY, DECEMBER 7
10:00 AM - 2:00 PM

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 REAL ESTATE TEAM

Visit with Santa for free or get a printed & digital photo for just a \$15 donation to our non-profit, JO Gives. Plus - your donation is tax deductible!



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1 FREE DAY DOG BOARDING!

www.DogBoardingMarietta.com

DOG BOARDING MARIETTA
 Pet Daycare | Boarding | Grooming
 2150 Austell Rd. Marietta, GA 30008
678-789-6968

*Limited offer, 1 per customer for single dog. Offer applies only for new customers who present this ad.

WALTON HS OPENS NEW THEATER WITH **MATILDA THE MUSICAL**



Pictured at Walton High School's new Performing Arts Center Grand Opening Gala are: John Palmer, Band Director; Chris Johns, Assistant Band Director; Susan Griffin, Assistant Drama Director; Joymichelle Green, Drama Director; Kathleen Petka, Art Teacher; Sara Grimes, Assistant Orchestra Director & Fine Arts Chair; Dr. Jana Williams, Choral Director; Maggie Allyn, Assistant Choral Director and Dr. Perry Holbrook, Orchestra Director.

Walton High School's state-of-the-art performing arts center got off to an inspiring start on September 16 when alumni, current students, county school officials and guests enjoyed talent-filled performances at its Grand Opening celebration. More than 200 Walton students in the instrumental, choral and theater arts programs put on a lively show interspersed with brief speeches.

Walton students will get a message from the new building, said Joymichelle Green, Walton HS Drama Director, "They're not just a bunch of kids dabbling in the arts. They are getting an education that can shape a career. This is a professional working environment for our students to develop skills," said Joymichelle Green, Walton HS Drama Director.

Thanks to Cobb Education SPLOST IV money, the building includes classrooms for each of the Fine Arts classes, band, orchestra and choral suites, a black box theater specifically for the use of Walton Drama, and a new main theater capable of seating 750 audience members. The new space will cultivate a full-range of skills, from the visual arts gallery, to sound and light boards to a set-building workshop where students are already gearing up for a fall production of *Matilda the Musical*.

Matilda is based on the 1988 children's novel of the same name by Roald Dahl. The story follows Matilda, an incredibly young and intelligent girl, who struggles to use her talents for not only herself but her fellow students. The musical is widely beloved having won 7 Olivier Awards, including "Best New Musical" during its Broadway run, a record only matched by a single other

musical. Walton Drama's iteration will be directed by Walton faculty, Joy Michelle Green and Susan Griffin, who leads the Drama Club.

Matilda the Musical will take place on November 14-16, in the main theater at Walton High School. Tickets will be available for online purchase for \$10 for general admission and \$15 for reserved seating at waltondrama.com. Alternatively, tickets can also be bought at the door for \$12 general admission, or \$5 for students (only available at doors), remember to bring your student ID. Shows are at 7pm with a 2pm matinee on Saturday.

Walton Drama is supported almost entirely by the generosity of donors, fundraising, ticket and concession sales. Come out and check out Walton's new theater and support the Arts! 🎭



Walton Drama Club members perform a song from *Matilda the Musical*.

Go Ahead, Start Dreaming...
WE'LL TAKE CARE OF THE REST

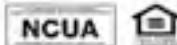


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2019 November

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.

EVERY SATURDAY

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

EVERY SATURDAY & SUNDAY THROUGH DECEMBER 1

Good Mews Holiday Décor Market. Get started on your holiday shopping at the Good Mews annual Holiday Décor Market. Choose from festive fall décor, collectibles, ornaments and tree trimmings, knick-knacks and so much more! Proceeds go to Good Mews Animal Foundation, a cage free no-kill shelter for cats. Saturdays: 10am-5pm; Sundays: 12-5pm. Free admission. Sandy Plains Shopping Center, 1860 Sandy Plains Road, Suite 202, Marietta/East Cobb. More info: goodmews.org.

NOVEMBER 6-10

Night Must Fall, presented by Georgia Ensemble Theatre. A Halloween-perfect tale of suspense. This thriller will have you on the edge of your seat! Wednesday: 7:30pm; Thursday-Saturday: 8pm (additional show at 4pm on 11/9); Sunday: 2:30pm. \$24-32. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: get.org.

NOVEMBER 8

Homeless Awareness Vigil. All are invited to remember those who have died in homelessness in Cobb County. 7pm. Kennesaw State University, 1100 South Marietta Parkway, Marietta. More info: cobbcollaborative.org.

Martinis & Music at Marietta/Cobb Museum

of Art. Live music, light refreshments, cash bar and great art. 5:30-8:30pm. \$10; Members: Free. Marietta/Cobb Museum of Art, 30 Atlanta Street SE, Marietta. More info: marietacobbartmuseum.org.

NOVEMBER 8 & 9

Atlanta Antique Gun and International Military Show. Antique Guns & Arms & Memorabilia of the Civil War, Indian Wars, WWI and WWII.

Exhibited, bought, sold & traded. Friday:

12-5pm; Saturday: 9am-5pm. \$7/general admission; \$1/children (7-12years). IAMAW Local 709 Union Hall, 1032 South Marietta Parkway, Marietta. More info: gunshowtrader.com.

Mt. Zion Holly Jolly Craft Show. Over 50 arts and crafts vendors, silent auction, door prizes, bake sale, quilt drawing and Santa pictures! Fresh baked apple pies and cookies. All proceeds go to charities. Friday: 9am-5pm; Saturday: 9am-4pm. Free. Mt. Zion United Methodist Church, 1770 Johnson Ferry Road, Marietta/East Cobb. More info: mtzionumw.org or 770-971-1465.





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NOVEMBER 8 & 10

A Piece of My Heart. A play supporting Emory Healthcare's Veteran's Program. This powerful, true drama of six women who went to Vietnam: five nurses and a country western singer booked by an unscrupulous agent to entertain the troops. The play portrays each young woman before, during, and after her tour in the war-torn nation and ends as each leaves a personal token at the memorial wall in Washington, D.C. 7:30pm. Free; Suggested donation \$10. The Art Place, 3330 Sandy Plains Road, Marietta/East Cobb. More info: artplacemarietta.org.

La Cenerentola presented by the Atlanta Opera. Two despicable stepsisters, a narcissistic buffoon, and some high-speed vocal acrobatics spell hilarity for Rossini's take on a beloved fairytale. The good-hearted Cinderella casts off the helpless damsel-in-distress persona to hold the original Mean Girls at bay. She's not afraid to pursue her beloved (who she thinks is the Prince's valet), only she's finding that nothing at the royal palace is what it seems to be. Friday: 8pm; Sunday: 3pm. \$45-150. Cobb Energy Performing Arts Center, 2800 Cobb Galleria Parkway, Atlanta. More info/Tickets: atlantaopera.org.

NOVEMBER 8-11 & 14-17

The Grown Up presented by Out of Box Theatre. Ten year old Kai is given a magical crystal doorknob by his grandfather that enables him to travel through space and time to see future events in his life. The further along he goes, the less he feels like he's seeing into his future, but more that he is living life as most people do; all too quickly. Both poignantly sad and zany, Pulitzer Prize finalist Jordan Harrison expands on the notion that life is too short to miss any moment of it. \$15.90-\$23.32. Monday, Friday & Saturday: 8pm; Sunday: 3pm. Out of Box Theatre, 585 Cobb Parkway South (located inside the Artisan Resource Center), Marietta. More info: outofboxtheatre.com.

NOVEMBER 8-10, 14-17, 21-24

Baby presented by Act 3 Productions. Is there anything more exciting, frightening and utterly transformational than impending parenthood? Three couples on a university campus deal with the painful, rewarding and agonizingly funny consequences of the universal experience of pregnancy and upcoming parenthood. Experience the emotional stresses and triumphs, as well as the desperate lows and the comic highs that accompany the anticipation and arrival of a baby. Thursday-Saturday: 8pm; Sunday: 3pm. Tickets: \$16-33. Act3 Playhouse, 6285-R Roswell Road, Sandy Springs. More Info/Tickets: act3productions.org.

NOVEMBER 9

13 The Musical presented by The British Academy of Performing Arts - Musical Theatre Company, one of the most sensational teen shows of the decade, 13 takes you on a journey of high school life. 2pm and 7pm. \$15. Sewell Mill Cultural Arts Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info/tickets: bapa.us.



HOLIDAY MARKET
SATURDAY, DECEMBER 7 | 12-5PM
Explore local artisans with handmade/eco-friendly gifts for the holiday season!
FREE ADMISSION

ENCHANTED WOODLAND WONDERS
SUNDAY, DECEMBER 15 | 2-6PM
Bring the family for a day of fun!

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COMMUNITY CALENDAR

NOVEMBER 9

A Night in Purris Gala & Auction hosted by Good Mews. Enjoy a night of entertainment, heavy hors d'oeuvres, drinks, silent auction and more. Formal to semi-formal attire. Benefitting Good Mews, a no-kill, cage-free cat shelter. 7-10pm. \$100. Olde Towne Athletic Club, 4950 Olde Towne Parkway, Marietta/East Cobb. More Info/ Tickets: goodmews.org.

Aesop's Fables presented by Georgia Ensemble Theatre. This brand new re-telling captures the blend of humor, excitement, and life lessons that audiences have loved for centuries. 11am. \$10. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: get.org.

Dead Band Running III 5K presented by Pope High School Band. Come run or walk this 5K and rock to the band as they play along the route. After the race you can enjoy free family fun including food, face painting and tattoos, photo ops and our own balloon artist! 7pm. \$35/ Adults & Virtual runners; \$30/Students. Pope High School, 3001 Hembree Road, Marietta/East Cobb. More info: popeband.com/5k.

Frozen Fun. Come take a winter photo, fit for all royal families with royal and wintry props and be sure to say "freeze!" not "cheese" to the photographer. Make a winter wonderland card and enjoy *Frozen* activities as well. All materials will be provided. Fun for the whole family! 11am-1pm. Free. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: cobbcat.org.

Georgia Writers Conference. Encourage and inspire writers across Georgia through a full day of panels and workshops. 9am-5pm. \$60-80. Kennesaw State University Center, 3333 Busbee Drive Northwest, Kennesaw. More info: georgiawriters.org.

Kennesaw Mountain National Battlefield Park: Civil War Music. Music during the Civil War served many functions. Not only did it help to organize and rally, but also went a long way to boost morale amongst the soldiers. Come join musicians and living historians as they demonstrate Civil War music with fife and drum. 10am-2pm. Free. Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 x 0 or nps.gov/kemo.

NOVEMBER 9 & 10

The Elegant Elf Marketplace presented by Sandy Springs Society. A high-end gift market showcasing an estimated 85 carefully selected local and regional vendors. All proceeds benefit non-profit organizations. 9am-5pm. \$5 entrance fee. City Springs Civic & Cultural Center, 1 Galambos Way, Sandy Springs. More info: sandysspringsociety.org.

NOVEMBER 11

East Cobb Cityhood Town Hall Meeting. Committee for Cityhood in East Cobb will present information on the benefits of creating a city for "East Cobb." 6:30pm. Wheeler High School, B.B. Williams Auditorium, 375 Holt Road, Marietta. More info: communityofeastcobb.com.

NOVEMBER 12

Adulting 101-Car Maintenance. Join guest speaker, Scott Misico with Cobb County Fleet, for an informative session on what to do if you get a flat, checking the oil, electric cars and connecting to recharging stations around town, and other general car maintenance topics. 4pm. Free. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info/registration: cobbcat.org or 770-509-4964.

Walton Raider Dugout Club Silent Auction. Fundraiser for the 2020 varsity and JV baseball teams. Silent auction items include: Braves autographed items, spa/yoga packages, sports ticket packages, Walton parking spots, specialty retail, local restaurants, and much more. Raffle tickets for the all cash drawing will be sold for \$10 each. 6-9pm. Free. Marlow's Tavern, 1311 Johnson Ferry Road, Unit 208, Marietta/East Cobb. More info: waltonbaseball.org or charityauction.bid/waltonbaseball.

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SPRAYBERRY PTSA CRAFT SHOW

Saturday, Nov. 23rd 9am - 5pm
Sunday, Nov. 24th 10am - 4pm

♦ Jewelry	♦ Gifts	♦ Pet Items
♦ Ornaments	♦ Artwork	♦ Yard Art
♦ Home Decor	♦ Candles	♦ Clothing

ARTIST WORKSHOP
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Sprayberry High School
2525 Sandy Plains Road
Marietta GA 30066

NOVEMBER 13

11th Annual Chili Cook-off. Join members, staff, and the community for a good, old fashioned Chili Cook-Off! Top three finishers will be recognized. Not a cook?! Then come sample all of the chili you can eat for a \$5 donation to Why It Matters. Toppings for chili will be provided. 11:30am. McCleskey-East Cobb YMCA, 1055 East Piedmont Road, Marietta/East Cobb. More info/to register: Derrick Slay, at 678-564-2120 or email derricks@ymcaatlanta.org.

NOVEMBER 14

Divorce Care Surviving the Holidays. A two-hour event to learn practical, effective strategies to help you make it through the holidays. Receive a Holiday Survival Guide that includes practical strategies, encouraging words, helpful exercises, Q/As, and more to help you construct a healthy approach to the holiday season. 7-8:30pm. Free. Mt. Bethel United Methodist Church, 4385 Lower Roswell Road, Marietta/East Cobb. More info/registration: Judith Reichenbach 770-597-9882.

NOVEMBER 14-16

Matilda The Musical presented by Walton High School Drama Department. Based on the children's novel by Roald Dahl. The story follows a young and intelligent girl, who struggles to use her talents for not only herself but her fellow students. Thursday & Friday: 7pm; Saturday: 2pm & 7pm. \$15/reserved in advance; \$10/general admission in advance; \$12/at the door; \$5/students at the door (with student ID). Walton High School, 1590 Bill Murdock Road, Marietta/East Cobb. More Info/Tickets: waltondrama.com.

NOVEMBER 14-17

Mistletoe Market presented by Junior League of Cobb-Marietta. More than 50 vendors from across the Southeast. Thursday: 6-9pm (\$25 includes swag bag, light bites, two beverages, entertainment and early shopping access); Friday: 10am-7pm; Saturday: 9am-6pm; Sunday: 10am-4pm. \$8/advanced; \$10/at the door. Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More Info/Tickets: jlcmm.org/fundraiser/mistletoe-market.

Join us for our 8th Annual

Titan Tidings

Christmas Gift Show

Blessed Trinity High School

11320 Woodstock Road, Roswell, GA 30075

Saturday, November 16th - 9:00am – 5:00pm

Sunday, November 17th - 10:00am – 3:00pm

- Over 110 vendors offering a large variety of unique and beautiful gift items – Jewelry, Wreaths, Pottery, Fine Art, Holiday and Home Décor, Accessories, Knits, Children's Items and much more!
- Tons of parking and all booths are indoors –
- Enter our Titan Tidings Raffle to win prizes –
- Concessions will be available – Huge Bake Sale –
- No Strollers Please – \$2 Admission –






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COMMUNITY CALENDAR

NOVEMBER 15-17

Sesame Street Live!: Let's Party. Jump to the beat with your friends on Sesame Street! Join the fun with an interactive show that unfolds on one of the world's most famous streets at the funniest, furriest party in the neighborhood. Friday: 10:30am & 6pm; Saturday: 10am & 2pm; Sunday: 2pm. \$20-\$60. Cobb Energy Performing Arts Center, 2800 Cobb Galleria Parkway, Atlanta. More info/Tickets: cobbenergycentre.com.

NOVEMBER 16

Disney's Finding Nemo Kids, presented by The British Academy of Performing Arts (BAPA) - Musical Theatre Company, is a brand-new musical which BAPA was chosen by the Walt Disney organization to pilot. 3pm & 6pm shows. \$15. Sewell Mill Cultural Arts Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info/Tickets: bapa.us.

Mabry Animal Hospital Open House. Come tour the animal hospital. Pet adoptions by Bark Town will be on hand as well as a petting zoo, vendor fair, food, and other fun activities. A \$5 raffle ticket can win you a huge vet package valued at over \$200, with proceeds benefitting Bark Town. noon-4pm. Free. Mabry Animal Hospital, 4540 Mabry Road, Roswell/East Cobb. More info: 770-578-2622 or mabryvet.com.

NOVEMBER 16-17

Titan Tidings Christmas Gift Show. Over 110 vendors offering jewelry, holiday and home décor items, clothing and accessories, pottery, glassware, knits, monogramming, gourmet food items, children's items, fine art and a huge bake sale. Saturday: 9am-5pm; Sunday: 10am-3pm. \$2; No strollers. Blessed Trinity High School, 11320 Woodstock Road, Roswell. More info: 678-277-9083 or titantidings@btcatholic.org.

NOVEMBER 17

Atlanta Lab Rescue 5K. Bring the family, kids and dogs out for one of their largest fundraisers. Peachtree qualifier race. Packet pick-up: Friday, 3-7pm; Big Peach Running Company, 1062 Johnson Ferry Road, Marietta/East Cobb. Race: 9am. \$35. Midway at Jim R. Miller Park, 1082 Al Bishop Drive, Marietta. More info/registration: atlantalabrescue.com.

NOVEMBER 18

Family Game Night. A fun-filled night of games, puzzles and reading for the whole family! No screens allowed! Bring your favorite board games, card games, and puzzles to share with friends old and new. 5-7pm. Free. Gritters Library, 880 Shaw Park Road, Marietta. More info: cobbcat.org or 770-528-2524.



TWEET TWEET!
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NOVEMBER 19

Human Services Award Luncheon. The Jack Vaughan, Jr. Human Services award was established in 1994 in memory of his unselfish dedication to public service. Jack Vaughan, Jr. was a state representative and member of the Cobb Community Collaborative who strongly advocated for those less fortunate in our community. In memory of Jack's service, the Cobb Collaborative honors a volunteer and a professional who have gone above and beyond to serve those in need. Sponsorships available. 11:30am-1pm. \$25. Mansour Center, 955 Roswell Street NE, Marietta. More Info/Tickets: cobbcollaborative.org/the-26th-annual-human-services-luncheon.

NOVEMBER 21

Ecumenical Thanksgiving Celebration. An inspiring and uplifting community Thanksgiving celebration of music and reflection, with a healthy dose of humor. This annual celebration brings together clergy, lay leaders and choirs from more than a dozen different religious beliefs to recognize what they have in common and celebrate our uniqueness. Open to all. 7pm. Free. Temple Kol Emeth, 1415 Old Canton Road, Marietta/East Cobb. More info: kolemeth.net/specialservices.

FAMILY-FRIENDLY HOLIDAY MUSICAL FUN!

FOR OUR 10TH ANNIVERSARY YEAR
WE HAVE TWO CONCERT OPPORTUNITIES:

FRIDAY, DECEMBER 6TH - 7:30PM
First Baptist Church Marietta

FRIDAY, DECEMBER 13TH - 7:30PM
Cobb Civic Center, JT Anderson Theatre
(Get your picture with Santa Claus!)

Adults - \$20 Students - \$10

To purchase tickets:
MariettaPopsOrchestra.org

COMMUNITY CALENDAR

NOVEMBER 22-24

A Man and his Prostate starring **Ed Asner**. A one-man show from award-winning Mary Tyler Moore Show writer Ed Weinberger. This seriously funny show tells the true story of a sudden and unexpected trip to a foreign emergency room, brought to life by Asner's unparalleled comedic talent. Friday & Saturday: 7:30pm; Sunday: 3pm. \$35-85. The Earl and Rachel Smith Strand Theatre, 117 N Park Square, Marietta. More info: earlsmithstrand.org.

Annual Gem and Mineral Show & Sale presented by Cobb County Gem & Mineral Society. Over 30 vendors will show a large selection of gems, fossils, rocks and bead supplies. Friday-Saturday: 10am-6pm; Sunday: 10am-5pm. Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. More info: cobbcountymineral.org.

NOVEMBER 23-24

Annual Sprayberry Arts & Crafts Show. Over 150 artists and crafters, raffle and great food. Santa's Workshop for kids \$3 (photo with Santa and the Sprayberry Elf, crafts, and face painting). Proceeds go to Sprayberry High School PTSA. Saturday: 9am-5pm; Sunday: 10am-4pm. Free. Sprayberry High School, 2525 Sandy Plains Road, Marietta. More info: 770-578-3200 or sprayberryptsa@gmail.com.

NOVEMBER 25-29

Cobb County Schools Closed.

NOVEMBER 28-DECEMBER 31

Lights of Life. Millions of holiday light displays throughout the Life University campus. Pictures with Santa, pony rides. Seasonal drinks and snacks. Friday-Sunday: 6-10pm. Monday-Thursday: 6-9pm. \$5-\$10/car depending on day. \$20/bus. Life University, 1269 Barclay Circle, Marietta. More info: 678-331-4334 or life.edu/lights-of-life.

NOVEMBER 28

17th Annual Gobble Jog. MUST Ministries' largest fundraiser. Peachtree qualifying race. Packet pick-up: Wednesday, November 27, 10am-6pm at the Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. Same day registration for untimed runners only beginning at 6:30am. 10K: 7:30am start; 5K Timed: 9:00am start; 5K Untimed: 9:30am start; 1K Fun Run/Walk: 8:45am start; Tot Trot ages 5 & under: 10:30am start. \$20-40. Marietta Square, 50 E Park Square, Marietta. More info/to register: gobblejog.org.



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COMMUNITY CALENDAR

NOVEMBER 29- DECEMBER 1

The Nutcracker presented by The Georgia Ballet. This ballet features dancing snowflakes, giant toy soldiers, a growing Christmas tree, and a delectable land of sweets. Friday: 7:30pm; Saturday: 2pm & 7:30pm; Sunday: 2pm. \$10-\$30. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More Info/Tickets: georgiaballet.org.

NOVEMBER 30

6th Annual Run the Lights of Life 5K presented by Life University. The 5K starts before sunset and takes in the campus of Life University during their annual holiday light show. As the run progresses, the sun goes down and the lights come on! After the run, stay and enjoy the holiday festivities, with caroling, s'mores, hot cocoa, food and more. Dress in your favorite holiday costume to win prizes. 1K: 4:15pm. 5K: 4:30pm. 1K: \$20; 5K: \$20-\$40 (includes Free entry to Lights of Life), bring an unwrapped toy for the 5K, and get \$5 back. Life University Track, 1269 Barclay Circle, Marietta. More info: active.com/marietta-ga/running/distance-running-races/the-6th-annual-run-the-lights-of-life-5k-1k-presented-by-life-university-2019.

DECEMBER 3

Museum Mice Tours: Exploring Jobs with Murray. Tours are geared towards children ages 3-5 and their parents to introduce them to history. Reservations required. 10:30am. \$5/family (one adult and up to 3 children). Additional adults or children \$5/each. Marietta Museum of History, 1 Depot Street, Suite 200, Marietta. More info/register: 770-794-5710 or mariettahistory.org.

Meet Your Future Clients, Customers and Business Associates

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

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

Invite a guest to join you.

For more information visit www.EastCobbBA.com



Special Presentation:

2019 Business Person Of The Year

Program:

Cityhood of East Cobb and East Cobb Alliance

DECEMBER 5

Holiday Gift Books & Crafts. Participants will be sharing their favorite holiday books and complete a holiday-based craft where they transform an old book into an object with new meaning. Perfect for an ornament or decoration. The library will provide the materials, but participants are welcome to bring additional items for their personal creation. 11am. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info/register: cobbcat.org or 770-509-2730.

Holiday Tree Lighting. Join Santa Claus to kick off the holiday season. Festivities begin at 4pm with performances by local school choruses. Santa will arrive at 5:20pm and light the giant Christmas tree at 6pm. More entertainment will follow while Santa visits with children in the gazebo until 8pm. Free. Historic Marietta Square, 50 N. Park Square, Marietta. More info: 770-794-5601 or mariettaga.gov.

DECEMBER 5, 10, 12, & 17

High Tea, a delightful way to spend an afternoon in the 1839 childhood home of Mittie Bulloch. Visit includes a delicious 2-course tea served by ladies in period clothing and a tour of the house decorated for Christmas. 4pm. \$50. Reservations required. Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: 770-992-1731, ext. 2 or bullochhall.org.

DECEMBER 5-7

Roswell United Methodist Christmas Gift & Craft Show. 70 unique vendors for exclusive shopping all in one place! Featuring custom jewelry, ladies & children's clothing, toys, gourmet foods, home accessories, Christmas decor, sports memorabilia, men's accessories, leather goods, one-of-a-kind art, bake sale, Christmas tree and poinsettia sale. Lunch offered through the café. Thursday: 6-8pm; Friday: 9:30am-6pm; Saturday: 9:30am-4pm. Free. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. More info: rumc.com/christmasgcs.



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Walton Raider Dugout Club Annual Silent Auction Tuesday, November 12 • 6-9pm

Benefitting the 2020 Varsity and JV Baseball Teams.

- Braves autographed items
- Specialty retail
- Spa/yoga packages
- Local restaurants
- Sports ticket packages
- And much more

Bring your family and friends
to enjoy an evening of great food and drinks!

Marlow's Tavern • 1311 Johnson Ferry Road • Marietta
More information: brian_a_kerr@yahoo.com or www.waltonbaseball.org.

DECEMBER 6 & 7

39th Annual Apple Annie Arts and Crafts Show. Over 120 of the Southeast's finest artisans and crafters. One of the largest non-profit shows with a high quality and large assortment of crafts and arts in a festive setting. Proceeds support local charities. No strollers. Friday: 9am-6pm; Saturday: 9am-2pm. \$3; Under 12 free. Catholic Church of St. Ann, 4905 Roswell Road, Marietta. More info: st-ann.org or facebook.com/appleanniecrafshow.

DECEMBER 6 & 8

Carols for Christmas. Sing exciting music accompanied by a full orchestra. Be a part of an event that spreads Christmas cheer to the whole community. Tickets are free, but must be obtained in advance online, in the bookstore, music department, or at the Welcome Desks throughout the church. Friday: 7:30pm; Sunday: 6pm. Free. Mt. Bethel UMC, 4385 Lower Roswell Road, Marietta. More Info/Tickets: mtbethel.org/event/carols/2019-12-06.

DECEMBER 6-8, 14-15, 17-18, 20-22

A Christmas Carol. Bulloch Hall and Kudzu Playhouse present this Christmas tradition. In this 45-seat setting you will feel you are part of the story. \$20. Monday-Friday: 8pm; Saturday: 3pm & 8pm; Sunday: 3pm. Bulloch Hall, Osage Terrace Room, 180 Bulloch Avenue, Roswell. More info/tickets: bullochhall.org/a-christmas-carol.html.



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For more information, please visit AvenueEastCobb.com/Events

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VETERANS CELEBRATED THROUGHOUT COBB

Veterans Day, celebrated this year on Monday, November 11, gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. Deceased veterans are also remembered on Veterans Day, but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime. Here are some local events planned to commemorate those who served our country.

★Veterans Day Salute

November 9 • 3pm
Earl and Rachel Smith Strand Theatre
117 N Park Square, Marietta
Tickets: \$10/general; Free/Veterans; \$25/VIP; \$15/
VIP Veterans (VIP includes a copy of the movie and
reception prior to the event.)
Celebrating and honoring the members of our armed
forces with a program of patriotic music, a screening of
Memories of War documentary, and a live Question &
Answer with local WWII veterans. More info/tickets:
www.earlsmithstrand.org.

★The Beverly Belles

November 9 • 6pm
Byers Theatre, 1 Galambos Way, Sandy Springs
Tickets: \$25-\$55
The Beverly Belles are an Andrews Sisters-inspired singing
group who rock a vintage style, upbeat patriotic
performances, and are perfect for all ages. The Belles will
perform various songs from the 1930's through the 1960's,
as well as many beloved patriotic and military favorites.
Military personnel will receive a discount on tickets. More
info: citysprings.com/events/beverly-belles.

★Cobb Wind Symphony Veterans Day Concert

November 10 • 3pm
Lassiter Concert Hall
2601 Shallowford Road, Marietta/East Cobb
Free.
Presented by the Cobb Wind Symphony, Conducted by
Alfred Watkins and Assistant Conductor, Robert J. Cowles.
Come and listen to your favorite patriotic tunes! More
info: www.cobbwindsymphony.org.

★Veterans Day Service

November 11 • 10am
Brook Run Park, 4770 North Peachtree Road, Dunwoody
Free.
The Dunwoody VFW Committee honors all who have
served with their Veterans Day Ceremony. More info:
dunwoodyga.gov.

★Marietta 15th Annual Veterans Day Parade

November 11 • 11am
Roswell Street Baptist Church, 50 N Park Square NE
Presented by the Kiwanis Club of Marietta and the City
of Marietta, the parade begins at Roswell Street Baptist
Church and ends at Marietta Square. The patriotic
parade includes marching bands, drill teams, floats,
military vehicles and veterans' organizations. This year's
Grand Marshall is Captain Charles E. Polk III, U.S. Coast
Guard Reserve (Retired). After the parade, spectators
are invited to listen to Grand Marshall Captain Charles
E. Polk III's keynote speech at the center stage on the
square. Spectators are invited to pay tribute to the men
and women who have fought to keep our freedom
during a ceremony on the Square at 12 Noon. More info:
www.marietakiwanis.org/veteransday.

★Veterans Day Tribute

November 11 • 11:30am
City Green, 1 Galambos Way, Sandy Springs
Sandy Springs' annual Veterans' Day Celebration will
feature keynote speaker U.S. District Court Judge J.P.
Boulee. Retired WSB-TV anchor John Pruitt will return as
this year's emcee. The event is free and all are invited to
attend to honor our veterans. More info: [citysprings.com/
events/veterans-day-tribute](http://citysprings.com/events/veterans-day-tribute).

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★Kennesaw Veterans Day Luncheon

November 11 • 12pm
Ben Robertson Community Center
2753 Watts Drive, Kennesaw
Kennesaw city officials and staff will honor America's service men and women with a complimentary lunch. All veterans and active military service members are invited to attend. No identification will be required. More info: www.kennesaw-ga.gov.

★Acworth Veterans Day Ceremony

November 11 • 2pm
Veterans Memorial at Patriots Point – Cauble Park
4425 Beach Street, Acworth
The ceremony to honor veterans is held each year at the Veterans Memorial at Patriots Point in Cauble Park. Veterans and current servicemen give comments on what service to the country means to them. Engraved pavers dedicated to those who have served in the armed forces that have been purchased since the previous Memorial Day will be presented at the event. More info: www.acworthtourism.org.

★Veterans Day Candlelight Ceremony

November 11 • 7pm
The Park at City Center, 101 Arnold Mill Road, Woodstock
Presented by the City of Woodstock, American Legion Post 316, the Marine Corps League Detachment 1311, and the Warrior's Watch Riders, all are invited to join in celebrating and honoring our veterans for their patriotism and the sacrifices they have made for our country. There will be a coffee and donut social following the ceremony. More info: woodstockga.gov/89/Parks-and-Recreation.

★67th Annual Military Appreciation Luncheon

November 12 • 10:30am
Cobb Galleria Centre, Two Galleria Parkway SE, Atlanta
Tickets: \$60/person
Local businesses, community members and military representatives salute our local military. The program includes a salute to fallen soldiers, recognition of military personnel, and the presentation of the 2019 USO Patriot Award. Keynote Speaker: U.S. Senator David Perdue, for the 116th Congress. More info: Joel Blockton at jblockton@cobbchamber.org. ★

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THE GREAT AMERICAN SMOKEOUT: NOVEMBER 21

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet about 37.8 million Americans—15.5 percent of all Americans—still smoke cigarettes.

Cigarette smoking is the leading cause of cancer death in the United States, accounting for 29% of all cancer deaths. Recognizing the dangers of tobacco use, many Georgians have made the decision to stop using tobacco or tobacco products. Georgia's adult smoking rate dropped to 17.4 percent in 2014 from 18.8 percent in 2013. Even more significant, the smoking rate has dropped to 16.4 percent among young adults ages 18 to 24.

However, more than 50,000 middle and high school students in Georgia say they use e-cigarettes and twice as many say they have tried them.

"Electronic nicotine products go by many names, including "vapes," "vape pens," "e-hookah," "e-cigarettes," and are not safe for youth to use. Teens are trying these products in increasing numbers, despite the fact that they can lead to nicotine addiction, exposure to toxic chemicals, and stroke," said Jean

O'Connor, J.D., Dr.P.H., chronic disease prevention director for the Georgia Department of Public Health.

Emissions from electronic nicotine delivery products may include formaldehyde, propylene glycol, acetaldehyde, acrolein, lead, and tobacco-specific nitrosamines in addition to nicotine.

The Georgia Tobacco Quit Line offers free confidential counseling on how to quit smoking or any nicotine product or delivery system. They provide free counseling, a resource library, support and referral services for tobacco users. It is available for all Georgia residents age 13 or older. The Tobacco Quit Line is funded by the master tobacco settlement through the state's Tobacco Use Prevention Section in partnership with the Georgia Cancer Coalition. It has no commercial bias and no products to promote. As a caller, you will receive free, professional support that's tailored to your needs.

At the Quit Line, a counselor conducts an initial interview with a caller to determine tobacco usage and willingness to quit. An assessment is made based on the caller's needs and multiple options are presented. Callers will receive a customized quit plan, including up to five additional counseling phone calls. Up-to-date information about physician-recommended pharmacological support, such as nicotine gum, nicotine patches, and other items are available. A Tobacco Quit Kit, including materials tailored to the caller's readiness to quit is also available.

So stop smoking and start dialing: call the Tobacco Quit Line at 1-877-270-STOP. ☎



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WEIGHT LOSS WINNER

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Occupation: 5th grade teacher at Sope Creek Elementary School

Family: husband, Kurt; son, Spencer (31); daughters Carden (26), Virginia (23); and lots of "adopted" children who are friends of my children or whom I've taught over the years!!

Lived in East Cobb since: 1991

Age: 60 as of 10/8/19!

Height: 5'9"

Former Weight: 270

Current Weight: 204

Weight Lost: 66 lbs and over 70"

How long did it take you to lose the weight? I started a program called 20/30 FastTrack East Cobb on March 1, 2019. So, 7 months.

Why You Lost Weight: I lost weight to get healthy, and live a long life which, hopefully, will include meeting my grandchildren!

Can you share your biggest challenge? I was worried that I wouldn't be successful, as I had tried numerous other programs and ended up regaining the weight I lost and then some.

How Did You Lose It? The 20/30 program is a trifecta combination of eating grocery store foods, taking natural vitamins and supplements to balance hormonal imbalance, drinking a gallon of water a day, and getting daily coaching by the best of the best, Tiffany Tippet!

Favorite Healthy Foods: Proteins (chicken, turkey, fish, and beef), veggies (spinach and asparagus), and fruits...my favorite are Ambrosia Apples!

What Keeps You Motivated: I stay motivated by achieving my goals, feeling healthier and happier than I have felt in decades, and the love and support of family and friends!

How Has Your Life Changed? 20/30 FastTrack and my coach literally saved my life! I am free of painful joints, have TONS of energy, acid reflux is GONE, free of all medications, no night sweats or mood swings. I sleep better and think clearer. I've also learned what foods I



can and cannot eat as they create physiological stress and inflammation in my body.

Lesson Learned: I have learned that I am strong and stubborn, a survivor! But the most amazing lesson I have learned is the same ones I taught my own children and the ones I teach in my classroom...you can achieve any goal you set your mind to with perseverance, effort and patience. You are only limited by your own thoughts...so, think positively and shine! 🌟

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@eastcobb.com.

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1311 Johnson Ferry Road, Suite 532 • Marietta 30068

770-755-5077 • clubpilates.com/merchantswalk

Sun-Sat: 6am-9pm

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3233 S. Cherokee Lane, Building 1000 • Woodstock 30188

770-485-7411 • womenfirstrehabilitation.com

The providers at Women First Rehabilitation offer a holistic approach to healing by providing all-natural pain-relief, bowel and bladder restoration, nutritional counseling, whole-body strengthening, functional medicine and wellness programs.

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Bring It Om Power Yoga

3162 Johnson Ferry Road, Suite 440 • Marietta 30062

470-299-5256 • bringitompoweryoga.com

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

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

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**GROW YOUR MO
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MOVEMBER: An annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues. The goal of Movember is to "change the face of men's health." More info: Movember.com.

GEORGIANS GEAR UP FOR GEORGIA GIVES ON #GIVINGTUESDAY

On Tuesday, December 3, Georgians will show their support for the work and worth of non-profits during the eighth annual Georgia Gives on #GivingTuesday. From mid-night to midnight, donors statewide are encouraged to visit GAgives.org and give to their favorites of more than 3,000 participating non-profits. Causes represent the full scope of nonprofits that make Georgia rich in social and cultural care including education, animal homelessness, the environment, youth development, healthcare and more.

In 2017, the Georgia Center for Nonprofits (GCN) expanded the scope of their annual day of giving, by uniting Georgia Gives Day—now known as GAgives—with the global #GivingTuesday movement.

Since 2012, Georgia Gives Day has garnered nearly 160,000 donations and raised more than \$28 million. Last year Georgia Gives Day and #GivingTuesday raised \$7.8 million!

To date, GCN has secured more than \$1 million from generous backers in the corporate and foundation arenas to boost nonprofit and donor participation in GAgives. They've organized daylong giveaways and matching opportunities for top performers in particular cause areas and designated "Power Hours," prizes for pre-event social media campaigns, and more, each increasing excitement and engagement. Beyond dollars raised, GAgives provides a special, high-profile opportunity each year to call attention to the work




and worth of Georgia's nonprofit sector, spotlighting all it does to make the state a great place to live, work, and play.

Here are some local non-profits participating this year:

- Act3 Productions
- Communities in Schools of Marietta/Cobb Counties
- East Cobb Robotics
- The Georgia Ballet
- Good Mews
- Junior League of Cobb-Marietta
- Simple Needs GA, and
- VOICE Today.

To learn more about Georgia Gives on #GivingTuesday and to make an online donation, visit GAgives.org.

About the Georgia Center for Nonprofits

The Georgia Center for Nonprofits builds thriving communities by helping nonprofits succeed. Through a powerful mix of advocacy, solutions for nonprofit effectiveness, and insight building tools, GCN provides nonprofits, board members and donors with the tools they need to strengthen organizations that make a difference on important causes throughout Georgia. For more information, visit gcn.org. 

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COBB 101 GIVES INSIDE GLIMPSE OF LOCAL GOVERNMENT

Applications are now being accepted for the 2020 Cobb 101 Citizens Government Academy. The submission deadline is December 2. This 10-week course is designed to provide an in-depth look at the many functions of county government.

Through a combination of presentations and hands-on projects, participants will learn about vital community services including emergency services, law enforcement, planning, zoning, finance, court systems, public works, special projects and parks and recreation. Participants will also have the opportunity to connect with their local officials and county staff who provide these services. Weekly instructors will vary depending upon the county service or department being covered.

The 2020 class will be limited to 30 participants, who must be 18 years old and Cobb residents or business owners. Those who are running for office are ineligible to participate. The academy will be held at various government buildings. Participants are allowed to miss only one class during the 10-week course.

To complete the application online, visit cobb-county.seamlessdocs.com/f/cobb_101. For more information, visit cobbcounty.org/cobb101. 

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EAST COBBER WINS BEST ACTOR AWARD



Robert Solomon >



East Cobb Actor and Georgia Tech student Robert Solomon recently won Best Actor at the Atlanta Underground Film Festival. Robert plays the eponymous character in the award-winning short film, "DUKE", a heartwarming true story about a nonverbal autistic 17-year-old struggling in school and at home. With an overprotective mother and barely-

there father, Duke must fight to find his voice, stay in school, and keep his family from falling apart.

"DUKE" has been accepted this past year to 35 film festivals across the United States, the United Kingdom,

Belgium and France, including the American Pavilion Emerging Filmmaker Showcase at the Cannes Film Festival. "DUKE" has won 13 film awards, most recently in the Stage 32 Short Film Contest, which awarded "DUKE" screenings in the Oscar-qualifying 2019 HollyShorts Film Festival and 2019 Raindance Film Festival in the United Kingdom. www.dukeshortfilm.com/the-story.

As a sophomore at Georgia Tech, Robert auditioned for the role in Atlanta and was chosen after sending a persuasive voicemail to the director's personal phone. With permission from his professors to leave school, Robert went to Hollywood in November 2017 for 4 weeks of rehearsals and filming. He prepared for the role by working with a coach alongside the rest of the ensemble, spending time with Duke himself, visiting local schools, gyms, and centers for special-needs children and spending a week in character.

When not auditioning or taking classes at Georgia Tech, Robert enjoys playing classical piano and uploading piano content to his YouTube Channel. One upload, The 11 Most Annoying Types of Pianists, currently tops over six million views: www.youtube.com/watch?v=vZX6hopxM7Y. 🎹



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WALTON KIDS CODING FOR A BRIGHTER FUTURE



Walton High School is known for its academic achievements, but one of its best kept secrets is a club called Coding for Community. Two years ago, student Dipen Mehta founded the nonprofit after discovering there were many disadvantaged communities within miles of Walton that may not have access to coding and needed extra help with developing STEM skills. Dipen set out to use his own hobby of coding to enhance the education of children at these schools, elderly homes, and refugee centers that may not have exposure to the same resources and opportunities so that they too can have bright and successful futures.

“Being STEM savvy is very important to be successful in the future,” stated Dipen. “STEM stands for Science, Technology, Engineering, and Mathematics. STEM is important because it pervades every part of our lives. Science is everywhere in the world around us. Technology is always expanding into every aspect of our lives. Engineering is the basic designs of roads and bridges, but also tackles the challenges of changing global weather and environmentally-friendly changes to our home. Mathematics is in every job, every activity we do in our lives,” Dipen explained.

A favorite outreach of the twenty-member high school chapter is going to Powers Ferry Elementary School (a Title I school, where at least 40% come from low-in-

come families) and watching the kids’ faces light up with excitement at being able to work with robots and programming through Sphero Robotics, a very user-friendly iPad app that allows young students to explore the basics of coding. The Coding for Community club hopes to expand their outreach to more Title 1 elementary schools in the area, granting students from all backgrounds the opportunity to become proficient in technology.

Outside of the high school chapter, the organization has already achieved many accomplishments within the community and internationally. The group aided the humanitarian crisis involving the Rohingya people of Bangladesh. Coding for Community worked with a nonprofit in Cox’s Bazar, Bangladesh to train volunteers in healthcare technology-related protocols and to translate the English materials into the native language of the Rohingya people.

The organization continues to do good in the community. Members visit elderly care facilities where the team helps seniors learn basic computer skills. The club has also created an app called StopFoodWastage, available on iPhone and Android, which connects local restaurants with charities so no food goes to waste and those in need are fed.

For more information on Coding for Community, visit their website codingforcommunity.org. 

EAST COBBER

NEXT ISSUE: DECEMBER
DEADLINE: NOVEMBER 15
CALL EAST COBBER: 770-640-7070

EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR NOVEMBER

All Cobb residents age 55+ are invited to participate in activities at various senior centers throughout Cobb. The following is a list of activities scheduled at the East Cobb Senior Center located at 3332 Sandy Plains Road, Marietta 30066. Cobb seniors who wish to register for any of these activities or use one of the county's six senior centers will no longer have to pay a \$60 annual membership fee. Call the East Cobb Senior Center at 770-509-4900 for reservations and/or more details.

Veterans Day Celebration (#11477)

Friday, November 8 • 11am-2pm

Doors open at 10:45am

Free for Veterans; Registration required

Join us in celebration to honor our Veterans for their patriotism, love of country and willingness to serve. Enjoy music from the Tunnel Rats, guest speaker Kim Scofi with United Military Care and lunch from Carrabba's Italian Grill. Sponsored by Kaiser Permanente.

Tabletop Games: Develop Your Fun-ctional Brain (#11441)

Tuesday, November 12 • 10-11:30am

Free; Registration required

Keep Sharp. Keep your brain on top of the game. Learn games specifically chosen to keep your brain sharp.

Biography Corner: Andrew Carnegie:-Rags to Riches, Power to Peace (#11438)

Tuesday, November 12 • 1pm-2pm

Free; Registration required

The story of a poor Scottish immigrant who became the richest man in the world. We examine how Carnegie's steel empire changed America, and his forgotten attempt to bring about peace in the run up to the First World War.

Dine-a-Round (#11439)

Wednesday, November 13 • 11:30am-1:30pm

Separate checks; Registration required

Meet at: O'Charley's: 3550 Sandy Plains Road, Marietta

Rock Painting (#11440)

Friday, November 15 • 10-11:30am

Free; Registration required

Explore your creative side with a simple, social activity by joining Kaiser Permanente in creating your own mineral masterpiece. Rock painting is a great way to engage your brain and flex your creative muscles. Supplies provided.

Medicare Fraud Bingo (#11447)

Monday, November 18 • 10-11:30am

Free; Registration required

Medicare Fraud Bingo will talk about the latest healthcare scams, how to protect yourself, and what to do if you are a victim. Prizes will be given away to winners, but everyone gets a small something just for attending.



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EAST COBBER

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AARP Smart Driver (#6838)

No AARP membership required

Thursday, November 21 • 9am-4pm

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

(cash or check only)

Check with your insurance agent about a possible discount. Bring a lunch.

Ask the Expert: Medicare Questions (#8094)

Friday, November 22 • 10am-12pm

Free; Appointment required

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

History Corner: The Ghost Army (#11437)

Tuesday, November 26 • 1pm-2pm

Free; Registration required

The remarkable story of a US Army unit who used inflatable tanks, sound effects and sketches to create a deceptive battlefield picture and fool the enemy.



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CLUB CALENDAR

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 phinue999@AOL.com.

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

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

Marietta Lions Club. 2nd Thursday of the month. 6:30pm. Cherokee Cattle Company, 2710 Canton Road, Marietta. More info: Steve Hughes, 770-378-0095.

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

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

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

Martha Stewart Bulloch Society of Children of the American Revolution. Meets one Sunday per month (Sept.-May). 2-4pm. Osage Terrace Room and Pavilion at Bulloch Hall, 180 Bulloch Avenue, Roswell. More info: Tisha Johnston, 404-915-7738 or msbnsccarowell@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. 3rd Wednesday of the month. 10am. Coffee, doughnuts & conversation. Vets 55+ welcome. East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. More info: Mike Nichols, 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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SUPPORT GROUPS

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

Al-Anon. Thursdays, 7-8pm. Mt. Bethel United Methodist Church Room B-112, 4385 Lower Roswell Road, Marietta. More info: 770-973-5347 or jpm105@comcast.net.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Grief Support Group Every Wednesday. 6:30 - 8:15pm Using the GriefShare program and supportive discussion. Mt. Bethel UMC, 4385 Lower Roswell Road. More info: www.mtbethel.org/support or Jamie, 770-971-2880.

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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