

March 2020

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Special Section
11th Annual
HOME & GARDEN GUIDE
PAGES 14-19

Owner John White
and Team
PANACEA PLUMBING

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Celebrity Luncheon PAGE 12 | **Pet Palooza** PAGE 31



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

Comments and stories are always welcome.

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PUBLISHER'S NOTE



Publisher Cynthia Rozzo

With one of the highest median household incomes in metro Atlanta, East Cobb County residents enjoy a reputation of living the "American Dream." Drive around East Cobb and one cannot help but notice the expensive cars, subdivision after subdivision of lovely homes, beautifully landscaped lawns, and other symbols of wealth. This March issue features our annual Home + Garden Guide (see pages 14-19) which includes local experts and resources to help with your home maintenance and beautification efforts this spring.

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

This edition of the EAST COBBER, as well as previous publications, features those East Cobbers that are giving back to their community and helping those in need. Pages 8-9 feature the East Cobb teachers-of-the-year, and staff members-of-the-year. Our Club Calendar and Support Groups pages (see pages 42 + 43) list many groups that come together on a regular basis to serve those in need whether it be a Moms Club or a service club.

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

All the best!

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

On the Cover

This month's front cover features East Cobb John White, Owner of Panacea Plumbing, and his team; Dustin White, David Hobart, Curtis McMillen, Jake Rubino, Jack Drook, and Bryce Gaskin.

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

"One of the big issues encountered in East Cobb homes is sewer line damage due to either grease/soap buildup or tree root intrusion. We have invested in a new Hot Hydro Jetter that is unique in the industry. Using hot water and a bio-enzyme cleaner, the jetter breaks down and dissolves any unwanted matter that clogs the sewer line," shares John.

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

For more information about this locally-owned and operated business, read page 6 or visit www.panacea.plumbing.

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

Front cover photo taken by Jeremy Adamo.

SPRING INTO NATURE

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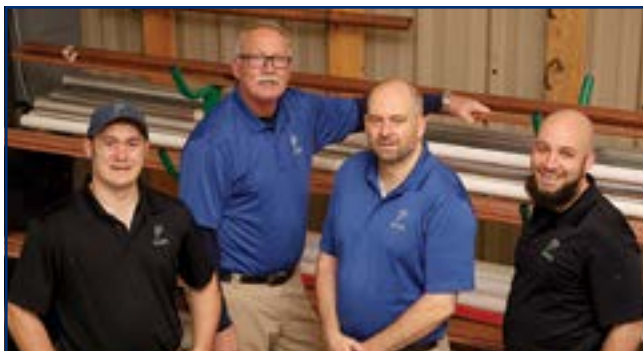
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PANACEA PLUMBING: KEEPING PACE WITH EAST COBB



Dustin White, Curtis McMillen, John White, David Hobart

It's Saturday night at 10pm. You walk into your kitchen to discover water pouring out from beneath the sink. Don't be that person who panics with no idea who to call. Always be prepared with proven service providers' contact information in case of emergencies, especially a plumber where water damage can escalate in a matter of minutes. Finding the right plumber before it's urgent and establishing a relationship should be high on every homeowner's list.

For East Cobbers, Panacea Plumbing, which was established in 2016, has spent the last four years serving the community. According to Tracy White, business manager and co-owner with her husband John White, Panacea is committed to keeping the perimeter of its service area small so technicians can easily address emergency needs. With 24/7 service, one of Panacea's five service trucks is in East Cobb at most anytime day or night.

"Establishing relationships is a mission for us," explains Tracy. "If you are a repeat customer, we know you and will get to your home or business quickly if it's urgent. If it can wait a bit, we will establish a convenient time for you and meet you then. Also through these relationships, we have become familiar with the particular problems that homeowners and business owners in our community face. We have responded with investments in equipment and quality resources that provide solutions to these problems."

One of the issues encountered in East Cobb homes is sewer line damage due to either grease/soap buildup or tree root intrusion. The solution can be best addressed through equipment that not just every plumber carries in the truck. According to John White, Master Plumber and Panacea co-owner, the company has invested in a new Hot Hydro Jetter that is unique in the industry. Using hot water and a bio-enzyme cleaner, the

jetter breaks down and dissolves any unwanted matter that clogs the sewer line.

"Our homes are our biggest investments," says John. "It's important for homeowners to ensure that their drainage systems are viable because that directly contributes to home values. Maintaining these systems can keep homeowners from having to dig up their yards should a problem progress to the point of no return."

A second East Cobb home issue is pinhole leaks in copper pipes. "Copper pipes don't last a lifetime as once believed," says John. "It's closer to 40 years. And in East Cobb, we are seeing copper piping break down even earlier due to the manner in which copper reacts with our particular environment. Patching pinhole leaks doesn't solve the underlying problem, which is the inside of the pipe."

Again, Panacea has a solution – replacing copper pipes with Uponor PEX Plumbing Systems, which feature flexible, durable plastic piping products instead of metal to distribute water. Anticipating customer needs, Panacea has invested in the special tools required to install Uponor pipes.

As a board member of the Georgia PHCC (Plumbing, Heating, Cooling Contractors Association), John realizes the importance

of continuing education for himself and his employees. As a result, Panacea has designed a four-year apprenticeship program to ensure all employees are extensively trained and produce quality work. The apprentices attend calls with licensed plumbers. They also rotate so each apprentice works with different plumbers during training, providing a deeper understanding of the skill sets that are brought to the job.

A quick Google search illustrates Panacea's proven reliable service to the East Cobb community. After just one visit, a customer states, "Panacea will be the first company I call for any future plumbing needs."

Panacea Plumbing is located at 1582 Williams Dr., Ste. 300, Marietta. Contact 404-644-7459 or solutions@panacea.plumbing for truthful, upfront pricing, outstanding warranties, and any emergencies 24/7. For more information, visit www.panacea.plumbing.



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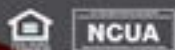
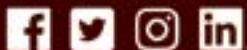
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PTAs CELEBRATE TEACHERS OF THE YEAR AND CLASSIFIED EMPLOYEES OF THE YEAR

By Angela Blackwell, East Cobb County Council of PTAs

The East Cobb County Council of PTAs (ECCC) recently honored the 2019 Teachers and Classified Employees of the Year from each of its 35 East Cobb schools at its annual celebratory brunch. This year's brunch celebrated the dedicated educators who are a "Beacon of Light" to others. The "Beacon of Light" themed celebration was hosted by the Pope cluster of PTAs at Piedmont Church, and was organized by co-chairs Angela Blackwell and Joy Ettel.

The celebration featured the talents of students from various schools in the Pope cluster. Pope High School culinary students, under the direction of Chef Bradley Klink, planned, cooked and served a delicious brunch. Members of the Dodgen Middle School Orchestra Ensemble and Chorus Ensemble, under the direction of Mr. Christopher Whittington, performed and provided inspiration for the event. The Lassiter-Pope-Kell JR ROTC Color Guard, under the command of First Sergeant Lorenzo Cox, presented the colors and led attendees in the Pledge of Allegiance.

Finally, attendees were entertained by video dedications to each of the honorees. These videos, featuring students, teachers, parents and administrators, explained how each honoree is a "Beacon of Light" to others in their respective school communities. In addition, the event program, provided by Dart Direct Mail, included written dedications to each of the honorees.

In keeping with the "Beacon of Light" theme, décor for the event included antique lighthouses and lanterns from Queen of Hearts Antique Store. The event and honorees were captured on film by Joseph Gibson of Over Here Photography, who set up a photo booth so honorees would have remembrances of their time as teachers and employees of the year.

Gift baskets and gift cards were provided to each of the honorees, thanks to the generosity of the event sponsors, which included: Ivy Lane, Chicken Salad Chick, Blick Art Materials, Cobb EMC, Cobb Chamber, Lizard Thicket, Carither's Flowers, The Magnolia Room, Lakeshore, Amy's Hallmark, Marlow's Tavern, David Douglas Diamonds and Jewelry, Half Price Books, Fat Lady Baker, Duck Donuts, Xdrenaline, Righteous Que, K Squared, Signature Gifts and Interiors, and Chick-fil-A Eastlake.

The ECCC is thrilled and proud to showcase and honor our amazing educators. ⑥



Angela Blackwell is a lawyer turned homemaker and has lived in East Cobb with her husband and three daughters since 2015. Angela's daughters attend Timber Ridge, Dodgen and Pope, and she enjoys volunteering at those schools as well as throughout the community.

East Cobb Classified Employees of the Year





East Cobb Teachers of the Year

CERTIFIED EMPLOYEES OF THE YEAR

Addison ES	Kathy Matyus
Bells Ferry ES	Lynne Holland
Blackwell ES	Mandy Roberson
Brumby ES	Marie Gatz
Daniell MS	Stacy Meriaux
Davis ES	Marina Morris
Dickerson MS	Lauren Seckman
Dodgen MS	Sara Khosravi
East Cobb MS	Michelle Smith
East Side ES	Kristin Cronk
Eastvalley ES	Kendall Deshotels
Garrison Mill ES	Mary-Kathryn Trichell
Hightower Trail MS	Ally Thackston
Keheley ES	Bill Glass
Kell HS	Crystelle Westhoff
Kincaid ES	Kim McMasters
Lassiter HS	Sara Basler
Mabry MS	Debbie Dempsey
McCleskey MS	Rebecca Slade
Mount Bethel ES	Cherie Vodopia
Mountain View ES	Teri Benoit
Murdock ES	Jennifer Gettys
Nicholson ES	Jill Colacicco
Pope HS	June Wilson
Powers Ferry ES	Ana Cristina Clinton
Rocky Mount ES	Lisa Dick
Sedalia Park ES	Rhonda Hester
Shallowford Falls ES	Moira McDonough
Simpson MS	Laura Shutt
Sope Creek ES	Nancy Crenshaw
Sprayberry HS	Beth Gibeaut
Timber Ridge ES	April Harris
Tritt ES	Suzanne Alea
Walton HS	Anilda Cook
Wheeler HS	Robert Marbach

TEACHERS OF THE YEAR

Addison ES	Allison Gillenwater
Bells Ferry ES	Kimberly Sigsbee
Blackwell ES	Donna Gottesman
Brumby ES	Charlton Branche
Daniell MS	Jennifer Rabbitt
Davis ES	Michele Lowe
Dickerson MS	Jennifer Attard
Dodgen MS	Janie Smalley
East Cobb MS	Alissa Stanhope
East Side ES	Leslie Jones
Eastvalley ES	Alice Nanda
Garrison Mill ES	Janie Hutcherson
Hightower Trail MS	Julie Mann
Keheley ES	Beth Midkiff
Kell HS	Ryan Hill
Kincaid ES	Heather Reynolds
Lassiter HS	Hilary Minich
Mabry MS	Daniela Martucci
McCleskey MS	Regel Jackson
Mount Bethel ES	Brittany Fagan
Mountain View ES	Liza Gibbs
Mountain View ES (CCSD Art)	Maureen Armstrong
Murdock ES	Karen Lane
Nicholson ES	Luwanda Scott-Vaught
Pope HS	Dr. Krista Bowen
Powers Ferry ES	Christine Dunne
Rocky Mount ES	Diana Simmons
Sedalia Park ES	Brittany Carroll
Shallowford Falls ES	Jeannie Schuetze
Simpson MS	Jenny Murphy
Sope Creek ES	Ida Lowrie
Sprayberry HS	Shannon Shaw
Timber Ridge ES	Ammie McGinley
Tritt ES	Laura Cervi
Walton HS	Julie Brown
Wheeler HS	Marla Beasley

SIGN UP FOR COBB COUNTY'S CITIZENS PUBLIC SAFETY ACADEMY

The Cobb County Department of Public Safety (DPS) is announcing its Spring session of the Citizens Public Safety Academy (CPSA).

This 14-week program provides an opportunity for Cobb County citizens to obtain an insider's look into the various entities that comprise the Department of Public Safety. During the course, participants will gain knowledge and insight as to how the Police, Fire, Animal Control, and 911 departments are organized and the important role each plays in fulfilling the myriad tasks that ensure the safety of all the citizens of Cobb County.

In order to participate, interested citizens should either live in Cobb County or work for Cobb County government or schools and be at least 21 years of age.


The Spring Academy start date is Wednesday, April 22 at 6pm at the Cobb County Public Safety Training Academy located at 2109 Valor Drive, Marietta 30008.

To be accepted into the program, citizens must fill out an application. This application can be emailed to you or be picked up in person at the DPS Training Center located at 2109 Valor Drive, Marietta 30008. The completed application will need to be taken to the Cobb County Public Safety Internal Affairs Department located at 1150 Powder Springs Street, Suite 300, Marietta 30064 by Friday, April 17 at Noon. It is suggested to bring your driver's license with you as they will need to make a copy for the application process.

Applications that are waitlisted will be held over to the Fall 2020 program if necessary. If you do not have an email address, please make sure to provide a phone number.

The first night of the CPSA will meet at the Cobb County Public Safety Training Academy, 2109 Valor Drive, Marietta, 30008. Participants will meet the training staff, receive a presentation and tour the Academy grounds. Please note the first night begins at 6pm and all subsequent sessions will meet at 6:30pm at various Cobb County Public Safety locations. Classes will be conducted every Wednesday evening for 14 weeks, with graduation being the 14th week. A few of the planned activities include:

- > Meeting with distinguished members of the Public Safety Department
- > Touring the 911 Communications Center and the Medical Examiner's Office
- > Receiving demonstrations from DPS Police Training on weapons/firearms safety and defensive tactics.
- > Participating in classes from the Fire Department special operations, i.e., Hazardous Materials, Heavy Rescue Squad.

The complete schedule will be given out on the first night along with other information. If you have any questions, contact Training Registrar Victor Verola at Victor.Verola@cobbcounty.org and/or 770-590-5653. 



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KIDCAM CAMP BRINGS THE SPIRIT OF SUMMER TO LIFE



Do you want your kids to have an amazing summer where they learn new skills and have a true camp experience? Kidcam Day Camp has been bringing summer to life for children for more than 46 years, and they have partnered with Kennesaw State University to bring their unique camp program to Georgia.

Kidcam's unique "Kid's Choice" curriculum keeps their Rockstars (campers) fully engaged in daily activities and programs they choose. Kidcam's Mission, through The Spirit of Summer, is designed to build a powerful camp experience that will inspire greatness, bring smiles to faces and ensure personal preference with a mix of Kid's Choice curriculum, sports, arts, movement, swimming and long-standing traditions that create memorable moments and lasting relationships.

The day camps run weekly from June 1 to June 31. Kids ages 5 to 13 can participate. The core camp day runs from 9am-3pm. For parents who want it, the camp offers free before care, starting at 7am and inexpensive after care ending at 6pm. Home base for drop off and pick up is the Owl's Nest at Kennesaw State.

"We are so excited to partner with Kennesaw State to bring this amazing camp experience to Georgia," says Andrele Kelly, Co-Camp Director. "We are creating a summer camp culture that kids will always remember."

Registration is open now at kidcamcamp.com, and parents can register in advance or the week before. Weekly agendas and field trips will be posted each Friday. Registrations before May 9 receive a 10 percent discount.

Want to learn more? Go to Parent Information Night Saturday, March 28 from 10am-12pm, at the Perch at Kennesaw State University. Meet the director, see the camp site, learn more about the program and curriculum and ask questions. Children are welcome to attend.

Visit kidcamcamp.com, call 877-4KIDCAM or email Kennesaw@KidcamCamps.com for more information about the camp and to register. Camp address is 3220 Busbee Drive NW, Kennesaw, GA 30144.



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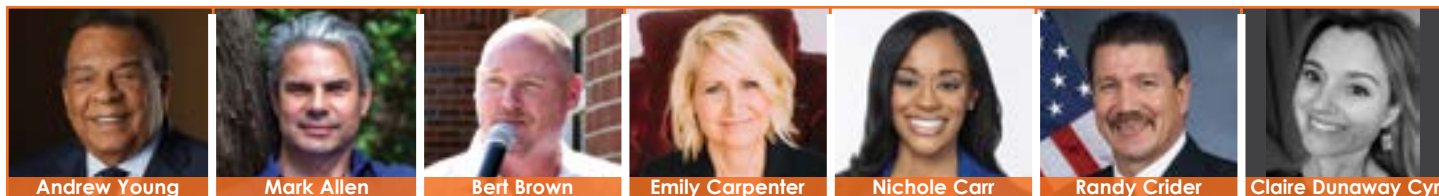
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GEORGIA SYMPHONY'S CELEBRITY LUNCHEON TO FEATURE AMBASSADOR ANDREW YOUNG



Living legend Andrew Young, Jr., former ambassador to the United Nations, former congressman, past mayor of Atlanta and civil rights leader, will be the keynote speaker at the Georgia Symphony Orchestra's annual Celebrity Luncheon fundraiser.

One of the most fun and engaging events on the East Cobb social calendar, the luncheon will take place on Saturday, March 21, at the Marietta Country Club. Ambassador Young will be joined by a diverse and entertaining group of talented local artists, authors, musicians and business leaders. Proceeds from the event will benefit the GSO's musical performance, youth education and outreach programs.

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

Highlights of this year's celebrities include:*

- **Mark Allen:** founder and owner of Lazy Guy Distillery
- **Bert Brown:** owner of Governor's Gun Clubs
- **Emily Carpenter:** best-selling author and actress
- **Nichole Carr:** WSB-TV investigative reporter
- **Randy Crider:** Cobb County Fire Chief and interim director of Public Safety
- **Claire Dunaway Cyr:** artist

- **Sandra Deal:** former First Lady of Georgia
- **Julie Koenig:** GSO principal harpist
- **Missy Owen:** founder of the Zone and Davis Direction Foundation
- **Dr. Ivan Pulinkala:** Dean of Kennesaw State University's College of the Arts
- **Anthony "TJ" Reddick:** personal chef and winner of Food Network's Chefs vs. Cons
- **Chris Savas:** celebrity photographer
- **Bill Waldrop:** day lily expert and nationally recognized hybridizer

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

Founded in Marietta in 1951, the GSO has become one of Georgia's finest community-supported, multifaceted performing arts organizations through imaginative programming, visionary leadership and critically acclaimed performances.

Proceeds from the event will allow the GSO to continue delivering classical, jazz and pops concerts of high-quality choral and instrumental music and inspiring and educating young musicians through the Georgia Youth Symphony Orchestra—one of the 10 largest such programs in the country.

Ticket prices start at \$50. Good seats still are available. To purchase, visit georgiasymphony.org/all-events. 🎫



DO YOU TAKE MY INSURANCE?

This is a question we are often asked in our dental practice, but the answer to that is a little complicated. When deciding on a dentist for yourself and your family, you want to be sure you are considering a multitude of factors including insurance, but insurance certainly should not be the #1 consideration.

When dental insurance companies develop a “preferred provider” list of dentists, what they are compiling is a list of all dentists who have agreed to take reduced compensation for their services in order to gain the patients who are on that insurance plan. For example, a dentist may charge a certain fee for a filling, but if a patient who is in need of that filling has an insurance plan to which the dentist subscribes, the dentist will be required to accept whatever the negotiated rate is for a

filling on that particular plan. So, for example, a \$250 filling now becomes a \$140 filling. That is a great savings for the patient, but how is the dentist able to accept a 45% reduction in payment for his services? For a dentist to take a reduced rate, he or she must either accept reduced profit or find another way to make up for the lost income. A dentist still has the expense of the staff, the materials, and overhead that must be covered. A compromise must be made somewhere.

For this reason, the team at Cheek Dental for the past 18 years has gladly filed and accepted reimbursement from any insurance company but does not subscribe to any of the dental insurance plans that require us to reduce fees. This allows us to provide the very best care we can, use what we consider to be the best materials, hire educated

and experienced staff, and take our time with each patient to ensure that we are providing services and procedures to our patients that will be completed to the best of our ability. We expect excellence of our dentists and team members and feel that in order to demand that of ourselves, we cannot compromise on our time with patients, the materials we use, or the staff we choose to work with us. Unfortunately, insurance companies are more interested in disbursing the lowest payment possible for a procedure with no consideration of quality, degree of service, or patient satisfaction.

So, do we take your dental insurance? The answer is “yes” if your insurance company allows dentists outside of their “preferred provider network” to receive payment for services, and

most do. Will you pay more for a particular procedure? Perhaps. But you can expect that the services you receive from the team at Cheek Dental will be an excellent investment in your long-term oral health and that you always will be treated like family, receiving the very best care and attention.



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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ANNUAL ATLANTA HOME SHOW IS GEORGIA'S LARGEST




The 42nd Annual Atlanta Home Show, Georgia's largest home show, will return to the Cobb Galleria Centre March 20-22. Produced by Marketplace Events, the Atlanta Home Show will feature hundreds of home improvement exhibitors, buyer discounts, live radio broadcasts and product demonstrations. Advance online tickets are \$8 for adults, or \$10 at the Box Office. Children 12 and under and adults 65 and older (with ID) will be admitted for free. AtlantaHomeShow.com

"As always, we have planned special features for Atlanta Home Show attendees to enjoy," said Mark Levine, Show manager. "We are particularly excited to debut our largest feature ever -- a 6,500-square-foot display area called Landscapers Lane. A number of landscape and outdoor living companies, including Georgia Landscape, Mark Turner Grading, Winston's Removal & Landscaping and Schlapp Turf Management, will come together to create a beautiful oasis of gardens, hard-scapes, water and fire features, outdoor living areas and much more along a meandering pathway."

Marketplace Events is partnering with Mike Rowe, creator and host of Discovery Channel's "Dirty Jobs," and his foundation, the mikeroweWORKS Foundation, which awards Work Ethic Scholarships to students pursuing

a career in the skilled trades. Since 2008 when Rowe launched the foundation, he has led the charge to help close America's widening skills gap – an issue directly impacting the home improvement industry.

"Through the foundation, we are committed to supporting the local builders, remodelers, installers, repairmen and all skilled tradespeople who do the jobs that most people are unable or untrained to do," said Rowe. "There aren't many places left like these local home shows where homeowners can meet with their local experts, get trusted advice, talk price, look the experts in the eye, shake their hands and decide for themselves, yes, I'm good with letting this company into my home."

Friday, March 20 is both "Trade Day" and "Hero Day." On Friday only, anyone who works in the home industry will receive free admission to the Show, simply by showing his or her business card at the Show's main entrance. Active military, first responders, fire fighters and police officers will be admitted for free with ID, as a thank-you for their service. Show hours are 10am-6pm on Friday, March 20; 10am-8pm on Saturday, March 21 and 11am-5pm on Sunday, March 22. Paid onsite parking is available, payable by credit or debit card only. Cobb Galleria Centre is located at 2 Galleria Parkway, Atlanta 30339. 

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for our list of events by
location!

**Monday - Wednesday 10am - 6 pm
Thursday - Saturday 10am - 7 pm
Sunday 12pm - 6 pm**

QueenOfHeartsAntiques-Interiors.com

Q. WHY SHOULD I CHOOSE YOU TO LIST MY HOME?

A. *With 15 years in the real estate field, I wore different hats: an assistant to an investor, real estate paralegal, commercial developer assistant, and finally finding a niche in residential sales. My sales in 2019 put me in the top 1% of Georgia. It is imperative to have technology tools and marketing strategies, but the most important asset is to master this: blending FIRM, and friendly in representing the client.*



Christine Love
REALTOR®



Todd Peterson, Owner
Peterson Pressure Washing

Q. CAN YOU WASH MY HOUSE, TOO?

A. *Yes, we do a Soft House Wash that gets rid of any dirt, grime and mildew. We apply very little pressure as not to damage anything on the home. Helps give your home that freshly painted look and saves the paint also.*

Q. WHAT IS THE BEST WAY TO CLEAN MY DRAIN/SEWER LINES AND PREVENT BACKUPS?

A. *You can restore your drain/sewer lines to new condition with Hot Hydrojetting. High pressure hot water is the best way to completely clear away the biofilm and grease in your lines. These byproducts can slow your drains and contribute to sewer backups. Hot Jetter drain cleaning service and maintenance eliminates back ups, eliminates bad odors, saves money on repairs, and gives peace of mind.*



John White
Master Plumber, Owner
Panacea Plumbing



Sarah M. Abbott
Allied ASID
CKDRemodeling

Q. WHAT IS THE BEST WAY TO GET A REALISTIC COST ASSESSMENT FOR MY REMODELING PROJECT?

A. *Choose to work with a firm offering both design and renovation services. This is one stop shopping for project plans, budget, and construction. An experienced design + renovate firm will help you work through the details of the project, including budgeting and costs, from start to finish. This will save you time and money and help create an enjoyable renovation experience.*

Q. WHY IS IT IMPORTANT TO SCHEDULE MAINTENANCES FOR YOUR HEATING AND COOLING EQUIPMENT?

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



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



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Q. WHAT WILL I FIND AT THE QUEEN OF HEARTS?

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



Chad Mahaffey
Owner, Master Plumber
Northside Plumbing

Q. WHAT COULD BE CAUSING MY TOILETS TO RUN OR MY FAUCETS TO DRIP?

A. *Leaking faucets and running toilets can be a sign of high water pressure. Every home has a pressure reducing valve that regulates the city pressure, which is roughly 120 PSI, to a safe working pressure of around 60 PSI. These valves work 24/7 so when they begin to fail, it results to extra pressure in your plumbing fixtures and causes them to run or leak.*

Q. HOW CAN I CHOOSE THE BEST COLOR FOR MY PAINTING PROJECT?

A. *We give FREE color consultation. As an Engineer, I worked early in my career with spectrophotometers (to read color) and the effects of different types of lights, etc. This experience has given me a plus when doing color consultation, this is an added value to our service that customers always appreciate.*



Raul Lozano, Owner
Fresh Look Painting



Janice Overbeck, CEO
Janice Overbeck
Real Estate Team

Q. SHOULD A SELLER USE A TRENDY WEBSITE OR A REALTOR TO PRICE THEIR HOME?

A. *The current trend of looking up the value of your home, on one of the many trendy websites, has certainly become popular, but not the best way to determine value. A Realtor is able to pull the most accurate, up to date, information. Pricing a home is not a one size fits all method, therefore a website's method of determining value is not the best way to determine value.*



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Get more out of East Cobb: visit www.eastcobber.com



KITCHEN MAKEOVERS

WITH BEFORE & AFTER PICTURES THAT ARE SURE TO INSPIRE

Make cooking, dining, and entertaining easy with a kitchen that is full of style and amenities and fits your family's needs. Get inspired by these amazing kitchen before-and-after makeovers by CKD Remodeling, and start planning a kitchen renovation of your own. When it comes to the resale value of a home, renovating your kitchen is one of the most important investments you can make. But there's another, perhaps ultimately more beneficial, reason to consider a kitchen makeover. "I'm a firm believer that the space one inhabits has a huge influence on your personality and approach to life," says East Cobb-based designer Sarah M. Abbott, owner of CKD Remodeling.. "Making your home beautiful and fresh is a great way to invite a daily dose of joy into your life, which eventually trickles down to everything you do. Nothing lifts your spirit like starting your day in a room you love." 🍷



BEFORE



AFTER



BEFORE



AFTER

CONSIGNMENT SALES SCHEDULED FOR SPRING

Looking for inexpensive clothes and accessories for your kids? You can also make a bundle by selling your gently used children's and maternity clothing, shoes, accessories, toys and equipment at one of these sales! Check out this list of Spring 2020 children's and maternity consignment events:

MARCH 6-7

Semi-Annual Children's Consignment Sale hosted by the Roswell United Methodist Church Preschool and Kindergarten (RUMCK). Three overflowing rooms with 200 consignors and great prices on gently worn spring and summer children's clothing and accessories (newborn-size 14), as well as maternity clothing, baby equipment, nursery décor, play sets and much more. Donated items will be given to the Foster Care Support Foundation. Friday: 9am-2pm (no strollers before noon); Saturday: 8am-12pm (select items ½ price).
Roswell UMC, in the Fellowship Hall
Building B, 814 Mimosa Boulevard, Roswell 30075
More info: 770-998-8699 or
www.rumc.com/rumck-consignment-sale

MARCH 12-14

All 4 Kids Consignment Sale. 750 sellers. Bring a laundry basket with a long belt or rope tied to it to help carry all of your goodies while you shop as no baskets are provided. Adults who donate \$5 cash for Missions can enter at 8:30am on opening morning. Thursday: 9:30am-8pm; Friday: 9am-6pm; Saturday: 9am-1pm.
Cobb Fairgrounds at Jim Miller Park
2245 Callaway Road, Marietta 30008
More info: www.all4kids.com

MARCH 13-14

Born Again Blessings Children's Consignment Sale. A non-profit, children, junior and maternity consignment sale sponsored by Riverstone Church. Proceeds from this sale further the ministry of the Barnabas Fund and help meet the various needs of families throughout the community. Thursday, March 12: Volunteers, educators with ID and new/first time parents can shop the preview sale (check website for times). Friday: 9am-7pm; Saturday: 9am-12pm.
Riverstone Church
2005 Stilesboro Road NW, Kennesaw 30152
More info: bornagainblessings.com

MARCH 14

NOWAMOM Kids Consignment Sale sponsored by Northwest Atlanta Moms of Multiples (NOWAMOM). Everything you need for your family from tots to tweens! Strollers welcome! Electronic tagging, so a much faster checkout! 9am-2pm.
Sandy Plains Baptist Church
2825 Sandy Plains Road, Marietta/East Cobb 30066
More info: email sale@nowamom.org or visit Facebook page, NOWA MOM KIDS CONSIGNMENT SALE

MARCH 15-16

Mt. Bethel Spring/Summer Consignment and Baked Goods Sale. More than 400 sellers consign toys, books, bikes, children's furniture, sporting goods, spring and summer clothing, shoes and gear for babies, kids, juniors, and expecting mothers. There will also be a boutique section for upscale brands, custom-made and smocked clothing. Proceeds go to support domestic and international philanthropies. Friday: 9am-6pm (No children or strollers allowed on sales floor on Friday until 12pm. Nursery available from 8:30am to 12pm. Babies in slings/front or back packs allowed anytime). Saturday: 9am-12pm (all items 30% off).
Mt. Bethel UMC
4385 Lower Roswell Road, Marietta 30068
More info: MBCCSale@gmail.com or
www.mtbethelccs.com

MARCH 20-21

KinderMart Spring/Summer Children's Consignment Sale. Save big on children's clothing, shoes, toys, infant care items and room decor/furniture. Many items sold at 50% off on Saturday. Bring a large bag or basket to carry items. Financial contributions for this sale will support the Sarah Davidson Scholarship Fund and donations will benefit church outreach and Must Ministries. Thursday: Seller's Preview 5:30pm-8pm; Friday: 9:30am-7pm (No strollers before 11am); Saturday: 9am-12pm. Many items half price on Saturday.
Smyrna First United Methodist Church
Fellowship Hall, 1315 Concord Road, Smyrna 30080
More info: www.kindermartsale.com or
info@kindermartsale.com



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ROCKIN' FOR RESPITE 2020


The third annual "Rockin' for Respite" is scheduled for Saturday, March 21, at the Legacy Theater at Phase, Alpharetta. Entertainment will be provided by 120 East, an East Cobb-based band who appeared in the recent Clint Eastwood film "Richard Jewell." There will be hors d'oeuvres, dinner, dessert, dancing, prizes, and a silent auction, with all proceeds to benefit Special Needs Respite, an organization dedicated to helping parents of children with special needs get a break.



The divorce rate for parents of children with special needs has been estimated at upwards of 85% due to the financial, physical, and emotional toll that the 24/7 care for such children can take. Respite care is a way for these families to stay together, and Special Needs Respite has, since the beginning of 2018, been able to help over 200 families, amounting to over 800 hours of care. Stacy and Tom's vision is to reach as many of the 26,000 families in metro Atlanta that have a special needs child as possible.

Special Needs Respite, a 501c3 organization, was founded in 2017 by Stacy and Tom Georges after seeing a need for a reliable, fast, and local source of funding for respite care for parents of special needs children. The government programs through the state of Georgia that exist typically have waiting lists of up to 10 years due to limited funding. Since it's local to metro Atlanta, Special Needs Respite's application process is streamlined, with an average turnaround time of less than a month for awards. These scholarships can be used throughout the year so these parents can get a break for a simple night out or even a weekend getaway that most of us take for granted.

"Our respite care business (started in 2008) had to turn away so many families who still desperately needed respite, but could not afford it. So my husband and I thought, 'why not provide a way for friends, family, and community to help them?'" shares Stacy Georges.

Tickets for the event can be purchased by going to www.specialneedsrespite.org and are \$85 for a single admission, which includes two tickets good for beer or wine. Business sponsorships are also available. 

PREMIER MARTIAL ARTS OPENS IN EAST COBB



Do you want a fun workout that will improve your self-confidence and self-defense skills? Are you looking for a place that builds your child's confidence and self-respect while improving their health? Premier Martial Arts empowers thousands of students of all ages on a daily basis, and Scott Rubant is opening a new location in East Cobb.

Premier Martial Arts focuses on a combination of techniques found in four effective disciplines: Krav Maga, Kickboxing, Brazilian Jiu Jitsu and Kali. Premier Martial Arts goes above and beyond by also focusing on self-improvement. They combine traditional exercises with modern combat techniques.

Premier instructors go through a very extensive selection process and are put through an intense and rigorous series of training to guarantee the highest quality of instruction. The East Cobb head instructor, David Barnes, has been participating in Martial Arts for 16 years and finds it so valuable that he has been teaching it for 14. He enjoys teaching at Premier because he finds the instruction to be more applicable to life today.

Premier Martial Arts also focuses on character development. Instructors teach young students how to respect their elders, how to be accountable and how to stay in shape in a fun and exciting atmosphere. They empower adult students with the self-confidence to overcome anxieties. All students receive coaching in focus, goal setting, self-discipline and confidence to help keep them on track.

"With my own children I saw how martial arts can improve discipline and focus," said Scott. "I opened Premier Martial Arts because I wanted to provide this same experience to the people in my community."

Members typically attend classes two times per week. The East Cobb Premier Martial Arts offers self-defense classes for women and visits schools to talk about self-discipline and motivation. They also host full-service birthday parties on the weekends.

If you've ever been interested in trying martial arts, now is the perfect time to sign up. Premier Martial Arts is offering enrollment specials prior to opening their doors in April.

Premier Martial Arts is located next to the Kroger at 3162 Johnson Ferry Rd, Ste 270, Marietta, Ga. For more information, visit premiermartialarts.com/eastcobb, email info@pmastcobb.com or call 770-299-9951.

PAID ADVERTISEMENT

2020 March COMMUNITY CALENDAR

EVERY MONDAY

Preschool Storytime and Craft. Bring your preschooler for a fun, interactive story time that includes books, music, rhymes and crafts. Come dressed for mess. 11am. Free. Ages 3-5. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.

EVERY TUESDAY

Gritter Baby Storytime. Introduce your baby to the world of reading through finger plays, bouncing rhymes, music and books. 10:15 am. Free. Ages Birth-18 months. Gritters Library, 880 Shaw Park Road, Marietta/East Cobb. More info: 770-528-2524.

Toddler Tadpoles is for children ages 1-2. It lasts 20-25 minutes and can include stories, finger plays, bean bags, shaker eggs, lots of music, and fun. 10:15am. Free. No Registration required. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730.

EVERY WEDNESDAY

Family Fun Time is for families with children of all ages. It lasts 40-50 minutes and can include books, activities, a short film, parachute play, music, and a craft. 3:30-4:30pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730.

EVERY FRIDAY

The Gritters Knitters. Do you knit, crochet, or work with yarn in anyway? If you would like to get together to craft, get inspired, and make new friends, then this group is for you. All skill levels are welcome the only requirement is your enthusiasm! Just bring your yarn and yourself. Fridays: 10am-1pm. Gritters Library, 880 Shaw Park Road, Marietta. More info: 770-528-2524.

EVERY SATURDAY

Marietta Square Farmers Market features products that are grown and produced in Georgia, including produce, plants, honey, breads, cheese and other items. Saturday 9am-12pm. Rain or shine. Free. Glover Park-Marietta Square, 50 N Park Square, Marietta. More info: 770-499-9393 or mariettasquarefarmersmarket.net.



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THROUGH MARCH 22

Chad Cole: Travel and Transitions. Blending traditional artistic values with contemporary stylizing, Cole is inspired by his environment, passage of time, and his travels throughout Italy and the Deep South. Much artwork in this exhibition explores Cole's chosen themes of the Southern Gothic and the concept of "The American Dream," but he also conveys the impact that travel and gaining new perspective has had on his artistic and personal growth. Tuesday-Friday: 11am-5pm; Saturday & Sunday: 11am-4pm. \$8/Adults; \$5/Students & Seniors; Free/Members & Children under 6. Marietta Cobb Museum Art Museum, 30 Atlanta Street SE, Marietta. More info: mariettabartmuseum.org.

MARCH 6-8, 11-15

A Gentleman's Guide to Love and Murder presented by City Springs Theatre. This murderous and hilarious story about the heir to a family fortune who sets out to speed up the line of succession by using a great deal of charm—and a dash of murder—is filled with unforgettable music and non-stop laughs. Wednesday-Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. Tickets: \$30-\$82. City Springs Theatre, Byers Theatre, 1 Galambos Way, Sandy Springs. More info: www.cityspringstheatre.com or 404-477-4365.

MARCH 6-15

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

MARCH 6-8, 11, 13-15, 18, 20-22, 25, 27-29

Pipeline. Nya, an inner-city public high school teacher, is committed to her students but desperate to give her only son Omari opportunities they'll never have. When a controversial incident at his upstate private school threatens to get him expelled, Nya must confront his rage and her own choices as a parent. But will she be able to reach him before a world beyond her control pulls him away? Wednesday: 11am; Friday: 8pm; Saturday: 7:30pm; Sunday: 2:30pm. Tickets: \$20-\$30. Marietta's New Theatre in the Square, 11 Whitlock Avenue NW, Marietta. More info: 770-426-4800 or www.theatreinthesquare.net.

MARCH 7

Finding Your Revolutionary Roots presented by The Daughters of the American Revolution. Introduction to genealogy, tips and tricks, and tools for organizing your research. The Georgia Room will present information about Cobb County Public Library System genealogy resources. 11am-12:30pm. Free; Registration required. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2730.

MARCH 7

The Georgia Symphony's annual Sensory Friendly Concert. Great music in a sensory friendly environment. With limited seating and carefully crafted (but not watered down) selections of music, this performance is great for those that require a space free of the standard confines of a classical performance. Attendees are able to move about, dance, sing in their seats (or change seats multiple times), wave arms in the air, wear their own ear coverings, and be themselves while enjoying a live classical music performance experience. The GSO is pleased to welcome Ecuadorian cellist Francisco Vila as guest artist for this performance. 2pm. \$9-\$10; children under 5 are free. Marietta Performing Arts Center, 1171 Whitlock Avenue, Marietta. More info/tickets: www.georgiasymphony.org.

Introduction to Online Genealogy. This class will cover the major online genealogy sites such as Ancestry.com, FamilySearch.com, Newspapers.com and Fold3. Learn to navigate each site, how to stay organized, and how to hop between different sites to get the maximum out of online research. 11am-1pm. Free. Sewell Mill Library & Cultural Center, Community Room, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.



Heart of the Family

MARCH 2020 EDUCATIONAL SERIES

Intro to Meal Planning with WellStar's Registered Dietitians

Come learn how to meal plan with WellStar's registered dietitians. Meal planning is all about picking the right recipes, utilizing appliances and taking shortcuts when needed, it does not have to take a lot of time! Some benefits to meal prepping include saving money, cutting down on sodium intake, and allowing for quick meals during the week. Cooking puts you in control of your food choices and almost any dish can be made in a healthy way. Yes, even pasta, pizza and burgers!

WellStar East Cobb Health Park	March 5	12-1 p.m.
WellStar Acworth Health Park	March 13	12-1 p.m.
WellStar Vinings Health Park	March 16	12-1 p.m.
WellStar Cherokee Health Park	March 27	12-1 p.m.

TO REGISTER FOR A CLASS, CALL 770-956-STAR (7827)

WELLSTAR
Cardiac Network

COMMUNITY CALENDAR

MARCH 7

Walton Band Recycling Fundraiser. Recycle metal, paint, document shredding. 9am-3pm; document shredding 9am-1pm. Metal: \$15/vehicle; Monitors: \$20/each; Televisions: \$40/each; Paint: \$2-\$15/price varies by size; Paper Shredding: \$5/bankers box. More info: fundraising@waltonband.org or www.waltonband.org.

MARCH 7-8

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

MARCH 7-8, 10, 13 & 15

Porgy and Bess presented by the Atlanta Opera. Considered the great American opera, Porgy and Bess was inspired by Charleston's Cabbage Row, a 1920s community bound by faith, tears, music, and laughter. In a tender love story, Porgy and Bess seek harmony in the face of addiction and social injustice. Times vary by day. \$42-\$147. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or www.cobbenergycentre.com.

MARCH 8

Atlanta Record & CD Show. The show will feature records, CDs, DVDs, posters, photos and other music memorabilia. 10am-4pm. \$4. DoubleTree by Hilton Atlanta-Marietta, 2055 South Park Place, Marietta. More info: 770-463-2727 or eponstage@charter.net.

MARCH 9

Angst: raising awareness around anxiety. The Angst project is an IndieFlix Original documentary designed to raise awareness around anxiety, with an emphasis on youth and families. The film includes interviews with kids, teens, experts, and parents. Their goal is to help people identify and understand the symptoms of anxiety and encourage them to reach out for help. 6pm. Free. Sprayberry High School, 2525 Sandy Plains Road, Marietta/East Cobb. More info: AngstMovie.com.

East Cobb College Fair. Held in conjunction with the Greater Atlanta Regional Network of college admission representatives who serve the students and families in the Atlanta area. The fair is open to all 10th, 11th and 12th grade students and parents from Lassiter, Marietta, Pope, Sprayberry, Walton, and Wheeler High schools. 6-8pm. Free. Walton High School, 1590 Bill Murdock Road, Marietta/East Cobb. More info: Laurel.Gross@cobbk12.org.

MARCH 10

Gritters Tuesday Afternoon Book Club meets on the second Tuesday afternoon of each month for an active book discussion. Newcomers are always welcome. "Girl Sleuth: Nancy Drew and the woman who created her" by Melanie Rehak will be discussed. 2pm. Free. No registration required. Gritters Library, 880 Shaw Road, Marietta/East Cobb. More info: 770-528-2524.

MARCH 13-15

Cobb Library Book Sale includes books for all ages in both hardcover and paperback, magazines, DVDs and CDs. Prices range from 10 cents to \$4. Sunday bring your own box day, fill it to the top for a great price. Proceeds will enable the library staff to purchase new materials, including books and DVDs. Friday & Saturday: 9am-5pm; Sunday: 1pm-5pm. Cobb Civic Center, 548 South Marietta Parkway SE, Marietta. More info: 770-528-2320 or www.cobbcat.org/how-do-i/support-the-library/book-sale.

MARCH 13-15

American Craft Council Show. Come meet and shop for crafts like you've never seen before from more than 250 of the country's top contemporary jewelry, clothing, furniture and home decor artists. Friday: 10am-8pm; Saturday: 10am-6pm; Sunday: 11am-5pm. \$13/Day: \$5/ Friday after 5pm; Free/ACC member & 12 and under. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 612-206-3100 or shows@craftcouncil.org.

Coppelia and the Magical Toy Shop presented by Georgia Metropolitan Dance Theatre. Join Swanhilda and her friends as they uncover the mysteries hidden in the magical toy shop of mad inventor Dr. Coppelius. Will Franz win the heart of the mysterious girl in the window? Will Dr. Coppelius be successful in bringing his doll Coppelia to life? This show guarantees to delight the entire family with plenty of humor and magic. Friday: 7:30pm; Saturday: 2pm & 7:30pm; Sunday: 2pm. Tickets: \$15-\$35. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info/tickets: 678-287-9020 or georgiametrodance.org.

MARCH 14

Holi: Festival of Colors. Holi, the Hindu Festival of Colors is celebrated every spring. Come celebrate Holi, spring and friendship. We will have brightly colored powder so come dressed for mess and bring a change of clothes. 2-3pm. Free. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.

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EAST COBBER

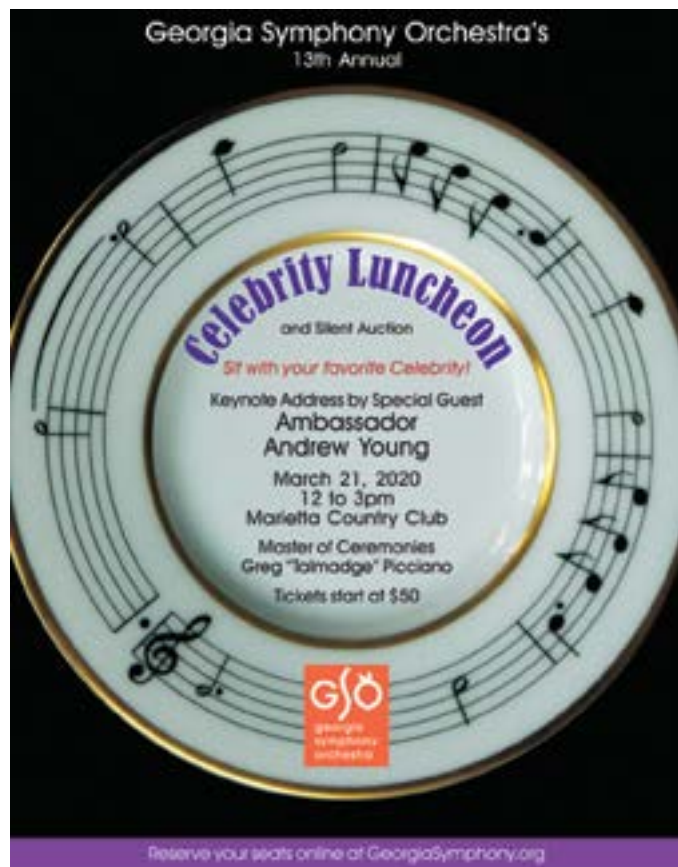
**NEXT ISSUE: APRIL • DEADLINE: MARCH 17
CALL EAST COBBER: 770-640-7070**

MARCH 14

Hyde Farm Tour. A wonderful way to spend your Saturday morning, walking and learning the history of life on the farm in Cobb County with a 45-minute tour. Treat yourself to the 135 acres that make up the farm, including natural features such as the Chattahoochee River and forested areas, as well as terraced agricultural fields and our resident chickens that always welcome the public. 10am & 11am. Free, but registration required. Hyde Park Road, Marietta/East Cobb. More info/Registration: www.cobbcounty.org/parks/events/hyde-farm-tour.

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

Snyovus Grand Opening-Sandy Plains Marketplace. Come meet the Snyovus team in the newest location. Swing by to enjoy complimentary food, drinks, face painting, balloon art and enter to win prizes. Special guest Rachel Ryan from Q99.7 will be on hand. 10am-noon. Free. Snyovus Bank, Sandy Plains Marketplace, 3460 Sandy Plains Road, Marietta/East Cobb. More info: snyovus.com.



MARCH 14

Tappin' Out Homelessness Fundraiser benefitting The Drake House. Young Professionals Advisory Council puts on this event to raise awareness, increase involvement, and create new funding opportunities for The Drake House. Live music featuring over 10 local artists, a raffle auction, wine pull and two food trucks. 2-6pm. Admission free. Truck & Tap Alpharetta, 30 Milton Avenue, Alpharetta. More info: 770-530-5463 or ypac@thedrakehouse.org.

The Romantic Greats. Enjoy the Georgia Philharmonic present Brahms Violin Concerto in D major, Schumann's Symphony No. 3 in E-flat Major and Colin Ogg who will guest-conduct the Academic Festival Overture. 7pm. \$10-\$50. Lassiter High School Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info/tickets: georgiaphilharmonic.org.

MARCH 14-15

Model Train Show sponsored by the Piedmont Division of the National Model Railroad Association (NMRA). Devoted to the development, promotion, and enjoyment of the hobby of model railroading. Over 250 vendor tables, club display layouts, kid's operating layout, annual raffle layout, door prizes, and white elephant tables to sell your used trains. Saturday: 10am-5pm; Sunday: 10am-4pm. \$10/Adults; Free/8 and under & Scouts in uniform. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: 770-707-5019 or www.themodeltrainshow.com.



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



COMMUNITY CALENDAR

MARCH 15

Atlanta National College Fair. Students and parents can meet one-on-one with admission representatives from a wide range of national and international, two- and four-year colleges and universities. Learn about admission requirements, financial aid, campus environment and discuss individual needs with onsite counselors. 12:30-4pm. Free. Georgia International Convention Center, 2000 Convention Center Concourse, Atlanta. More info: 571-551-5275 or collegefairs@nacacnet.org.

The Georgia Bridal Show. Meet wedding professionals and find everything you need in one place and in one day! Meet the photographer behind the photos, taste the cake, listen to the DJ's music, see the gowns and tuxedos in person, talk to a honeymoon specialist about the right trip for your budget, and more. 1-5pm. \$15/at door; \$10/online. Cobb Galleria Centre, 2 Galleria Parkway SE, Atlanta. More info: www.georgiabridalshow.com.

MORE ONLINE
For late-breaking events
this month, visit
www.eastcobb.com

MARCH 15 - MAY 31

Eco-Tinker: Interactive Exhibits. Head outdoors for a nature-inspired tech and tinker stations where you can experiment and explore. There's plenty to play with while you learn at STEM stations. Members: Free. \$10/Adult, \$6/Child (3-12), \$7/Senior 65+ & Student (Ages 13-18), Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

MARCH 16

KSU Jazz Combos. Several KSU student jazz combos perform a variety of standards and hits by jazz greats and more. 5:30 & 8pm. Tickets: \$5-10. Kennesaw State University, Bailey Performance Center, Scott Hall, 488 Prillaman Way, Kennesaw. More info: 470-578-6650 or arts.kennesaw.edu/music.

MARCH 17

Museum Mice Tours: Following Murray's Treasure Map.

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.

The Junior Jackets PTSA



Jewelry • Spring Items • Artwork
Home Decor • Candles • Pet Items
Yard Art • Clothing • Raffles • Music
Fun • Food • Mother's Day • Easter

Saturday, March 21 | 9am - 6pm
Sunday, March 22 | 12pm - 6pm

JJ Daniell Middle School
2900 Scott Rd. Marietta, GA 30066

A SPECIAL WORSHIP EVENT

LIVING HOPE

SUNDAY, MARCH 29

JESUS > EVERYTHING

8:30a 9:50a 11:15a

JOIN US

GOOD FRIDAY



APRIL 10 AT NOON
JF SANCTUARY

Johnson Ferry Baptist Church
955 Johnson Ferry Road Marietta, GA 30068
johnsonferry.org



MARCH 17

Q.U.E.S.T. College Fair East. Q.U.E.S.T. stands for Question-Understand- Explore-Search-Target. Various college representatives from colleges and universities throughout Georgia and the greater southeastern region will be in attendance. This event is open to all students and parents. 6-8pm. Hillgrove High School, 4165 Luther Ward Road, Powder Springs. More info: www.hillgrovehighschool.org.

MARCH 20-22

Atlanta Home Show. Features hundreds of home improvement exhibitors, live radio broadcasts, product demonstrations and presentations by experts. Friday: 10am-6pm; Saturday 10am-8pm; Sunday: 11am-5pm. \$10/Adult (at the door); \$8/Adult (online); Free/seniors & children under 12. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: www.atlantahomeshow.com.

MARCH 20-22

Bellpoint Gem Show. Bellpoint Gems sources from around the world a specially curated collection features beautiful crystals, gems, minerals, fossils and jewelry spanning from all over the globe. Friday & Saturday: 10am-6pm; Sunday: 10am-5pm. \$5/Adult; Free/under 15 with paid adult. Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More info: www.bellpointpromotions.com.

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EASTER



APRIL 12
8:30 / 9:50 / 11:15
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woodacresschool.org

COMMUNITY CALENDAR

MARCH 21

3rd Annual Rockin' for Respite. Enjoy dinner and drinks and silent auction along with fantastic music by 120 East to raise money to help parents of special needs kids get a well-deserved break. Hear about what Special Needs Respite has been doing to help the parents of special needs kids in metro Atlanta. 6-10pm. Tickets: \$85. The Legacy Theater, 12150 Morris Road, #7, Alpharetta. More info/tickets: www.accelevents.com/e/RockinForRespite.

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

Georgia Symphony's Celebrity Luncheon. Don't miss your opportunity to dine with a southern notable, participate in silent and live auctions, and support the symphony you know and love. The 2020 Celebrity Luncheon keynote speaker is living legend Andrew Young, former ambassador to the United Nations, former congressman, past mayor of Atlanta, and civil rights leader. Proceeds from the event will benefit the GSO's musical performance, youth education and outreach programs. Noon-3pm. Tickets start at \$50. Marietta Country Club, 1400 Marietta Country Club Drive, Kennesaw. More info: www.georgiasymphony.org

Pop in for Family Fun. Provides children and their families the opportunity to interact with history. This month's theme is transportation. 10:30am-3:30pm. \$5/person with \$20 family cap. Marietta Museum of History, 1 Depot Street, Marietta. More info: www.mariettahistory.org/events.

MARCH 21

Spring Concert Series at Sewell Mill Library & Cultural Center. Featuring The Flute Choir of Atlanta plus special guest Andean Dawn with music of the Andes. Held in the outdoor amphitheater--weather permitting. Bring your lawn chairs and a picnic. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: 770-509-2711.

MARCH 21-22

Junior Jackets PTSA Craft Show. Hosted by the JJ Daniell Middle School PTSA. Vendors displaying jewelry, spring items, artwork, home decor, candles, clothing, pet items and yard art. Find items for Easter and Mother's Day. Enjoy music, food and raffles. Saturday: 9am-6pm; Sunday: Noon-6pm. Free. JJ Daniell Middle School, 2900 Scott Road, Marietta.

MARCH 22

Franz Joseph Haydn's Lord Nelson Mass. The Michael O'Neal Singers present this unique work, in that it is scored for an orchestra of three trumpets, timpani, strings, and organ, but no woodwinds. Budgetary restraints because of the war had required to dismiss his woodwinds and have the organ play what they would normally have played. However, rather than diminish the piece, this instrumentation, along with superb choral writing and virtuosic vocal solos combines to create one of the most impressive musical creations of its time. 3pm. Tickets: \$23/Adults, \$18/Students & Seniors in advance; \$25/Adults, \$20/Students & Seniors at the door. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. More info/tickets: www.mosingers.com.

MARCH 23

Quarternity presented by the Atlanta Youth Wind Symphony. This concert will feature the soaring work of film composer Bruce Broughton. 8pm. \$10. Lassiter High School Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info/tickets: www.ayws.org.



SPRING FESTIVAL

TUESDAY, APRIL 7 | 4PM - 7PM

MEET THE EASTER BUNNY

PETTING ZOO | KIDS CRAFTS | & MORE!

VISIT AVENUEEASTCOBB.COM/EVENTS FOR MORE INFORMATION.

THE AVENUE
East Cobb

MARCH 26-27

The Light in the Piazza presented by KSU Opera Theater. Book by Craig Lucas and music and lyrics by Adam Guettel. 8pm. \$5-10. Kennesaw State University, Bailey Performance Center, Scott Hall, 488 Prillaman Way, Kennesaw. More info: 470-578-6650 or arts.kennesaw.edu/music.

MARCH 26-28

Seussical KIDS presented by The Little Actors' Studio, Murdock Elementary School's drama club. Thursday & Friday: 7pm; Saturday: 2pm and 5pm. \$10. Dodgen Middle School, 1725 Bill Murdock Road, Marietta/East Cobb. More info: www.littleactorsstudio.org.

MARCH 27-28, APRIL 3-4

Spring Native Plant Sale. Attract butterflies, pollinators, birds and more to your garden by adding native plants. Over 120 species of plants available, and horticulturists and knowledgeable volunteers on site to help you plant the garden of your dreams. Herbs and veggies for the edible garden and more. 10am-5pm. Free Admission to garden area. Chattahoochee Nature Center, 9135 Willeo Road, Roswell 30075. More info: 770-992-2055 or chattnaturecenter.org.

MARCH 27-29

Giselle presented by The Atlanta Ballet. One of the most enduring romantic ballets of all time. After a young peasant girl named Giselle is deceived by her true love, Albrecht, she falls into a fit of despair and dies of a broken heart. A woman scorned, she is destined to rise from the grave with the vengeful otherworldly beauties known as the Willis, entrapping men who unwittingly cross their paths. At once beguiling and maleficent, the Willis capture Albrecht and condemn him to dance until his death, but the power of Giselle's enduring love protects him and ultimately sets them both free. Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. \$22-\$127. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: www.cobbenergycentre.com.

MARCH 28

The Fabulous World of Fungi. Join Sam Landes and Suzanne Rief from the Mushroom Club of Georgia as they introduce us to the fabulous world of fungi! The program will include an introduction to fungi, identification of fungi, as well as a fun, hands-on activity that will show you how to build your own oyster mushroom garden. Each participant will take home his or her own garden that will produce edible oyster mushrooms in about 3 – 4 weeks. This program is for adults and children 8 years and up. 1:30-3:30pm. \$5 cash on the day of the program. Registration required. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info/registration: 770-528-2725 or www.cobbcat.org.

MARCH 29

St. Catherine's Concert Series presents the Kennesaw State University Piano Quartet, featuring faculty of KSU including violinist Helen Kim (Professor of Violin), cellist Charae Krueger (Artist-in-Residence in Cello), pianist Robert Henry (Director of Piano Studies, Assistant Professor of Music) and violist Cathy Lynn (Associate Principal Viola, Atlanta Symphony Orchestra). The centerpiece of the concert will be Brahms' Piano Quartet in G Minor. A reception follows the concert with opportunity to meet the artists. 4-5:30pm. Free; donations accepted. St. Catherine's Episcopal Church, 571 Holt Road, Marietta/East Cobb. More info: www.stcats.church/concerts.

Winter Concert. Under the direction of Alfred Watkins and Bob Cowles the Cobb Wind Symphony presents their Winter Concert. 3pm. Free; donations accepted. Lassiter High School Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info: www.cobbwindsymphony.org.

APRIL 2-5, 8-12, 15-19

Bright Star presented by Georgia Ensemble Theatre. A newspaper editor in 1940s North Carolina sets out to find the true story of her difficult history in this homey musical that moves between the present and the past. A heartwarming Appalachian story built around a gorgeous bluegrass score. Times vary by day. \$28-\$43. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/tickets: www.get.org.

APRIL 3-6

NCAA Final Four Fan Fest. A sports wonderland of interactive games, special celebrity and athlete appearances, and autograph signings presented by Capital One. You can knock it out of the park at Home Run Derby, participate in one of the free cheer clinics taking place over the weekend or climb to the top of the rock wall. Friday: Noon-8pm; Saturday: 10am-8pm; Sunday: Noon-8pm; Monday: Noon-8pm. \$10/Adults; \$5/Military, Seniors (60+); College Students. Georgia World Congress Center, 85 Andrew Young International Boulevard NW, Atlanta. More info/tickets: www.ncaa.com/final-four/fan-fest/overview.

APRIL 5

Family Fun Day. Enjoy the Marietta Cobb Museum of Art with free admission on the first Sunday of the month. 1-4pm. Free. Marietta Cobb Museum of Art, 30 Atlanta Street, Marietta. More info: mariettacobbartmuseum.org.

@eastcobber



PET OF THE MONTH: HADLEY

Submitted by Frances Gilliam



Animal/Breed: Mixed cat

Age & Gender: 3 year old male

Favorite food: Cat treats

Favorite person: Matthew and his Dad

Best trick: Jumping from second floor stairwell
to the 1st floor

Turn ons: Treats and love

Turn offs: Chihuahuas

Favorite toy: Fishing pole

Last seen: Today

Reason he is special: Best friend to an autistic child

SHOULD YOUR PET BE OUR PET OF THE MONTH?

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

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

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

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

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EAST COBBER

770-640-7070



EAST COBBER ANNOUNCES FIRST ANNUAL **EAST COBBER PET PALOOZA** PLAY + SHOP + LEARN + ADOPT

Mark your calendars for EAST COBBER's First Annual Pet Palooza! This very pet-friendly event will be held May 17 from 1-5pm, at the McCleskey East Cobb YMCA, 1055 East Piedmont Road in Marietta/East Cobb. Admission is FREE!

This family-friendly event will feature all creatures cute and cuddly, furry, feathered and scaled of all sizes, shapes and colors. Spend the afternoon with your pet and enjoy events for both you and your favorite furbaby! Come play, shop, learn and adopt while you join in on one of the many fun, pet activities, contests and games!

Hosted by the East Cobb YMCA, the EAST COBBER Pet Palooza will include pet adoptions, agility demonstrations, pet contests, a pet parade and "Ask the Trainer" stations. Attendees will have the opportunity to visit unique pet boutiques, shop for gourmet treats and clothing and even adopt a pet of their own. Activities include pet care education, pet services, pet food and supplies drive, free samples, training demos, a Bark-B-Que, food, DJ music & more.

"The Y is the leading nonprofit committed to strengthening community by connecting all people . . . Community events like Pet Palooza bring so much excitement to East Cobb and partnering with the EAST COBBER allows us to fulfill our mission of bringing the community together in a fun way!," said Becky Shipley, Director of the McCleskey East Cobb YMCA.

Is your dog the cutest out of the pack? Does your terrier wow you with tricks? Is your pooch full of personality? Then, sign up for one of the contests to be held at the EAST COBBER Pet Palooza and show us what makes your dog so extra special! Here's the pet contest line-up:

1:30pm: Kids and Critters Pet Parade

2pm: Pet Costume Contest

3pm: Pet Talent Contest

4pm: Pet/Pet Owner Look-alike Contest

Submit your furry friend to star in any one of these contests by completing the pet contest form available at eastcobber.com/pet-palooza.

Note: You can bring your pet – just make sure that you have proof of current age-appropriate immunizations (rabies) and that your canine companion is on a non-retractable lead. All well-behaved pets are welcome!

"At EAST COBBER, we take pride in creating new and unique events that include residents of all ages and from all backgrounds, and that includes our four-legged residents," said Cynthia Rozzo, Founder and Publisher of the EAST COBBER. "We are looking forward to bring this family-friendly event to East Cobb!

Join us for East Cobb's first Pet Palooza! For more information, visit the eastcobber.com/PetPalooza or give EAST COBBER office a call at 770-640-7070. 🐾



FIRST ANNUAL EAST COBBER

Pet Palooza

HOSTED BY EAST COBB YMCA

Sunday, May 17 🐾 1-5pm

More Info: 770-640-7070

BRING YOUR PET

DINING GUIDE

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Chicago's Restaurant

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Celebrating 25 years in the neighborhood, eat where the locals eat! Relaxed dining, warm hospitality, offering a wide selection of entrees, hand crafted cocktails and terrific wine list. Cozy bar. Live music on Wednesdays, Fridays and Saturdays. Now offering Sunday Brunch 11am-2pm.
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www.chicagosrestaurant.com

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Clean Juice is a USDA Certified Organic Juice Bar. Their juices, smoothies, acai bowls, Greeno bowls, toasts and detox cleanse packages offer the perfect healthy made-to-order meals for on-the-go families.
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www.fujihanaeastcobb.com

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A neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere.
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770-579-6800
www.jchristophers.com

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www.kalemecrazy.net

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Lunch: Mon-Sat: 11am-3pm;
Mid-day Menu: Tues-Sun: 3-5pm
Dinner: Tues-Thurs: 5-9pm;
Fri-Sat: 5-10pm; Sun: 5-9pm
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www.themillkitchenandbar.com

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www.newluckychina.com

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>Asian/Tex-Mex Fusion
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www.rollonin.com

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Michelle O'Shaughnessy
- Community Marketing Executive

EAST COBBER
East Cobb businesses along Roswell Road and in 30068, call:

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or e-mail
michelle@eastcobber.com





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“ROLL ON IN” TO NEW EAST COBB RESTAURANT



Suzanne and Monte Jump

“It’s funny,” mused Monte Jump, who along with wife Suzanne recently opened Roll On In, an innovative Asian/Tex-Mex Fusion casual eatery in East Cobb, “the Sushi Donut has gotten its

own following.” The scrumptious Sushi Donut is not the only star at Roll On In, another notable includes the “Shaggy Dog,” one of the signature bowls with tempura shrimp, crab mix, avocado, cream cheese, spicy mayo and crunchy tempura strips that commands you to simply admire its beauty before devouring it. With fresh veggies, tasty proteins and sauces—13 unique ones—all freshly prepped daily and ready to combine in any manner the customer sees fit, consistent 5 star reviews from East Cobbers is no surprise.

The Jumps relocated from Nashville 4.5 years ago and love calling East Cobb home. Monte, an experienced marketing and operations officer for several large restaurant chains and Suzanne, a restaurant accounting executive feel God brought them to this new journey for their family. “Our mission is to glorify God in all we do. Our heart is to honor others and serve with joy. Everyone is welcome at our place,” stated Suzanne.

Roll On In is a relatively new chain and the East Cobb location is the first in the Atlanta market. “I am a terribly picky eater,” shared Monte. “When I tried the food, I thought it was incredible and so unique—bursting with extraordinary flavor. We differentiate ourselves from others by investing hours in preparing fresh food, always giving the option to custom order, and then presenting our food with an upscale feel. You can eat healthy or indulgent here, either way, it is delicious.”

Roll On In is located at 1100 Johnson Ferry Road, #365, Marietta 30068; open 11am-9pm daily. For more information, visit www.rollonin.com or call 678-567-7925. Catering and delivery are on the horizon.



PAID ADVERTISEMENT

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INTERVIEW WITH A MINDFUL STUDENT

By Lisa Wellstead, Corporate Mindfulness Coach and Educator

Mindfulness is being aware. It's noticing and paying attention to thoughts, feelings, behavior, and everything else. Mindfulness can be practiced at any time, wherever we are, whoever we are with, and whatever we are doing, by showing up and being fully engaged in the here and now.

Over the holiday I had an opportunity to sit down with William Ellsworth, Walton High School's (Class of 2019) Valedictorian, Presidential Scholar, Freshman at Stanford University, and friend of my daughter, Katie. Even months after Katie's graduation I was still intrigued by his surprising "salamander" commencement speech, which ended with a funky-cool rap song. William captured our hearts and attention so eloquently. If you were in the auditorium with me that day you know-- his speech flowed so effortlessly and authentically. He literally had us belly-laughing and yet his message was so poignant at the same time. So how could someone so young know so much about life's struggles and offer so much wisdom for navigating those challenges at such a young age? As a mindfulness educator I was sure he must have had some formal mindfulness training that helped inform the wisdom in his speech. I invited him to sit with me and share his experience with mindfulness training. I invited Katie to share in our conversation too.

LW: William, what brought you to mindfulness meditation?

William: "I guess sometime in middle school my dad introduced me to a few guided meditations on CD and it was pretty cool. I found it really helpful dealing with everything, you know—in middle school"

LW: Yes, we definitely know how stressful middle school can be! We've lived through it a few times.

William: "Yes, and then around my sophomore year at Walton, I knew I needed something more. I

needed some way to release, and skills to help me keep things in check. So I started googling more on mindfulness and I found a MBSR (Mindfulness Based Stress Reduction) retreat close by. I've been meditating ever since."

LW: So how does mindfulness help you? I imagine the rigor is exceptionally challenging and competitive at Stanford, are you still practicing?

William: "Yes, it's super challenging, but it's actually really manageable. I use the mindfulness tools that resonated with me most. I try to meditate for 20 minutes every day as best I can. It's funny because a lot of people think they don't have time to fit in an extra 20 minutes, but it's the reverse. I don't have time not to meditate. I get a lot more done because I'm more clear-headed and focused. I have more clarity around what's most important in the moment to channel my attention on so I can stay on track. So for me it's just a more efficient way to manage my time and energy. It gives me a way to deal with all the challenges and pressure and not waste energy stressing so much about it all."

LW: Really cool. So, beyond the meditation aspect, has mindfulness practice helped you in other ways?

William: Totally! It makes all of it more enjoyable. Mind-fulness taught me how to find value in the process versus the end goal—which really resonated with me. It felt really freeing, and so I've applied it to my day-to-day life. It gives me the skills to see my goal-wanting mind for what it is, and then to let go of the thoughts that might actually be undermining what I want. It's really good stuff."

LW: That's pretty cool that you're so disciplined with it, what's your secret?

William: "A lot of my college friends are daily meditators too, so that makes it easier; to be in a community that embraces it. I have one friend who meditates an hour every day. He said that if he doesn't commit to it, he knows that he'll lose far more time by becoming distracted and mentally lazy. That inspires me to stay with it too, even if it's just the minimum effective dose. I'm hoping to connect more with the mindfulness community there if I can."

LW: I might be able to help you with that. I love how you've figured out how to use mindfulness selectively, customizing it in a way that serves you the most. I think sharing this experience might inspire others to do the same, and maybe remove some of the stigma around seeking support. So many teens walk around in silent-crisis and don't know where to go for help.

William: "I hope I can help. It's really good stuff!"


Parents, can you imagine what our schools would look like, how different life would be if we introduced these skills to students at a young age? There are so many wonderful stories with results just like William's. Who would **you** be if you could experience life with less stress and more fulfillment and joy? Start writing your life-changing story. 📖










Lisa Wellstead is a Corporate Mindfulness Coach and Educator in Mindfulness-Based Learning Programs. She offers mindfulness trainings for stress-resilience, performance, and wellbeing. Lisa has introduced mindfulness skills to Fortune500 executives, doctors, nurses, counselors, teachers

and fire-fighters; supporting high-performance professionals and parents. A few of her clients include Cobb County School District, Northside Hospital, General Electric, SunTrust Bank, and The Georgia Institute of Real Estate Managers.







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HEALTH & WELLNESS

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135 Norcross Street • Roswell 30075
678-870-2020 • LiveOakDermATL.com
Monday-Saturday (variable)

Live Oak Dermatology was started by board certified dermatologist Brent Thomas Goedjen, MD, with the goal of providing high quality dermatologic care to community. They are located next to the public library in downtown historic Roswell. Online scheduling is available 24/7 through our website at LiveOakDermATL.com. Saturday hours are also available.

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Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068
770-479-9999 • www.NiaDentistry.com
Mon-Thurs: 8am-5pm; Fri: 8am-4pm;
Sat: by appointment 9am-2pm

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

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678-540-1518 • www.studio348forwomen.com

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770-755-5077 • clubpilates.com/merchantswalk

Sun-Sat: 6am-9pm

Club Pilates Merchants Walk offers more than just low-impact, full-body workouts. With a range of class offerings that challenge your mind as well as your body, Club Pilates provides a path to a richer, more-f fulfilling life. We can't wait to meet you!

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678-737-4951 • www.advancedurology.com

Mon-Fri: 8am-5pm

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Saturday: 8am-12pm, Sunday: 10am-6pm

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EAST COBBER

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EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR MARCH

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.

Pajama Party Movie (#16358)

Friday, March 6 • 1-4:30pm

\$10 Cobb resident; \$12 Non-resident

It's pajama party time! Enjoy popcorn, soda, finger food & beach movies with Annette Funicello on the big screen TV. Enter the PJ contest with a chance to win prizes. Kick back, enjoy movies and stay cozy! Fundraiser event to benefit East Cobb Senior Center.

Free Hearing Screening

Friday, March 6 • 9am-12:00pm

Free; No registration required.

Is your hearing causing you concern? Have it checked out and get a free screening from Dr. Bret Greenblatt.

History Corner: The Story of Women and Art (#13383)

Tuesday, March 10 • 1-2pm

Free; Registration required

In this three-part series, Professor Amanda Vickery explores the story of female creativity through the ages with a fascinating art history tour from the Renaissance to the 20th century.

Keeping Your Feet Happy (#13740)

Wednesday, March 11 • 11:45am-12:45pm

Free; Registration required

You will learn tips to keep feet happy, exercises to maintain foot health, causes of pain around the foot and ankle. Complementary lunch will be served.

Sleepy Time (#13594)

Friday, March 13 • 10-11am

Free; Registration required

You will learn the importance and benefits of sleep, dangers of not getting enough sleep, ways to fall asleep faster, and stay asleep longer.

Cooking with Pampered Chef (#13385)

Friday, March 13 • 11:30am-1pm

\$8; payable to the instructor. Registration required.

Pampered Chef, Cherie Beasley, will show you how to prepare delicious spring salads.

Downsizing (#13546)

Friday, March 20 • 10-11am

Free; Registration required

People say the thought of moving out of a home they have lived in for decades is often overwhelming. Learn how others just like you have overcome their fears and made the decision to downsize.

Famous Crimes (#13382)

Wednesdays, March 25-May 13 • 1-3pm

Free; Registration required

Studying noted recent crimes as well as those notorious crimes of the past will help you against the evil of today. Discussion by the class is welcomed. Some examples of cases covered in the past include: Lizzie Borden, OJ Simpson, Blood Mountain, and Ted Bundy.

Weather Safety (#13380)

Friday, March 27 • 10-11am

Free; Registration required

Attend our seminar to learn weather safety tips. Learn tornado, flood, thunderstorm tips.

AARP Smart Driver (#12308)

Thursday, March 26 • 9am-4pm

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

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

Biography Corner: Ruth Bader Ginsburg (#13384)

Tuesday, March 31 • 1-2pm

Free; Registration required

At the age of 85, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a lengthy legal legacy while becoming an unexpected pop culture icon. Explore her unique and unknown personal journey of her rise to the nation's highest court.

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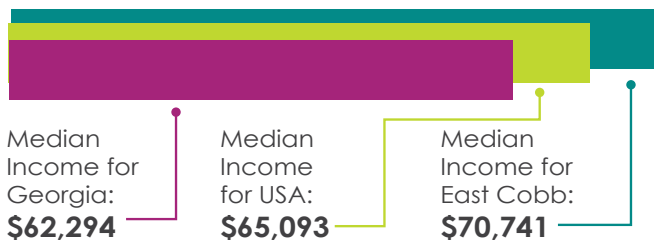
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EAST COBBER: Serving East Cobb County since 1993

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

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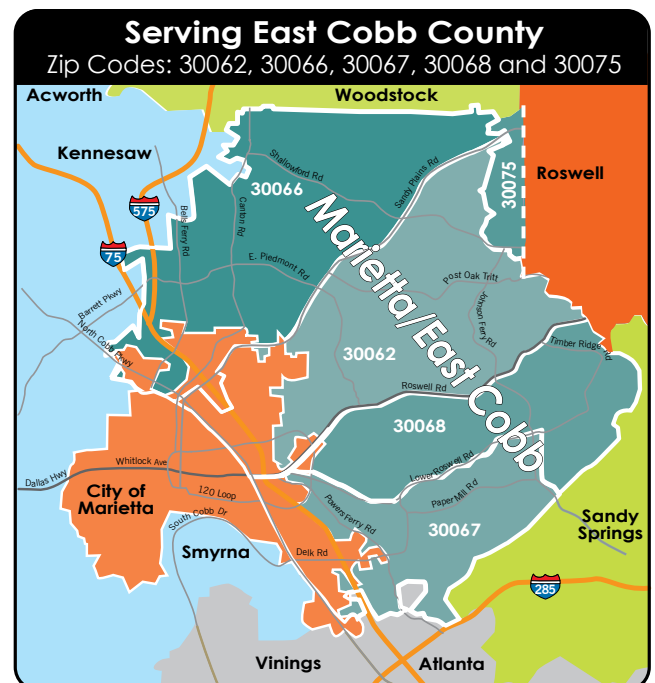


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CLUB CALENDAR

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Georgia Perennial Plant Association. 3rd Monday of the month. 7pm. Atlanta History Center, 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 Hefflin, 404-317-5201.

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

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

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

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

Marietta Lions Club. 2nd Thursday of the month. 6:30pm. 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 msbnsccaroswell@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. Tuesdays, 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.

Second Saturdays. 9am-Noon. A stand alone session for those contemplating or starting the divorce process. Sessions are normally every other month on the second Saturday, 559 West Crossville Road, Roswell. More info: 404-357-8405 or www.secondsaturday.com/locations/georgia009.

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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2020 EAST COBBER 2020

Special Sections Calendar

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

The following special sections are planned for 2020.

APRIL



EXPANDED SUMMER DAY CAMP GUIDE

Ad Close: 3/16/2020
Issue Date: 4/2/2020

MAY



MOTHER OF THE YEAR MORE DAY CAMPS

Ad Close: 4/15/2020
Issue Date: 5/7/2020

JUNE/JULY



SUMMER FUN FATHER OF THE YEAR

Ad Close: 5/15/2020
Issue Date: 6/4/2020

AUGUST



BACK TO SCHOOL GUIDE EAST COBB DINING GUIDE

Ad Close: 7/15/2020
Issue Date: 8/6/2020

SEPTEMBER



PARADE & FESTIVAL GUIDE

Ad Close: 8/17/2020
Issue Date: 9/3/2020

OCTOBER



PRIVATE SCHOOL GUIDE

Ad Close: 9/15/2020
Issue Date: 10/8/2020

NOVEMBER



PET GUIDE

Ad Close: 10/15/2020
Issue Date: 11/5/2020

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