March 2023

FREE Take One! 30 Years

JENNIFER XU #1 TOP AGENT at **KELLER WILLIAMS REALTY** ATLANTA NORTH ASSISTANT BROKER

> Easter Events PAGE 12-13 | Community Calendar PAGES 14-17 Home & Garden Guide PAGE 20-23 | Health + Wellness PAGES 24-27

Money

CREDIT UNION OF GEORGIA

A CD Special to Get Excited About...

50%

15 Month Certificate of Deposit

Valid on New Money Only.

Learn More at www.CUofGA.org

*Annual Percentage Yield. Valid on new money only. Funds currently on deposit with Credit Union of Georgia are not eligible for rate advertised. Program, rates, terms, and conditions are subject to change without notice. Deposit rate is dependent upon the date the funds are deposited. An early withdrawal fee may be imposed on Certificates of Deposit. Contact Credit Union of Georgia directly at 678-486-1111 for current rates, terms and conditions.

APY*



GRAND PRIZE: MUST PURCHASE BOTOX, JUVEDERM, OR COOLSCULPTUING DURING

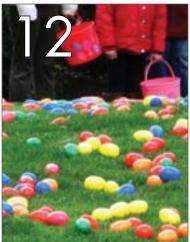
THIS **ISSUE**





FEATURED

7FUNDS RAISED FOR
THE DRAKE HOUSE14 COMMUNITY CALENDAR10GEORGIA SYMPHONY'S
CELEBRITY LUNCHEON18 PET OF THE MONTH12EASTER EVENTS24 HEALTH & WELLNESS19CONSIGNMENT SALES28 SENIORS



FVFRY MONTH

EAST COBBER

P.O. Box 680455 • Marietta, GA 30068 770-640-7070 • www.eastcobber.com **Volume 30 | Number 3**

Publisher LAREN BROWN laren@eastcobber.com • 770-<u>880-0965</u>

> Founder CYNTHIA ROZZO

Graphic Designer: Tamara Stephens Digital Editor: Ashley Antonini Online Promotions: Tiffanie Abernethy

www.eastcobber.com www.facebook.com/EastCobber www.twitter.com/eastcobber



EAST COBBER of Georgia is published by EAST COBBER of Georgia, LLC. Copyright ©2023 by EAST COBBER of Georgia, LLC. All rights reserved. Reproduction or any use of editorial or pictorial content in any manner, without written permission,

is prohibited. Any opinions expressed here do not necessarily represent the views of the EAST COBBER of Georgia. EAST COBBER of Georgia 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 of Georgia is distributed free to homes, schools, and 200+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068 and 30075.

Comments and stories are always welcome. Please address all correspondence to laren@eastcobber.com. Subscriptions are available for \$20/year. Send check or money order payable to EAST COBBER of Georgia to the above address.

Hey! EAST COBBER has an email newsletter! Get a weekly rundown of local news, events and happenings sent straight to your email! Sign up at eastcobber.com

Family. Friends. Community.

770-956-1688 www.ronsprouse.com

Ron Sprouse

State Farm



Bio East Cobb 1311 Johnson Ferry Road Meletta, Georgia 30068 678 310 0756 | bioastocob/#bioblowdrybar.com



\$10 OFF RETURNS UNDER \$250

Coupon may not be

combined with any other offer.

WITH SIX MONTH CONTRACT

CALL FOR RATE

Coupon may not be

combined with any other offer.

John Michael Miller, CPA, Inc. BY APPOINTMENT + FAX • MAIL

1033 Sandy Plains Rd., Suite E • Marietta, GA 30066

(770) 419-3399 (Phone) (770) 419-2028 (Fax)

johnmillercpa@gmail.com

- www.IncomeTaxPreparation.com
- Homeowners \$320 (for most returns)
- Corporate Returns & Partnership Returns
- Monthly Business Accounting
- Now on YouTube.
 Visit us at www.YouTube.com/johnmillercpainc

As you know, tax time is once again upon us. Have your tax return prepared by a CPA with over 20 years experience preparing tax returns. You will receive fast, reliable service at reasonable rates.

Your Federal and State returns will be carefully prepared to make sure that you get every deduction to which you are entitled. You will also be advised on how to keep your taxes as low as possible for next year.

INCOME TAX PREPARATION

PAYROLL

WITH SIX MONTH CONTRACT

CALL FOR RATE

Coupon may not be

combined with any other offer.



PUBLISHER'S NOTE



Planning this issue and seeing it come together, I can't help but think how lucky I am to be able to raise my family here. East Cobb is such a vibrant community that is full of events and activities that bring people together. As the weather warms up and the flowers start to bloom, it's time to get out and enjoy all that our community has to offer. That's why we have scoured the area to find the best events for you and your family to enjoy.

Easter is coming, and that means fun

Easter egg hunts will be hosted around the East Cobb community. Check out pages 12&13 for a list of local Easter Egg Hunts. Another sign of spring is the consignment sales all around town. Page 19 provides a comprehensive list of local consignment sales.

And as we welcome the arrival of spring, the warmer weather and longer days offer a perfect opportunity to rejuvenate our homes and outdoor spaces. On pages 20-23, you will find local businesses to help you do that in the Home and Garden Guide.

On March 17th many of us will celebrate St. Patrick.

"May the road rise up to meet you, May the wind be always at your back, May the sun shine warm upon your face, The rains fall soft upon your fields and, Until we meet again, May God hold you in the palm of His hand."

This is a very popular Irish blessing that can be interpreted as a wish for community and home. It expresses a desire for good fortune, protection, and a sense of belonging. The lines "May the wind be always at your back" and "The rains fall soft upon your fields" can be seen as a metaphor for having the support of the community and a comfortable home to return to.

I hope this edition inspires you to get out and enjoy all that our community has to offer and to bring a little bit of spring into your home, garden, and life.

Laren Brown, Publisher laren@eastcobber.com

On the Cover

Jennifer Xu, a full-time real estate agent with Keller Williams Realty North Atlanta. An East Cobb resident, Xu has been buying and selling homes in the community since 2013.

In 2016 Xu joined with Keller Williams. Her Chinese heritage (immigrated with her family in 2004) has steered her to work with many clients in East Cobb's Asian community. As an active member of Atlanta Christian Chinese Church on Sewell Mill Road, she also volunteers to serve those in need. Xu has been designated a life member of the Cobb Multi-Million Dollar Club; selected as Top 10 Agent at KW in 2022, 2021, and 2017; selected as Top 10 Shooting Star at KW Southeast Region in 2016 and received the **Outstanding Contributor Award** by Chinese Real Estate Agent Association in 2018, among other accolades.

If you are buying or selling a home in the near future, you can find Jennifer Xu at Keller Williams, 3730 Roswell Road, Suite #150, Marietta, 30062. Her direct number is 404-791-9903, and her email is Jennifer.xu@kw.com.

> Front cover photo taken by Jeremy Adamo of Adamo Photography.

4 March 2023

GET YOUR NATURE ON THIS SPRING

FLYING INTO THE FUTURE

SUNDAY, MARCH 12 | 12-4PM Connecting STEM and Nature Raptor show and STEM activities

WATER DROP DASH

SATURDAY, MARCH 25 Support Water Conservation Education

SPRING NATIVE PLANT SALE

MEMBERS ONLY: MARCH 30 | 4-7PM OPEN TO PUBLIC:

MARCH 31-APRIL 1,

APRIL 7-8 | 10AM-5PM Georgia native plants including azaleas, milkweed, carnivorous plants, and more



OWN YOUR Money EE CREDIT UNION OF GEORGIA You're In Luck! We're Offering a Free Home Appraisal!*** Plus, Let One Of Our Knowledgeable Realtors Help You Find The Home Of Your Dreams

me Baying 101 WEBINAR

& You'll Receive 20% CASH BACK On Their Commission*

NCUA 678-486-1111 0000

Learn More at www.CUofGA.org/Promo

Natal and Kellica Binor recommendation Rest Databa Agent Ingolagili. Once your transmitter a strategy Bandward Mark and Agent Rest Park and Agent Rest Park and Agent Rest Park and Agent Rest Park Agent Rest

GET MORE OUT OF EAST COBB!

Visit eastcobber.com

www.eastcobber.com

#1 TOP AGENT AT KELLER WILLIAMS REALTY



PROFESSIONALISM WITH PRECISION

A resident of East Cobb, Jennifer Xu has been buying and selling homes in the Metro Atlanta area for over a decade. She is well known and trusted in the community, volunteering her time and energy to serve those in need and share the blessings that she has received.

Along with her educational background in Computer Science, Jennifer's strengths include attention to detail and the experience gained from her years working in three Fortune 500 companies. These enable her to provide her clients with the highest level of service and expertise.

In 2016, Jennifer custom-built her own luxury home, learning the ins and outs of new construction through the process. Since then, she has worked extensively with some of Atlanta's leading custom builders, helping to develop truly remarkable communities.

From elevation and floor plan design to interior design and luxurious finish selections, she guides buyers step by step, making sure that the process is as stress-free as possible.

Jennifer credits her eagerness to learn, creative marketing, and keen eye for design to her mom, a lifelong learner who, at 80 years old, has just started studying oil painting.

Jennifer's credentials speak for themselves, and she has been awarded Top Agent at Keller Williams Realty multiple times. Her clients' testimonials also speak for her:

- "INTELLIGENT, HONEST, PATIENT, CARING, THOROUGH ... the list could go on to describe Jennifer!" – Judy
- "I really appreciated how diligent and responsive Jennifer was throughout the whole process — her communication follow through is top-notch." – Lena
- "What immediately impressed us was her professionalism, responsiveness, and overall dedication." - Bijan, AP Homes Inc.



#1 LUXURY AGENT AT KELLER WILLIAMS REALTY

Jennifer Xu

404.791.9903 jennifer.xu@kw.com

Each Refer Williams Realty office is independently owned and operated.

ATLANTA NORTH

KELLERWILLIAMS, REALTY

EAST COBB RESIDENT HELPS RAISE OVER \$1,700 FOR THE DRAKE HOUSE

The Drake House is an agency that empowers women and their children experiencing homelessness to achieve economic independence and long-term stability. There are many ways to support The Drake House. One way is to shop at The Drake Closet, a boutique that sells new and gently used women's clothing, shoes, and accessories, with 100% of the proceeds going back to The Drake House.

East Cobber Amy Rees, Founder and Creator of Personality Plates, recently hosted a Ladies Night Fundraising event at The Drake Closet in Roswell. The event brought out more than 70 women to shop for a good cause. Collectively, they were able to raise over \$1700, as well as many donations of clothing and accessories brought in for future sales.

"The Drake Closet volunteers went above and beyond making the event feel like one big party. It was an incredible night," says Rees, "Women came from all over Atlanta to connect, shop, and learn about the important work The Drake House is doing."

The Drake House provides emergency and transitional program-enriched housing for single mothers and their children who are experiencing homelessness. The agency has provided nearly 200,000 bed nights to homeless families since 2006. More than 545 female-headed families have entered the program, including over 1028 children.

"It was so heartening to have women who are both business owners and leaders in the community, come out



Drake Closet Volunteers with Personality Plates Founder Amy Rees. (Left to right): Nancy Junay, Kelly Givens, Jacki Chambers, Amy Rees, and Beverley Flohr

to support our agency and our mission of serving women and their children," says Nesha Mason, The Drake House Executive Director.

Additional event sponsors that evening included: Fry Goehring Law Firm, The Renew Community/Andree Group Consulting, Street Studio Creative, and Doodle Pies.

Rees says, "We are so appreciative of the generosity demonstrated by our wonderful community."

Donations to The Drake House can still be made via this link: secure.givelively.org/donate/drake-house-inc/donate-now/amy-w-rees.





EAST@COBBER

March 2023 7

DO YOU SLEEP WELL?

Would you be surprised if your dentist asked you about sleep during your routine dental exam? While it may seem like an odd question, many sleep disorders have oral indicators. By looking for signs such as tooth grinding (bruxism), small jaw size, a tongue with scalloped edges, large tonsils or redness in the throat, dentists have the unique ability to identify patients who may suffer from sleep disorders.

Sleep apnea is one such common and serious sleep disorder that affects an estimated 18 million Americans according to the National Sleep Foundation. Sleep apnea occurs when the muscles and tissues in the back of the throat relax and collapse the airway while you sleep. As air tries to pass through the collapsed airway, the tissues can vibrate causing snoring. However, in some cases, the collapsed airway blocks airflow so severely that you stop breathing. This pause in airflow can last a few seconds to minutes before your body responds by waking you up, allowing airflow to resume. For some, this may occur 30 or more times per hour. This pattern of air deprivation and breath resumption is sleep apnea. Left untreated, sleep apnea can cause multiple health complications including chronic fatigue, high blood pressure, stroke, heart failure, irregular heartbeat and heart attack, diabetes, depression, worsening of ADHD, and more.

In addition to identifying patients who may have sleep apnea, dentists are also uniquely able to

help treat sleep apnea. Sleep apnea is primarily treated by using either a continuous positive air pressure (CPAP) device or an oral appliance made by a dentist (a mandibular advancement device). While the CPAP device opens the blocked airway by forcing air down your throat through a mask, the mandibular advancement device positions the lower jaw forward, preventing muscle collapse and maintaining an open airway. Research has shown that mandibular advancement devices can successfully prevent sleep apnea in many mild to moderate cases. It is important to note that while dentists can suspect someone has sleep apnea and refer them for a sleep study, only a medical doctor can make an official diagnosis of sleep apnea.

The next time you visit your dentist, don't be surprised if they ask you how you sleep! Not only will we be looking for cavities and other oral ailments, but also signs of a sleep disorder. We care not only about the health of your teeth, but your overall health as well!



Dr. Kristina Chandler practices at Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

2872 Johnson Ferry Road • 770-993-3775 • www.cheekdental.com



PAID ADVERTISEMENT





LIKE US on Facebook.com/SummerUniversityKSU

SAINT FRANCIS SCHOOLS An exceptional college preparatory education

ACCEPTING APPLICATIONS FOR THE

2023-2024 SCHOOL YEAR Schedule your tour today?

ROSWELL CAMPUS Grades K - 8 Marc Weiss

Director of Admissions mweinsgafschools.net 770.641.8257 x51

MILTON CAMPUS

Grades 9 - 12 BrandonBryan High School Admissions bloyum@sfichools.net 678.339.9989 x33



FULL DAY KINDERGARTEN!

- · Accredited Cognia (AdvancEd, SACS), SAIS
- No Religious Affiliation
- SB 10 Scholarship Funds Accepted
- Small Class Size
- Low Student/Teacher Ratio
- Challenging College Preparatory Curriculum
- AP/Honors, Traditional, Support and Academic Enhancement Courses
- Study and Organizational Skills
- Google Apps for Education
- Intensive Writing Approach



Wilson Reading System*

- Computer Science, Engineering, STEM, Robotics, Broadcasting, and Video Production
- · Laptops Required Grades 4 12
- · After School Homework Hour
- · GHSA Sports Program Football and
- Equestrian
- Bus Service Available

Saint Francis Elementary and Middle Schools 9375 Willeo Road | Roswell, GA 30075 Saint Francis High School | 13440 Cogburn Road | Milton, Georgia 30004 www.saintfrancisschools.com

GEORGIA SYMPHONY'S CELEBRITY LUNCHEON TO FEATURE **LIVING LEGEND ANDREW YOUNG**



Andrew Young, Jr., former ambassador to the United Nations, former congressman, past mayor of Atlanta and civil rights icon, will be the keynote speaker at the Georgia Symphony Orchestra's annual Celebrity Luncheon fundraiser. The event will take place on Saturday, March 18, 2023, from noon to 3 p.m. at the Marietta Country Club and is open to the public.

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, but they also will select to be seated at a table with one of a carefully curated collection of influential and creative area personalities to learn more about them. 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 notables include:*

- Emily Carpenter best-selling author of Burying the Honeysuckle Girls
- Claire Dunaway Cyr artist represented at DK Gallery
- Matt DeBusschere owner of Marietta Melt Yard and food columnist for the Marietta Daily Journal
- Courtenay Eckardt cast member of original Broadway
 production of The Prom
- A.J. Gnuse best-selling author of inaugural novel, Girl in the Walls
- Kim Gresh owner and president of S.A. White Oil Company, Inc.

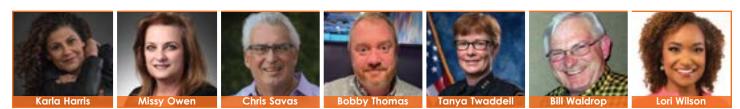
- Karla Harris internationally-recognized and local favorite GSO Jazz! vocalist
- Missy Owen -- founder of The Zone and Davis Direction Foundation
- Chris Savas photographer of business, music, political and sports icons
- Bobby Thomas co-founder of Red Hare Brewery and Distillery
- Tanya Twaddell first female deputy chief of the Marietta Police Department
- Bill Waldrop -- daylily expert and nationally recognized hybridizer
- Lori Wilson news anchor, WSB-TV

The event also will provide a fantastic opportunity for guests to indulge themselves from among an array of silent and live 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 and must be purchased in advance online at georgiaaymphony.org/all-events. *Celebrity line up subject to change.



WE'RE HIRING

WE'RE LOOKING FOR THE NEXT BIG THING

BLO BLOW DRY BAR

Contact us at: 1311 Johnson Ferry Road Marietta, GA 30068 678-310-0755 bloeastcobbebloblowdrybar.com



Pope High School Computing Club LAPTOP DONATIONS NEEDED

Parts 4 Hearts

Parts4Hearts is the computer recyling and refurbishing program of the Pope Computing Club, operating in the Marietta and metropolitan Atlanta area. Parts4Hearts seeks to provide underprivileged students with fully functional laptops, closing the digital divide in education.

Contact us at:

contact@popecomputing.org popecomputing.org You Can Earn High School & College Credit at the Same Time.

Earn up to 15 combined High School and college credit hours per semester.



Spotlight Podcast Dual Enrolment at Chatt Tech

DUAL ENROLLMENT



ChattahoocheeTech.edu 770-528-4545

A Unit of the Technical College System of Georgia. Equal Opportunity Institution.

Who says nothing in life is free?

Take a moment to sign up and we'll send you our weekly e-newsletter featuring useful and unique news about East Cobbers and our East Cobb community. Sign up at **WWW.EastCobber.com**



HIPPITY HOPPITY! HAVE FUN WITH THESE 2023 EASTER EVENTS

If the little ones in your family are excited about Easter, celebrate by joining these egg hunts and bunny visits! If you're looking for some springtime fun, we've got a lot of great options for you below!

March 29, 4-7pm

Easter Walk

Mt. Bethel Church 4385 Lower Roswell Road, Marietta mtbethel.org/event/easter-walk This family-friendly event depicts the Holy Week events leading up to Easter. Stations representing Jesus' last week will be set up around the lake behind the church. The stations are led by adults recounting the events with hands-on activities for the children. It takes about 40 minutes to go through the Easter Walk, and walking is required. Barnyard Friends will join us with animals to feed and pet on the field. Rain Date: March 30. Free.

March 29, 6:15 pm

Easter Egg Scramble

Mt. Zion United Methodist Church 1770 Johnson Ferry Road, Marietta 30062 770-971-1465 • www.mtzionumc.org. For toddlers through 5th graders. A total of 3,000 eggs will be placed on the church fields. Bring your own basket. Free.

March 31, 7:30 pm Acworth Egg Night Hunt

4000 South Main Street, Acworth 30101 www.acworthegghunt.com

The Acworth egg hunt is broken down into various age groups and the start times will alternate between fields. Gates Open at 6pm and the first egg hunt begins at 7:30pm, so make sure you arrive early. Ages 10 and younger. Free.

<u>March 31, 7:30-9pm</u>

Easter Egg Hunt

East Cobb Baptist Church 1940 Shallowford Rd, Marietta 30066 770-928-2233 • eastcobbbaptist.com 7:30 PM for games & refreshments, followed by the egg hunt after the sun goes down! Open to Babies – 5th Grade; the youngest ones will hunt first and separately. FREE to all and bags for hunting will be provided.

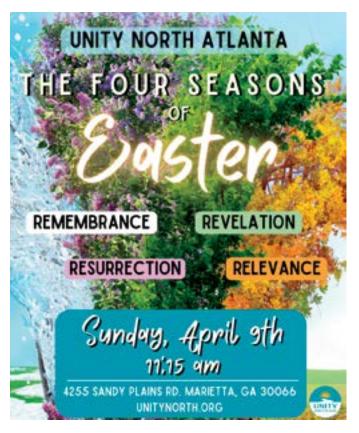
April 1, 8:30am-1pm

Easter Egg Hunt and Bunny Breakfast

Smith Gilbert Gardens 2382 Pine Mountain Road, Kennesaw 30152 770-919-0248 • www.smithgilbertgardens.com. Entry fee includes garden admission, 1 Easter egg hunt, games, crafts, and a chance to meet the Easter Bunny. Price for non-member is \$10.00 per person. There will be a hunt for each age group. This year the Gardens will partner with City of Kennesaw Parks and Recreation to offer Bunny Breakfast Combo tickets. Breakfast takes place at Ben Robertson Community Center. Must pre-register online.

April 1, 10am Easter Egg Hunt

Sandy Plains Baptist Church 2825 Sandy Plains Road, Marietta 30066 770-971-8525 • www.sandyplains.org Free hot dogs, bounce houses and Easter fun!



<u>April 2, 8am & 11:15am</u>

Kennesaw Bunny Breakfast

Ben Robertson Community Center 2753 Watts Drive, Kennesaw 30144 770-422-9714 • www.kennesawparksandrec.com Breakfast seatings; 8am and 11:15 am. Tickets: \$6. www.kennesaw-ga.gov/bunny-breakfast/ or at the Ben Robertson Community Center.

April 7, 5-9pm

Marietta Community Egg Hunt

Life University Athletic Fields 1269 Barclay Circle, Marietta Food, games, music, entertainment and of course egg hunts for all ages with over 60,000 eggs and candy. Free.

April 8, 9am

Easter Egg Scavenger Hunt

St. Andrew United Methodist Church 3455 Canton Road, Marietta 30066 770-926-3488 • www.saumcmarietta.org For more information please check the website.

<u>April 8, 10am-4pm</u>

Northeast Cobb Community Egg Drop

Sprayberry High School 2525 Sandy Plains Road, Marietta 30062 770-423-1330 • billwatson@jrmmanagement.com or communityeggdrop.org

Fun, food, games, DJ, activities, and egg hunts. Helicopter drops thousands of eggs onto the Sprayberry High School football field to kick-off the hunt. There will be more than 90,000 eggs and candy for the various hunts. Food & treats will be available to purchase from a variety of vendors. \$10 per child for unlimited rides in the Ultimate Kid's Zone. Free photos with the Easter Bunny.

COME WORSHIP WITH US THIS EASTER

APRIL 9, 2023

7:00 Sunrise Worship 8:30 & 11:00 Traditional 9:00 Contemporary Nursery available 8:15 to nooh for infants to 5 years.

PRINT 15105100 AND AROUND

www.eastcobber.com

EAST@COBBER

East Cobb's premier source for local info since 1993. 770-640-7070

2023 COMMUNITY CALENDAR

EVERY SATURDAY

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

Marietta Square Artisian Market an open-air showcase of locally created fine art and premium hand-crafted goods, including paintings, drawings, and photography of fine artists settled alongside skilled craftspeople who feature an eclectic roster of distinctive goods including fire pits, cutting boards, terraria, pens, and fine jewelry. Saturday: 9am-12pm. Rain or shine. Located in the parking lot beside the Marietta Square Market, 68 North Marietta Parkway NW, Marietta. More info: artistsmarketmarietta.com/about.

MARCH 4, 7, 10 & 12

Candide presented by the Atlanta Opera. The innocent Candide discovers that human beings aren't all they are cracked up to be and ultimately focuses on building his own life on his own terms. Featuring modern classics "Glitter and Be Gay," "Make our Garden Grow," and a rip-roaring Overture for the ages, Candide makes its company debut in Atlanta. Saturday: 8pm; Tuesday: 7:30pm; Friday: 8pm; Sunday: 3pm. Tickets: \$43-\$148. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or www. cobbenergycentre.com.

MARCH 5

The Georgia Bridal Show. Meet wedding professionals and find everything you need in one place and in one day! Meet the photographer behind the photos, taste the cake, listen to the DJ's music, see the gowns and tuxedos in person, talk to a honeymoon specialist about the right trip for your budget, and more. 12pm-3:30pm. \$10. Cobb Galleria Centre, 2 Galleria Parkway SE, Atlanta. More info: www.georgiabridalshow.com.



MARCH 5 & APRIL 2

Caffeine & Octane Car Show. Do you have a car enthusiast? Spend the morning at one of the largest monthly car shows. 9am-Noon. Free. Town Center Mall, 400 Ernest W Barrett Parkway, Kennesaw. More info: caffeineandoctane.com/about-caffeine-and-octane.

MARCH 9

East Cobb Creative Writers' Workshop. East Cobb's Creative Writing Workshop meets the second Thursday of every month. Participants meet regularly to read, discuss, and critique each other's work. Each class will offer free resources and information on various writing topics. No experience necessary. All writers welcome. Intended for 18+. 2-4pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info/registration: 770-509-2730 or cobbcat.org.

MARCH 9, 11-12, & 18-19

Rogers & Hammerstein's Cinderella: Youth Edition

presented by Marcus Jewish Community Center of Atlanta. This timeless story of magic, romance and the surprising power of wishes is reimagined with great warmth and hilarity. All the beloved songs and characters are present. \$10-\$35. Thursday & Saturdays: 7:30pm; Sundays: 1pm, with an additional 6pm show on March 19. MJCCA's Morris & Rae Frank Theatre, 5342 Tilly Mill Road, Dunwoody. More info/tickets: 678-812-4002 or atlantajcc.org/habima.

MARCH 10

6th Annual Adult Spelling Bee benefiting Communities In Schools. Fun for the whole family, teams of three (3) themed contestants flex their spelling skills for a night of fun and laughter. Audience members can participate as "Buzz Lines" to help a team when they need assistance for spelling a word. This annual event brings together community leaders, business owners, and other professionals to help raise money to support the mission of Communities In Schools, empowering students to stay in school and achieve in life. Each year, Communities In Schools of Georgia in Marietta/Cobb County supports over 16,000 students with wraparound services, basic needs, and financial literacy. 7pm. Tickets: \$20-\$75. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or www.earlsmithstrand.org.

MARCH 10

Cobb County Master Gardeners: Insect Pests of

Ornamentals Insects – the good, the bad and how they affect your plants and the health of your garden. This program focuses on identifying insects that commonly affect ornamental plants, what you need to know when you see them, and how to manage them. 1-2pm. Free. Cobb County Water Lab Training Room, 660 South Cobb Drive, Marietta. More info: 770-528-4070 or cobbmastergardeners.com.

MARCH 11

Egg Drop Challenge. Team up or go solo to create a contraption that will protect an egg when it is dropped from a great height. This program is intended for all ages. 2-3pm. Free; registration required. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info/ Registration: 770-509-2711 or www.cobbcounty.org/library/events/1591/egg-drop-challenge.

JCPenney Kids Zone. Come to JCPenney Town Center at Cobb and visit the children's department to receive a light catcher or wind chime craft. Kids receive a free craft, ID badge and lanyard collection pin each month. After 6 Kid Zone visits, they'll receive a Master Medallion. Parents will also receive a 10% off coupon. Event is the 2nd Saturday every month. 11am-Noon. JCPenney, Town Center at Cobb, 400 Ernest Barrett Parkway, Kennesaw. More info: towncenteratcobb.com.

Pope HS Band Car Wash. Pope Band and Midtown Tire are teaming up to host a second Car Wash fundraiser for the Band! 9am-2pm. Donations accepted. Midtown Tire, 2950 Johnson Ferry Road, Marietta/East Cobb. More info: www.popeband.com.

St. Patrick's Day Parade. At noon, the parade officially steps off on Peachtree Street in Midtown. Be sure to arrive by 11am for best viewing opportunities along the route. It finishes at Peachtree Street and 5th Street. 12pm. Free. Starting: Peachtree Street at 15th Street, Atlanta. More info: www.atlantastpats.com.

MARCH 12

Family Fun Days: Flying into the Future is where science and nature collide to bring you activities focused on STEM – Science, Technology, Engineering, and Math. We are all about forward-thinking at this Family Fun Day! Come ready to learn about flying animals and test your tinkering skills with our STEM-themed partners and activities, crafts and activities that will test your knowledge. 12-4pm. Free/Members; \$15/Adult; \$9/Child (3-12); \$11/Senior 65+ & Student (Ages 13 -18); Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

COMMUNITY CALENDAR

MARCH 12 - MAY 30

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. Mon.-Sat: 10am-4pm; Sun: 12-4pm. Free/Members; \$15/Adult; \$9/Child (3-12); \$11/ Senior 65+ & Student (Ages 13 -18); Children 2 & under are free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattanaturecenter.org.

MARCH 17-19

Atlanta Home Show. Features hundreds of home improvement exhibitors, live radio broadcasts, product demonstrations and presentations by experts including HGTV's Mina Starsiak Hawk. Friday is Hero & Trade Day: active military personnel, veterans, teachers and frontline workers including fire, police, healthcare workers and trade professionals from the home building and renovating industries or members of affiliated associations. Show your valid service ID (for Heroes); Business Cards, Association Membership Cards and Employee ID (for Trade) at the box office to receive your complimentary admission. Friday: 10am-6pm; Saturday 10am-8pm; Sunday 11am-5pm. \$8/adult online; \$10/adult on-site; free/seniors (65+) & children under 12. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: www.atlantahomeshow.com.



Visit GeorgiaSymphony.org today!

COMMUNITY CALENDAR

MARCH 17-19

Don Quixote presented by the Atlanta Ballet. Travel with the man of La Mancha across the Spanish countryside as he battles imaginary dragons, saves damsels in distress, and encounters a colorful cast of characters along the way. Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. \$20-\$99. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or www.cobbenergycentre.com.

MARCH 17-20, 24-26 & MARCH 31-APRIL 2

A Raisin in the Sun portrays a few weeks in the life of the Youngers, a Black family living on the South Side of Chicago in the 1950's. When the play opens, the youngers are about to come into a large sum of money and each adult member of the family has a different idea. The daughter wants to use the money for her medical school tuition and also wishes that her family were not so interested in assimilating into the white world. Friday & Saturday: 7:30pm; Sunday: 3pm; additional show on March 25: 3pm. Tickets: \$10-\$35. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or theatreinthesquare.net.

MARCH 18

Marietta Shamrock Shuffle 5K Walk/Run proceeds will support Marietta Police Athletic League's (PAL) youth sports and recreation programs. Peachtree Qualifier. \$40. 7am: on-site registration. 8am: race begins. Marietta Square, 12 East Park Square, Marietta. More info: mariettashamrockshuffle.com.

Pop in for Family Fun. Provides children and their families the opportunity to interact with the Marietta Museum. This month theme: Rockets & Robots. 10am-4pm. FREE. Marietta Museum of History, 1 Depot Street, Marietta. More info: www.mariettahistory.org/pop-in-for-family-fun.

.



MARCH 18

Wedding Expo at the Chattahoochee Nature Center. Browse a selection of Atlanta's finest and most diverse vendors in the wedding industry all together in one place. This is a great opportunity for one-stop shopping to get to know all the various businesses and services involved in the wedding and event planning industries. Over 30 vendors are expected to cover all the needs a couple would have when planning a wedding. Free wedding workshops and the opportunity to win fun prizes. 12-4pm. Free for couples and guests. Reservations required. Guests who make a reservation will be granted free admission to the nature center grounds. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 404-463-3254 or waterdropdash.com.

MARCH 24-26

Georgia Food & Wine Festival presented by Georgia Grown, will celebrate the best of Georgia and the South, from its culinary superstars and beverage experts, to farmers, artisans, live musicians and more. Each day is a different theme, check website for all the details. Friday & Saturday must be 21; Sunday is Family Day (Kid's Zone and food trucks). Friday: 7:30-9:30pm. Tickets: \$75 (all inclusive); Saturday: 1-4pm. Tickets: \$75-\$165 (unlimited beverage tasting); Sunday: 12-5pm. Tickers \$25-\$75 (10 culinary tasting credits). Jim R. Miller Event Center, 2245 Callaway Road Southwest, Marietta. More info/tickets: georgiafoodandwinefestival.com.

Peter Pan the Ballet presented by Georgia Metropolitan Dance Theatre. Join Wendy, John, and Michael as they soar into the night sky with Peter, to a magical land of mermaids and fairy dust, where children can fly, and adventures happen every day. But beware – danger is just around the corner; Captain Hook and the pirates are looking for revenge and Peter Pan is top of their list. Friday & Saturday: 7:30pm; Sunday: 2pm. Tickets: See website for price. Jennie T. Anderson Theatre, 548 South Marietta Parkway, Marietta. More info/tickets: 678-287-9020 or georgiametrodance.org.

MARCH 25

"Remembering Luther Vandross" with Cedeic Bowler.

Coming to the stage as Luther is the Atlanta-based Cedric Bowler, a soulful Gospel and R&B singer whose voice will leave you mesmerized and wanting more. His rendition of Luther will have you relive an era of music that brings back warm memories for all music lovers alike. \$35-\$45. 8pm. Marietta New Theatre in the Square, 11 Whitlock Ave, Marietta. More info: 770-426-4800 or theatreinthesquare.net.



MARCH 25

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. In person and virtual options. 7am: Packet Pickup; 8am: Water Drop Dash 5k; After 5K start: Kid's Fun Run; 9am: Awards and Family Water Festival. Individual 5K – \$45, \$50/race day; Kid's Fun Run - \$15, \$20/race day. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 404-463-3254 or waterdropdash.com.

MARCH 28

Hits! The Musical. Imagine songs like "Signed, Sealed, Delivered," "Hero," "I Will Always Love You," "Singing In The Rain," and nearly 100 more of America's most iconic songs performed by the greatest young singers and dancers in the country. The cast of 30, ages 10-22, was selected from a nationwide audition of over 7,000 individuals. Hits! The Musical is 90 minutes of pure joy with extraordinary singing, spectacular dancing, hundreds of costume changes and state of the art lighting and sound that will leave you amazed. This show is an unforgettable experience for the entire family. 7:30pm. \$29-\$99. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or www. cobbenergycentre.com.

COMMUNITY CALENDAR

MARCH 30- APRIL 1 & APRIL 7-8

Spring Native Plant Sale. Attract butterflies, pollinators, birds and more to your garden by adding native plants. Over 100 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. Thursday: 4-7pm; Friday & Saturday: 10am-5pm. Free admission to the sale; plants range from \$5-\$35. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattanaturecenter.org.

MARCH 30 - APRIL 2, APRIL 5-8, & 12-16

Bright Star presented by Georgia Ensemble Theatre. An editor in 1940s North Carolina sets out to find the true story of her difficult history in this homey musical that flits between the present and the past in a heartbeat. The emotional and uplifting Appalachian tale is inspired by a true story and features a gorgeous Tony-nominated bluegrass score by Steve Martin and Edie Brickell. Various showtimes. Tickets: \$39-\$49. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: get.org/30th-anniversary-season/.

APRIL 3 – 7

Cobb County Schools' Spring Break.





Restaurant, Vendor, and Sponsor Applications NOW OPEN! tasteofeastcobb.com

Delicious food • Silent auction Face painting • Huge inflatables Live jazz • Great shopping



Johnson Ferry Baptist Church 955 Johnson Ferry Rd.

PET OF THE MONTH: PAULIE WALNUTS

Submitted by Kyle Lucas & Sunny Sultana



Animal/Breed: Dachshund/Poodle mix Age & Gender: 3 year old male Favorite Food: Chicken with sweet potatoes Favorite Person: Mom and Dad Best Trick: Sleeping upside down Turn Ons: Taking naps and eating snacks

Turn Offs: Loud noises and strangers ringing the doorbell

Favorite Toy: It's a tie between his Lamb Chop plush and his alien plush

Last Seen: Napping under all the pillows on the bed (he sleeps a lot)

What makes your pet so special: He's got short legs and a long long body. Oh, and he's also the sweetest cuddliest little guy on the planet!

Should your pet be our					
PET OF THE MONTH?					
Please provide the the information below and					
a photo in 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:					



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 2023 children's and maternity consignment events:

MARCH 9-11

All 4 Kids Consignment Sale. Bring a laundry basket with a long belt or rope tied to it to help carry all of your goodies while you shop as no baskets are provided. Adults who donate \$5 cash for Missions will be given early admittance on opening morning. Thursday: 9:30am-8pm; Friday: 9am-3pm; Saturday: 9am-1pm. Tuesday and Wednesday: ticket required; Thursday: 9am-8pm. Free admission; Friday-9am-3pm. Free admission; VIP 1/2 off Presale: Friday 4pm-8pm; Satuday-1/2 off day: 9am-1pm.

Cobb Fairgrounds at Jim Miller Park 2245 Callaway Road, Marietta 30008 More info: www.all4kids.com

MARCH 24-APRIL 1

Rhea Lana's Consignment Sale. Save on high quality children's clothes, shoes, toys, books, baby equipment, gently used maternity clothes and so much more all at affordable prices for your family. Presale Days start Friday: 10am - 9pm; Saturday: 1pm-9pm (Check website for presale ticket options); Free Days Open to Public start Sunday 12-6pm; M,T,W,TH: 11am-8pm; Friday 10am-9pm (Half Price Day); Saturday 10am-5pm (Half Price Day). Town Center at Cobb

400 Ernest W Barrett Parkway NW, Kennesaw 30144

More info: 714-697-8315, www.cobbcounty.rhealana.com or karen@rhealana.com

MARCH 24-25

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

APRIL 13-15

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

Sandy Plains Baptist Church

2825 Sandy Plains Road, Marietta/East Cobb 30066 More info: email sale@nowamom.org or visit Facebook page, NOW A MOM KIDS CONSIGNMENT SALE. **@**



HEY, DON'T BE A STRANGER!

WRITE US AN EMAIL: Laren@eastcobber.com

www.eastcobber.com

SAY HI ON FACEBOOK: facebook.com/EASTCOBBER JOIN US ON TWITTER: @eastcobber

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

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



HOME & GARDEN



WHAT IS THE BEST WAY TO ACCESS THE EQUITY I HAVE IN MY HOME?

A home equity loan or a cash out refinance are two of the most common and best ways to access the equity you have in your home, each having their own benefits. Today's short term and long-term interest rates have stabilized from the volatility over the past few months. At Credit Union of Georgia, we have experienced loan officers to help you navigate through the home equity or cash out refinance process to obtain the equity in your home, whether it be to pay off household debt or to use the equity to improve your home. Visit www.CUofGA.org for more information, or contact us directly at 678-486-1111 or mortgages@cuofga.org



Joe Menna Senior Mortgage Originator Credit Union of Georgia



Todd Peterson, Owner Peterson Pressure Washing

Q. CAN YOU WASH MY HOUSE, TOO?

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.



WHAT WILL I FIND AT THE QUEEN OF HEARTS?

Α.

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 until 7pm on Thursday, Friday and Saturdays with refreshments and events. Like us on Facebook to stay informed.



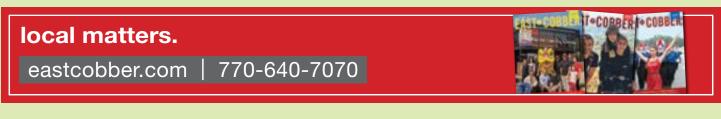


Chad Mahaffey Owner, Master Plumber Northside Plumbing





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.



COBB MASTER GARDENERS SPRING EVENTS



PLANT SALE:

Come celebrate the Friday and Saturday of Earth Day Weekend with the Cobb Master Gardeners! A perfect place to pick up pottery, macrame, bird accessories, jewelry, furniture, wood/glass crafts, and plants from vendors all over the Southeast, the 23rd Plant Sale and Expo is a haven for collectors, art enthusiasts, knitters, potters, and, of course, gardeners. There's something here for everyone! The Master Gardeners' Yard Sale and Face Painting areas are sure to delight the youngest and most seasoned of visitors! April 21-22, 2023, from 10am-4pm at Jim R. Miller Park's covered arena.

GARDEN TOUR:

Four of East Cobb's finest residents have graciously opened their gardens for the 20th Annual Garden Tour (May 20, 2023, from 9am-4pm) to showcase possibilities that can be accomplished in your own backyard. Let our docents take you through semitropical paradises, heaps of hydrangeas, woodlands full of natives, and quiet spaces that fauna frequent. Stop by the Jean and Elwood Wright Environmental Educational Center as well to walk through history; learn about the lives of the Wright family, explore trails, spot unique songbirds, and more. All properties have been certified by at least one society. Tickets (\$21 in advance; \$25 the day of the Tour) can be purchased as of March 10 at cobbmastergardeners.com. Children 17 and under are free.

MASTER GARDENERS:

Are you interested in joining the Master Gardeners? We have a variety of projects and programs throughout Cobb County focusing on Georgia-specific plants, birds, pollinators, and sustainable growing practices. Give back to your community and pass that knowledge on to others. More information can be found at cobbmastergardeners.com.

PAID ADVERTISEMENT



At BFloored, we bring the floors to you. See our flooring options in your home, in your lighting and with your personal style. Carpet, Hardwood, LVP, Sand and Refinish.

🖈 Pet and Kid Friendly ★

OFF max discount up to \$100

Schedule a Free In-Home Consultation

Mention EAST COBBER for 15% off!

BFloored Today! 770-670-0464 Bflooredtoday.com





HOME & GARDEN

Staying on top of daily, monthly, and annual chores around your home is a big job. Maintenance and repair jobs are constants. To save time and money, plan for the seasonal needs of your home, yard, and garden. Here's a spring checklist to keep your home humming.

Home & Garden Checklist

Get going on your spring cleaning. Pick one room to start in and make a list of what you want to do. Then begin working off each item on your list. Do this with each room, and just progress through the house.

Take your vacuum and use the proper attachment to clean the exhaust fan in your bathroom. It will operate much more efficiently and that can help prevent mildew, mold and paint problems.

Install a programmable thermostat. It takes less than 30 minutes to hook up but can save up to 20 percent in energy costs.

As spring starts, check your basement for cracks or leaks. If you see moisture, call a professional to check it out. Many homeowner's insurance policies no longer cover fungus or mildew damage, so sealing basements is more important than ever.

Build arbors and trellises before transplanting or sowing seeds for vines and gourds

Little air leaks add up to 10 percent or more on your energy bill. Plug them to keep the hot air outside where it belongs. Caulk cracks and weather-strip doors and windows. Don't like the look of caulk or weather stripping? Consider using a weather- resistant foam sealant. It resists moisture and can be sanded, painted and stained for a more appealing look.

Carpet cleaning is a must for any home. All winter long, your windows and doors were mainly closed to keep out the cold. This prevented the fresh flow of air to air out your home's contents. Now that the weather is getting warmer, it's time to freshen up your carpets and rugs. Dust will accumulate inside your smoke detector, possibly causing it to give a false alarm. After checking the battery this month, take the top off and vacuum the inside. Also, batteries should be replaced once per year and the detector itself needs replacing about every 10 years.

Daylight Savings Time begins Sunday, March 12. Spring forward by setting your clocks forward one hour. Ensure that all smoke detectors, carbon monoxide detectors, and fire extinguishers are in good working order. Replace batteries in appropriate devices as needed, or at least twice each year.

Make room to store winter equipment and clothing by bringing out your spring and summer items.

Do you clean out your coffeemaker regularly? Vinegar is a good way to clean it thoroughly and disinfect it as well.

Dig out and remove rotted or damaged fence posts, mailbox posts and damaged shrubs from around your home. It is also a good time to remove winter worn branches from tree and shrubs.

Get into the spring of things with fresh flowers like potted pink tulips, yellow daffodils or purple irises. Even if the weather is still wintry outside, you are reminded of what will be growing in your own garden.

The first day of Spring is March 20! Go outside and breathe in the new season.





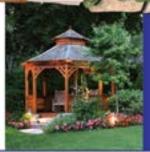
INSPIRATION GROWS HERE

ATLANTA HOME SHOW

MARCH 17-19

COBB GALLERIA CENTRE

Find inspiration for your own backyard retreat by touring over **4,000 sq. ft. of garden displays** from Atlanta's best landscapers, featuring everything from pergolas to outdoor kitchens, LED lighting, and stonework!



buy online & SAVE \$3

VALID ON REGULAR ADULT ADMISSION ONLY.

AtlantaHomeShow.com

HEALTH & WELLNESS

ACUPUNCTURIST

Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist 3535 Roswell Road, Suite 37 • Marietta 30062 678-560-7978 • www.drshutcm.com Mon-Fri: 9am-6pm; Sat: 9am-4pm 25 years experience in traditional Chinese medicine treating pain management, respiratory system, emotional/mental health, nervous system, digestive system, smoking/weight

loss, wrinkle reduction, high blood pressure, and much more.

DENTISTS

Cheek Dental

2872 Johnson Ferry Road • Marietta 30062 770-993-3775 • www.cheekdental.com

Mon-Fri: 8am-5pm

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

Waldron + Lee Dentistry

2419 Roswell Road • Marietta 30062 678-498-1992 • waldrondentistry.com Waldron + Lee Dentistry is committed to providing caring dental services for you and your family. Their practice has been in operation for over thirty years in East Cobb.

DERMATOLOGISTS

Dermatology and Surgery Specialists of North Atlanta

4800 Olde Towne Parkway, Suite 250, Marietta 30068 770-971-3376 • www.DESSNA.com

Mon-Fri: 7am-4:30pm

Dermatology and Surgery Specialist of North Atlanta PC (DESSNA) is composed of a group of board-certified dermatologists, physician assistants and medical aestheticians. Although our name is new, our clinic has been proudly serving the East Cobb community for over 30 years. We remain committed to providing expert dermatologic, surgical, cosmetic, and aesthetic services to our loyal patients.

PEDIATRIC DENTISTRY

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.





HEALTH & WELLNESS

SPARKLE SUCCESS STORY

eet Danialle Vesser. Danialle is 49 years old and lives in Marietta (East Cobb). She and her husband have been married for 28 years and have three grown young men, one daughter-in-love, and her first grandbaby.

How did you come to find Sparkle Wellness?

A little more than a year ago, I had a very difficult surgery, which required a lengthy recovery time. I was weak and not as energetic as I had felt prior to surgery. It was a terrible feeling of uncertainty, having to regain my health.

I kept running into a friend, Angela Searcy, who was shrinking each time I saw her. I was intrigued and asked her what in the world she was doing. She introduced me to Sparkle.

So, in January 2022 I called Jacynta, founder of Sparkle, to ask her what Sparkle was and how to join. She gave me the information to get started and I WAS ALL IN. I figured I was going to do the work and see what happened. I was shocked and surprised by how well Sparkle works.

What was your lifestyle change?

I thought I had a pretty healthy diet; I didn't. My diet has changed substantially as I have learned about nutrition and fueling my body with truly healthy food. I can still eat whatever I want but through tracking, I have been able to make connections between what helps me and what makes me feel poorly. I limit bread and sugar mostly and have added lots of great protein and fresh veggies. Per the advice from Sparkle, I started strength training in addition to walking. It has been a lot of fun to accomplish something that used to intimidate me.

What is your Step by Steps?

- **1. Be all in.** I began with prayer. After that, I followed through with the decision jumping in with both feet. I attended meetings, tracked, and I asked my personal ambassador questions.
- **2. Keep going.** Don't quit. This is not just losing weight and it will magically stay off. I have accepted that to keep it off, I will always have to be mindful and work at it.
- 3. Work out. I have always been an active walker but often would get back pain. I didn't feel strong. I learned the importance of strength training. I was challenged to start off twice a week but I liked the challenge. I was encouraged to add one more a week. I started seeing myself become stronger and my results became more noticeable. Sparkle was the biggest help, and workouts added to that success.



Danialle met her goal in December 2022. She is 5'4 and has lost more than 40 pounds this year, 70 altogether.

What were your challenges?

My biggest challenge was trying to keep track of all the new information. I wanted to learn Sparkle and all the new healthy habits. I just kept going and asking my Ambassador and my new friends questions. Everyone was so helpful.

My second biggest challenge was realizing that this is how we are supposed to eat; good, healthy food, and that this would need to be my new lifestyle. Yes, I still indulge in things; I just don't do it every time I think about it. I am more intentional in my choices. It is more planned out.

Top 3 tips

- 1. If you're on the fence, jump in. I only regret that I did not start sooner.
- 2. Do the work. Yes, it's hard to learn new things, but it is worth it. The benefits have been life-changing!
- 3. Don't quit, and don't give up on yourself!

My life has changed. I feel better, I feel stronger, and I have more energy. I enjoy strength training now (who would have thought!). I am learning so much about good health and nutrition. My family is benefitting from it as well. My husband has been so supportive and patiently accepted all the changes I made to our meals, even when they came at him quickly. He has lost 20 lbs. from our new meal plans. That is a huge benefit!

If you would like more information on Sparkle Wellness, visit the website sparkleanewyou.com. ④

HEALTH & WELLNESS

OPTHALMOLOGIST

Woolfson Eye Institute

2687 Sandy Plains Road • Marietta 30062 1-866-527-3722 • www.woolfsoneye.com Mon-Fri: 8am-5pm

Woolfson Eye Institute is proud to provide excellence in vision correction with specialties in LASIK, Cataracts, Cornea, ICL/CLE, Glaucoma, Retina, Keratoconus, Dry Eye and Oculoplastic.

PERSONAL TRAINERS

Fitness Together

1000 Johnson Ferry Road, Bldg. 400, Ste. 412 • Marietta 30068 770-321-1347 • www.fitnesstogether.com/eastcobb Hours by appointment.

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

Sandy Plains Fit Body Boot Camp

4651 Woodstock Road, Suite 205 • Roswell 30975 770-627-0707 • fitbodybootcamp.com/4950-sandy-plains-ga

Mon/Wed/Fri: 7am-1pm; 3:30-7pm;

Tues/Thurs: 5am-1pm, 3:30-7pm.

Signature 30-minute Afterburn workouts combine High Intensity Interval Training (HIIT) with Active Rest Training to produce fun workouts that burn twice the calories in half the time and keep your metabolism running at a higher rate for up to 36 hours post workout. Every Fit Body Boot Camp session is led by a certified coach to ensure that you get the best workout, most fat burn while keeping you safe and injury free!

VEIN SPECIALISTS

Vascular Surgical Associates

3747 Roswell Road, Suite 316 • Marietta 30062 770-423-0595 • www.vascularsurgicalatlanta.com Mon-Fri: 8am-5pm

Vascular Surgical Associates has been treating veins in Marietta and Atlanta since 1986. Our staff provides expert care by successfully diagnosing vein issues, discussing the condition of your veins, and thoroughly explaining all treatment options. The surgeons and staff are committed to improving the health and youthfulness of your legs. Vein procedures are designed to improve the health and quality of your life.



AnytimeClinicCare.com





Helping East Cobb get healthy and fit for 20 years...

You owe to yourself to feel your best. Get started for only \$199

Located across from Johnson Ferry Baptist Church 1000 Johnson Ferry Rd. Marietta, GA 30068 www.FitnessTogether.com/EastCobb 770.32L1347

EAST@COBBER

www.eastcobber.com



Cobb Hearing Aid Services

770-509-0207

COBB HEARING AID SERVICES

Cobb Hearing Aid Services is a full-service hearing service provider dedicated to providing the highest quality care. Our Georgia-licensed hearing aid specialists offer a full range of hearing aid services including general maintenance, repairs, re-programming, and loss and damage coverage for most manufacturers. We take great pride in providing better hearing through personal care.

Our Services Include

- O Free Hearing Testing (with the ad)
- Hearing Aid Evaluation & Demonstration
- O Hearing Aid Fitting & Programming
- O After-fit service for most hearing aids
- Assistance with Managed Care Insurance coverage
- 0 12-month interest free hearing aid financing
- O Affordable prices range from \$995 \$2895



Otis Whitcomb, M.A.



Keith Whitcomb, GHAS

Cobb Hearing Aid Services 2635 Sandy Plains Road Suite 108 Marietta, GA 30066 www.cobbhearingaidservices.com

www.eastcobber.com

SENIORS

AARP TAX-AIDE OFFERS FREE TAX HELP

ARP is once again helping Cobb County residents file their taxes on time and correct. There is no charge for the service, and all tax preparers are trained by AARP. AARP Tax-Aide is the nation's largest, free, volunteer-run tax assistance and preparation service. AARP Tax-Aide volunteers prepare federal, state and local tax returns for taxpayers who have straightforward tax returns starting February 3 through April 15. Membership in AARP is not required and the service is available to everyone regardless of age. Appointments are not required and electronic filing is available at all locations.

Taxpayers should bring their 2021 return and all 2022 tax documents. Each taxpayer must also present their social security cards or other identification documents for themselves and all dependents.

For direct deposit refunds, taxpayers must have their checkbook and a valid blank or canceled check.

AARP Tax-Aide volunteers will be available at the following locations convenient to East Cobb:

- Cobb County Senior Service Center Mondays and Tuesdays from 10:30am-2:30pm, 1150 Powder Springs Street. To schedule an appointment, emailccwc. taxaide@gmail.com or call 678-439-7230.
- East Cobb Library Tuesdays, from 10am -4pm, 4880 Lower Roswell Road. To schedule an appointment, email eclib.taxaide@gmail.com or call 770-609-9138.
- Gritters Library Tuesdays from 10:30am-2:30pm, 880
 Shaw Park Road. To schedule an appointment, email gritterstaxes@gmail.com.
- Mountain View Library Thursdays, (starting March 9) from 10:30am-2:30pm, 3320 Sandy Plains Road. To schedule an appointment, email taxaide.mtnview@ gmail.com.
- Switzer Library Thursdays from 10:30am-2:30pm, 266 Roswell Street. To schedule an appointment, email Switzertaxes@gmail.com.

For more information, visit aarp.org/taxaide.



The "Catch'em Fishing Club" is looking for new members to share stories and friendship. Meetings start at 10am on the first Monday of each month, except holidays, at the East Cobb Senior Center, 3332 Sandy Plains Road, Marietta/East Cobb. There is no cost. For more information, contact Hank Klarzuk, 770-971-5240.

Now included with every residence: More happy hours

Enjoy More at Merrill Gardens Senior Living

Find more hours in the day. Happy hours, not fixing-the-house hours, of course. Please call or visit our website for more information. Then prepare to seize the day.

MERRILL GARDENS

(678) 226-5162 merrillgardenswoodstock.com 12730 Hwy 92 East, Woodstock, GA 30188

Visit And Enjoy A Meal On Us!

EAST@COBBER

www.eastcobber.com





In front of the YMCA Near East Piedmont Rd



www.WLsmile.com (678) 498-1992

Dr. Blair Waldron, Dr. Chris Lee, Dr. Henry Almquist, Dr. Savannah Short, Dr. Omar Shariff & Dr. Jon Waldron

Choose the degrees that will help you **reach higher**.

Life University's Doctor of Chiropractic (D.C.) degree is a 14-quarter program that includes three levels of clinical practice. The sequential curriculum combines hands on training and academic rigor and graduates some of the most highly-skilled chiropractic healthcare practitioners on the planet.

Life University also offers three Master's degree programs within its College of Graduate and Undergraduate Studies, along with an accredited post-baccalaureate program that will prepare the student for careers in a variety of professional fields.



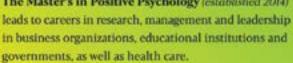
The Master's in Sport Health Science (established 1990) leads to careers in fields such as sports chiropractic. exercise science, athletic coaching, sports injury management and performance nutrition.

The Master's in Clinical Nutrition (established 2012)

leads to careers in organizations such as physician's

	20	37		
113	2-	- 1		
	82		4	
	2-	1)
	-	~	9	

offices, hospitals, schools, health clubs, nursing homes and food companies in areas such as research, development, sales, marketing, public relations and public education. The Master's in Positive Psychology (established 2014)





The post-baccalaureate Dietetic Internship program provides didactic and internship opportunities for students who aspire to achieve Registered Dietitian credentials.

Office of Admissions 1269 Barclay Circle Marietto, GA 770-426-2884 800-543-3202 Admissions@LIFE.edu

000000 LIFE.edu



it's in you.

Graduate degree





Largest single-campus