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EAST COBBER

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Comments and stories are always welcome.

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PUBLISHER'S NOTE



This is an exciting time with the buzz of new schedules, shoes, and haircuts. On August 1, approximately 112,000+ East Cobb children went back to school. East Cobb's public schools' reputation for top test scores and exceptional learning environments draws people to East Cobb. The most recent example is two of the three district-wide Teacher of the Year awards given to East Cobb teachers; you can read about that on page 13. While test scores offer a quick take that helps parents and teachers measure a school's success, it is essential to note that beyond the rankings, each school needs to be assessed for other qualities, such as strong school leadership, parental and community support, creating an environment where students can learn and grow at their pace, as well as access to technology. What makes our community exceptional is if you can't find what you need in

public schools, we also have an incredible variety of private schools. Even if you don't have a child in school, we all have a stake in our community's educational system—from our property values to future leaders and employees.

I, like so many other East Cobb parents, will be in the trenches collecting on-the-ground intelligence by attending PTA meetings, volunteering at my child's school, and/or bumping into other moms and dads to help me make sure my sons are in a place where they experience the excitement — and the relevance — of learning.

Another opportunity to come together as a community is for the EAST COBBER 25th Annual Parade & Festival Presented by CertaPro Painters. This had been a long-awaited parade--The last one was held in 2019. This special event could not happen without our local businesses' support, and we are most grateful for them. We hope you enjoy reading the stories in this edition as much as we have enjoyed putting them together for you.

We will see you in September!

A handwritten signature in black ink, appearing to read 'Laren'.

Laren Brown, Publisher
laren@eastcobber.com



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NCL EAST COBB MEMBERS MAKE A SIGNIFICANT IMPACT



National Charity League of East Cobb

On a rainy Wednesday in late June, 84 members of the National Charity League (NCL) of East Cobb came together for the inaugural Impact and Ticktock Day. The event aimed to benefit The Sandwich Project Atlanta, a nonprofit fighting food insecurity in Metro Atlanta. NCL East Cobb's mission is to foster mother-daughter relationships in a philanthropic organization committed to community service, leadership development and cultural experiences.

Former President and VP of Ticktockers, Kimberly Webb, kicked off the event with a quote from Martin Luther King, Jr.: "If I cannot do great things, I can do small things in a great way." This served as a reminder of the significant impact even small acts can have on our community greatly. Elsa Shilling, a Class of 2025 Ticktock, delivered a poignant presentation on food insecurity in Atlanta, introducing The Sandwich Project to the attendees. Miss Shilling highlighted that 1 in 8 Georgians, including 500,000+ children and numerous households with veterans, are affected by food insecurity.



Volunteers of the National Charity League preparing sandwiches for the Sandwich Project.

The Sandwich Project, established in 2020 in response to the challenges posed by COVID-19, and is a nonprofit organization with a network of volunteers who make and deliver fresh, homemade sandwiches to people experiencing food insecurity throughout Metro Atlanta. With over 4,000 volunteers and more than 30 collection sites, they serve over 60 charities. Since June of 2021, NCL East Cobb has contributed an impressive 35,404 sandwiches to The Sandwich Project. Additionally, twelve of our mother-daughter duos or trios from NCL East Cobb have generously donated over 550 sandwiches.

The members of NCL East Cobb demonstrated their commitment by making a total of 729 sandwiches during the event, which was in the hands of those with food insecurities the very next day.

For more information about NCL East Cobb, please visit www.nationalcharityleague.org/chapter/eastcobb

For more information about The Sandwich Project, please visit www.thesandwichproject.org. 



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BACK-TO-SCHOOL READY SMILES

As another summer comes to an end and a new school year fast approaches, many of us parents begin the task of preparing our children for their first day back to school. We shop for the necessary school supplies, update their wardrobes, and ensure they have the necessary immunizations to continue in school. But did you know, it is also important for children to have a dental exam before returning to school to ensure they have a healthy smile.

According to the Centers for Disease Control and Prevention, the #1 chronic infectious disease that affects U.S. children is tooth decay or cavities. It is estimated that 5% of children between ages 6 - 11 and 17% of adolescents between ages 12 - 19 have untreated tooth decay. Tooth decay can lead to dental pain, which can impair a child's ability to

eat, speak, play, and learn at school. Here are some back-to-school dental tips to help prevent tooth decay and protect your child's smile:

Encourage Good Oral Hygiene. It is important to encourage children of all ages to brush their teeth twice a day and floss daily. Younger children may need you to help them brush and floss and check to make sure they have thoroughly cleaned their teeth as many of them miss the back teeth and the gumline areas. For older children and teenagers, you can lead by example by practicing good oral hygiene yourself and asking about their oral hygiene habits.

Schedule Regular Dental Exams. It is recommended that most children see the dentist at least every six months for a dental examination, receive x-rays (as needed), and have a professional dental cleaning. These visits not

only keep children's teeth free of tartar and plaque build-up, but also allow the dentist to diagnose and treat any small dental concerns before they become more severe.

Consider A Mouth Guard for Sports. For children that play contact sports such as football, basketball, lacrosse, or wrestling, a mouth guard can help protect their teeth, lips, and jaw from injury. A custom mouth guard designed by a dentist specifically to fit your child's teeth is much more protective than a store bought one.

Healthy Eating. If your child brings their lunch, consider including healthier lunch items and snacks such as grains, milk, cheese, raw vegetables, yogurt, or fruit, instead of sugary foods or soft drinks. If your child eats in the school cafeteria, review healthy, balanced food choices with them before the first day of school.

We hope these tips will allow everyone in your family to have the beautiful, healthy smile they deserve for back-to-school and help them maintain it throughout the school year and beyond. If your child is in need of a dental exam to complete their 3300 form for school this fall, our office is offering school-aged children those examinations at no charge until September 1!



Dr. Kristina Chandler
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PEACH STATE ROLLER DERBY

ROLLING STRONG IN EAST COBB

By Adam Darby



Team Peach State Roller Derby



Peach State Roller Derby setting up for a jam against Muscogee Roller Girls from Columbus, GA

In the world of contact sports, opportunities are often sparse for female athletes. But since the resurgence of roller derby in the early 2000s, women across the country have enjoyed participating in the fast-paced sport. Keeping the game running strong throughout the Cobb community, Peach State Roller Derby (PSRD) offers women the opportunity to join in the fun for experienced players and newcomers alike. Primarily going by their skater names, the team is excited to see the sport picking up traction and building a fanbase.

"In the early days, the public view was still very much that it was a spectacle more so than a sport," said BiblioBlitzkrieg, the team's Assistant Coach. "It's been really delightful to witness the sport's reputation elevate and be taken seriously...now there is a much clearer awareness of both the athleticism and risk involved."

Since 2011, PSRD has remained a community staple serving as a nonprofit, amateur sports organization. Originally called the Marietta Derby Darlins, they merged with the Rome Roller Girls in 2015 to form PSRD, a Women's Flat Track Derby Association (WFTDA) ranked team. While creating a supportive, inclusive, and diverse environment for their team members, PSRD offers training for adult women interested in becoming skaters. While no prior experience is necessary, those interested must be aged 18 or older and able to skate while having the proper skates and safety equipment.

"During the pandemic, while roller derby was placed on hold, we spent the time working on developing a new skater curriculum designed to teach the basic skating skills needed to play roller derby safely," BiblioBlitzkrieg said. "We offer four-week workshops to go over those skills progressively. The workshops cover balance, falling, stopping, agility, and speed while adding fun and games to introduce the skaters to the sport as well as the team."

Roller Derby is an intense display of athleticism that empowers women in a competitive team setting.

"Roller derby is a fast-paced, high-scoring sport, which makes it fun to watch and easy to get sucked into. Not only that but because it's full-contact and on wheels, it provides a lot of unexpected thrills," said Estrogeena Davis, one of the team's blockers and occasional jammers. "It brings a unique recreational experience to the women of East Cobb, in addition to providing a very distinctive spectator sport."

PSRD has several upcoming appearances on its calendar. The next bout is Sunday, August 13, at 11am at Sparkles of Kennesaw. They can also be seen skating at the East Cobber Parade & Festival at 10am on Sunday, September 9, where they will also have a booth at the festival.

Visit peachstaterollerderby.com to learn more about the team, future events, and how to become involved. 📞

GET IN TOUCH!



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Alyson Burkett and Brian Burkett

Talking about money can be an anxiety-inducing task. It's more like having an intentional conversation with a friend over coffee for Alyson Burkett, CRPC®, CFP® and Brian Burkett.

Alyson and Brian launched 21 Goats Financial Planning in December 2021, with Alyson serving as financial advisor and Brian as director of operations. Alyson holds the Chartered Retirement Planning Counselor designation as well as the CERTIFIED FINANCIAL PLANNER™ designation. Together, they offer services through LPL Financial, a registered investment advisor.

Alyson and Brian love to see clients achieve financial goals.

"It's exciting to celebrate the wins," Alyson says.

Alyson Burkett, formerly Alyson Skodack, was born in East Cobb and grew up in West Cobb. She graduated from Harrison High School and earned bachelor's degrees in economics and finance from Auburn University. Alyson has been an independent financial advisor for 14 years. Texas-born Brian Burkett received a bachelor's degree in economics from Colorado State University and moved to Atlanta upon graduation.

Alyson and Brian met in 2009 while working at Waddell & Reed -

MEET THE FAMILY BEHIND 21 GOATS FINANCIAL PLANNING

Husband and wife duo, Brian Burkett and Alyson Burkett, take the fear out of finances for East Cobb residents

by Marie Muir

an American asset management and financial planning company that was acquired by LPL Financial in 2021. They married in 2015 and had their first child, a son named Watson, in 2018. Three years later, in the midst of the COVID-19 pandemic, Alyson and Brian kickstarted 21 Goats Financial Planning company and welcomed their daughter Lillian into the world.

Alyson and Brian wanted the name of their business to stand out in a sea of boring family-named financial corporations. Level14 Marketing, also local to East Cobb, helped them create a business name and brand that is unique. The number 21 auspiciously falls upon significant Burkett family birthdays and anniversary dates. As for goats, Brian puts it best, "Goats are just cool." Plus, the animal is known for its intelligence, curiosity, and ability to climb to great heights by making calculated decisions - a perfect

mascot to represent Alyson and Brian's approach to financial planning.

Atlanta-based artist Cece Page, gave life to the 21 Goats mascot - a playful goat that pulls at your heartstrings. The Burkett's celebrated their brand's one-year anniversary on June 21.

Alyson and Brian serve around 150 households from their office on 570 W Crossville Road in Roswell. From grandparents to grandchildren, all 21 Goats clients receive a custom-tailored financial plan. Most people who seek these services are undergoing a big life transition such as retirement, a career change, death of a spouse, or even divorce.

"It's our job to provide financial education and guidance," Alyson says.

21 Goats takes the guesswork out of projects such as small-business planning, debt management, and investment decisions.

Outside of office hours, the Burkett family loves spending time together at East Cobb Park or trail running at Kennesaw Mountain. 21 Goats is a family affair. "The amount of things we have accomplished in the last year and a half is so much more than I could have ever done by myself," Alyson says.

Learn more about building financial confidence and a plan for your future at 21goatsfp.com, emailing goathelp@21goatsfp.com, or calling Alyson directly 470-377-7231.

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EAST COBBER

COBB ENERGY PERFORMING ARTS CENTRE HOSTS **COMMUNITY DAY & OPEN HOUSE**

In celebration of its 16th anniversary and to thank the community for its continued support, Cobb Energy Performing Arts Centre will host a Sweet 16 Community Day & Open House Celebration on Sunday, Aug. 27 from 12 to 5 p.m. The event is free and open to the public.

Highlighted by performances from resident companies The Atlanta Opera and Atlanta Ballet and student performers with the ArtsBridge Foundation, Community Day is a family-friendly, drop-in event with children's activities, food trucks, free performing arts classes, behind-the-scenes building tours and numerous giveaways and prizes. Don't miss this opportunity for an inside look at Atlanta's premier performance venue.

People who pre-register can enter to win select prizes throughout the day including a Golden Ticket package that includes tickets to The Atlanta Opera, Atlanta Ballet and select other concerts and comedians at the Centre. For event updates and to pre-register to attend, visit cobbenergycentre.com/events/detail/16th-anniversary-celebration.



Since opening in 2007, a wide range of artists from opera, ballet, concerts, and comedians to major awards shows have selected Cobb Energy Performing Arts Centre as their venue of choice. Over the past 16 years, Cobb Energy Performing Arts Centre has hosted over 3,500 performances and events welcoming more than 3.5 million patrons.

"We're excited to open our home to the community as a thank you for their ongoing support. Our resident companies, Atlanta Ballet and The Atlanta Opera, ArtsBridge Foundation and sponsors will all have a part in this day to celebrate 16 years of amazing performances at the Centre," said Vickie Hubbard, Managing Director of Cobb Energy Performing Arts Centre. "We welcome everyone to join us for an exciting day of fun, free activities, special guest appearances and savings on upcoming performances."

Cobb Energy Performing Arts Centre is at 2800 Cobb Galleria Parkway Atlanta, 30339. Pre-register at cobbenergycentre.com..

NEXT ISSUE: SEPTEMBER

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LOCAL WOMAN TRANSFORMS ZAXBY'S INTO ELEGANCE EVENTS VENUE

NAZANIN MORADIMEHR OPENS HER DREAM EVENT SPACE IN EAST COBB

BY MARIE MUIR

A spacious room set with tables draped in gold linen glows beneath the soft light of five crystal chandeliers. It's hard to believe the building at 2080 Lower Roswell Road in Marietta was originally a Zaxby's. Wheeler High School class of 1998 graduate, Nazanin Moradimehr saw the hidden potential in this East Cobb property. She purchased the place in January of 2023 and began extensive renovations in April.

Nazanin, better known as Nazy by friends and family, has been in the restaurant and catering industry for most of her life. She grew up in a Mediterranean cafe on Cobb Parkway that was owned and operated by her parents. Although her parents closed the cafe and moved their business to Florida over 20 years ago, Nazy launched her own successful hospitality career in Georgia. She is an event planning connoisseur who holds a bachelor's in hospitality from Florida International University and a doctorate in business from Argosy University. The former restaurant owner is excited to step into her new role as venue owner of Elegance Events.

Nestled in a quiet corner of Newmarket Center shopping mall, Elegance Events venue has a clean, neutral exterior and is partially surrounded by trees. Nazy was drawn to the property's accessible location and all-inclusive amenities. Bountiful



Nazanin Moradimehr invites the community to the grand opening of Elegance Events venue on Sunday, June 18 at 6pm.

on-site parking, a full-service catering kitchen, and modern bathrooms ticked all of her boxes. The event space can accommodate up to 200 guests, but is most comfortable with 120 when a dance floor is included. Nazy describes the space as a blank canvas. An exposed industrial-chic ceiling painted black and nine commercial-size windows can be styled for events

"This is home to me. I grew up around here. I wanted to be a part of this community, because this is my community. I looked at a lot [of properties], I've seen places everywhere, but I wanted to be here."

-Nazanin Moradimehr

ranging from weddings to conference meetings. Guests have access to an expansive bar and floor-to-ceiling projection screen. In addition to the venue, Nazy offers event planning and design, catering, and a selection of event rentals. Her most unique rental items include a wrought iron cinderella carriage, a massive world globe, and a palanquin for carrying royal guests of honor.

Nazy has a passion for bringing client event visions to life with customized decor and menus.

Elegance Events caters to everyone, literally. Nazy can prepare any kind of food upon request, however her talent shines best in Mediterranean and Persian cuisine. Clients in and outside of East Cobb are welcome to enlist Nazy's services or hire alternative vendors for their event. Whether she's building a balloon arch or cooking food for fifty, she always remains calm and maintains a positive attitude. Recently, Nazy helped a client plan a successful surprise marriage proposal at a lakeside 40th birthday party. Nazy is supported by a small team of friends and family that includes her 15-year-old son Sam Moradi who plays football at Walton High School and their pet bunny, Marshmallow. Learn more about Elegance Events at eleganceevents.info. Nazy can be contacted at Mnazy22@yahoo.com or 813-817-4659.

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2023-24 COBB COUNTY SCHOOL CALENDAR

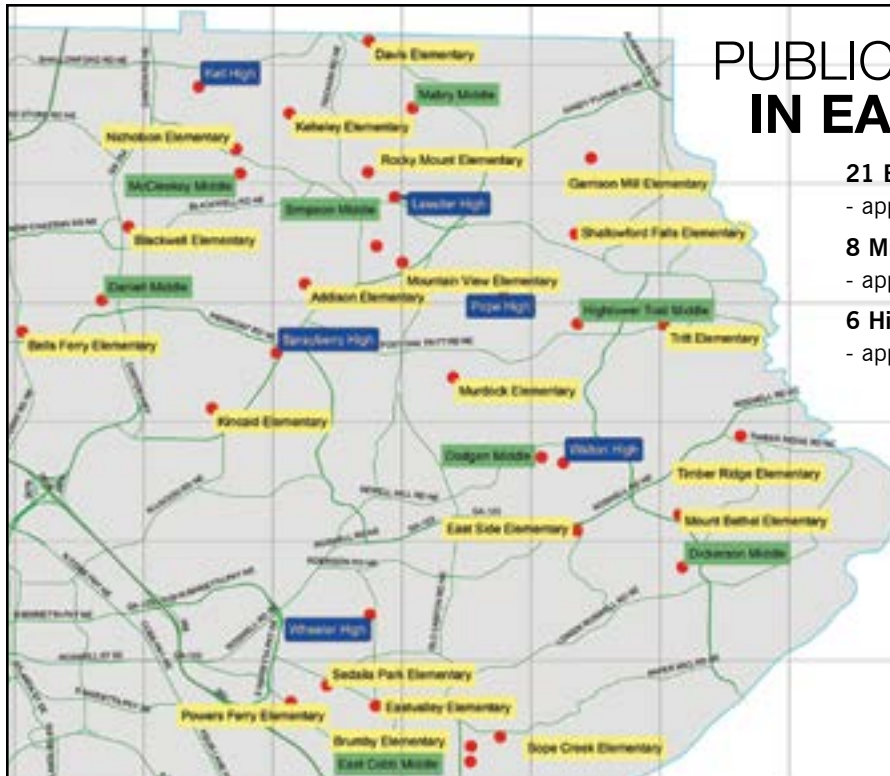
August 1	First Day of School
September 4	Labor Day Holiday
September 25-29	Fall Break
November 7	Election Day
November 20-24	Thanksgiving Holidays
December 20-January 3	Winter Holidays

2024

January 4	First Day of 2nd Semester
January 15	M.L. King Holiday
February 19-23	Winter Break
April 1-5	Spring Break
May 22	Last Day of School

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MAP LEGEND

- Elementary School
- Middle School
- High School

EAST COBB TEACHERS SURPRISED AS 2023 TEACHERS OF THE YEAR

Around the District this week, teachers were returning to their classrooms to prepare for the 2023-24 school year. For three of those teachers, this day will be remembered for a long time to come. Superintendent Chris Ragsdale surprised them with the news that they are the 2023 Cobb Schools Teachers of the Year (TOTY) for elementary and high school. The District-Level TOTY winners are Dr. Elizabeth Goff at Bells Ferry Elementary and Suzette Spinelli at Lassiter High School.

"This is one of my favorite days of the school year," said Superintendent Ragsdale. "I always look forward to welcoming our teachers back and recognizing the outstanding educators who make Cobb Schools the best place to teach, lead, and learn."

At Lassiter, 48-year teaching veteran Suzette Spinelli was at a loss for words when the Superintendent told her the exciting news. "This was the last thing I expected today," the high school art teacher said. "It's just surreal to me."

Ms. Spinelli has been selected before as TOTY at both Simpson and Daniell Middle Schools, but this is her first selection as a District-Level winner. She has been teaching in Cobb Schools since 1983 and loves being at Lassiter.

"Lassiter is where I found my home," she said with a smile. "The administration is great because they support us and make sure all the students excel. They make them go higher, and that's what I promote in my classroom. I make them go to higher levels, even though they're not comfortable there."

The Elementary TOTY was shocked when Superintendent Ragsdale made the announcement at Bells Ferry. "It was hard to think straight," Dr. Goff said after the excitement began to settle. "I was very surprised and honored to look out and see the faces of my peers smiling and clapping for me. It was the greatest honor. I'm so grateful to be working with such amazing people." Dr. Goff and all her amazing colleagues at Bells Ferry were busy working hard in the building and their classrooms in preparation for another school year and new names and faces. "This is what I look forward to every year, seeing my students. I can't wait to see them. I want to do everything I can to make sure that they are learning, they are cared for, and that they're ready to do their best," said the Elementary TOTY with joy in her voice. 📞

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PARADE & FESTIVAL

September 9: A Day for East Cobbers To Celebrate




The 25th Annual EAST COBBER Parade & Festival is scheduled for Saturday, September 9. The day's festivities will be kicked off by the EAST COBBER Parade at 10am. The annual parade aims to build a sense of community and reinforce East Cobb County's status as one of the best places to live in the metro Atlanta area. Floats, high school marching bands and a cornucopia of East Cobb groups will march down the one-mile parade route. Starting at 10am, the parade participants will step off in front of the Princeton Lakes subdivision entrance (1223 Johnson Ferry Road), travel south on Johnson Ferry Road, and then turn onto Olde Towne Parkway.

Immediately following the EAST COBBER Parade, at approximately 11am, the EAST COBBER Festival will be held in the north parking lot of Johnson Ferry Baptist Church (955 Johnson Ferry Road). The Festival offers East Cobb County residents an opportunity to come together and enjoy an afternoon of local

entertainment, carnival games and good food. Booths will be set up to showcase everything from jewelry to local non-profits. East Cobb kids will have plenty to do at the EAST COBBER Festival from getting their face painted to taking a chance at a carnival game to hopping in a moonwalk. Festival goers will not go hungry with local East Cobb restaurants and food truck options.

Many thanks to this year's presenting sponsor, CertaPro Painters and community sponsor, Custom Disposal. Thanks to their generosity this special event has become a popular pastime for East Cobb residents.

Come be a part of this very special, old-fashioned celebration – the 25th Annual EAST COBBER Parade and Festival. Good food, vendors and entertainment make it a great event for the whole family. For more details, visit www.eastcobber.com/parade. 



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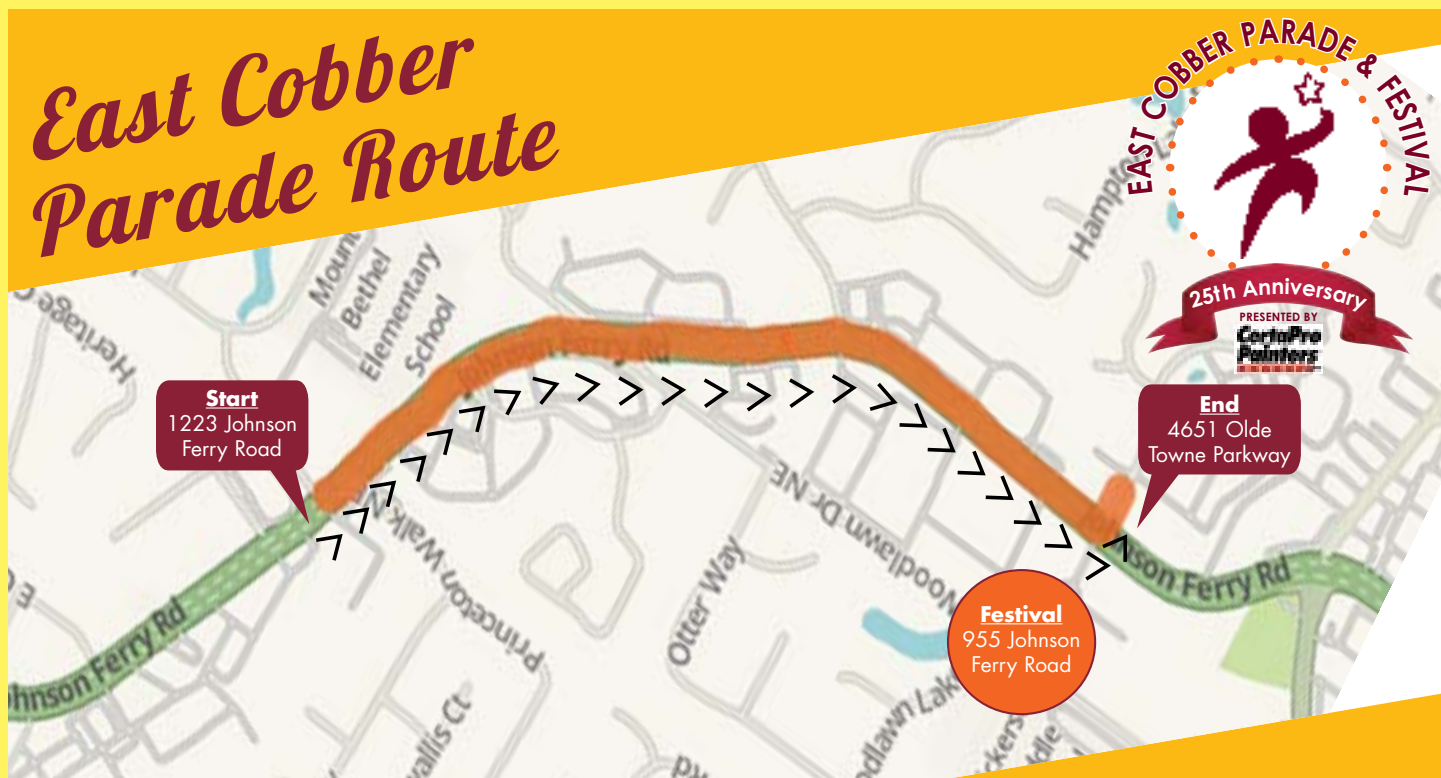
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PARADE & FESTIVAL



Johnson Ferry Road (between Lower Roswell Road and Upper Roswell Road) will be closed from 9:45am to 11:30am to allow 2,000+ parade participants and approximately 110 entries to march in the 25th Annual EAST COBBER Parade.

The EAST COBBER Parade will start at 10am, stepping off at 1223 Johnson Ferry Road, traveling one mile south, and ending at Olde Towne Parkway in Marietta/East Cobb. As a safety measure, the Cobb County Police Department will shut down Johnson Ferry Road – both northbound and southbound lanes – from Roswell Road to Lower Roswell Road. This stretch of Johnson Ferry Road will be closed to traffic from 9:45am to 11:30am. Princeton Lakes Drive will also be closed from 8am to 10:30am. Woodlawn Road will also be closed.

Cobb County Department of Transportation will be setting up road detours at the intersections of Indian Hills Parkway & Roswell Road and Indian Hills Parkway & Lower Roswell Road. Road detours will also be set up at the intersections of Timber Ridge Road & Roswell Road and Timber Ridge Road & Lower Roswell Road. 🚧

25th Annual EAST COBBER Parade & Festival Saturday ☆ Sept. 9

Parade: 10am
Festival: 11am-3pm

Johnson Ferry Baptist Church
955 Johnson Ferry Road

More Info: 770-640-7070
eastcobber.com/parade

Road Closure Reminder

On Saturday, September 9, Johnson Ferry Road—Northbound & Southbound lanes—between Lower Roswell Road & Upper Roswell Road will be closed to traffic 9:45am to 11:30am for the 25th annual EAST COBBER Parade. Woodlawn Road will also be closed. Princeton Lakes Drive will be closed at 8am for the parade staging area, which is at Mt. Bethel Elementary School, 1210 Johnson Ferry Road. 🚧





BE A PART OF IT!



25th Annual East Cobber Parade and Festival

September 9

www.eastcobber.com/parade



2023 *August* COMMUNITY CALENDAR

EVERY MONDAY (Closed Sept 4)

Kennesaw Farmers Market features an average of over 30 local farmers and merchants offer fresh tomatoes, flowers, seasonal fruits and vegetables, plants, herbs, and a variety of local food and products. Be sure to get there early for the best selection. The market also includes a 'Makers Market' with vendors selling handmade goods. 3:30-7:30pm. Free. Depot Park, Big Shanty Drive parking lot, 2828 Cherokee Street, Kennesaw. More info: www.facebook.com/KennesawFarmersMarket.

EVERY MONDAY, WEDNESDAY & FRIDAY

Kennesaw Mountain National Battlefield Museum Tour. It's more than just the artifacts! Join for two special tours of the Visitor Center Museum where Rangers take you on a journey through the entirety of the Civil War (with heavy focus on the Western Theater and the Battle of Kennesaw Mountain). Discuss the causes, biggest battles, blunders and how the war still affects us today over 150 years later. 2pm. \$5/parking (includes everyone in vehicle). Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or www.nps.gov/kemo.

EVERY WEDNESDAY

Avenue Active at Avenue East Cobb. In partnership with Lululemon, and barre3. Each class will provide a full-body workout that combines strength + mindfulness, leaving you feeling balanced and empowered! Be sure to sign up for the loyalty program at check-in, earn 5 stamps (1 class = 1 stamp) on your loyalty card and receive exclusive swag items. Complimentary juice and energy bite samples from Kale Me Crazy at check-in. After class, present your "Wine Down" Voucher (received at check-in) to New York Butcher Shoppe for a complimentary glass of wine and 10% off the bottle. Bring your own mat. Weather permitting. 6-7pm. Free. Avenue East Cobb, Front parking lot near Tin Lizzy's, 4475 Roswell Road, Marietta. More info: avenueeastcobb.com/events/avenue-active-2.

EVERY FRIDAY

Electric Avenue at Avenue East Cobb. Groove into the weekend with tunes from local artists at Electric Avenue. Grab a bite and drink to enjoy during the show from Avenue Restaurants. Guests are encouraged to bring their own tailgate chairs for seating. Coolers and outside beverages are not permitted. Weather permitting. Check website for band schedule. 6-8pm. Free. Avenue East Cobb, Front Parking lot across from Tin Lizzy's, 4475 Roswell Road, Marietta. More info: avenueeastcobb.com/events/electric-avenue.

EVERY SATURDAY

Marietta Square Artisan 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. 9am-2pm. Rain or shine. Located in the parking lot beside the Marietta Square Market, 68 North Marietta Parkway NW, Marietta. More info: www.facebook.com/MariettaSquareArtisanMarket.

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. Glover Park-Marietta Square, Marietta. More info: 770-499-9393 or mariettasquarefarmersmarket.net.

AUGUST 3-6

Cobb International Film Festival. An opportunity for filmmakers of all levels to share their work. Event times vary throughout the weekend. Tickets: \$15-\$50. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: earlsmithstrand.org or cobbfilmfestival.com.

AUGUST 4 & SEPTEMBER 1

Marietta Square Art Walk. There's much to see here. Take your time, look around. The gallery openings, the music, the cocktails, the vibe. 5-9pm, rain or shine. Free. Maps available at each participating location and at the Marietta Welcome Center, 4 Depot Street NE, Marietta. More info: mariettasquareartwalk.com.

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AUGUST 4-6 & 11-13

Once On This Island. Through almost non-stop song and dance, this full-hearted musical tells the story of Ti Moune, a peasant girl who rescues and falls in love with a wealthy boy from the other side of her island. When he is returned to his people, the fantastical gods who rule the island, guide Ti Moune on a quest that will test the strength of her love against the powerful forces of prejudice, hatred, and even death. Friday & Saturday: 8pm; Sunday: 3pm. \$15-\$45. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info: 770-426-4800 or www.theatreinthesquare.net.

AUGUST 5

Dog Days Run. Dog Days 5K honors the heat and humidity of summer and over the years, the Rotary Club of East Cobb has donated more than \$500,000 from race proceeds to local and international service projects. 7:30am. \$35. McCleskey East Cobb YMCA, 1055 E. Piedmont, Marietta/East Cobb. More info/registration: dogdaysrun.com.

AUGUST 5

Lutzie 43 Road Race 5K. Honoring the memory of Lassiter and Auburn football player, Philip Lutzenkirchen. All proceeds benefit the Lutzie 43 Foundation and the East Cobb County chapter of Fellowship of Christian Athletes (FCA). The race start/finish line will be at Lutzie Field at Lassiter High School and features a fast, smooth run through the streets of East Cobb. Registration: 7am; Race: 8am. Pre-registration: \$30- \$43. Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: lutzie43.org.

AUGUST 6 & SEPTEMBER 3

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.

AUGUST 10 & 24

Sunset Sips presented by Chattahoochee Nature Center (CNC). Enjoy a night out with families and friends for a fabulous concert. Bring a picnic (cash bar available). This is a laid back, family-friendly series and CNC's grounds are open to explore. 6:30pm. Free/members; \$15/adults; \$11/seniors and students ages 13-18; \$9/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

AUGUST 11-13 & 18-20

Jukebox Giants: Motown & More. A song and dance musical revue featuring the most popular hits of the Motown era and beyond! Music lovers can take a trip back to the golden age of classic pop, rock and Motown with sensational singers, dazzling dancers, colorful costumes and stunning sets as the top jukebox favorites of the 50's, 60's, and 70's come to life. Fridays: 8pm; Saturdays: 8pm; Saturday 3pm & 8pm; Sundays: 3pm. Tickets: \$25-\$35. Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.



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COMMUNITY CALENDAR

AUGUST 12

Recycling Day benefitting Pope High School Band. Bring recyclable goods such as electronics, appliances and metal. Additional fees apply for TVs, monitors, tablets, large items, paint and paper shredding. Pick-up available with advance reservation and minimums. 9am-2pm. \$10/ per car plus additional fees for some items. Northeast Cobb YMCA, 3010 Johnson Ferry Road, Marietta/East Cobb. More info: www.popeband.com/recycle.

AUGUST 17

Alive in Roswell. This family-friendly event will be held concurrently on Historic Canton Street and the Roswell Antique and Interiors Lot. Free regular trolley service connects the free parking at Roswell City Hall and Woodstock Park. The festival features music, food trucks, hundreds of interactive vendors, and enjoys participation from the many boutiques, small businesses and restaurants surrounding the venues. 5-9pm. Free. Canton Street, Roswell 30075; Parking: Roswell City Hall, 37 Hill Street, Roswell Free Parking locate in several places in downtown Roswell. See Website for locations. More info: aliveinroswell.com.

AUGUST 18 & 19

Pigs & Peaches BBQ Festival. In it's 22nd year, enjoy non-stop music, good eats, cold beer and interactive family fun. Friday: 6-10pm; Saturday: 10am-10pm. Free admission and parking. Adams Park, 2600 Park Drive, Kennesaw. More info: pigsandpeaches.com.

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

AUGUST 19

Legion Comic Con. This family friendly event will feature comic books, toy vendors, artists and Anime vendors. 10am-5pm. \$5/kids; 10 and under/free. American Legion Post 160, 160 Legion Drive, Smyrna. More info: alpost160.com/events.

Pop-In for Family Fun. Explore the Marietta Museum of History. Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. The theme is Bugs & Flowers. 10am-4pm. Free. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or www.mariettahistory.org.

AUGUST 20

Family Fun Day: Summer Adventures Day. A day of fun activities like canoeing, archery, water science activities, and outdoor adventures. Noon-4pm. Admission: \$15/adults; \$11/seniors and students ages 13-18; \$9/ages 3-12. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org/special-events/family-fun-days.

Georgia Bridal Show. Find everything you need in one place and in one day for your big day! Meet the photographer behind the photos, taste the cake, listen to the DJ's music, see the gowns and tuxedos in person, talk to a honeymoon specialist about the right trip for your budget, and more! 12-3:30pm. \$15/advanced; \$20/cash at the door. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: www.georgiabridalshow.com.

Recycling Fundraiser

Saturday, August 12th
9:00am-2:00pm

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AUGUST 25

Glover Park Concert Series featuring Bogey & The Viceroy (Classic Soul to Today's Hits). Only blankets and lawn chairs are allowed inside of Glover Park. Tables, tarps and plastic ground coverings are prohibited. Tables and chairs may be brought and set up in the street on North and East Park Square after 6pm. Tables may be reserved on the first normal business day of the month beginning at 8am. Free. 8pm. More info: 770-794-5601 or visit www.marietta.gov/concerts.

AUGUST 25-27

Almost Heaven: John Denver's America. Georgia Ensemble Theatre celebrates the life and music of John Denver. Five amazingly talented actors sing and play their way through the stories that shaped John Denver's life and formulated his passion for nature, conservation, peace, and home. Relive the soundscape of the 1970s with over 25 nostalgic hits. Friday & Saturday: 7:30pm; Sunday: 2:30pm. \$31-\$41.50. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: www.get.org.

AUGUST 26

Cobb International Festival. In honor of all the unique influences that make our community thrive, Cobb County Parks will host third International Festival. Entertainment, food, vendors, kid's games, crafts and activities. 10am-6pm. Free admission & parking. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info: 770-509-2743 or www.cobbcounty.org/parks/event-centers/cobb-international-festival.

Hummingbird Banding presented by Smith-Gilbert Gardens (SGG). SGG has teamed up with Birdwatcher Supply to catch and band hummers! Live demonstrations, crafts, and a memorable experience. 7:30-8:30am or 8:45-9:45am. \$12/Adult; \$6; Children. Smith-Gilbert Gardens, 2382 Pine Mountain Road, Kennesaw. More info: smithgilbertgardens.com.

AUGUST 26

Roswell Riverside Sounds Concert Series presents Jake La Botz. Bring your chairs, picnic blankets and friends to this unique Roswell tradition. 7-9pm. Free. Food, beer and wine available for purchase, until sold out. Riverside Park, 575 Riverside Road, Roswell. More info: www.roswellriversidesounds.com.

AUGUST 27

Miss Mary's Ice Cream Crankin' benefitting The Drake House, which provides short-term crisis housing to homeless mothers and their children. Taste over 100 unique flavors of homemade ice cream and enjoy ice cream eating and stacking contests, bouncy house, music, face painting and children's games. 2-4pm. Check website for ticket information. First Baptist Roswell, 710 Mimosa Boulevard, Roswell. More info: thedrakehouse.org.

SEPTEMBER 1-3

Georgia Country Music Fest. This star-studded three-day family-friendly event will feature live performances, unique vendors, theme nights, camping, and more! Friday 3-11:30pm; Saturday & Sunday: 2-11:30pm. \$79-\$499. Jim R. Miller Park, 2245 Callaway Road, Marietta. More info/tickets: georgiacountrymusicfest.com.

SEPTEMBER 9

25th Annual EAST COBBER Parade & Festival presented by CertaPro Painters. Come see the largest parade in Cobb County! Bring a bag to grab all the candy thrown by parade participants. Entertainment, food and fun activities for the whole family. The EAST COBBER Parade begins at 10am. The EAST COBBER Festival immediately follows parade 11am-3pm: Johnson Ferry Baptist Church (North Parking Lot), 955 Johnson Ferry Road in Marietta/East Cobb. More info: 770-640-7070 or eastcobber.com/parade.

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LOCAL CONSIGNMENT SALES

RECYCLE BY RESELLING

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

AUGUST 17-19

All 4 Kids/East Cobb. Thursday: 9am-8pm; Friday: 9am-3pm. No strollers before 11am. Saturday: 9am-1pm (many items half off). Accepting Cash, Debit (\$1 fee), MasterCard and Visa (\$2 fee). No checks. Jim Miller Park, 2245 Callaway Road, Marietta. More info: www.all4kids.com.

AUGUST 29-31

Divine Children's Show Boutique Overstock and Consignment Sale. Preview Tuesday 2-9pm, for volunteers, consignors, and new moms. New moms need to register online for Tuesday preview. Wednesday: 9:30am-8pm; Thursday: 9:30am-2pm. The Banquet Hall at the Governors Gun Club, 1005 Cobb Place Boulevard NW, Kennesaw. More info: info@dcskids.com.

SEPTEMBER 8-9

SPSP Kids' Sale. Friday: 9am-6pm & Saturday: 9am-Noon. Everything 30% off on Saturday. The Episcopal Church of St. Peter-Paul, 1795 Johnson Ferry Road, Marietta. More info: spspkidssale.com or email spspkidssale@gmail.com.

SEPTEMBER 14-16

NOWAMOM Consignment Sale brought to you by Northwest Atlanta Moms of Multiples. Everything you need for your family from tots to tweens! Strollers welcome! Thursday: 11am-8pm (special passes including \$5 presale tickets only); Friday: 10am-8pm; Saturday: 10am-3pm (select items half off). Cobb Town Center (Upper Level near J.C. Penny), 400 Barrett Parkway, Kennesaw. More info: sale@nowamom.org or www.nowamomsale.org.

Kids Consignment Sale

The Episcopal Church of St. Peter and St. Paul

Register!

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

Friday, September 8
9 am - 6 pm

Saturday, September 9
9 am - Noon

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FOUR YEARS IN THE MAKING: **MARIETTA SQUARE MARKET**

The history and hunger behind Atlanta's first suburban food hall

By Marie Muir

Savor a birria taco and sip a Mexican candy-rimmed margarita while trains roll by on the back patio of Siete Tacos + Tequila, one of the 19 diverse culinary concepts at Marietta Square Market. The train-station style space can seat [insert amount] people and is wrapped by an expansive dog-friendly patio.


Ed Lee, Founding Partner of Marietta Square Market, was inspired by Krog Street Market and Ponce City Market when he got the idea to open a food hall in the suburbs of Atlanta. He stumbled upon an empty old warehouse one block away from the historic Marietta Square. The building at 68 North Marietta Parkway NW was used for a variety of purposes over the years such as a church and a beer distribution facility. The large-scale renovation project began in 2017. Ed was supported by fellow partners Kent Rose, Founder and President of Concordia Properties, Executive Vice President Richard Dippolito and Wayne Etheridge, Principal at Synergy Realty Advisors.

Local architecture firm Wakefield Beasley and Associates and commercial construction company Morton Construction helped realize Ed's food hall vision. With a fresh brand identity designed by Marietta-based Clementine Creative, Marietta Square Market opened in March 2019.

After surviving the COVID-19 pandemic, the food hall is humming with hungry people in its fourth year of business. A 1922 trolley greets guests at the entrance. Instead of trans-

porting people to Atlanta, this trolley takes locals to happy hour with a selection of beer, wine, and cocktails. Alexis Aleshire-Kinsey, co-owner of sister Marietta Square Market eatery Forno Vero, introduced the playful Tiki Trolley concept. The trolley was collecting dust inside the warehouse when Ed acquired the property. David Ford of Food Trucks South shortened and renovated the 40-foot long trolley. Like the warehouse, the trolley has taken on new life.

Each eatery has a uniquely designed storefront. D'Cuban Café's colorful wall tiles and homemade empanadas draw crowds. From Shai Karr's authentic Thai cuisine to the award-winning Japanese-American chicken tenders at PONKO Chicken, there's something for everyone at Marietta Square Market. Business partners meet over Buddha bowls from SOL & YŌM and best friends sip boba at Tiny Bubbles Tea Bar daily.

Locals gather weekly on Thursday for trivia night and monthly for free yoga class on the lawn. Registration for the Market's fall cornhole league closes August 30. Also this fall, partake in a plant sale, artist market, and ticketed taste of the market event. The food hall opens every day of the week at 11 a.m. and closes at 9 p.m. Sunday through Thursday and 10 p.m. on Fridays and Saturdays. For Marietta Square Market event details and announcements, visit the website, subscribe to the newsletter, and follow on social media.. 

FOOD HALL GUIDE

B.A.D. Gyal Vegan

Caribbean fusion vegan cuisine made from scratch. B.A.D. is an acronym for Blessed, Ambitious and Determined. Creative Chef Chyna Love founded this company from a New York City homeless shelter with faith and ambition. This team rises above the boundaries of generic cuisines to stand out as the best.

Chef Chyna's Favorite:

Plant-based YardGyal® Crispy Chikun Sandwich topped with signature Yankee Jerk sauce and all the trimmings.

Bullgogi

Customizable Korean and poke bowls with a variety of rice, fresh raw fish, umami-packed cooked proteins, raw and pickled vegetables, and tasty sauces.

Owner Edward Lee's

Favorite: Raw Poke Bowl with a sushi rice base, salmon and tuna proteins, spicy radish, edamame, pickled cucumbers, red onions, green onions, ginger, seaweed salad, sesame oil, soy sauce, spicy Korean and spicy mayo sauce, topped with furikake.

Café Bourbon St.

A New Orleans-style, family-owned eatery serving the best cuisine east of NOLA with quality, flavor and love.

Chef's Favorites:

Jambalaya egg rolls, Bourbon St. shrimp basket, and original beignets

Crème de la Crêpe

Crepe shop specializing in fresh and delicious French food. Batters are made in-house from a family recipe.

Chef's Favorites:

Le Classique - a savory crepe with bacon, egg, cheese and spinach. Berry Lover's - a dessert crepe with nutella, strawberries and blueberries.

Forno Vero

Neapolitan eatery and drinkery specializing in wood-fired pizza, fresh salads and artisanal cocktails.

Chef Scott Kinsey's

Favorite: Speziato Pizza - hand crushed San Marzano tomatoes, spicy soppressata, Calabrian peppers, Fior Di Latte mozzarella, garlic and extra virgin olive oil.

Four Fat Cows

Indulge your dessert cravings with a classic treat like apple pie and vanilla ice cream or a unique combo such as a blackberry marsala clafoutis and strawberry balsamic ice cream. After being diagnosed with Celiac's disease, along with two of her children, Robyn Thompson made it her goal to craft gluten-free versions of her family's favorite desserts.

Owner Robyn's Favorite:

Nutella cookie dough ice cream

Lucky's Burger and Brew

Ernie Geyer and Diane Geyer were eager to create Atlanta's most dog-friendly food destination when they established their original Roswell location in 2010. Enjoy a new concept in a fast casual dining experience with the same quality food as their full-service locations.

Chef's Favorite:

The Undertaker - a six-ounce Angus beef burger patty topped with mayo, American cheese, applewood smoked bacon, onion rings and a fried sunny-side up egg on a toasted challah bun.

Momoiro Ramen

Authentic soul-satisfying ramen dishes. Homemade bone broths simmered slowly for hours to ensure a nourishing and flavorful ramen base.

Chef's Favorite:

Tonkotsu ramen, kamo ramen and pork belly buns.

PITA Mediterranean Street Food

Delicious and unique dishes that originated from the streets of the Mediterranean region.

Owner's Favorites:

Gyros, shawarma, hummus and falafel

Smokehouse Q

Award-winning barbecue accompanied with savory sides. All meat is smoked overnight and served fresh daily until the meat runs out. Family-owned, friendly service, great food.

Chef's Favorite: Baby back ribs with Mac and collards

Tiki Trolley by Forno Vero

Umbrella drink sippers unite! Take a mental vacay with frozen and island-inspired cocktails, handmade with fresh ingredients.

Owner Alexis Kinsey's

Favorite: Monkey Punch - bourbon, banana liquor, orange curacao, passion fruit, lemon and grenadine.

Cousins Maine Lobster

Cousins Maine Lobster started as a food truck serving classic lobster rolls, sandwiches and soups. In 2016 they appeared on ABC's hit show Shark Tank and were supported by Barbara Corcoran. Today, they have food trucks and brick and mortars across the nation.

Owner Tony Harrison's

Favorite: Connecticut Roll featuring Maine lobster, served warm with butter and lemon, on a New England roll. This roll is our most popular and often referred to as heaven on a bun. 🍷

PET OF THE MONTH: **BENNETT**

Submitted by Jada Alexis



Animal/Breed: Australian Shepherd

Age & Gender: 7-year-old male

Favorite Food: Treats

Favorite Person: Mom & Dad

Best Trick: Nose "Boop"

Turn Ons: LIFE, people, dogs, walks/runs, dog parks, car rides, belly rubs

Turn Offs: Blow Dryer

Favorite Toy: Any & All

Last seen: in the corner on his back contortionist style with legs pushing against the wall sleeping in what looks like the most uncomfortable, unnatural position

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: _____

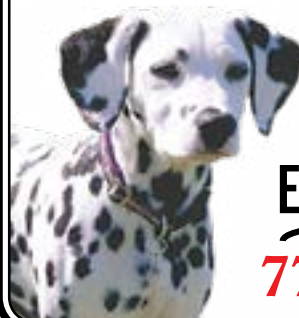
Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

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Long-time resident of East Cobb, Jim Sullivan, is excited to announce the return of Car Wash USA to a new location in the East Cobb Crossing shopping center (near Dick's Sporting Goods and Party City). Last year, Jim sold his long-standing hand car wash on the corner of Old Canton Road and Roswell Road, after 17 years in business. After reading

"I am passionate about workers who feel the same a great job, and it shows,"

In 2015, Car Wash USA moved to East Cobb while on notice there were no drive hand car washes. The hand car washes used to wash reducing the risk of dirt on mitts and scratching the

As an East Cobb resident, Jim is a local shopping center at that location. It was worth a great value on customers for 17 years.

Car Wash USA also of buffing, waxing and detailing shampoo carpets and mats, etc. When detailing the air systems to get to even

The new location offers convenience of customers to be from refinements, with air-conditioned viewing

Jim is happy to be out old customers. "The people they respect the value of service, they will become

The car wash is open 7 days a week. You can find during operating hours their Facebook page, Facebook

McCOBB LLC: OFFICES JUST FOR YOU



"Our goal is to help our clients as they successfully run their businesses," says Ann Chambers, Executive Sales Manager of McCOBB LLC, which is located in East Cobb at 2345 Roswell Road. A wide range of firms call McCOBB their home, including attorneys, CPAs, chiropractors, medical, senior services, an insurance firm, and many others.

Yes, the 2345 Roswell Road building is a great fit. The building is owned by Chambers as the agent and list it as the Property Manager and Estate Broker. All businesses have access to the kitchen and conference rooms, as well as all administrative services. The offices are at the corner of Roswell and Joseph MBE Road, and very accessible.

For the flexibility offered to businesses that can fit in, short-term, and even for a day. "Our office and ready to go at all times," she says, "and we can have you operational within

that are looking long-term but are not certain yet, they can initially rent an office. Once their needs can easily expand to more offices or more space, built to their specific needs, without any

office with concept allows business owners to rent or services while McCOBB handles the rest. McCOBB offers a full service solution, with leasing at 10% monthly. Additional services, such as rent and even moving services, are billed based

offers virtual offices for at home businesses that address and/or telephone answering, with all meeting space and administrative services. Rent at \$100 per month and can be taken made to

Executive suite, and virtual offices are currently available with office space. Call Ann Chambers at 770-640-2200, annchambers@mcobb.com, or

E. SMITH AIRS OUT HVAC QUESTIONS



Debbie Alexander,
Vice President, E.
Smith Heating and
Air Conditioning

Our homes are comfortable primarily because of two basic reasons — that's heating and air for the most part. Georgia summers and that any heat in winter. Unless one stops working properly, we usually don't think too much about our home's heating and cooling. Could our comfort levels be even better than they are now? How can we it technology work effectively with our HVAC system? Debbie Alexander, vice president of E. Smith Heating and Air Conditioning, Inc., addresses these questions. Alexander emphasizes the importance of a professional licensed HVAC company to handle your heating and cooling needs.

Depending on the particular scenario, Alexander says that your heating and cooling comfort can improve by adding either a zoning system or a mini-split unit to your current HVAC system.

"Even with a properly sized and efficient air conditioner and furnace, hot and cold spots can occur," she explains. "A consistent temperature depends on getting the right amount of airflow to each room. How can you spend your days opening and closing individual registers, but in reality, who is going to do that?"

She goes on to say that a zoning system helps solve the hot and cold spots by adjusting the air that goes to each room. A thermostat in the room automatically opens and closes a damper in the duct work. Different rooms can be set to different temperatures.

A mini-split unit can help with comfort levels if you add a living space, such as a basement office. Alexander says a temperature sensor area because your central system may not be sized to handle the extra load. Quiet and efficient, a mini-split unit consists of a separate outdoor unit and an indoor blower unit that mounts on a wall to distribute the heated or cooled air.

For those who want to incorporate Wi-Fi technology, a Wi-Fi thermostat can do the job. Mobile apps allow you to access the system from anywhere. You can adjust the settings, get alerts, monitor the temperature, switch from heat to cool or turn the system on or off. A zoning system can also be accessed through Wi-Fi technology.

Alexander gives a warning about installing a Wi-Fi thermostat. "All homeowners should think twice if you elect monitoring. Companies offer to give you a free Wi-Fi thermostat. Almost companies usually don't employ HVAC technicians, and some air conditioning systems require specific manufacturer thermostats. The last thing you want is for your cooling to stop, only to find out your free Wi-Fi thermostat is not compatible with your cooling system."

Looking for a professional licensed HVAC company? E. Smith Heating & Air Conditioning has been serving East Cobb for more than 30 years. To schedule an appointment, call 770-422-1900 or visit www.esmithhvac.com.

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THE LAST FRONTIER: TRAVELLING SOLO (SORT OF) TO ALASKA

By Cynthia M. Rozzo

Over the years, I've traveled with my kids, my husband, my sister, and my girlfriends. I was itching to explore Alaska this summer. The warmer weather and long days make it the best time of year to see the tallest mountains in North America, streams teeming with salmon, glaciers galore, and its millions of acres of forest. Yet, alas, I could not find anyone to go with. But I wasn't going to let that stop me. After some social media searches, I started reading stories about women travelling solo, but not alone.

After going down the proverbial rabbit hole of solo travel sites and blogs, I realized solo holidays are more popular than ever—especially with women! But there was one solo travel tour company that resonated with me --and it's based in Atlanta! Founded by a travel expert and world traveller, Megan Grant, Cherish Tours, "creates memories for women of all walks of life through hosted multi-day experiences. Whether you're an experienced solo traveler or you've never traveled internationally, travel with us to experience the beauty of the world, a deeper connection with yourself, and a powerful connection to a community of women from all over the world without the stress of planning or having to travel alone," as her beautifully designed website promoted. Every year, Cherish hosts at least 5 small group travel experiences to unique destinations around the world. Her company also offers private tours for groups of 6 or more—plus Cherish can put together a private tour to their offered destinations. Alaska was on Cherish's list of destinations for 2023.

So, I called Cherish tours and spoke with the owner, Megan Grant, to discuss price and itinerary details and to ask her more questions about her tours, specifically, her Alaskan tour. Megan had organized interesting tours



Cynthia Rozzo celebrates hiking to the top of Matanuska Glacier.

for each day from a glacier hike to boat tour around the Kenai Fjords to a spa day -- while also leaving a couple of days open for me and my other fellow travelers to explore on our own. Sign me up! I was sold on Megan's mission to curate travel experiences for women while also supporting women in business at the different destinations. I was also looking forward to the fact that I did not have to reserve the hotels, get the entry tickets, and organize the transportation. For added comfort, she also hires a travel guide to shepherd each small group.

So in June, off I flew to the Last Frontier: Anchorage, Alaska! A van was waiting for me at the airport to whisk me to the hotel where I would be staying for the next two nights and where I met up with the other eight solo female travelers from all over the United

States. My fellow solo travelers ranged in age from early 20's to 60 years old, had varied professional backgrounds and were all game for an exciting week of discovering Alaska!

The first day was set aside for free time to explore Anchorage. Cherish's travel guide, Aubrey, was available to answer any questions and clue us in on some neat things to see and do in the city. I biked the coastal trail, museum-hopped, and sampled the local culinary delight of elk pepperoni pizza all in my first day! The next day we checked out of the hotel and hopped into a van that took us to hike on the Matanuska Glacier. I was awestruck at the incredible views as we climbed up and down the mountains of ice. Our local female tour guides were enthusiastic, knowledgeable and proud to share Alaskan trivia. Afterward, we headed to Girdwood, a quaint ski resort town where we enjoyed the local shops and brewery and hiked in a beautiful, moss-laden forest. For the next two days, our base camp was a huge

IDENTIFY & CONNECT WITH MOMS OF NEURODIVERGENT CHILDREN

By Bethany Tuttle

When I dreamed of becoming a mother, I didn't just dream about what my children would be like. I also dreamed and clearly saw the kind of mother I would be. Reality has been different from my daydreams. Mothering is hard, and mothering neurodivergent children presents unique challenges that are daunting to navigate. What I needed and still need are friends, resources and community to help me better understand and provide for my child's unique needs.


Funded by Parent to Parent of Georgia and hosted by RISE coffee & tea, Bridges to Understanding is a share group for moms with neurodivergent kids (autistic/ADHD/dyslexic/sensory processing). Aptly named to signify its mission to help build bridges of understanding between and within families, the group meets monthly (August through May with summer socials) on specific topics often with guest speakers. Past topics have included SB-10 funding, camp and school options, the IEP process, speech therapy, occupational therapy, self-care and sibling issues. Meetings are held on different days of the week, but the same time and place 10-11:30AM at RISE coffee & tea (4651 Sandy Plains Road, #116, Roswell 30075).

Through Bridges to Understanding, I have found a safe space to share the challenges and triumphs of

raising my unique child. It's provided community and resources to help me better discover what my child needs from me and the world around him to truly flourish. While we have ups and downs as a family, the professionals and friends from this group has helped our family move through the tough seasons and celebrate the better ones. We hope you'll join us on this journey and attend one of our upcoming meetings.

You're Invited! Upcoming Meetings (10:00am RISE coffee & tea):

- > Monday, August 8th: Presenter from SHINE health & wellness to discuss nutrition.
- > Wednesday, September 13th: Presenter from Therabeat to discuss music therapy.
- > Thursday, October 12th: Presenter from Mosaic Autism Services to discuss how to handle challenging behaviors and sibling issues.

For more information or to RSVP, please email bridgestounderstandingga@gmail.com. Also, please learn more about our partners: Parent to Parent of Georgia (www.p2pga.org) and RISE coffee & tea (www.RISE-coffeetea.com). 


<<< Continued from previous page <<<

mountain home where we got to know each other better over yoga, board games and dinner made by a personal chef. From there, we were ferried to a wildlife sanctuary, and on another day, we were driven to Seward to enjoy a boat ride around the Kenai Fjords. That 6-hour boat tour allowed us to take in more awesome views of the majestic mountains as well as sea otters, orca whales, puffins and sea lions up close! My last day was topped off with a visit to a Nordic spa. Located in the Alyeska Spa in Girdwood, our group enjoyed dipping in the several hot pools, and then the cold pools. Plenty of spaces to warm up and relax were scattered throughout the beautifully landscaped retreat.

I was sad to leave my new friends thanks to Cherish. My trip to Alaska introduced me to a new way to travel. I enjoyed the freedom to go on my own while also enjoy-

ing the company of my fellow travelers--now friends; and tapping into the expert advice of a local guide during scheduled activities. It was the best of both worlds! It was a new experience to allow someone else to handle the details of traveling from here to there--especially in the expansive frontier of Alaska. My trip to Alaska was relaxing and eye-opening. I enjoyed the small group setting, the camaraderie, and the fun we all had.

Cherish Tours has launched three trips for 2024: Costa Rica, Glamping in Utah, and Turkey. More destinations will be launched later next year.

For a memory that will last a lifetime, book your next travel experience with Cherish Tours, by visiting gocherishtours.com. Once you're booked all you have to do is show up and enjoy! 

SPARKLE SUCCESS STORY

by Ginger Market-Brusa

Chrissy Carter was 49 years old when she broke into tears at a craft conference. Chrissy told her sister, Cathy, she hated how she looked and felt. Chrissy was 171 pounds when she joined Sparkle in August of 2022. She is down to 143 now.

What made you make the lifestyle change, Chrissy?

My sister has been with Sparkle for many years. She mentioned me joining or coming to a meeting multiple times. I knew that I was ready and needed to change my life in July of 2022. I was unhappy, overweight, and out of shape.

What changes have you made to your eating habits?

I eat for fuel now. I eat fresh, whole foods and make much better choices. There is no more mindless eating, eating because I feel sorry for myself, or eating processed or pasteurized foods. I greatly reduced my dairy and gluten intake and without bloating or stomach aches, I feel tremendously better every day.

What was the first step for you?

I would start diets and quit. Start and stop seemed to be a regular routine. Then, I joined Sparkle Wellness and Sparkle Fitness. I did not just show up, I jumped ALL IN and didn't quit. I continue my commitment to my health and wellness journey every day.

What does your exercise routine look like?

I work out 6 days a week. Each day is a little bit different, but I do something 6 days a week! Some days are strength training, which I love doing! It has made the biggest difference in my life. On other days I run. Never have I EVER been a runner until this season of my life. I keep a calendar of my workout plan and do my best to stick to it. I have a plan and a purpose when I wake up each day!

What has been your biggest challenge on this journey?

Starting was my biggest challenge. I felt so far gone. I did not know what, if anything, could help me. I felt like I had tried everything. With Sparkle, one meeting turned into two meetings, activities started adding up and before I knew it, I was hooked on all things Sparkle! I had my fair share of disappointments along the way. Sometimes the scale didn't change, and I thought for sure it would. I got sick and was in bed for about a week. I got attacked by a dog, but I didn't stop trying — really trying! One or all of those would have broken me before. My mindset is strong now.

How have you triumphed or overcome along the way on the journey?

The Sparkle community accountability means the world to me. Without them, I know I would have failed at another



Chrissy before and after losing 28 pounds.

program. I know my "why" and I know my purpose, but I have learned that I cannot do it alone. This community is medicine to me. I get to do so many things now!

Do you have tips for others?

1. Get involved in the Sparkle community.
2. Track ALL your food.
3. Mindset is everything!

How has your life changed?

My life is completely different from one year ago. I am happy, healthy, and training for my first marathon! I can and will do hard things! Every day, we have a call to action. It may be your family, your job, or any of the other million items that we deal with from day to day. You are no good to any of those people, places, or things if you are not GREAT for yourself. Prioritize your health and wellness. Get stronger, get fit, get healthy for YOU first, and then spread the Sparkle with everyone around you!

For more information on Sparkle Wellness, visit sparkleanewyou.com. 📞

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EAST COBB SENIOR CENTER ACTIVITIES SCHEDULED FOR AUGUST

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

Ask the Chiropractor

August 10 • 10am-11:30am

Everything you always wanted to know about chiropractic care. Join Highland Family Chiropractic for a light breakfast and informational discussion on chiropractic care and your health.

Ayurvedic Cooking Works

August 11 • 11am – 12pm

What is Ayurveda? This presentation will teach the beautiful holistic science of Ayurveda from ancient India and will have participants making a traditional dish. Supply fee, payable to instructor. Presented by an Ayurvedic Wellness Counsellor. \$10.00 Supply fee; Registration required.

Celebrate Tim D. Lee's 28th Anniversary with '90's Trivia

August 14 • 2pm- 4pm

Enjoy some cold Lemonade and cookies, gather a team of 2-4 players and compete by answering trivia questions based on the 90's for the chance to win prizes. Sponsored by The Friends of Tim D. Lee. \$4; Registration required.

Veteran Connection

August 16 • 10am – 12pm

Join other Veterans each month for fellowship & special guest presentations. These meetings are for both women and men to come together to share their experiences with each other. Guest speaker Garrett Southwell, REI World Class Guide has a diverse background and extensive experience and will discuss their classes and adventures. 📞

COBB SENIOR HOME REPAIR

Meals On Wheels Atlanta manages a first-come, first-served grant-funded home repair services program for eligible Cobb County homeowners. The program provides single-family residential system upgrades and health and safety modifications for seniors, veterans and low-income homeowners of Cobb County living at 80% and below the area median income.

The allowable work consists of: roof, HVAC, electrical, plumbing, accessibility modifications (ADA standards) and fixing code violations. Please contact Meals On Wheels Atlanta, Home Repairs for more information at homerepairs@mowatl.org or call 404-351-3889. 📞

Funny, our dining schedule is the same as yours.

MERRILL GARDENS

WOODSTOCK

Anytime Dining at Merrill Gardens Senior Living

As you may have guessed, that means you can dine whenever you'd like and how often you'd like. And did we mention meals are made-to-order and served restaurant-style? Well, they are. So, go ahead, act like you own the place. It'll be fun.

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34

On-campus chiropractic-related clubs.



3

Graduate degree programs, one of which is offered online.



16

Techniques offered as part of the D.C. curriculum.



5

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#1

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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 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*) leads to careers in research, management and leadership in business organizations, educational institutions and governments, as well as health care.



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

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