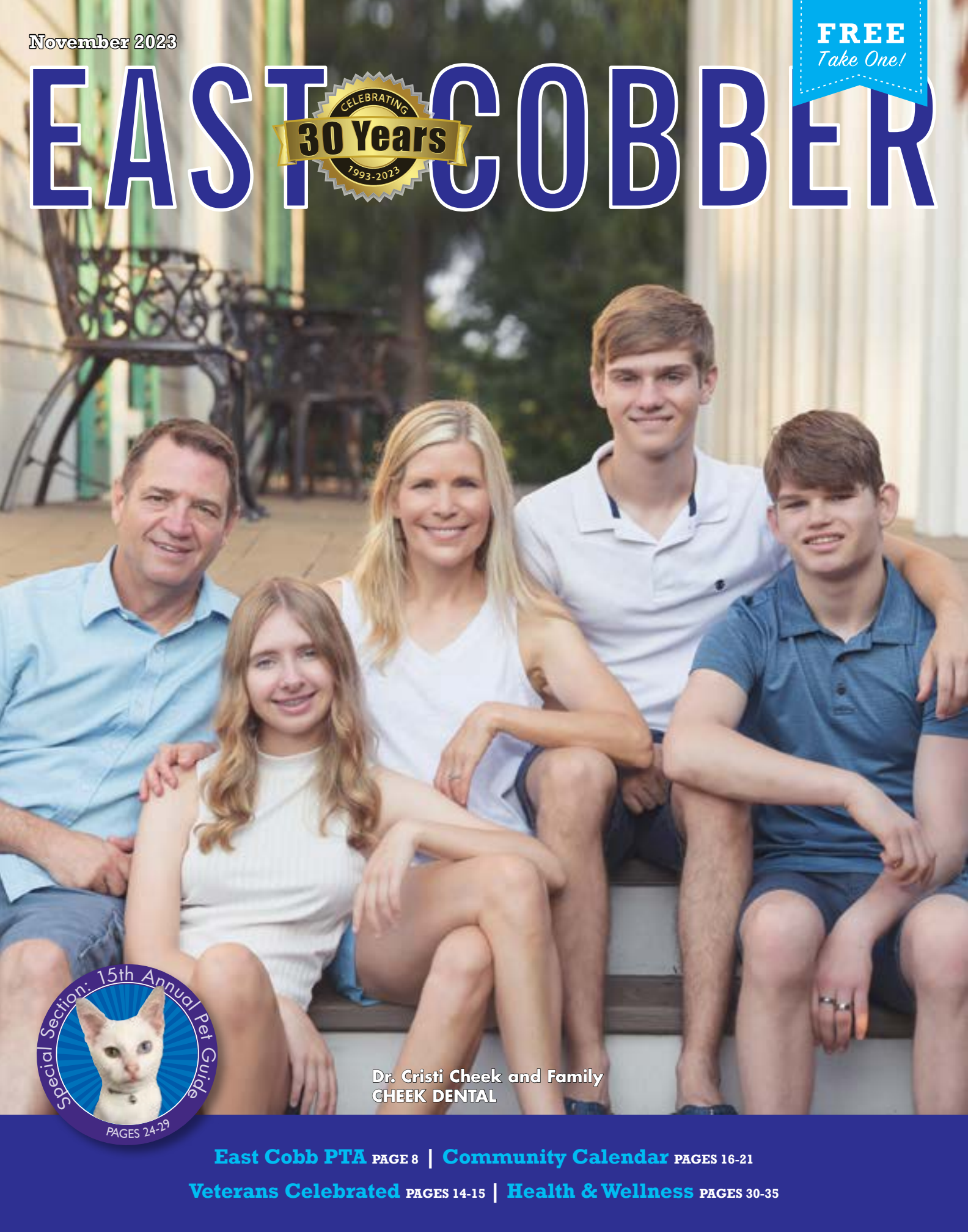


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Dr. Cristi Cheek and Family
CHEEK DENTAL

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Veterans Celebrated PAGES 14-15 | **Health & Wellness** PAGES 30-35



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EAST COBBER

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LAREN BROWN

laren@eastcobber.com • 770-880-0965

Founder
CYNTHIA ROZZO

Graphic Designer: Tamara Stephens

Digital Editor: Ashley Antonini

Online Promotions: Tiffanie Abernethy



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PUBLISHER'S NOTE



Every year, on the fourth Thursday of November, families across America come together to celebrate our cherished national holiday of Thanksgiving. Thanksgiving extends beyond the Macy's parade, feasting on turkey, stuffing, and pumpkin pie, and watching televised football. It's a day to reflect on our blessings. In this edition, as in every issue, we shine a spotlight on the remarkable individuals in our community who contribute to our quality of life—starting from honoring our vets on pages 14 & 15 to

all the new businesses opening to contribute to our health and wellness. We hope these stories remind you of the abundant “blessings” we have right here in our own neighborhood.

As we gather around the Thanksgiving table each year, it's customary to express gratitude for our loved ones, the warmth of friendship, and the precious moments spent together. For those of us with pets, it's essential to remember that they also deserve our appreciation. Our pets are cherished members of our families, offering unwavering love and companionship. They don't judge us by our appearance, occupation, or culinary skills; they simply love us, unconditionally. At EAST COBBER, we recognize the unique bond between you and your pets, which is why we publish the annual Pet Guide (see pages 24-29). It serves as East Cobb's sole directory of resources to help you care for your beloved pets and spotlights local organizations dedicated to advocating for and rescuing animals of all kinds.

“Thanksgiving” is not just a word; it's a call to action, a moment of heartfelt reflection. I extend my thanks to all our readers, who are the lifeblood of this publication and the reason for its existence. I'm immensely grateful for so much in my life, including my cherished family, friends, and the liberties of democracy. However, the connection between EAST COBBER and you, our readers, forms the bedrock of my thoughts when creating each issue. I'd also like to take this opportunity to express my gratitude to the many advertisers who choose to support EAST COBBER by placing ads in our publication. Without their dedication, this magazine wouldn't be possible. A special thank you to our 300 community-minded merchants who serve as distribution points for EAST COBBER – your support is truly appreciated!

Thank you to our Veterans and Happy Thanksgiving!

Laren Brown, Publisher
laren@eastcobber.com

On the Cover

Pictured on this issue's front cover is dentist Dr. Cristi Cheek of Cheek Dental with her husband Ron, two sons Davis and Walker, and daughter, Grayson.

High-quality dentistry serves as the cornerstone for Cheek Dental. Dr. Cheek treats patients of all ages with state-of-the-art equipment and technology. The Cheek Dental team is talented at creating beautiful porcelain veneers, dental implants, and cosmetic dentistry services, which include smile makeovers, bonding, and invisible braces. In addition to dentistry, Dr. Cheek offers cosmetic treatments with Botox and fillers.

You can read more about Cheek Dental on page 6. If you are looking for a dental office that adheres to meticulous attention to detail, an eye for aesthetics, and a warm, personal approach, look no further than Cheek Dental. The office is conveniently located at 2872 Johnson Ferry Road in Marietta/East Cobb. For more information, check out the website at www.cheekdental.com or call for an appointment at 770-993-3775.

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TRANSFORMING SMILES AND LIVES THROUGH DENTISTRY



Dr. Cristi Cheek

Dr. Cristi Cheek has had a passion for dentistry since second grade. “I loved visiting my dentist in our hometown in Northeast Georgia. I always saw myself being the same kind of dentist - one who has great relationships with patients and makes visits enjoyable.” After graduating first in her class from the Medical College of Georgia, Dr. Cheek associated with a practice for two years before starting Cheek Dental in East Cobb, a practice she has owned for 21 years. During her early years of practice ownership, Dr. Cheek married her husband, Ron, and together they have three children, now all teenagers, along with three rescue dogs.

“I love how being a dentist in my own practice has afforded me the ability to have a career I thoroughly enjoy while raising my children. When my kids were young, I was able to set my schedule so that I could be the mystery reader at school and attend Muffins for Moms events while still caring for the members of my community at the dental office.”

Being a dentist is so much more than what she imagined as a child, Dr. Cheek relates, stating that her own journey to healing after being diagnosed with sleep apnea several years ago helped her see how interrelated the medical disciplines are. “I have the opportunity to care for the WHOLE person, as oral health is related to many other medical conditions.” She also comments on how much the dental profession has changed over the last decade. “I am designing and fabricating crowns on a CAD/CAM machine and viewing x-ray images in 3D on our CBCT unit. Patients appreciate that we can use a computerized scanner to make virtual impressions instead of those messy, gag-inducing traditional impressions in a tray.” Dr. Cheek says she loves investing in technology that gives the best diagnostic information, patient experience, and treatment outcomes. “A patient can come into our office with a broken tooth and walk out in less than two hours with a beautiful, natural-looking custom stained and color-matched crown. And the ability to view a CBCT image that shows structures in three dimensions greatly improves my ability to find and prevent problems that can sometimes be difficult to see with traditional X-rays.”

Dr. Cheek truly enjoys what she does...not only the artistry of dentistry but the relationships she forms with her team and patients. “We have a great reputation in the East Cobb community, and I owe a lot of that to my amazing team. We have the most kind, intelligent, dedicated, and genuinely caring people here at Cheek Dental. Working with a group of ladies where every single team member does her best, has genuine empathy for others, and goes above and beyond to

help the patients and each other, makes working here a joy and fosters trust which is so important in relationships.” And Dr. Cheek says she loves that she is able to serve the dental needs of entire families as well as individuals who come just for expert cosmetic treatments like veneers, Botox, and fillers. “A smile instantly connects one person to another, and I am proud that I get to be a part of the connections people make throughout their lifetime.”

Dr. Cheek says she never stops growing as a dentist and finds that the more she learns, the more she realizes there is to learn. “The body is complex, and so many parts are interrelated. For example, we now know that people who grind their teeth may have airway problems, so I need to look beyond just the condition of each tooth and assess the entire mouth as a system and its relation to any health conditions.”

As her practice grew, Dr. Cheek began searching for a like-minded dentist to join the Cheek Dental team and feels so fortunate to have met Dr. Kristina Chandler 7 years ago. “After the team interviewed Dr. Chandler, they knew she was the one we had been searching for. Dr. Chandler has that same servant’s heart, genuine concern for others, and meticulous attention to detail and embodies the six core values held by the Cheek Dental team.”

Cheek Dental is located on Johnson Ferry Road in East Cobb in the Providence Place office park, and along with basic dental services, also offers implant restorations, Invisalign, teeth whitening, full mouth rehabilitation, cosmetic veneers and crowns, and facial esthetic treatments. You can visit their website at www.cheekdental.com to learn more.

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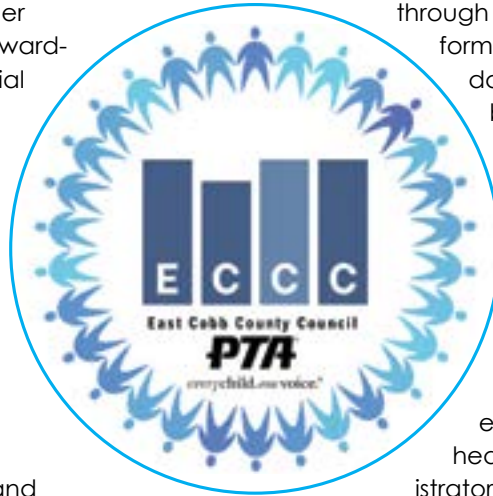
By Tammy Andress, President, East Cobb County Council of PTAs

Volunteering for the Parent-Teacher Association (PTA) is not only a rewarding endeavor but also an essential component of building stronger school communities. PTA plays a pivotal role in facilitating communication between parents, teachers, and students as well as helping foster a supportive and nurturing environment that enhances the educational experience for all.

PTA is an organization that advocates for quality education. Volunteers work tirelessly to ensure that schools receive necessary resources, support, and funding. By participating in PTA, you can directly influence the educational opportunities available to children, thereby improving the overall quality of education. Schools often face budget constraints, which can limit their ability to provide essential resources. PTA volunteers organize fundraisers to bridge this gap, funding everything from classroom supplies to technology upgrades, thereby creating a better learning environment. Furthermore, many extracurricular activities, such as field trips, school events, and clubs, rely on PTA support. Volunteering ensures that these opportunities remain accessible to students, enriching their educational experience beyond the classroom.

PTA fosters a sense of community by promoting belonging among all stakeholders, allowing individuals to connect, share experiences, and work together for the betterment of all children. This camaraderie can make the school experience more positive for everyone involved. Furthermore, it enhances Parent-Teacher Collaboration by bridging the gap between parents and teachers. By actively participating through volunteering, parents gain insights into the educational process, curriculum, and school policies which strengthens the partnership between home and school, which is critical for student success.


Research consistently shows that parental involvement boosts student performance. Volunteering



through PTA positively impacts students' performance. They tend to have better attendance, higher grades, and improved behavior in school. PTA does not just benefit students; it can be a valuable learning experience for parents as well. Volunteering offers opportunities to develop leadership, organizational, and problem-solving skills, which can be beneficial both personally and professionally.

The PTA is a voice for all parents, ensuring their concerns and opinions are heard and considered by school administrators thus providing a platform for voicing ideas and allowing input into important decisions. Because PTA embraces diversity, its volunteers often come from varied backgrounds and bring unique perspectives and experiences to the table. This diversity enriches discussion and decision-making, making the school community more inclusive and accepting.

Finally, volunteering for PTA sets a positive example for children. When they see their parents actively engaged in their education, they are more likely to value and prioritize their own learning, ultimately fostering a culture of lifelong academic excellence.

Volunteering for PTA is not just a way to give back to the school community; it is a means to improve education, strengthen relationships, empower parents, teachers, and students, and enhance the climate of the school community. By joining PTA and dedicating your time and effort, you play a vital role in shaping the educational experiences of future generations. 



Tammy is the President of the East Cobb County Council of PTA's and the Parliamentary and Membership Chair of the Lassiter PTSA. She is a longtime advocate for public education, is married to Kiffer and is the mother of three daughters, Hannah, Rebekah, and Rachel.

STRONGVIBE FITNESS STUDIO CELEBRATES GRAND OPENING IN EAST COBB

ERICA MANNING SHARES THE POWER OF ELECTRICAL MUSCLE STIMULATION

THERAPY WITH LOCALS

By Marie Muir



Celebrating Together: l-r, Ryan, son; Owner Erica Manning, and daughters Ava and Emily, joined by husband, Doug Manning

Erica Manning is making waves with Electrical Muscle Stimulation (EMS) workouts at Strongvibe - her new fitness studio located at 147 Johnson Ferry Road, Suite 4110 in Marietta's Paper Mill Village. Strongvibe's Grand Opening Celebration took place on Oct. 19 with food, giveaways, demos and wellness information from Clean Juice.

Unlike traditional strength training, EMS workouts combine mild electricity and low-impact exercise in short, 20-minute sessions. Participants wear a special suit with electrodes that deliver electrical impulses to muscles. As a result, Strongvibe clients gain muscle and reduce fat while alleviating pain.

Erica, a self-proclaimed fitness enthusiast, grew up in Smyrna and Woodstock and studied marketing and sports management at Georgia Southern University. She recalls struggling to exercise at a high-level after having kids and suffering from chronic tendonitis and a torn rotator cuff.

EMS workouts offered Erica an exciting solution - low-impact training with high-impact results. After experiencing the positive results herself, she felt inspired to bring this empowering fitness technique to East Cobb.

Strongvibe members receive private sessions in a spacious, teal and navy-blue studio. While most people prefer one-on-one training, Erica also offers joint sessions for competitive friends and married couples. Members can even reserve the studio between scheduled EMS workouts to use the available cardio and weight-lifting equipment.

All Strongvibers must complete a lifestyle questionnaire before their first EMS workout. Responses help inform personalized programs created by Erica to safely meet each client's fitness goals.

For the workout, participants change into special attire and are suited with an EMS vest, belt and straps. Some people might be nervous, but EMS workout therapy has been safely used in the United States for decades.

"It feels like a hug," says Erica, who practices her own EMS workouts twice weekly.

Pulses start as a tickle and build, body part by body part, based on client feedback. Erica instructs participants to contract their muscles while doing specific exercises as the EMS suit pulses. 20 minutes later, the EMS workout is complete.

Because EMS recruits three times the muscle fiber of a traditional training, members see muscle build faster than they could ever achieve otherwise. Like Erica, many Strongvibe clients share that

EMS workouts alleviate pain in injured or imbalanced muscles and joints. Positive feedback from clients gets Erica out of bed and into the Strongvibe studio everyday.

"It's all theoretical until you actually see it happen," says Erica. "I'm now seeing the results from clients obtained during our soft opening and it's been amazing! Notable results from clients include one who lost five pounds of body fat, one who gained five pounds of muscle and another who lost 10% visceral fat in their first month."

Strongvibe is currently offering free introductory sessions and memberships at 25% discounted rate. Learn more and sign up by visiting www.strongvibefit.com.

Erica and her husband, Doug Manning, have three children: Ava Grace, 14, Emily, 12, and Ryan, 10. The Mannings moved to Hampton Farms' River Hill neighborhood from Smyrna in 2020. They love hiking trails at Sope Creek and grabbing a bite to eat at Moxie Burger.



Owner Erica Manning educates participants on the technology of Electrical Muscle Stimulation (EMS) at the StrongVibe Fitness Studio's Grand Opening in October

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GRACE RESURRECTION METHODIST CHURCH CELEBRATES NEW BEGINNINGS



Grace Resurrection choir member Judy Green hands a choir hymnal to pastors Rev. Dr. Randy Mickler and Rev. Charlie Marus to be put in the church's year anniversary time capsule as church member children look on.

On Sunday, October 1, 2023, Grace Resurrection Methodist Church (GRMC) parishioners spilled out of worship onto the church's green and celebrated the year anniversary of its founding. Sunny skies, cheerful music, children's games and bright blue gingham tablecloths decorated with yellow flowers complimented the scene of over 300 churchgoers joyfully picnicking on the grounds.

"These folks have worked so hard over the past year to create this church," said Senior Pastor, Rev. Dr. Randy Mickler referring to the mostly volunteer initiative. "It warms our hearts to see everyone celebrating and connecting," he continued as churchgoers lingered long after the food was finished.

The year anniversary celebration took place after a church service that included a dedication of commemorative items to mark the day. A history book, a brass plaque laid on a cornerstone, and a time capsule children filled with church mementos were some of the memorial items. Mickler said these children may be opening this time capsule 100 years from now as Grace Resurrection endures through the decades. A poignant moment came when a 106-year-old member handed that day's newspaper to a 10-year-old girl to put in the time capsule box. The worship service included communion, a full choir performance of two significant anthems, and recognition of church members and milestones.

But this congregation has a longer history than the past 12 months. Their history spans centuries. After the nearby church, Mt. Bethel UMC split with the Methodist Church and rebranded itself, these long-time members of that 180-year-old church disagreed with the move and made the heartbreaking choice to leave. About 30 devotees started worshipping together in the fall of 2022



Grace Resurrection's pews are filled each week, often with three generations. Pictured is 106-year-old Lilian Skarsten Mortimer and her family.

in a local borrowed Baptist church. They decided to build on the original church's pioneer foundation and create a loving community for those looking for a new church home. Since that time, membership has grown tenfold; new members join on Sundays almost every week. The pews are filled to capacity and traditional worship and hymns are complimented by mission programs, a music ministry program, small groups, service projects, Sunday Schools, and children's moments.

"Many of our members tell us 'Grace Resurrection feels like home'," says Rev. Charlie Marus, associate pastor. Services are composed of very familiar hymns and follow the traditional liturgy, but the congregation is focused on the future. "We welcome everyone. Three generations can often be seen in our pews," observes Marus.

The church is an independent church and explains on its website: "Our worship services offer preaching that keeps Christ in our lives. We observe the Methodist liturgy based on God's Word and selected to share the story of Christ. GRMC is a non-affiliated Methodist Church."

Join Grace Resurrection at Christmas. Their holiday concert will be held in their sanctuary, December 8, at 7pm and Christmas services will be Sunday, December 24 at 11am and 5pm.

Grace Resurrection Methodist Church (GRMC) is located at 1200 Indian Hills Parkway, Marietta. Our mission is to honor God, share Christ, and serve others. We cultivate disciples, share God's Grace, and proclaim the good news of Jesus Christ our Lord. We welcome everyone looking to connect to a Christ-focused community. We are HOME. For more information go to: www.graceresurrection.org. 

THINGS I WISH ALL PATIENTS KNEW

Having been in practice for over 20 years, I have seen mouths with perfect gums and teeth that have never had the need for a filling, as well as mouths with bleeding, recessed gums, missing and cracked or worn teeth, and severe crowding and TMJ pain. Because I have been able to follow many of my patients for 20 years, I have seen firsthand the benefits of certain treatments and pitfalls of other types of treatment or lack thereof. I have wished many times I could stand on a stage in front of a captive audience and share with convincing passion all that I have learned that could help people have fewer cavities, need fewer crowns, prevent loss of teeth, heal TMJ problems, and even have better overall health! Let me share a few pearls....

Nag, nag, nag...that is what many patients hear when we say "you need to brush twice a day for 2 minutes in a circular motion angling toward the gums, and floss in a C-shape, rubbing the side of each

tooth that is contacting another tooth." We feel like a broken record, but this advice goes a LONG way in reducing dental problems and can save you hundreds or even thousands in dental treatment over your lifetime, so listen to our nagging and know that we care!

Red flags start flying when we see worn and cracked teeth that are crowded and/or have recession and notches in the roots at the gumline or when a patient is complaining of grinding their teeth and/or TMJ pain. The first question we ask is "CAN THEY BREATHE WELL?" These can be the first signs of a narrow airway which can often be improved with traditional orthodontics (braces) or Invisalign. And impaired breathing can lead to dementia and a host of other health problems including heart disease.

If your breath stinks, BRUSH YOUR TONGUE! It traps all kinds of bacteria, but if that does not help, there may be underlying gum

disease or acid reflux contributing to the odor. Either of these conditions need treatment as gum disease results in loss of teeth over time, and acid reflux can cause tooth erosion, esophageal cancer, and other issues.

We can't see everything, even with our magnification loupes! We need x-rays periodically to check between the teeth, under fillings and crowns, and around the roots to see those areas that are hidden from view. The x-rays we use in a dental office use VERY LOW radiation...less than the average daily dose we get just in everyday life as we use our cell phones and have mild sun exposure. So talk with us if you have concerns and let's work together to ensure we do not let unseen decay or infection cause you to lose teeth.

Let us check on things at least twice a year. The speed with which decay has destroyed a tooth has sometimes shocked me. A patient who does not return for over a year can present with cavities too large to repair.

I have had to present to patients treatment plans that made me sick to my stomach knowing that the teeth that will now need crowns and root canals or even removal could have been saved with simple fillings if treated several months earlier. We love having relationships built on trust, so when you seek out our expert advice, talk to us about any concerns you have...and be sure we are getting together for regularly scheduled dental appointments. We want you to have a beautiful, healthy smile for a lifetime!



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

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EAST COBBER

PRIVATE SCHOOL GUIDE

While the public schools in East Cobb County provide quality education, some East Cobb parents seek out "a better fit" for their scholars. Many of the schools below will be hosting Open Houses this month and are still accepting applications.

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www.eccs.org
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Grades: K-8
Students: 120
Principal: Billy Creech
Head of School: Billy Creech

EASTSIDE CHRISTIAN SCHOOL

2450 Lower Roswell Road
Marietta 30068
770-971-2332
www.eastsidechristianschool.com
Tuition: \$11,630-\$14,500
Grades: K-10
Students: 289
Head of School: Dr. Tiffany Stark

ST. FRANCIS DAY SCHOOL

9375 Willeo Road
Roswell 30075
770-641-8257
www.saintfrancisschools.com
Tuition: \$16,500-\$26,000
Grades: K-8
Students: 456
Head of School: Colette Staak

WALKER SCHOOL, THE

>700 Cobb Parkway North
Marietta 30062
(Main Campus)
>830 Damar Road
Marietta 30062
(Primary School)
770-427-2689
www.thewalkerschool.org
Tuition: \$12,710-\$33,930
Grades: Early learners-12 grade
Students: 940
Head of School: Carl C. Carlson

ST. FRANCIS HIGH SCHOOL

13440 Cogburn Road
Milton 30004
678-339-9989
www.saintfrancisschools.com
Tuition: \$26,000-\$27,000
Grades: 9-12
Students: 256
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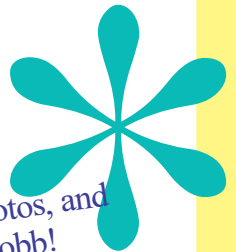
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VETERANS CELEBRATED THROUGHOUT COBB

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

★ VETERANS DAY TRIBUTE & VETERANS PARK DEDICATION

November 10 • 10am • Free

City Springs, Beyers Theatre

1 Galambos Way, Sandy Springs

The community is invited to attend Sandy Springs' annual Veterans' Day Celebration. After the tribute in Byers Theatre, attendees will be escorted across the street for the dedication ceremony to officially open the Sandy Springs Veterans Park. Immediately following the dedication of Veterans Park, the community is invited to celebrate the United States Marine Corps' 248th birthday. This event will be held in the CityBar. More info: citysprings.com/events/veterans-day-tribute-and-park-dedication.

★ KENNESAW VETERANS DAY LUNCHEON

November 10 • 12pm • Free

Ben Robertson Community Center,

2753 Watts Drive, Kennesaw

Kennesaw city officials and staff will honor America's service men and women with a complimentary lunch. All veterans and active military service members are invited to attend. Registration is free; but required. More info/registration: www.kennesaw-ga.gov/kennesaw-event/veterans-day-luncheon-3.

★ VETERANS DAY BREAKFAST & CEREMONY

November 11 • 10am • Free

Roswell Area Park, 10495 Woodstock Road, Roswell

This event will include breakfast for veterans and their families followed by an honor walk and ceremony at the Roswell Area Park Pond. Breakfast is free for veterans and their families, registration is required. Honor walk at 9am. You do not have to attend breakfast to attend the walk and ceremony. RSVP for breakfast only at www.roswellgov.com/discover-us/calendar/veterans-day-breakfast-rsvp by November 10. More info: 770-594-6271.

★ SIX FLAGS CELEBRATES VETERANS

November 11-12 • 11am-6pm

Free for Active Military and Veterans

Celebrate and honor our nation's heroes. Fun surprises all weekend. More info: www.sixflags.com/overgeorgia/events.

★ MARIETTA VETERANS DAY PARADE

November 11 • 11am • Free

Begins near the American Legion on Gresham Ave and march up Roswell Street towards the Marietta Square and back down Lawrence Street. The patriotic parade includes marching bands, drill teams, floats, military vehicles and veterans' organizations. The parade will have both Marietta and Cobb County schools represented by their bands and their JROTC units. Thirty or more parade entries are anticipated along with a display of military vehicles.

More info: www.marietta.gov/Calendar.aspx?EID=4256

★ ACWORTH VETERANS DAY CEREMONY

November 11 • 2pm • Free

Veterans Memorial at Patriots Point – Cauble Park

4425 Beach Street, Acworth

The ceremony to honor veterans is held each year at the Veterans Memorial at Patriots Point in Cauble Park. The City of Acworth would like to say thank you to those who have faithfully served their country as well as those who are now serving. More info: www.acworth.com/veterans-day-ceremony.

★ WOODSTOCK VETERANS DAY CEREMONY

November 11 • 7pm • Free

William G. Long Senior Center

223 Arnold Mill Road, Woodstock

Presented by the City of Woodstock, American Legion Post 316, the Marine Corps League Detachment 1311, and the Warrior's Watch Riders, all are invited to join in celebrating and honoring our veterans for their patriotism and the sacrifices they have made for our country. There will be a coffee and cookie social following the ceremony. More info: woodstockga.gov.

★ COBB WIND SYMPHONY VETERANS DAY CONCERT

November 12 • 3pm • Free

Lassiter Concert Hall

2601 Shallowford Road, Marietta/East Cobb

Presented by the Cobb Wind Symphony, Conducted by Alfred Watkins and Assistant Conductor, Robert J. Cowles. Come and listen to your favorite patriotic tunes! More info: www.cobbwindsymphony.org.

COBB VETERANS MEMORIAL FOUNDATION WELCOMES NEW DIRECTORS AND ADVISORS



Rendering of the Cobb Veterans Memorial. The site is at 502 Fairground Street SE in Marietta. The most iconic part of this rendering is the extruded star that rises over 14 stories high, with an illuminated flag. On the right are Honor Walls that will display veteran names, photos, letters, and other honoraria.

The Board of Directors of the Cobb Veterans Memorial Foundation at its annual Welcome Luncheon in late September was proud to announce and welcome newly elected Directors, Ron Goodbub and Kelvin King; and Advisory Council member District Attorney Flynn Broody to the Foundation. The newly elected Directors and Advisor are all distinguished military veterans and community leaders who will enhance and help guide the Mission of building the Cobb Veterans Memorial Park next to the Cobb Civic Center. Among the other dignitaries present at the Luncheon were Commissioner JoAnn Birrell and County Manager, Dr. Jackie McMorris.

The Foundation's Board of Directors and members of the Advisory Council of the Cobb Veterans Memorial Foundation are dedicating endless hours of work to having the Memorial built within the near future. The Memorial will stand to honor all veterans of all wars, to educate our children and youth on the importance of service to the community and Country; and to eventually become a vehicle for a "Hub of Service" to our needy veterans and their families.

The focal element of the Memorial Park will be the 142-foot extruded Star Tower standing and rising from a reflection pool and surrounded by "Honor Walls" engraved with names of honored veterans; Branch Service Walls and Branch Flags and then flanked by the POW/MIA Meditation Garden. The Memorial will also afford a dramatic location for ceremonies and will become a magnet for tourist visits in the Metro area.

Visit the Cobb Veterans Memorial's website and view the dramatic "Fly Over" Video at www.cobbvmf.com and for more information contact the Foundation's President, Donna Rowe at drowe@cobbvmf.com.

The next major fundraising event of the Cobb Veterans Memorial Foundation will be the first Annual Military Ball & Gala to be held April 20, 2024 at the Marriott Northwest Hotel's Ballroom facility; where the whole community will be asked to come together to support the Memorial and most of all to honor our deserving veterans who have served to keep us free. 🇺🇸

2023 November

COMMUNITY CALENDAR

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. 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 (Except November 22)

Lights, Camera, Avenue. Enjoy movie classics on the jumbo LED screen. A different movie every week. Check website for schedule. Seating is first-come, first-serve, bring blankets and chairs, no outside food/drink, takeout from Avenue restaurants is allowed. 6pm. Free. Avenue East Cobb, The Plaza, 4475 Roswell Road, Marietta/East Cobb. More info: avenueeastcobb.com/events/lightscameraavenue.

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.

SATURDAYS THROUGH NOVEMBER 18

Sandy Springs Farmers Market. Unique vendors set up shop providing an open-air opportunity to purchase fresh produce and artisan foods. Many bring their farm to your table, others offer deliciously prepared specialty foods. 8:30am-12:30pm. Rain or shine. City Springs, 1 Galambos Way, Sandy Springs. More info: citysprings.com/farmersmarket.

NOVEMBER 4, 7, 10 & 12

Rigoletto presented by The Atlanta Opera. A lecherous playboy. A vengeful father. A tragic love affair. Rigoletto is a master of the tongue, a wily wordsmith with a malicious edge. But as he finds himself cursed by an affronted courtier; Rigoletto will discover the true consequences of his words will have an indelible impact on that which he holds most dear. Tuesday: 6pm; Friday & Saturday: 6:30pm; Sunday: 1:30pm. \$48-\$163. Cobb Energy Performing Arts Center, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: www.cobbenergycentre.com/events.

NOVEMBER 4-5

38th Annual Lassiter Craft Fair presented by the Lassiter High School Band. Over 100 vendors with a variety of handmade products, concessions, and bake sale. Saturday: 10am-5pm; Sunday: 11am-4pm. Free admission. Lassiter High School, 2601 Shallowford Road, Marietta/East Cobb. More info: craftfair@lbba.com.

NOVEMBER 5 & DECEMBER 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.

NOVEMBER 6

COVID & Flu Vaccination Clinic. In collaboration with the Cobb & Douglas County Public Health Department. No appointment needed. Walk-ins welcome. Registration is encouraged. Participants should bring their ID, insurance card and if applicable, vaccine card. Ages 5 and up. 11am-2pm. Free. East Cobb Public Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: www.cobbcounty.org/library/events/13908. Schedule appointment: cobbanddouglaspublichealth.com/services/appointments.

NOVEMBER 9-11

Mistletoe Market presented by Junior League of Cobb-Marietta. More than 50 vendors from across the Southeast. Thursday: 6-9pm; Friday: 9am-6pm; Saturday: 9am-4pm. \$8/advanced; \$10/at the door. Cobb County Civic Center, 548 South Marietta Parkway, Marietta. More Info/Tickets: cobb-marietta.jl.org/support-us/mistletoe-market.

COMMUNITY CALENDAR

NOVEMBER 9-12

Cole Porter's High Society presented by Wheeler High School Theatre. A sparkling musical comedy based on "The Philadelphia Story!" Famed socialite Tracy Lord is planning a lavish wedding at her estate in Oyster Bay, despite the meddling of her ex-husband and a couple of snooping reporters. Rated PG for depiction of social drinking. Thursday-Saturday: 7pm; Sunday: 3pm. \$10/advanced; \$15/at the door. Wheeler High School Performing Arts Center, 375 Holt Road. NE, Marietta/East Cobb. More info: wheelerhs.booktix.com.

The Addams Family: A New Musical Comedy presented by Walton High School Drama. The story revolves around the eccentric Addams Family. When the gothic and dark-humored daughter, falls in love with a "normal" young man from Ohio hilarity ensues. The Addams host a dinner for her boyfriend and his parents, and the dinner quickly becomes a hilarious clash of cultures. In the end, The Addams Family musical celebrates love, acceptance, and the idea that being "different" can be a source of strength. Show is rated PG-13. Thursday & Friday: 7pm; Saturday: 2pm & 7pm; Sunday: 2pm. \$15/adults; \$10/students. Tickets available online or at the door. Walton High School, 1590 Bill Murdock Road, Marietta/East Cobb. More Info/Tickets: waltondrama.com.

NOVEMBER 10 & 11

Atlanta Antique Gun and International Military Show. Antique Guns & Arms & Memorabilia of the Civil War, Indian Wars, WWI and WWII. Exhibited, bought, sold & traded. \$7/general admission; \$1/children (7-12years). Friday: 12-5pm; Saturday: 9am-4pm. IAMAW Local 709 Union Hall, 1032 South Marietta Parkway, Marietta. More info: gunshowtrader.com.

NOVEMBER 10-12 & 17-19

The 1940's Radio Hour: A musical Revue. Set against the backdrop of a bustling radio station, this toe-tapping production takes audiences on a nostalgic journey. Friday:8pm; Saturday: 3pm & 8pm; Sunday: 3pm. \$25-\$35. The Earl and Rachel Smith Strand Theatre, 117 N Park Square, Marietta. More info: earlsmithstrand.org.

NOVEMBER 11

15th Annual Cherokee Height Arts Festival. Two Music stages at the ends of the block will feature local musicians. Local arts and crafts include original paintings, woodwork, pottery, graphics, photography, jewelry, metal work, textiles, baked goods, original books and much more. Lunch and refreshments are available for purchase. 9am-4pm. Free. Etowah Drive between Freyer and Seminole Drives in the Historic Cherokee Heights neighborhood. More info: www.cherokeeheightsartsfestival.org.

NOVEMBER 12

The 25th Annual Putnum County Spelling Bee presented by Marietta Theatre Company. An eclectic group of six vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming "ding" of the bell that signals a spelling mistake. A riotous ride, complete with audience participation. Show rated PG-13. Thursday-Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. \$60/2-top high table; \$110/4-top \$135/4-top with bottle of wine (not available on Sunday shows). The Alley Theater, 11 Anderson Street, Marietta. More info/tickets: mariettatheatre.com.



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COMMUNITY CALENDAR

NOVEMBER 12

All Shook Up presented by The British Academy of Performing Arts - Musical Theatre Company. It's 1955, and into a square little town in a square little state rides a guitar-playing young man who changes everything and everyone he meets. 2pm and 6pm. \$15-\$25. Jennie T. Anderson, 548 South Marietta Parkway, Marietta. More info/tickets: bapa.us.

NOVEMBER 12-13

Titan Tidings Christmas Gift Show. Over 110 vendors offering jewelry, holiday and home décor items, clothing and accessories, pottery, art, and a huge bake sale. Saturday: 9am-5pm; Sunday: 10am-3pm. \$5; No strollers. Blessed Trinity High School, 11320 Woodstock Road, Roswell. More info: btcatholic.org/about/titan-tidings or titantidings@btcatholic.org.

NOVEMBER 14

International Games Day. Come and play board games, card games, or bring your favorite game from home to share with others. Adults, teens, and children (with parental supervision). Light snacks will be provided. 3-5pm. Free. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: www.cobbcounty.org/library/events/13664/international-games-day-sewell-mill-library-cultural-center.

NOVEMBER 16

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

NOVEMBER 17-18

Elf The Musical, Jr. presented by Roswell Youth Theater. Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh reality that his father is on the naughty list and that his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas. This modern-day holiday classic is sure to make every young performer embrace his or her "inner elf"! \$15. Friday: 7pm; Saturday: 2pm & 7pm. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-594-6232 or roswellgov.com/ryt.

NOVEMBER 17-19

Annual Gem and Mineral Show presented by Cobb County Gem & Mineral Society. Many vendors will show a large selection of gems, fossils, rocks and bead supplies. Free. Friday-Saturday: 10am-6pm; Sunday: 10am-5pm. Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. More info: www.ccgms.org/annual-civic-center-show.



NOVEMBER 18

Enigma Variations presented by The Georgia Philharmonic. Join us, along with principal trombonist of the Chicago Sinfonietta, Robyn Smith for a fascinating, thought-provoking concert. \$10-\$50. 7pm. Lassiter Concert Hall, 2601 Shallowford Road, Marietta. More info/tickets: georgiaphilharmonic.org.

Pop-In for Family Fun at 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. This month's theme is Aviation. Free. 10am-4pm. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or mariettahistory.org.

NOVEMBER 18 & 19

Annual Sprayberry Arts & Crafts Show. Over 225 booths with unique crafts, raffle, kids crafts and food trucks. Santa's Workshop for kids \$3 (photo with Santa and the Sprayberry Elf, crafts, and face painting). Proceeds go to Sprayberry High School PTSA. Saturday: 9am-5pm; Sunday: 10am-4pm. Free. Sprayberry High School, 2525 Sandy Plains Road, Marietta/East Cobb. More info: www.sprayberriecraftshow.com.

NOVEMBER 20-24

Cobb County Schools Closed.

NOVEMBER 23

21st Annual Gobble Jog. MUST Ministries' largest fundraiser. Packet pick-up: Wednesday, November 22, 10am-6pm at the Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. Same day registration for untimed runners only beginning at 6:30am. \$25-50. 10K: 7:30am start; 5K Timed: 9:00am start; 5K Untimed: 9:05am start; 1K Fun Run/Walk: 8:45am start; Tot Trot: 10:30am start. Marietta Square, 50 E Park Square, Marietta. More info/register: gobblejog.org.



@eastcobb

NOVEMBER 23

Running of the Turkeys 5K. Run down Canton Street in Downtown Roswell and support Friends of Roswell Police (formerly RPD Shop with a Cop). RPD GIVES raises money to support local families and seniors in need for the holidays! All participants get a turkey hat and a t-shirt. Packet pick up: Tuesday November 21, 4-9pm at Gate City Brewing, 43 Magnolia Street, Roswell and Wednesday November 22, 11am-5pm at Big Peach Running Co. Marietta, 1062 Johnson Ferry Road, Marietta. \$35-\$75. Race: 8am. 43 Magnolia Street, Roswell. More info/Registration: runsignup.com/Race/GA/Roswell/runningoftheturkeys.

NOVEMBER 23-DECEMBER 31

Lights of Life. Millions of holiday light displays throughout the Life University campus. Petting zoo and train rides. Seasonal drinks and snacks. See Website for hours. \$10/car; \$20/bus. Life University, 1269 Barclay Circle, Marietta. More info: 678-331-4334 or life.edu/lights-of-life.



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NOVEMBER 30

Holiday Tree Lighting and Ugly Sweater Parade. Kick off this holiday season with Santa's arrival to the square. The fun begins with performances by local school and church choirs, Ugly Holiday Sweater Walking Parade (4:45pm), then Santa makes his Grand Entrance (5:15pm) to help the Mayor and the City of Marietta light the tree (6pm). Santa Letter Writing Stations throughout the night. Times shown for individual events are approximate. 4-8pm. Free. Glover Park, Historic Marietta Square, 50 N. Park Square, Marietta. More info: 770-794-5601 or mariettaga.gov.

DECEMBER 1

Roswell Christmas Tree Lighting. This event will include choral performances, hot chocolate, fire pits and s'mores, live reindeer, a special reading of 'Twas the Night Before Christmas by Mayor Kurt Wilson, a visit from Santa Claus, and the culminating event: the lighting of a 40-foot Christmas tree. Canton Street, between Norcross Street and Magnolia Street, will be closed (similar to Alive in Roswell). 6-9pm. Free. Heart of Roswell Park, 925 Canton Street, Roswell. More info: www.roswell365.com/event/annual-christmas-tree-lighting-2023.

Join us for our 11th Annual Titan Tidings Christmas Gift Show

Blessed Trinity High School

11320 Woodstock Road, Roswell, GA 30075

Saturday, November 11th - 9:00am – 5:00pm

Sunday, November 12th - 10:00am – 3:00pm

~ Over 110 vendors offering a large variety of unique and beautiful gift items ~ Jewelry, Wreaths, Pottery, Fine Art, Holiday and Home Décor, Accessories, Knits, Children's Items and much more!

- ~ Tons of parking and all booths are indoors ~
- ~ Enter our Titan Tidings Raffle to win prizes ~
- ~ Concessions will be available ~ Huge Bake Sale ~
- ~ No Strollers Please ~ \$5 Admission ~



COMMUNITY CALENDAR

DECEMBER 1-2

42nd Annual Apple Annie Arts and Crafts Show. Over 100 of the Southeast's finest artisans and crafters. One of the largest non-profit shows with a high quality and large assortment of crafts and arts in a festive setting. Proceeds support local charities. No strollers. Friday: 9am-6pm; Saturday: 9am-2pm. \$5. Catholic Church of St. Ann, 4905 Roswell Road, Marietta. More info: st-ann.org or facebook.com/appleanniecraftshow.

DECEMBER 1-2

Charlotte's Web presented by Pope High School Theater. Wilbur, a pig, is born on Arable's farm and befriends Fern, a girl, and Charlotte, an older spider. As Wilbur grows, he learns the horrible fate of a pig on a farm. Charlotte and the other farm animals fight to save Wilbur from slaughter. See website for ticket prices. Friday: 7pm; Saturday: 2pm and 7pm. Pope High School Theater, 3001 Hembree Road NE, Marietta. More info/Tickets: popetheater.org.

Roswell United Methodist Christmas Gift & Craft Show.

Find the perfect gift for anyone and everyone in your life; from kids to in-laws to teachers and anyone in between. Friday: 9:30am-5:30pm; Saturday: 9:30am-3pm. Free Admission. Roswell United Methodist Church, 814 Mimosa Boulevard, Roswell. More info: rumc.com/christmasgcs.

DECEMBER 1-3, & 7-9

A Dicken's Christmas Carol: A Traveling Travesty is Two Tumultuous Acts presented by Center Stage North. The funniest Christmas Carol ever! The Styckes Upon Thump Repertory Company embarks on their fifteenth annual tour of the Dickens classic. When the company's diva feigns illness, certain the production will be canceled, this merry troupe of over the hill and upstart actors carry on without her. Roles are shuffled and the sweet understudy suddenly finds herself on stage knowing only one line of dialogue. Total mayhem ensues as the company scrambles to keep the show going while everything goes hilariously wrong. \$15-\$27. Thursday-Saturday: 8pm; Sunday: 2pm. The Art Place, 3330 Sandy Plains Road, Marietta/East Cobb. More info/tickets: centerstagenorth.net.

DECEMBER 2

10th Annual Run the Lights of Life 5K/1K presented by Life University. The 5K starts before sunset and takes in the campus of Life University during their annual holiday light show. As the run progresses, the sun goes down and the lights come on! After the run, stay and enjoy the holiday festivities, with caroling, hot cocoa, music, entry to Lights of Life, and more. Dress in your favorite holiday costume. 1K: 4:15pm. 5K: 4:30pm. 1K: \$30; 5K: \$35. Life University Track, 1415 Barclay Circle, Marietta. More info: raceroster.com/events/2023/77004/the-10th-annual-run-the-lights-of-life-5k.



THE SPRAYBERRY CRAFT SHOW

Saturday, Nov. 18th 9am - 5pm **AND** **Sunday, Nov. 19th 10am - 4pm**

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SPRAYBERRY HIGH SCHOOL / 2525 SANDY PLAINS RD. / MARIETTA, GA. 30066

DECEMBER 2

Christmas Concert: Cobb New Horizons Band. Come celebrate the holidays with this annual tradition. 2pm. Free. Lassiter High School Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info: cobbnewhorizonsband.com.

Holiday Pops! Presented by Georgia Symphony Orchestra. New and beloved holiday music, including our popular sing-along! 3pm & 8pm. \$15-45. Marietta Performing Arts Center, 699 Manning Road SW, Marietta. More info/tickets: georgiasymphony.org.

DECEMBER 3

East Cobb Park: Holiday Lights Celebration. Live music, outdoor fun, tree lighting, and a visit from Santa. 5-7:30pm. Free. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info: www.eastcobbpark.org.

Sparkle Sandy Springs. Anchored by the Sparkle Village (a month-long display of miniature lit homes), the Sparkle Holiday Gift Market & food trucks (4-7pm), live music (4:30-6pm), the Sparkle Parade (6pm), Menorah lighting (6:50pm), and Tree lighting (6:55pm). City Green, 1 Galambos Way, Sandy Springs. More info: www.visitsandysprings.org.

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DECEMBER 18-22 &
DECEMBER 27-29
Registration Now Open!

BACK TO NATURE HOLIDAY MARKET

DECEMBER 2 | 10-5PM
Handmade and Eco-Friendly Gifts

ENCHANTED WOODLAND WONDERS

DECEMBER 10 | 12-4PM

ENCHANTED WOODLAND TRAIL

DECEMBER 11-FEBRUARY 29
Tour whimsical Fairy
Houses and Gnome Homes



Chattahoochee
NATURE CENTER

9135 Willeo Road | Roswell, GA 30075
chattnaturecenter.org | 770.992.2055

Holiday Gift Guide

Make your shopping merry and bright with our Holiday Gift Guide filled with great gift ideas you can get right here in East Cobb!



Treat someone special to a little self-care this holiday season with a BLO Blow Dry Bar gift card. Whether it's a holiday gift, for a birthday, or just because...give the gift of flawless makeup and gorgeous tresses.

BLO BLOW DRY BAR - EAST COBB

1311 Johnson Ferry Road; Suite 528, Marietta 30068
678-310-0755 • blomedry.com/east-cobb-marietta-ga



At dermani MEDSPA, achieving skincare results and feeling good inside and out is our main priority. Together, we'll enhance your natural beauty and elevate your self confidence. Gifts cards make a perfect holiday gift.

DERMANI MEDSPA EAST COBB

1205 Johnson Ferry Road Suite 129, Marietta 30068
404-905-5099 • www.dermanimedspa.com/eastcobb



Faced the Facial Studio, East Cobb's newest facial studio located at Avenue East Cobb sells gift cards for all your gifting needs this holiday season.

FACED THE FACIAL STUDIO

4475 Roswell Road, Suite 200, Marietta 30062
678-578-6917 • facedfacialstudio.com/east-cobb



Don't just give the gift of health this year. Give the gift of living and feeling better. Customized personal training 1-on-1 in your very own private suite.

FITNESS TOGETHER

1000 Johnson Ferry Road, Marietta 30068
770-321-1347 • fitnesstogether.com/EastCobb



Get a Gift Certificate! Your family and friends will thank you twice! Once when they open the envelope and again when they shop and find their perfect gift at Queen of Hearts.

QUEEN OF HEARTS ANTIQUES & INTERIORS

2745 Sandy Plains Road, Marietta 30066
678-453-0600 • queenofheartsantiques-interiors.com



Give the gift that has the power to shift the mindsets – to lift spirits and unlock memories. Just like how the perfect little black dress makes you feel like your best self, the perfect fragrance transforms the everyday into the extraordinary. Shop Urthy Scents home and body products for your loved ones.

URTHY SCENTS

1205 Johnson Ferry Road, Suite 105, Marietta 30068
770-857-3447 • urthyscents.com

URTHY SCENTS OPENS IN WOODLAWN SQUARE

HOW CO-FOUNDERS AND SISTERS BROUGHT TOXIN-FREE HOME,
BATH AND BODY PRODUCTS TO EAST COBB

By Marie Muir



Co-Founder Ali East



Co-Founder Jen Rotondo

Urthy Scents candle and body product store opens this November at 1205 Johnson Ferry Road in Woodlawn Square Shopping Center. Co-founders and sisters, Ali East and Jen Rotondo, found the perfect space to set up shop in a storefront formerly occupied by Sally Beauty Supply.

Urthy Scents has come a long way from Ali and Jen's early days of at-home experimentation making candles and soap in 2020. Since both sisters have beginnings of auto-immune disease, they were motivated to create clean products for themselves and the community. The hobby, born out of pandemic boredom, has since become a source of joy and empowerment.

"Scent helps curate a space, how people feel and how they react to their environment," says Jen. "It was something I was really missing in my life."

After feeling the positive impact of living toxin-free, Ali and Jen took their plant-powered products to the farmers' market in Lakewood Ranch, Florida. Urthy Scents' grassroots success led to the grand opening of their Florida-based flagship store in 2022. Ali currently resides in Florida, the sisters' home state, but Jen has lived in

East Cobb for over 25 years. In 2023, they expanded Urthy Scents and brought a second location to Jen's side of the South.

Ali and Jen had a successful linen business that they sold before launching Urthy Scents. Today, they continue to collaborate and join creative forces as business partners. Jen brings a marketing and culinary background to the table from The Art Institute of Atlanta while Ali contributes years of experience from fashion and design studies in New York and a lengthy career in linens. In addition to sharing a passion for entrepreneurship, both sisters successfully raised four adult children who now have families of their own.

Since first perfecting their clean-burning candles, Urthy Scents' product line has grown to include non-toxic fine fragrances, home, bath and body goods. Ali and Jen broke down their 27-scent portfolio into nine collections that are easy to navigate. Phthalate-free fragrances such as ocean sea salt and wild rose capture nature in every scent. One fan-favorite product is the scent tower - a device that fills the entire home with sensational smell. Jen loves to just "set it and forget about it."

Urthy Scents' staff loves to help people discover sentimental or nostalgic scents as well as new, signature scents. Customers often walk in with one smell in mind, and walk out with a new favorite fragrance in hand.

According to Jen, smell is a very personal thing. Some scents conjure up memories or moods for people, while others remain unaffected. Urthy Scents' team listens closely to client feedback to figure out what scent notes they like. Their goal is to help people find a fragrance that makes them happy. "Honestly, that's what we strive for - to bring happiness to our local community," says Jen.

Today she's wearing Urthy Scents' warm sands perfume, but tomorrow Jen might pick something more woody. If you don't have a favorite fragrance, try reading Jen's monthly "Two Scents" blog or taking the scent quiz at www.urthyscents.com. This winter, East Cobbers can start their own scent journey in-person at Urthy Scents' new storefront. Don't miss your chance to inhale a breath of fresh evergreen or campfire-inspired fragrances from their limited-edition holiday collection

PAID ADVERTISEMENT

CAT CLUBS

CFA BREEDER ASSISTANCE & BREED RESCUE, INC.

breedersassist-rescue.cfa.org • jcampb4244@aol.com
A program of the Cat Fanciers' Association (CFA) that helps with advice, food, physical assistance, and placement of cats.

CAT CONSULTANT

FUNDAMENTALLY FELINE

fundamentallyfeline.com
Ingrid@fundamentallyfeline.com
Offering personalized in-home cat behavior consultations, handmade sisal scratching posts, foraging toys and custom built vertical space to make your home more feline friendly!

DOG CLUBS

ATLANTA DOBERMAN PINSCHER CLUB

atldobermanpinscherclub.com
The Atlanta Doberman Pinscher Club (ADPC) has strived to fulfill its mission through various activities including two annual specialty shows, temperament testing, and, most importantly, periodic meetings where members network and share a wealth of information with each other as well as hear from a spectrum of different speakers on matters of health, nutrition, fun things to do with your dogs, rescue, etc.

ATLANTA OBEDIENCE CLUB

1193 Beaver Ruin Road, #D • Norcross 30093
470-302-3633 • atlantaobediencclub.com
AOC is a non-profit organization. It exists for the purpose of promoting the training of dogs, disseminating the knowledge of dog training by holding classes for all levels of dog obedience. You do not have to own a pure bred dog to participate in classes or become a member of AOC. We believe all dogs deserve training and recognition for their good manners. AOC promotes cooperation and good sportsmanship among club members in both the training and exhibition of dogs.

BULLDOG CLUB OF METROPOLITAN ATLANTA

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

CAVALIERS OF GREATER ATLANTA

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

CHATTAHOOCHEE WEIMARANER CLUB

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

GREATER ATLANTA BOSTON TERRIER CLUB

770-919-1674 • atlantabostonterrierclub@gmail.com
The Greater Atlanta Boston Terrier Club is made up of members who are dedicated to the Boston Terrier Breed.

GREATER ATLANTA TOY DOG ASSOCIATION

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

KENNESAW KENNEL CLUB

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

SOUTHEASTERN GREYHOUND CLUB (SEGC)

2232 Gordon Road • Moreland 30259
770-GREYPET (473-9738) • greyhoundadoption.org
info@greyhoundadoption.org
The Southeastern Greyhound Club's purpose is to provide Greyhound owners with a variety of ways to have fun with their Greyhounds, and to promote the breed by spreading the word about what wonderful pets Greyhounds make.



CANINE ENRICHMENT IS ALL THE BUZZ—OR RATHER, BARK

By Kris Hale (Best in Dog, LLC)

I'm sure you have heard the term enrichment before, and like most people, you understand the general concept. But how does enrichment relate to your dog?

Enrichment allows your dog to be a dog. It allows them to engage in innate behaviors like sniffing, foraging, shredding, tasting, chewing, playing, and socializing. Enrichment should encourage your dog to explore, think, and have fun. It should be interesting, engaging, and challenging. Enrichment plays the same role in your dog's life as it does in your own: it enhances it, and brings us joy and a smile to our face.

Tap into their senses. Smelling is particularly important for dogs. Try a scent walk (a.k.a. a sniffari), a snuffle mat, a puzzle toy, a game of "find it", or try a nosework class with your dog. Experiment with different chews, dog-friendly foods, and flavors. Try blowing bubbles, playing music, or reading to your dog.

Games are a great way to engage with your dog. Try a game of fetch, tug, hide and seek, or the

"green light, red light" game. Playing games with your dog helps to build your relationship, gives your dog experiences with different movements, and teaches life skills.

Teaching your dog something new challenges your dog to think and allows them to practice listening and impulse control. Try teaching your dog a new skill like "down", a trick such as "spin", or take a dog parkour class and learn urban agility.

Remember to supervise your dog—not only for safety reasons, but because watching your dog engage in enrichment allows you to learn more about your dog: what they enjoy, and what they find rewarding (or not). Getting to know your dog builds your relationship, and can provide useful information for training purposes. If your dog isn't enjoying the activity, try something new. It's not enriching if it's not fun.

What are you waiting for? What are you going to do next with your dog? 🐾

Positive Reinforcement Dog Training

Positive reinforcement dog training focuses on rewarding your dog with things like treats, praise, and toys, for good behavior, rather than punishing bad behavior. When you reward a specific behavior that your dog engages in, they are more likely to repeat that behavior. It's a win-win, and it's the only approach I use with my clients—dogs and puppies, too!

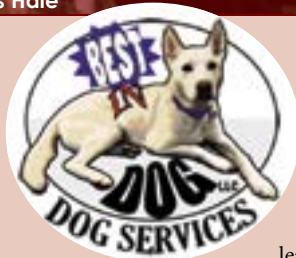
Positive reinforcement is effective, ethical, and kind—and, it's enjoyable for people and their dogs. It creates enthusiastic and attentive learners. Positive reinforcement training builds confidence and a relationship based on trust. This approach to training is recommended by Veterinary Behaviorists.

Positive reinforcement training can be used to teach new skills and to modify challenging behaviors.

One of my favorite new things to teach dogs is dog parkour—aka urban agility. It is a lot of fun! Using rewards, you engage with your dog and the environment to teach them how to climb, jump, balance, and go over, in, and around obstacles. It can be done anywhere.



Kris Hale



As for modifying behavior, positive reinforcement training can be used to address challenging behaviors, including shy, fearful and anxious behaviors, leash reactivity, resource guarding, over-excited mouthy behaviors, as well as aggression.

If you are interested in teaching your dog or puppy some new skills, including dog parkour or need support in modifying a challenging behavior, please give me a call 770-971-6093 or email me kris@bestindog.com.

I would love to help. I am a Certified Professional Dog Trainer (CPDT-KA), a Certified Dog Parkour Instructor with the IDPA, and a member of the Pet Professional Guild. I provide individualized training in the East Cobb/Marietta area.

I offer a 10% discount on all services for clients who have adopted their dog from a shelter, the Humane Society, or a reputable rescue organization.

Bring out the best in your dog, with Best in Dog! To learn more about Best in Dog visit www.bestindog.com.

PAID ADVERTISEMENT

EAST COBBER

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

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

DOG PARKS-COBB COUNTY

SWEAT MOUNTAIN PARK

4346 Steinhauer Road • Marietta 30066
770-591-3162 • cobbcounty.org
Located in Sweat Mountain Park, the dog park has an area for large dogs and an area for smaller dogs weighing 30 lbs. or less. There are benches conveniently located for dog owners as well. Open daily dawn till dusk. Closed each Wednesday morning for maintenance.

PITNER ROAD DOG PARK

2450 Pitner Road • Acworth 30101
770-528-8890 • cobbcounty.org
Open daily dawn till dusk. Separate areas for large and small dogs. Playground and picnic pavilion nearby for owners. Closed each Wednesday morning for maintenance.

DOG TRAINING

BEST IN DOG

770-971-6093 • www.bestindog.com
Kris Hale is a certified professional dog trainer (CPDT-KA). She offers individualized training based on positive reinforcement and enrichment. Bring out the BEST in your dog!

HORSE CLUBS

GEORGIA FEDERATION OF SADDLE CLUBS

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

GEORGIA HORSE COUNCIL

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

PET ADOPTIONS & SHELTERS

ACT2PUPS PET RESCUE

act2pups@yahoo.com
Act2Pups gives senior dogs that have been thrown away a second chance by finding a second home for them.

ADOPT A GOLDEN ATLANTA

404-DOGLESS (364-5377) • adoptagoldenatlanta.com
Adopt a Golden Atlanta is an all-volunteer, non-profit organization dedicated to finding warm, loving homes for unwanted and/or abused golden retrievers before they become strays or are turned into animal shelters.

Lost & Found Rules & Regulations

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

PET ADOPTIONS & SHELTERS

ALL PAWS CONSIDERED

770-640-5550

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

ANGELS AMONG US PET RESCUE (AAUPR)

PO Box 821 • Alpharetta 30009 • 877-404-5874

angelsrescue.org • info@angelsrescue.org

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

ATLANTA ANIMAL RESCUE FOUNDATION

951 Main Street • Stone Mountain 30083

678-534-3483 • aarfatlanta.org

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

PET ADOPTIONS & SHELTERS

ATLANTA BEAGLE RESCUE

atlantabeaglerescue.org

Helps find homes for beagles in need. Provides foster homes, necessary veterinary care, and forever homes.

ATLANTA BOXER RESCUE INC.

678-826-9373 • atlantaboxerrescue.org

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

ATLANTA LAB RESCUE

PO Box 250206 • Atlanta 30325

atlantalabrescue.com

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



150 Years atlanta humane society

Are you a loving pet parent who wants to guarantee that your beloved companion will always be well taken care of, even in your absence? Create a pet trust to provide the ultimate peace of mind for both you and your furry friend.

Contact us today to learn how by scanning the QR code or emailing gzenner@atlantahumane.org.

atlantahumane.planmylegacy.org



PET ADOPTIONS & SHELTERS

BEST FRIENDS ATLANTA

1692 Oak Street SE • Marietta 30060
404-815-6680 • bestfriends.org/atlanta
Atlanta Pet Rescue & Adoption (APRA) has joined Best Friends Animal Society as Best Friends in Atlanta. The center will serve as a lifesaving hub for animals and also a base which can fill in gaps in local programming and build a coalition to help the metro-Atlanta area in its final push to no-kill.

COBB COUNTY ANIMAL SHELTER

1060 Al Bishop Drive • Marietta 30008
770-499-4136 • cobbcounty.org/animalcontrol
As a unit of the Department of Public Safety, the shelter is responsible for handling complaints in Cobb County regarding dangerous, stray, or dead animals and animal cruelty. Call for hours.

FORGOTTEN PAWS PET RESCUE

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

FURKIDS

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

GEORGIA HOUSE RABBIT SOCIETY

3114 Cherokee Street NW, Kennesaw 30144
678-653-7175 • houserabbitga.com
The Georgia House Rabbit Society is committed to rescuing abused, abandoned and neglected domestic house rabbits, fostering them and finding them great homes. They work to educate the public on rabbit behavior and proper care.

GERMAN SHEPHERD DOG RESCUE OF GEORGIA

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

PET ADOPTIONS & SHELTERS

GOLDEN RETRIEVER RESCUE OF ATLANTA

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

GOOD MEWS ANIMAL FOUNDATION

3805 Robinson Road • Marietta 30068
770-499-CATS (2287) • goodmews.org
adopt@goodmews.org
A non-profit organization that operates a no-kill, cage-free shelter for homeless, abused, and abandoned cats.

HERO DOG RESCUE

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

HOMELESS PETS FOUNDATION

1343 Gresham Road • Marietta 30062
770-971-0100 • homelesspets.com
The Homeless Pet Foundation is a 501(c)3 organization that saves the lives of homeless cats and dogs in Atlanta area animal shelters and promote the benefits of pet ownership.

HUMANE SOCIETY OF COBB COUNTY

148 Fairground Street SE • Marietta 30060
770-428-5678 • humanecobb.com
Encourages the humane treatment of animals and proper care of pets with a no-kill shelter. Offers pet crisis counselling, pet-assisted therapy, lost and found, rescue, and adopt-a-pet program.

THE HUSKY PACK RESCUE

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

K-9 RESCUE LEAGUE

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



PET ADOPTIONS & SHELTERS

MOSTLY MUTTS

3238 Cherokee Street, Kennesaw 30144
770-272-MUTT (6888)
mostlymutts.org • info@mostlymutts.org
They work closely with animal control officers to reduce the number of animals euthanized at local shelters in metro Atlanta. Hold weekly adoption events in downtown Kennesaw.

MUTT MADDNESS

404-406-6322 • muttmaddness.org
They work closely with animal control officers and other rescue organizations to reduce the number of animals entering into and being euthanized at local shelters, educating youth on the humane treatment of animals and working on seeing legislation passed in the state of Georgia to protect all of our animals.

OAKHURST GUINEA PIG RESCUE

ogpr.org
Oakhurst Guinea Pig Rescue is based in Decatur and dedicated to finding forever homes for unwanted, abused and neglected guinea pigs.

OUR PAL'S PLACE

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

PURRNATION

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

ROTTN 'N PUPS RESCUE

rottnpupsrescue.org
Saves dogs from high-kill shelters, individuals who no longer want or cannot keep their animal(s), and people who find them as strays or left on their property.

SOUTHEASTERN GREYHOUND ADOPTION

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

TRINITY RESCUE

521 N Avery Road, Rome 30165
706-844-3610 • trinityrescueinc.org
Provides sanctuary, rehabilitation and new homes for unwanted, abandoned, neglected and abused horses within Georgia, as well as the rest of the southeastern United States.

PET CLUBS - MISC.

HAPPY TAILS PET THERAPY, INC.

happytailspets.org
A non-profit group of pet owners with a common goal - to volunteer time to share the unconditional love and joy pets can give to patients and residents at a variety of facilities.

PET FOOD BANKS

PET BUDDIES FOOD PANTRY

678-310-9858 • petbuddiesfoodpantry.org
A non-profit group that donates pet food to low income seniors, disabled & the homeless with pets.

PET NON-PROFITS

FUNDS 4 FURRY FRIENDS

facebook.com/Funds4FurryFriends • gjeter70@gmail.com
Raises money to aid animals in serious need.

JO GIVES

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

PAWSITIVE SUPPORTERS

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

PETS FOR VETS

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

ROAD TRIP HOME ANIMAL RESCUE

678-861-PAWS (7297) • roadtriphomerescue.org
roadtriphomerescue@gmail.com
Saves companion animals from life threatening situations and transports them to shelters where they can be adopted.

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.

Hart Family Dentistry

3735 Canton Road • Marietta 30066
770-926-8371 • www.drhartsoffice.com

Hart Family Dentistry provides patient-centered, attentive care in a comfortable and enjoyable atmosphere. We utilize cutting-edge technology and advanced procedures to offer a wide range of dental services, including preventative care, major restorative work, and cosmetic solutions tailored to your unique needs.

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.



TWEET TWEET!
FOLLOW US ON TWITTER

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. Our clinic has been proudly serving the East Cobb community for over 30 years.

MEDICAL SPA

Dermani Medspa

1205 Johnson Ferry Road, Suite 129
404-905-5099 • www.dermanimedspa.com/eastcobb
Mon-Fri: 9am-7pm; Sat 9am-5pm
Providing the best evidence-based aesthetic treatments at a great value with stellar customer service, specializing in laser hair removal, skin rejuvenation, and cosmetic injectables at a price that is appealing to everyone.

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 appt. 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.



Discover Nia Pediatric Dentistry and Orthodontics, the extraordinary place where smiles embark on a lifelong adventure. Dr. Azi Nia, our pediatric dentist, blends expertise and warmth to create a welcoming, fun, and engaging environment for our young patients. With our dedicated orthodontist, Dr. Farshid Nia, we ensure perfect smiles and comprehensive oral health, all conveniently in one location. Join us in crafting enduring, confident smiles for a lifetime.

NiaDentistry.com
770.479.9999

1111 Johnson Ferry rd. #200 Marietta. 30068



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Botox is \$9 per unit for members and \$11 per unit for non-members.
20 units minimum required

NOW OPEN

Dermani Medspa East Cobb

1205 Johnson Ferry Rd. Suite 129 Marietta, GA
in the Woodlawn Square shopping center with Chick-fil-A

www.dermanimedspa.com/eastcobb • 404-905-5099

Let me help you find the Medicare Plan that's right for you.



Get expert help from an agent who is:

- ✓ **LOCAL:** Lives and works in East Cobb
- ✓ **EXPERIENCED:** 23 years as an advisor
- ✓ **REPUTABLE:** See real reviews on our website
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BODY20 BRINGS THE WORLD'S MOST EFFICIENT AND INNOVATIVE PERSONAL TRAINING CONCEPT TO EAST COBB

Meet BODY20 East Cobb Owner, Gene Chayevsky



Gene Chayevsky and Lead Coach, Traci House, after an Owner's workout in BODY20's pre-sale space



BODY20's futuristic studio - nothing like what you have experienced before!

In 2022, private equity investor and entrepreneur Gene Chayevsky was looking for an opportunity to build a new business in Metro Atlanta.

Having invested in and/or managed business in 17 different countries over the past 25 years, and "enjoying" Million Miler status on Delta, Gene decided it was time to build something substantial much closer to home and became a multi-unit franchisee of the fastest growing boutique fitness studio brand in the US – BODY20.

If you are a busy professional, parent, or grandparent who struggles to find time to fit a regular fitness regimen into your routine and stay in shape like you did when you were younger – BODY20 is a godsend!

BODY20 is a unique personal training concept designed to provide its members with amazing strength and cardio training results in only one or two 20-minute sessions per week! BODY20 EMS strength and advanced cardio training have disrupted and democratized the US market for personal training services – offering a better, faster, and cheaper alternative to traditional personal training.

BODY20 studios provide a luxurious, boutique fitness experience, and certified coaches deliver personalized training programs that are tailored to each member's goals and designed to achieve optimal results.

BODY20 achieves these results in such a condensed timeframe through the use of Electro-Muscle Stimulation ("EMS") technology, which was first pioneered in the Soviet Union in the 1970s for their top professional athletes. The first EMS studios for the wider consumer market opened in 2007 in Germany and then spread across Europe, South Africa and other select international markets, finally arriving in the US in 2017, with the launch of the first BODY20 studio in South Florida.

BODY20's EMS technology generates electric impulses to stimulate and engage up to 90% of a person's skeletal muscle mass, causing up to 36,000 muscle contractions in a single 20-minute training session, versus approximately 1,000-1,500 in a 90-minute conventional strength workout, all with simple movements and without heavy weights or any strain on tendons, ligaments, and joints. As such, a single 20-minute strength session replaces multiple sessions and hours of traditional training in the gym.

In addition to giving back substantial amounts of precious time each week to its members, BODY20 workouts help correct muscular imbalances, boost metabolism, accelerate weight loss, and provide a number of other health benefits.

Another key component of the program is comprehensive body composition analysis. Using a sophisticated FDA-approved body scanning device, the InBody, coaches measure key physiological metrics on a weekly basis – not only body weight and body fat percentage but also visceral fat surrounding major organs, muscular imbalances, intra and extracellular water levels, resting



BODY20 RV: Mobile BODY20 studio for demos and community events - see it everywhere in East Cobb!

metabolism rate and more. Coaches then review progress with members every 6 weeks, so they know exactly how they are tracking against their personal goals.

While the typical BODY20 member is in their upper 30s to late 50s, members' ages range from 18 to early 80s. In fact, not only is BODY20 safe for seniors, but it is also one of the few exercise programs that can help seniors maintain muscle mass, gain strength, and increase bone density, mitigating the substantial risks of osteoporosis and injuries from falls. It's also ideal for those recovering from injuries and graduating from Stim or other rehabilitation protocols and is often the only exercise routine safe for such people during their recovery.

And now, East Cobb and all of Metro Atlanta is BODY20 Country!

Chayevsky expects to open BODY20 East Cobb to its Founding Members and new Members right after Thanksgiving. The East Cobb studio is located in Marietta at the Woodlawn Point Shopping Center at 1100 Johnson Ferry Road, Suite 270. Until Thanksgiving, BODY20 East Cobb provides free demos and discounted Founding Member memberships a few doors down at Suite 365 of the same Shopping Center.

East Cobb is joining 3 existing in town studios in Buckhead, Brookhaven, and Decatur, and the four BODY20 franchisees in ATL have plans to develop a

total of 18 studios over the next three years, making Atlanta one of the Top 3 metro areas for BODY20 in the US. BODY20 now has 35 studios opened across 16 states in the US and expects to grow to 100 studios opened and in process of opening by early 2024.

"I am thrilled to be opening my first of seven Atlanta area BODY20 studios in the wonderful East Cobb community and look forward to bringing the unique value of BODY20 to the residents, business owners, and employees of East Cobb, who work so diligently to take care of their kids, businesses, and careers but often neglect to invest fully in their own health and wellness," says Chayevsky. As part of Chayevsky's active community engagement in East Cobb, BODY20 East Cobb is now a proud sponsor of Walton Football and Lacrosse - and will be engaged actively with many of the health, wellness, and beauty businesses in the area as community partners.

"To really understand the potential of BODY20 to improve your life, you have to experience the workout for yourself - so come try a workout for free," continued Chayevsky.

For more information, visit body20.com/east-cobb or contact Gene Chayevsky and his team at 770-450-6127 or eastcobb@body20.com.

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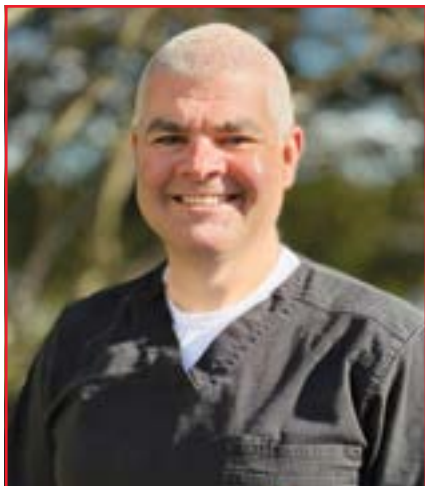
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HART FAMILY DENTISTRY DEDICATES 45 YEARS TO EAST COBB

HOW D. CASEY HART, DDS CONTINUES HIS FATHER'S LEGACY OF HEARTFELT CARE

By Marie Muir



D. Casey Hart, DDS

D. Casey Hart, DDS never thought he would become “that guy” – the one that remembers when Shallowford and Sandy Plains was a four-way stop where people sold firewood in the winter and fruit in the summer. But deep-rooted memories of East Cobb are a key part of Hart Family Dentistry's story.

This year marks 45 years for the practice located at 3735 Canton Road in Marietta. Casey's father, Tim Hart, DDS, first opened Hart Family Dentistry in 1978. Following Tim's example, Casey operates Hart Family Dentistry with consistent and trustworthy patient-centered care.

Simply put, The Harts provide the kind of dental care they want for their own family. Casey and his wife, Megan Hart, have three children – daughter Sloane, 9, son Carter, 6, and daughter, Collins, 3. They live in Jefferson Township - the same neighborhood Casey grew up in.

Hart Family Dentistry serves approximately 1600 to 1800 patients. Casey is accustomed to bumping into old classmates in and out of the dental chair since attending Garrison Mill Elementary School, Mabry Middle School, and Lassiter High School. He chose a career in dentistry because of the heartfelt relationships that develop with patient families over time.

Casey obtained a Bachelor of Arts at Duke University and earned his Doctor of Dental Surgery at The University of North Carolina at Chapel Hill. He was ready to return home after eight years in North Carolina and some time spent on the West Coast for rotations. In 2004, Casey joined his dad at Hart Family Dentistry.

Tim's impact is still felt in East Cobb, even after his retirement from the practice in 2012. He occasionally covers for his son, like the time when Casey's youngest daughter was born. In fact, Tim got “bored” in retirement and opened Marble

Hill Dentistry in Jasper, Georgia, where he currently resides with his wife Alice Hart.

Outside of work and school, Casey and his family can often be found playing at Mabry Park. They also enjoy frequenting their favorite local breakfast spots – Biscuits And More, Ray's Donuts, and last but certainly not least, Waffle House.

Hart Family Dentistry cherishes old patients and welcomes new patients. The practice is open Monday-Wednesday from 8am to 5:30pm, Thursday from 7am to 4:30pm, and is closed Friday-Sunday. Dental services range from general and complete, to surgical and cosmetic.

Hart Family Dentistry wants “going to the dentist” to be an easy and relaxing experience. For people who suffer from mild to severe anxiety while undergoing dental treatments, Casey is able to offer sedation dentistry – approved medication that helps patients safely relax. Different levels of sedation are available to assist patients based on their anxiety level and dental procedure. Hart Family Dentistry takes pride in helping people achieve their healthiest, brightest smiles with the highest quality of dental care.

According to Casey, his dad Tim said it best, “If you take care of the patients, then everything else will work out.”



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Senior Wellness Center

Veterans Day Breakfast at Reveille #34791

Wednesday, November 8 • 9-11am

Registration required; space is limited.

Join us for conversation and fellowship, to celebrate Veteran's Day. Guest Speaker: Officer Michael Justice with Cobb County Police, Community Affairs Unit. Breakfast on your own. Seniors receive a 20% discount. 2500 Dallas Highway, Marietta 30064. Call 770-528-5355 for more details and to register.

Tim D Lee Senior Center

Veterans Day Lunch #34440

Thursday, November 9 • 11:30am-1pm

Free; Registration required; space is limited.

Join us for a special lunch: baked ziti, garlic toast, salad, and dessert. We will enjoy music and entertainment presented by the Stayin' Alive Crew as we celebrate our veterans—speaker Kim Scofi, with United Military Care. Call 770-509-4900 for more details and to register

North Cobb Senior Center

Veterans Day "Welcome Home" Party #34208

Wednesday, November 8 • 11am-1pm

Free for Veterans and spouses; \$8.00 for civilians;

Registration required

Join us as we welcome home our long-awaited veterans with a "Welcome Home" party. We will have a presentation of colors by the Young Marines; Speaker, Donna Rowe, President and CEO of the Cobb Veterans Memorial Foundation; entertainment by The East Cobb Kickers; food and dancing. Call 770-975-7740 for more detail and to register.

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