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## Holiday Happenings

# 16



*Ho! Ho! Ho! What do you know? 'Tis the season for holiday shopping! Take a glance at our annual gift guide filled with great gift ideas from East Cobb businesses!*

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## EAST COBBER

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Comments and stories are always welcome.

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# PUBLISHER'S NOTE



Reflecting on the EAST COBBER's 30th year of publication, I extend my heartfelt gratitude. This year, we published 11 issues and 52 newsletters and brought back the EAST COBBER Parade and Festival to celebrate the event's 25th production. The mission of the EAST COBBER is to inspire and connect

neighbors through the stories we tell and events we share. In each issue of EAST COBBER, we aim to provide uplifting content, a welcome reprieve from the distressing headlines. You can find examples of that in the stories in this very issue where churches of different faiths team up to make East Cobb and beyond a better place (pages 8 & 9). Gather up your family and/or friends and make some memories--start or continue a tradition at a local holiday event. We have compiled an extensive Holiday Happenings guide on pages 16-23.

To our loyal readers, residents, advertisers, and dedicated team thank you for contributing to the success of 2023. Your support has helped us continue something truly special. We take pride in all your positive feedback, which makes all our hard work worthwhile.

Here's to all the season's joys, the memories and lessons of 2023, and the anticipation of what lies ahead in 2024

Laren Brown, Publisher  
laren@eastcobb.com

P.S. I want to welcome my second grandchild and first granddaughter, Stella Rose, who added a little more joy to the season. Lala loves you.

## On the Cover

This month's front cover features Julie Guy, owner of Southern Phoenix Services, and her team. Pictured: (l-r) Heather, Fred, Julie, Albert, Brianna, and John.

Julie Guy, a bold entrepreneur in the plumbing industry for over 8 years, has led Southern Phoenix Services, a family-centric plumbing business, since 2019. Rooted in Woodstock, the company delivers round-the-clock licensed residential plumbing in East Cobb. Guy, shaped by military upbringing, infuses discipline with entrepreneurship. The company's red-hot brand emphasizes reliability and community service, sponsoring education and health programs. Southern Phoenix Services prioritizes family with transparency and kindness in providing exceptional plumbing services across East Cobb. With a commitment to longevity, the company looks set to thrive in the Atlanta metro area. For your plumbing needs visit [SouthernPhoenixServices.com](https://SouthernPhoenixServices.com) or call 770-455-2700 for details.

Front cover photo taken by  
Jeremy Adamo at  
Southern Phoenix Services  
located at  
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# PLUMBING WITH PRIDE SOUTHERN PHOENIX SERVICES

by Marie Muir



Southern Phoenix owner with her family. Pictured: (l-r) son Albert, owner Julie Guy, daughter Felicity; front: daughter Charlotte.

## LIKE A PHOENIX RISING FROM THE ASHES.

Julie Guy is not afraid to stand out, and she often does as a woman and mother in the male-dominated world of plumbing. In 2019, Guy launched Southern Phoenix Services. Her family-first company is located at 9801 Main St. in Woodstock and provides 24/7 licensed and insured residential plumbing solutions. Over the course of four years, Southern Phoenix Services has earned a reputation for realness and reliability in East Cobb.

Guy's first brush with water pipes arrived in 2011 when she began marketing and advertising for a friend's plumbing business. After eight years of firsthand industry experience, she was ready to build her own plumbing business. Luckily, Guy learned discipline and entrepreneurship from

an early age as the daughter of a United States Army Sergeant First Class and one of six children. She remembers mowing grass for neighbors in Paulding County to pay for roller skating – a pastime she still enjoys with her kids at Sparkles Family Fun Center.

From toilets to tankless water heaters, Guy loves to share her plumbing expertise with customers and peers. She is dedicated to her team of eight's continued education of general plumbing, sewer, and gas services. Serving the community in more ways than plumbing, Southern Phoenix Services has a fiery red brand that can't be missed.

## BIRDS OF A FEATHER FLY TOGETHER.

Southern Phoenix Services is a family-owned and operated business. As founder and owner, Guy treats her team and customers like one big extended family. She even attended classes at the Georgia Plumbing Institute alongside her adult son, Albert. Today, Albert plumbs with Southern Phoenix Services and during the summer, Guy's oldest daughter Felicity helps with marketing and sales. Guy's youngest daughter Charlotte, age 8, is the company's biggest cheerleader. She loves to join her family on service calls and at community events.

Knowledge is power and both come with an obligation to give back, according to Guy. Southern Phoenix Services donates money to local charities and organizations every month. Guy prioritizes sponsoring programs that benefit the education and health of underserved youth, veterans, and senior citizens. Join Southern Phoenix Services at Marietta's Annual Gobble Jog and Woodstock's Christmas Jubilee & Parade of Lights this holiday season.

## EXCEPTIONAL PLUMBING SERVICES IN EAST COBB.

There are no surprises for people who work with Southern Phoenix Services. Guy and her team approach each project with total transparency. From gas line repairs to sewer line replacements, customers are kept informed on solutions and pricing from start to finish. Guy will even offer to Facetime with customers if there is a simple fix – like hitting the reset button on a garbage disposal or shutting off the water.

This authentic spirit of kindness has earned Southern Phoenix Services an abundance of repeat customers, referrals, and community awards. When asked about the company's future, Guy says "we're going to be here for a while."

Visit [SouthernPhoenixServices.com](https://SouthernPhoenixServices.com) or call 770-455-2700 for more information on Southern Phoenix Services' plumbing solutions. This Woodstock-based business serves the greater Atlanta metro area including Cherokee, Cobb, North Fulton, and Paulding counties.



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# 2023 EAST COBB CITIZEN OF THE YEAR

by Irene Barton, Executive Director, Cobb Collaborative

The Cobb Chamber's East Cobb Area Council has selected Irene Barton as its 2023 East Cobb Citizen of the Year. The Citizen of the Year Awards are given to honor an individual whose impact through the years will be recognized and regarded with pride throughout the area as a role model. These outstanding citizens are chosen for their definable, exceptional deeds, with which he or she have made their community a better place to live. Awards are given based on local area nominations. The 2023 East Cobb Citizen of the Year award was presented at the East Cobb Area Council breakfast at Indian Hills Country Club.

As the Executive Director of the Cobb Collaborative, Irene Barton works every day to ensure that the East Cobb community is a wonderful place to live, work, and play. Barton has greatly increased the capacity of the Cobb Collaborative to improve outcomes for all children and families in the community.



Pictured: (l-r) Sharon Mason, President & CEO of the Cobb Chamber; Irene Barton, 2023 East Cobb Citizen of the Year; Greg Teague, 2023 Cobb Chamber Chairman

Since becoming the Executive Director in September 2018, she has quadrupled the organization's budget through earned income, grants, donors and sponsorships, launched the Connecting Cobb Veterans program, established key partnerships with local organizations, brought critical mental health, suicide prevention and trauma-credentialed training to over 4,000 individuals through the Mind Your Mind mental health awareness campaign, distributed over 8,300 books to children, installed over 50 Little Free Libraries across the county and grown the membership from 78 to 125.

Additionally, Barton has been a part of East Cobb Civitan Club since 2020, serving as Secretary in 2021, President-Elect in 2022 and President in 2023. As the President, she plans the twice-monthly meeting agendas, arranges for speakers and service projects, and promotes the mission of Civitan International. Along with her fellow Civitans, she works to raise awareness about individuals with developmental disabilities and champion the international research center in Alabama.

Barton has been involved in a number of professional organizations such as McCleskey YMCA Board of Directors, Creation Care Team at Catholic Church of St. Ann's, Georgia PTA, Cobb Community Alliance to Prevent Substance Abuse (CCAPSA), Leadership Cobb Class of 2024, Get Georgia Reading Cabinet, Regional Advisory Council, South Cobb Business Association, Cobb Executive Women, and Honorary Commanders Alumni Association. Throughout her 25 years in Cobb, Barton has consistently put service above self in all she does, dedicating herself to helping improve the quality of life in East Cobb. 📞



# TWO FAITHS COME TOGETHER, SYMBOLIZING HOPE THE DAFFODIL PROJECT

The Catholic Church of St. Ann recently welcomed members and leadership of Congregation Etz Chaim to a special program - adding a meaningful, local component to the global initiative, The Daffodil Project.

The Daffodil Project aspires to build a worldwide Living Holocaust Memorial by planting 1.5 million daffodils to remember and represent the 1.5 million children who perished in the Holocaust, and in support of children who continue to suffer in humanitarian crises and genocides around the world today.

Universities and schools, churches and synagogues, city parks and botanical gardens, have all participated in The Daffodil Project, planting beautiful gardens of their own. The result: at each location, the daffodils bloom each year, with a dual purpose to beautify and inspire.

The Daffodil Project was started in Atlanta, Georgia, in the Fall of 2010 with the initial planting of 1,800 daffodils. To date, they have engaged thousands of people at more than 370 locations and planted over 800,000 daffodils worldwide.

At the program at St. Ann's on Nov. 5th, 250 daffodil bulbs were planted - many by St. Ann's youth and Etz Chaim's teens. Additional highlights included a candle lighting, an interfaith prayer service, the reading of poems, and the dedication of the daffodil garden.

Father Lamartine, Catholic Church of St. Ann said, "When our community can come together bridging our faiths and bringing awareness to those currently suffering human rights crises throughout the world, this act of true partnership symbolizes hope for the future."

Jamie Platt Lyons, President of Congregation Etz Chaim said, "Wonderful programs like our collaboration with St. Ann's helps us to underscore our message, that communities of all faiths across the globe can stand together and collectively say, 'Never Again!'"

"When I first started volunteering for the Daffodil Project, I thought of it more as a meaningful tribute to the children who died. But of late I see that peo-




The leadership of the Church of St. Ann's and Congregation Etz Chaim at the Nov. 5 planting of 250 daffodil bulbs for The Daffodil Project.

ple need a constant reminder of man's inhumanity to man as demonstrated again on October 7," said Susie Sommer, Daffodil Project Ambassador. "The 1.5 million children who could have grown up to be scientists, doctors, Nobel Peace Prize winners; assets to a world in disarray, were needlessly, cruelly eliminated during the Holocaust, and it should never happen again. We all need the reminder that the resilient daffodils bring each spring. The reminder that goodness will prevail and that we should have hope for the future."

How The Daffodil Project Began: The shape and color of the daffodils represent the yellow stars that Jews were forced to wear during the Holocaust. Yellow is the color of remembrance. The Daffodil Project symbolizes the strength and resilience of the human spirit and makes us face, head on, the importance of the obligation we each have to uphold justice.

The Daffodil Project honors the memory and the lives of those who perished, honors survivors, and reminds us to stand up for those suffering around the world today.

For information about The Daffodil Project, visit [www.daffodilproject.net](http://www.daffodilproject.net). 



**EAST COBBER**

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# EAST COBB RABBI'S 5TH ANNUAL BLESSING OF CHRISTMAS TREES

The Jewish Christian Discovery Center (JCDC) kicked off the holiday season with the 5th annual blessing of Christmas trees at St. Ann's Catholic Church in Marietta on Friday, Nov. 24. Each year, JCDC Executive Director Rabbi Albert Slomovitz joins with the priests from St. Ann's to bless the trees before the Knights of Columbus sell them. This event kicks off JCDC's annual J Star Project.

The J Star Project focuses on practical and fun activities that promote understanding between Christians and Jews. Each family that attends this event will receive a holiday packet that includes a menorah Christmas tree ornament, a dreidel (plastic spinning top), and some chocolates. Children can hang the ornaments on their trees at home. The fun continues as the children read the included instructions on how to play the dreidel game. It was a popular game played during the time of Jesus.

With the rise of antisemitism in the United States and here in the metro Atlanta area, JCDC partners with St. Ann's clergy to show the wider community the close bond Jews and Christians should have with each other. For more than five years the JCDC has worked closely with the staff of St. Ann's to promote interfaith dialogue and friendship including Rabbi Slomovitz's annual blessing of the Christmas trees.

"It is a blessing to work with St. Ann's and show everyone that Christians and Jews come together and learn about the



Rabbi Albert Slomovitz blesses the truckload of Christmas trees with St. Ann's Father Lamartine Eliscar.

shared Jewish traditions we all have. Jesus grew up as a practicing Jew. That included celebrating Hanukkah and other Jewish holidays," said Rabbi Albert Slomovitz, the founder of the JCDC. "It is important for our Christian friends and neighbors to see coexistence and friendship among us all. I look forward to this annual tradition of blessing the Christmas trees."

2023 marks the 5th year Rabbi Slomovitz is working with Atlanta area church leaders engaging in interfaith dialogue during the holiday

season. He emphasizes that now it is more important than ever to have these strong interfaith relationships as a defense against antisemitism and other forms of intolerance. During the Christmas and Hanukkah seasons, it is the perfect time of year to educate Jews and Christians about their shared history and values.

"I am blessed to have Christian friends across the metro area whose churches are our partners," Slomovitz said. "We love kicking off the holiday season at St. Ann's when the Christmas trees arrive."

The JCDC produces children's books and adult reading materials that highlight the spiritual and religious bonds that Christians and Jews share. It won four movie awards at the 2023 Christian Online Music Festival for The Magical Encounter. More information about JCDC can be found at [therabbijesus.com](http://therabbijesus.com).

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# DECEMBER 2023 DIVERSITY TAPESTRY

By Mindy Seger ECCC DEI chair

As the final month of the calendar year unfolds, December brings forth a vibrant tapestry of holidays, traditions, and celebrations that enrich our communities. It is a busy time, filled with opportunities to share our own cherished customs and, equally importantly, to delve into the diverse traditions of others.

The beauty of this season lies not only in the festivities but also in the chance to explore the rich history of holiday observances from around the world. In this exploration, we may uncover the influences that have shaped our own traditions or discover the origins of practices that have become integral to our celebrations. It is a captivating journey through cultural histories that weaves a tapestry of understanding, connecting us to the global roots of our seasonal festivities.

This magnificent tapestry, adorning our communities at the onset of winter, is a testament to the diverse and interconnected world in which we live. It is a celebration of the uniqueness each tradition brings and the collective beauty that arises when they coalesce.

As we embark on this festive journey, the East Cobb County Council PTA encourages all our ECCC families to take a moment for reflection. Consider the traditions that hold special significance for you and your loved ones and share them with others. Equally, take the time to

learn about the traditions cherished by your friends and neighbors, for in this exchange of stories and customs, we strengthen the bonds that unite us as a community.

In this season of giving and receiving, let the gift of understanding be one of the most treasured. By acknowledging and appreciating the diverse tapestry that colors our community, we not only foster a sense of unity but also contribute to the enrichment of our collective experience.

May December be a month of joy, discovery, and shared traditions for all ECCC families. Let the threads of our individual stories weave together, creating a tapestry that celebrates the beauty of our differences and the warmth of our shared humanity.

As we navigate the rich cultural landscape of December, let's remember that diversity is not just a checkbox—it's integral to our mission. It influences our programs, our public image, and every interaction within our association. By embracing the unique perspectives and traditions represented in our community, we strengthen the foundation of our organization, fostering a high-performing and innovative environment. Together, let's celebrate the diversity that enriches our collective experience and propels us towards a future of shared success. 🌐

Date	Observance	Connection to Mission
December 3	International Day of Persons with Disabilities	Embracing inclusivity aligns with our mission, recognizing the unique skills and contributions of every individual, fostering an environment where all members are valued.
December 6	St. Nicholas Day	The spirit of giving and sharing during St. Nicholas Day reflects our commitment to creating a community where generosity and kindness are integral aspects of our collective identity.
December 7-15	Hanukkah	Celebrating Hanukkah adds vibrancy to our diverse tapestry, reinforcing our belief that the richness of traditions enhances the strength and innovation within our community.
December 8	Bodhi Day	Reflection on enlightenment aligns with our commitment to personal and collective growth, acknowledging the diverse paths each individual takes on their journey toward wisdom.
December 10	Human Rights Day	Human rights are at the core of our mission, as we strive to create an inclusive environment that upholds the dignity and equality of all members, reflecting in our programs and services.



Date	Observance	Connection to Mission
December 16-24	Las Posadas	The themes of hospitality and community inherent in Las Posadas resonate with our mission, emphasizing the importance of coming together in unity and support during joyous and challenging times.
December 21 - January 1	Yule	Recognizing the cycles of nature during Yule aligns with our understanding of diversity's impact on organizational activities and our broader commitment to environmental stewardship.
December 24	Christmas Eve/ Nochebuena	The anticipation and celebration of Christmas Eve encapsulate the joy, togetherness, and communal spirit that contribute to a high-performing and productive association.
December 25	Christmas	The universal values celebrated on Christmas, such as love and togetherness, resonate with our mission, fostering a sense of community that transcends individual differences.
December 26 - January 1	Kwanzaa	Kwanzaa's focus on principles like unity and collective responsibility reinforces our commitment to creating an inclusive community that values and capitalizes on the innovation within diverse populations.

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# WALTON HIGH SCHOOL SENIOR WINS **GIRL OF THE YEAR** FOR ACHIEVEMENTS IN TECHNOLOGY

by Adam Darby

If 2023 has taught us anything, it is that the world of AI and technology is rapidly expanding and evolving. The same can be said about the role of women in the field of advanced technological developments. However, some women are getting an early start by making their mark in technology before even starting a career.

Zareenah Ahmed, a Walton High School senior from Marietta, was recently honored with Women in Technology's (WIT) Girl of the Year Award for her achievements in technology. The prestigious award was presented at the 2023 Women of the Year in S.T.E.A.M. Awards Gala at Mercedes-Benz Stadium on October 23rd. Since first becoming involved with WIT in her freshman year, Zareenah dreamed of winning this award before graduation.

"My sister first introduced me to WIT as she works at a large firm that is involved heavily with them, and she was able to show me the value they provided," Zareenah said. "Right off the bat, I fell in love with WIT...With each event, I could feel the difference, and it helped build my knowledge, confidence, and interest in technology. This was my most coveted dream throughout high school and I literally dreamt of winning this award. As they say one has to put their heart and soul into what you want to achieve, and it happened."

Since 1992, WIT has educated girls and women around the globe about opportunities in science, technology, engineering, arts, and math (STEAM). The non-profit organization currently has over 25,000 members in Georgia with a total of 48,000 members worldwide. They focus on preparing young women to successfully make the transition from the classroom to the professional world while armed with a sense of confidence and empowerment. Providing women with the tools and experience necessary to succeed, WIT helps students find their passion and approach it head-on.

"WIT is such an incredible organization," Zareenah stated. "With every WIT event, yet another girl is empowered and feels confident that they can succeed in the technology world and stand shoulder-to-shoulder with the men."

Being the WIT girl of the year means maintaining good academic standing, bringing STEM to your



community, and having a genuine passion for increasing women's participation in STEM fields while supporting and uplifting each other.

Zareenah has received an overwhelming amount of positive feedback and praise from her family, friends, and teachers. Convinced anything is possible through perseverance, she is humbled that her hard work paid off with one of the "happiest moments of her life". While she remains thankful for the support of everyone that helped make this long-awaited dream become a reality, it is the guidance and support of her father that resonates with her the most upon receiving the award.

"He has consistently stood by me, being my rock and the reason I have so much belief in myself," she admitted. "I aim to emulate his morals and work ethic, hoping to become even a little bit like him. He's always been my biggest supporter...I have a lot of role models and people I look up to in my life but if I could grow up to be like anyone, it would be my dad."

Zareenah is eager to further her education beyond high school studying Computer Science or Computer Engineering. Along with the award, she received a \$5,000 scholarship for any college of her choice. With a flourishing career in technology well ahead of her, she has certainly made her start running at full speed. 🏃‍♀️



# BRING ONE FOR THE CHIPPER



Even after all the holiday packages have been unwrapped there's still a chance to give one last present to the earth by donating your live Christmas tree to a county-wide recycling program that will chip it into a life-giving, water-saving, sweet-smelling layer of mulch. Recycling trees creates mulch, fuel, wildlife habitats and other useful material. You can help "Keep Cobb Beautiful," by recycling your old tree after the holiday season. Keep Cobb Beautiful is sponsoring free recycling drop-offs.

Keep Cobb Beautiful is inviting everyone to "Bring One for the Chipper," and recycle your Christmas tree after the holidays. As part of a statewide effort to reuse Christmas trees, Keep Cobb Beautiful is hosting convenient sites where area residents can drop off their trees. No other items will be allowed to be dropped off at sites. Various locations in Cobb County will accept trees from December 25, 2023 until January 6, 2024. To volunteer at a site location, look on the website at [www.keepcobbbeautiful.org](http://www.keepcobbbeautiful.org) and go to the volunteer section for more information.

The following locations will accept dropoffs from December 25, 2023 until January 4, 2024 at 4pm:

- > Fullers Park (Lower Field)  
3050 Robinson Road, Marietta 30064
- > Home Depot  
3605 Sandy Plains Road, Marietta 30066
- > Home Depot  
4101 Roswell Road NE, Marietta 30062
- > Home Depot  
2450 Cumberland Parkway SE, Atlanta 30339

Limited supply of FREE saplings available at specified Home Depots on January 6, 2024 from 10am-2pm.

Before dropping off your tree, remove all non-organic objects such as lights, wire, tinsel, ornaments and nails. Foreign objects can contaminate the mulch and ruin the chipper. Flocked trees cannot be recycled and must be disposed of as garbage. For more information visit [www.keepcobbbeautiful.org](http://www.keepcobbbeautiful.org).

# BRUMBY ELEMENTARY SUCCESSFULLY RAISES FUNDS

Brumby Elementary School is delighted to share the news of a highly successful fundraising campaign to fund new astroturf for school's playground. Thanks to the incredible support from the Brumby community, they exceeded the fundraising goal, ensuring that kindergarteners and first graders will no longer have to play on dirt during recess. Together, over \$30,000 was raised for this important cause. The Brumby Community in partnership with PTA, exemplified the school's theme for the year - We are Better Together!

"I am so proud of how our school rallied behind this fundraiser and achieved our goals!" says Principal Sandra Alford. "Our community is so supportive and works to ensure our students are set up for success."

Brumby Elementary School is a Title 1 school located in East Cobb with a diverse population of over 1,000 students. Each year the PTA supports a fundraiser to help fund school events. The fundraiser partnered with Activate, a nonprofit organization that allows schools to keep 100% of the funds donated to school. Due to the economic diversity of our school, every dollar donated is a reflection of the community's commitment to supporting our schools goals.

The fundraiser was a two week event which ended with a fun run called the Brumby Bolt. The fundraiser included motivational activities for all students with daily affirmations and class recognition versus the individual student. Students were able to celebrate reaching class donation goals with events. For example, when a class raised \$200 they received a class dance party, \$1,000 for a popsicle party, and \$1200 to dress the teacher. School-wide milestones included silly stringing the principal at \$5,000 and the ultimate goal of \$30,000 for the principal to camp out at the school!

For information on ways to engage with Brumby, please contact [brumbybobcatpta@gmail.com](mailto:brumbybobcatpta@gmail.com).

# TOYS FOR TOTS SEEKS DONATIONS


As the holidays are upon us and planning for Christmas arrives, it's also time to think about doing something special for children in need. The U.S. Marine Corps Reserve Toys for Tots Program is underway giving local residents an opportunity to purchase a toy for a boy and girl outside their family.

Toys for Tots started more than 75 years ago when Maj. Bill Hendricks, USMCR, and a group of Marine reservists in Los Angeles collected and distributed more than 5,000 toys to needy children. Hendricks' idea caught on and was so successful that the Marine Corps adopted Toys for Tots the following year and expanded it into a nationwide program. In 1995, the Secretary of Defense approved Toys for Tots as an official activity of the U.S. Marine Corps and an official mission of the Marine Corps Reserve.

Today, Toys for Tots is the Marine Corps' premier community action program and one of the nation's flagship Christmas charitable causes. Toys for Tots is the only charitable endeavor within the Department of Defense which reaches outside the military establishment to give something back to the communities. Toys for Tots has enjoyed over a half century of success because of the support of millions of caring Americans, local communities, and corporate America plus the dedication and hard work of thousands of U.S. Marines. Toys for Tots is a program which brings all elements of a community together in a common cause for three months each year. The shiny new toy at Christmas lets these youngsters know that someone cares.

Area Toys for Tots coordinator Kelly Wilson is in charge of finding enough money and toys to fulfill toy requests for children in the 18 counties throughout Metro Atlanta. Kelly can be reached at 678-887-5179.

Toys for Tots collects only new toys. Organizers ask that toys brought to drop-off points be unwrapped so they can be sorted and given to the right child. Toys are to be appropriate for children from birth to 12 years.

For a complete list of drop-off points, visit [www.northatlanta.toysfortots.org](http://www.northatlanta.toysfortots.org). 

## Toys For Tots Drop-off Points

*All locations are collecting toys until December 21, unless otherwise noted.*

- **Atlanta Communities**  
Mon-Fri: 9am-5pm  
3113 Roswell Road  
Suite 101  
Marietta 30062
- **Bel Fiore Bridal**  
Tues-Sat: 10am-6pm  
Sunday: Noon-4pm  
1205 Johnson Ferry Road  
Suite 138  
Marietta 30068
- **Bluepearl Pet Rehab**  
Mon-Thur: 8am-8pm  
Fri: 8am-4pm  
Sat: 9am-2pm  
1230 Johnson Ferry Place  
Marietta 30068
- **Can Capital**  
Mon-Thur: 8:30am-5:30pm  
1850 Parkway Place  
#1150  
Marietta 30067
- **Cobb Emergency Veterinary Clinic**  
Mon-Sun: 2-11pm  
630 Cobb Parkway N  
Marietta 30062
- **Langley Family Chiropractic, PC**  
Mon, Tues, Wed:  
8:30am- 6:30pm  
Sat: 9am-1pm  
4799 Olde Towne Pkwy  
Marietta 30068
- **Life Empowerment Services, LLC**  
Tues-Fri: 10am-4pm  
2130 Kingston Court SE  
Suite E  
Marietta 30067
- **Mr. Clean Car Wash - Marietta**  
Mon-Sat: 8am-6pm  
Sun: 9am-5pm  
3950 Shallowford Road  
Marietta 30062
- **Snapbox Self Storage**  
Mon-Fri: 9:30am-6pm  
Sat: 8:30am-5pm  
1745 Roswell Road  
Marietta 30062
- **Stretch Zone East Cobb**  
Mon-Fri: 8am-7pm  
Sat: 9am-4pm  
4371 Roswell Road  
Marietta 30062
- **Studio Movie Grill**  
Mon-Sun: 11am-11pm  
40 Powers Ferry Road SE  
Marietta 30067
- **Trift Animal Hospital**  
Mon-Fri: 8:30am-6pm  
Sat: 8:30am-Noon  
4349 Shallowford Road  
Marietta, 30062
- **TruCare Dentistry**  
Mon-Thurs: 7am-4pm  
9205 Coleman Rd. #200  
Roswell 30075
- **Wildwood Eyecare**  
Mon-Thur 8:30am-4pm  
Fri: 8am-1pm  
1545 Powers Ferry Rd. SE  
Ste 240, Marietta, 30067
- **Woodland Pediatric Dentistry**  
Mon-Fri: 11am- 2pm  
255 Village Parkway NE  
Marietta 30067





# 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](http://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](http://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](http://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](http://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](http://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](http://urthyscents.com)



# Holiday Happenings

*Metro Atlantans celebrate the holiday season by continuing old traditions, decorating public spaces and putting on plays. The EAST COBBER is happy to provide a sampling of those special events to help you get in the holiday spirit.*

## CHRISTMAS TRADITIONS

### THROUGH FEBRUARY 25

**License to Chill Snow Island.** Get your adrenaline fix at Snow Island tubing on the 575 feet long, 8-story high Blizzard Mountain slide, one of the fastest snow rides in North America! Take a spin around the ice rink, enjoy the carnival sights, smells and rides, or play in the snow. Free/Children under 3; \$29.99-\$54.99; Check website for hours of operation.

Margaritaville at Lanier Islands  
7650 Lanier Islands Parkway, Buford  
470-323-3440 | [lanierislands.com/Margaritaville/attractions/snow-island](http://lanierislands.com/Margaritaville/attractions/snow-island)

### WEEKENDS THROUGH JANUARY 7

**The Botanical Express at Atlanta Botanical Garden.**

Climb aboard as the conductor takes you on a scenic holiday journey around the Garden. Train does not run in inclement weather. 10am-3pm. \$5/passenger; \$3/member plus admission to the gardens.

Atlanta Botanical Garden  
1345 Piedmont Avenue, Atlanta  
404-876-5859 | [atlantabg.org](http://atlantabg.org)

### THROUGH DECEMBER 24

**Winter Wonderland at The Marietta Square.** Marietta's Winter Wonderland returns featuring the Festival of Trees. Marietta Square Glover Park  
50 North Park Square, Marietta  
[mariettawinterwonderland.com](http://mariettawinterwonderland.com)

### DECEMBER 8 & 9

**Christmas at Piedmont/Artist Craft Show.** Features local schools' chorus, orchestra, and band performances, dance troupes, inflatable jumpies for kids, crafters offering hand-made gifts for purchase, and the only Snow Tube slide in Cobb County! Friday: 5-9pm; Saturday: 9am-5pm. Free.

Piedmont Church, 570 Piedmont Road, Marietta  
770-423-1330 | [piedmontchurch.tv/christmas/](http://piedmontchurch.tv/christmas/)  
[#christmasatpiedmont](https://twitter.com/christmasatpiedmont)

### DECEMBER 9 & 10

**Sounds of the Season.** Christmas concert in the Sanctuary, featuring our JF Choir, Orchestra, Band, Sing Team, Students, and Children, followed by fun family activities in our very own winter wonderland! There will be lots of SNOW! Snow fall, snow slides, snow play area, snowballs, snowmen, and more! Free.

Johnson Ferry Baptist Church  
955 Johnson Ferry Road, Marietta/East Cobb  
[www.johnsonferry.org/christmas/#4](http://www.johnsonferry.org/christmas/#4)

## CONCERTS

### DECEMBER 8 & 10

**Christmas Festival Concert.** Experience the spirit of the Christmas season as the RUMC Sanctuary Choir, Festival Orchestra, Roswell Ringers, RUMC Kids Music, and organist Tom Alderman present a concert filled with favorite holiday music. December 8: 7:30pm. December 10: 3pm. Free.

Roswell United Methodist Church  
814 Mimosa Boulevard, Roswell  
770-594-0512 | [www.rumc.com](http://www.rumc.com)

### DECEMBER 8 & 10

**Carols for Christmas.** Be a part of an event that spreads Christmas cheer to the whole community. Friday: 7pm; Sunday: 5pm. Free.

Mt. Bethel Church, 4385 Lower Roswell Road, Marietta  
[mtbethel.org/event/christmasconcert](http://mtbethel.org/event/christmasconcert)



## DECEMBER 8 & 10

**Christmas Concert: There's a Song in the Air.** A combined Christmas Concert with 70 singers from ECUMC and Grace Resurrection MC. The Concert will feature the Chancel Choir & Seasonal Singers and Chamber Orchestra, directed by Ira Pittman and Suzanne Tucker. Free.

### December 8: 8pm

Grace Resurrection Methodist Church  
1200 Indian Hills Parkway, Marietta/East Cobb  
678-653-9790 | [www.graceresurrection.org](http://www.graceresurrection.org)

### December 10: 5pm

East Cobb United Methodist Church  
2325 Roswell Road, Marietta/East Cobb  
770-971-3643 | [eastcobbumc.org](http://eastcobbumc.org)



## DECEMBER 10

**Enchanted Woodland Wonders Family Fun Day.** his family favorite is bound to delight with live reindeer, seasonal festivities, partner booths, crafts, lawn games, and more. 12-4pm. \$15/adults; \$11/students/seniors; \$9/Children. Free for CNC members and children ages 2 and under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell [www.chattnaturecenter.org](http://www.chattnaturecenter.org)

## DECEMBER 9 & 10

**Christmas with the Atlanta Symphony Orchestra.** Director of Choruses Norman Mackenzie leads the Atlanta Symphony Orchestra and Chorus in an evening of holiday carols, hymns and more. This timeless tradition begun by Robert Shaw is sure to inspire holiday cheer. 3pm & 8pm. \$25-\$150.

Atlanta Symphony Hall  
1280 Peachtree Street NE, Atlanta  
[www.aso.org/events/detail/christmas-with-the-aso-2](http://www.aso.org/events/detail/christmas-with-the-aso-2)

## DECEMBER 10

**Big Chicken Chorus Christmas Show.** Enjoy an afternoon of Christmas cheer. 3pm. Tickets: \$15-\$25/adults; Free/Children under 6 (ticket required).

Lassiter Concert Hall  
2601 Shallowford Road, Marietta/East Cobb  
470-349-0550 | [www.bigchickenchorus.org](http://www.bigchickenchorus.org)

## DECEMBER 16

**Ringin' in the Holidays.** The Atlanta Vocal Project, an a-cappella group specializing in the barbershop style. This event exemplifies the spirit of the holidays with a stage full of the most wonderful singers performing your holiday favorites in perfect harmony. 3pm. \$20-\$30.

Roswell Cultural Arts Center, 950 Forrest Street, Roswell  
770-594-6232 | [www.RoswellCAC.com](http://www.RoswellCAC.com)

# ENCHANTED WOODLAND TRAIL

DECEMBER 10 - FEBRUARY 29

Explore whimsical fairy houses and  
gnome homes along wooded trails.  
**Plan your visit today!**



**ENC**  
Chattahoochee  
NATURE CENTER

9135 Willeo Road | Roswell, GA 30075  
[chattnaturecenter.org](http://chattnaturecenter.org) | 770.992.2055

# Holiday Happenings

## CONCERTS

### DECEMBER 17

**Cobb Wind Symphony Holiday Concert.** Conductor Alfred Watkins and Assistant Conductor Bob Cowles present holiday classics. 3pm. Free. (Donations accepted.) Lassiter Concert Hall, 2601 Shallowford Road, Marietta [www.cobbwindsymphony.org](http://www.cobbwindsymphony.org)

### DECEMBER 23

**Sounds of the Season.** A new high-energy concert featuring the ASO and guest vocalists. Make this heartwarming event a new tradition for your family this season and sing along! 3pm & 8pm. \$29-\$125.

Atlanta Symphony Hall  
1280 Peachtree Street, Atlanta  
[www.aso.org/events/detail/sounds-of-the-season](http://www.aso.org/events/detail/sounds-of-the-season)



## HANUKKAH HAPPENINGS

### DECEMBER 10

**Chanukah Palooza.** An afternoon of celebration including lunch, photo booth, crafts, DJ, bounce house, and vendors. 12-2pm. \$5/person; \$20/max. family Temple Kehillat Chaim, 1145 Green Street, Roswell 770-641-8630 | [www.kehillatchaim.org](http://www.kehillatchaim.org)

### DECEMBER 10

**Menorah Lighting.** Join with Chabad of Cobb to celebrate the first night of Chanukah with a traditional Menorah lighting celebration, family-friendly activities, Chanukah treats and a Gelt Drop. Collect all the chocolate gelt you can as they rain down. 5:30pm.

The Avenue East Cobb, The Plaza  
4475 Roswell Road, Marietta/East Cobb  
[avenueeastcobb.com/events/menorah-lighting-at-avenue-east-cobb](http://avenueeastcobb.com/events/menorah-lighting-at-avenue-east-cobb)

### DECEMBER 10

**Menorah Lighting on Marietta Square.** Congregation Ner Tamid of Marietta will have a Menorah Lighting on the Glover Park Stage. Hanukkah music, hot chocolate and donuts complement the Hanukkah festivities. All welcome. 6:30pm. Free.

Marietta Square, 50 Park Square, Marietta  
678-264-8575 | [www.mynertamid.org](http://www.mynertamid.org)



### DECEMBER 12

**East Cobb/Roswell Community Chanukah Party.** Come and Celebrate Chanukah with friends and neighbors from area synagogues from East Cobb and Roswell. Chanukah music, crafts, jelly doughnuts and much more. 6:30-8:30pm. Free.

Temple Kehillat Chaim, 1145 Green Street, Roswell  
770-641-8630 | [www.kehillatchaim.org](http://www.kehillatchaim.org)

### DECEMBER 14

**Chanukah Celebration in Downtown Roswell.** Gather to light the Menorah in the heart of Historic Roswell. Mayor Wilson will be there to share warm greetings as you celebrate the last night of Chanukah. Enjoy delicious doughnuts, piping hot cocoa and tasty latkes. With plenty of fun activities for the kids, this evening will be a great time for all ages! Free. 5:30pm.

Heart of Roswell Park, 925 Canton Street, Roswell  
[www.roswell365.com/event/chanukah-celebration-in-downtown-roswell](http://www.roswell365.com/event/chanukah-celebration-in-downtown-roswell)

## HOLIDAY ACTIVITIES

### DECEMBER 8

**Mimosa Hall Holiday Open House.** Come see the beautifully decorated historic house museum by the Roswell Women's Club. We will deck the halls, hang the mistletoe, and, of course, Santa Andre is making a special visit for story time, refreshments, and more! 5-6:30pm. Free. Meet and greet and storytime with Santa Andre. Mini Photo Sessions (booked in advance), \$150. 6:30-9pm. Mimosa Hall & Gardens, 127 Bulloch Avenue, Roswell [www.roswell365.com/event/mimosa-hall-holiday-open-house](http://www.roswell365.com/event/mimosa-hall-holiday-open-house)

### DECEMBER 10

**Christmas Festival.** Enjoy the 3 C's of Christmas: cookies, crafts, and a Christmas concert. A drop-in holiday experience. Live Nativity, continuous Christmas concert, petting zoo, free carnival games, crafts, and Christmas themed experiments will provide fun for kids of all ages. Fire pit and s'mores station, homemade cookies and hot beverages, should help satisfy your sweet tooth and keep you warm. Opportunities for photos, even some with a certain jolly, ol' surprise guest. Collection of donated items for North Fulton Community Charities' Toyland Shop. You can either bring unused, unopened toys to donate or make a cash donation at the Toyland Christmas tree. 4-7pm. Free.

Cross of Life Lutheran Church  
1000 Hembree Road, Roswell  
[www.roswell365.com/event/3rd-annual-christmas-festival](http://www.roswell365.com/event/3rd-annual-christmas-festival)



# Christmas Eve



AT JOHNSON FERRY

10 AM | 1 PM | 3 PM | 5 PM

## EXPERIENCE CHRISTMAS EVE BY CANDLE LIGHT!

Join us for a service filled with the love and hope Jesus brings to the world along with everyone's favorite tradition, a candle-lit version of "Silent Night." For more info visit [johnsonferry.org/christmaseve](http://johnsonferry.org/christmaseve).



# Holiday Happenings

## DECEMBER 16

**Caroling "Like the Dickens".** Bring the family to a holiday event with live caroling and a craft. Enjoy a holiday craft and caroling with "Like the Dickens" a cappella quartet. See the lovely holiday decorations and make a holiday craft. Dressed in period clothing, these professional singers perform your favorite old-timey holiday songs and even ask you to join in on a couple of them. Walk next door to Bulloch Hall for the European-style Merry Market, which is full of unique hand-crafted holiday gifts. 1-3pm. Free. Mimosa Hall & Gardens, 127 Bulloch Avenue, Roswell [www.roswell365.com/event/mimosa-hall-holiday-open-house](http://www.roswell365.com/event/mimosa-hall-holiday-open-house)

## HOLIDAY MARKETS

### THROUGH DECEMBER 24

**First Annual Christkindlmarket Roswell.** Ever been to a German Christmas Market? Meander through the holiday vendors, enjoy a Beer Garden with seasonal food and drink, a children's carousel, and Bulloch Hall decorated for the holidays in traditional European style. See website for times. Free admission. Bulloch Hall, 180 Bulloch Avenue, Roswell [roswell-christkindlmarket.com](http://roswell-christkindlmarket.com)

## DECEMBER 15-17

**Christmas Market at Northpoint Mall.** Shop with local artisans, makers and gourmet companies for unique gift ideas and lots of holiday fun! Friday & Saturday: 11am-7pm; Sunday: 12-7pm. Northpoint Mall, 1000 North Point Circle, Alpharetta 770-740-9273 | [www.northpointmall.com](http://www.northpointmall.com)

## HOLIDAY RACES

### DECEMBER 9

**Sleighbells on the Square 5K, 1K & Tot Trot.** Bring the family and help raise funds for Cobb County Bar's Children's Emergency Fund. The Fund provides emergency grants to Cobb County households facing financial emergencies or crises. Festive holiday attire is encouraged. Packet pick-up: Friday, 11am-6pm at Big Peach Running Co Kennesaw, 1625 Ridenour Boulevard, Suite 304, Kennesaw. \$15-\$40. Tot Trot: 9:20am; 1K: 9:10am; 5K Race: 8am. Marietta Square, 12 E Park Square, Marietta [info/registration: cobbcountybar.org](http://info/registration: cobbcountybar.org).



## DECEMBER 16

**Dashing Through the Square 5K & 1K** sponsored by the PEARL Foundation and Alpha Kappa Alpha Sorority, Rho Zeta Omega Chapter. Peachtree qualifier race. \$40. Race: 7:30am.

Marietta Square, 99 S Park Square, Marietta [raceroster.com/events/2023/71107/8th-annual-dashing-through-the-square-5k-runwalk-and-1k-kids-rudolph-race](http://raceroster.com/events/2023/71107/8th-annual-dashing-through-the-square-5k-runwalk-and-1k-kids-rudolph-race)

## LIGHT DISPLAYS

### THROUGH DECEMBER 30 (CLOSED 12/24 & 12/25)

**Holiday Lights of Hope Walk-Through.** Step into a world where holiday magic comes to life - a twinkling wonderland awaits! Welcome to the Enchanting Christmas Spectacle, where dreams are illuminated, and festive cheer knows no bounds. Sunday-Thursday: 6-9pm; Friday-Saturday: 6-10pm. \$10/person; Under 12 Free; \$25/Season Pass. Check website for weather closures.

Hobgood Park, 6688 Bells Ferry Road, Woodstock [holidaylightsofhope.com](http://holidaylightsofhope.com) or [www.facebook.com/HolidayLightsOfHope](http://www.facebook.com/HolidayLightsOfHope)

### SELECT NIGHTS THROUGH DECEMBER 30

**Festival of Lights Atlanta.** Enjoy the beauty of the twinkling lights. Drive-Thru on Mondays, Wednesdays, Fridays, and Saturdays. Bring Your Dog Night takes place on Tuesdays. \$25-\$45.

Ameris Bank Amphitheatre Parking Lot A  
2200 Encore Parkway, Alpharetta  
[www.festival-of-light.com/festival-of-lights-atlanta](http://www.festival-of-light.com/festival-of-lights-atlanta)

### THROUGH DECEMBER 31

**Magic of Lights.** A dazzling, drive-through holiday lights experience featuring favorite holiday scenes and characters of the season using the latest LED technology and digital animations. Experience Magic of Lights from the comfort and safety of your own car as you wind through the sparkling path of Woodstock's new holiday tradition. Monday-Thursday: 6-9pm; Friday-Sunday: 6-10pm. \$30-\$40/car.

Dixie Speedway, 150 Dixie Drive, Woodstock [magicoflights.com](http://magicoflights.com)

### THROUGH DECEMBER 31

**Lights of Life.** Millions of holiday light displays throughout the Life University campus. Petting zoo, train rides, and a concession stand offering seasonal drinks and snacks. See Website for hours. \$10/car; \$20/bus.

Life University, 1269 Barclay Circle, Marietta.  
678-331-4334 or [life.edu/lights-of-life](http://life.edu/lights-of-life)



# Holiday Happenings

## SELECT NIGHTS THROUGH DECEMBER 31

**World of Illumination Enchanted Safari.** Gear up for one wild holiday adventure with your host, Toukie Toucan! Trek over land, sea and air to hear the jingle of the jungle. Soar among the clouds as you fly with reindeer then outrun a T-Rex whizzing past a land lost in time. Be sure to buckle up- it's a jungle out there. Check website for pricing of time slot tickets. 6-10pm

Six Flags White Water Parking Lot  
250 Cobb Parkway, Marietta  
[worldofillumination.com/marietta-georgia](http://worldofillumination.com/marietta-georgia)

## SELECT NIGHTS THROUGH JANUARY 2

**Stone Mountain Christmas.** Each day during Stone Mountain Christmas, you can enjoy park attractions including Summit Skyride, Scenic Railroad, and more! Then, become immersed in holiday magic with evenings full of festive music, millions of dazzling lights, spectacular shows and visits from some of your favorite holiday characters! Prices and times vary by day.

Stone Mountain Park  
U.S. Highway 78, East Stone Mountain  
770-498-5690 | [www.stonemountainpark.com/Activities/Events/Stone-Mountain-Christmas](http://www.stonemountainpark.com/Activities/Events/Stone-Mountain-Christmas)

## SELECT NIGHTS THROUGH JANUARY 3

**Holiday in the Park.** Celebrate with millions of lights, scrumptious holiday treats, and classic live entertainment! Select days. Check website for pricing.

Six Flags Over Georgia  
275 Riverside Parkway SW, Austell  
770-948-9290 | [www.sixflags.com/overgeorgia](http://www.sixflags.com/overgeorgia)

## THROUGH JANUARY 7

**Shadrack's Christmas Wonderland.** Partnered with Cobb County PARKS, take a magical journey through custom-built light displays perfectly synchronized to the merry melodies of Christmas, all from the comfort of your vehicle. This dynamic show features a 300-foot RGB tunnel that surrounds you in a kaleidoscope of colors, Christmas trees sparkling at 50 feet tall, towering walls of lights, and much more! After the show, guests can visit Santa's Village to engage in some of the same things they do at the North Pole! There's ice skating, an ice slide, rides and activities for kids and families, tasty treats, and even the jolliest man himself, Santa Claus, available for visits and photos. Monday-Friday: 6-10pm; Saturday-Sunday: 6-10pm (or later). \$39.95/car.

Jim R. Miller Park & Event Center  
2245 Callaway Road, SW Marietta.  
[www.shadrackchristmas.com/marietta-ga](http://www.shadrackchristmas.com/marietta-ga)

## THROUGH JANUARY 14

**Garden Lights, Holiday Nights** at The Atlanta Botanical Garden. While plenty of the show's fan-favorite features will return, guests can expect new twists. 5-10pm. Select days ticket prices vary with discounts, check website for pricing on your day. \$25-\$45.

Atlanta Botanical Garden  
1345 Piedmont Avenue, Atlanta  
404-876-5859 | [atlantabg.org](http://atlantabg.org)

## THROUGH JANUARY 14

**Illuminights at the Zoo.** Showcasing vistas of brilliantly illuminated wildlife and captivating sights that celebrate the wonders of nature. This year, we're introducing new lanterns and experiences, transforming the Zoo into a nighttime wonderland. 5:30-9:30pm (last entry at 8pm). \$19.99/children (11 & under), \$21.99/seniors, \$24.99/adults (12+); Children under 2, free.

Zoo Atlanta, 800 Cherokee Avenue, Atlanta  
404-624-9453 | [www.zooatlanta.org](http://www.zooatlanta.org)

## SELECT NIGHTS THROUGH JANUARY 15

**Margaritaville's Lakeside Lights Spectacular.** Journey through a twinkling winter wonderland! Take a leisurely stroll through a mesmerizing display of Christmas lights, accompanied by festive holiday music that will warm your heart and light up your evening. It's a walking light show like no other, where you can bask in the enchanting ambiance and create cherished memories with the whole family. Check website for hours and days. \$19.99; Free ages under 3.

Margaritaville at Lanier Islands  
7650 Lanier Islands Parkway, Buford  
470-323-3440 | [www.margaritavilleresorts.com/margaritaville-at-lanier-islands/attractions/margaritavilles-lakeside-lights-spectacular](http://www.margaritavilleresorts.com/margaritaville-at-lanier-islands/attractions/margaritavilles-lakeside-lights-spectacular)

## LIVE NATIVITY

### DECEMBER 9 & 10

**Drive through Nativity.** Experience the story of Christmas from the comfort of your car. Legacy Church's drive through nativity is a live nativity experience with actors and animals acting out the story of the birth of Jesus Christ. The experience takes 10-12 minutes. 6:30-8:30pm. Free.

Legacy Church, 1040 Blackwell Road, Marietta  
[LegacyChurchGA.com](http://LegacyChurchGA.com)

# Holiday Happenings

## SANTA SIGHTINGS

### THROUGH DECEMBER 24

#### Avalon

Appointments preferred, walk ups only if time allows. Sundays: 12-7pm (break: 2-3pm); Mondays: 12-6pm (break: 2-3pm); Tuesday-Thursday: 12-7pm (break: 2-3pm); Friday & Saturday: 10am-7pm (break: 1-2pm & 4-5pm); Christmas Eve: 9am-6pm. Pet portrait: Tuesdays: 4-7pm walk up only. \$40, includes an email of all images from the photo session.

Santa's House in Palmers Plaza  
400 Avalon Boulevard, Alpharetta  
770-765-2000 | [www.experienceavalon.com](http://www.experienceavalon.com)

### SATURDAYS THROUGH DECEMBER 16

#### Botanical Saint Nick

Meet Botanical Saint Nick, clad in his dark green robe and botanical head wreath. Bring a camera to take your own photos with Saint Nick. Free with Garden Admission. 10am-2pm.

Atlanta Botanical Garden, 1345 Piedmont Ave, Atlanta  
404-876-5859 | [atlantabg.org](http://atlantabg.org)

### SELECT DAYS THROUGH DECEMBER 24

#### Santa on the Marietta Square

Reserve your time with Santa in advance. See website for available dates/times.

Marietta Museum of History, 1 Depot Street, Marietta  
[mariettawinterwonderland.com](http://mariettawinterwonderland.com)

### SELECT DAYS THROUGH DECEMBER 24

#### Santa's Post Office at The Battery

Bring your letters for Santa and get a picture. Check website for hours.

800 Battery Avenue SE, Atlanta  
[batteryatl.com](http://batteryatl.com)

### THROUGH DECEMBER 24

#### Cumberland Mall

Check website for hours and reservations.  
1000 Cumberland Mall SE, Atlanta  
770-435-2206 | [www.cumberlandmall.com](http://www.cumberlandmall.com)



### THROUGH DECEMBER 24

#### Lenox Square Mall

Check website for hours and reservations.  
3393 Peachtree Road NE, Atlanta  
404-233-6767 | [www.simon.com](http://www.simon.com)



### THROUGH DECEMBER 23

#### Phipps Plaza

Pre-registration required. Check website for hours.  
3500 Peachtree Road NE, Atlanta  
404-262-2270 | [www.santaatphipps.com](http://www.santaatphipps.com)

### THROUGH DECEMBER 24

#### North Point Mall

See Website for hours; reservations strongly encouraged. \$20 booking fee, put towards pictures or digital package.  
1000 North Point Circle, Alpharetta  
770-740-9273 | [www.northpointmall.com](http://www.northpointmall.com)

### THROUGH DECEMBER 24

#### Perimeter Malls.

Check website for hours and reservations  
4400 Ashford Dunwoody Road, Atlanta  
770-394-4270 | [www.perimetermall.com](http://www.perimetermall.com)



### THROUGH DECEMBER 24

#### Town Center Mall

Check website for hours and reservations  
400 Ernest W. Barrett Parkway, Kennesaw  
770-424-0742 | [www.towncenteratcobb.com](http://www.towncenteratcobb.com)

### DECEMBER 9 & 17

**Photos with Mr. & Mrs. Claus.** Come meet Mr. and Mrs. Claus for a free photo opportunity, enjoy crafts, shopping, and more! Bring your family, friends and pets! Free. Dec. 9: Noon-3pm; Dec 17: 1-4pm.

Town Square, 610 Atlanta Street, Roswell  
[www.roswell365.com/event/photos-with-mr-and-mrs-claus-2023](http://www.roswell365.com/event/photos-with-mr-and-mrs-claus-2023)

## THEATER & DANCE

### THROUGH DECEMBER 24

**A Christmas Carol.** Join the Alliance Theatre for one of Atlanta's most treasured holiday traditions. Watch as Ebenezer Scrooge encounters the ghosts of Christmas Past, Present and Future in this holiday classic story. Showtimes vary. \$17.50-\$90.

Coca-Cola Stage, 1280 Peachtree Street NE, Atlanta  
404-733-4650 | [alliancetheatre.org](http://alliancetheatre.org)





# Holiday Happenings

## THROUGH DECEMBER 24

**A Christmas Carol.** Ebenezer Scrooge is a prosperous curmudgeon who believes that personal wealth is far more valuable than the happiness and comfort of others. With an infuriated "Bah! Humbug!" Scrooge sums up his feelings of Christmas tidings and charitable giving, but he's forced to face his selfish ways when three ghosts on Christmas Eve lead him through his Past, Present and Future. Thanks to their guidance, Scrooge recognizes his faults and greets Christmas morning with a cheerful "Happy Christmas" before spending the day reconnecting and sharing love with those that mean the most to him. Showtimes vary. \$18-\$23.

Woodstock Arts Theatre, 8534 Main Street, Woodstock  
[woodstockarts.org/events/acc](http://woodstockarts.org/events/acc)



## THROUGH DECEMBER 31

**Rudolph the Red-Nosed Reindeer.** Based on the classic television special. Ticket includes the live performance, Create-A-Puppet Workshop, and admission to the Worlds of Puppetry Museum. Show times vary by date. No shows on Mondays. Tickets start at \$30.

Center for Puppetry Arts, 1404 Spring Street NW, Atlanta  
404-873-3391 | [www.puppet.org](http://www.puppet.org)

## DECEMBER 8-26

**Atlanta Ballet's Nutcracker.** The beloved Christmas production returns to surprise and delight all audiences. See website for dates and times. Tickets start at \$30.

Cobb Energy Performing Arts Centre  
2800 Cobb Galleria Parkway, Atlanta  
404-881-2100 | [www.atlantaballet.com/performances/nutcracker](http://www.atlantaballet.com/performances/nutcracker)

## DECEMBER 13

**A Charlie Brown Christmas Live On Stage.** Now the classic animated television special comes to life in this faithful stage adaptation that celebrates the timeless television classic so the whole family can join Charlie Brown, Snoopy, Lucy, Linus and the rest of the Peanuts characters in their journey to uncover the true meaning of Christmas. After the final bow, the show crescendos into a celebration of song as the audience is invited to join the Peanuts gang in singing traditional Christmas songs and carols. 6pm. \$24-\$129.

Atlanta Symphony Hall, 1280 Peachtree Street, Atlanta  
[www.aso.org/events/detail/a-charlie-brown-christmas-live-on-stage](http://www.aso.org/events/detail/a-charlie-brown-christmas-live-on-stage)



## DECEMBER 14-16

**Lee Bryan, "That Puppet Guy", North Pole Fa-La-La-La Follies.** Get ready for hilarious holiday high-jinx as some talented residents of the North Pole perform in their annual talent show. The zany and colorful cast of characters includes a wisecracking fruitcake, a musical goose, tumbling teddy bears, a duo of dancing deer, the "not-so-abominable" snowman and much, much more! This sparkling holiday production combines music, live vocal performance and a variety of beautifully costumed hand puppets and rod puppets. This show will "sleigh" you! Thursday-Saturday: 10am; Friday matinee: 1:30pm \$10.

Roswell Cultural Arts Center, 950 Forrest Street, Roswell  
770-594-6232 | [roswellpuppets.com](http://roswellpuppets.com)

## DECEMBER 15-23

**A Christmas Tradition: A Musical Revue.** Sharing the holiday spirit through sparkling song and dance! This hometown favorite holiday revue features costumed singers and dancers performing both traditional and funky Christmas favorites. \$28-358 See website for dates and times.

The Earl & Rachel Smith Strand Theatre  
117 N. Park Square, Marietta  
770-293-0080 | [www.earlsmithstrand.org](http://www.earlsmithstrand.org)

## DECEMBER 20-22

**Lee Bryan, "That Puppet Guy", Trouble in Toyland.** Oh no! It's Christmas Eve -- but the toys aren't finished, the elves are on strike, Santa has lost his laugh, and Rudolph has a runny nose! Will we have to cancel Christmas? Of course not! This show brings hilarious holiday hijinx to the stage that is fun for the whole family. Wednesday-Friday: 10am; Thursday matinee: 1:30pm \$10.

Roswell Cultural Arts Center, 950 Forrest Street, Roswell  
770-594-6232 | [roswellpuppets.com](http://roswellpuppets.com)

## DECEMBER 21-23

**A Christmas Carol** presented by Mad Artists' Entertainment supporting Mountain View Arts Alliance. This vibrant and joyous musical takes you on a where the true meaning of Christmas is found. With a cavalcade of colorful Dickensian characters and a ghostly quartet of guardians, A Christmas Carol is the perfect way to get you into the Christmas spirit. Filled with joy, laughter and heartbreaking moments, this new adaptation has something for everyone, both young and old! Thursday & Friday: 7:30pm; Saturday: 3pm & 7:30pm. \$20.

The Art Place  
3330 Sandy Plains Road, Marietta/East Cobb  
[www.artplacemarietta.org](http://www.artplacemarietta.org)

# 2023 *December* 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 (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](http://www.nps.gov/kemo).

## WEDNESDAYS THROUGH DECEMBER 20

**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/](http://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](http://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](http://mariettasquarefarmersmarket.net).



## DECEMBER 9-10

### Atlanta Reptiles Show: Show Me Reptile Show & Pet Expo.

Check out all the reptiles at this unique reptile show. VIP: 9am-3:30pm; General Admission 10am-3:30pm. \$15/VIP; \$10/General; Free/kids 12 and under with general admission. Cobb County Civic Center, 548 South Marietta Parkway, SE, Marietta. More info: [showmereptileshow.com/marietta-georgia-show-me-reptile-show-pet-expo-atlanta](http://showmereptileshow.com/marietta-georgia-show-me-reptile-show-pet-expo-atlanta).

## DECEMBER 13

**Winter Craft: No-Sew Fleece Blankets for Pets.** Make a no-sew/tie Fleece blanket, perfect for your pet's holiday gift, or to donate to a local animal shelter! All materials provided. Grades: 6-12th. Free; Registration required. Switzer Library, 266 Roswell Street, Marietta. More info/registration: [www.cobbcounty.org/library/events/15206](http://www.cobbcounty.org/library/events/15206).

## DECEMBER 16

**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 Holiday Crafts. Free. 10am-4pm. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or [mariettahistory.org](http://mariettahistory.org).

## DECEMBER 20 - JANUARY 3

**Cobb County schools closed for winter break.**

## DECEMBER 21

**Winter Bash!** Games and activities to celebrate the first day of winter. Free. 10:30am-12pm. Switzer Library, 266 Roswell Street, Marietta. More info: [www.cobbcounty.org/library/events/17245/winter-bash](http://www.cobbcounty.org/library/events/17245/winter-bash).

## DECEMBER 30

**Kid's Noon Year's Eve.** Celebrate the start of 2024 without staying up till midnight! Crafts, music, and a countdown to Noon balloon drop. Free. 11:30am-12:30pm. Switzer Library, 266 Roswell Street, Marietta. More info: [www.cobbcounty.org/library/events/17429/noon-years-eve](http://www.cobbcounty.org/library/events/17429/noon-years-eve).

## DECEMBER 31

### Atlanta Symphony Orchestra New Year's Eve

**Celebration.** Enjoy ringing in the new year with The Atlanta Symphony. 8pm. \$48.50-\$89.80; City Springs, Byers Theatre, 1 Gambos Way, Sandy Springs. More info/tickets: [www.citysprings.com](http://www.citysprings.com).



**Ring in the New/Afterparty.** Presented by Sandy Springs Performing Arts Center. Ring in the new year with a rockin' party, including DJ Newk playing all your dancing favorites, a buffet of light bites, coffee and desserts, and a glass of sparkling beverage to toast the new year at midnight. 10pm. \$65. City Springs, Studio Theatre, 1 Gambos Way, Sandy Springs. More info/Tickets: [www.citysprings.com](http://www.citysprings.com).

**The Best of Queen and Led Zeppelin NYE's Concert.** The Georgia Players Guild present Champions who will ring in the new year with a tribute concert honoring the musical legacy of rock supergroups Queen and Led Zeppelin. 8pm. Tickets: \$45-\$80. Earl & Rachel Smith Strand Theater, 117 North Park Square, Marietta. More info: 770-293-0080 or [earlsmithstrand.org](http://earlsmithstrand.org).

## JANUARY 7

**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](http://caffeineandoctane.com/about-caffeine-and-octane).

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(770) 971-3843

**Spend your Christmas**  
with East Cobb UMC

*"There's a Song in the Air"*  
**Christmas Concert**

FRI, DEC 8	SUN, DEC 10
Grace Resurrection Methodist Church 7 PM - 8 PM 1200 Indian Hills Pkwy, Marietta, GA 30066	East Cobb United Methodist Church 8 PM - 9 PM 2325 Roswell Rd, Marietta, GA 30062

**Christmas Morning Family Christmas Service**  
SUN, DEC 25 - 11:15 AM  
East Cobb United Methodist Church

**A Candlelight Christmas Eve Service**  
SUN, DEC 24  
East Cobb United Methodist Church  
8 PM - 9 PM

Christmas Concert showcased by  
 

   [eastcobbumc.org](http://eastcobbumc.org)



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2080 Lower Roswell Rd, Marietta, GA 30068

*A Joyful Day Filled With Fun, Games, Food, Entertainment and more*

**Saturday Dec. 9th, 2023  
12pm - 5pm**

More info please call or email at  
**(813) 817 - 4659**  
**EleganceEvents2080@gmail.com**

## PET OF THE MONTH: ZEKE

*Submitted by Jaclyn and Henry Foah*



**Breed:** Dalmatian/Shepherd Mix;  
100% Good Boy

**Age/Gender:** 7-year-old male

**Favorite Food:** Filet Mignon

**Favorite Person:** Mom and Dad

**Best Trick:** High Five!

**Turn Ons:** Nature walks and treats

**Turn Offs:** Leaf Blowers

**Favorite Toy:** Baby bottle plush toy

**Last Seen:** Showing off his toys and  
wagging his tail

**What makes him special:** He's a big boy  
with a big heart

## Should Your Pet Be Our Pet of the Month?

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

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

Please include a picture with your entry. Or email  
description and a jpg to: [petomonth@eastcobber.com](mailto: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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# MAKE THIS HOLIDAY SEASON THE BEST FOR YOU AND YOUR DOG

By Kris Hale with Best in Dog

The holidays can be crazy and hectic for all of us, including our dogs. Even the most even-tempered, socially well-adjusted dogs may experience stress during the holiday season.

Here are a few things to keep in mind to help your canine buddies navigate some obstacles, and help everyone have more joy this year, and less stress.

Routines are often altered this time of year. There may be visitors, a change in the work and school schedule, and/or travel. Try to stick to a routine as much as possible.

Watch for signs of stress or over-excitement. For a shy dog, it is important to introduce them to new guests slowly. If your dog is stressed or getting over-excited, provide them with a space they can retreat to with something calming they can do—like licking or chewing.

While your dog may not normally get over-excited or stressed when visitors come over, with the added excitement of opening presents, eating, or playing games, they just may. This is especially true if they haven't gone on their daily walk or had dinner yet.

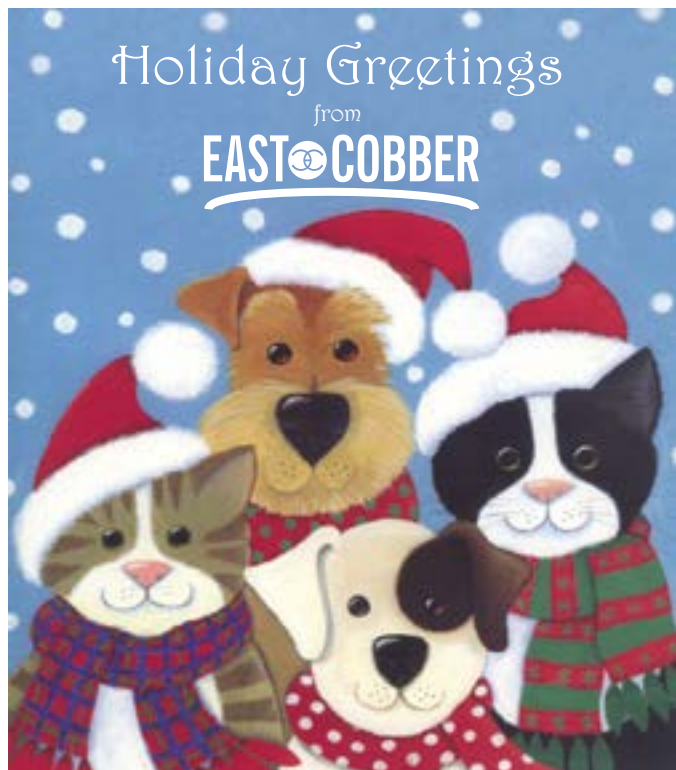
And then there are the holiday meals; while some foods may be okay for your pup to eat (such as plain turkey, pumpkin, and sweet potatoes), changing their diet drastically or feeding them too much rich food may upset their tummy.

Make sure you put all foods, especially desserts—including chocolate, and other toxic foods—out of your dog's reach. Do not leave them out on the counter. You may find yourself and Fido at the emergency vet instead of enjoying a cup of egg nog by the fire!

If your dog likes to chew things and destroy toys, remember to put away presents that they may find appealing.

If you are giving your dog a present, supervise them with it to make sure they do not destroy it. Avoid giving your dog a rawhide bone to chew on. Some holiday plants are also toxic, including holly and mistletoe. Keep them safely out of reach.

And remember to supervise your dog around Christmas trees, candles, fireplace/heaters, lights and other holiday decorations. Enjoy the holiday season! 🐾



An advertisement for Stephens Guitar Lessons. It features a black electric guitar with the website "StephensGuitarLessons.com" written on the body. A gold starburst says "Summer 2010". Below the guitar is a list of benefits: "World-class guitar instruction", "All ages, styles, and skill levels", "Professional, comfortable, and engaging learning environment", "Located right here in East Cobb", "Free intro lesson, other bonuses", and "The BEST service and support". It also includes contact information: "For More Info, Please Visit My Website Or You Can Call Or Text Me At: 847 7529 487" and "StephensGuitarLessons.com".



# HEALTH & WELLNESS

## DENTISTS

### Cheek Dental

2872 Johnson Ferry Road • Marietta 30062  
770-993-3775 • [www.cheekdental.com](http://www.cheekdental.com)  
Mon & Fri: 7am-1pm; Tues-Thurs: 8am-5pm

An all female dental team delivers compassionate, quality, comprehensive dentistry to adults and children with a focus on overall health. CAD/CAM same-day crowns, implant restorations, and beautiful cosmetic veneers, as well as Invisalign, Botox, and Fillers, are all done in a modern, high-tech office. Cheek Dental has been caring for their East Cobb friends and neighbors for over 20 years.

### Hart Family Dentistry

3735 Canton Road • Marietta 30066  
770-926-8371 • [www.drhartsoffice.com](http://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](http://waldrondentistry.com)

Waldron + Lee Dentistry is committed to providing caring dental services for you and your family. Their practice has been in operation for over thirty years in East Cobb.

## DERMATOLOGISTS

### Dermatology and Surgery Specialists of North Atlanta

4800 Olde Towne Parkway, Suite 250, Marietta 30068  
770-971-3376 • [www.DESSNA.com](http://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](http://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](http://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.



# Happy Holidays

From Your Friends @



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# STRONGVIBE PROVIDES PREMIUM, WHOLE-BODY EMS FITNESS

by Adam Darby

With the Holiday season coming to a close, many people are already shifting focus to improving their overall health and wellness. What better way to kick off the new year and achieve personal fitness goals than with a premium workout experience tailored to meet individual needs? Strongvibe delivers personalized fitness routines using the latest electrical muscle stimulation (EMS) therapy technology.

"This levels the playing field where we don't have to get heavy weights or do intense motions. Using the technology, it makes that strength training possible for anyone," said Strongvibe's Owner, Erica Manning. "It can be beneficial for you and a great way to strength train whether you're in your thirties or in your fifties and eighties."

Since opening their doors, Strongvibe has noticed timely and positive results with each of their regular clients. Recent success stories range from a client in their mid-thirties losing five pounds with a 20% increase

in muscle mass within their first month to another in their upper seventies losing five pounds of fat while gaining seven pounds of muscle in just a couple of months. Another client even cured their chronic back pain within their first two months.

"There's been an immediate connection [with clients] and a very warm, inviting, atmosphere focused on helping our clients reach their individual goals," Manning said.

For the holiday season, the studio is holding a special celebration on Dec. 9 from 11am-1pm. They will also be accepting charitable donations to deliver gifts and items for students of Cobb county schools experiencing homelessness.

Strongvibe is currently offering a 20-minute free trial for a total body EMS workout for anyone interested in learning more. For more information about how to get started, call 770-573-4010 or visit their website at [www.strongvibefit.com](http://www.strongvibefit.com).

**strongvibe**

Custom 20 minute Electro Muscle Stimulation workouts (EMS)

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EMS impulses target ALL muscles at the SAME time

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**Strongvibe gets you stronger, faster than traditional workouts.**

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[strongvibefit.com](http://strongvibefit.com)

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**BE GRATEFUL**

## SPARKLE SUCCESS STORY

by Ginger Markert-Brusa

In the wake of a foot injury, Julia Fleming managed her weight loss and kept strength in her mind and body.

### Tell us about yourself, Julia:

I was 59 years old and weighed 158 pounds in June 2018. In May 2020, I weighed 140 pounds. I am 63 years old and 5'5". I have maintained weight loss for 3 years.

I began my journey in 2018 and lost 20 pounds in 12 months. It took time to get over the "diet mentality." Once I embraced eating whole foods and skipping processed foods, the weight started to come off.

Prior to retiring, I had little free time to focus on myself and my health. I knew I had to make my health a priority to enjoy retirement and my beautiful grandchildren.

My co-worker invited me to Sparkle Wellness. She was relentless, and I am so glad. I have learned about nutrition, the importance of sleep, eating healthy, and exercise. My turning point was the moment I heard Coach Jacynta Harb's presentation regarding eating "real food" and cutting out CRAP: carbonated beverages, refined sugar, artificial sweeteners, and processed foods.

Processed foods have been eliminated from my pantry. I learned to cook lean meats, seafood, and vegetables from the farmer's market. I learned about "good fats" and "healthy oils." I removed pasta, bread, cheese, all the "bad" stuff and replaced it with healthy items. I feel much better.

Next, I started drinking water, tracking on MyFitnessPal, and walking 5Ks with the Sparkle group. I went from barely exercising to exercising 4-5 times a week. It is important to find an enjoyable activity so it does not seem like "work." Get out there and try it all!

I had a major setback in August 2022. I had bunion surgery on my right foot. I anticipated being off my foot for two months during recovery, as this was a major operation. For 10 weeks, I used a scooter, then crutches, then a walker. Once I began physical therapy, I was told my big toe joint was fused. I would have to learn to walk again. After months of PT, I still could not get my right foot into a shoe without going a half size up, while staying a half size smaller on the left. My second surgery was in January 2023. It was another six weeks in a boot, but this time I was in a walking boot. However, I still could not drive.

I worried about gaining weight during this timeframe. I had focus and determination to get through. I fixated on what I could do: diligently tracking on MyFitnessPal,



Julia Fleming before and after losing 20 pounds.

drinking water, stationary arm lifts, getting sleep, and basic core exercises. Finding your support team is key, and I was very lucky to have a great one.

### My 3 Tips:

1. Find an awesome wellness coach who motivates, creates awareness of healthy habits, and assists in reaching your lifelong goals.
2. Have a supportive community that cheers you on.
3. Continue learning self-improvement.

I cannot stress the importance of a supportive community that helps you along your journey. Sparkle Wellness provides that community and more. I have learned tools like nutrition, reading labels, the importance of exercise, taking time for myself, etc. It all leads to a happier and healthier lifestyle. My attitude is better, and I see things as "I get to do this" as opposed to "I have to do this." It is all about perception.

For more information, visit [www.sparkleanewyou.com](http://www.sparkleanewyou.com), or call 404-242-5062. 📞



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# GIFT THEM A SMILE THEY'LL LOVE

The holidays are here, and 'tis the season for giving. As we shop for gifts for our family and friends, we all have those people on our list that stump us as to what to buy for them. This year, why not give them a gift that will improve their oral health and help them love their smile? Here are some great gift ideas to keep your family and friends' smiles merry and bright!

**Electric Toothbrushes.** While both a manual and an electric toothbrush can effectively and thoroughly clean your teeth, dentists often recommend electric toothbrushes because of their precise brushing capabilities and gentleness on gums. Electric toothbrushes are a particularly great gift for those who have difficulty brushing or who have limited manual dexterity. Dr. Chandler's pick: Oral B iO.

**Water Flossers.** Water flossers are handheld devices that spray streams of

water in steady pulses. The water, like traditional floss, can remove food and plaque from between and around the teeth. Water flossers help reduce gingivitis, the early form of gum disease, and are wonderful gifts for people who have trouble flossing by hand or who have dental work that makes flossing difficult – such as braces or a bridge. Dr. Chandler's pick: Waterpik Ion Water Flosser.

**Teeth Whitening.** Whitening is a great gift to give your loved ones so they can smile with confidence. Products available over-the-counter, such as whitening toothpastes or whitening strips, may whiten teeth but often contain different or lower concentration bleaching agents than what a dentist can offer. Before purchasing an over-the-counter whitening kit, consider purchasing these bleaching options from your dentist: ZOOM in-office professional bleaching is a

whitening experience that delivers results in one hour rather than over a span of several days. At Cheek Dental, we include custom bleach trays with the ZOOM experience so that you can touch-up and maintain your whiter smile over time. For those that prefer an at-home experience, Opalescence Go is a professional strength bleaching kit that is ready to use right out of the package!

**Botulinum Toxin/ Dermal Fillers.** For family and friends who are self-conscious of their fine lines and wrinkles or who suffer from headaches or TMJ pain, a gift certificate for Botulinum toxin (Botox/ Xeomin) can be a wonderful gift. Botulinum toxin, when injected into targeted muscle areas, can block the nerve impulses controlling muscle contraction, thus relaxing the muscles and reducing the appearance of wrinkles as well as improving headaches and TMJ pain. Another way to smooth

wrinkles is with hyaluronic acid-based dermal fillers (such as Revanesse Versa). Dermal fillers have been shown to correct moderate to severe facial wrinkles, such as nasolabial folds, and can also provide volume and fullness to lips.

All of these products and services are available at Cheek Dental. If any are of interest to you, please call us and allow us to discuss their benefits more with you. Happy Holidays!



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practices at Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit [www.cheekdental.com](http://www.cheekdental.com).

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# VOLUNTEER OPPORTUNITIES



The Cobb Veterans Memorial Foundation will be celebrating National Wreaths Across America Day on Saturday, Dec. 16. The group's mission is to adorn each veteran's grave in the Marietta National Cemetery with a wreath. That's a lot of wreaths, so your help is needed. Please consider honoring our heroes by sponsoring a wreath. To make a donation, Go online to [wreathscrossamerica.org/GA0378P](http://wreathscrossamerica.org/GA0378P). A portion of each wreath sponsored will go towards building the new Cobb Veterans Memorial Park. 🇺🇸

Empty Nesters, early retirees, high school or college students and anyone with a heart for seniors. We are looking for enthusiastic and energetic men and women who enjoy engaging in conversation and want to make a difference in the lives of others. If you have four hours once a week or more and want to catch the Aloha Spirit, please join in the fun.

Please email us at [info@alohatoaging.org](mailto:info@alohatoaging.org) or call us at 770-722-7241. 📞



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