

March 2024

**FREE**  
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# EAST COBBLER



*Special Section*  
**15th Annual  
HOME &  
GARDEN  
GUIDE**  
PAGES 12-15

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

**Health & Wellness** PAGE 24 | **Easter Events** PAGE 16

**PTA Appreciation Brunch** PAGES 10-11 | **Pet of the Month** PAGE 22

KSU COLLEGE of the ARTS

# SUMMER ARTS INTENSIVE

## ART & DESIGN



June 3-7, 2024

## DANCE



June 3-7, 2024

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*(Registration through May 1 or until filled)*

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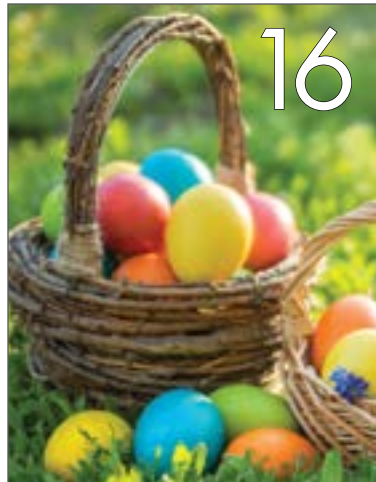
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# EAST COBBER

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[laren@eastcobber.com](mailto: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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Comments and stories are always welcome. Please address all correspondence to [laren@eastcobber.com](mailto:laren@eastcobber.com).

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# PUBLISHER'S NOTE



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

Easter is coming, meaning fun Easter egg hunts will be hosted around the East Cobb community. Check out page 16 for a list of local

Easter Egg Hunts. And as we welcome the arrival of spring, the warmer weather and longer days offer a perfect opportunity to rejuvenate our homes and outdoor spaces. On pages 12-15, you will find local businesses to help you do that in the Home and Garden Guide.

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

May there always be work for your hands to do.

May your purse always hold a coin or two.

May the sun always shine upon your window pane.

May a rainbow be certain to follow each rain.

May the hand of a friend always be near to you and

May God fill your heart with gladness to cheer you.

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

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

  
Laren Brown, Publisher  
laren@eastcobber.com



## On the Cover

Jennifer Xu is a full-time real estate agent with Keller Williams Realty North Atlanta. An East Cobb resident, Xu has been buying and selling homes in the community since 2013. In 2016 Xu joined with Keller Williams. Her Chinese heritage (she immigrated with her family in 2004) has steered her to work with many clients in East Cobb's Asian community. As an active Atlanta Christian Chinese Church on Sewell Mill Road member, she also volunteers to serve those in need. Xu has been designated a life member of the Cobb Multi-Million Dollar Club; selected as Top 10 Agent at KW in 2022, 2021, and 2017; selected as Top 10 Shooting Star at KW Southeast Region in 2016 and received the Outstanding Contributor Award by Chinese Real Estate Agent Association in 2018, among other accolades. If you are buying or selling a home in the near future, you can find Jennifer Xu at Keller Williams, 3730 Roswell Road, Suite #150, Marietta, 30062. Her direct number is 404-791-9903, and her email is Jennifer.xu@kw.com.

Front cover photo taken by  
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# Call for Entries:

## **EAST COBBER**

### Mother of the Year Essay Contest



▲ Alexia Cargal, Mother of the Year 2019

Nothing can quite compare to a Mother's love and we want you to nominate your mom for our annual EAST COBBER Mother of the Year contest. All EAST COBBER readers are encouraged to nominate a mother who either lives or works in East Cobb County to be this year's EAST COBBER Mother of the Year. In 200 words or less, explain why this woman should receive this honor. The Mother of the Year will appear on the front cover of the May edition of the EAST COBBER, participate in our annual Parade, and be eligible to receive gifts from local merchants.

Mail your essay along with photo to:  
**EAST COBBER**  
 P.O. Box 680455, Marietta, GA 30068  
 or E-mail [contests@eastcobber.com](mailto:contests@eastcobber.com)

**Deadline: April 7, 2024**

# LOCAL BUSINESS OWNER LEAVES A LASTING LEGACY

By Adam Darby

It's never easy when a close-knit community loses one of their biggest hearts. Unfortunately, the East Cobb community will be mourning the loss of a supportive staple. Bagelicious co-owner Carol Carola passed away on January 23rd at the age of 68 after a long battle with breast cancer. Lovingly known as the "Bagel Queen of East Cobb", she became a well-known figure through her kindness and support for local businesses and organizations. Her kind heart and giving personality garnered many strong bonds and friendships throughout the community.

"My mother was a very caring person," said Hannah Dombrowski, Carol's 37-year-old daughter. "Her table was always surrounded by friends: local officers from the East Cobb Police Department, rabbis from area synagogues, my brothers, and my friends. No one was a stranger."

Born in Queens, the New York native brought her knowledge of the city's bagel scene to Atlanta in 1983. She and her husband, Tommy, quickly married before opening Bagelicious in 1990 and working side-by-side as co-owners. Treating her regular customers like family, she became a vital member of the community through her work with various grassroots organizations.

"My mother loved to help the local community and donated to dozens of neighborhood swim teams, baseball teams, and other local organizations," Dombrowski said. "On any given weekend local Girl Scouts, Boy Scouts, and other local booster clubs can be found promoting their various fundraisers outside of Bagelicious."

In January 2013, she was diagnosed with breast cancer. Carola vigilantly began her chemotherapy after losing her mother to the disease. Being a patient herself, she was a proud supporter of Team Boobulahs and hosted a pink bagel event to support The Journey, a two-day cancer walk. Unfortunately, the disease reappeared in 2021 after a long battle and affected her stomach, esophagus, and colon.



Carola Family: (l-r) Alex Carola, Carol Carola, Tom Carola, Hannah (Carola) Dombrowski

"She was a warrior like no other in her fight with breast cancer," Dombrowski said. "She cared for her friends and family deeply...even when she was going through her own hell, if you needed her, she was there."

She is survived by her husband and daughter along with her son Alex George Carola, grandchildren Landon and Jaxon Dombrowski, and siblings Roslyn and Alan Barkoff, Maureen Levy, and Melvin and Donna Meyer. Carol will be greatly missed, but her lasting impact within the community will be forever present. 🕯️

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# #1 TOP AGENT AT KELLER WILLIAMS REALTY



## A ROCKSTAR IN REAL ESTATE

For over a decade, Jennifer has helped East Cobb locals buy and sell homes seamlessly. With her strong technical skills and finance background, Jennifer leverages data analytics tools to analyze market trends and property values to help her clients make informed decisions based on real-time and accurate information.

As a seasoned real estate professional, Jennifer's expertise shines particularly in new construction projects. With a proven track record of successfully building and selling new homes and subdivisions, Jennifer adeptly guides clients through floor plan design, interior decor, and finish selections, making sure the process is as stress-free as possible.

In her spare time, Jennifer enjoys singing at her church on Sewell Mill Road, playing piano, painting and drumming. Her artistic talent is a powerful asset when representing sellers, as it enables the creation of visually captivating listings, ultimately contributing to quicker sales. Jennifer's keen eye for quality craftsmanship can help ensure homes are

built or renovated in such a way that not only meets her client's practical needs but also resonates with their aesthetic preferences. This always leads to more fulfilling and satisfying experiences for both buyers and sellers/builders.

Most importantly, Jennifer takes pride in the fact that so many of her clients are repeat customers who recognize her high level of commitment and unparalleled customer service. Her client's testimonials speak for her:

- "What immediately impressed us was her professionalism, responsiveness, legal nous, and overall dedication." - Bijan, Builder from AP Homes Inc.
- "Jennifer helped us with the sale of our previous home at a favorable price. When we were building our new home, she was an active participant and advocate for us in our meetings/walk-throughs with the builders and inspectors. I give her my strongest recommendation for prospective home buyers and sellers." - Michael
- "INTELLIGENT, HONEST, PATIENT, CARING, THOROUGH ... the list could go on to describe Jennifer and how she assisted us with finding OUR home!" - Judy

If you are seeking a rockstar real estate agent, look no further than Jennifer Xu!



# #1 LUXURY AGENT AT KELLER WILLIAMS REALTY #2 TOP AGENT IN COBB COUNTY

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Assistant Broker

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# SHAW MIXON MAN OF THE YEAR

*By Adam Darby*

**G**arning widespread recognition and winning a prestigious award for their work on and off the field is no easy task for any athlete, especially at the age of 17. But Lassiter High School Senior Shaw Mixon accomplished just that by diligently devoting his time and efforts towards his own greatest passions. In February 2024, Mixon was presented with the Atlanta Falcons 2023 High School Man of the Year award for his time on the football field and his extracurricular volunteer work devoted to community service and mental health advocacy.

According to the Falcons' announcement, he "embodies leadership and selflessness at Lassiter High School". The three-year varsity football starter was surprised when he first heard his name called after the award title.

"During the awards ceremony, honestly, I didn't think I was going to win. I even told my mom sitting next to me that I didn't think I was going to win," Mixon said. "And you know when they announced my name, I was completely shocked, humbled and just shocked that I won the award."

However, Mixon's journey to receiving this award did not come without its fair share of personal struggles and challenges. In 2022, his father passed away during his sophomore year. Along with this loss, he received a season-ending injury. But it was because of hardships like these that he decided to become involved with helping his own community through charitable organizations while advocating for the importance of mental health after experiencing his own difficulties.


"I was in a few clubs. I wasn't really involved in the community. And when my dad passed away, the community gave me a lot. They provided meals for my family and support," Mixon said. "I think since then, I decided that I need to give back to the community whenever I get a chance...I just think that it's all about giving back."

For children with problems like his own, Mixon works with the Joy Mission Club. The non-profit organization helps elementary school kids experiencing personal tragedies such as the loss of a loved one. This involves eating lunch together or playing with them before school to help shift the focus away from their struggles. He also works with Sources of Strength, a club focused on restoring mental health and suicide prevention.

"So, most of what I've learned about mental health is from first-hand experience with [Social Strength]."



Mixon said. "It affects everybody every day... spirituality, talking to people, and physical activity are probably the three best ways for dealing with mental health."

With a bright future ahead of him and a 4.5 GPA, Mixon was recently accepted into the University of Georgia to study biochemistry and molecular biology. He has made the decision to put his studies above athletics. When asked if he will continue his time playing football and basketball, he simply replied, "I think I'm going to try and walk on my sophomore year on the football team." 



# A BREAKTHROUGH IN REPAIRING TEETH – WITH NO DRILLING!

For patients who come for regular dental appointments, areas of decay are usually detected early and have traditionally been treated with small fillings to prevent these cavities from becoming larger problems. According to the American Dental Association, most fillings typically last about 10-15 years, requiring replacement as they wear, chip, and leak over time. But over the last 10 years, scientists have been developing a peptide (a string of amino acids)

that can actually “heal” small cavities!

This breakthrough peptide when applied to an early area of decay pulls calcium and other minerals from your own saliva into the tooth to rebuild the weak areas. And it continues to work over several weeks! Imagine being able to repair a cavity by applying a liquid for 5 minutes and avoiding years of costly dental treatment!

When a typical dental filling is done, some healthy tooth structure must be removed along

with the decayed area in order to develop the proper form for the filling. But by repairing the cavity with this peptide formula, we are able to preserve the healthy tooth structure while rebuilding the damaged areas in the enamel. We dentists now have at our disposal a way to repair teeth with no drilling or filling!

The BEST “treatment” however is prevention! By brushing well twice a day, flossing once a day, maintaining a healthy diet, and seeing your

dentist at least twice a year, you can help prevent cavities from ever forming. But when a small cavity does show up, we now may have the ability to “heal” it!



**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](http://www.cheekdental.com).

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# EAST COBB COUNTY COUNCIL OF PTA HOLDS APPRECIATION BRUNCH



ECCC PTA 2023-2024 Teachers of the Year

The East Cobb County Council of PTA's (ECCC PTA) recently honored our 2023-2024 Teacher (TOTY) and Classified (CEOTY) Employees of the Year with its annual celebratory brunch during which it highlighted the hard work and dedication of these amazing educators. This year's celebration was hosted by the Wheeler Cluster of PTAs, and whose schools consist of Wheeler HS, East Cobb MS, Brumby ES, Eastvalley ES, Powers Ferry ES, and Sedalia Park ES, who focused on this year's theme of "All-Star Educators".

Held at the beautiful Catholic Church of St. Ann's, it was a fabulous event featuring a serenade by the angelic voices of the Eastvalley 3rd, 4th and 5th Grade Chorus under the direction of Anthony Bernard. We were

also swept away on a tropical vacation by the beachy performance curtesy of the Brumby ES Steele Drum Band and Charlton Branch, their Director. The Sedalia Park PTA created an All-Star atmosphere with their festive baseball themed decorations and besides going through the rigorous process to bring 90+ elementary school students to perform, the Eastvalley PTA created and managed all our Save the Dates and invitations.

The Wheeler Cluster desired to highlight the amazing things happening in their cluster schools while also providing our honorees a positive and uplifting example of just what an impact they make on our students. One of the most scrumptious examples of this is the meal that was provided by the Wheeler Culinary students, under



ECCC PTA Classified Employees of the Year 2023-2024





ECCC PTA 2023-2024 Principals

the tutelage of Chef Tiera Aguilon (or Chef A). These students planned, prepared, cooked, and served a scrumptious brunch of casseroles, chicken salad, waffles, yogurt, jams, and granola. The eggs used came from the chickens that are being raised by the Wheeler Horticulture students; the French baguettes used in the casseroles were made from scratch; they churned their own butter! Everything, except the maple syrup (and only because Georgia is not known for its Maple trees) was made from scratch. Not only was the brunch absolutely delicious, but the entire menu, from planning, purchasing, preparation, serving and cleanup was also student led. Consequently, the food was such a treat, and we are so grateful for Wheeler PTSA Presidents and Chef A coordinating to provide such a fabulous meal.

The main entertainment was "the video". Each of the 35 PTA Presidents in the ECCC schools were asked to send a short video explaining why their TOTY/CEOTYs are "All-Star Educators" who "Hit it out of the Park". These

videos, which featured students, teachers, and parents alike, were then strung together by the PTSA Presidents at East Cobb Middle and made into a fun and entertaining movie that made us both laugh and cry. This video can be viewed on the ECCC PTA's YouTube page.

Overall, this event was designed to showcase the amazing learning taking place in the schools of the ECCC. We are so proud of these teachers and classified employees who make such an impact in the lives of our students and in their communities. The ECCC PTA is thrilled to showcase and honor our amazing educators. 🙌



*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.*



ECCC PTA 2023-2024 Local Unit School PTA Presidents



## ANNUAL ATLANTA HOME SHOW IS GEORGIA'S LARGEST




Georgia's largest home show, the Atlanta Home Show, will return for its 46th year March 22-24 at the Cobb Galleria Centre. The Atlanta Home Show will feature hundreds of home improvement exhibitors, live radio broadcasts, product demonstrations and presentations by experts including Bravo's Craig Conover. Conover is a fan favorite on Bravo's hit reality series, *Southern Charm* (2013). Mocked during filming for his enthusiasm for sewing, Craig has turned his previous pastime into a full-time career with his co-founding of Sewing Down South: a growing southern-based 'Sewing Lifestyle Brand.' Appearing Friday & Saturday at 1pm.

"We have a very exciting line up of speakers and special features for the Atlanta Home Show," said Mark Levine, show manager.

Show hours are Friday, March 22: 10am-6pm; Saturday, March 23: 10am-8pm; and Sunday, March 24: 11am-5pm. General Admission tickets are \$11 and

may be purchased at the box office, or attendees can save \$2 per ticket by purchasing them in advance by March 16 at AtlantaHomeShow.com. Children age 12 and under and adults age 65 and older (with I.D.) are admitted free.

This year's Atlanta Home Show features several exciting contests and promotions. Attendees can enter at the Show or online to win a trip to Hawaii to participate in a Habitat for Humanity home build on the Big Island.

Friday, March 22 is Hero Day at the Atlanta Home Show, and active military, veterans, fire, police and first responders with valid ID are invited to enjoy the Show free of charge. March 22 is also Trade Day, sponsored by PMC Pros. Members of the housing industry with valid ID can receive free admission to the Atlanta Home Show on Friday only. On-site parking is available for \$10, payable only by credit or debit card. The Cobb Galleria Centre is located at Two Galleria Parkway in Atlanta. For more information, visit AtlantaHomeShow.com. 

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# COBB MASTER GARDENERS SPRING EVENTS



## PLANT SALE:

Come celebrate Earth Day Weekend with the Cobb Master Gardeners! A perfect place to pick up pottery, locally sourced honey/herbs/sauces, bird accessories, rock art, jewelry, furniture, wood/glass crafts, and plants from vendors all over the Southeast, the 24th Plant Sale and Expo is a haven for collectors, art enthusiasts, knitters, potters, and, of course, gardeners. There's something here for everyone! The Master Gardeners' Yard Sale and Face Painting areas are sure to delight the youngest and most seasoned of visitors! April 19-20, 2024, from 10am-4pm at Jim R. Miller Park.

## GARDEN TOUR:

Four of Cobb County's finest residents have graciously opened their gardens for the 21st Annual Garden Tour (May 18, 2024, from 9am-4pm) to showcase how we can protect our pollinators. Let our docents take you through semi-tropical paradises, rows of rhododendrons, zen gardens, woodlands full of natives, and quiet spaces for pollinators and people alike. Stop by two MGVOCC projects as well - The William Root House in Marietta to walk through history and The Wellness Garden at the Cobb County Farm Bureau to learn how to grow fresh produce. Tickets (\$21 in advance; \$25 the day of the Tour) can be purchased as of March 1 at [cobbmastergardeners.com](http://cobbmastergardeners.com). Children 17 and under are free.

## MASTER GARDENERS:

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

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Q.

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

A.

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



Joe Menna  
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of Georgia



Todd Peterson, Owner  
Peterson Pressure Washing

Q.

**CAN YOU WASH MY HOUSE, TOO?**

A.

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

Q.

**WHAT WILL I FIND AT THE QUEEN OF HEARTS?**

A.

*The Queen of Hearts Antiques & Interiors has three locations offering furniture, home accessories, smalls, lamps, books, paint, clocks and much, much more. Each location is a mecca with over 190 dealer-merchants in each location -- Marietta, Alpharetta, Buford. Merchandise changes daily so make sure the Queen is one of your weekly shopping stops. Each location is open until 7pm on Thursday, Friday and Saturdays with refreshments and events. Like us on Facebook to stay informed.*



Michael Shaw, Owner  
Easy Reach Drawers

Q.

**THERE IS A PIECE OF WOOD BETWEEN MY CABINET DOORS.  
CAN YOU STILL INSTALL PULL-OUT DRAWERS?**

A.

*Yes! A stile is a vertical piece found in some face-frame cabinets to cover the space between two doors. One option is to leave the stile in place and use narrower drawers behind each door. The other option is to cut the stile out and reattach it to the left door. This preserves the original look of the cabinet when the doors are closed, but creates one large opening when the doors are open. In this case, the new drawers will span the entire width of the space.*

**EAST COBBER**

**NEXT ISSUE: APRIL • DEADLINE: MARCH 15  
CALL EAST COBBER: 770-640-7070**



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

## Home & Garden Checklist

- Get going on your spring cleaning. Pick one room to start in and make a list of what you want to do. Then begin working off each item on your list. Do this with each room, and just progress through the house.
- Take your vacuum and use the proper attachment to clean the exhaust fan in your bathroom. It will operate much more efficiently and that can help prevent mildew, mold and paint problems.
- Install a programmable thermostat. It takes less than 30 minutes to hook up but can save up to 20 percent in energy costs.
- As spring starts, check your basement for cracks or leaks. If you see moisture, call a professional to check it out. Many homeowner's insurance policies no longer cover fungus or mildew damage, so sealing basements is more important than ever.
- Build arbors and trellises before transplanting or sowing seeds for vines and gourds
- Little air leaks add up to 10 percent or more on your energy bill. Plug them to keep the hot air outside where it belongs. Caulk cracks and weather-strip doors and windows. Don't like the look of caulk or weather stripping? Consider using a weather-resistant foam sealant. It resists moisture and can be sanded, painted and stained for a more appealing look.
- Carpet cleaning is a must for any home. All winter long, your windows and doors were mainly closed to keep out the cold. This prevented the fresh flow of air to air out your home's contents. Now that the weather is getting warmer, it's time to freshen up your carpets and rugs.
- Dust will accumulate inside your smoke detector, possibly causing it to give a false alarm. After checking the battery this month, take the top off and vacuum the inside. Also, batteries should be replaced once per year and the detector itself needs replacing about every 10 years.
- Daylight Savings Time begins Sunday, March 10. Spring forward by setting your clocks forward one hour. Ensure that all smoke detectors, carbon monoxide detectors, and fire extinguishers are in good working order. Replace batteries in appropriate devices as needed, or at least twice each year.
- Make room to store winter equipment and clothing by bringing out your spring and summer items.
- Do you clean out your coffeemaker regularly? Vinegar is a good way to clean it thoroughly and disinfect it as well.
- Dig out and remove rotted or damaged fence posts, mailbox posts and damaged shrubs from around your home. It is also a good time to remove winter worn branches from tree and shrubs.
- Get into the spring of things with fresh flowers like potted pink tulips, yellow daffodils or purple irises. Even if the weather is still wintry outside, you are reminded of what will be growing in your own garden.
- The first day of Spring is March 19! Go outside and breathe in the new season. ☺

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**\$5 off**

Emissions Testing



# HIPPITY HOPPITY! HAVE FUN WITH THESE 2024 EASTER EVENTS

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

## **Through March 30**

### ***Photos with the Easter Bunny***

Town Center Mall, Center Court  
400 Ernest West Barrett Parkway, Kennesaw 30144  
towncenteratcobb.com/events  
Special needs private event, Sweet Moments with the Bunny is March 17, 10am-noon. Reservations required check website for full details. Pet night is March 10 & 24, 6-8pm.

## **March 23, 8am & 10am**

### ***Kennesaw Bunny Breakfast***

Ben Robertson Community Center  
2753 Watts Drive, Kennesaw 30144  
770-422-9714 • www.kennesawparksandrec.com  
Treat your family to a buffet of breakfast favorites. Everyone's favorite cottontail will be making his way from table to table to say hello to all the boys and girls. Be sure to bring your camera to capture all the memories. Breakfast seatings; 8am and 10am. Tickets: \$8. www.kennesaw-ga.gov/bunnybreakfast or at Ben Robertson Community Center.

## **March 23, 10am-2pm**

### ***Art Blooms Presents Art Hatch***

Smith Gilbert Gardens  
2382 Pine Mountain Road, Kennesaw 30152  
770-919-0248 • www.smithgilbertgardens.com  
Enjoy new art installations by Cobb County High Schools throughout the Gardens. Explore the Gardens and find specially painted large wooden eggs for clues in a scavenger hunt. Other activities will be available such as games, music by Cobb County students and creating your own art. Pre-registration online is required. \$10/person.

## **March 29, 5-9pm**

### ***Marietta Community Egg Hunt***

Life University Athletic Fields  
1269 Barclay Circle, Marietta 30060  
billwatson@jrmmanagement.com  
Food, games, music, entertainment and of course egg hunts for all ages with over 50,000 eggs and candy. Free for egg hunt, Kid Zone: \$10.

## **March 30, 10am**

### ***Easter Egg Hunt***

Sandy Plains Baptist Church  
2825 Sandy Plains Road, Marietta 30066  
770-971-8525 • www.sandyplains.org  
Free hot dogs, bounce houses and Easter fun! Ages 0-5th grade.

## **March 30, 10am-4pm**

### ***Northeast Cobb Community Egg Drop***

Sprayberry High School  
2525 Sandy Plains Road, Marietta 30062  
billwatson@jrmmanagement.com or  
communityeggdrop.org  
Fun, food, games, DJ, activities, and egg hunts. Helicopter drops thousands of eggs onto the Sprayberry High School football field to kick-off the hunt. There will be more than 90,000 eggs and candy for the various hunts. Food & treats will be available to purchase from a variety of vendors. \$10 per child for unlimited rides in the Ultimate Kid's Zone. Free photos with the Easter Bunny 11am-3pm.



Thanks for reading the East Cobber! Be sure to support our advertisers!





# Easter At Johnson Ferry

Modern & Traditional  
8:30am | 10am | 11:30am\*



Johnson Ferry | [johnsonferry.org/easter](http://johnsonferry.org/easter)

*\*modern service only*

# 2024 March 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).

## EVERY SATURDAY

**Dog Days at the Gardens.** It's time to let your furry friend experience the beauty of Smith-Gilbert Gardens with our Dog Days at the Gardens program. 9am-4pm. \$3/pups or \$20/Pup membership; \$10/adults; \$8/Seniors (65+); \$5/Youth (3-17), Military or University Students. Smith-Gilbert Gardens, 2382 Pine Mountain Road, Kennesaw. More info and Dog Rules: [smithgilbertgardens.com/dogdays](http://smithgilbertgardens.com/dogdays).

**Marietta Square Farmers Market** featuring products that are grown and produced in Georgia, including produce, plants, honey, breads, and cheese. 9am-12pm (noon). Free. Historic Marietta Square, 41 Mill Street, Marietta. More info: 770-499-9393 or [www.mariettasquarefarmersmarket.com](http://www.mariettasquarefarmersmarket.com).

**Marietta Square Artisan Market** an open-air showcase of locally created fine art and premium hand-crafted goods, 35 artists every week. Saturday: 9am-2pm. Rain or shine. Located on Mill Street, just across from the Marietta Square Farmers Market. Historic Marietta Square, 41 Mill Street, Marietta. More info: [mariettasquareartisanmarket.com](http://mariettasquareartisanmarket.com).

## MARCH 3

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

## MARCH 8 & 10

**A Midsummer's Night Dream** presented by the Atlanta Opera. This adaptation of celebrated playwright William Shakespeare's work follows the consequences of a falling out between Oberon and Tytania, the fairy-king and queen. What results is a chaotic comedy rife with magical potions, mistaken identities, perplexed lovers, and even more machinations of mischief. British countertenor Iestyn Davies as Oberon and soprano Liv Redpath as Tytania make their Atlanta Opera debuts, joining mezzo soprano Megan Marino performing the role of Puck. Friday: 8pm; Sunday: 3pm. Tickets: \$43-\$165. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or [www.cobbenergycentre.com](http://www.cobbenergycentre.com).

## MARCH 7, 9, 14, 16 & 17

**Into The Woods JR.** presented by Jerry's Habima Theatre. An inclusive theater company featuring actors with disabilities. Once a year, actors, theater professionals, families, friends, and MJCCA staff members join forces and talents to create memories with an epic Broadway-style performance. \$10-\$36. Thursday: 7:30pm; Saturdays: 8:30pm; Sunday: 6pm. Marcus Jewish Community Center of Atlanta, 5342 Tilly Mill Road, Dunwoody. More info/tickets: 678-812-4002 or [atlantajcc.org/habima](http://atlantajcc.org/habima).



## MARCH 8-10

**Cobb County Public Library Spring Sale.** Materials for sale include books for all ages in both hardcover and paperback, DVDs, Books on CD and audiocassette, and magazines. Prices range from 10 cents to \$4.00. Acceptable forms of payment are debit, credit, cash, and checks -- Visa and MasterCard only. On Friday until 1 pm electronic (scanning) devices are not permitted. Only 2 boxes of items at a time on Friday until 1 pm. Please plan to pay and take items to your vehicle before coming in to shop some more. Friday & Saturday: 9am-5pm; Sunday: 1-5pm. Free admission and parking. Cobb Civic Center, 548 South Marietta Parkway, Marietta. More info: [www.cobbcounty.org/library](http://www.cobbcounty.org/library).

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## MARCH 10

**Family Fun Days: Flying into the Future** is where science and nature collide to bring you activities focused on STEM– Science, Technology, Engineering, and Math. We are all about forward-thinking at this Family Fun Day! Come ready to learn about flying animals and test your tinkering skills with our STEM-themed partners and activities, crafts and activities that will test your knowledge. 12-4pm. Free/Members; \$20/Adult; \$14/Child (3-12); \$16/Senior 65+ & Student (Ages 13 -18); Free/Children 2 & under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [chattnaturecenter.org](http://chattnaturecenter.org).

**Greater Atlanta Coin Show.** Many dealers in one place where you can browse, buy, sell, or trade coins, currency, bullion, and other collectibles. Experienced coin dealers also provide free verbal appraisals for coins, currency and precious metals. 9am-4pm. Free. Hilton Atlanta/Marietta Hotel and Conference Center, 500 Powder Springs Street Marietta. More info: 770-772-4359 or [www.atlcoin.com](http://www.atlcoin.com).

## MARCH 11 - MAY 31

**Eco-Tinker: Interactive Exhibits.** Head outdoors for a nature-inspired tech and tinker stations where you can experiment and explore. There's plenty to play with while you learn at STEM stations. Mon.-Sat: 10am-5pm; Sun: 12-5pm. Free/Members; \$20/Adult; \$14/Child (3-12); \$16/Senior 65+ & Student (Ages 13 -18); Free/Children 2 & under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [chattnaturecenter.org](http://chattnaturecenter.org).

## MARCH 16

**Marietta Shamrock Shuffle 5K Walk/Run** proceeds will support Marietta Police Athletic League's (PAL) youth sports and recreation programs. Peachtree Qualifier. \$45. 8am: race begins. Marietta Square, 12 East Park Square, Marietta. More info: [mariettashamrockshuffle.com](http://mariettashamrockshuffle.com).

**Pop in for Family Fun.** Provides children and their families the opportunity to interact with the History Center. This month theme: Cool Tools. 10am-4pm. FREE. Marietta History Center, 1 Depot Street, Marietta. More info: [www.mariettahistory.org/pop-in-for-family-fun](http://www.mariettahistory.org/pop-in-for-family-fun).

**St. Patrick's Day Parade.** At noon, the parade officially steps off on Peachtree Street in Midtown. Be sure to arrive by 11am for best viewing opportunities along the route. It finishes at Peachtree Street and 5th Street. 12-1:30pm. Free. Starting: Peachtree Street at 15th Street, Atlanta. More info: [www.atlantastpats.com](http://www.atlantastpats.com).

**Water Drop Dash & Fun Run.** The 12th Annual Water Drop Dash 5K is a fast and flat course along the banks of the beautiful Chattahoochee River in Roswell, Georgia! In conjunction with EPA's WaterSense Fix a Leak Week the run and post-race water festival encourages metro Atlanta residents to conserve water. Peachtree Qualifier. 8am race starts. \$15-\$45 (admission included on race day). Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [chattnaturecenter.org](http://chattnaturecenter.org).

# GET YOUR NATURE ON THIS SPRING

## FLYING INTO THE FUTURE

SUNDAY, MARCH 10 | 12-4PM

Connecting STEAM and Nature  
Raptor show and STEAM activities

## WATER DROP DASH 5K AND FUN RUN

SATURDAY, MARCH 16

Support Water Conservation Education

## SPRING NATIVE PLANT SALE

MEMBERS ONLY:

MARCH 28 | 4-7PM

OPEN TO PUBLIC:

MARCH 29-30, APRIL 5-6  
9AM-5PM

Georgia native plants including  
azaleas, milkweed, carnivorous  
plants, and more

 **Chattahoochee**  
NATURE CENTER

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

# COMMUNITY CALENDAR

## MARCH 16-17

**Cinderella** presented by the Atlanta Ballet 2. One-hour adaptation of this legendary fairy tale, brought to life through celebrated characters, exquisite costumes, and majestic staging. Saturday & Sunday: 1pm & 5pm. \$10-\$67. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or [www.cobbenergycentre.com](http://www.cobbenergycentre.com).

## MARCH 18

**Creative Studios: Board Game Night.** Unplug for a bit and enjoy an evening of playing board game! An assortment of board games provided, but feel free to bring your own to share as well. 5-7pm. Free. Sewell Mill Library, 2051 Lower Roswell Road, Marietta/East Cobb. More info: [cobbcounty.org/events/creative-studios-board-game-night](http://cobbcounty.org/events/creative-studios-board-game-night).



## MARCH 22-24

**Atlanta Home Show.** Features hundreds of home improvement exhibitors, live radio broadcasts, product demonstrations and presentations by experts. Friday is Hero & Trade Day: active military personnel, veterans, teachers, and frontline workers including fire, police, healthcare workers and trade professionals from the home building and renovating industries or members of affiliated associations. Show your valid service ID (for Heroes); Business Cards, Association Membership Cards and Employee ID (for Trade) at the box office to receive your complimentary admission. Parking \$10/day. Friday: 10am-6pm; Saturday 10am-8pm; Sunday 11am-5pm. \$9/adult online; \$11/adult on-site; free/seniors (65+) & children under 12. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info: [www.atlantahomeshow.com](http://www.atlantahomeshow.com).

## MARCH 22-24

**Kaleidoscope** presented by the Atlanta Ballet. An imaginative mix of three works from renowned and emerging choreographic talents will surprise and inspire, revealing the playful yet spirited side of dance. Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. \$27-\$144. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info: 770-916-2800 or [www.cobbenergycentre.com](http://www.cobbenergycentre.com).

**Youth DEPARTMENT**

**STAND WITH ISRAEL**

ביחד ננצח

**"WE ARE STRONGER TOGETHER"**

**SUNDAY, MARCH 24**

**PURIM CARNIVAL**

**11:45 a.m. - 12:15 p.m. A quieter, less crowded experience**

**12:15 - 2:30 p.m. Carnival opens to all!**

**Festivities include a children's costume contest, carnival games, inflatables, a balloon artist, Israeli food for purchase and more!**

[www.etzchaim.net/event/purimcarnival2024](http://www.etzchaim.net/event/purimcarnival2024)

**Admission Bracelets:**

**\$15.00 per child if purchased by Wednesday, March 20.**

**\$20.00 per child at the door.**

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## MARCH 22-24

**Georgia Food & Wine Festival** presented by Georgia Grown, will celebrate the best of Georgia and the South, from its culinary superstars and beverage experts, to farmers, artisans, live musicians and more. Each day is a different theme, check website for all the details. Friday & Saturday must be 21; Sunday is Family Day (Kid's Zone and food trucks) and Oyster Roast VIP Package. Friday: 7:30-9:30pm. Tickets: \$85 (all inclusive); Saturday: 1-4pm. Tickets: \$99 (unlimited beverage tasting); Sunday: 12-5pm. Tickets \$25-\$139 (10 culinary tasting credits), kids 12 and under free. Jim R. Miller Event Center, 2245 Callaway Road Southwest, Marietta. More info/tickets: [georgiafoodandwinefestival.com](http://georgiafoodandwinefestival.com).

## MARCH 22-24

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

## MARCH 28-30 & APRIL 5-6

**Spring Native Plant Sale.** Add native plants to your gardens and containers to grow a more wildlife-friendly greenspace. The CNC native plant sale, with knowledgeable staff and volunteers available for questions, is a unique opportunity for you to shop from an incredible selection of plants native to Georgia. The plant sale will take place outdoors, rain or shine. Thursday (members only): 4-7pm; Friday & Saturday: 9am-5pm. Free admission to the sale; plants range from \$5-\$35. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [chattnaturecenter.org](http://chattnaturecenter.org).

## APRIL 1- 5

**Cobb County Schools' Spring Break.**

## APRIL 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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Johnson Ferry Baptist Church  
955 Johnson Ferry Rd.

# PET OF THE MONTH

## PET OF THE MONTH: **CHARLIE**

*Submitted by Beth & Scott Francis*



**Breed:** Biewer Terrier

**Age & Gender:** 3-year-old Male

**Favorite food:** Grilled salmon, Sweet potatoes

**Favorite Person:** Mom

**Best Trick:** Rollover

**Turn ons:** Anyone coming to visit, fish treats

**Turn offs:** Bath time, Large dogs

**Favorite toy:** Squirrel & ball

**Last seen:** Rolling on anything smelly

**What makes pet special:** He likes to cuddle next to you or sleep on you.

## SHOULD YOUR PET BE OUR **PET OF THE MONTH?**

Please provide the the information below and  
a photo in jpg to: [petomonth@eastcobber.com](mailto:petomonth@eastcobber.com)

Pet's Name: \_\_\_\_\_

Animal/Breed: \_\_\_\_\_

Age & Gender: \_\_\_\_\_

Favorite Food: \_\_\_\_\_

Favorite Person: \_\_\_\_\_

Best Trick: \_\_\_\_\_

Turn Ons: \_\_\_\_\_

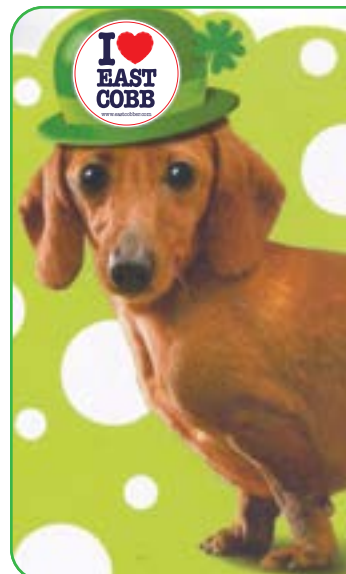
Turn Offs: \_\_\_\_\_

Favorite Toy: \_\_\_\_\_

Last Seen: \_\_\_\_\_

What makes your pet so special: \_\_\_\_\_

Owner's Name: \_\_\_\_\_



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# NATIONAL K9 VETERANS DAY

It was on March 13, 1942, that the Army began training for its new War Dog Program, also known as the "K-9 Corps," according to American Humane, marking the first time that dogs were officially a part of the U.S. Armed Forces. March 13th is a day set aside to honor and commemorate the service and sacrifices of American military and working dogs throughout history. 🐾



Cobb County Police Department K9 Champ and K9 Brave will play an integral role in ensuring the safety of Truist Park and the surrounding Battery Atlanta area.

# ADOPT A NEW FURRY FAMILY MEMBER

It's not just your lucky day! It's your Lucky Month! All dogs 40+ lbs. are free! All other pets (dogs less than 40 lbs. and all cats) are \$30! Your forever friend is waiting at [CobbCounty.org/pets!](https://CobbCounty.org/pets!) 🐾



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your business!**



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# HEALTH & WELLNESS

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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.

### 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

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404-905-5099 • [www.dermanimedspa.com/eastcobb](http://www.dermanimedspa.com/eastcobb)

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## PEDIATRIC DENTISTRY

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770-479-9999 • [www.NiaDentistry.com](http://www.NiaDentistry.com)

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

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[body20.com/east-cobb](http://body20.com/east-cobb)

## SPARKLE SUCCESS STORY

by Ginger Markert-Brusa

Lauren Bradley was 210 pounds in 2015, started Sparkle in August 2017, and has remained in maintenance since September of 2020, having a few babies in between. She is a high school math teacher, has been married 14 years, and her kids are ages 4, 5, 6 and 8. Here's what she has to say about her success:

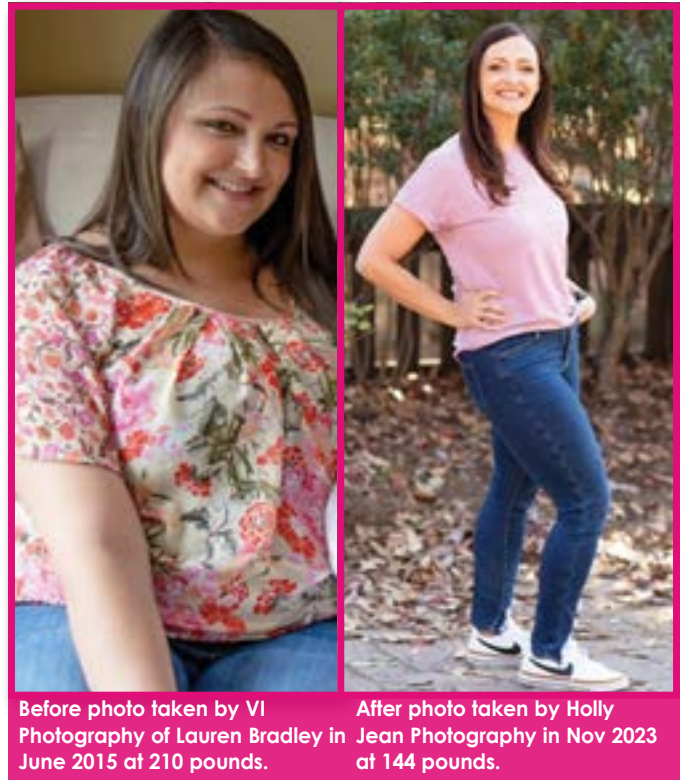
I began Sparkle to lose weight, but was not really sure what I was getting myself into. Sparkle motivated me to feel good and look good.

I did not know what processed foods were before Sparkle. I was very confused by boxes of "healthy foods." Since then, I learned which foods and behaviors make my body and mind feel good. I read labels, but most importantly I buy food with one ingredient. I stay away from the boxes and bars. I learned how and what to cook at home with necessary wellness tools. I am extremely aware of what I put into my body. I had to relearn the food pyramid and things I was taught in school from diets and companies that only care about your weight, not actually being healthy.

To lose 55 pounds, I began making small sustainable changes, swapping out foods, finding healthier options; not a complete overhaul, but positive changes one at a time. Daily, I track and analyze my food, my exercise, why I am eating something I know is unhealthy, what was going on that day, and how often I am consistent. I strength train with heavy weights and cardio mixed in. I set goals, write them down and tell people, taking a small step each day to reach smaller goals along the way.

While struggling with depression and anxiety, staying in maintenance has been my biggest challenge. Life happens, and it is easy to fall into bad habits. I have struggled through challenging seasons of life. The habits I built along the way at Sparkle really helped me. I had to go through the motions for a long time, but since I learned so much information at Sparkle and I have this great Sparkle community around me, my mindset around health and wellness is stable.

For me, overcoming struggles is not something you can do alone. Knowing I have truth, belonging and purpose in Jesus, really connecting and having authentic relationships is the best way to struggle well. My mindset has completely changed. I now find habits serving my health and wellness and am disciplined doing them. My



Before photo taken by VI Photography of Lauren Bradley in June 2015 at 210 pounds.

After photo taken by Holly Jean Photography in Nov 2023 at 144 pounds.

non-negotiable habits are to read my Bible daily, exercise, track my food, and analyze my decisions. I journey with others where relationships are extremely necessary for success. If you are overwhelmed, break your goal down into smaller pieces.

I am forced out of my comfort zone, and I do not hate it. I am patient in all areas of my life, realizing it is a journey, instead of instant gratification. I am ok with delayed results. I love seeing how putting in the work consistently pays off after a long time. I am especially excited to see the patience play out over a lifetime. A lot of the time, I do not see growth and then I look back and I am amazed at what has been gained in those little bits which add up over years.

I love setting an example for my family, teach them about food, but also overall health and wellness. My kids are sponges and I want to teach them a healthy lifestyle.

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

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# GEORGIA'S LARGEST QUILT SHOW SEEKS QUILTS FOR COMPETITION


**G**eorgia Celebrates Quilts® Show, presented by the East Cobb Quilters' Guild, is a juried and judged quilt show, with over 300 quilts competing for Best of Show and other top ribbon and cash awards totaling \$4,000. All styles of quilts are eligible to be submitted including traditional, contemporary, done by machine or by hand. Entries are now being accepted until Friday, March 29, 2024. For complete details on how to enter the competition visit [www.georgiacelebratesquilts.com/enter-a-quilt](http://www.georgiacelebratesquilts.com/enter-a-quilt).



Stroll among the gallery of quilts at the Georgia Celebrates Quilts® show June 6-8, 2024

## ABOUT EAST COBB QUILTERS' GUILD

Since its founding in 1982, the East Cobb Quilters' Guild has promoted and advanced the art of quilting and fostered community goodwill. There are more than 340 members from throughout the greater Atlanta metropolitan area and beyond. The guild meets monthly and sponsors lectures, workshops, and exhibits that educate members and the community about quilting and encourage the highest standards in design and techniques.

Every two years they produce Georgia Celebrates Quilts® - the state's largest judged and juried quilt show – set for June 6-8, 2024 at the Cobb County Civic Center. In the months leading up to the show the guild will present "Quilts on Display" with quilt exhibits at four regional libraries and three arts centers. Additionally, the guild contributes hundreds of quilts, placemats, Beads of Courage bags and pillowcases to nonprofit organizations. For additional information about the guild – [www.ecqg.com](http://www.ecqg.com) and the show – [georgiacelebratesquilts.com](http://georgiacelebratesquilts.com). 



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

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