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Lina Penuela-Rannazzisi, Assistant Branch Manager**
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EAST COBBER is a locally owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information. The EAST COBBER is distributed free to homes, schools, and 500+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068 and 30075. Comments and stories are always welcome.

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PUBLISHER'S NOTE



Publisher Cynthia Rozzo

I hope that you and your loved ones are staying safe in these uncertain times. As you read this August issue, you'll discover that East Cobbers may be quarantined, but their spirit cannot be contained. I am in awe by the amount of giving and acts of kindness taking place around East Cobb County during these past few months. Strangers helping strangers...neighbors helping neighbors...it's truly inspiring.

Please be sure to heed the advice of health care experts at [CoronaVirus.gov](https://www.cdc.gov/coronavirus), and to check in with your neighbors who are the most vulnerable to coronavirus (i.e., people older than 60, or those with underlying health issues). And if you can't

"check-in", think of your neighbors when putting on a mask. While there is no requirement to wear face masks, the gesture is as much about protecting yourself as it is the safety of others. I believe it is the considerate thing to do to help your neighbor, and ultimately, Georgia's economy and the re-opening our public schools.

I wanted to update you on what we at the EAST COBBER are doing to ensure that we continue to provide you with local news and inspiring stories as we confront — together — the challenges imposed by the coronavirus. Our hardworking staff has been taking steps to support our community during the coronavirus crisis.

> Together, we have pledged to be here for our readers, in print and online. You can subscribe to our weekly email newsletter that brings the latest local news straight to your inbox. Send your email to signup@eastcobber.com and we'll get you added.

> We're working with community partners to shine light on resources available from local nonprofits. On our social media platforms, you'll see advertisements and announcements we've provided for free to nonprofits working to help those most affected by the coronavirus.

> We've launched special promotions to help local businesses. We want to help, but we want to do more than advocate. We want to provide real value as we all fight to overcome the economic effects of this pandemic. Small businesses are the lifeblood of our community. We know that the shutdowns and quarantines have been devastating to many local shops and services. To support local businesses, EAST COBBER is offering unprecedented discounts on our marketing products and services. Please reach out to your existing account executive, or contact advertising@eastcobber.com, for more information.

The EAST COBBER's been covering East Cobb for 26+ years. We'll be here for the next 26 years. If you have story ideas, want to share assistance efforts, tell us how the coronavirus is affecting the lives of you and your family or need to promote your business or restaurant, let us know. Send an email to cynthia@eastcobber.com.

Stay safe. And remember, we are all in this together.

Cynthia M. Rozzo, Founder | Publisher
cynthia@eastcobber.com

On the Cover

This month's front cover features Nicole Newman, Branch Manager and Lina Penuela-Rannazzisi, Assistant Branch Manager, of the East Cobb Branch of Credit Union of Georgia.

Credit Union of Georgia was established over 60 years ago to help local educators and those who live and work in Northwest Georgia with their finances. The Credit Union of Georgia offers a wide variety of products and services to assist businesses and members achieve their financial goals.

There are seven branch locations, including the one in East Cobb at 1020 Johnson Ferry Road. To learn more about the current promotions being offered and what they can do for you or your business, visit www.CUofGA.org/JFR or stop by today!

For more information about the Credit Union of Georgia, read page 6 or visit www.CUofGA.org.

Front cover photo taken by Jeremy Adamo of Adamo Photography

rita ellens
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Credit Union of Georgia was established over 60 years ago to help local educators with their finances. Today, the Credit Union is open to anyone who lives or works in Cobb County or seven other local counties. There are five Cobb locations, including the newest branch at 1020 Johnson Ferry Rd. (at the corner of Little Willeo Rd. and across from Johnson Ferry Baptist Church).

One area that sets Credit Union of Georgia apart from traditional financial institutions is that it's owned by its members. Any money earned by the Credit Union is returned to members in the form of competitive savings rates and lower lending interest rates.

Members can access their finances 24/7 through online banking, mobile app and ATM services. Credit Union of Georgia is part of a CO-Op Shared Branching Network that allows members access to nearly 30,000 surcharge-free ATMS, including Publix Presto! ATMs.



They also offer a complimentary Auto Buying Service where a representative negotiates with local dealers to get the best prices. If searching for yourself is more your speed, they also offer a Free Auto Search Tool right on their website. Additionally, they offer a no-cost financial advisor and financial wellness counseling through Greenpath, a nonprofit dedicated to improving financial wellness for Credit Union members. Their Cuga Kid's Club Program makes saving fun for kids with prizes, events and Cuga Cash.

It's important to the Credit Union's mission that they be part of the community they serve. "I love interacting with our members and working with them to achieve their financial goals and dreams," says Nicole Newman, Branch Manager and Board Member of the East Cobb Business

Association. "While I have lived in Georgia for a long time, I recently moved to the East Cobb area. Everyone has been so welcoming to my family since we moved here. It's important to me that we give back locally."

They also want their members to feel comfortable and have implemented COVID-19 safety measures. Although they aren't required, members can schedule appointments to avoid waiting in the lobby. All staff are wearing masks, and the desks include plexiglass shields. They've also increased their cleaning schedule and are sanitizing regularly throughout the day.

"Our doors and drive-thrus are open, and we are doing everything we can to keep our members and staff safe," shares Newman.

Members are happy with the convenience and personal touch at Credit Union of Georgia. In a Google review, one member shared:

"The Credit Union of Georgia is absolutely, unequivocally wonderful! I have had a few loans with them since 2014, and everything from the loan process to the loan officers and staff are great. The folks there are so kind, friendly and professional. CUGA has excellent rates, and their loan process is quick and seamless. I recommended them to a family member recently who had the same experience. We are grateful for this banking institution and recommend it to anyone looking for great rates, great people and a great experience."

For more information, visit CUofGA.org or visit 1020 Johnson Ferry Road, Marietta, GA 30068.



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REFLECTIONS AND CONSIDERATIONS DURING THIS COVID CRISIS

By Elaine Morgan

July 1, was the 6-month anniversary of the World Health Organization's receiving the first reports of a cluster of cases of pneumonia of unknown cause in China. This anniversary got me thinking about what I've noticed, learned, fought, and let go.

I've come to appreciate my tiny but welcoming front porch. The screened porch in the back is my sanctuary, but I've often overlooked the value of my front porch. Now it's become where I visit one-on-one with a friend over coffee or tea or wine. It meets the recommendations of Outside and Social Distancing, so it's a joy to have an hour here and there with a friend without the need to decide "what restaurant to go to for lunch or dinner or just wine?" "What time will we meet?" "Are you dressing up or going casual?" So many decisions no longer to be made.

Upon our creation, we were blessed with memory, reason and skill. Watching the lack of reason on full display these past few months makes me want to scream while also uttering a prayer for guidance. God gave us the study of science and one can be both a believer of God's grace and love along with believing in science. Thus I believe in science and will continue to listen to scientists when it comes to my own safety and that of the community.

There is great joy in simplicity which I had forgotten about before this. A simple lunch midday. A day trip to the mountains to walk along a dirt road and eat a sandwich by a rushing creek. An evening on the porch with the frogs telling me about their day. I don't have to go and go and go to fill my time. I have stopped and it's been good.

Differences in opinion have fractured some friendships of which some will mend. Of course, "friend" is a misused term in social media so those dismissed friends will not be missed and it's good to be away from their atrocious statements of hatred. Differences of opinion didn't used to be so volatile, but it's a new day. I trust that hurt feelings will heal over time.

Words of Wisdom. Whether in news-based podcasts, or inspirational and motivational podcasts, or even comedy segments, I am inhaling all of it. Learning that we are hard wired in our DNA to ensure our own personal survival before others explains a lot. But also learning that we do best in community is comforting and

reassuring. Even front yard signs saying "Everything will be okay" make me breathe a little more slowly.

I had a visceral need to stay connected very early in this pandemic so I started writing short notes which I have continued to do. Sending love notes to those in my thoughts and on my heart has been a welcomed activity and diversion. Plus, I'm helping the USPS by buying a lot of stamps.

My sewing machine came back into my life! Having not touched it in a few years changed once I had to make masks for Sophie and me. Being able to join fabric together for a useful purpose has reignited my desire to sew. I am happy with my foot on the pedal.

Thinking of ancestors and history has put today into perspective. My great grandmother traveled alone in the 1890s from Germany to Ellis Island when she was in her teens and then made it over to Michigan. It baffles me every time I think of her ability to get there. I also think of The Blitz and Londoners living through 56 nights of bombing. I think of westward settlers (the women in particular) who left their established communities with friends and support services to travel to an unknown and desolate expanse to begin anew. How did they have the fortitude? So many moments in history to guide us and let us know that we will be okay.

There is so much more in my head which is like a maze that both intrigues and terrifies me. But for now, this is my short list for the 6-month pandemic anniversary. Looking ahead is overwhelming with not only virus, but also the election season and racial pain which finally is being heard and recognized. I will keep getting up and walking while I listen to experts and tune into Morning Prayer at Holy Innocents or with other priest friends worshipping from their own parishes.

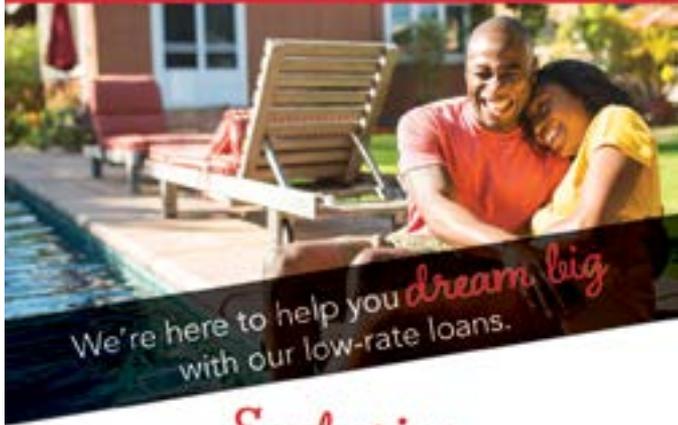
I wish each of you good health, peace, safety and sanity. Take care of someone near you. It feels so good to be of help whatever that might be.

Everything will be okay. 🍀



Elaine Morgan is a communications specialist, writer, sewer and a collector of friendships. She is a lifelong resident of East Cobb graduating from Wheeler and UGA.

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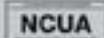
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EAST COBB PTAs SUPPORT FAMILIES DURING COVID CRISIS

By Tammy Andress, Co-VP, East Cobb County Council of PTAs

The rapid closing of Cobb schools in March left many parents searching for resources in order to feed their families. Without the support provided by many of our schools and PTAs in the East Cobb County Council of PTAs (ECCC PTA), many of our food insecure families would have struggled to feed their children.

With the announcement that schools would be converting to distance learning on March 13th, the ECCC PTA sprang into action to help cover the immediate needs of families, beginning with the overwhelming need in the Powers Ferry Elementary community. In just six short hours, the ECCC PTA was able to raise \$9,000 which was used to purchase grocery cards to send home with students to ensure the immediate need for food was met. Ultimately over \$16,000 was raised to help impacted families in the entire East Cobb Community with emphasis on Powers Ferry, Sedalia Park, East Valley, Brumby, and a small portion that was sent to the South Cobb Council to help with the overwhelming need in that area of the school district.

As it became apparent that schools would not be re-opening their doors for the remainder of the 2019-2020 school year, many schools and PTA's in the ECCC began to plan for the long-term support that was going to be needed in providing meals for those impacted by closure. For example, the Lassiter PTSA enhanced the scope of its Food Pantry to include families not only in the Lassiter community but also in the Pope community that did not have easy access to the MUST Ministries distributions at East Cobb Middle School. Its Pantry, which is solely sustained by the Lassiter and Pope communities and receives no support from MUST or CCSD, has continued to feed approximately 60 families throughout the summer.

The Sprayberry Community also recognized the growing need of families needing assistance in its area and has partnered with Piedmont Church and MUST Ministries to feed approximately 200 families each week.

Many schools have also provided their communities with opportunities to help support the food insecure families in the District. Wheeler High School conducted a food drive on behalf of the Class of 2020 and donated everything collected to MUST Ministries. Similarly, Garrison Mill Elementary conducted a food drive at their 5th Grade Drive-Thru Parade and donated those items to the Lassiter Food Pantry. Timber Ridge Elementary supported Bryant Elementary with a Food Drive that helped ensure those sweet scholars were properly fed.

While the COVID-19 pandemic has created confusion and consternation for parents, students and educators alike, what can be celebrated is the outpouring of support from the ECCC PTA community. Between food and monetary donations, over \$50,000 has been generously donated by the East Cobb community to continue helping our food insecure students. The generosity has been overwhelming and the ECCC PTA would like to thank every person and community partner who has served and continues to support the efforts in their areas to make sure no child goes hungry. 🙏

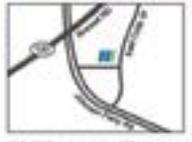


Tammy Andress is Co-President of the Lassiter High School PTSA and Co-Vice President for the ECCC PTA. She is a long time advocate for education and the mother of a rising junior daughter at American University, and rising senior and rising sophomore daughters at Lassiter.



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SET YOUR CHILD UP FOR SUCCESS WITH SEALANTS

Did you know that the most common chronic disease found in school-age children is tooth decay (or cavities)? While brushing twice a day and flossing daily are the best ways to prevent cavities, dental sealants are another preventative tool that can help reduce the risk of children developing cavities. Dental sealants are a protective barrier placed on the chewing surfaces of teeth that help to seal out plaque and acids from the deep pits and grooves of teeth, preventing them from forming cavities. In an October 2016 report released by the Centers for Disease Control (CDC), the importance of sealants for school-age children was affirmed when they found that “school-age children without sealants have almost three times more cavities than children with sealants.” More recent studies have found that sealants reduce the risk of developing cavities on molars by nearly 80%.

Dental sealants are thin, protective coatings (made from plastic or other dental materials) that adhere to the chewing surfaces of teeth (typically molars). The process of placing sealants is painless and quick, taking just a few minutes in your dentist’s office. For most sealants, the dentist will first clean and dry the tooth to be sealed. The dentist will then place an acidic gel on the tooth’s chewing surface. This gel prepares the surface of the tooth so that a strong bond will form between the tooth and sealant. After a few seconds, the gel is rinsed off and the tooth is dried again. The dentist then applies the liquid sealant material to the grooves of the tooth. A special blue curing light then hardens the material and the sealant is complete.

While anyone (child or adult) can benefit from sealants, the earlier a sealant is placed on the surface of a tooth, the less likely it is to develop a cavity. For this reason, children and teenagers are often

the best candidates. First molars typically appear around age 6 and second molars appear around age 12. Sealing molars as soon as they come through helps to keep them cavity free from the start.

Sealants can last several years before they need to be reapplied. During your regular dental visits, your dentist will monitor the condition of your sealants and can reapply them when needed. While sealants are not a substitute for brushing and flossing, they can help to prevent cavities from forming and may even stop early stages of decay from developing into a full-blown cavity.



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

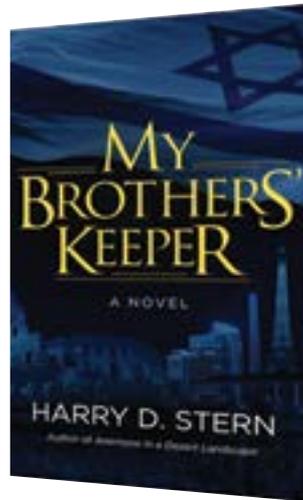
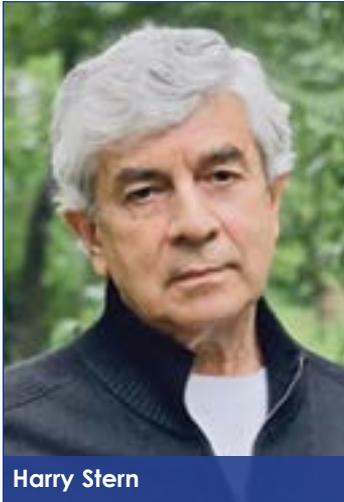
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EAST COBB RESIDENT RELEASES NEW NOVEL



Harry Stern's newly released novel, *My Brothers' Keeper*, is a page-turning tale of vengeance, duplicity, and betrayal. Filled with intrigue, Israeli agents, and foreign terrorists looking to wreak havoc, *My Brothers' Keeper* highlights the need for the State of Israel to protect Jews worldwide.

Harry Stern's years living in Israel gave him first-hand exposure to the country's military and political dynamics. Extensive research of the country's challenges, both domestic and global, strengthened his understanding of the issues facing the Jewish state.

Professionally, Stern led The Marcus Jewish Community Center of Atlanta - among the largest Jewish centers in the country - for sixteen years. Upon retiring from his Atlanta position, he was recruited by Kennesaw State University as their Director of Global Development and charged with developing academic relationships with fifteen Arab World countries.

Stern lives in East Cobb with his wife, Aviva. They have three children and five grandchildren. To purchase the book, visit [Amazon.com/HarryStern](https://www.amazon.com/HarryStern). 📖



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Founder, Jessa Depew and her husband, Jim have two boys at the Quadrilingual Academy, Reeve and Roman.

Language is so important in today's world. Imagine the global opportunities available to a child if he or she knows four of the world's top languages. The Quadrilingual Academy is the first school in the area (and possibly the nation) that immerses children in four different languages at once. Students learn Spanish, French, Mandarin Chinese, and English.

The school offers classes for Toddlers, Pre-K, and Elementary students through First grade. They plan to grow the school into a full-service Elementary school. Unlike schools that ask children to choose one language track, the Quad Academy strives to make kids lifelong learners of four languages. The curriculum incorporates songs, stories and activities, in addition to site words and vocabulary. The goal is to have at least one formal hour daily in each of the different languages.

The small classrooms are also an alternative to large classrooms and virtual learning options in today's COVID-19 environment. School starts August 3 for in-person learning, and they offer rolling enrollment for ages 6 months through First grade. The class sizes are capped at six for Toddler 1 & 2, nine for Toddler 3 & Pre-K, and eight for Elementary.

The owner and her husband, Jessa and Jim Depew, are medical professionals, so they have implemented the strictest health standards based on COVID-19 safety guidelines and recommendations. The classrooms have been completely renovated to include waterproof silicone mats, hand washing sinks in all 9 classrooms, and to promote learning within spaced small groups. Rooms will be cleaned daily with an ionizer EPA-registered to kill COVID-19.

The couple started the school after identifying a need for a place for their own children to learn. When Jessa studied abroad in France while in high school, she saw firsthand the impact of speaking another language.

"It's the difference between communicating and connecting," she says. "Once they learned I spoke French, the local people and culture opened up in ways that wouldn't have happened with a language barrier," says Jessa. "I want to open up the world for my children and our students."

Call 404-777-QUAD (7823) or visit www.thequadacademy.com for more information or to schedule a tour. The school is conveniently located near Truist Park at 2581B Spring Road, Smyrna 30080.

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RABBI LEBOW RETIREMENT PARTY

Due to the Covid-19 outbreak, Rabbi Lebow's OPUS, which was originally scheduled for Saturday, April 18, was pushed to July 18th. The virtual event celebrated the official retirement of Cobb County community leader and religious leader of Temple Kol Emeth, Rabbi Steven Lebow. The special event celebrated Rabbi Lebow's 30+ years of his dedicated service to both members and friends of Temple Kol Emeth in East Cobb. Due to the pandemic, the meals and special tribute books were provided for guests as take-out, and then everyone got home to log in to the online "Rabbi Lebow's Opus" event, which included live singers, performance by Nefesh Mountain and pre-recorded congratulations from former Georgia Gov. Roy Barnes and Monsignor Patrick Bishop (aka "Father Pat"). More than 400 congregant families participated.

"Rabbi Lebow has built an inclusive Jewish community that truly stands for something, and I'm eager to help existing members and new unaffiliated families find spirituality, connect and help to repair the world, shared Rabbi Lawrence "Larry" Sernovitz, who succeeds the retiring Rabbi Steven Lebow.

Lebow will become the Rabbi Emeritus of Temple Kol Emeth, conducting occasional sermons at the synagogue. He also plans to continue service through teaching, writing and lending his rabbinic expertise to smaller regional congregations. 🕍



Rabbi Steven Lebow gives his remarks during the virtual "Rabbi Lebow's Opus" event.



Volunteers prepare take-out meals for those who signed up originally as dinner guests for the "Rabbi Lebow's Opus" event.



Rabbi Steven Lebow and his wife Madeline Sable taken around the time he arrived at Temple Kol Emeth 1986.



Rabbi Steven Lebow and his wife Madeline Sable (circa 2020).



Masked volunteer leaders that planned the event: Carolyn Shapiro, Janet Mills and Sandi Davis.

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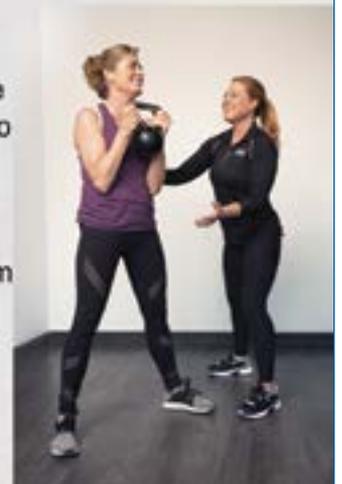


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Age & Gender: _____

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