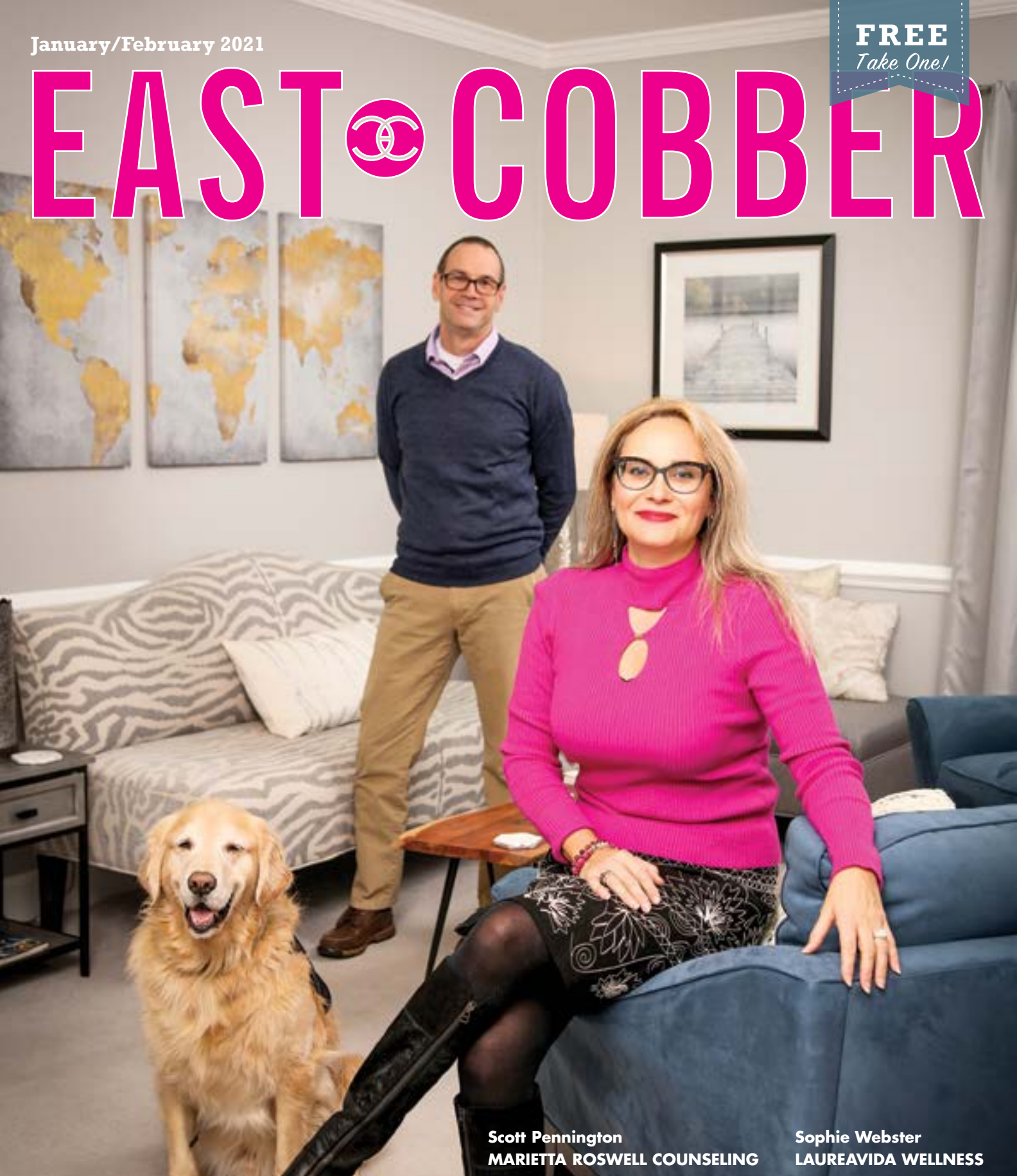


January/February 2021

**FREE**  
*Take One!*

# EAST COBBER



**Scott Pennington**  
**MARIETTA ROSWELL COUNSELING**

**Sophie Webster**  
**LAUREAVIDA WELLNESS**

**East Cobb Students Celebrate the Arts** PAGE 10 | **Pet of the Month** PAGE 16  
**12 Places To Eat Around The World In East Cobb** PAGE 14 | **Health + Wellness** PAGE 18

ANSLEY  
ATLANTA  
REAL ESTATE

# Work With a Trusted Advisor

INTEGRITY | EXPERTISE | RESULTS



top left

**5010 Timber Ridge Road**

offered for \$2,150,000  
sold by Heather Armstrong



bottom left

**4499 Winged Foot Circle**

offered for \$2,500,000  
sold by Glennda Baker

right

**2585 Gelding Court**

offered for \$2,995,000  
by Bonneau Ansley

## ANSLEY IS NOW AN EAST COBB NEIGHBOR!

visit us at THE AVENUE EAST COBB

404.480.HOME | [ANSLEYATLANTA.COM](http://ANSLEYATLANTA.COM) | 4475 ROSWELL RD, SUITE 200, MARIETTA, GA 30062

Equal Housing Opportunity | Christopher Bursell, Principal Broker and Chief Marketing Officer | All information believed accurate but not guaranteed. If your home is currently listed, this is not a solicitation.



# DERMATOLOGY & SURGERY

SPECIALISTS OF NORTH ATLANTA

EXPERIENCE THE

## DESSNA DIFFERENCE

JANUARY 2021

## NEW NAME

SAME QUALITY DERMATOLOGICAL CARE  
FOR THE ENTIRE FAMILY

YOUR DEDICATED PROVIDERS:

CANDANCE KIMBROUGH-GREEN, M.D. | KATHLEEN VISCUSI, M.D. | OPE  
OFODILE, M.D. M.P.H. | ANJELI G. LAUNGANI, M.D. | LISA LEWIS, PA-C |  
CHASON WORTHY, PA-C | LAURA DURELL, PA-C

*reDefining healthy skin*

4800 OLDE TOWNE PKWY  
SUITE 250  
MARIETTA, GA 30068

(770) 971-3376



@DESSNADERM

WWW.DESSNA.COM

# THIS ISSUE

## 6

### NEW YEAR! NEW YOU!

## 10

### EAST COBB STUDENTS CELEBRATE THE ARTS

## 14

### EAT AROUND THE WORLD IN EAST COBB

## 16

### PET OF THE MONTH

## 18

### HEALTH + WELLNESS

# EAST COBBER

P.O. Box 680455 • Marietta, GA 30068

770-640-7070 • FAX: 770-559-3185

[www.eastcobber.com](http://www.eastcobber.com)

**Volume 28 | Number 2**

**Founder | Publisher**

**CYNTHIA ROZZO**

[cynthia@eastcobber.com](mailto:cynthia@eastcobber.com)

#### Account Representatives:

East Cobb Businesses - Merchant's Walk - Roswell Road

**MICHELLE O'SHAUGHNESSY**

678-357-9384 • [michelle@eastcobber.com](mailto:michelle@eastcobber.com)

Northeast Cobb Businesses

**LAREN BROWN**

770-880-0965 • [laren@eastcobber.com](mailto:laren@eastcobber.com)

**Graphic Designer:** Tamara Stephens



[www.eastcobber.com](http://www.eastcobber.com)

[www.facebook.com/EastCobber](https://www.facebook.com/EastCobber)

[www.twitter.com/eastcobber](https://www.twitter.com/eastcobber)



EAST COBBER monthly is published by EAST COBBER, LLC. Copyright ©2021 by EAST COBBER, LLC. All rights reserved. Reproduction or any use of editorial or pictorial content in any manner, without written permission, is prohibited. Any opinions expressed here do not necessarily represent the views of the EAST COBBER.

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.

Please address all correspondence to [cynthia@eastcobber.com](mailto:cynthia@eastcobber.com).

Subscriptions are available for \$20/year.

Send check or money order payable to EAST COBBER to the above address.

## On the Cover

Pictured on the January/February front cover are Scott Pennington, LPC, Clinical Director, Marietta Roswell Counseling (MRC); Sophie Webster, Certified Life and Health Coach, Laureavida Wellness; and Max, their resident therapy dog, who attends sessions when requested.

Working in partnership with Laureavida, Marietta Roswell Counseling (MRC) is a mental health counseling practice providing individuals from three-year-old children to seniors, couples, and families with the necessary skills to build healthy lifestyles and satisfying relationships. Depending on each client situation, MRC therapists offer online or in-person counseling sessions. Stringent cleanliness processes have been implemented at the office for face-to-face meetings.

Services offered through MRC and/or Laureavida Wellness may be just what you need for 2021! The East Cobb office is located at 2850 Johnson Ferry Road, Suite 200/250, Marietta. For more information on Marietta Roswell Counseling, visit [mariettaroswellcounseling.com](http://mariettaroswellcounseling.com). Hours are Monday-Sunday: 8am-8pm for a session with a licensed therapist. For more information on Laureavida Wellness, visit [laureavida.com](http://laureavida.com). Hours are Monday-Thursday: 11am-7pm. To make an appointment for either service, call the office at 678-691-8130.

Front cover photo taken by Jeremy Adamo of Adamo Photography



**770-424-SNAP**  
snappyservices.com

- **ELECTRIC**
- **PLUMBING**
- **HEATING  
& COOLING**
- **DUCT CLEANING**

*Locally Owned in East Cobb!*



## **MURAL PHOTO CONTEST**

SNAP, POST AND WIN!

SNAP A PIC, POST AND TAG @AVENUEEASTCOBB  
FOR A CHANCE TO WIN A \$100 GIFT CARD.

WINNER ANNOUNCED EACH MONTH.

VISIT AVENUEEASTCOBB.COM FOR A LIST OF RETAILERS, RESTAURANTS AND EVENTS.

THE AVENUE  
**East Cobb**



# COBB FOUNDATION CREATES COVID RESPONSE FUND

COVID-19's economic impact has impacted some families especially hard. Fortunately, Cobb County is home to a strong, capable and mighty group of non-profit organizations that, for some, could be the one thing standing in the way of hunger, eviction, homelessness, or worse.

Created by the Cobb Community Foundation (CCF), the Cobb COVID-19 Community Response Fund provides flexible resources to organizations meeting critical needs in Cobb. Charitable grants assist organizations and programs working to provide residents with access to food, prescriptions and healthcare, childcare and basic needs. The CCF's goal is to expand local capacity by supporting the nonprofits helping individuals and families experiencing hardship because of the outbreak, related closures and disruptions.


There are many reasons to give through the Cobb COVID-19 Community Response Fund. In a recent Forbes article, *10 Ways Community Foundations Are A Best-Bet For Disaster Giving*, highlighted how Community Foundations are essentially philanthropic hubs that provide leadership, stewardship and leverage for a broad range of individual charitable contributions.

Cobb Community Foundation is waiving all administrative fees for this fund in order to maximize the impact of your generosity during this critical time.

## How to donate:

- > Donate by credit card, visit: [cobb.iphiview.com/cobb/Fundholders/OnlineDonation](http://cobb.iphiview.com/cobb/Fundholders/OnlineDonation)
- > Donate stock or other assets: Contact Barbara Garner at 770-859-2359 or [barbara@cobbfoundation.org](mailto:barbara@cobbfoundation.org).
- > To make a corporate gift or become a Corporate Community Champion: Please contact Shari Martin at 770-859-2329 or [shari@cobbfoundation.org](mailto:shari@cobbfoundation.org).

Jointly with Cobb Collaborative and United Way of Greater Atlanta's NW Region, the Cobb Community Foundation is seeking guidance from community partners as well as using collected data to determine recipients. As of December 1, 2020, over \$300,000 in charitable grants have been awarded.

Cobb Community Foundation manages charitable funds for local individuals, families, for-profit and non-profit organizations who are all connected by their passion for making a difference in our community. 



*Cherishing Childhood - Valuing Education*

## St. Catherine's Preschool

571 Holt Road • Marietta, GA 30068  
[stcatpreschool.com](http://stcatpreschool.com) • 478-437-1984

- Ages 2 to Young Fives • Qualified, dedicated staff
- Planned preschool learning curriculum
- Loving, safe, and healthy environment
- Preschool of excellence in East Cobb since 1975

## NOW ENROLLING FOR 2021-2022

Tours by appointment only.  
COVID-19 Safety Protocol in place.  
Please call our office for details.

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





**HOUCK**  
— LAW FIRM —  
INJURY LAW

**INSURANCE COMPANIES  
HAVE PROFESSIONAL  
NEGOTIATORS  
SO SHOULD YOU!**

**YOUR EAST COBB PERSONAL INJURY LAWYER**

**S. Bradley Houck, Esq.**

770-392-6081 (direct) | 770-842-5890 (cell)

Brad@houck-law.com | www.houck-law.com



**OPEN HOUSE**  
- JAN 21 6:30 PM  
- MARCH 11 10 AM  
REGISTER - ECCS.ORG  
VIRTUAL AVAILABLE





# NEW YEAR! NEW YOU!

## WITH MARIETTA ROSWELL COUNSELING AND LAUREAVIDA WELLNESS!



Scott Pennington, Clinical Director, MRC; Max, and Sophie Webster, Certified Life and Health Coach, Laureavida Wellness

As we open our calendars to 2021, most of us are trying to sort out the past year. Sophie Webster, Certified Life and Health Coach for East Cobb's Laureavida Wellness LLC, points to not only the psychological, emotional, and physical scars of the pandemic, but also our country's political divide that has created conflict among families and friends. With this chaotic backdrop, how do we move forward?

Pandemic issues and political division are just two of the many challenges that individuals and families face. If you are struggling with daily routines, counseling and/or lifestyle coaching could be instrumental in helping you find answers for yourself or a loved one.

Working in partnership with Laureavida, Marietta Roswell Counseling LLC (MRC) is a mental health counseling practice providing individuals from three-year-old children to seniors, couples, and families with the necessary skills to build healthy lifestyles and satisfying relationships. MRC has five licensed therapists who specialize in different

aspects of mental health needs. Depending on each client situation, MRC therapists offer online or in-person counseling sessions. Stringent cleanliness processes have been implemented at the office for face-to-face meetings. All therapists are Telehealth-certified and licensed in Georgia, with one therapist licensed also in South Carolina, North Carolina, Kentucky, and Florida.

All sessions are client-centered, meeting each individual where he or she is. MRC addresses numerous mental health issues, including depression, anxiety disorders, stress management, addiction, grief, divorce/co-parenting, marriage and relationship counseling, work and career issues – to name a few.

Scott Pennington, LPC, serves as MRC's Clinical Director. Pennington specializes in working with teens, individuals, and couples (pre-marital and marital therapy), as well as with co-parenting and family issues. Having a corporate background coupled with a need to help others, Pennington returned to school and changed career 10 years ago to become an LPC. As a mental health professional, he brings experience from clinical, institutional, and private practices.

"This past year amplified stressors that were already in play," explains Pennington. "MRC works with local schools and provides counseling for Cobb County schools in emergency situations. Before COVID-19, students were stressed with pressures from family and society to achieve high standards academically and athletically. Now add isolation from friends, and you have the perfect storm for mental health concerns."

Sharing the same office space with MRC, Webster began Laureavida Wellness, which offers life and health coaching, integrating body and mind to help clients (18 years and older) achieve their goals. These lifestyle goals can include overcoming challenges to survive COVID-19, following a healthy

PAID ADVERTISEMENT



lifestyle, redefining yourself after divorce, planning retirement, and navigating many other life-altering transitions. Sessions are offered online for clients in all 50 states or sometimes face-to-face for Cobb County and the Highlands area in North Carolina.

Like Pennington, Webster spent many years in the corporate world. When her company moved her department to Los Angeles, she decided it was time for a new career where she could give back. Born and raised in France, Webster always followed the French healthy lifestyle and nutrition. Laureavida Wellness was born out of her passion to share this knowledge with others and educate them on how to achieve more balanced and fulfilling lives.

“When I saw how rewarding working as a counselor was for Scott (Pennington), I was inspired to join the effort as a coach,” says Webster. “We also saw the power in the two practices complementing one another.

“Our approach is unique in that Laureavida Wellness partners with MRC when needed to offer clients with the maximum chance for success,” continues Webster. “A person’s emotional state or past non-healed events or trauma could greatly impede future goals unless addressed through a qualified therapist. In addition, adopting a healthy lifestyle can improve not only our physical but also mental state. For example, a healthy relationship with food and a balanced lifestyle could improve conditions such as anxiety, depression, ADD, ADHD since 90% of serotonin, the mood and cognition neurotransmitter, and 80% of our immune system are coming from our gut. Through this partnership, we offer the client who desires it the opportunity to explore optimum ways to reach a healthy lifestyle and a fulfilling life with our mind and body approach.”

Services offered through MRC and/or Laureavida Wellness may be just what you need for 2021!

The East Cobb office is located at 2850 Johnson Ferry Road, Suite 200/250, Marietta. For more information on Marietta Roswell Counseling, visit [mariettaroswellcounseling.com](http://mariettaroswellcounseling.com). Hours are Monday-Sunday: 8am-8pm for a session with a licensed therapist. For more information on Laureavida Wellness, visit [laureavida.com](http://laureavida.com). Hours are Monday-Thursday: 11am-7pm. To make an appointment for either service, call the office at 678-691-8130.



The poster for Camp Kingfisher 2021 features a bright yellow background at the top with the ENC logo and a silhouette of a kingfisher. Below this is a black silhouette of a forest. The main text is in large, bold, white letters. At the bottom, there are three small photos of children and a brown textured background with contact information.

**ENC**  
Camp kingfisher  
**Chattahoochee**  
NATURE CENTER

**CAMP  
KINGFISHER  
2021**

**<< MEMBER REGISTRATION NOW OPEN >>**

**GENERAL REGISTRATION  
OPENS JANUARY 18 | 10AM**

**Unplug this summer at Camp Kingfisher!**

Camper Registration  
High School Leadership Program  
Staff Positions Available

**ENC** **Chattahoochee**  
NATURE CENTER

9135 Willeo Road | Roswell, GA 30075  
[chattnaturecenter.org/education/camp/](http://chattnaturecenter.org/education/camp/)  
[camp@chattnaturecenter.org](mailto:camp@chattnaturecenter.org)

# ANSLEY ATLANTA PARTNERS WITH LOCAL NONPROFITS

*By Cynthia Lippert, Managing Broker & President, Atlanta Realtors Association*

At Ansley Atlanta we put our clients first in every aspect of our business. By perfecting the craft of real estate, participating in the betterment of our community and taking great pride in the relationships we build, we work relentlessly to provide an exceptional client experience with an efficient, thoughtful perspective woven into every aspect of our business.

At the heart of Ansley's culture is our entrepreneurial spirit. We are a young company having just celebrated our five-year anniversary, but in those five years we have built a brand that stands for something and delivers results. Our extensive international network, dominate social media presence, superior marketing and deep roster of experienced agents have combined to produce explosive growth and results, helping Ansley outpace legacy brands with decades of established business and exposure to become one of the top-performing residential real estate firms in metro Atlanta.

But meet with any of our agents, staff, or leadership team, and you will soon discover we are about so much more than individual transactions - we are about forming long-lasting relationships and giving back to the communities where we live and work. We recognize that when we all lend a helping hand it benefits our entire city by creating a happier, stronger, and healthier place to live. For that reason, Ansley has established two impactful programs with Children's Healthcare of Atlanta and Sunny & Ranney to help our neighbors in need.

For more than 100 years, Children's Healthcare of Atlanta has been a pillar of the community, providing quality pediatric care that has made them the model of excellence nationwide. Every day, lifesaving work happens

at CHOA - from cancer treatments and organ transplants to fracture care, autism, food allergies and physical therapy, but Children's relies on the financial support of others to help them continue providing a high level of care to their patients and patients' families. We are so happy that our ongoing commitment to Children's allows us to donate a portion of every home sold to help deliver much needed support and resources. Since the program's inception four years ago, we have contributed over \$250,000 to CHOA - money that stays right here in Atlanta to help provide high-quality pediatric care for families in our community.

Our newest partnership is with Sunny & Ranney, an innovative resale store in Roswell that has been selling designer home goods and furniture to support home makeovers that transform the lives of kids with special needs since 2012. As the exclusive real estate partner of Sunny & Ranney, our clients can donate unwanted items, have them picked up from their home and know that when their items sell, the profit goes directly to Sunny & Ranney's charity, Sunshine on a Ranney Day, which renovates homes for children who need wheelchair-accessible rooms to improve their independence and development. While most of their merchandise is donated by retailers, wholesalers, and designers, Sunny & Ranney accepts donations from anyone. Visit [sunnyandranney.com](http://sunnyandranney.com) to learn more about the donation process.

There are a lot of real estate companies in Atlanta. Creating an experience that lingers - one that is a little more special and impactful, that is what we strive to achieve every day. Please stop by and visit us at The Avenue East Cobb, we would love to get to know you and show you the Ansley difference. ☺





**Family.  
Friends.  
Community.**



**770-956-1688**  
[www.ronsprouse.com](http://www.ronsprouse.com)

**Ron Sprouse**



**SPANISH FRENCH CHINESE ENGLISH**

**The Quadrilingual Academy**  
Smyrna, GA

Owned by a  
Medical  
Professional

Imagine what a child can do in life if  
he/she speaks 4 of the  
top 5 languages in the World.

**Now enrolling 3 months - 1st Grade**

No Registration Fees,  
No Before/Aftercare Fees,  
and No Long-Term Contracts



"American babies that speak 4 languages?  
Well, we're doing it, and you can do it too!"  
- Jessa Depew, PharmD  
Owner



@thequadacademy

2581B Spring Rd. • Smyrna, GA 30080 • 404-777-QUAD (7823)  
[info@thequadacademy.com](mailto:info@thequadacademy.com) • [www.thequadacademy.com](http://www.thequadacademy.com)

**New Year  
New You**

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



**Professional Headshots**  
**770-365-6632**

**INFANTS-K** **MJCCA** **IN EAST COBB**  
**The Sunshine School**

**Building a love of learning  
and a community for life.**

**REGISTRATION OPENS JAN 10!**

[PRESCHOOL@ATLANTAJCC.ORG](mailto:PRESCHOOL@ATLANTAJCC.ORG)  
[ATLANTAJCC.ORG/SUNSHINESCHOOL](http://ATLANTAJCC.ORG/SUNSHINESCHOOL)  
**678.812.3720**

**JCC**

# EAST COBB STUDENTS CELEBRATE THE ARTS

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

“MATTER BECAUSE...” This was the 2020 theme for the annual PTA Reflections Program. The impressive nature of this program demonstrates how during this year of pandemic-induced education, where our children were not even in the classroom until October, over 1,000 students still submitted amazing works of art, literature, poetry, music composition, film, photography and dance that celebrated why THEY MATTERED.

National PTA sponsors the longest running and most popular art competition in the nation. It began in 1969 when Mary Lou Anderson, the then President of the Colorado PTA, developed this remarkable program designed to encourage our student to explore their talents and express themselves through the arts. Each Fall, students around the country are presented with a theme and asked to interpret that theme through the artistic mediums of visual arts, literature, music composition, photography, filmography and dance. Since inception, millions of students have participated in the Reflections programs, and even in the age of Covid-19, East Cobb students rose to the challenge of creating works of art for consideration. The budding talent in our area is remarkable and the work submitted was an amazing compilation of beauty and imagination.

The work begins when school starts in August. The PTA Reflections Chairs for each of the 35 schools in the East Cobb County Council of PTA's (ECCC PTA), delivers the theme to their K-12 communities and our students work fastidiously to interpret and deliver a work of art in the medium of their choice. These entries are judged at the school level and the winners (1st and 2nd place in each medium and in each grade) are then submitted to the ECCC PTA, where they are again judged. Those winners are then submitted to the Georgia State PTA, which, along with winning entries from around the State, are again judged for submission to the National competition. Judges look for

technical skill, creativity and interpretation of the theme – a difficult job considering the level of talent on display.

This year ECCC PTA witnessed an amazing array of aptitude, ability and creativity. There were gorgeous submissions of art, masterpieces of literature and poetry, incredible musical and dance interpretive pieces, emotively beautiful photography and incredibly imaginative film. The talent our students have is extraordinary.

It is proven over and over that embracing the arts and encouraging students to explore their creative side stimulates the brain and enhances their educational experience. Of the many programs and events that PTA hosts every year, the Reflections program stands alone in helping our students discover their creative process and fuel their imagination. This creative spark then helps students excel in areas of math, science and language arts. As a community, we need to continue to embolden the artistic process by supporting our children's participation in this amazing celebration of the arts. 📷



*Tammy Andress is the President of the East Cobb County Council of PTAs and a Co-Vice President of the Lassiter PTSA. She is a longtime advocate for public education and the mother of three daughters; a Senior at American University in Washington DC, and a Senior and Sophomore at Lassiter High School.*

.....

**MAKING LIFE LESS TAXING.....**

**W. ROBERT MCGOLDRICK, CPA, CFP**

CERTIFIED PUBLIC ACCOUNTANT  
CERTIFIED FINANCIAL PLANNER

**770-992-7614**

- TAX PLANNING & PREPARATION
- BUSINESS/INDIVIDUALS/NON-PROFIT ORGANIZATIONS
- RETIREMENT PLANNING
- ESTATES & TRUST
- SMALL BUSINESS ACCOUNTING

2866 JOHNSON FERRY ROAD, SUITE 100  
MARIETTA, GA 30062

SECURITIES OFFERED THROUGH TRIAD ADVISORS, LLC  
MEMBER FINRA/SIPC

**WWW.NORTHSIDEPLUMBINGATLANTA.COM**

**FREE ESTIMATES**

**NORTHSIDE PLUMBING**

**770-272-2558**

**LICENSED & INSURED**

RESIDENTIAL & COMMERCIAL

- WATER HEATERS (Tank/Tankless)
- WATER & SEWER LINES
- CAMERA INSPECTION
- FAUCETS & TOILETS
- ALL REPAIRS

**10% OFF** **Any Plumbing Service**  
max discount up to \$100

Master Plumber Chad Mahaffey



# NEW YEAR'S RESOLUTION... A BETTER SMILE!

Right or wrong we often make assumptions about people based on how they look. A confident, attractive smile plays an important role in a person's image. When you look good, you feel good, and if you're pleased with your smile, you're more likely to wear it! If the real you is hiding behind an unattractive smile, you may want to consider some cosmetic options. Cosmetic dentistry refers to a host of dental treatments designed to enhance the smile and correct chipped, cracked, discolored, and unevenly spaced teeth. There are many cosmetic options available today including whitening, veneers and all-ceramic crowns, bonding, orthodontic treatment (braces or Invisalign), and tooth-colored fillings and inlays.

There are three standard methods that our office uses to professionally whiten the teeth. Each uses a peroxide-based gel. Opalescence Go is a kit of several premade "trays" that are placed against the teeth daily for 30 minutes to an hour for 10 days. Another method we like is Opalescence custom trays which look like clear orthodontic retainers. The gel is placed into these trays which are made specifically to fit your teeth and worn one to two hours a day at home. Many patients also like

our in-office treatment called ZOOM where we whiten your teeth in one hour in the dental chair. It is important to note that existing porcelain restorations or composite (bonded fillings) will not bleach, and teeth with heavy intrinsic stains such as those caused by tetracycline sometimes don't lighten well. In these cases, veneers or all-ceramic crowns may be considered.

A veneer is a porcelain or ceramic facing that is "glued" over the front of the tooth. Veneers can close spaces between teeth and make crooked teeth look straight. Composite "bonding" is another choice for covering the surface of the front teeth and is less expensive than porcelain veneers but typically does not last as long and sometimes does not look as natural. When teeth are severely crowded or if there are existing crowns with exposed, dark margins, all-ceramic crowns may be a better option. These types of crowns eliminate the "black line" you see at the gumline in traditional porcelain-fused-to-metal crowns.

More and more adults have been enhancing their smiles by getting braces or using an invisible retainer system like Invisalign. Orthodontics can not only make your smile more beautiful

but also correct problems with your bite. Bite correction and tooth alignment may even be recommended before placement of veneers or other cosmetic restorations to help your new restorations last longer.

Amalgam, or silver fillings, can make teeth look dark or gray, and replacing them with tooth-colored restorations such as composite fillings or ceramic inlays can make teeth look healthier and brighter. In cases of large silver fillings, restoring with crowns may be necessary.

There are so many options available today for getting a

beautiful, natural-looking smile. Don't hide behind those crooked, discolored, or chipped teeth. Let the real you shine by seeing a dentist and finding out how you can improve your smile!



**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).

**2872 Johnson Ferry Road • 770-993-3775 • [www.cheekdental.com](http://www.cheekdental.com)**



PAID ADVERTISEMENT

**EAST COBBER**

# HIGH SCHOOL INTERRUPTED

By Nadia Syed

The Coronavirus pandemic hit America like a storm. During a time of confusion and rapid change, students who relied on school for not only education, but also social interaction are now trying to adjust to a new form of education: virtual learning. Many Cobb County students have shifted to an online format rather than in-classroom learning. EAST COBBER intern, Nadia Syed, interviewed a few high school students to get their perspective on virtual school.



**Anoushka Gandotra**, a junior at Walton high school, has been doing online school since March. While she does miss attending normal school with her friends, she says that virtual learning has allowed her to have a much more balanced schedule, especially since her school day now ends at 1:50 P.M. Anoushka agrees that online is a big change for a lot of people. "There's a completely different ambiance," she said, "I mean, you're sitting at home for hours staring at a screen versus walking up three flights of stairs just to get to your next class." When asked what part of in-person school she missed the most, Anoushka said it was the social interactions. "I miss walking from class to class catching up with friends. I specifically miss funny classroom moments when some incident would occur, and the whole class would laugh." Cobb County students are now having to decide between continuing with virtual learning or going back to in-person. Anoushka explained that, for her, the choice definitely took some thinking... "I personally decided to stay virtual, along with about 40% of Walton students. Everyone's situations are different, so I understand both choices."



High school students have definitely expressed some frustration over the larger workload that came with online schooling. **Zack Talkboys**, a senior at Lassiter High School, agrees that the workload is more during virtual school, and he finds it stressful trying to complete all of his work along with college applications. Whether students are introverted or extroverted, it is a big adjustment to no longer be around groups of people everyday. Like many others, Zack also says the thing he misses the most is "being able to go out with friends." Zack is not planning to return to school as his parents would prefer him to stay at home. "I personally don't mind either way but it is probably safer to stay at home," he says.



While online schooling has definitely come to grow on some students, others are finding it not so enjoyable. Social butterfly and multifaceted athlete **Ariana Cradox**, a senior at Pope High School, says that she absolutely hates online learning. She explains how it's "a bit more challenging, since most teachers don't really know how to work everything during virtual learning." She also mentions that there is plenty more work during online school than in-person due to the shorter academic year. Students aren't just missing their classmates who they use to see on a regular basis; they're also missing teachers and staff. "What I miss the most is getting to visit my teachers whenever I want," says Ariana. It is drastically different to speak to teachers over a call versus in person, and many students would rather be there with their teachers to ask questions.



**Gracie Landelfeld**, a senior, is not only a bright student at Wheeler High School, but also a dedicated athlete. She says that the main time she sees friends now is when she has practice for her club rowing team. Gracie agreed that the part of in-person school she missed most was interacting with people. "I miss just being able to leave the house everyday," she says. "All of our classes are on zoom, the schedule is vastly different, all assessments are open note, and you don't see anyone from school in person, so this year is very different." However, like many others, Gracie enjoys the increased flexibility of the schedule. She says that "having Wednesdays has been a great chance to catch up on school work."



# Financial Peace of Mind

We're here to help  
you meet your  
financial goals.

Connect with  
Credit Union of Georgia  
to discover financial options  
made for YOUR life. From checking  
to savings to loans, we have you covered.  
Let us help you reach your financial goals.  
It's easy to join today!

 CREDIT UNION  
OF GEORGIA

678-486-1111 [www.CUofGA.org](http://www.CUofGA.org)    

**Invest in You.**  
Don't Put Your Future  
on Hold.

70-plus degrees, diplomas,  
and certificates in more  
than 50 programs of study.

  
Chattahoochee  
TECHNICAL COLLEGE



[ChattahoocheeTech.edu](http://ChattahoocheeTech.edu) | 770-528-4545

A Unit of the Technical College System of Georgia. Equal Opportunity Institution.



**READ MORE. DO MORE.**

Each EAST COBBER issue and [eastcobber.com](http://eastcobber.com)'s blogs, facebook posts and twitter feeds offer you  
the latest in local arts and entertainment, dining, community events, school news, and health tips.



Get more out of East Cobb: visit [www.eastcobber.com](http://www.eastcobber.com)



# 12 PLACES TO EAT **AROUND THE WORLD IN EAST COBB**

By Divya Sharma

Traveling around the world might be paused at the moment, due to safety measures with the coronavirus, but that doesn't mean your taste buds have to be restricted when it comes to tasting food from around the world. It is possible to book your taste buds on trips to Brazil, Japan, the Caribbean islands, and even India, right here in East Cobb. Here are some restaurants in and around the area where you can experience tasting food from around the globe. Your passport is not needed for this dining experience around the world.

### CAZADORES MEXICAN RESTAURANT



**Mexican** | Cross the border to Cazadores for their fantastic tacos and margaritas! This family-run restaurant has amazing authentic Mexican food!!

### LUCIA'S ITALIAN RESTAURANT



**Italian** | If you're a lover of pasta, Lucia's has an incredible selection! This family-owned business will satisfy your craves! Try out their Scallops and Zucchini Spiral Pasta today!!

### KARACHI BROAST AND GRILL



**Pakistani** | If you're looking for real Pakistani food, try Karachi's Broast and Grill. They have amazing entrées, such as their Chana Masala shown above.

*Celebrating our 30th year Anniversary!*



**Serving dinner daily at 5pm (early dining service from 5-6:30 Sunday through Thursday)**  
**Now serving Sunday Brunch 11am-2pm**

4401 Shallowford Road (at Johnson Ferry Road) • 770-993-7464 • [www.chicagosrestaurant.com](http://www.chicagosrestaurant.com)



## NEW LUCKY CHINA



**Chinese** | Have you been to New Lucky China to try out their Rainbow Rolls? Stop by this incredible Chinese restaurant for some really good food!

## BRAZILIAN BAKERY AND CAFÉ



**Brazilian** | This bakery has delectable Brazilian sweets and snacks that will quell your hunger immediately. Shown above is their Strawberry Tortoletes.

## RED CURRY THAI



**Thai** | This restaurant is perfect for those looking for the best of Thai food. They have everything from Red Snapper to Duck Curry. A fan favorite is their Chicken Coconut Noodle Bowl.

## CUBAN DINER



**Cuban** | This diner specializes in authentic Cuban food and is a great place to try something new!

## OKKO RAMEN ASIAN KITCHEN



**Japanese** | This genuine Japanese restaurant serves up delicious ramen!! Shown above is their Korean Noodles with Chicken and Kimchi Sauce.

## MEDITERRANEAN GRILL



**Mediterranean** | If you're hungry for falafels and spanakopita, look no further than Mediterranean Grill. Their food is fresh and fantastic. Make sure to try out their award-winning humus!

## HAVELI INDIAN CUISINE



**Indian** | This family business offers an array of delicious Indian food that is fresh and filling. Try their Curry with Chicken Mutton now!!

## JADA'S CARIBBEAN CUISINE



**Caribbean** | Come try out authentic Caribbean food at Jada's Caribbean Cuisine. Their ox tail and greens are to die for!!

## FREAKIN INCAN



**Peruvian** | Try Arroz Con Pollo at this true Peruvian restaurant right here in East Cobb! They have incredible plates of food that is sure to be delicious.

# PET OF THE MONTH: CALI THE CALICO

*Submitted by Cydney Goldberg*



**Animal/breed:** Domestic Shorthair

**Age and gender:** One-year old Female

**Favorite Food:** Salmon and Sweet Potatoes

**Favorite Person:** My Daddy

**Best Trick:** I play fetch with water bottle tops!

**Turn Ons:** Taking naps with daddy

**Turn Off :** Birds squawking at me on my balcony

**Favorite Toy:** Sali the salamander

**Last Seen:** Watching my fish friends on the table.

**What makes your pet so special:** She has the sweetest meows and is a cuddle bug.

# 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: \_\_\_\_\_

**the waggin' wagon**

**Mobile Dog Grooming**

Now serving the East Cobb communities: 30067 and 30068.

**Call us today to book your next appointment!**  
**678.972.0034**  
[www.thewagginwagon.com](http://www.thewagginwagon.com)

**Celebrating 10 Years!**

**Our services include:**

- Bath with Hydro Massage
- Ears Cleaned
- Nails Trimmed
- Sanitary Trim
- Basic Dematting
- Full Brush and Blow Dry
- Shave Downs
- Full Cuts



(That's Dog Talk for "You'll LOVE advertising in the EAST COBBER!")

More Info:  
**770-640-7070**



# COBB ANIMAL SERVICES OFFERING PET ADOPTIONS

**H**ave you or are you thinking of adopting a new dog in 2021? Consider adopting a pet. Some pets housed at the Cobb County Animal Shelter are available for adoption. Appointments are required for individuals wishing to visit the facility to adopt a pet. For questions or to schedule appointments, call 770-499-4136. To view pets available for adoption, go online to the pets available for adoption webpage. For information on the process and costs associated with adopting a pet, go online to the Animal Services adoptions information webpage.

## Dog and Puppy Adoption \$115.00

All dogs and puppies have received basic vaccinations (including rabies), been de-wormed, and have been spayed/neutered. All canines 6 months of age and over have been heart worm tested.

## Cat and Kitten Adoption \$115.00

All cats and kittens have received basic vaccinations (including rabies), been de-wormed, and have been spayed/neutered. All felines have been combo tested.

## Rabies Observation Boarding Fee \$15.00 per day

Collected from owner reclaiming animal that was quarantined for rabies observation.



Gift Certificates for all adoptions are available upon request!

The animal shelter is open Tuesday-Saturday, 10:30am-4:30pm. Cobb Animal Services is located at 1060 Al Bishop Drive in Marietta. 📍

**H1 HONEST-1<sup>®</sup> AUTO CARE**

Call us today for an appointment:  
**(678) 506-2861**

1391 East Cobb Dr, Marietta, GA 30068  
www.Honest1EastCobb.com  
Mon-Fri • 7am-6pm | Sat • 8am-4pm

**FREE 12 MONTH  
ROADSIDE ASSISTANCE**  
On all work orders over \$25

**\$15 off**  
Full Synthetic Oil Change

**Special includes:**

- Full Synthetic Oil Change
- Comprehensive Vehicle Inspection

\*Most vehicles. Tax & shop supplies extra. Up to 5 quarts of Full Synthetic motor oil, including spin on filter. Cannot combine with any other offers. For a limited time only.

**\$5 off**  
Emissions Testing

**THE LAW OFFICES OF SEAN R. WHITWORTH**  
**DIVORCE & FAMILY LAW**  
Serving Cobb and All Metro Counties

For a Free Consultation  
Call Us At  
**770-691-2591**  
Offering Flat Fee Billing

www.swhitworthlaw.com  
seanwhit@swhitworthlaw.com

Sean R. Whitworth  
Attorney at Law

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

# HEALTH & WELLNESS

## COUNSELING

### **Marietta Roswell Counseling (MRC)**

2850 Johnson Ferry Road, Suite 200/250 • Marietta 30062  
678-691-8130 • [www.mariettaroswellcounseling.com](http://www.mariettaroswellcounseling.com)

Mon-Sun: 8am-8pm

Licensed mental health counselors offering services from 3 years of age to adults. We offer individual sessions, face-to-face and online sessions, family and couple sessions. We help with depression, anxiety, ADD, ADHD, trauma, PTSD, addiction, marital, family conflicts and various mental health challenges.

## DENTISTS

### **Cheek Dental**

2872 Johnson Ferry Road • Marietta 30062  
770-993-3775 • [www.cheekdental.com](http://www.cheekdental.com)

Mon-Fri: 8am-5pm

An all female dental team provides quality comprehensive dentistry to adults and children. Our high-tech office provides same day crowns and implant restorations and uses intra-oral cameras and digital x-rays. Read our consistently 5-star reviews on our website and see why so many East Cobbers trust us with their smiles!

### **Waldron + Lee Dentistry**

NEW OFFICE: 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.

## GASTROENTEROLOGISTS

### **GI Specialists of Georgia**

711 Canton Road, #300 • Marietta 30060  
678-448-6630 • [www.gigeorgia.com](http://www.gigeorgia.com)

Mon-Fri: 8am-4:30pm

The leading gastroenterology practice in Northwest Georgia. Our board-certified physicians treat all disorders of the digestive tract, including disorders of the colon, liver, and pancreas. Patients choose us to receive high-quality treatment in a professional, supportive and educational environment.

## LIFE AND HEALTH COACH

### **Laureavida Wellness**

Sophie Webster, Certified Life and Nutrition Health Coach  
2850 Johnson Ferry Road, Suite 200 • Marietta 30062  
404-308-0893 • [www.laureavida.com](http://www.laureavida.com)

Mon-Thurs: 11am-7pm

Sophie Webster, MBA, CHC, CLC, is a Certified Life and Nutrition Health Coach, motivating you to improve your routine for better health. She coaches on nutrition, health management, stress, work-life balance, and financial wellness. Sophie is also a Cognitive Behavioral practitioner (CBT) helping you better manage your self-talk.



TWEET TWEET!  
FOLLOW US ON TWITTER

**Happy 2021**

**nia Pediatric DENTISTRY**

**from Dr. Azi Nia and the Nia Team**

**[www.NiaDentistry.com](http://www.NiaDentistry.com) 770.479.9999**

**1111 Johnson Ferry Road • Marietta, GA 30067**



# REFRESH AND REJUVENATE AT SKIN CARE BY CARMEN



Carmen Fletcher started Skin Care By Carmen with a true passion for the techniques and education that creates beautiful skin. She has been extensively trained in the best dermatological methodologies by working alongside top NYC plastic surgeons and doctors.

After years of working at MODA salon, Carmen decided to create her own skin care business and in just two years has a very loyal and strong following. She believes that glowing skin comes from within, as well from an excellent skincare regime. "It's how you eat, your attitude, and taking great care of your skin," Carmen says.

With the serenity of a destination spa, Skin Care By Carmen is a haven that warms you up from the inside, and treats each customer to thorough, specific solutions you can find close to home by an esthetician you can entrust, enlist and collaborate with.

Whether you're looking to benefit from the latest state of the art anti-aging treatments, need a little "freshening up", or seeking complete teen and adult acne care, this will be your "go-to" place for all of your skincare needs. Carmen is dedicated to helping her clients get the best treatment for their skin's needs. While Carmen provides the utmost care to protect the health of the skin, her salon also provides safe, quick and effective hair removal. Your ultimate comfort and satisfaction is her top priority, and she is completely committed to making your experience one to remember.

Open Tuesday through Saturday, Skin Care by Carmen is conveniently located at 2854 Johnsons Ferry Road, Suite 100, in Marietta /East Cobb. If you'd like to experience first class service, call Skin Care By Carmen at 770-515-8150. You can make an appointment from anywhere, seven days a week by visiting her website: [clinicalskincarebycarmen.com](http://clinicalskincarebycarmen.com)

PAID ADVERTISEMENT

## GI SPECIALISTS OF GEORGIA



Dr. Aasim Sheikh



Dr. Ritesh Shah



Dr. Ross A. Komor



Dr. Anuj Manocha



Dr. Sachin Goel



Dr. Shanil Harkins



Dr. Suku George



Dr. Akit Patel

### Colonoscopy.



A simple thing that can save a life.

3747 Roswell Road NE • Suite 314 • Marietta 30062  
2500 Hospital Boulevard • Suite 350 • Roswell 30076  
711 Canton Road NE • Suite 300 • Marietta 30060

GI SPECIALISTS  
OF GEORGIA

Schedule your colonoscopy  
today by calling 1.888.MYCOLON  
or 678.741.2313, or by visiting  
[www.gigeorgia.com](http://www.gigeorgia.com)

# HEALTH & WELLNESS

## 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 appointment 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.



## PERSONAL TRAINERS

### Fitness Together

1000 Johnson Ferry Road

Building 400, Suite 412 • Marietta 30068

770-321-1347 • [www.fitnessstogether.com/eastcobb](http://www.fitnessstogether.com/eastcobb)

Hours by appointment.

The leader in private, personal training. We help our clients achieve, if not exceed, their lifelong wellness goals in a clean, professional and friendly environment.

## SKIN CARE

### Skin Care by Carmen

2854 Johnson Ferry Road, Suite 100 • Marietta 30062

770-515-8150 • [clinicalskincarebycarmen.com](http://clinicalskincarebycarmen.com)

Carmen Fletcher's beauty and skincare clinic was established with both young and older women in mind. Carmen has been in the beauty and skincare business for almost fifteen years now. Treatments include skin correction, facial toning and body waxing.

## VASCULAR SURGERY

### Vascular Surgery Associates P.C.

3747 Roswell Road NE • Marietta 30062

678-626-5420 • [www.vascularsurgical.com](http://www.vascularsurgical.com)

Mon-Fri: 8am-5pm

Vascular Surgeons providing comprehensive care of the vascular system. Both arterial conditions and venous conditions are our specialty. Ultrasounds are done in our office by Registered Vascular Technicians for diagnosis and monitoring daily.



PERSONAL TRAINING TO EMPOWER YOU TO

# HAVE THE ENERGY TO DO WHAT YOU LOVE

Private in-studio suites + LIVE 1-on-1 virtual training

**3 training sessions for \$199**

**+ complimentary signature fit evaluation**

**FITNESS TOGETHER EAST COBB**  
770.321.1347  
1000 Johnson Ferry Rd  
Marietta, GA 30068  
[fitnessstogether.com/eastcobb](http://fitnessstogether.com/eastcobb)

**FITNESS TOGETHER**

©2020 Fitness Together Franchise, LLC (FTF). All rights reserved. Each Fitness Together® studio is independently owned and operated. Individual exercise results vary. Fitness Together® and the Fitness Together + design are registered trademarks owned by FTF.





# *New Year, New Luxurious Lifestyle*

**THE DISTINCTIVE ADDRESS YOU'RE ACCUSTOMED TO  
WITH THE BOUTIQUE STYLE RETIREMENT LIVING YOU DESERVE.**

**Start the new year with a new address!**

*Call today and schedule a visit.*

*We would love to show you our newly renovated communities.*



## **Dunwoody Place**

**(470) 450-1853**

1460 S Johnson Ferry Rd NE  
Atlanta, GA 30319

## **Magnolia Place**

**(678) 846-3055**

655 Mansell Rd  
Roswell, GA 30076

## **Historic Roswell**

**(678) 621-2263**

75 Magnolia St  
Roswell, GA 30075

**A SENIOR LIVING COMMUNITY**

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





Bank  
smarter.  
Anywhere  
you go.

With LGE's Mobile Banking and Snap Deposit, you can bank virtually anywhere and everywhere. But while you're banking, you're putting more in your pocket. Because at LGE, you earn more on checking and pay less on loans. And you earn cash rewards the more you bank with us! So switch from your bank and discover smarter, better, more convenient banking. **Only at LGE.**

**LGE**  
Community Credit Union

*A smarter way to bank®*

LGEccu.org | 770-424-0060

This credit union is federally insured by NCUA.