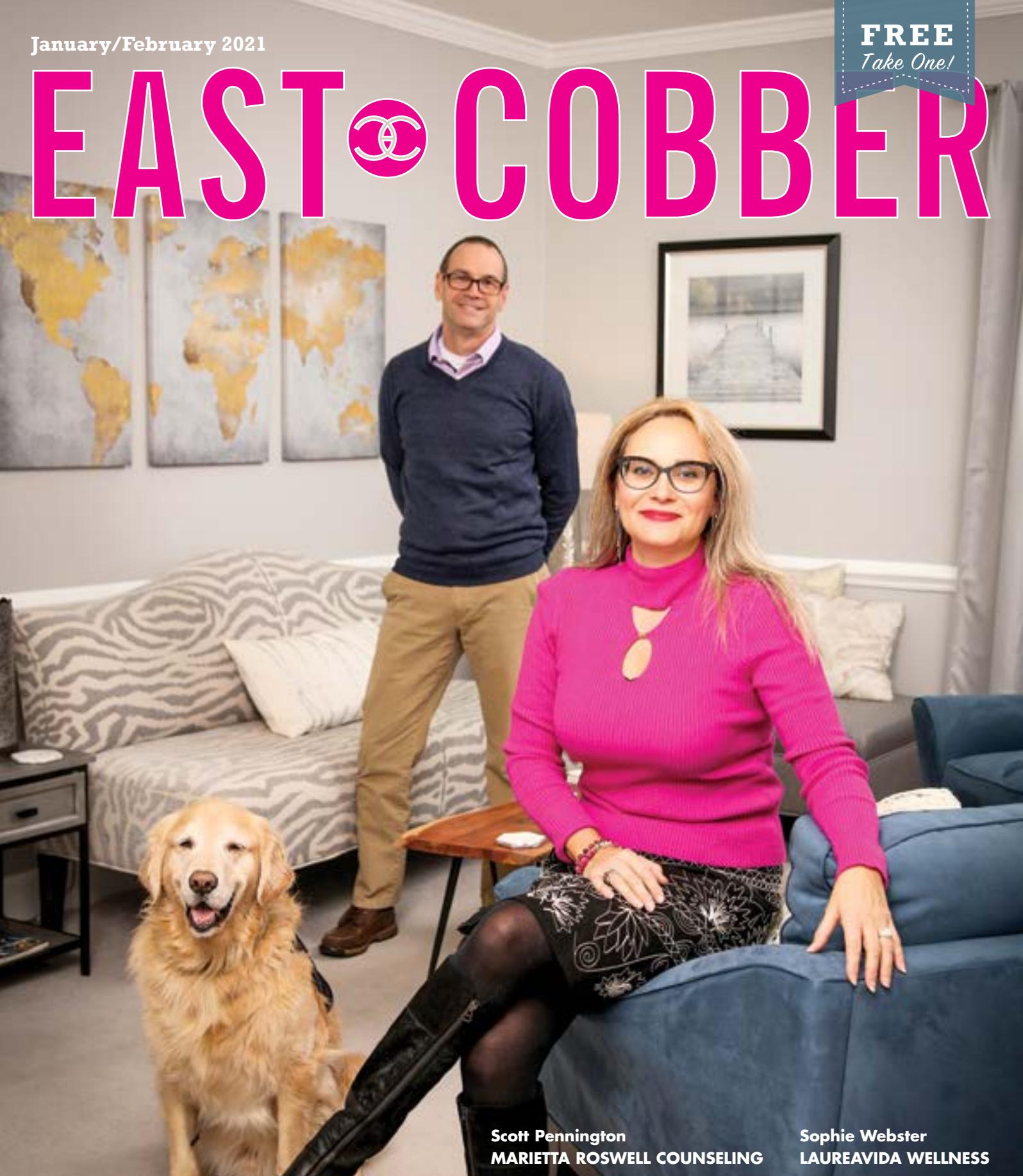


January/February 2021

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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

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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.

Please address all correspondence to 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. Hours are Monday-Sunday: 8am-8pm for a session with a licensed therapist. For more information on Laureavida Wellness, visit laureavida.com. Hours are Monday-Thursday: 11am-7pm. To make an appointment for either service, call the office at 678-691-8130.

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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
- > Donate stock or other assets: Contact Barbara Garner at 770-859-2359 or 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.

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. 



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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

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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!

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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 to learn more about the donation process.

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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.



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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.

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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.



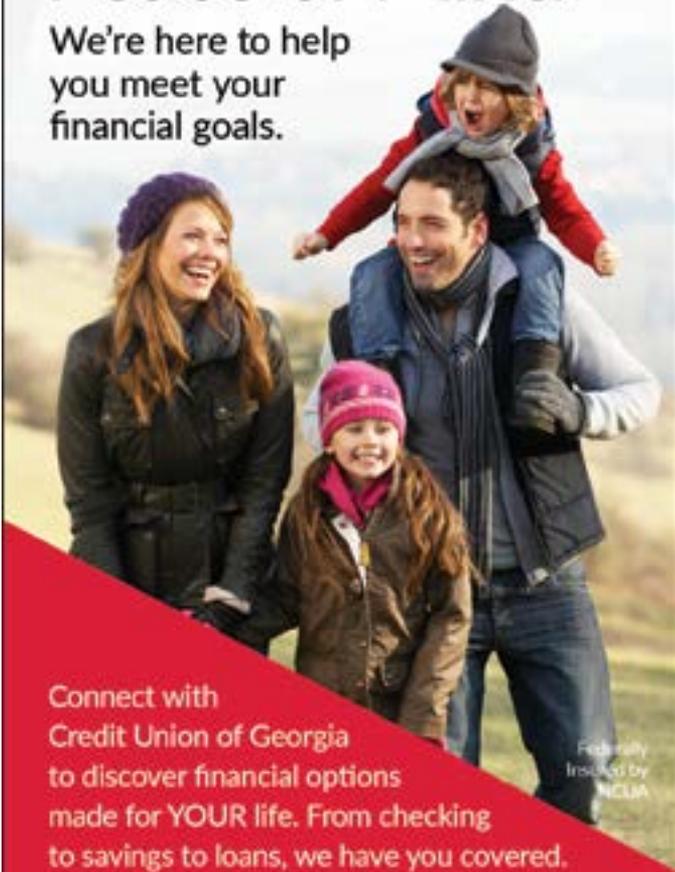
While online schooling has definitely come to grow on some students, others are finding it not so enjoyable. Social butterfly and multifaceted athlete **Ariana Cradox**, a senior at Pope High School, says that she absolutely hates online learning. She explains how it's "a bit more challenging, since 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 Landefeld, 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."

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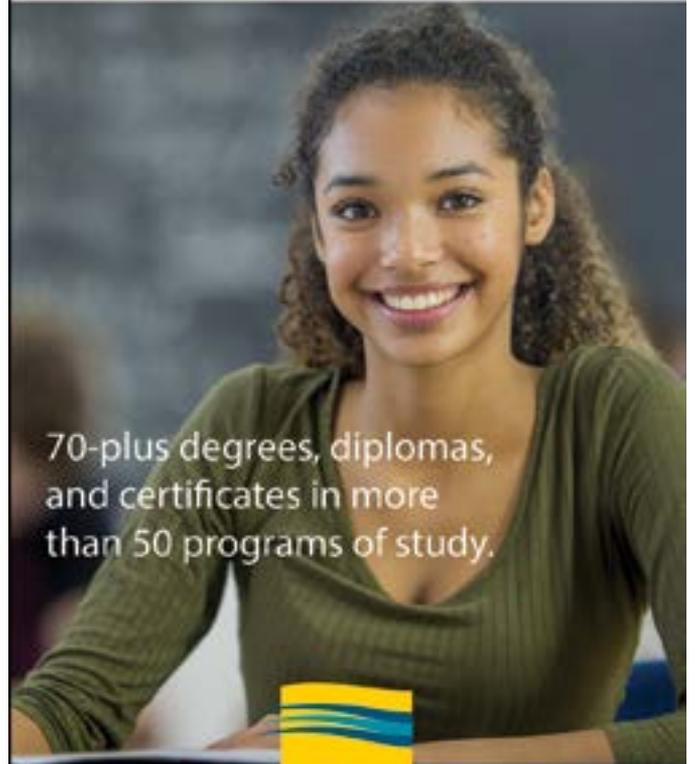
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12 PLACES TO EAT **AROUND THE WORLD IN EAST COBB**

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.

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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



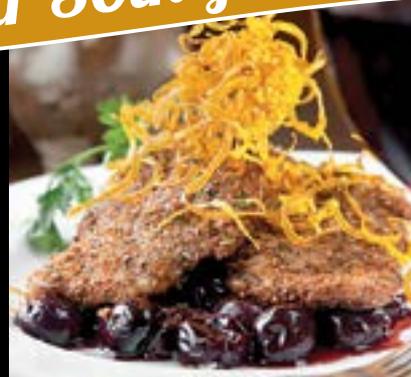
Italian | If you're a lover of pasta, Lucia's has an incredible selection! This family-owned business will satisfy your craves! Try out their Scallops and Zucchini Spiral Pasta today!!

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.

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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 Tortolete.

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

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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COBB ANIMAL SERVICES OFFERING PET ADOPTIONS

Have 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.



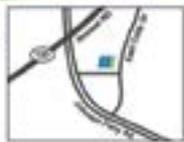
Gift Certificates for all adoptions are available upon request!

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



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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.

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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

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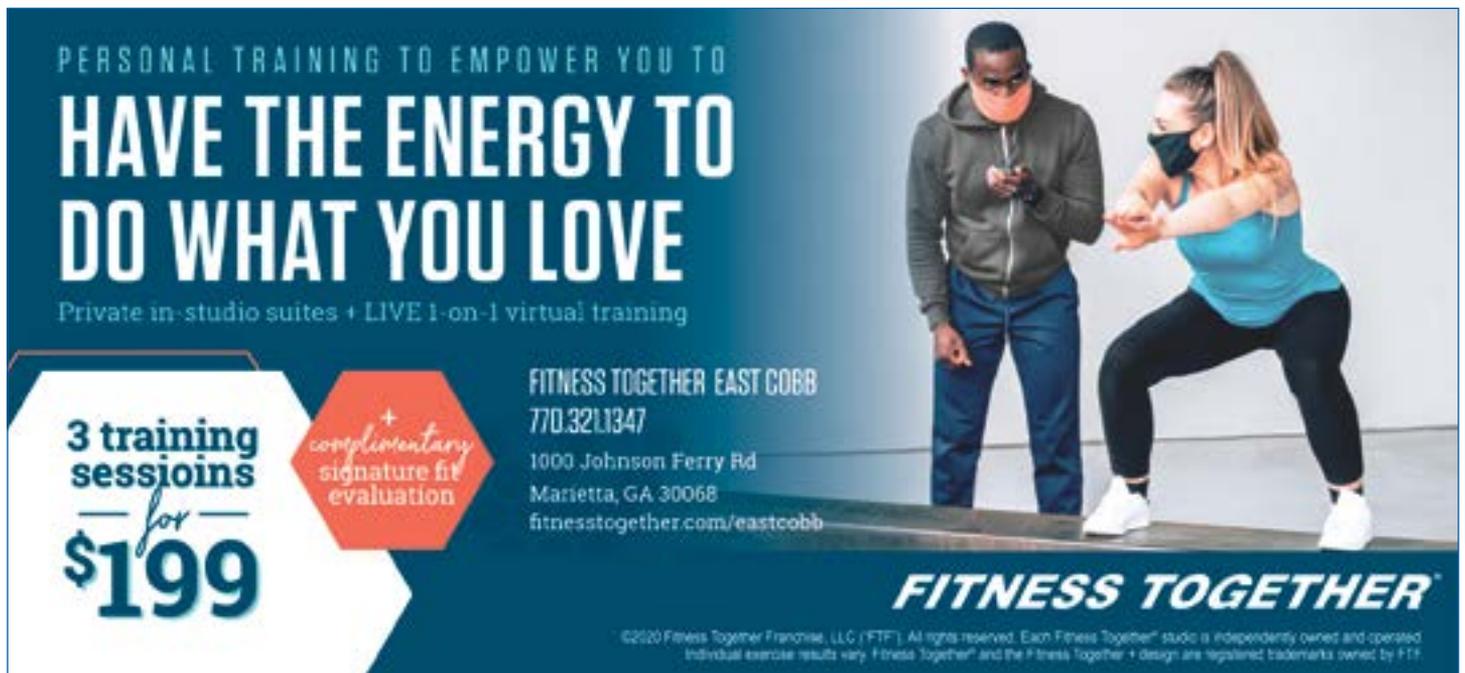
Carmen Fletcher's beauty and skincare clinic was established with both young and older women in mind. Carmen has been in the beauty and skincare business for almost fifteen years now. Treatments include skin correction, facial toning and body waxing.

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