

March/April 2021

FREE
Take One!

EAST COBBER



Christine Love &
Randi Soniker
COMPASS
REALTORS®

Local Author Writes Book PAGE 8 | **Pet of the Month** PAGE 18 | **Dining Guide** PAGE 20

Health + Wellness PAGE 22 | **Tips to Stay Healthy During COVID** PAGE 30



SAFE EMERGENCY KIDCARE

For many kids, make-believe may be the most important part of their world.

But when real-life emergencies happen, parents can count on Wellstar to keep what they treasure most – their child – in safe, secure hands. At each pediatric-friendly emergency department, we deliver world-class care for children from birth to age 18. Because we know one size doesn't fit all, everything our experienced pediatric team uses is just right for little patients, like mini casts, crutches and blood pressure cuffs (that give the best arm hugs).

With Wellstar hospitals right around the corner, you won't have to go far for the best pediatric emergency care.



Wellstar

More than healthcare. **PEOPLECARE**

Wellstar Cobb Hospital

3950 Austell Rd SW | Austell, GA 30106
(470) 732-4000

Wellstar Kennestone Hospital

677 Church St NE | Marietta, GA 30060
(770) 793-5000

Wellstar Pediatric Emergency Departments are powered by Pediatric Emergency Medicine Associates (PEMA).

For follow-up care or other health services, Wellstar has a specialized pediatric center and 20 convenient offices in the metro Atlanta area. To find a location near you, visit [wellstar.org/kidsER](https://www.wellstar.org/kidsER).

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

8

LOCAL AUTHOR WRITES BOOK

10

TAKE NOTE: MAKE NOTES

18

PET OF THE MONTH

20

DINING GUIDE

22

HEALTH + WELLNESS

EAST COBBER

P.O. Box 680455 • Marietta, GA 30068

770-640-7070 • FAX: 770-559-3185

www.eastcobber.com

Volume 28 | Number 3

Founder | Publisher

CYNTHIA ROZZO

cynthia@eastcobber.com

Account Representatives:

East Cobb Businesses - Merchant's Walk - Roswell Road

MICHELLE O'SHAUGHNESSY

678-357-9384 • michelle@eastcobber.com

Northeast Cobb Businesses

LAREN BROWN

770-880-0965 • laren@eastcobber.com

Graphic Designer: Tamara Stephens



www.eastcobber.com

www.facebook.com/EastCobber

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.

Subscriptions are available for \$20/year.

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

Become a fan of
EAST COBBER

Chat with other **EAST COBBER** fans, post pictures, find out about giveaways and events and keep in touch with others that love East Cobb County and the **EAST COBBER** as much as you do!

You can find us at Facebook.com under **EAST COBBER**





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

PUBLISHER'S NOTE



Publisher Cynthia Rozzo

March marks the one year anniversary when the World Health Organization (WHO) declared COVID-19 a pandemic. Since then we have witnessed scenarios beyond our wildest imaginations. We experienced personal, professional and community challenges. From wacky "Twilight Zone" schedules, to expanding waistlines pushing our pajama elastic bands to their limits, to converting our homes into home- office-

schools. We've had to adapt and shift. We need different things—masks, outdoor space, and generosity from each other to name a few.

During this pandemic, we have witnessed some inspiring moments of humanity. As Frances Bacon said, "In order for the light to shine so brightly, the darkness must be present." In the mix of this COVID chaos we can see clearly the beautiful lights among us, especially essential workers. We humbly thank our truck drivers, grocery store clerks, teachers, police, and of course, healthcare professionals. Kudos to the good neighbors that checked in on the lonely senior, donated food to those in need and other ways too long to list. Kudos to all of you who shined your light during this time of darkness.

Enjoy this issue of EAST COBBER magazine, I hope it brightens your day while you read about all the good people and resources we are fortunate to have in our East Cobb community!



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

On the Cover

Pictured on this issue's front cover are two East Cobb-focused real estate agents, Christine Love and Randi Soniker. The photos were taken at Camps Kitchen and Bar in the Paper Mill Village shopping center.

Both Love and Soniker have been top real estate producers in the metro Atlanta area for years. As the pandemic emerged last year they saw the real estate industry enter "seas that had never been crossed," according to Soniker, and were grateful to have made the strategic move to Compass. A New York City-based firm, Compass provides its more than 15,000+ agents in major markets throughout the country with superior support and innovative technology.

Soniker discloses she was drawn to join Compass because of its modern platform, hip vibe, and the brokerage's entrepreneurial spirit. The company pairs highly motivated, top-selling producers with innovative technology and the tools to succeed. "Our clients are thrilled that we get their homes sold at top dollar with minimal days on the market."

You can read more about Love and Soniker on page 6. Readers interested in buying or selling real estate can give either of them a call. For more information on Christine Love, check out closedwithlove.com or contact her at christine.love@compass.com or 404-375-2180. For more information on Randi Soniker, check out realestaterandi.com or contact her at randi.soniker@compass.com or 678-923-7337.

Front cover photo taken by
Jeremy Adamo of
Adamo Photography.



YOUR EAST COBB PERSONAL INJURY LAWYER

HOUCK
— LAW FIRM —
INJURY LAW

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

S. Bradley Houck, Esq.
770-392-6081 (direct) | 770-842-5890 (cell)
Brad@houck-law.com | www.houck-law.com




Holy Week

PALM SUNDAY | WEDNESDAY BAPTISM | MAUNDY THURSDAY | GOOD FRIDAY | EASTER SUNDAY

March 28 - April 4

 **JOHNSON FERRY BAPTIST CHURCH, 955 JOHNSON FERRY ROAD, MARIETTA, GA 30068 | JOHNSONFERRY.ORG**

LOCAL REAL ESTATE AGENTS PROVIDE GUIDANCE



Christine Love and Randi Soniker

One thing that 2020 taught us was the importance of that which is close to the heart. For many, that turned out to be home and local community as our worlds became smaller, and we became more focused on life's basics. If you think about it in literal terms, often our only in-person encounters outside our homes were during walks in the communities in which we live. Two East Cobb-focused real estate agents, Christine Love and Randi Soniker, who not only survived, but also thrived in 2020 with a collective \$27 million in sales during the difficult year, accomplished this feat through two means – using the tools offered by their broker, Compass, and tapping into this newfound priority for home and community.

Both Love and Soniker bring a wealth of experience to their roles and have been top real estate producers in the metro Atlanta area for years. As the pandemic emerged and they saw the real estate industry enter “seas that had never been crossed,” according to Soniker, they were even more grateful to have made the strategic move to Compass.

According to Love, “When you are an agent at Compass, you are surrounded by other amazing agents, which pushes you to be your best.” A New York City-based firm,

Compass provides its more than 15,000+ agents in major markets throughout the country with superior support and innovative technology that help them take successes a step further.

Soniker discloses what drew her to join Compass was its modern platform, hip vibe, and the brokerage's entrepreneurial spirit which means that the company pairs highly motivated, top-selling producers with innovative technology and the tools to succeed. “Compass is a forward-thinking technology company that is crushing the competition because we are armed with tools that help us sell homes quicker than ever before,” she says. “In turn, our clients are thrilled that we got their homes sold at top dollar with minimal days on the market.”

Love goes on to discuss some of the various programs that Compass offers with one unique program in particular, that's entitled Compass Concierge. With this program, once the client qualifies, Compass helps by fronting the cost of home improvements and renovations before going on the market. “Take an older property that hasn't been updated,” she explains. “The owners can use Compass Concierge to pay for necessary improvements without having to use cash reserves. Then at closing, the cost is paid back with no interest or fees to the seller.”

Another program these women have found to be instrumental is Compass Bridge Loan Services, which provides access to bridge loan lenders with the option to get up to six months of the loan payments fronted when the home is sold with a Compass agent. Also, Compass offers the Compass Coming Soon and Compass Private Exclusive programs, which pre-market properties on [compass.com](https://www.compass.com).

With Compass furnishing the backbone for marketing, Love and Soniker can focus on shared convictions regarding home and local community. Both agents live in East Cobb and support “all things local,” according to Love. Their focus on home and the local community proved to be contributing factors to their 2020 successes.

“We both believe that home is so much more than just a house,” says Love. “This affects all that we do when helping a client buy or sell. During this past year, the concept of home evolved as it acquired new attributes with people working from home, studying from home, and everything in-between. Looking at this landscape, we also continued to build on our relationships with past clients.”

PAID ADVERTISEMENT

Soniker is quick to point out the many great facets of East Cobb living that she shares with all her clients. “When considering the East Cobb area, many people only think about the quality of the schools,” she says. “I agree with that train of thought. I couldn’t be more pleased with the education that my three sons – one at Sope Creek Elementary and two at East Cobb Middle -- are receiving.”

With that said, she goes on to stress that East Cobb offers so much more than quality schools, including excellent restaurants, shopping, historic sites, park youth sports programs, access to hiking and mountain bike trails, as well as safe places to cycle on the road. Love and Soniker share a list of just a few of their favorite local spots:

- Camps Kitchen & Bar, Paper Mill Village
- McCray’s Tavern, Parkaire Landing
- Moxie Burger, Paper Mill Village and Shallowford Crossing Shopping Center
- Reveille Café, Sandy Plains Centre
- Seed Kitchen & Bar, Merchant’s Walk
- Drift Fish House & Oyster Bar, The Avenue East Cobb
- Fresh Squeezed Juice Bar, Parkaire Landing
- Solstice, in the Synovus building
- Casabella, Merchant’s Exchange Shopping Center
- Eagle Nails, Market Plaza Shopping Center
- Sugar Nails, 3822 Roswell Road
- Dance Stop Studios, Merchant’s Exchange Shopping Center
- The Art Place, 330 Sandy Plains Road
- Sope Creek Trails, Paper Mill Ruins, Hyde Park, and Gold Branch Trail.

Both Love and Soniker invite anyone who is interested in buying or selling real estate to give either of them a call, “Even if you are not sure when or if you are ready to make a move, come be part of our village,” says Soniker. “Let’s meet up for coffee or juice and discuss the current real estate market.”

For more information on Christine Love, check out closedwithlove.com or contact her at christine.love@compass.com or 404-375-2180. For more information on Randi Soniker, check out realestaterandi.com or contact her at randi.soniker@compass.com or 678-923-7337.

COMPASS

MEET THE REALTORS

CHRISTINE LOVE REALTOR®

Compass

christine.love@compass.com

Christine brings energy, enthusiasm, and 11 years of learning the business to each real estate transaction. She is a member of the Cobb Association of Realtors and a four-year member of the Multi-Million Dollar Club. As an East Cobber, she promotes all things local and recognizes that real estate molds a community's landscape and lifestyle. She has the experience and resources to help her clients whether they are buying a first home, buying investment property, choosing a builder for custom construction, needing a home evaluation, or looking for information on pre-market repairs and staging.



RANDI SONIKER REALTOR®

Compass

randi.soniker@compass.com

Randi is a boutique-style real estate professional who provides top-notch, individualized services to all her clients. She is an Atlanta Realtor “Top Producer,” with many years of experience in the industry. She helps clients sell their homes at top dollar and purchase their new homes or investment properties. Having lived in the metro Atlanta area for more than 30 years and living in East Cobb for more than 10 years, she brings local flavor and expertise to all that she does. Her degree from the University of Michigan in Civil Engineering helps her on the construction front, and she always crunches numbers to get her clients the best value in all real estate transactions.

PHOTOGRAPHY CREDITS: Hair by Bradley Seale, Makeup by Halsey

PAID ADVERTISEMENT

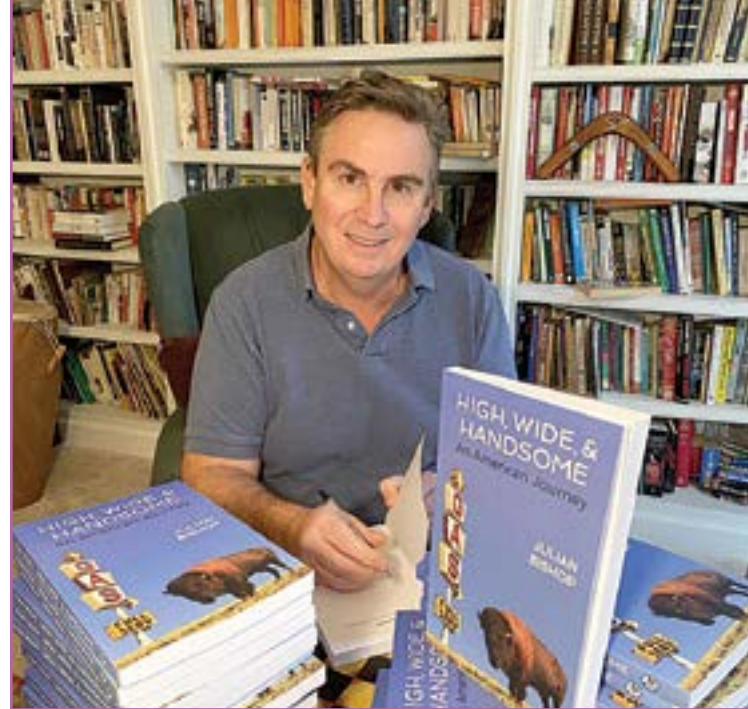
LOCAL AUTHOR WRITES BOOK ABOUT HIS LOVE FOR AMERICA

East Cobb resident Julian Bishop has published his first book, *High, Wide, and Handsome*. British-born Bishop is at an inflection point. His children have left home, and he and his wife must figure out what they want to do next. They travel coast-to-coast across the USA and explore whether they truly want to be American.

In a world where America's current political leaders are widely ridiculed overseas, Bishop says that "the book acts as an antidote to the narrative that everything American is broken. The book mostly addresses the positive side of the USA: how it became the most powerful country in the world, and how America's history has formed its culture."

Bishop wrote the book as an American guide for new US immigrants and others with a strong interest in America. Surprisingly to Bishop, Americans seem to enjoy the book too. "Americans love the humor and the non-partisan presentation of their history and culture. They are delighted to learn that there are many things they don't know about their own country."

Book sales sprinted to a strong start, with *High, Wide, and Handsome* topping the new release charts for travel books on Amazon in both the UK and the US. Bishop says



Author Julian Bishop

that the reviews are terrific too. "Readers seem to love the mix of humor and learning about the US. They also enjoy traveling vicariously at a time when most people in Europe have to shelter-in-place."

Serendipitously, the book's publication coincided with the date the family were sworn in as new US citizens. "Although the ceremony was severely Covid-impacted, we took it as a good sign that they both happened on the same day."

Bishop writes extensively about his experiences in East Cobb since 2012. He explores his love of Friday night football, American schooling, and subdivision life. Of particular interest to this magazine, Bishop describes his wife's crowning as 2017 East Cobb "Mom of the Year" and her appearance in the East Cobb parade.

The book is available from Amazon and all good bookshops. You can find out more about the book on www.julian-bishop.com. 📖



SPRING IS CALLING. NATURE IS WAITING!

Wildlife | Gardens
Trails | Zipline

<< PLAN YOUR VISIT TODAY! >>



9135 Willeo Road | Roswell, GA 30075
chattnaturecenter.org | 770.992.2055

18 months to Pre-K & Kindergarten Readiness Program

Early Childhood Education Center
at Temple Beth Tikvah

Enrolling Now For Fall 2021

Shine at TBT Preschool

- ✓ Warm and friendly environment with a low student-teacher ratio
- ✓ Child-centered curriculum
- ✓ Learning through play, creative activities and exploration

For more information call (770) 642-0434 or email linda@bethtikvah.com

temple beth tikvah 9955 Coleman Rd Roswell, GA 30075 | www.bethtikvahpreschool.com

Family. Friends. Community.



770-956-1688

www.ronsprouse.com

Ron Sprouse



TAKE NOTE: MAKE NOTES

by Ashley Saunders, Health & Wellness Chair, East Cobb County Council of PTAs

I like to journal. I have one for each child, for myself and for lecture/sermon notes. I have a grateful journal that I occasionally write down all the blessings I experience during certain times in my life as well as a daily journal that I try to write one or two sentences in nightly. That might sound stressful, and it has been at times. But I have found that when I do journal, it is a very therapeutic way to get out my feelings and it's productive because I am able to go back later and see that I survived both the good and the bad. But there are lessons - What did I learn? How did I grow? Those times that I thought were stressful, now seem light-hearted compared to the last eleven months. But looking at old journals, I can see I should be grateful for so many things, big and small.

When schools closed in March of 2020, we gave our kids - then K, 2nd, and 4th graders - each a composition notebook and had them write just a few sentences in it every other day. Honestly, it was great for them to practice handwriting since everything went digital; but it was also a place they could privately release frustration. I never thought they would still be writing 11 months later. But here we are, now 1st, 3rd, and 5th graders, writing in the same journal. I am glad we started this practice at such a young age as they now have an outlet for the craziness they are experiencing. And it's something they can do whether in quarantine or digital or face to face. I hope one day they will be able to look back and see what they experienced and how far they came.

I don't journal every day. But when I do sit down and make the time, it opens up more space in my head to focus on important things instead of minutia wrestling for

my attention. Journaling is so simple that anyone, at any age, can enjoy the exercise. Furthermore, it's a great form of stress relief that does not require a ton of money or ability. And while physical exercise is an excellent stress reliever, it may not always be possible due to weather or physical limitations. You can always write in a paper journal or on a device - maybe you jot down your thoughts for the day; maybe you write out conversations that you keep having in your head; maybe you just draw a smiley face.

Studies show that people who keep a gratitude journal have increased health benefits. Imagine what choosing to be grateful could do for your overall outlook and mental health. Explore ideas for journaling and being grateful at projecthappiness.org/science-of-happiness. Writing down where you are eventually becomes where you have come from.

I want to forget 2020 and never look back. But we need to look back so we can move forward. Simply jotting down a few things to be grateful for from 2020 can remind us during future trials that there is always a silver lining.

Stay healthy my friends. Just keep movin'. Write now so you can remember and rejoice later. 📖



Ashley and her husband Les, reside in the Lassiter district along with their three children. She taught PE at two Cobb middle schools before becoming a stay-at-home mom that never stays at home. Her passion continues to be that being healthy does not have to be horrible.

**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

**HONEST-1[®]**
AUTO CARE

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

 **ECBA**
East Cobb Business Association
2019 Small Business
Person of the Year

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

\$10 off ANY SERVICE OF
\$100 OR MORE
OR
\$25 off ANY SERVICE OF
\$250 OR MORE
OR
\$75 off ANY SERVICE OF
\$750 OR MORE

\$5 off
**Emissions
Testing**

*Cannot combine with any other offers. Excludes tires and batteries.
For a limited time only.



HAVE YOU MISSED YOUR REGULAR ORAL HEALTH EXAM THIS YEAR?

Recently, broken dental appointments have become a major challenge facing dentistry. It is believed that some 100 million Americans fail to see a dentist each year. While for some, this may be related to concerns surrounding the COVID pandemic, for others it may be due to the belief that they need to see a dentist only if they are in pain or think something is wrong. Because conditions such as periodontal (gum) disease and caries (decay) are not visible to the untrained eye and do not cause pain until they are extensive, it is possible to have dental disease without being aware of it. With regular visits to a dentist for oral wellness examinations, this dental disease can be detected early on and addressed with simpler dental solutions such as fillings or periodontal therapy. Allowing dental disease to progress undiagnosed can result in the need for more extensive dental treatment such as crowns, root canals, or possible surgery. These more extensive treatments are not only more time intensive but can also be much more expensive.

The American Dental Association and your dentist recommend you have an oral health examination every six months because good oral health also translates to good health overall. Tooth decay and gum disease can lead to

problems that are much bigger than an unpleasant smile or bad breath. Studies have shown that poor oral health can have profound, negative effects on areas outside of the mouth, including the heart, diabetes, pregnancy, and chronic inflammation. Regular, thorough oral health examinations allow for early detection and intervention of dental disease which results in improved oral health and overall health.

While it may seem like your dentist is just checking your teeth for cavities and evaluating the health of your gums during their exam, a thorough oral health examination goes far beyond that. The exam begins with a head and neck examination in which the dentist examines your face, neck, lymph nodes, and temporomandibular joint (TMJ) for swelling, tenderness, asymmetries, and/or pain. After taking appropriate x-rays and reviewing them for tooth decay and pathology or infection not visible to the naked eye, the dentist will perform a clinical oral examination. During this portion of the exam, the dentist will check your teeth for evidence of dental caries (decay), broken teeth, loose teeth, or damaged restorations (fillings or crowns). The dentist will evaluate the health of your gums checking for signs of periodontal disease as well as examining the oral

tissues (cheeks, lips, throat, palate, and tongue) for indications of oral cancer, vitamin deficiencies, and/or systemic disease. During this part of the exam, your dentist will also check your bite, evaluate any dental appliances you have, and check your salivary flow. Lastly, your dentist or dental hygienist will remove any plaque and tartar from the teeth, polish and floss your teeth, and review recommended brushing and flossing techniques to help you maintain good oral hygiene and health at home between visits.

In addition to regular oral health examinations, it is important to practice good oral health at home. You should brush twice daily with a fluoride toothpaste, floss once a day, and eat a balanced diet limiting between-meal snacks. Practicing excellent oral health in your life will allow you to keep your smile, and your body, healthy!



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

2872 Johnson Ferry Road • 770-993-3775 • www.cheekdental.com



PAID ADVERTISEMENT

EAST COBBER

SUMMER CAMP: OUR KIDS' ANTIDOTE TO PANDEMIC LIVING


From day camps to overnight camps, summer programs have been a staple in many families' lives. When the COVID-19 pandemic hit in 2020, kids had to stay close to home, many on their screens, not seeing friends or doing typical activities — and spending lots of time with their parents or siblings. Many camps decided not to offer in-person programs but hosted virtual camps in 2020. This summer, after two compromised school years and everything that's gone along with it, our children's need for the benefits of summer camp will be crucially important:

REAL HUMAN CONNECTION — Zoom and remote learning have saved us in so many ways. But there's no substitute for real human connection. Making and strengthening relationships while being guided by loving people is what camp is all about. The essence of camp is in the friendships we forge, something we are all lacking and craving these days.

REACQUAINTING OURSELVES WITH NATURE — While society has been trapped indoors for the past year, most of the world is outdoors, and it is beautiful, and fills our soul with joy. Our bodies yearn for the outdoors, and that's where most summer camps happen.

RESILIENCY — Our kids are certainly developing it; experiencing disappointments that will make them stronger. Learning to be brave and confronting challenges and fears are also important facets of resiliency. It's easier to stay at home and stare at screens — but we want our kids to grow up with the kind of courage and “can-do” attitude that our health care, essential workers, and superhero school teachers have learned and cultivated.

MENTAL HEALTH — While summer camp is widely known for its physical health benefits, according to the CDC, “Children's mental health during public health emergencies can have both short and long term consequences to their overall health and well-being,” so it's no surprise that hospital visits related to mental health have risen dramatically for school age children and adolescents. Extroverted kids are suffering, missing the energy of their peers. Introverted kids may seem to enjoy sitting in their homes, away from life's normal pressures — but they need social interaction just as much.

Camp is a ray of hope and offers a return to the normalcy we all need. To make memories and have moments to help us feel whole. The pandemic has taken a lot from the kids. Camps offer a chance to give summer back to kids. 

-Adapted from article by Andy Pritikin director of Liberty Lake Day Camp, published on the American Camping Association website.



Atlanta's Best Summer Camps

Club SciKidz
Where Science & Technology Connect!

Te Ch Scientific

Multiple Camps To Choose From!

Including:

- Minecraft
- American Doll
- Video Gaming
- Kerbal Space
- Marvel Stop Motion
- LEGO Robotics
- Veterinary Medicine
- Chef Scientific
- Save Our Oceans

NEW 2021 CAMPS!

Virtual Reality
Robotic Car

\$25 OFF
Early Bird Registration
Code: CLUB21. See our website for details!

Complete registration online!
www.ClubSciKidz.com
Enroll Online! support@clubscikidz.com 678-294-9504

I ♥ East Cobb

SUMMER CAMP AT TEMPLE BETH TIKVAH 2021

Join us for fun
under the sun!

Weekly Sessions
Camp hours are from 9:30-1:30

Week 1: June 7 - June 11 Week 5: July 5 - July 9
Week 2: June 14 - June 18 Week 6: July 12 - July 16
Week 3: June 21 - June 25 Week 7: July 19 - July 23
Week 4: June 28 - July 2 Week 8: July 26 - July 30

CONTACT US
Temple Beth Tikvah Preschool
Director: Linda Siegel
9955 Coleman Road
Roswell, GA 30075
(770)-642-0434
linda@bethtikvah.com
www.bethtikvah.com



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
ATLANTAJCC.ORG/SUNSHINESCHOOL
678.812.3720




Camp Ruach!

@ Congregation Etz Chaim
June 7- July 30, 2021

Give your child a wonderful summer experience at Camp Ruach! for a spirit-filled (ruach) summer of friendship and fun! Your camper will enjoy:

- Daily Water Play • Crafts • Music • Sports • Games and much more •

Our qualified staff of well-trained, energetic teachers and teen counselors will energize your child's summer.



We offer flexibility:

- Enroll for one week, all eight weeks or pick and choose the weeks that work with your schedule.
- Part-time and Full-time Camp options
- Sibling discount on lowest weekly rate

For more information, contact:
Debbie Deutsch 770-977-3384 debbie@etzchaim.net
Visit us at: www.etzchaim.net/campruach
1190 Indian Hills Parkway, Marietta, GA 30068




EAST COBBER PARADE + FESTIVAL CANCELLED DUE TO COVID



The 2021 EAST COBBER Parade and Festival has been canceled this year due to continuing COVID-19 concerns. Organizers say the cancellation is in compliance with public health rules, "With the COVID vaccine rollouts, we were hoping to bring the hometown tradition back this year—but under current CDC guidelines for community events and large gatherings we could not figure out how to keep participants and guests safe. With the focus on the health and safety of participants and spectators, organizers said canceling at this time is necessary.

"This year would have been the 25th EAST COBBER Parade... I've had many conversations in the past several weeks weighing out the risks and rewards of holding the parade, says Cynthia Rozzo, Founder and Publisher of the EAST COBBER magazine.

Cynthia Rozzo, who has organized the parade annually for 25 years, said the continuing COVID pandemic and the uncertainty about when it will finally be safe to hold large gatherings led her to decide to cancel this year's parade. It's the right thing to do," Rozzo said. "I hated to do it. It was a very hard decision to make."

"The annual parade takes months of planning and preparation to pull off, between securing permission to close roads to hold it and lining up participants as well as other behind-the-scenes steps that have to be taken. Those planning steps have been hampered by the outbreak and the uncertainty about it, the parade's founder and organizer said.

"We're in a situation that nobody has been in before, and there's just too many facets of the parade and festival that have to happen months in advance that cannot be finalized because of the coronavirus situation," Rozzo said.

The EAST COBBER Parade and Festival was slated to be held September 18, 2021. Founded in 1993, EAST COBBER extended its mission of building a sense of community by establishing a hometown tradition of a community parade and festival. As the producers of the first parade and festival in East Cobb County, the EAST COBBER aims to establish a strong network between schools, businesses, government and clubs to create a showcase event and annual tradition for East Cobb County. The EAST COBBER Parade has become the largest parade in all of Cobb County and is the only community-wide event for East Cobb. 📞



WWW.NORTHSIDEPLUMBINGATLANTA.COM

FREE
ESTIMATES


770-272-2558

LICENSED
& INSURED

RESIDENTIAL & COMMERCIAL

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




Master Plumber Chad Mahaffey

10%
OFF

Any Plumbing Service
max discount up to \$100



OWN YOUR Money


CREDIT UNION OF GEORGIA

Let Your Home Pay For Its Own Improvements

You put in hours of work and love to call your house a home. Now it is time for your home to love you back. With a Home Equity Line of Credit, you can get the money you need for your next home improvement project, to pay off your car, consolidate your high-interest credit cards or better yet, treat yourself. You deserve the best rates and Credit Union of Georgia can give that to you.


HELOC rates as low as
1.99% APR*
 through March 31, 2022.

Learn More & Apply Today at www.CUofGA.org!

 (678) 486-1111    @CUofGA


*Home Equity Line of Credit promotional rate of 1.99%. Rate shown is a promotional rate that applies to new HELOCs only and is effective through March 31, 2022; thereafter, the rate will adjust to the Prime Rate as published in the Wall Street Journal, plus a margin determined at time of loan opening. The margin is determined by the creditworthiness of the borrower and our underwriting standards. Current Prime Rate is 3.25% APR as of December 21, 2020. Member will pay closing costs. If applicable. Qualification is based on an assessment of individual creditworthiness and our underwriting standards. Program, terms and conditions are subject to change without further notice. Contact Credit Union of Georgia at 678-486-1111 for current rates, terms and conditions. Credit Union of Georgia, 3048 Eagle Drive, Woodstock, GA, 30189, NMLS ID #571306.

Earn College And High School Credit At The Same Time



DUAL ENROLLMENT

CHATTAHOOCHEE TECH





The Dual Enrollment Program allows eligible high school students the opportunity to maximize their education and career training by taking courses that earn college and high school credit at the same time!

www.ChattahoocheeTech.edu/deadmissions
 770-528-4545

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

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



Hey!
EAST COBBER
 has an email
 newsletter!



Get a weekly rundown of local news, events and happenings sent straight to your email!

Sign up at eastcobber.com

LOW INVENTORY AND STRONG BUYER DEMAND FUEL **HOT EAST COBB REAL ESTATE MARKET**

By Cynthia Lippert, Managing Broker, Ansley East Cobb and President, Atlanta Realtors® Association

Same song, different verse sums up the East Cobb real estate market so far in 2021. We are starting the year where 2020 ended with a lack of inventory across all price points, and pent-up buyer demand fueled by historically low interest rates. These two factors have combined to create frenzied market conditions that show no sign of ending anytime soon. According to Realtor® Glenda Baker, "The East Cobb market is hot as a firecracker! There is an unmatched demand for homes that far outweighs the supply. Just this past January, there were only 375 homes for sale in all East Cobb zip codes which represents a 52.5% decrease in available inventory from January 2020.

We have people standing in line for homes, and multiple offers have become the norm." Baker also notes the luxury market in East Cobb continues to reach new heights, "I was excited to be involved in the highest sale in Atlanta Country Club in 2020 (the house sold for \$2.5 million) and we are kicking off 2021 with the second highest resale in all of Cobb County, ever!"

Increased competition and record prices are great for homeowners, but these unprecedented market conditions can be intimidating for buyers. Now more than ever, it is important to work with a Realtor® who knows the market and can craft a winning strategy for coming out on top when competing with multiple offers. Realtor® Heather Armstrong knows the East Cobb market well and says, "Recently, I have submitted offers to agents where we were 1 of 20 plus offers. I am often asked; how do buyers complete in a multiple offer situation? Hiring a full-time, professional Realtor® who will partner with your lender to make sure your offer gets to the top of the pile is crucial. Using an escalation clause and getting my buyers through underwriting prior to submitting an offer have been just a few of the tools I have used to win when competing against multiple offers."

Armstrong also has advice for sellers, "If you are considering selling, now is the time to begin getting your home show ready. Anticipate being able to generate a good price for your home but be mindful - a strong seller's market does not mean every home sells quickly for an incredible price. Homes still need to be priced

correctly, well maintained, reasonably updated, clean, and professionally marketed by a Realtor®."

Over the past few decades, buyers have consistently sought out East Cobb because of the top-rated schools, competitive taxes, green spaces and enviable location that puts residents' minutes away from a number of attractions. With quality of life and having the right place to live and work becoming even more important during the pandemic, we anticipate that East Cobb will be in even greater demand throughout the remainder of the year. 📍



Cynthia Lippert is Managing Broker, Ansley East Cobb and the President of the Atlanta Realtors® Association.

SPANISH FRENCH CHINESE ENGLISH

The Quadilingual 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 • www.thequadacademy.com

ANSLEY Your Trusted Real Estate Advisors

REAL ESTATE

We are now open in The Avenue East Cobb



Ansley exists to serve our clients. It's what we love to do.
Contact us to see how we can work for you in buying or selling your home.



Global Luxury Networks & Partners



5 Years, Seven Offices, 250 Agents



Global Relocation Network

404.480.HOME | 4475 ROSWELL ROAD, SUITE 200, MARIETTA, GA 30062 | ANSLEYRE.COM



Working with Ansley supports Children's Healthcare of Atlanta. Over \$350,000 given to date in support of CHOA

Christopher Burrell, Principal Broker. If you have an existing relationship with a broker, this is not intended as a solicitation. All information is believed to be accurate, but is not warranted. Equal Housing Opportunity.

PET OF THE MONTH: HERMIONE

Submitted by Grayson and Grady Zillioux



Animal: Domestic longhair cat
Age & Gender: 16-year-old female
Favorite Food: Mushy food
Favorite Person: Daddy
Best Trick: Stick her tongue out
Turn Ons: Sunny spots
Turn Offs: Vacuums, fireworks
Favorite Toy: Mouse with catnip in it
Last Seen: Right now
What Makes Her So Special: She is so fuzzy

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: _____

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**

**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



MT. BETHEL CHRISTIAN
ACADEMY

**Experience the
MBCA difference**

Christ-centered education
for grades JK -12

mtbethelchristian.org



SOCIAL DISTANCING TO-DO LIST



**GO ON
A WALK**



MEDITATE



JOURNAL



**LEARN A
NEW SKILL**



**STAY IN TOUCH
WITH FRIENDS
AND FAMILY**



**LISTEN TO
YOUR FAVORITE
PODCAST**

**Proudly Living In
East Cobb For 35 Years!**

Peterson Pressure Washing

RESIDENTIAL | COMMERCIAL

- Soft House Wash
- Driveways
- Fences
- Decks
- Walkways
- Pool Decks
- Brickwork
- Patios

770-875-4217

www.cobbpressurewashing.com



SPRING SPECIALS

30% OFF
any cleaning

soft house wash, driveways, decks etc.

Peterson Pressure Washing

770-875-4217

cobbpressurewashing.com
With this coupon. Not valid with other offers
or prior services. One per household.

**FREE
WALKWAY**
with any cleaning
(certain sizes apply)

Peterson Pressure Washing

770-875-4217

cobbpressurewashing.com
With this coupon. Not valid with other offers
or prior services. One per household.

DINING GUIDE

Asian Express

>Chinese
New York style chinese food, dine-in and take out.
4880 Lower Roswell Road, #110, Marietta 30068
Mon-Sat: 11am-10pm;
Sun: 12-9:30pm
770-675-9369

Bradley's Bar & Grill

>American
The friendliest neighborhood dive bar in East Cobb with great bar food, great customers & great staff!
4961 Lower Roswell Road
Marietta 30068
Mon-Sat: 11:30-2am
770-321-0108
www.bradleysbarandgrill.com

Capozzi's Pizza

>Italian
Neighborhood pizzeria with a family friendly atmosphere.
4285 Roswell Road
Marietta 30068
Mon-Sun: 11am-10pm
770-321-5550
capozzispizza.com

Chicago's Restaurant

>American
Celebrating 25 years in the neighborhood, eat where the locals eat! Relaxed dining, warm hospitality, offering a wide selection of entrees, hand crafted cocktails and terrific wine list. Cozy bar. Live music on Wednesdays, Fridays and Saturdays. Now offering Sunday Brunch 11am-2pm.
4401 Shallowford Road
Roswell 30075
Open daily 5pm
770-993-7464
www.chicagosrestaurant.com

Clean Juice

>Healthy
Clean Juice is a USDA Certified Organic Juice Bar. Their juices, smoothies, acai bowls, Greeno bowls, toasts and detox cleanse packages offer the perfect healthy made-to-order meals for on-the-go families.
1205 Johnson Ferry Road
Suite 124
Marietta 30068
Sun: 9am-6pm; Mon-Fri: 7am-8pm; Sat: 8am-8pm
678-903-5558
www.cleanjuice.com

Fuji Hana

Steak, Sushi, Thai
>Japanese & Thai
\$1 Sushi every Monday night dine-in only. Hibachi Early Bird Special from \$10 every day before 6pm. Voted Best Asian Restaurant in East Cobb.
1255 Johnson Ferry Road, Suite 1
Marietta 30068
Mon-Sun: 11:30am-10pm
678-560-8071
www.fujihanaeastcobb.com

J. Christopher's

>Breakfast, Brunch, Lunch
A neighborhood daytime breakfast and lunch eatery featuring traditional house-made favorites, healthy choices, and creative menu options in a comfortable, friendly atmosphere.
1205 Johnson Ferry Road
Marietta 30068
Daily: 7am-2pm
770-579-6800
www.jchristophers.com

Judy's Country Kitchen

>Buffet
A grand buffet with all sorts of meats, vegetables, fish, fruits, salads, soups, pastas, desserts.
2745 Sandy Plains Road
Marietta 30066
Daily: 11am-9pm
678-388-8680

Kale Me Crazy

>Superfood cafe
Offering juices, smoothies, salads and wraps in a sleek upscale environment. Supporting your healthy lifestyle through the use of fresh, organic and raw food. Kale Me Crazy believes in real food and that everyone deserves access to real food.
The Avenue East Cobb
4475 Roswell Road
Suite 1620
Marietta 30062
Mon-Fri: 7am-8pm; Sat: 9am-8pm; Sun: 9am-6pm
770-559-9001
www.kalemecrazy.net

*Support our Local Restaurants!
Grab a Bite at an East Cobb restaurant, today!*

Celebrating our 30th year Anniversary!



4401 Shallowford Road (at Johnson Ferry Road) • 770-993-7464 • www.chicagosrestaurant.com

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

The Mill Kitchen & Bar

>Modern Southern Comfort Food
A down-to-earth spot, where the casual vibe is heightened by the mouth-watering cuisine, the culinary inspired cocktails, large selection of craft beers and the thoughtfully selected wine list.

590 Mimosa Boulevard
Roswell 30075

Brunch: Sun: 10am-3pm

Lunch: Mon-Sat: 11am-3pm;

Mid-day Menu: Tues-Sun: 3-5pm

Dinner: Tues-Thurs: 5-9pm;

Fri-Sat: 5-10pm; Sun: 5-9pm

770-817-9345

www.themillkitchenandbar.com.

New Lucky China

>Chinese and Sushi

The Best Chinese and Sushi in East Cobb.

3045 Gordy Parkway
Roswell 30062

Sun-Thurs: 11am-10:30pm;

Fri-Sat: 11am-11pm

770-565-9666

www.newluckychina.com

Roll On In

>Asian/Tex-Mex Fusion

A unique, fun and exciting restaurant concept new to the East Cobb area. They offer sushi burritos, poke bowls, hibachi bowls and more. Stop in and try their fabulous sushi donut.

1100 Johnson Ferry Road

Suite 365

Marietta 30068

Open daily 11am-9pm

678-567-7925

www.rollonin.com

Tin Lizzy's Cantina

>Tex Mex

Tin Lizzy's is a taqueria known for its unique flavors and fresh margaritas. Come enjoy live music on the patio or watch your favorite game on the many flat screens! Taco Tuesdays: \$2 taco menu after 2pm on Tuesdays.

4475 Roswell Road, #1510

Marietta 30062

Sun-Thurs: 11am-11pm;

Fri-Sat 11am-Midnight

770-609-2689

www.tinlizzyscantina.com

SERVING EAST COBB SINCE 1992

3130 JOHNSON FERRY ROAD | MARIETTA | 770-640-1731

Come hungry. **IHOPE** Leave happy.*

VOTED #1 IN FAMILY DINING

KIDS EAT FREE EVERYDAY: 4-10PM

Including Holidays and Weekends!

*ONE FREE KIDS MEAL OFF THE "JUST FOR KIDS" MENU
PER ADULT ENTREE FOR KIDS UNDER 12



SENIORS: BUY ONE ENTREE GET ONE FREE
MONDAYS & TUESDAYS: 3 - 10PM

*ONE FREE MEAL OFF THE "SENIOR" MENU

Get ready for heart-racing action
this April at Atlanta Motor Speedway.



APR 10, 13 & 17



APR 24 & 25

HEALTH & WELLNESS

ACUPUNCTURIST

Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist
3535 Roswell Road, Suite 37 • Marietta 30062
678-560-7978 • www.drshutcm.com

Mon-Fri: 9am-6pm; Sat: 9am-4pm

25 years experience in traditional Chinese medicine treating pain management, respiratory system, emotional/mental health, nervous system, digestive system, smoking/weight loss, wrinkle reduction, high blood pressure, and much more.

COUNSELING

Marietta Roswell Counseling (MRC)

2850 Johnson Ferry Road, Suite 200/250 • Marietta 30062
678-691-8130 • 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

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

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

DERMATOLOGISTS

Dermatology and Surgery Specialists of North Atlanta

4800 Olde Towne Parkway, Suite 250, Marietta, GA 30068
770-971-3376 • www.DESSNA.com

Mon-Fri: 7am-4:30pm

Dermatology and Surgery Specialist of North Atlanta PC (DESSNA) is composed of a group of Board-Certified Dermatologists, Physician Assistants and medical aestheticians. Although our name is new, our clinic has been proudly serving the East Cobb community for over 30 years. We remain committed to providing expert dermatologic, surgical, cosmetic, and aesthetic services to our loyal patients.

DERMATOLOGISTS

Dermatology Consultants

3280 Howell Mill Road, NW, Suite 101 • Atlanta 30327
404-351-7546 • www.dermatologyconsultants.org

Mon-Fri: 7:30am-4:30pm

Celebrating 80 years of excellence. Our board-certified dermatologists offer complete dermatological care of skin, hair and nails. Treatments of skin conditions include skin cancer, acne, warts, rashes, psoriasis, rosacea, eczema, shingles, spider veins and other skin disorders. We accomplish this in our two convenient locations in Atlanta and Covington.

FITNESS

Stretch Society East Cobb

1255 Johnson Ferry Rd, Suite 26 • Marietta 30068

678-965-0382 • www.stretchsociety.com

Mon-Thur: 7am-8:30pm; Fri-Sat: 8am-1pm

Stretch Society is a socially-conscious brand on a mission to help people navigate their way to better health and wellness through professionally-assisted 1:1 stretching and small group stick stretch classes.

Stretch Society Kennesaw

1300 Ernest W Barrett Pkwy NW, Suite 260 • Kennesaw 30144
678-782-2675 • www.stretchsociety.com

Mon-Thur: 7am-7:30pm; Fri-Sat: 8am-1pm

Stretch Society is a socially-conscious brand on a mission to help people navigate their way to better health and wellness through professionally-assisted 1:1 stretching and small group stick stretch classes.

GASTROENTEROLOGISTS

GI Specialists of Georgia

711 Canton Road, #300 • Marietta 30060

678-448-6630 • 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

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.

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



Anna M Paré, MD

Cosmetic, Surgical &
Medical Dermatology
for the entire family.

**3280 Howell Mill Rd. NW
Suite 101 East
Atlanta, GA 30327**

**Easy access off I-75
at West Paces Ferry
404-351-7546**

**Dr. Paré & her medical, aesthetic &
laser staff are seeing patients daily**



STRETCHING IS MORE THAN A COOL DOWN

While often overlooked, your muscles need regular stretching to protect your health, body, and mobility for the long haul. Stretching is the key to living longer and being mobile into our old age with less pain! We spoke with Jordan Keane, the program designer of Stretch Society, a local studio dedicated to enhanced stretching through unique Stick Mobility™ classes and 1:1 professionally assisted stretches, to dig deeper into what makes stretching the foundation to a healthy lifestyle. Here are some FAQs Stretch Society gets and are happily answered by Jordan Keane (JK) below.

When and how often should you stretch?

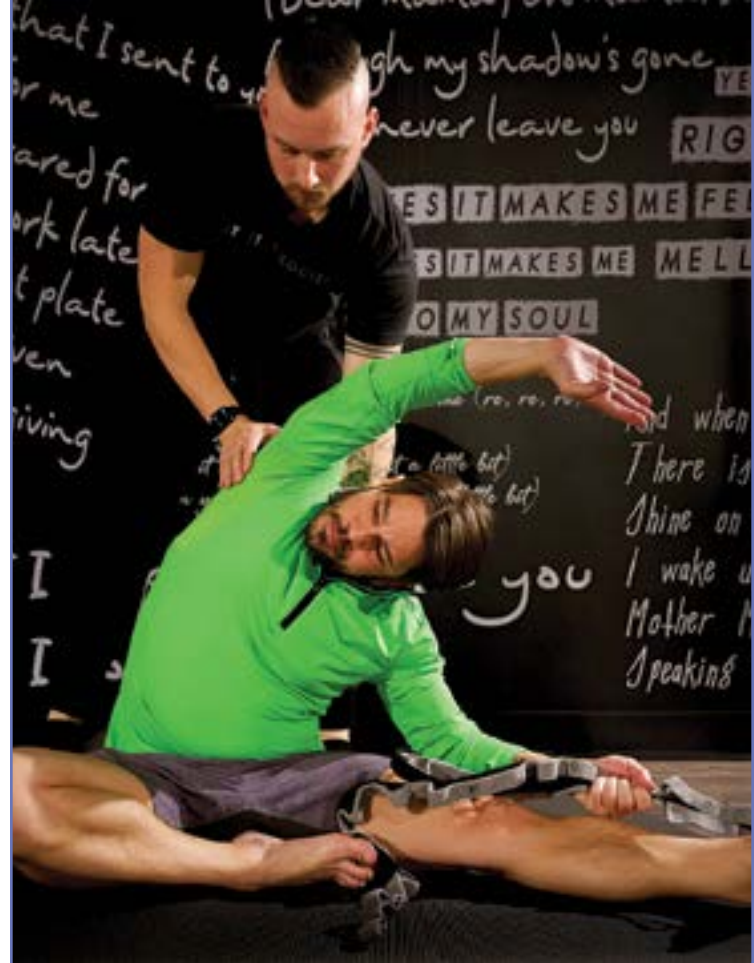
JK: Stretching daily is ideal but at least 2-3 times a week at minimum. The good news is that stretching doesn't have to take hours, short sessions are all you need. When to stretch depends on your needs. Morning stretches can release tension in the body after sleeping. Stretching in the evening relaxes your body and can help you achieve a deeper sleep. Stretching after a workout helps prevent injuries and increase your range of motion.

Who benefits from stretching?

JK: Literally everyone benefits! No matter your fitness level, if you are sedentary, just starting your health or fitness journey, or you are a seasoned athlete, stretching is a beneficial addition to everyone's healthy routine. We modify our stretches to each person's fitness and activity level which has allowed many of our clients to kickstart their journey to a healthier lifestyle.

What are customers saying about Stretch Society classes or 1:1 sessions after they try them?

JK: A few of the amazing testimonials that come to mind are people that literally cannot move a part of their body because of a pre-existing condition or pain. They can see progress in how they gain more movement back after each session. We had a gymnast coach client who hadn't been able to do a split in 12 years. It was a huge milestone when she was able to do her splits again after class. We even have a picture of it on our Instagram! Those types of stories happen often and make me happy to be able to give people their freedom and happiness back.



What is a professional 1:1 assisted stretch and how hands on will it be?

JK: At Stretch Society, a 30 minute 1:1 stretch session uses a combination of Hypervolt™ percussion therapy, active stretching using Stick Mobility™ and hands-on assisted stretching with a professional Stretch Coach. A session could include a full-body stretch or target 1-2 specific problem areas, depending on your needs. Our Stretch Coaches will guide you through a safe and effective stretch to ensure you leave feeling relief, loose, and better than when you came in!

Why is a dedicated stretching studio better than stretching at home?

JK: We all know we need to stretch, but most of us put it on the backburner for other exercises or get too busy. We provide knowledgeable coaches and equipment that most people don't own at home so you get the most out of your stretch. We have families who come together as a bonding activity, friends who meet for the lunch class, or athletes who come to help their body recover. Stretching in our studio becomes an experience that people can share together as they build the foundation to a healthier lifestyle.

Visit stretch society.com to learn more about their Kennesaw and East Cobb locations and view safety precautions. ⓘ

ARE YOU READY TO (FINALLY) GET RID OF BODY PAIN?

Stick stretch group classes and 1:1 assisted stretches

First group class free!



30 minute 1:1 for \$30!

STRETCH SOCIETY

Call or text today to book a 1:1 or first free class:

KENNESAW 678.782.2675

EAST COBB 678.965.0382

GI SPECIALISTS SUPPORTS NATIONAL COLORECTAL CANCER AWARENESS MONTH



Lily DaSilva, M.A. and
Shanil Harkins, M.D.



Physicians at GI Specialists of Georgia



Dr. Shanil Harkins

Dr. Shanil Harkins of East Cobb GI Specialists of Georgia joins medical professionals throughout the country in spreading the word to promote National Colorectal Cancer Awareness Month.

Did you know colorectal cancer is the second leading cause of death from cancer? Did you know it's also the third most common cancer for both men and women in the United States? These are not questions we typically want to think about. But, as Dr. Harkins points out, awareness leads to prevention, and that's what National Colorectal Cancer Awareness Month is all about.

"Screening is the No. 1 way to reduce the risk of colorectal cancer," explains Dr. Harkins. "Colorectal cancer almost always develops from precancerous polyps in the colon or rectum. With regular screening, the polyps can be detected early and removed before they become cancerous."

Dr. Harkins stresses that a colonoscopy is the gold standard screening method, one recommended by the American Cancer Society and the American Gastroenterological Association.

A colonoscopy is a safe, short endoscopic procedure that allows an endoscopist to view the inner lining of your large intestine by using a flexible tubular instrument while under anesthesia. When necessary, polyps are removed and sent to pathology for evaluation. It's important to note not all polyps are the same, which is why screening is so important. A prior office visit is not always necessary, and GI Specialists even has a scheduling hotline at 1-888-MYCOLON.

In 2018, the American Cancer Society revised its screening guide-

lines, and now recommends all average risk patients of all races start screening at age 45. However, for those with a family history of precancerous polyps in a first-degree relative, screening should start at age 40 or 10 years before the relative was diagnosed.

This year, Dr. Harkins is preparing for her initial screening colonoscopy, which she plans to document with video and share it online and via social media. "I know the screening preparation is hard, but it's important," she says. "So many patients don't know what we're looking for regarding polyps. We are with you and know it's not easy." Her goal is to clarify and answer the common questions she encounters in her daily practice.

Another significant factor in raising awareness is communicating what symptoms to look for, according to Dr. Harkins. These include unexplained changes in bowel habits, blood in the stools, and persistent abdominal pain.

Part of a larger network of 22 physicians, the East Cobb location of GI Specialists of Georgia treats all disorders of the digestive tract including liver and pancreas disorders. GI Specialists of Georgia has nine office locations and three endoscopy centers in the Northwest Atlanta area.

Join others during National Colorectal Cancer Awareness Month, and schedule your colonoscopy now. For a screening colonoscopy appointment, call 678-741-2313. For more information about GI Specialists

of Georgia or to schedule an office appointment, go to www.gigeorgia.com. GI Specialists of Georgia in East Cobb is located at 3747 Roswell Road, Suite 314, Marietta 30062.



PAID ADVERTISEMENT



Dr. Aasim Sheikh



Dr. Ritesh Shah



Dr. Ross A. Kammer



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



Schedule your colonoscopy
today by calling 1.888.MYCOLON
or 678.741.2313, or by visiting
www.giGeorgia.com

EVERYONE IS WELCOME AT BIG PEACH RUNNING CO.



This past year more than ever, with gyms closed and group exercises on hold, more people have been out running and walking. Whether it's walking the dog around the neighborhood, getting those daily steps in, or training for a 5K — Big Peach Running Co. (BPRC) wants the community to know that the active lifestyle is for everyone.

Locally owned and operated by active, passionate and knowledgeable runners from the area, the Big Peach Running Co. fosters a friendly, inclusive atmosphere that encourages guests to discover the many ways to have fun using their feet to move forward while also making sure they have the right gear to do so.

If BPRC has learned anything over the past year, it's that people want to like running, they just need some help getting there.

"Most people don't identify themselves as a runner, it can be intimidating, but we're not just for runners," said Steve DeMoss, lifelong endurance athlete who humorously calls himself one of BPRC's "Chief Running Officers." "There are so many dimensions to the pedestrian active lifestyle: workouts, hiking trails, dog walking, racing, running with kids, running to clear your mind — it can be social and it can be individual."

At BPRC, there are so many ways to make being active more enjoyable and accessible. Their team is

dedicated to encouraging people to be enthusiastic about embracing an active lifestyle.

"Our BPRC community is a group that's found this activity that is so fulfilling and so rewarding. It keeps you healthy, you sleep better, you're more productive, and it just makes you feel good. We want to share that with everyone," DeMoss said.

Sharing that passion with others is what drives their team. Not only is BPRC consistently deemed one of the "Top 50 Running Stores" in the U.S., it's also "the friendliest place on the planet."

"The best thing is that running and walking are free, and can be done anywhere at any time. They're pandemic friendly and always available," DeMoss said. "Keep in mind: you don't need a lot of gear, but a comfortably fitted shoe, a nice pair of socks and, for women, a run bra can make a big difference."

Luckily, matching people to the right shoe is BPRC's specialty. Their customized three-step fitting process aims to match the customer's needs based on understanding biomechanics, how much support someone needs out of a shoe and how that aligns with foot characteristics, fit and feel.

"Your job is to listen to your foot, our job is to figure out what it's saying," DeMoss said.

BPRC carries a wide range of footwear, apparel, accessories and has a variety of in-store programs.

For example, BPRC offers a free 30-minute class called "How to Hate Running Less." The class is open to all and happens Wednesdays at 6:30pm at Big Peach's store located at 1062 Johnson Ferry Road in Marietta/East Cobb.

Want to hit the ground running? Run (or walk) to your local Big Peach Running Co. store or call 770-579-0444.



PAID ADVERTISEMENT

HEALTH & WELLNESS

PEDIATRIC DENTISTRY

Nia Pediatric Dentistry

1111 Johnson Ferry Road, Suite 200 • Marietta 30068
770-479-9999 • 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
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.

RUNNING + WALKING

Big Peach Running Co.

1062 Johnson Ferry Road • Marietta 30068
770-579-0444 • bigpeachrunningco.com
Mon-Fri: 10am-8pm; Sat: 9am-6pm; Sun: 12-5pm

East Cobb's specialty running and walking shop with footwear, apparel and gear for all your adventures! May your best miles be those covered on foot!

SKIN CARE

Skin Care by Carmen

2854 Johnson Ferry Road, Suite 100 • Marietta 30062
770-515-8150 • 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.

STEP INTO *Spring* WITH *Beautiful, Healthy* LEGS

Real Vascular Surgeons... Real Results

Varicose Veins | Spider Veins
Leg Pain | Tired Legs | Achy Legs



SCLEROTHERAPY
SPIDER VEIN TREATMENT

\$150 for 15-minute

INJECTION SESSION

OFFER ENDS 3-31-2021
*Excludes Asclera

CALL TODAY!

770-423-0595



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



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.

TIPS TO STAY HEALTHY DURING THE COVID PANDEMIC

CCOVID-19 has changed many of our daily routines in a way no one anticipated. Many of us are at home more to minimize exposure. Isolation and being at home can illicit the temptation to eat snacks high in sodium, junk food and low-quality meals that provide instant gratification for our taste buds rather than nutrient-dense whole foods that can also be delicious. This is a challenge for many in these times of social distancing and self-isolation.

A day that may have previously included many steps, physical activities like walking from your car at your workplace parking lot twice per day, shopping for groceries, outings with the family or visiting the shopping mall are absent for many. With this unprecedented lifestyle shift, there is a potential for the normalization of a more sedentary lifestyle packed with activities like watching television, sitting while reading for long periods, or sitting at your computer for longer-than-usual periods of time. We must stay proactive, and in some cases creative, to maintain an active lifestyle in the era of social-distancing. Even if you are not directly affected by COVID-19, or tested positive, it no doubt has had a drastic impact on your day-to-day routine, which could negatively affect your overall health.

So what are some things we can do to maintain a healthy and active lifestyle while the world around us has adapted to limiting exposure to COVID-19?

STAY ACTIVE: The gyms may not be open, however, there are lots of safe alternatives to getting physical activity without going against the preventive best practices recommended by the CDC like social distancing and avoiding large crowds. Another important point to consider is that avoiding crowds does not mean avoiding nature. Going for a brisk walk or jog outside in uncrowded areas outdoors is still considered relatively safe.

ADEQUATE SLEEP: Good sleep is essential to our overall health. According to The National Institutes of Health (NIH), and the nation's leading medical research agency: "Immune system activation alters sleep, and sleep in turn affects the innate and adaptive arm of our body's defense system." While the amount of sleep needed for good health and optimum performance mostly depends on the individual, the CDC recommends adults age 18-60 years get seven or more hours of sleep per night.

DIET AND NUTRITION: Practicing self-discipline and avoiding "emotional eating" due to stress that may be related to the drastic changes surrounding the COVID-19 pandemic and how it affects our lives is imperative. According to the CDC, whole foods like dark, leafy greens, oranges and tomatoes—


even fresh herbs—are loaded with vitamins, fiber and minerals. Make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food.

SELF-CARE: Take time to take care of yourself. Be supportive and suggest the same for those close to you. Meditation, relaxation, quality time with family, personal care of yourself promotes overall wellness.

HEALTHCARE MAINTENANCE: If you have medications prescribed for any condition, be sure to take them as directed by your provider. Chronic conditions such as hypertension, diabetes, asthma and many others should be kept in check with taking your medications as prescribed. Be sure to reach out to your healthcare team with any concerns as well. In the age of COVID-19, telehealth solutions are available if you want to speak with a provider about a health concern unrelated to COVID-19.

COPE WITH STRESS AND ANXIETY: Positively cope with stress and anxiety induced by new precautions we must all now take to combat the spread of COVID-19 in our communities. Positive coping mechanisms would include exercise, meditation, reading, further developing certain skills or hobbies, etc. Use this era to increase your daily repetition of these positive activities and develop new or even better routines than you may have adhered to prior to the emergence of the current COVID-19 pandemic.

STAY CONNECTED: Talking with loved ones while in isolation can help reduce the anxiety and instances of feeling down. Take time to utilize the multitudes of technologies and apps (many free) that can help you stay in touch with those you love. Our busy lives before the COVID-19 may have limited how often we connected with distant loved ones, now's the time to fully exploit these modern capabilities for fellowship, companionship, and camaraderie.

The guidance above is to improve overall health and wellness. Please be aware that although eating nutritious foods, physical activity, adequate rest and taking care of our mental health makes us more resilient, it's not a cure nor does it guarantee immunity from contracting COVID-19. In addition to these suggestions, be sure to practice CDC guidance on social distancing, self-care, self-quarantine, wearing of cloth masks when social distancing is not possible and talking with your provider about any concerns you may have regarding your health. If you have a medical emergency, visit an emergency room. If you have an injury or illness unrelated to COVID-19, be sure to visit an Urgent Care Center. 

Reprinted from army.mil website.

UROLOGY

Advanced Urology

1371 Church Street Ext., Suite 200 • Marietta 30060
678-737-4951 • www.advancedurology.com

Mon-Fri: 8am-5pm

Advanced Urology, is committed to giving their patients the best experience possible through innovative treatments, exceptional service, and superior outcomes. Their skilled medical professionals work within their state-of-the-art facilities where they are dedicated to making their patients feel comfortable and valued. Their patients are their #1 priority.

VASCULAR SURGERY

Vascular Surgery Associates P.C.

3747 Roswell Road NE • Marietta 30062
678-626-5420 • 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.

WOMEN'S HEALTH

Women First Rehabilitation

3233 S. Cherokee Lane, Building 1000 • Woodstock 30188
770-485-7411 • womenfirstrehabilitation.com

The providers at Women First Rehabilitation offer a holistic approach to healing by providing all-natural pain-relief, bowel and bladder restoration, nutritional counseling, whole-body strengthening, functional medicine and wellness programs.

YOGA

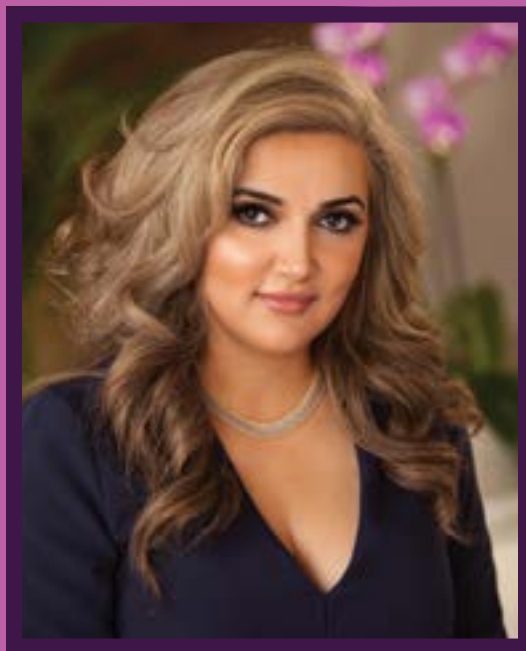
Bring It Om Power Yoga

3162 Johnson Ferry Road, Suite 440 • Marietta 30062
470-299-5256 • bringitompoweryoga.com

Monday-Friday: 5:30am-8pm,

Saturday: 8am-12pm, Sunday: 10am-6pm

Bring It OM Power Yoga welcomes yogis of all levels to their relaxed, fun, and inviting space. They offer a variety of classes for all levels including power, fundamentals, yin, heated/non-heated. They are dedicated to making yoga enjoyable for everyone, and are proud to serve the East Cobb community.



Dr. Azi Nia

Board Certified Pediatric Dentist

1111 Johnson Ferry Road, Marietta, GA 30068

770.479.9999

www.NiaDentistry.com

GET IN TOUCH!



facebook.com/eastcobber



[@EastCobber](https://twitter.com/EastCobber)



www.eastcobber.com
editor@eastcobber.com

AARP OFFERS TAX AIDE TO SENIORS



Every Friday through April 9, AARP will offer Tax Aide at the Tim D. Lee Senior Center. AARP Foundation Tax-Aide provides in-person and remote tax assistance free of charge to anyone, with a special focus on taxpayers who are 50 or older or who have low to moderate income.

Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. Tax help is provided in safe environments using a variety of methods based on a number of factors, including where you are located, COVID-19 spread, and volunteer availability.

The service is by appointment only, no walk ins. Individuals may call 770-765-3470 to schedule an appointment. The center is located at 3332 Sandy Plains Road, Marietta/East Cobb. ☎

EAST COBBER

NEXT ISSUE: MAY/JUNE
DEADLINE: APRIL 15
CALL EAST COBBER:
770-640-7070

A NEW OPTION FOR CARING FOR YOUR AGING MOM AND DAD

*Qualicare Homecare Opens in East Cobb
for Loving Support and Advocacy*



Launching a new business on the economic roller coaster posed by a global pandemic may sound daunting. But not for Rob Jackson, the own-

er of Qualicare Home Care, East Cobb's newest provider of care at home for Cobb, Cherokee and North Fulton families. The company provides home care, help transitioning from hospital to home, hospice and palliative care, help around the house and companionship for seniors, convalescents and the many families seeking respite care for both elders and their special needs children.

"This is an exciting and perfect fit, having worked in health-care and home services, I understand healthcare delivery from the clinical and providers' perspectives. But the top priority should be the experience of the families receiving care. I see friends struggle to navigate options for safe, affordable help for their parents and children. There is no guidebook, it can be overwhelming to try to do it all on your own without really knowing your options," said Jackson. "I know what a tremendous impact having a true advocate on your side can make. We team up with the entire family, custom designing a care plan and pricing that is a fit for everyone with nurse-led care."

It is no secret that residential care homes are expensive. Jackson wants to stand apart from others by providing flexible schedules for diverse budgets, reaching those that ordinarily couldn't afford home care--yet desperately need it. He sees it as something that shouldn't hinge on wealth or willingness to deplete hard-earned savings. He knows with a more creative model, everyone can receive excellent services, regardless of income.

Qualicare utilizes a detailed screening and methodology to match the right caregiver to each client, assuring ideal chemistry. Jackson takes great pride in how his team is passionate about helping local families. "Because our caregivers feel they receive support, respect, tools for success, and rewards for stellar service, we know we have the edge on customer value and trustworthiness from our clients," stated Jackson.

If you are navigating the process of caring for an aging or ill family member, Qualicare Marietta is happy to get on a call and help you understand your options or do a free consultation.

For more information, call 470-632-7400 to speak with our team or visit www.qualicare.com/marietta-ga.

PAID ADVERTISEMENT

WHAT'S YOUR STORY?

Let Us Tell It!

It's such a basic question, but one that most businesses struggle to answer ... much less communicate clearly. But in today's age of endless marketing messages competing for a very short attention span, clearly communicating your "story" is an absolute imperative. Articulating and embracing your brand story is what makes it happen.



Long-time resident of East Cobb, Jim Sullivan, is excited to announce the return of Car Wash USA to a new location in the East Cobb Crossing shopping center (near Dick's Sporting Goods and Party City). Last year, Jim sold his long-standing hand car wash on the corner of Old Canton Road and Roswell Road, after 17 years in business. After reading

"I am passionate about workers who feel the same a great job, and it shows,"

In 2015, Car Wash USA moved to East Cobb while he noticed there were no drive hand car washes. The hand washes were used to wash reducing the risk of dirt on mitts and scratching the lo

As an East Cobb resident, Jim is a local shopping center at that location. It was worth a great value on customers for 17 years.

Car Wash USA also of buffing, waxing and detailing shampoo carpets and mats, etc. When detailing the air systems to get to even it

The new location offers convenience of customers to be from refinements, with air-conditioned viewing an

Jim is happy to be out old customers. "The people they respect the value of a service, they will become p

The car wash is open 7 days a week. You can find during operating hours their Facebook page, Instab

McCOBB LLC: OFFICES JUST FOR YOU



"Your goal is to help our clients as they successfully run their businesses," says Ann Chambers, Executive Sales Manager of McCOBB LLC, which is located in East Cobb at 2340 Roswell Road. A wide range of firms call McCOBB their home, including attorneys, CPAs, chiropractors, medical service providers, insurance firms, and many others.

Yes, the 2340 Roswell Road building is a great fit. The building is owned by Chambers as the agent and list it as the Property Manager and Estate Broker. All businesses have access to the kitchen and conference rooms, as well as all administrative services. The offices are at the corner of Roswell and Joseph M.B. Bonds, and near accessibility.

For the flexibility offered to businesses that can fit in, short-term, and even for a day. "Our staff and ready to go at all times," she says, "and we can have you operational within

that are looking long-term but are not certain yet, they can initially rent an office. Once their needs can easily expand to more offices or more space, built to their specific needs, without any

office with concept allows business owners to rent or services while McCOBB handles the rest. McCOBB offers a full service solution, with in-house IT and administrative services, such as IT and even moving services, are billed based

McCOBB offers virtual offices for at-home businesses that require an address and/or telephone answering, with a meeting space and administrative services. Rent is \$100 per month and can be taken made to

Executive suite, and virtual offices are currently available with office space. Call Ann Chambers at 770-408-2200, ann@mcobbllc.com or

E. SMITH AIRS OUT HVAC QUESTIONS



Debbie Alexander, Vice President, E. Smith Heating and Air Conditioning

Our homes are comfortable primarily because of two basic reasons – that's the heat and air that we breathe and that our hot water heaters and that our hot water heaters. When one stops working properly, we usually don't think too much about our home's heating and cooling. Could our comfort levels be even better than they are now? How can we get it technology work effectively with our HVAC system? Debbie Alexander, vice president of E. Smith Heating and Air Conditioning, Inc., addresses these questions. Alexander emphasizes the importance of a professional licensed HVAC company to handle your heating and cooling needs.

Depending on the particular scenario, Alexander says that your heating and cooling comfort can improve by adding either a zoning system or a mini-split unit to your current HVAC system.

"Even with a properly sized and efficient air conditioner and furnace, hot and cold spots can occur," she explains. "A consistent temperature depends on getting the right amount of airflow to each room. How can you spend your days opening and closing individual registers, but in reality, who is going to do that?"

She goes on to say that a zoning system helps solve the hot and cold spots by adjusting the air that goes to each room. A thermostat in the room automatically opens and closes a damper in the duct work. Different rooms can be set to different temperatures.

A mini-split unit can help with comfort levels if you add a living space, such as a basement office. Alexander says a temperature sensor area because your central system may not be sized to handle the extra load. Quiet and efficient, a mini-split unit consists of a separate outdoor unit and an indoor blower unit that mounts on a wall to distribute the heated or cooled air.

For those who want to incorporate Wi-Fi technology, a Wi-Fi thermostat can do the job. Mobile apps allow you to access the system from anywhere. You can adjust the settings, get alerts, monitor the temperature, switch from heat to cool or turn the system on or off. A zoning system can also be accessed through Wi-Fi technology.

Alexander gives a warning about installing a Wi-Fi thermostat. "All homeowners should think twice if they plan on installing a Wi-Fi thermostat. Companies often give you a free Wi-Fi thermostat. Almost companies usually don't employ HVAC technicians, and some air conditioning systems require specific manufacturer thermostats. The last thing you want is for your cooling to stop, only to find out your free Wi-Fi thermostat is not compatible with your cooling system."

Looking for a professional licensed HVAC company? E. Smith Heating & Air Conditioning has been serving East Cobb for more than 30 years. To schedule an appointment, call 770-422-1900 or visit www.esmithhvac.com.

Want your marketing story and company featured in an upcoming issue of the EAST COBBER? EAST COBBER is ready to tell your story in print and online.

By publishing an advertorial we can turn your expertise into story lines that shape opinions and compel people to action. We are dedicated to enhancing and celebrating East Cobb businesses.

An advertorial is an advertisement designed to simulate editorial content, while at the same time offering valid information to your prospective clients. Distinguish your company from your competition, with a powerful advertorial. Your half-page advertorial includes:

- 2-3 Paragraphs introducing your business to the community and highlighting your marketing message
- Copy editing and proofreading
- Guaranteed placement in the EAST COBBER magazine and on eastcobb.com
- We will also email you a link that will give your clients and prospective customers access to your advertorial

Stay one step ahead of your competition by ordering your advertorial today! Contact us to receive more information on how strong advertorial messages can greatly improve your sales, while boosting your business to new levels.

TO ADVERTISE WITH THE EAST COBBER: 770-640-7070 | EASTCOBBER.COM

ROCKY MOUNT STUDENT RECEIVES SILVER PEN AWARD



Back Row (L-R): Golden K Past President, Jim Perry; Silver Pen Award Winner, Jeremiah Perry; Rocky Mount Assistant Principal, Dr. Sage Doolittle; Jim Farley, and Aimee Mendel; Front Row (L-R): Shani Childress, Marika Perry, Gene Schumacher



Golden K Past President, Jim Perry presents Silver Pen Award to Jeremiah Perry.

The Silver Pen Award is presented by the Kiwanis Club of Marietta Golden K to an elementary school student in Cobb County for completing and submitting a creative writing response to a writing prompt. The 2020 Silver Pen winner is Jeremiah Perry from Rocky Mount Elementary School. Jeremiah won the award last year when he was a fourth grader, but the pandemic delayed the recognition ceremony until February 2021.

As explained by Jim Perry, Past President of the Kiwanis Club of Marietta Golden K (no relation to the winner), "The Silver Pen Award is designed to encourage creative writing". Students read the beginning of an interesting short story, create an engaging end to the story, then submit it to their 4th grade teacher for review. Each homeroom teacher selects the top three entries from the class and the Assistant Principal chooses one finalist from each class. The four finalists are given "a numbered score" by former educators who are now members of the Kiwanis Club of Marietta Golden K. All the stories are submitted without names throughout the selection process, so the judges do not know which student wrote the story.

Jeremiah received the following special gifts: A Kiwanis Club Pen, a Silver Pen, twenty one-dollar coins,

and an engraved plaque from the Kiwanis Club of Marietta Golden K recognizing Jeremiah for his writing accomplishment.

Jim Perry spoke for all present (at the socially-distanced, outside awards ceremony on February 10, 2021) when he told Jeremiah, "We hope you will take that writing skill and put it to use throughout your life, because our whole purpose is to encourage good writers to be better writers. You did well," Assistant Principal Dr. Sage Doolittle added, "Rocky Mount is so proud of Jeremiah! We are thrilled that he has embraced a love for creative writing and that writing passion will serve him well in the future."

The Kiwanas Club of Marietta Golden K branch is made up of retirees and is based at the Tim D. Lee Senior Center in East Cobb. The Golden K Kiwanis Club was organized in 1991 under the Kiwanis International Organization to benefit the Children of the Community and the World by providing financial support and direct service to build tomorrow's leaders. Before the COVID pandemic, the Golden K club met weekly at the East Cobb Senior Center, now known as the Tim Lee Senior Center. 📍



WE PUT THE "SOCIAL" IN
Social Distancing!

At our communities, our goal is to make your retirement the best years of your life! With our safety protocols and our active on-site COVID testing, our community is still able to provide uplifting fellowship and friendship.

**Don't let Covid ruin your social life.
Your new friends are waiting!**



Dunwoody Place

(470) 450-1853

1460 S Johnson Ferry Rd NE
Atlanta, GA 30319

Historic Roswell

(678) 621-2263

75 Magnolia St,
Roswell, GA 30075

Magnolia Place

(678) 846-3055

655 Mansell Rd,
Roswell, GA 30076



SUMMER UNIVERSITY

Camps for rising 1st
through 12th graders

CAMPS FOR EVERYTHING UNDER THE SUN

Our innovative day camps combine fun and learning, sparking long-lasting memories and keeping young minds sharp! Explore our 80+ offerings – we have an excellent variety for kids in rising grades 1-12. Prepare for a one-of-a-kind summer at KSU!

CAMPS OFFERED FROM JUNE - JULY (9AM - 3PM)

Before Care and Extended Care available (additional cost)



**KENNESAW STATE
UNIVERSITY**
COLLEGE OF GRADUATE AND
PROFESSIONAL EDUCATION

SummerU.com // summeru@kennesaw.edu // 470-578-6765

LIKE US on [Facebook.com/SummerUniversityKSU](https://www.facebook.com/SummerUniversityKSU)

The health and safety of everyone is a top priority at SummerU. Visit our website to learn more about the measures we're taking to keep everyone safe during camp.



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.

Waldron & Lee Dentistry

More than
450
REVIEWS
★★★★★
5 STARS
on
Google

2419 Roswell Rd

In front of the YMCA
Near East Piedmont Rd



www.WaldronDentistry.com
(678) 498-1992

Dr. Blair Waldron, Dr. Chris Lee, Dr. Henry Almquist, Dr. Edward Schlissel,
Dr. Omar Shariff & Dr. Jon Waldron