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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.

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PUBLISHER'S NOTE



Publisher Cynthia Rozzo

East Cobb is slowly reopening and we're awaking from our COVID cocoons. Thanks to the vaccines we are now emerging from our yearlong quarantine of wearing pants without buttons, zoom calls, virtual classrooms, binge watching, walks, hikes, baking and having our masks handy.

Making sense of this pandemic-induced limbo life will take a while. The continuing losses—of life and livelihood, of routines and community, of trust in the future—weigh heavy on our collective souls. The

emotional healing required for post-COVID-19 life is something a vaccine alone can't provide.

So, to bring some comfort, this issue spotlights May traditions: graduations and gardens. EAST COBBER features the annual garden tour put on by Cobb County's Master Gardeners (page 18), and lists the local high school graduations (page 11). By publishing these annual rituals and celebrations, I hope they inspire you to share in the joy of these proud accomplishments and appreciate the good in our community.

As American philosopher, Noam Chomsky, observed, "We need to ask ourselves what world will come out of this COVID," and "What is the world we want to live in?" Well, the article on page 8 featuring an East Cobb mom's efforts to spearhead The Sandwich Project and the story about the Sprayberry parents rallying together to rebuild their high school (page 10) are examples of East Cobbers creating a better world to live in.

By reading about the people, places and events that are unique and special to East Cobb I hope you realize the precious profoundness in our everyday lives and begin to regain a sense of normalcy we sorely need.

A handwritten signature in blue ink that reads "Cynthia".

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

On the Cover

This month's front cover features Ope Ofodile, M.D. and Kathleen Viscusi, M.D., co-owners of DESSNA, Dermatology & Surgery Specialists of North Atlanta PC (DESSNA). Previously the Cobb division of Dermatology Consultants, the practice continues to employ the same quality physicians and staff members who East Cobbers have grown to trust for more than 30 years. DESSNA is still privately owned by physician partners who practice solely at the Northside East Cobb Medical Campus location.

According to Co-owners Ope Ofodile, M.D. and Kathleen Viscusi, M.D., although DESSNA has a new name and a new physician partnership, the office remains committed to providing expert dermatologic, surgical, cosmetic, and aesthetic services to the East Cobb community. "We strive to be the authority in everything hair, skin, and nails for our patient population which ranges from newborns to octogenarians," says Dr. Ofodile. "Our goal is to provide individualized care for every patient seen at DESSNA who needs to achieve healthy skin at all stages of life. Our board-certified dermatologists, physician assistants, and medical aestheticians are here for our East Cobb neighbors in 2021 and beyond."

Come and experience the DESSNA difference. DESSNA is located at 4800 Olde Towne Parkway, Suite 250, Marietta. For more information, read their story on page 6, visit www.dessna.com, or better yet, call 770-971-3376 for a consultation or appointment.

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A RENEWED VISION FOR DESSNA



Chason Worthy, PA-C, Laura Durell, PA-C, Aaron Retterbush, PA-C, Ope Ofodile, M.D., Lisa Lewis, PA-C, Anjeli Laungani, M.D., Candance Kimbrough-Green, M.D. and Kathleen Viscusi, M.D.

Living through 2020 gave us all high hopes and expectations for the New Year. In January 2021, the previous Cobb division of Dermatology Consultants embraced this expectancy with a new name and renewed vision as it became Dermatology & Surgery Specialists of North Atlanta PC (DESSNA). The practice continues to employ the same quality physicians and staff members who East Cobbers have grown to trust for more than 30 years, now with the addition of expanded services and personnel. DESSNA is still privately owned by physician partners who practice solely at the Northside East Cobb Medical Campus location.

According to Co-owners Ope Ofodile, M.D. and Kathleen Viscusi, M.D., although DESSNA has a new name and a new physician partnership, the office remains committed to providing expert dermatologic, surgical, cosmetic, and aesthetic services to the East Cobb community. “We strive to be the authority in everything hair, skin, and nails for our patient population which ranges from newborns to octogenarians,” says Dr. Ofodile. “Our goal is to provide individualized care for every patient seen at DESSNA who needs to achieve healthy skin at all stages of life. Our board-certified dermatologists, physician assistants, and medical aestheticians are here for our East Cobb neighbors in 2021 and beyond.”

DESSNA’s services range from medical and surgical dermatology to aesthetics, both integral components of the practice. Surgery and some of the dermatologic conditions fall under each of these facets. Under the medical umbrella, DESSNA’s physicians and physician assistants diagnose and treat conditions such as skin cancer, acne, alopecia, dermatitis, eczema, psoriasis, and rosacea – to name a few. On the aesthetic side, DESSNA’s providers offer consultations and services to help individuals feel and look their best. Some of these include body contouring, Botox injections, chemical peels, facial treatments, filler injections, laser hair removal,

and vein treatments. Given the plethora of skin care products available to our patients, DESSNA also provides consultative advice on selecting an individualized skin care regime based on a patient’s needs.

Brand new to DESSNA’s aesthetic service offerings in 2021 is a body contouring procedure known as PHYSIQ. “DESSNA is currently one of two locations in the state of Georgia where this service is provided,” says Dr. Viscusi. “PHYSIQ body contouring uses a combination of heat and energy to melt fat and tone muscle simultaneously. The procedure addresses unwanted fat and firms muscles in the upper arms, abdomen, flank, thigh, and buttocks.

With no downtime and no pain, the results are amazing.”

To launch this new breakthrough technology, DESSNA is offering an introductory price for May for all patients who mention the EAST COBBER Magazine article when they schedule a consultation. The procedure involves weekly treatments for five consecutive weeks to achieve maximum results.

DESSNA is excited to share its new additions with the East Cobb. Starting in January, Aaron Retterbush, P.A., joined DESSNA. Retterbush is a board-certified physician assistant whose clinical interests include surgical and medical dermatology. He received his undergraduate degrees from the University of Georgia and his P.A. degree with honors from Mercer University. Arriving at DESSNA in August 2021, Edward Chen, M.D., received his undergraduate degree at Emory University and his medical degree at the University of Alabama in Birmingham. Dr. Chen completed his internship at the University of Chicago and is currently chief resident in dermatology at the University of Alabama in Birmingham.

“The significance of our new appointments is that they are directly related to patients’ needs,” explains the two DESSNA co-owners. “Since our practice was predominantly female providers in the recent past, we recognized the need to add male providers, minimizing barriers for our male patients to address their dermatologic needs.”

Come and experience the DESSNA difference. DESSNA is located at 4800 Olde Towne Parkway, Suite 250, Marietta. Operational hours are Monday-Friday, 7am- 4:30pm. For more information, visit www.dessna.com. Or call 770-971-3376 for a consultation or appointment. And if you are considering a **PHYSIQ procedure, remember to mention this EAST COBBER Magazine article to receive the May introductory price offer.**

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EAST COBBERS COMBAT HUNGER ONE SANDWICH AT A TIME

By Adam Darby



Friends Hannah Blumenthal, 14, Hayden Bossak, 14, and Hailey Fields, 13, of East Cobb prepare sandwiches together.



Danielle Cohen



Each Thursday, 3-4 SUVs and vans are loaded up with thousands of sandwiches and hordes of granola bars, fruit and other snacks and then delivered downtown.

The pandemic has been an unbelievably difficult time for Americans leaving even more people homeless and starving in the past year, but East Cobb's Danielle Cohen refuses to take hunger for an answer. In April 2020, Cohen's friend Marcy Louza and Louza's friend Lisa Hiles began making sandwiches for the homeless. They began inviting friends, family, and neighbors to lend a helping hand and the endeavor grew from word of mouth. Cohen and her family began contributing in October, and she opened the opportunity up to the East Cobb community at large in December. As efforts continued to expand, the grassroots effort became formally known as "The Sandwich Project".


"After seeing the hours-long lines at food banks and witnessing the devastating snowballing effects of the pandemic day after day, week after week, month after month, we wanted to help more," Cohen said. Cohen's own children have also played a role in preparing, packing, and collecting sandwiches. She enjoys the project being a "family effort" where everyone "pitches in when they can." Her home serves as an official collection point for deliveries from hundreds of local East Cobbers who contribute sandwiches, granola bars, fresh fruit, and other snacks each week. "My family and I began preparing sandwiches last fall. I strive and try to instill in my children to be the change we wish to see in the world, and one way we have done that is by supporting the homeless and food insecure whenever we can," she said.

The Sandwich Project continues to expand with drop-off locations throughout the metro-Atlanta area including East Cobb, Alpharetta, Brookhaven, Buckhead, Decatur, Dunwoody, Intown/Candler Park, Norcross/ Peachtree Corners, Roswell, and Sandy Springs. As the proud host of the East Cobb collection point for more than four months, Cohen has collected approximately 11,000 sandwiches out of the project's total of nearly

130,000 sandwiches to date. According to her, the number grows by several thousand each week.

"We currently have about 20 collection points throughout the suburbs and city. Each collection location's host brings their weekly collections load to a designated driver and those drivers bring the food downtown. It takes about three to four fully loaded SUVs and vans to transport all of our weekly collections right now, which is an absolutely incredible sight to see," Cohen said. Since the start of the project, they have been supporting CHRIS 180, a United Way organization. All sandwiches and snacks collected are brought to its community outreach program where the coordinator distributes them deep into the city directly to the populations with the greatest need.

"Most of these people live in food deserts and do not or cannot access resources such as food banks or pantries," she said. "It has been a remarkable community effort not only to be a part of, but also to help lead. I am truly touched every week by the outpouring of support and continuous show of interest by new volunteers."

The Sandwich Project recently launched its official Facebook page with the hopes of reaching more willing volunteers. The team hopes to increase their outreach and support other organizations' needs. "The Sandwich Project grew out of a need for help and a need to help. People craved a safe way to do charitable work," she said. "Food is a basic human need and feeding someone is an act of humanity and love. The recipients of The Sandwich Project's efforts are provided sustenance made with care and compassion, not something just purchased — and that infuses a sense of dignity." For more information, visit The Sandwich Project's Facebook page: www.facebook.com/groups/783652755919659. If you are interested in donating or collecting, email TheSandwichProjectAtlanta@gmail.com. 

BROKEN FRONT TOOTH...GOOD AS NEW IN 90 MINUTES OR LESS!

After practicing dentistry for 20 years, I love a dental challenge! One of the hardest things to do esthetically as a dentist is to recreate a front tooth so that it exactly matches the surrounding teeth. Though I enjoy doing full mouth veneers and implants, some of my most rewarding experiences as a dentist have been artistically recreating a single front tooth. Teeth have unique characteristics, and trying to duplicate those can be quite difficult. But 6 years ago, our practice invested in a new CAD/CAM technology and a set of custom stains and ceramics that we can use to create perfectly matching dental restorations in just a few minutes.

Recently, a patient called us in the middle of his workday and let us know that he had just banged his right front tooth with a glass and had broken half of it off. We told him to come right over. Using our CAD/CAM software, we were able to copy the adjacent tooth and mirror image it to recreate the one that he had broken. His ceramic CAD/CAM crown was then custom pigmented to match his teeth...a slightly yellow-brown hue at the gumline and white speckling at the edge. When he saw the finished crown in the mirror, he exclaimed, "My wife is never going to believe I broke my tooth today!"

On another day, an attractive grandmother came to us as a new

patient just wanting a new dentist for her exams and cleanings. When I asked her how she felt about her mismatched crown on her front tooth, she said, "Oh, it has been redone three times, and they could never get the color right." I asked her to let me try using our CAD/CAM system. Her shade was tough! We made a beautifully shaped crown and added custom stains, but when we tried it in, it was a little too grey. Since it was the end of the workday, I sent her home with the "too grey" crown cemented in place temporarily and told her I would recreate another crown overnight that we could try in the next day. It took a bit of work to get the pigmenting just right, but when she returned, we had a perfectly matching crown! She was so thrilled having previously thought that she would always have unattractive, mismatched front teeth.

Just this month, a teenage girl was brought to us by her mother, unhappy with the bonding that had been placed on her front tooth a few years ago. The bonding had discolored and chipped and was no longer esthetic. We decided to use our CAD/CAM system to make a ceramic veneer. Her mom was skeptical of whether or not it would match, stating that another dentist had recommended that BOTH front teeth be veneered to ensure

symmetry. I convinced her to let me try custom staining a single CAD/CAM ceramic veneer custom made for her in our office. After adding a little blue near the edge to mimic her translucency, some light yellow chroma at the gumline, and some faint white speckling, we bonded the veneer in place. When she looked in the mirror she said, "I can't believe it! I am now so obsessed with my front teeth!"

CAD/CAM technology has revolutionized how quickly we can recreate a perfectly shaped tooth. Designing the crown on the software and then custom staining it to get an exact match adds an additional artistic component that my team and I truly enjoy. Knowing we can give someone an immediate, beautiful repair of a smile they have been trying to hide is one of the reasons we LOVE what we do.



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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SPRAYBERRY PARENTS SEEK SCHOOL REBUILD

Parents and community leaders are rallying for major improvements to the Sprayberry High School campus, which has occupied a corner at the busy intersection of Sandy Plains and Piedmont Road since 1973. A group of East Cobb parents said they are sick of sending their kids into a “crumbling school”. They want Sprayberry High School rebuilt and they’re tired of waiting.

“For the past 15 years we’ve been getting lipstick on a pig,” said Sharona Sandberg, a Sprayberry High School parent spearheading this reconstruction cause. “There are so many things this school needs but in the end what it really needs is a main building that matches, and is equitable, with the other high schools in the area, continues Sharanoa, “Sprayberry opened in 1973, Walton in 1975, Pope in 1988 and Lassiter in 1980. Wheeler, which I attended, opened in 1965 and it needed the rebuild badly, now Sprayberry does as well. The school sits on the busiest road of any of Cobb County’s high schools. It should be the gold standard for the County but it is just an outdated mess. Go look at Pope, Walton, Lassiter, Kell and Wheeler and those schools are basically brand new, have everything you would ever want at a high school. On the flip side, you don’t even have to get inside Sprayberry to see the crumbling asphalt, the mishmash paint job on the outside and the 1970’s facade that just screams out-of-date. Inside the school it is falling apart: leaking water, growing mold... [it] makes you feel depressed that your kids have to go there. This is




Sprayberry parent Sharona Sandberg wearing the “Lipstick On A Pig” Tshirt she designed for the Sprayberry rebuild cause.

unacceptable in such a nice area of town. The kids are embarrassed, the parents are fed up. Community pride is at its lowest level.”

The school was approved for a new gym and career and tech wing in 2016, which SPLOST money has been set aside to cover. Out of the fourteen high schools approved for improvements, only three, including Sprayberry, have yet to start, but the budget runs until 2023.

Cobb County School District officials are currently reviewing requests from schools and preparing the SPLOST VI notebook. Sprayberry is hopeful money for a proper school makeover, or better yet, a complete rebuild, makes the list. The November referendum will determine whether to extend the current 1% sales tax. If approved by voters, SPLOST VI funds start collecting in 2024.

Sprayberry parents and their kids want a school they can be proud to walk into everyday.

For more information visit the Facebook group page, Rebuild Sprayberry High School. 



Handmade signs hang outside Sprayberry High School show support for the rebuilding efforts.

CONGRATULATIONS, GRADS!

Due to the ongoing impact of COVID-19 and necessary public health measures, commencement ceremonies for the Class of 2021 for all Cobb County high schools will be held at Cantrell Stadium on the campus of McEachern High School at 2400 New MacLand Road in Powder Springs. Ceremonies are scheduled Monday, May 24, through Friday, June 4, with Saturday, June 5, reserved for making up ceremonies postponed due to inclement weather. Ceremonies are not scheduled on Sunday, May 30, or Memorial Day, Monday, May 31. Ceremonies are only scheduled for mornings and evenings to avoid the heat of the afternoon. Tickets will be limited due to public health guidance. To accommodate family and friends who are unable to attend, each ceremony will be streamed live. Listed below are the East Cobb high school commencements.



Kell High School • Wednesday, June 2 • 9am



Lassiter High School • Tuesday, May 25 • 7pm



Pope High School • Wednesday, May 26 • 7pm



Sprayberry High School • Friday, June 4 • 7pm



Walton High School • Friday, May 28 • 9am



Wheeler High School • Saturday, May 29 • 7pm



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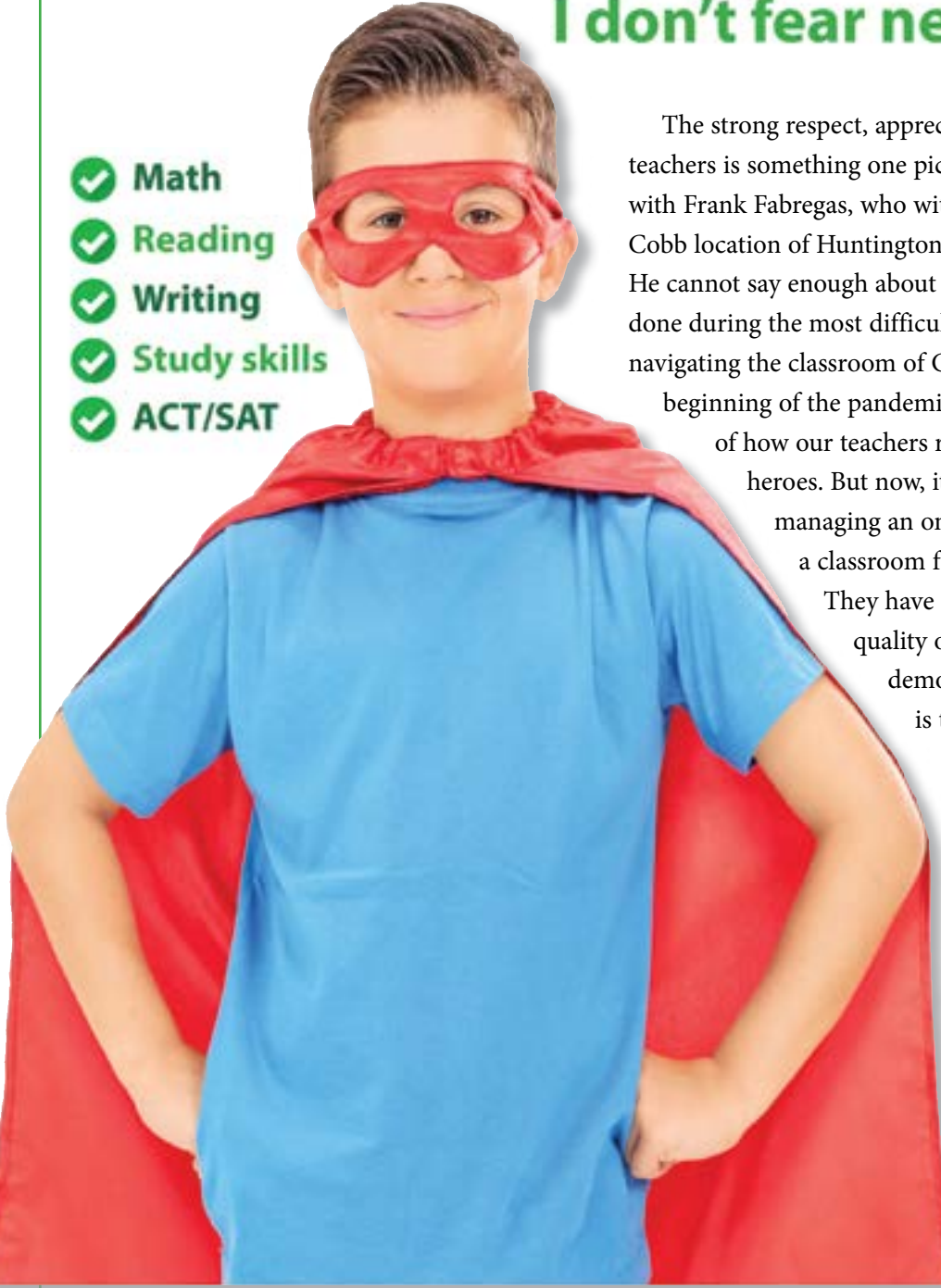
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The strong respect, appreciation and awe for Cobb County teachers is something one picks up on immediately when speaking with Frank Fabregas, who with wife Montse, has owned the East Cobb location of Huntington Learning Center for over six years. He cannot say enough about the amazing job our educators have done during the most difficult scenario a teacher could fathom—navigating the classroom of Covid-19. “Virtual learning during the beginning of the pandemic was tough enough and I am so proud of how our teachers rose to the challenge. They really are heroes. But now, it is even harder. Teachers need to juggle managing an online classroom simultaneously with a classroom full of students. It’s hard to imagine. They have really risen to the occasion with the quality of education and flexibility they have demonstrated,” said Fabregas. “Each teacher is truly a “Super Hero” in our eyes.”

In spite of brilliant teachers ,the pandemic has nevertheless created a significant learning loss. This is a universal phenomenon—regardless of state, city or school district, virtual learning is simply not as effective as an interactive classroom. Huntington Learning Center never fully closed when the world moved to “shelter in place”, initially providing tutoring online, and resumed in-person in April 2020. They have seen parents’ fears come to fruition: regardless of quality teaching, virtual school



is less than optimal, and students have lost out on learning.

Fabregas recognizes the age groups hit hardest with the ramifications of Covid are the youngest, particularly first graders. Virtual learning during the year of establishing those basic skills to read, the most fundamental skill needed for all future academic success, took its toll. Second grade is a turning point for children academically. Learning to read in first grade positions them for future learning success and importantly, builds confidence, motivation and an enthusiasm to attend school. Those students who may have missed all or even a few important elements crucial to reading are at-risk for falling even further beyond. This summer is the perfect time to catch up. Lagging behind grade level in reading will only worsen with each passing year without intervention. Reading is an asset needed not only for school success, but for success in life.

Middle schoolers are also at great risk. Solid reading proficiency when starting sixth grade is critical to acquiring the organizational and time management skills, note taking, critical thinking, all abilities vitally

important in preparing for high school. If a student

is struggling, the culprit generally can be traced back to fundamental earlier gaps. Learning is like healthcare—the key is prevention. Addressing those learning deficits when they arise prevents future roadblocks. Their end goal is to position students a year ahead in their abilities, not just catch up with the year they lost due to Covid.

The good news? Every child who has been impacted by a “Covid Learning Loss” can get back on track before next school year. The team is in place this summer to instill skills and enthusiasm for kids. “I want children to really feel like Super Heroes”, said Fabregas. “I know we can replace anxiety with excitement and confidence, making each child feel like there is nothing they cannot take on this school year.”

Huntington Learning Center is located in the East Cobb Crossing shopping center, 4381 Roswell Road, Suite 240, in Marietta/East Cobb. For more information, visit www.huntingtonhelps.com/center/east-cobb or call 770-977-3112 for an appointment.



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CAMPING MEMORIES



Stephen Moon is pictured with his two sons on each side of him. On the left is Sam Moon, 14, an eighth-grader at Daniell Middle School; and, on the right, is Max, 17, a junior at Sprayberry High School.

The following was a Facebook post written by Stephen Moon while on a weekend camping trip with Boy Scout Troop 173 (his sons are members). The campout was at FD Roosevelt State Park, Pine Mountain, Georgia.

My stages of sleep while camping:

- 10pm:** Wow, fresh air and reading a book in my tent before nodding off 3 hours earlier than normal. I don't normally do this! This will get me good and drowsy. 😊
- 11pm:** That was a wonderfully refreshing hour of sleep! 😊
- 12am:** Left side intermittent nap. I wonder if my left hip is now broken. 😊
- 1am:** Right side intermittent nap. No. I think my right hip is broken. 😊
- 2am:** Is that a coyote? I thought I heard a coyote. 😊
- 3am:** 11 others—no 12—other distinct persons snoring. 🤔
- 4am:** I must have time warped two hours. Because it felt like that was just a bunch of thinking, not sleeping. 😊
- 5am:** I should just get up and see a sunrise for the first time ever. I hear they are really something. 😊
- 5:30am:** Yay! that must have been at least 15 minutes of solid sleep. 😊
- 7am:** Happy, extrovert, coffee types asking me how I slept. Good. Let's do this again real soon. 🤖🤖



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VACATION BIBLE SCHOOLS

Summertime is fast approaching, and along with a number of summer camps being offered, Vacation Bible School (VBS) is a favorite summer activity for many local families. Vacation Bible School offers children a chance to immerse themselves in a week-long camp with a biblical theme. Crafts, games, songs, and fun are common threads in VBS programs. The following is a sampling of Vacation Bible Schools in East Cobb.

Church, Address & Contact Info	Program Name	Age	Dates	Time	Cost
Catholic Church of St. Ann 4905 Roswell Road • Marietta 30062 770-552-6400 ext. 6041 • www.st-ann.org	"Treasured: Discovering You're Priceless to God"	Rising K-5th grade	Monday-Friday July 12-16	9:30am-12:30pm	\$25/child
Eastminster Presbyterian Church 3125 Sewell Mill Road • Marietta 30062 770-977-2976 • www.epres.org	"Rocky Railway: Jesus' Power Pulls Us Through"	Rising PreK- 5th grade	Monday-Friday June 14-18	9am-12pm	\$25/child
Eastside Baptist Church 2450 Lower Roswell Road • Marietta 30068 770-971-2323 • followeastside.com	"Destination Dig: Unearthing the Truth About Jesus"	Rising K- 5th grade	Monday-Friday June 7-11	9am-12:30pm	Free
Holy Family Catholic Church 3401 Lower Roswell Road • Marietta 30068 770-973-0038 • www.holyfamilycc.org	"Wilderness Escape: Where God Guides & Provides"	4-10 yrs	Monday-Friday June 22-25	9am - 12pm	\$25/child
Johnson Ferry Baptist Church 955 Johnson Ferry Road • Marietta 30068 770-794-2990 • www.johnsonferry.org	"Bug Dynasty"	Completed K-5th grade	Monday-Thursday June 21-24	9am-12pm	Free
Mt. Paran North 1700 Allgood Road NE • Marietta 30062 770-578-9081 • www.mountparannorth.com	"Treasured: God's Greatest Treasure Is You!"	4yrs-Rising 6th grade	Monday-Thursday June 7-10 & 21-24	9am-12pm	Free
Noonday Baptist Church 4121 Canton Road • Marietta 30066 770-926-6138 • www.noondaychurch.org	"Rocky Railway: Jesus' Power Pulls Us Through"	Rising K-5th grade	Monday-Thursday June 12-16	9:30am-12:30pm	Free
St. Andrew United Methodist Church 3455 Canton Road • Marietta 30066 770-926-3488 • www.saumcmarietta.org	"To Mars and Beyond"	4yrs-Rising 8th grade	Monday-Thursday July 12-15	9:30am-12pm	\$25/child

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A GUIDE THROUGH THE GARDENS: THE 2021 COBB MASTER GARDENS TOUR



Learn how this urban setting went from shade to safety in the sun at the Lopez garden



The greenhouse is one of many exceptional features at the Demestihis garden.



Learn all things vegetables at the Reconnecting Our Roots Community Garden.

The Master Gardener Volunteers of Cobb County will host their 18th Annual Garden Tour “Colors Amid the Garden” on Saturday, May 22, 10am-5pm across five gardens in Downtown Marietta and East Cobb.

Whether you’re a gardener who wants to learn some new tips, or you enjoy the thought of a garden stroll on a lovely spring day, the Cobb Master Gardeners Tour welcomes all.

Interest in gardening went up during the pandemic.

“Attending the Annual Garden Tour is a great way to expand your gardening knowledge. Our UGA Master Gardener Extension Volunteers are ready to share their expertise and lessons learned around all things gardening,” says Master Gardener and this year’s Chair, Bill Lovelace.

“Being a Master Gardener means embracing a lifetime of learning. It also means sharing what you learn and love with your community. We grow gardeners,” he continued.

All of the gardens showcase this year’s theme, Flying Colors Amid the Garden. Each venue tells a story of transformation of lots, big or small, into diverse habitats that welcome butterflies and pollinators, essential to a healthy ecosystem.

The Garden Tour features five gardens that exemplify the benefits and challenges of gardening in Cobb County. From bright, blooming flowers to ripe vegetable gardens, there is something for everyone to enjoy.



Owen Esler, seven (7) is learning the fundamentals of digging in the dirt – wear gloves!



PAID ADVERTISEMENT



Enjoy the Van-made koi pond at the Swearingin Garden.



Hydrangeas are one of many features at the Doyle garden.



Explore the five gardens in any order:

1. Visit the **Lopez Urban Garden** (394 Freyer Drive NE, Marietta 30060) to learn how a small shade covered lot evolved into a garden blooming with bright colors, stone pathways, and a koi pond.
2. Learn how to grow vegetables and see how a community garden can reshape a neighborhood at the **Reconnecting Our Roots Community Garden** (271 Lemon Street, Marietta 30060).
3. At the **Demestihis Garden** (3530 Knight Road, Marietta 30066) see how acres of hilly woodlands were preserved and developed into a sprawling nine-acre estate garden that celebrates cultural heritage, family and nature.
4. Enjoy the sounds of nature and discover why this corner lot is a favorite place for the neighborhood children to explore and friends and family to relax at the tranquil **Swearingin Garden** (1500 Dansford Court North, Marietta 30062).
5. With views over the rushing Chattahoochee River, the **Doyle Garden** (5631 Conway Drive, Marietta 30068) shows how Master Gardener training

reshaped a property, resulting in bursts of color and a wildlife habitat certification.

Proceeds from the Garden Tour are used to fund the educational programs and 18 community and demonstration gardens that the Cobb Master Gardener Volunteers support.

So, make a day of it! Come out and engage with others, be a part of the community, teach the kids about gardening, learn from the people around you, and enjoy the beauty of nature.

Tickets are \$15.00 in advance or \$20.00 day of tour, children under 17 are FREE! Tickets can be purchased online at www.cobbbmastergardeners.com or in person by cash or check at the UGA Cobb County Extension Office, Suite 200, 678 South Cobb Drive, Marietta 30060. Monday-Friday, 8am-5pm.

Masks are required. Wear appropriate footwear as some gardens have stairs or multiple levels. No pets permitted. Rain or Shine!

Interested in becoming a Master Gardener? Apply today at www.cobbbmastergardeners.com or contact the Master Gardener Help Desk at 770-528-4070.



PAID ADVERTISEMENT

EAST COBBER

2021 May/June COMMUNITY CALENDAR

Free Mulch. Cobb EMC offers free mulch from the clearance maintenance of Cobb EMC power lines. It is available throughout the year and can be delivered when crews are in your area. More info: cobbemc.com/content/request-wood-chips.

EVERY SATURDAY

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

Sandy Springs Farmers Market a unique selection of vendors set up shop providing an open-air opportunity to purchase fresh produce and artisan foods. Free. 8:30am-12pm (noon). City Springs, 1 Galambos Way, Sandy Springs, 30328. More info: 770-206-2022 or citysprings.com/farmersmarket.

THROUGH MAY 29

Art Blooms at Smith Gilbert Gardens. Experience selected pieces from their permanent sculpture collection as you've never seen them before- surrounded by over 10,000 daffodil blooms planted in unique patterns! Special exhibit will feature sculptures by students from KSU's School of Art and Design. \$10/Adult; \$5/Children (3-17). Tuesday-Saturday: 9am-4pm. Smith-Gilbert Gardens, 2382 Pine Mountain Road NW, Kennesaw. More info: 770-919-0248 or smith-gilbert-gardens.square.site.

Yipes, Stripes! Gallery Show. Experience quilt art in a gallery setting. This show showcases the talents of East Cobb Quilters' Guild members and presents the art and techniques of quilting at all skill levels. It is a chance for the Guild to share their passion for fiber art and encourage membership in the Guild. The 2021 Raffle Quilt "Garden of Stars" will be on display on Monday, May 3, 10 am-8 pm and raffle tickets will be available for purchase. Free. Mondays: 10am-8pm; Tuesdays-Fridays: 10am-6pm; Saturdays: 10am-5pm. Sewell Mill Library and Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb, More info: 770-509-2711.

THROUGH MAY 31

Eco-Tinker: Interactive Exhibits. Head outdoors this spring for nature-inspired tech and tinker stations – 5 stations where you can learn about recycling and consumer science. There's plenty to play with while you learn at the STEM stations. Free/Members & Children under 2; \$10/Adult, \$6/Child. Advanced tickets and Member reservations encouraged. Monday-Saturday: 10am-5pm; Sunday: 12pm/noon-5pm. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

FRIDAYS-SUNDAY THROUGH JULY 31

Cobb County Parks Escape Room: The Emporium. Your cousin, the owner of the local Emporium, has gone missing. Family matters, so you step in to take his place. Belly up to the bar to play discreet detective while trying your hand as the town's newest soda jerk. Think you've got what it takes to create the latest hotsy-totsy concoctions and serve up whodunit? Step into this old-fashioned pharmacy to find out. One team, one hour, one chance to mix it right. \$90/resident; \$135/non-resident; Price is per team, not per person. Times vary. Oregon Park Annex, 145 Old Hamilton Road, Marietta. More info: 678-978-2557 or cobbparksescaperooms.com.

MAY 5, 12 & 19

Mommy & Me Storytime. Let your imagination run wild during outdoor storytime at The Avenue. Bring your blanket or folding chair. Free; Reservations required. 1 ticket per child over 18 months old. Siblings under 18 months & adults, do not need a ticket. 10am. Origins Patio, The Avenue East Cobb, 4475 Roswell Road, Marietta/East Cobb. Reservations: aec-storytime.eventbrite.com. More info: 770-971-9945 or www.avenueeastcobb.com/events.

MAY 7

First Friday Concert Series: The Shetlands in Historic Downtown Kennesaw. The concert will take place at the Pedestrian Underpass off Main Street. Free or reserve tables for 6 people: \$50. 6-9pm. Pedestrian Underpass off Main Street in Downtown Kennesaw, 2820 South Main Street, Kennesaw. More info: www.kennesaw-ga.gov.

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

MAY 7 & 8

Smoke on the Lake BBQ Festival. Great food, family entertainment & live performances. Free. Friday: 5-10pm; Saturday: 11am-4pm. Logan Farm Park, 4762 Logan Road, Acworth. More info: 770-971-1234 or www.smokeonthelake.org.

MAY 8 & 22 & JUNE 12 & 26

Open-Hearth Cooking and Living History at Smith Plantation. Living history interpreter Clarissa Clifton demonstrates open-hearth cooking using traditional 19th century southern recipes. Visitors are welcome to drop-in at any point then go enjoy the grounds and exhibits, take a ticketed house tour (\$5), and then pop back into the kitchen to see the results. From baking without an oven to cooking vegetables and meat over a fire, recipes and presentation will change seasonally but there is always something delicious to smell and good conversation. Please note that this is for educational demonstration purposes only. Visitors are not encouraged to participate or taste food for safety precautions. Free. 10am-3pm. Smith Plantation, 935 Alpharetta Street, Roswell. More Info: 770-641-3978 or www.roswellgov.com/discover-us/historic-house-museums#events.

MAY 14

City Green Live: Cha Wa. Enjoy a concert on the lawn with a New Orleans brass band-meets-Mardi Gras Indian outfit. Cha Wa radiates a city's street culture's energy. The band is described as "a grand gumbo of singing, intoxicating rhythms, and deep funk grooves that are impossible to resist! Free. 7:30pm. Gates open at 5pm. City Springs, City Green Venue, 1 Galambos Way, Sandy Springs. More info: 770-206-2022 or citysprings.com/events.

Cobb Chamber's Cobb Executive Women Hybrid Luncheon. This month, guest speaker Dr. Karmetria Burton, corporate executive and founder of the "Paint Your Lips Red" movement, will speak on "leadershift" – shifting your leadership to drive for success. \$15/members; \$20/guests; Free/Virtual attendance. 11:15am-12:30pm. Cobb Chamber of Commerce, 1100 Circle 75 Pkwy Suite 1000, Atlanta. Registration: www.cobbchamber.org/events. For virtual attendees, a Zoom link will be sent in a registration confirmation email. More info: rchadwick@cobbchamber.org.

MAY 15

Art in the Park: Terrarium Making. Park staff will lead participants through the process of creating their own terrariums. Participants will have their choice of succulents and various decorations to incorporate into two small terrariums. All materials will be supplied and no artistic talent or experience necessary. Light snacks and drinks will be available on site or you are welcome to bring your own food. \$15. 2-3:30pm. Swift Cantrell Park, The General Picnic Pavilion, 3140 Old Highway 41, Kennesaw. More info: www.kennesaw-ga.gov.

Pop-In For Family Fun: Military Appreciation. Come and Explore the museum the 3rd Saturday of the Month with family fun activities. Themed activities and crafts to take home. \$5/person; \$20/Family. 10:30am-3:30pm. Marietta Museum of History, 1 Depot Street, Marietta. More info: www.mariettahistory.org/pop-in-for-family-fun.

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COMMUNITY CALENDAR

MAY 15

Unplug Broadway: A Drive-In Review. A revue centered on musical theatre but with a folk twist. Presented with incredible folk singers and Atlanta actors, you will be singing and dancing along to many classic and modern showtunes. \$30/car. 4pm & 7:30pm. Cobb Civic Center Parking Lot, 548 South Marietta Pkwy SE, Marietta. More info: 770-528-8490 or www.andersontheatre.org/drive-in.

MAY 22

18th Annual Garden Tour held by Master Gardener Volunteers of Cobb County. The tour features five gardens, including four private gardens and one community garden. All the private gardens have been meticulously managed by their owners, four of whom are master gardeners. They range in size from a small lot "urban oasis" to a nine-acre estate. \$15/advanced; \$20/day of tour; Free/17 years and younger. 10am-5pm. Downtown Marietta & East Cobb. Gardens may be visited in any order. More info/tickets: 770-528-4070 or www.cobbmastergardeners.com.

MAY 22-31

Yaarab Shrine Circus and Fair. Featuring high-flying acts and aerial artistry, an athletic freestyle entertainment show, comedy, magic and more. Watch pig races from Robinson's Racing Pigs & Paddling Porkers, rides and delicious carnival foods. Age 11 and up: \$10; Parking: \$5. Check website for times and ride deals. Cumming Fairgrounds, 235 Castleberry Road, Cumming. More info: 404-419-6755 or www.2021shrinecircus.com.

MAY 26

Last Day of School for students that attend Cobb County Schools.

MAY 27 & JUNE 24

Outdoor Movie Series at the Avenue. Movie announced on the first of each month. Arrive early to enjoy pre-movie entertainment. Walk-In Spaces and Drive-In Spaces will be available. \$15/family. Pre-movie entertainment: 6pm. Movie: Dusk. The Avenue East Cobb, 4475 Roswell Road, Marietta/East Cobb. More info/tickets: 770-971-9945 or www.avenueeastcobb.com/events.

MAY 28

City Green Live: Old Salt Union with Opening Act: Sailing to Denver. Free. 7:30pm. Gates open at 5pm. City Springs, City Green Venue, 1 Galambos Way, Sandy Springs. More info: 770-206-2022 or citysprings.com/events.

MAY 29

Acworth Classic Car Cruise. The Lake City Cruisers partner with the city and the downtown Acworth merchants to hold Classic Car Cruises. All proceeds go to the Horizon Field, an all-inclusive special needs sports facility in Acworth. Free; \$2 entry fee is requested for all vehicles in the cruise. All proceeds go to the Horizon Field, an all-inclusive special needs sports facility in Acworth. 4-9pm. Historic Downtown Acworth. Main Street, Acworth. More info: www.acworth.org/departments/parks_recreation_and_community_resource_department/rec_events.php.

Acworth Memorial Day Ceremony to honor those that gave the ultimate sacrifice in service to our country with music, speakers and the recognizing of new bricks to be placed at the memorial. Free. 10am. Veterans Memorial at Patriots Point in Cauble Park, 4425 Beach Street, Acworth. More Info: 770-917-1234.

EVERY SUNDAY IN JUNE

Summer Fun Family Concert Series presented by Wesley Chapel UMC. Grab your camp chairs and picnic gear for an evening of popular music and kids' activities! Free. 5:30-7pm. Wesley Chapel United Methodist Church, 4495 Sandy Plains Road, Marietta. More info: 770-993-4919 or wesleychapelumc.org.

JUNE 4-6

The Blade Show presented by BLADE Magazine. The world's largest knife show will feature the most diverse array of knife manufacturers, custom knife makers, collections and products as well as unique educational seminars and competitions. Advance tickets: \$20/1-day pass. \$45/3-day pass. Friday: 12-6pm; Saturday: 9am-6pm; Sunday: 9am-2pm. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: 877-746-9757 or www.bladeshows.com.

Dixie Highway 90-Mile Yard Sale. The sale spans 90 miles from Marietta to Ringgold, with 13 participating communities in all. The Route runs from Marietta to Ringgold, 90 miles across Northwest Georgia on U.S. Highway 41. More info: www.facebook.com/DixieHighway90MileYardSale.

JUNE 5

Civil War History Day at the Southern Museum. Watch history come to life as various aspects of the Civil War are explored! \$10/Adults; \$5/Children (3-17); Free/Members & under 2. 9:30am-5pm. Southern Museum, 2829 Cherokee Street NW, Kennesaw. More info: www.southernmuseum.org.

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JUNE 5

Drive-In Movie in the Park: Sonic the Hedgehog. The main event will begin around sunset. Bring outdoor chairs, blankets, your favorite food and drinks (no alcohol) to enjoy this fun movie experience. \$20/vehicle, registration required. Sunset. Fair Oaks Park, 1460 West Booth Road Extension, Marietta. For more information/registration: cobbcounty.org/parks, click on "Register and Reserve" and click on the "Special Events" tab.

Outdoor Movie: School of Rock (PG-13). The inflatable screen lights up at dark, so arrive early (around 6 pm) for games, activities, fun, and more. Bring your blanket or lawn chair and a picnic. Free. 6pm. Depot Park, 2828 Cherokee St NW, Kennesaw. More info: 770-422-9714 or www.kennesaw.com/outdoor-movie-series.

The Run for Wounded Heroes 5K. Run on a mostly flat and fast asphalt course through downtown Kennesaw. Professionally timed and USAT&F Certified. Peachtree Road Race qualifier. The festival-like atmosphere and plentiful food and drink make this race perfect for beginner runners/walkers as well as families. \$15-\$25. Sign in begins at 6am. Fun Run: 7:30am; Race: 8am; Tot Trot: 8:55am. Kennesaw First Baptist Church, 2958 North Main Street, Kennesaw. More info/registration: kennesawgrandprix.com.

JUNE 5-6

22nd Annual Flying Colors Butterfly Festival. Live butterfly releases and butterfly encounter. The festival will also include plants available for sale in addition to arts and crafts, face painting, and vendors. Food trucks and cold treats available. \$12/General Public; \$10/ Members; Free/ Ages 2 and under. Saturday: 9am-3pm. Sunday: 12-5pm. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or www.chattnaturecenter.org.

JUNE 6

Cobb Museum of Art Exhibits. Come view The Four Elements: A Group Exhibition. For this thematic group exhibition, the concept centers on the Four Classical Elements: Earth, Air, Water, and Fire. Free. 1-4pm. Cobb Museum of Art, 30 Atlanta Street SE, Marietta. More info: 770-528-1444 or mariettacobbartmuseum.org.

JUNE 11

City Green Live: Uptown Funk with Opening Act: Bailey Ingle. You won't want to miss this Bruno Mars tribute band that will have the whole family dancing. Free. 7:30pm. Gates open at 5pm. City Springs, City Green Venue, 1 Galambos Way, Sandy Springs. More info: 770-206-2022 or citysprings.com/events.

JUNE 19

Once On This Island: A Drive-In Concert. Featuring local professional actors and musicians, come celebrate storytelling and fabulous theatre with this rousing Calypso-flavored tale of one small girl who finds love in a world of prejudice. \$30/car. 4pm & 7:30pm. Cobb Civic Center Parking Lot, 548 South Marietta Pkwy SE, Marietta. More info: 770-528-8490 or www.andersontheatre.org/drive-in.

Pop-In For Family Fun: Bugs, Bugs, Bugs. Come and explore the museum with family fun activities. Themed activities and crafts to take home. \$5/person; \$20/Family. 10:30am-3:30pm. Marietta Museum of History, 1 Depot Street, Marietta. More info: www.mariettahistory.org/pop-in-for-family-fun.

JUNE 25

City Green Live: Randall Bramblett & The Megablasters with Opening Act: AJ Ghent with 12 original solo albums over the course of a celebrated 40-plus career, Jesup, Georgia born Bramblett has recorded, performed, and composed alongside some of country music's greats. Free. 7:30pm. Gates open at 5pm. City Springs, City Green Venue, 1 Galambos Way, Sandy Springs. More info: 770-206-2022 or citysprings.com/events.

JULY 3

4th In The Park Celebration (on the 3rd of July). Parade starts 10am at Roswell Street Baptist Church, 774 Roswell Street SE, Marietta, and ends at Marietta Square/Glover Park. Followed by concerts, museum tours, arts and crafts show, food and carnival games. Fireworks finale at 9:30pm. Free. Glover Park, 50 N Park Square, Marietta. More info: 770-794-5601 or www.marietta.gov/194/Fourth-of-July-Celebration.

Salute To America. A pre-Independence Day celebration, features high-energy, live music and family entertainment from 6-10pm in Downtown Kennesaw. Fireworks at 9:30pm. Free admission. Food and beverages for sale. Historic Train Depot, 2828 Cherokee Street, Kennesaw. More info: 770-422-9714 or www.kennesaw-ga.gov/salutetoamerica.

JULY 4

Acworth July 4th Concert & Fireworks. Live music will start at 5:30pm. Fireworks will begin at approximately 9:30pm. Food vendors will be on site. Free admission. Parking pass and tables available for event. Residents: \$50; Non-residents: \$70. Parking without a pass is available in downtown. Lake Acworth Beach at Cauble Park, 4425 Beach Street, Acworth. More info: 770-917-1234 or acworthtourism.org/events/july-4th-concert-and-fireworks.

Springfest On The 4th featuring music, children's activities, food and fireworks at dark. Free admission. Food and beverages for sale. Noon-10pm. Thurman Springs Park, 4485 Pineview Drive, Powder Springs. More info: 770-943-1666 or www.springsfest4th.com.



PET OF THE MONTH: BONO

Submitted by Anita Best Misel



Animal/Breed: Coton de Tulear Rescue

Age & Gender: 12-year-old male

Favorite Food: Treats, treats, and more treats!

Favorite Person: Mama

Best Trick: Balancing treat on his nose is best trick

Turn Ons: Treats!

Turn Offs: Thunder & fireworks

Favorite Toy: Stuffed monkey

Last Seen: Right here by side

What Makes Her So Special: He always makes us laugh!

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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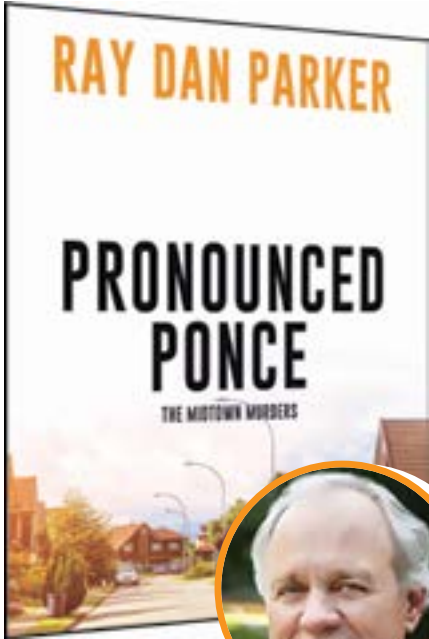
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NEW NOVEL FROM EAST COBB RESIDENT



Ray Dan Parker >




Ray Dan Parker's *Pronounced Ponce* – *The Midtown Murders*, the latest in his Tom Williams series, has the sometimes-retired reporter hitting the road with his dog and writing character portraits of the people they meet. Then he receives two phone calls, the first from a

fellow journalist that there's been a third attorney murdered in Midtown, apparently the work of the same perpetrator. The second is from Tom's daughter, Marie, a criminal defense attorney,

saying she's leaving her husband and moving in with her two teenage sons.

Atlanta Police Lieutenant Paxton Davis has no shortage of suspects, a rogue cop, a lone vigilante and a Peachtree City housewife blackmailed into making hits for a South Atlanta drug lord. Rumors of a serial killer on the loose resurrect painful memories for Davis, who as a rookie homicide detective investigated the Atlanta Child Murders.

Ray Dan Parker is the pen name of consultant and college professor Lee Woodward, who with his wife, Ann, has resided in East Cobb for nearly thirty years. *Pronounced Ponce*, follows Parker's earlier novels, *Unfinished Business* and *Fly Away* – *The Metamorphosis of Dina Savage*. All are available online and through area bookstores. 

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HOLY TRANSFIGURATION CHURCH TO HOLD **OPA TO GO**

Due to the continuing COVID pandemic, the annual Marietta Greek Festival is switching things up this year with “Opa To Go,” meaning you can still enjoy the Greek food the festival has to offer — just without the big crowds.

After a forced hiatus due to COVID of what would have been the 30th anniversary of the annual Marietta Greek Festival in May 2020, East Cobb’s beloved Marietta Greek Festival is back in a safe way with the 2021 “Opa To Go” Drive-Thru!

It’s all hands on deck when it comes to preparing for the festival that’s organized by Holy Transfiguration Greek Orthodox Church. The work includes preparing nearly thousands of pounds of chicken, lamb and gyros seasoned to perfection and, of course, a lot of other Greek dishes and desserts that people look forward to year after year.

Come enjoy your favorite homemade Greek goodies, music, dancing and atmosphere as you make your way around the parking lot - experiencing the beauty of the Greek culture, all from the safety of your car.

Opa To Go will be held at Holy Transfiguration Greek Orthodox Church, 3431 Trickum Road, Marietta 30066. Hours will be: Friday, May 14: 4-8pm; Saturday, May 15: 11am-8pm; and, Sunday, May 16: 11am-5pm.

When you arrive, you’ll enter into the lower parking lot where you will be greeted by one of their many volunteers who will tell you a bit about the menu. You will then be directed to the cashiers to place your order, while passing some Greek dance performances in the amphitheater.

As you drive around to the top of the church’s parking lot, you will be able to enjoy cultural exhibits and information about Greece and its rich heritage. Once you approach the top level, your food will be delivered to your car for you to take home and enjoy! You may also be surprised by more impromptu dance performances in the Kafenion scene in front of front of the Byzantine inspired church!

The menu will feature many of their most popular Greek dishes and pastries to take home, ready to eat. You can even buy frozen homemade Spanakopita (Greek Spinach Pie) or frozen keftedes (Greek meatballs) to take home and bake at your leisure!

The full-fledged annual Greek Festival typically offers more menu items, attractions, shopping, and church tours. Their hope is to offer this again next year.

So, although things won’t be quite the same this year, it’s still an opportunity to share the Greek culture, faith and food with people in the community.

As Holy Transfiguration’s Father Panayiotis shares, “Our hope is that you’ll join us for the “Opa To Go” Drive-Thru Greek Festival. We’ve have missed you all in 2020 but are excited to share our φιλοξενία – Greek hospitality – in this new, drive-thru only format.” Come by and be Greek for a day...or three! For more information, visit mariettagreekfestival.com. 



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ATLAS MEDICAL CENTERS: CREATING A HEALTHIER AND HAPPIER YOU



Dr. Lori Lynch, MD
Medical Director



ATLAS Medical Centers, located right in East Cobb at 3036 Roswell Road, has been helping patients take back control of their health with their unique medical services for the last two years. From the moment you walk in the building, you are greeted by cool, blue, and calming décor, a fitting start to your holistic health journey with ATLAS Medical Centers.

ATLAS Medical Centers aims to help everybody achieve better health, from people with joint pain to people wanting to look – and feel – younger.

Dr. Lori Lynch, the Medical Director for ATLAS Medical Centers, describes the primary focus of the center as a unique combination of regenerative and functional medicine unlike any other practice in the area.

"Regenerative medicine teaches the body how to heal itself," Dr. Lynch explains. She goes on further to say, "Regenerative medicine focuses on healing and regeneration of damaged and aging tissue through natural resources that your body already produces. We use PRP (platelet-rich plasma), amniotic allograft, and exosome therapies at ATLAS Medical Centers."

The human body has the amazing ability to heal itself with the tools it already has, and ATLAS Medical Centers expedites that process with their available services, tackling common patient complaints like aging tissue.

ATLAS Medical Centers offers several regenerative treatments services, such as therapeutic joint and spine injections, aesthetic services such as non-invasive body sculpting with EZSculptMD, injecting PRP for hair restoration and sexual restoration, and RF microneedling with PRP for facial rejuvenation.

The other primary focus of ATLAS Medical Centers is functional medicine. Dr. Lynch goes on to describe functional

medicine as "more about identifying the cause of the disease and preventing it, instead of just giving you medicine to cover up the symptoms."

Functional medicine aims to evaluate the body as a whole, digging deeper into the root cause for common issues such as weight gain, fatigue, and low sex drive.

Dr. Lynch explains: "For example, if you are overweight, we will dig in and target the reason for why you are gaining weight – what are your triggers? What can you do to manage them and get on a healthier life path?"

The medical center's functional medicine services include testosterone replacement, hormone balancing, stress evaluation, and detailed nutritional analysis to help provide a foundation for health and longevity.

"Our biggest focus at ATLAS Medical Centers is helping out patients make informed decisions, and to help them live long, healthy lives in every way possible," Dr. Lynch says.

ATLAS Medical Centers wants to make its regenerative healing services affordable and accessible to everyone; Medicare now covers amniotic fluid injections, which can be used to address joint pain, back and neck pain, and provides an excellent alternative to cortisone injections and surgery in many cases.

You can follow the medical center on Facebook and Instagram in order to see patient testimony, exclusive promotions on services, before-and-after photos of some of their services in action, and more. Their Facebook and Instagram handle are both called *regenr8md*.

For more information on the services ATLAS Medical Centers offers, and to plan your visit, go to their website at www.atlasmedicalcenters.com, call 770-578-0785, or email atlasmedicalcenters@gmail.com.



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COBB SENIOR SERVICES UPDATE

By Kathy Lathem, Strategic Partnerships Manager, Cobb Senior Services

I hope, like me, you are excited that Spring really is here and we are able to enjoy warmer temperatures, longer stretches of sunshine, and are actually getting out to enjoy it all! During this past year, Senior Services held contactless food drive-ups for older adults, with our last one on April 16. In 13 months we gave out:

- 6,383 pantry boxes
- 5,284 fresh meals
- 3,346 produce boxes
- 1,200 gift cards for Thanksgiving & Christmas
- 2,300 masks

A HUGE "thank you" to fellow County employees from Safety Village, Libraries, Police, Sheriff, Water, HR, Communications, District Attorney, Tax Commissioner, Support Services, Fleet, Extension, and Fire for helping at these events!

On Monday, April 19, Senior Services launched Phase 2 of our reopening, which means the facilities are now open Monday-Friday, 8am-5pm. Registration in advance is still required and space is limited for all programs.

Registration for Spring classes began Monday, May 3 at 9am and is only available online or by phone; no in-person registration is available.

We've added items to Ongoing Activities at the senior centers. They may also be found on each center's page at www.CobbSeniors.org.

Thank you for all that each of you have been doing this past year to maintain programs and services in your respective fields. I know you join me in the anticipation of seeing each other again very soon. Until then, please do not hesitate letting us know how Senior Services may assist you. 🏠

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We are truly a community for all seasons...even a season of life that is uncertain. We have protocols in place to protect the health and safety of all who live and work here, in every situation. Our nonprofit status as a Life Plan Community ensures that our residents can live independently and actively with the security of knowing their financial assets are protected and the peace of mind that, if ever needed, they have guaranteed access to a continuum of care. We continuously create an environment that encourages our residents to be healthy and happy, and thrive in every season of life.

You're invited to learn more about all of the aspects that make St. George Village a retirement community for all seasons, even in times of uncertainty. Call 404-558-6108 for information, or visit us online at stgeorgevillage.org, and on Facebook and YouTube.



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EAST COBBER NAMED DISTINGUISHED OLDER GEORGIAN

Longtime East Cobb resident, Joe Gavalis, was recognized as the 2021 Distinguished Older Georgian by the Georgia Council on Aging.

The Council on Aging selected East Cobb Joe Gavalis, for his advocacy on state and national issues relevant to older adults, and his commitment to improving the lives of seniors.

Every year since 2003, the group has honored a Georgian, 70 or older, who has been a role model for positive aging through service to seniors and volunteer contributions. Past winners include former President Jimmy Carter.

A resolution, passed by Georgia state legislators, commending Mr. Joseph Gavalis as the Distinguished Older Georgian for 2021, listed his efforts and accomplishments. Here are some highlights:

- > In 2010, Joe Gavalis co-founded the Cobb Elder Abuse Task Force currently known as the North Georgia Elder Abuse Task Force Foundation.
- > Joe Gavalis works in collaboration with local law enforcement agencies, state representatives, the GBI, postal inspectors, financial institutions, adult protective services, and many others to ensure the protection of Georgia's older adults residing in long-term care facilities,
- > has been instrumental in fostering collaboration between law enforcement and the northwest Georgia area agency on aging to protect seniors living with dementia or Alzheimer's disease who are at risk of



Joe Gavalis, 2021 Distinguished Older Georgian

wandering through his work with project lifesaver locator devices and canine scent preservation kits.

- > has conducted more than 30 training seminars for over 200 law enforcement officers and over 1,000 civilians concerning elder abuse issues in Georgia.

Congratulations to Joe Gavalis! You make East Cobb proud to have you as a neighbor! 🍷



READ MORE. DO MORE.

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

Get more out of East Cobb: visit www.eastcobber.com

OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in East Cobb as friends, neighbors, and businesses have found new ways to support each other.

In every community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is "Communities of Strength," recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, trying a new recipe, or taking time for a cup

of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too. Here are some ways to share and connect:

- **Look for joy in the everyday:** Call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! 🎉

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"Fully vaccinating all residents should be celebrated as a huge milestone. And the fact that you are a direct provider and can offer shots here on site is a testament to 'going beyond' for us. Living here has been a Godsend compared to our old home as we feel safe and are staying physically and mentally active with so many friends. Thank you from the bottom of our hearts." —Dee & Hart W.

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CAR WASH USA IS BACK AT A NEW LOCATION



Long-time resident of East Cobb, Jim Salami, 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 27 years in business. After reading Facebook posts about how much Jim needed to come back, Jim decided to restart Wash USA with even better service.

"I am passionate about washers who feel the same a great job, and it shows," a customer wrote.

In areas, Car Wash USA washes in East Cobb. Jim's washes in East Cobb while on noticed there were no drive hand car washes. The brand single cleaning without oil hand mitts used to wash car reducing the risk of dirt on mitts and scratching the body.

As an East Cobb resident, Jim is in a great shopping car wash at that location. It car wash at a great value for customers for 27 years.

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

The new location offers convenience of automatic car washes in five locations. With air-conditioned cleaning area.

Jim is happy to be back in East Cobb. "The people (they respect the value of an service, they will become a customer."

The car wash is open 7 (Monday - Sunday) 9am-5pm. You can find about operating hours on their Facebook page, Facebook.com/CarWashUSA.

McCOBB LLC: OFFICES JUST FOR YOU



"Our goal is to help our clients as they successfully run their businesses," says Amy Chambers, Executive Sales Manager of McCobb LLC, which is located in East Cobb at 2345 Roswell Road. A wide range of forms that McCobb offers forms, including attorneys, CPA, chiropractors, architects, interior services, insurance firms, and many others.

The 2345 Roswell Road building is owned by the building is operated by Chambers as the agent and list of clients as the Property Manager of Estate Broker. All businesses have access to the kitchen and conference rooms, as well as and administrative services. The office is at the corner of Roswell and Lewis Hill Road, and easy accessibility.

With the flexibility offered to businesses that can get term, short term, and even for a day. "We staff and ready to go at all times," she says, setup, and we can have you operational within 24 hours.

But not looking long term but we not certain, they can initially rent an office. Once they they can easily expand to more office or more space, built to their specifications, without any cost.

After with concept allows business owners to rent or service while McCobb handles the rest of the business. A full service solution, with leasing at \$300/month. Additional services, such as set and even cleaning services, are billed based on the service.

After with office for at home businesses that address and online telephone answering, with if meeting space and administrative services, it at \$10 per month and can be taken made to meet other office and virtual offices are currently not with other sales today, contact Amy Hall at 770-888-2200, amc@mcobbllc.com, or visit www.mcobbllc.com.

E. SMITH AIRS OUT HVAC QUESTIONS



Our homes are comfortable primarily because of two basic reasons – that blessed cool air that we love but Georgia summers and that very heat in winter. Debra one steps 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 it technology used effectively with our HVAC system? Debbie Altemultery, vice president of E. Smith Heating and Air Conditioning, Inc., addresses those questions. Altemultery emphasizes the importance of a professional licensed HVAC company to handle your heating and cooling needs.

Depending on the particular scenario, Altemultery says that your heating and cooling control 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. You can spend your days opening and closing individual registers, but in reality, who is going to do that?"

The goal is to get that 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 zones 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. Altemultery says temperatures issues arise because proper control system may not be used to handle the extra load. Quiet and efficient, a mini split unit consists of a separate outdoor unit and an indoor blow unit that mounts on a wall to distribute the heated or cooled air.

For those who want to incorporate hi 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.

Altemultery gives a warning about installing an E. Smith thermostat. "All homeowners should think twice if your electric metering company offers to give you a free wi fi thermostat. Many companies usually don't employ HVAC technicians, and some air conditioning systems require specific manufacturers 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.

the 2345 Roswell Road building is owned by the building is operated by Chambers as the agent and list of clients as the Property Manager of Estate Broker. All businesses have access to the kitchen and conference rooms, as well as and administrative services. The office is at the corner of Roswell and Lewis Hill Road, and easy accessibility.

With the flexibility offered to businesses that can get term, short term, and even for a day. "We staff and ready to go at all times," she says, setup, and we can have you operational within 24 hours.

But not looking long term but we not certain, they can initially rent an office. Once they they can easily expand to more office or more space, built to their specifications, without any cost.

After with concept allows business owners to rent or service while McCobb handles the rest of the business. A full service solution, with leasing at \$300/month. Additional services, such as set and even cleaning services, are billed based on the service.

After with office for at home businesses that address and online telephone answering, with if meeting space and administrative services, it at \$10 per month and can be taken made to meet other office and virtual offices are currently not with other sales today, contact Amy Hall at 770-888-2200, amc@mcobbllc.com, or visit www.mcobbllc.com.

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A professional headshot of Marlene Green, a woman with long, wavy brown hair, smiling warmly. She is wearing a bright pink top. The background is a soft-focus indoor setting with a window and some greenery.

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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.



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