

November/December 2022

FREE
Take One!

EAST COBBER



The Doctors of
WOOLFSON EYE INSTITUTE
Marietta/East Cobb

Veterans Celebrated PAGES 14 | **Community Calendar** PAGES 18

Pet of the Month PAGE 24 | **Health + Wellness** PAGES 34 | **Holiday Happenings** PAGES 22

FOR DANSBY, THERE ARE TWO SEASONS

Baseball season and the holiday season.

Be prepared for all seasons by not worrying about what is in your bank account. LGE's checking, savings, and money market accounts help members earn high dividends and rewards, no matter what season it is.

Learn more at LGEccu.org



A smarter way to bank.®



Member Since 2012

Federally insured by NCUA. Membership eligibility and base savings that keeps a \$5 minimum balance required. Terms and conditions apply to LGE's High Rewards Checking. Failure to meet all conditions will result in no dividend paid.



DERMATOLOGY & SURGERY

SPECIALISTS OF NORTH ATLANTA

SCHEDULE YOUR SKIN CHECK TODAY

DESSNA DETECTION: ABCDE'S OF MELANOMA



- A - ASYMMETRY** ONE SIDE IS UNLIKE THE OTHER
- B - BORDER** UNEVEN, IRREGULAR, OR POORLY DEFINED BORDERS
- C - COLOR** VARIES FROM ONE AREA TO THE OTHER
- D - DIAMETER** TYPICALLY LARGER THAN A PENCIL ERASER (6MM)
- E - EVOLVING** CHANGE IN SIZE, SHAPE, COLOR, ELEVATION, ETC.

YOUR DEDICATED PROVIDERS:

KATHLEEN VISCUSI, M.D. | OPE OFODILE, M.D. | CANDANCE KIMBROUGH-GREEN, M.D. | EDWARD CHEN, M.D.
LISA LEWIS, PA-C | CHASON WORTHY, PA-C | LAURA DURELL, PA-C | AARON RETTERBUSH, PA-C



We're Here for You!

4800 Olde Towne Pkwy | Suite 250 | Marietta, GA 30068
(770) 971-3376
www.DESSNA.com | [@DESSNAderm](https://www.instagram.com/DESSNAderm)



SCAN TO:

Schedule Your Appointment
Access Your Patient Portal
Shop our Online Store & More!

22



8

FRIENDS FOR THE EAST COBB PARK

10

CHOOSING A PRIVATE SCHOOL

14

VETERANS CELEBRATED

18

COMMUNITY CALENDAR

22

HOLIDAY HAPPENINGS

34

HEALTH + WELLNESS

EAST COBBER

P.O. Box 680455 • Marietta, GA 30068
770-640-7070 • www.eastcobber.com

Volume 29 | Number 6

Publisher

LAREN BROWN

laren@eastcobber.com • 770-880-0965

Founder

CYNTHIA ROZZO

Graphic Designer: Tamara Stephens

Digital Editor: Ashley Antonini

Online Promotions: Tiffanie Abernethy



www.eastcobber.com

www.facebook.com/EastCobber

www.twitter.com/eastcobber



EAST COBBER of Georgia is published by
EAST COBBER of Georgia, LLC. Copyright ©2022 by
EAST COBBER of Georgia, 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 of Georgia. EAST COBBER of Georgia
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 of Georgia is
distributed free to homes, schools, and 200+ 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
laren@eastcobber.com.

Subscriptions are available for \$20/year.

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

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



GUARDIAN PLUMBING

WE ARE THE SOLUTION



Mike McCampbell



Ben Gravino



John Gallegos

We at **Guardian** Plumbing are here to
change the industry!

Send us your estimate and we will
show you The **Guardian** Difference!

☎ (470) 372-8818

✉ GuardianPlumbLLC@gmail.com

f www.Facebook.com/MyPlumbingSolution



**15% off any
service.**

Must be over \$199 before discount

Good Thru 2023

Guardian Plumbing, LLC
(470) 372-8818



**\$1099 off
Whole house
repipe.**

Good Thru 2023

Guardian Plumbing, LLC
(470) 372-8818

PUBLISHER'S NOTE



Thanksgiving Day, the time to give thanks and count blessings, is on Thursday, November 24, but the celebration starts long before the holiday. As a nation, on November 8, we are given the opportunity to exercise one of the primary privileges of membership in a democratic society, the right to vote, and for that, we are thankful. The community will show our gratitude to our Veterans celebrated this year on Friday, November 11; you can find on page 15 local events to honor the bravery and sacrifice of those who have served. Cobb students will give thanks for having the week off school (November 21-25), and all of us Southerners will give thanks for football and sweatshirt weather!

I want to thank all of you readers, who are the heart and soul of this publication and the reason for this magazine's existence. I would also like to take this opportunity to thank our many advertisers who choose to promote their businesses by placing ads in the EAST COBBER. Without their commitment, there would be no publication. And thanks to our 200+ community-minded merchants who act as drop-off points for EAST COBBER.

December is a month to celebrate miracles—Hanukkah and Christmas. Though this holiday season is one of the most magical times of the year, many of us often find the season to be stressful. I hope you are giving yourself a break from the holiday rush by reading this issue of the EAST COBBER. To make your life a little easier, check out the Holiday Happenings (see pages 22-27) we have compiled to help you make special memories this season. You can also get some gift-giving ideas throughout this issue. The merchants featured are in our backyard, so that should make your shopping a little easier. That perfect gift may be found in the gift selections they offer or the story behind the gifts themselves, like the East Cobb women featured on pages 28 & 29. If you need a reminder to gift yourself, check out the self-care tips on page 35 in the Health & Wellness section.

I hope you, EAST COBBER reader, are inspired this season in "gift"-giving and may be encouraged to share your gift to create a better East Cobb. If you are helping or bringing happiness to someone in need, let me share your story! Just give me a call or e-mail the EAST COBBER. For me, the best presents I'll receive this holiday season can't be wrapped—and that is my 4 healthy children and my newest joy to the world, my 6-month-old Grandson, (J).

From my family to yours: Happy Holidays!



Laren Brown, Publisher
laren@eastcobber.com



P.S. As we close out this year and welcome a new one, let this be a reminder to be open to a new chapter. Like East Cobb artist Kathryn Sayle Jewkes, (pg 32-33), we will be sharing more amazing East Cobb residents who are embarking on new chapters in their lives in future issues.

On the Cover

This issue's front cover features Dr. Jonathan Woolfson, the founder and medical director of Woolfson Eye Institute with his medical staff. Pictured in the back row (l-r) are: Lauren Dyak, OD, Eric Jennings, MD, Jonathan Woolfson, MD, Gabriela "Gaby" Gutierrez, OD And in the front row (l-r): Jenna Yoder, DO, Victor Liou, MD Not pictured: Rabeea Janjua, MD

Woolfson Eye Institute is establishing a new East Cobb office, located at the site of the former Wells Fargo bank on Sandy Plains Road, which will open in mid-November. Headquartered in Sandy Springs, Woolfson is largely known as one of the leading LASIK providers in the Southeast. For over 20 years, Woolfson has evolved into a referral destination for patients in need of other types of eye care, as well, including cataract, cornea, retina, glaucoma, and dry eye.

Woolfson Eye Institute's East Cobb location is located at 2687 Sandy Plains Road near Sprayberry High School. For more information, you can read their story on page 6, call 1-866-LASER22 or visit woolfsoneye.com.

Front cover photo taken by Teryl Jackson of Teryl Jackson Photography

HAPPY HOLIDAYS




\$20 OFF
your meal
when you purchase a \$100 gift card
Ask us for more details.

Lunch Special from \$9.95
678-560-8071

Order online on our website get 10% OFF

www.fujihanaeastcobb.com
1255 Johnson Ferry Road • Suite 1 • Marietta 30068




Protecting Your Core Business Creations™

Regardless of industry, true legal ownership of your business's name, logos, taglines, and creative works is critical to your business's brand recognition and longevity. Let the Gervin Frazier Law Firm, LLC's client-centered trademark and copyright services give your business the intellectual property peace of mind it needs.



Delia Gervin Frazier, Esq.
Principal Trademark & Copyright Attorney

 (404) 445-3446
 Delia@dgfrazierlaw.com
 www.dgfrazierlaw.com
 @TrademarkandCopyrightLawyer

OWN YOUR Money





CREDIT UNION OF GEORGIA

A CD Rate Worth Celebrating!

15 Month CD
3.25% APY*

Learn More at
www.CUofGA.org

*Annual Percentage Yield. Valid on new money only. Funds currently on deposit with Credit Union of Georgia are not eligible for advertised rate. Rate advertised is fixed for a 15-month term. Dividends will be compounded and credited monthly. Program, rates, terms, and conditions are subject to change without notice. Deposit rate is dependent upon the date the funds are deposited. An early withdrawal fee may be imposed if funds are withdrawn before the maturity date. Contact Credit Union of Georgia directly at 678-496-1111 for current rates, terms and conditions.

GET MORE OUT OF EAST COBB!

Visit eastcobb.com

EAST COBBER

WOOLFSON EYE BRINGS EYE CARE SPECIALTIES TO EAST COBB



The staff of Woolfson Eye Institute-Marietta, (L-R): Jonathan Woolfson, MD, Founder & Medical Director; Rabeea Janjua, MD, Medical Retina Specialist; Lauren Dyak, OD, Assistant Clinical Director; Victor Liou, MD, Oculoplastics Specialist; Jenna Yoder, DO, Glaucoma Specialist; Gabriela "Gaby" Gutierrez, Associate Optometrist; and Eric Jennings, MD, Referral Ophthalmologist.

Woolfson Eye Institute proudly announces its new Marietta/East Cobb office, located at the site of the former Wells Fargo bank on Sandy Plains Road, which will open in mid-November. Headquartered in Sandy Springs, Woolfson is largely known as one of the leading LASIK providers in the Southeast. Optometrists, ophthalmologists, and other healthcare professionals have been sending their own patients to Jonathan Woolfson, MD for LASIK and other vision correcting procedures for over 20 years. The practice ultimately evolved into a referral destination for patients in need of other types of eye care, as well, including cataract, cornea, retina, glaucoma, and dry eye.

"I couldn't be more excited to be helping Woolfson Eye Institute open an office in Marietta/East Cobb and to finally bring all of our subspecialties and eye services to the Cobb community," said Dr. Tom Spetalnick, one of the practice's founding members. The Marietta office will be managed by Anne Mobley. Lauren Dyak, OD, and Gabriela Gutierrez, OD will provide optometric care to potential LASIK patients, with those deemed to be candidates for the procedure having surgery by Jonathan Woolfson, MD and by Eric Jennings, MD. Drs. Dyak and Gutierrez will also see keratoconus and dry eye patients and will work closely with Dr. Jennings, who will provide cataract surgery to patients seen in Marietta/East Cobb. Dr. Jennings will also



Woolfson Eye Institute is located at 2687 Sandy Plains Road

provide services for cornea patients, with both cataract and cornea patients being offered the option of having surgery locally.

Other physicians providing care in the new Woolfson-Marietta/East Cobb office include Rabeea Janjua, MD, who will serve as the office's retinal specialist, providing care for patients with diabetic retinopathy, macular degeneration, and other disorders of the retina. Jenna Yoder, DO will serve as the glaucoma specialist in the Marietta/East Cobb office, with Victor Liou, MD seeing oculoplastic patients for any functional or cosmetic concerns related to their eyes or eyelids. Minor procedures will be performed in-office, while surgical procedures requiring general anesthesia will be performed at a nearby surgery center.



Founded by Jonathan Woolfson, MD and Dr. Spetalnick over 20 years ago, Woolfson Eye Institute has cared for an array of eye care needs, both surgical and medical. Adding to their services over the years, the practice has worked hard to bring in some of the most skilled surgeons in their respective fields, as well as highly trained optometrists.

One of the most unique features of the practice is its educational component. For nearly 20 years, they have been training the next generation of skilled optometric professionals through its internship programs offered to current optometry students, as well as specialized training for recent optometry school graduates enrolled in the Woolfson Optometric Residency Program. "We were approached years ago by the Southern College of Optometry in Memphis to partner with them to create a residency program training doctors in refractive and other ophthalmic surgeries, and it's been a very successful and rewarding part of what we do," Dr. Spetalnick said.

Opening this month, Woolfson Eye Institute's Marietta/East Cobb location will be located at 2687 Sandy Plains Road near Sprayberry High School. Woolfson is simultaneously opening new locations in Canton and Snellville, as well. For more information, call 1-866-LASER22 or visit the website at www.woolfsoneye.com.

PAID ADVERTISEMENT



Better Vision Has Arrived in Marietta.

📍 2687 SANDY PLAINS RD., MARIETTA GA 30066

Woolfson Eye Institute, headquartered in Atlanta, GA is proud to provide excellence in vision correction with specialties in LASIK, Cataracts, Cornea, ICL/CLE, Glaucoma, Retina, Keratoconus, Dry Eye and Oculoplastics. **Contact us today to schedule your appointment.**



1-866-LASER22 // WWW.WOOLFSONEYE.COM

ATLANTA // CUMMING // LAWRENCEVILLE // SNELLVILLE // DOUGLASVILLE // AIRPORT // CANTON

FRIENDS FOR THE EAST COBB PARK KICK OFF FALL FUNDRAISING



Kids enjoy the East Cobb Park all year.

Since 2003, when the East Cobb Park opened, this 13-acre patch of green space has served as our community's playground, exercise area, and social hangout. The East Cobb Park allows East Cobb families to spend countless hours playing together, meeting new people, exercising, relaxing, and enjoying the fresh air.

Located at 3322 Roswell Road, the East Cobb Park is a prime example of residents and county government working together. In 1998, the nonprofit group, Friends For the East Cobb Park, initiated a fundraising campaign to purchase the land for the 13-acre park. Cobb County government helped with some funding and a partnership was born. The park has become one of the most heavily used parks in Cobb County. The Friends for the East Cobb Park (FECOP) has continued to support the park by producing family-friendly events like Music in the Park, and the annual holiday lights celebration. In fact, this year's Holiday Lights is scheduled for December 4 starting at 5pm.

"The COVID pandemic shined a light on just how important the East Cobb Park is to our community, says Kurt von Borries, the current president of the Friends For the East

Cobb Park (FECOP). "People realized how important the East Cobb Park can be to their mental and physical well-being in addition to offering a space for the community to gather...the East Cobb Park is our backyard, where we connect, play, and celebrate life's moments... The board and volunteers over the years have been coming together to care for this special place, so the [East Cobb] Park can thrive. And when parks thrive, neighborhoods thrive."

With that mission in mind, the Friends of the East Cobb Park are spearheading their annual membership drive to help the Park's operating needs and fun programs thrive. Visit www.eastcobbpark.org for more information and to donate online.

Friends for the East Cobb Park is a volunteer organization. They are currently seeking volunteers to serve on the board, volunteer at a special event and/or beautify the park. "We love seeing new faces, hearing new ideas and tapping new energy in order to enhance our East Cobb Park," says Kurt.

If you or someone you know is interested in volunteering your time or service to the park, contact info@eastcobbpark.org.

A comforting
community with
a guarantee
to match.

 MERRILL GARDENS
SENIOR LIVING

The 60-Day Merrill Family Guarantee

If you are not completely satisfied with your new home, we will refund your rent for up to 60 days of your stay. Enjoy an extra layer of comfort — even before you move in.

Call To Schedule A Tour!

(678) 226-5162

merrillgardenswoodstock.com

12730 Hwy 92 East, Woodstock, GA 30188

Eq. #ALC000582 



20% OFF

ENTIRE PURCHASE



OFFER CAN NOT BE COMBINED WITH ANY OTHER.
EXCLUDES BRIGHTON, SPANX AND ENEWTON



3605 SANDY PLAINS ROAD
MARIETTA, GA 30066
770 - 578 - 0506

Follow us on social media
@ivylanemarietta



CHOOSING A PRIVATE SCHOOL

The reasons cited over and over again by families who send their children to private schools include individual attention, small classes, teacher excellence, and high academic standards.

Your decision to consider an independent/private school is just the beginning. While private schools set high standards and emphasize values, they are wonderfully distinct from each other. There are day and boarding schools; coeducational, girls', and boys' schools. Enrollment varies from a few dozen to a few thousand students. Some independent schools are progressive, others more traditional in structure. Private schools also serve a varying range of students in terms of abilities and interests. Some schools offer special programs such as intensified instruction in the fine and performing arts, experiential learning projects, or travel abroad seminars. Many schools excel at rigorous intellectual preparation; others are dedicated to average learners; and some specialize in teaching bright students with learning disabilities. Since each of these schools has something unique to offer, ideally you are trying to match a student's needs with the appropriate school. Check the school's website for philosophy and programs.

If you haven't done so already, contact each potential school for information dealing with philosophy, curriculum, extracurricular offerings, admission process, and financing options. Compare each school's literature with the items on your list; this should give you a preliminary sense of which schools are a good match. Take into account what type of environment would be best for your child and consider his or her individual strengths as you examine each school's program.

The best time to apply is in the fall preceding the academic year of the student's admission; however, applications are considered throughout the school year. Most schools will require a personal interview, admissions testing, and information from your child's current school. Ask the individual school for the details of its application procedures and testing dates.

In short, choosing the right school for your child is likely the most important single decision you might make in terms of setting the proper path and direction for life. A little preparation and research on the part of parents will go miles toward making the ultimate destination clear at the exit ramp. ⑩

.....



The Walker School

PK(3)-12
700 Cobb Parkway N.
Marietta, Ga. 30062
Open to all faiths

WHERE WILL WONDER LEAD YOU?



Holden
University of Kentucky

"Walker has given me the opportunity to shape my own path and to be who I want to be."



Sarah
Cornell University

"Walker has helped me to become a stronger student, and it has also helped me to foster strong relationships with my peers."



Justin
MIT

"The support Walker provides leads to opportunities that can't be found anywhere else."

RANKED #1 PRIVATE SCHOOL IN COBB COUNTY

Visit thewalkerschool.org/admission or call (678) 540-7229 to learn more.
Register for Open House on Sunday, Nov. 13 or Sunday, Jan. 22.



 **HOLY SPIRIT**
PREPARATORY SCHOOL

Providing an authentic Catholic, Classical, and Complete education to prepare students 6 months old through the 12th grade for college, life, and Eternity

Schedule a tour today!
holyspiritprep.org • 678.761.7992



 *Serving Grades 1-8*

Call Today To Schedule A Tour
(678) 756-8897
570 Piedmont Road, Marietta, GA 30066
www.gracepointschool.org

A private Christian school dedicated to equipping Dyslexic Students with the skills needed to become independent, confident learners.



 **EAST COBB**
CHRISTIAN SCHOOL

K-8 Since 1987
4616 Roswell Road NE Marietta, GA 30067
Call today for a tour! 770-565-0881 eccs.org

OPEN HOUSE
NOV 1 10:00 AM
JAN 17 6:30 PM
MARCH 7 10:00 AM

Inspiring children toward excellence for over 50 years!



- Two year olds - 8th grade.
- Educating students since 1969.
- Class sizes limited to 15 students or less.
- Email admissions@woodacresschool.org or call 770-971-1880 to schedule a tour.
- Apply online woodacresschool.org.



Visit woodacresschool.org or call 770-971-1880 for more information.

1772 Johnson Ferry Road Marietta, GA 30062

#thewoodacresadvantage

SAINT FRANCIS SCHOOLS

An exceptional college preparatory education

**ACCEPTING
APPLICATIONS
FOR THE
2022-2023
SCHOOL YEAR**

Schedule your tour today!

ROSWELL CAMPUS

Grades K - 8

Marc Weiss

Director of Admissions

mweiss@sfschools.net

770.641.8257 x51

MILTON CAMPUS

Grades 9 - 12

Brandon Bryan

High School Admissions

bbryan@sfschools.net

678.339.9989 x33



FULL DAY KINDERGARTEN!

- Accredited Cognia (AdvancEd, SACS), SAIS
- No Religious Affiliation
- SB 10Eligible
- Challenging College Preparatory Curriculum
- AP/Honors, Traditional, Support and Academic Enhancement Courses
- Small Class Size
- Low Student/Teacher Ratio
- Study and Organizational Skills
- Google Apps for Education
- Wilson Reading System*



- Intensive Writing Approach
- S.T.E.A.M., Robotics, Broadcasting, and Video Production
- Laptops Required Grades 4 - 12
- After School Homework Hour
- GHSA Sports Program Football and Equestrian
- Bus Service Available

Saint Francis Elementary and Middle Schools

9375 Wilco Road | Roswell, GA 30075

Saint Francis High School | 13440 Cogburn Road | Milton, Georgia 30004

www.saintfrancisschools.com

THE MUSIC STUDIO CELEBRATES GRAND OPENING



East Cobb parents who have been wanting meaningful, fun activities for their children (or themselves) will be delighted to know that The Music Studio Atlanta (TMSA) has opened their beautiful 5000 sq. ft. studio in October, providing its special brand of engaging music lessons that families love. An official grand opening and ribbon cutting celebration is scheduled for

November 2nd at 3pm and interested families are invited to attend the festivities, enjoy hourly raffles, tours, refreshments, and more.

TMSA has been teaching at their Vinings studio for over 10 years, so they come to East Cobb with an established, talented faculty and a professional service from top to bottom.

Founder/Director Cecilia Rowe says, "Here at TMSA, we're parents too. We appreciate businesses that provide the best service possible and go the extra mile for families and students, and that's what we do here."

East Cobb families will enjoy:

- Friendly and patient instructors with lessons in Piano, Voice, Guitar, Strings, Drums and more.
- Available lesson times 7 days/week with professional front desk staff
- Engaging music lessons, where students play the songs they want to play
- Exclusive, proprietary reward system to encourage student growth
- Low pressure performance opportunities that build confidence and performance experience

TMSA offers many performance opportunities including their unique Destination Series where students perform at famous music halls throughout the US. They recently performed at Graceland in Memphis and at the Fox Theatre and are soon announcing the next big Spring '23 Destination location!

TMSA students learn to focus, take risks, and persevere. They also gain confidence and improved self-esteem while developing a skill to be proud of. They are rewarded through TMSA's exclusive proprietary reward system, trophies, and recognition as incentives for recital efforts.

Mrs. Rowe says about the expansion: "We are thrilled to bring our award-winning music program to East Cobb and look forward to making great music with East Cobb families!"

The Music Studio East Cobb is located at Pavilions at Eastlake, 2100 Roswell Road, Suite 1128, Marietta, 30062. Further details can be found at www.TMSEastCobb.com or call/text 404-630-3885. You can also visit TMSA on Facebook or Instagram.

PAID ADVERTISEMENT

Chattahoochee  Tech
Where you thrive.

Apply Now
Spring Semester
Priority Application Deadline
November 18



The Right
Course for You

Spotlight Video

Film & Video Production
Technology Program at the
Mountain View Campus

ChattahoocheeTech.edu
770-528-4545

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

**Who says nothing
in life is free?**

Take a moment to sign up and we'll send you our weekly e-newsletter featuring useful and unique news about East Cobbers and our East Cobb community. Sign up at www.eastcobber.com



CHATT TECH CELEBRATES OPENING OF VETERANS CENTER

Chattahoochee Technical College celebrated the opening of the Superior Plumbing Veterans Education and Career Transition Resource (VECTR) Center at the college's Marietta Campus October 4, with a ribbon-cutting ceremony and open house.

Georgia Speaker of the House David Ralston and State Sen. Michael Rhett joined with Technical College System of Georgia (TCSG) Commissioner Greg Dozier, Superior Plumbing President Jay Cunningham, dozens of community leaders, college representatives, and members of the public to mark the occasion. Also participating in this event was the South Cobb High School JROTC color guard.

"Let me thank Commissioner Dozier and all the leadership of our Technical College System of Georgia for their work to prepare Georgians for the jobs of today and tomorrow," said House Speaker Ralston. "Our TCSG is a key part of our overall workforce and talent development initiatives and education. Among the system's institutions is this shining star, Chattahoochee Tech."

Through the Superior Plumbing VECTR Center, Chattahoochee Tech will help veterans translate military skills and experience into training programs for high-demand and meaningful careers. It will provide active and retired veterans with a place to assist them as they transition into the civilian workforce and into post-secondary education institutions. "My colleagues in the General Assembly and I, along with Gov. Kemp, take seriously the state's responsibility to help active duty military and veterans," said House Speaker Ralston. "While we can never repay them for their service or sacrifice, we can ensure that they have every opportunity for success when they enter the civilian workforce."



Pictured above at the ribbon-cutting are Maj. Gen. Thomas Carden, former Cobb Chamber Chairman John Loud, State Sen. Michael Rhett, Chattahoochee Tech President Ron Newcomb, Superior Plumbing President Jay Cunningham, and retired Col. Patricia Ross.

The Superior Plumbing VECTR Center is also home to the Jim Cunningham Veteran Services Center, which is named for Jay Cunningham's father, a U.S. Army veteran who served in Vietnam. This facility provides a supportive environment for the college's vast student population of veterans and military-affiliated students.

"We're grateful to be part of the VECTR journey," said Jay Cunningham. "This idea of supporting the VECTR Center starts out with honoring my parents. I'm very fortunate to have parents who have been married for 67 years. It goes without saying I was blessed by God with great parents."

For more information, visit www.ChattahoocheeTech.edu.

H1 HONEST-1®
AUTO CARE

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

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

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

\$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 tire and battery.
For a limited time only.

PUT YOUR \$
W H E R E
YOUR ♥ IS
SHOP LOCAL

VETERANS CELEBRATED THROUGHOUT COBB

Veterans Day, celebrated this year on Friday, November 11, gives Americans the opportunity to honor the bravery and sacrifice of all U.S. veterans. Deceased veterans are also remembered on Veterans Day, but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime. Here are some local events planned to commemorate those who served our country.

★ Marietta Veterans Day Parade

November 11 • 11am • Free

Start: Roswell Street Baptist Church, 774 Roswell Street, Marietta.

End: Marietta Square, 12 E Park Square, Marietta

The parade begins at Roswell Street Baptist Church, loops up towards the Marietta Square and back down Lawrence Street with the intention of being on the Square by 11:11am. The patriotic parade includes marching bands, drill teams, floats, military vehicles and veterans' organizations. The parade will have both Marietta and Cobb County schools represented by their bands and their JROTC units. Thirty or more parade entries are anticipated along with a display of military vehicles. More info: www.marietta.com/veterans-day-parade

★ VETERANS DAY TRIBUTE

November 11 • 11:30am

City Green, 1 Galambos Way, Sandy Springs

Sandy Springs' annual Veterans' Day Celebration is free and all are invited to attend to honor our veterans. In the event of rain, the ceremony will be held in the Byers Theatre. More info: citysprings.com/events/sandy-springs-veterans-day-nov-11

★ KENNESAW VETERANS DAY LUNCHEON

November 11 • 12pm • Free

Ben Robertson Community Center

2753 Watts Drive, Kennesaw

Kennesaw city officials and staff will honor America's service men and women with a complimentary lunch. All veterans and active military service members are invited to attend. Registration is free; but required. More info/registration: www.kennesaw.com/veterans-day-in-kennesaw

★ ACWORTH VETERANS DAY CEREMONY

November 11 • 2pm • Free

Veterans Memorial at Patriots Point – Cauble Park

4425 Beach Street, Acworth

The ceremony to honor veterans is held each year at the Veterans Memorial at Patriots Point in Cauble Park. The City of Acworth would like to say thank you to those who have faithfully served their country as well as those who are now serving. In the event of rain, the ceremony will be held at the Acworth Community Center at 4361 Cherokee Street. More info: www.acworth.com/veterans-day-ceremony

★ VETERANS DAY CEREMONY

November 11 • 7pm • Free.

The Park at City Center, 101 Arnold Mill Road, Woodstock
Presented by the City of Woodstock, American Legion Post 316, the Marine Corps League Detachment 1311, and the Warrior's Watch Riders, all are invited to join in celebrating and honoring our veterans for their patriotism and the sacrifices they have made for our country. There will be a coffee and cookie social following the ceremony. More info: woodstockga.gov

★ COBB WIND SYMPHONY VETERANS DAY CONCERT

November 13 • 3pm • Free

Lassiter Concert Hall

2601 Shallowford Road, Marietta/East Cobb

Presented by the Cobb Wind Symphony, Conducted by Alfred Watkins and Assistant Conductor, Robert J. Cowles. Come and listen to your favorite patriotic tunes! More info: www.cobbwindsymphony.org

ATLANTA INTERNATIONAL ANTIQUE GUN AND MILITARY COLLECTOR SHOW

FRIDAY NOON - 5PM • SATURDAY 9AM - 4PM

NOV 11-12, 2022

IAMAW LOCAL 709 UNION HALL

1032 S. MARIETTA PARKWAY, MARIETTA

130 TABLES

DAILY ADMISSION \$7.00 AGE 7-12 \$1.00

2 DAY PASS (FRI & SAT) \$10.00

Carolina Trader Promotions
704-282-1339

EAST COBB AUTHOR PROMOTES SWIM SAFETY



Author Aileen Swartz

Gold, orange, hot pink and red hues fold in with the fading green leaves from summer. The neighborhood pool adorns a black cover and the leaves trickle down, awaiting the leaf blower. Winter will settle in, and on the most frigid days, southern kids daydream of ice skating on top of a thoroughly frozen pool; of course this never actually happens. It's better to visualize winning ribbons next summer!

Summer swim teams hibernate until

May, though some swimmers choose to strengthen their skills and swim year-round. Even five-year-old children contribute to the scores for their local teams. Coaches and parents observe their journey down one length of the pool. Sometimes a coach may even jump into the water and coax a little one to swim to the end where we celebrate their success!

So, how do children effectively transition from feeble, beginners into strong, safe swimmers?

"During my years as a swim instructor, I discovered that their success largely depends on natural instincts and parental help. Parents often asked what games I used to effectively teach swimmers. Their curiosity inspired me to describe these games within my books, "Swim Games" and "How to Swim Like a Mermaid", says Author Aileen Swartz.

I believe imagination can unlock a child's mind and stimulate them to discover real life skills. Swim safety is my passion, so in my books I've approached swim instruction from a creative angle.

"How to Swim Like a Mermaid" launches into the story of a mermaid and girl befriendng each other and trading swim secrets. Watercolor illustrations, done by the author herself, are placed to help visualize the

techniques. The book details games that are proven to build efficient swimmers. Adults may reference instructive tips in her book included at the end.

"I enjoy playing in the pool with my children as we work on swim skills. This special bonding time lets us be silly and relaxed together. Children love playing swim games; it's like stealthily adding zucchini to their muffins!", says Aileen.

Aileen moved to East Cobb five years ago. "One of the most exciting opportunities in our community is the existence of summer swim teams! I know firsthand that this is not always the case in other cities. We value the coaches' instruction, and the kids especially enjoy the team camaraderie, competition, and swim meet snacks!", says the author.

You can join Aileen's readers' club for updates on projects and find various parenting tips on her site: www.aileenswartz.com.

"Teach Your Pirate to Swim, Before He Has to Walk the Plank" is her most recent project. She also writes fiction for middle grade and young children and is working on a Kindle Vella series entitled "The Jills were Bad".

"How to Swim Like A Mermaid" and "Swim Games" make excellent educational gifts for children ages 3-7. The print and eBook versions are available through Amazon, Kindle, and Nook. 📖



Illustrations by Aileen Swartz

BOTOX – VANITY OR MEDICAL TREATMENT?

“Put toxins in my body? Not me!” That was my thought about Botox (Botulinum toxin) until more recently. So many people like me have TMJ issues...popping jaws, headaches, neck pain, and sore facial muscles. I had heard that Botox as well as other botulinum toxin brands like Xeomin were now being used for treatment of these issues, so I decided to take courses to learn how I might be able to help my patients. Dentists have had extensive education in head and neck anatomy... more than most medical doctors, so it felt natural to take courses related to treating this area of the body. What I discovered in being the guinea pig for my associate, Dr. Chandler, who was also taking the courses, was that not only did I gain relief of the pain in my neck and jaws as well as experience fewer headaches, but I also was able to

reduce my forehead and eye wrinkles and make my lips more attractive!

Botox/Xeomin contains a protein made from Botulinum toxin, which the bacterium *Clostridium botulinum*, produces. Botox injections work by weakening or paralyzing certain muscles or by blocking certain nerves. The effects last anywhere from a few to several months. People who clench their teeth or who have neck strain often suffer from headaches and neck pain. Injections of Botulinum toxin causes the muscles to relax, reducing clenching and relieving the muscle strain that causes certain types of headaches and neck aches.

And then there is also the esthetic benefit! Injections of Botulinum toxin can enhance your natural beauty. It isn't an iron for wrinkles that are there when your facial muscles are relaxed, but it prevents your activated muscles from

making permanent creases and lines which is why starting sooner than I did (I'm in my 50s) is more ideal, although I found that it still wasn't too late for me!

The faces we make carry emotional weight. You may have heard that smiling more can make you feel happier. Well frowning less has the same effect! I love my smooth, “less angry” forehead now, and I even had Botox placed around my lips which gave the result of fewer lines around my lips as well as making them a little more outturned, so they look more full. Our dental team has now fully embraced the benefits of botulinum toxin and are loving being able to help relieve people's pain while giving them a more youthful appearance.



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.

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



PAID ADVERTISEMENT

EAST COBBER

2022 November/December COMMUNITY CALENDAR

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.

NOVEMBER 11 & 12

Atlanta Antique Gun and International Military Show. Antique Guns & Arms & Memorabilia of the Civil War, Indian Wars, WWI and WWII. Exhibited, bought, sold & traded. \$7/general admission; \$1/children (7-12years). Friday: 12-5pm; Saturday: 9am-4pm. IAMAW Local 709 Union Hall, 1032 South Marietta Parkway, Marietta. More info: gunshowtrader.com.

NOVEMBER 12

Atlanta Lab Rescue 5K. Bring the family, kids and dogs out for one of their largest fundraisers. Packet pick-up: Friday, 4-7pm; Big Peach Running Company in Kennesaw. Check website for pricing. Race: 9am. Still Family Farm, 5630 Macland Road, Powder Spring. More info/registration: atlantalabrescue.com.

NOVEMBER 15

Walton Raider Dugout Club Silent Auction. Fundraiser for the varsity and JV baseball teams. Silent auction items include sports memorabilia, Walton parking spots, gift cards, and much more. Free. 6-9pm. Marlow's Tavern, 1311 Johnson Ferry Road, Unit 208, Marietta/East Cobb. More info: waltonbaseball.org.

NOVEMBER 17

Ecumenical Thanksgiving Celebration. An inspiring and uplifting community Thanksgiving celebration of music and reflection, with a healthy dose of humor. This annual celebration brings together clergy, lay leaders and choirs from more than a dozen different religious beliefs to recognize what they have in common and celebrate our uniqueness. Open to all. Free. 7pm. Temple Kol Emeth, 1415 Old Canton Road, Marietta/East Cobb. More info: kolemeth.net/specialservices.



NOVEMBER 18-20

Annual Gem and Mineral Show & Sale presented by Cobb County Gem & Mineral Society. Many vendors will show a large selection of gems, fossils, rocks and bead supplies. Free. Friday-Saturday: 10am-6pm; Sunday: 10am-5pm. Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. More info: ccgms.org/annual-civic-center-show.

NOVEMBER 19 & DECEMBER 17

Pop-In for Family Fun at the Marietta Museum of History. Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. November's theme: The Big Chicken; December's theme: Holiday Crafts. Free. 10:30am-4pm. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or mariettahistory.org.

NOVEMBER 21-25

Cobb County Schools Closed.

A RICHARD GERE AND DREPUNG LOSELING PRODUCTION

THE MYSTICAL ARTS of TIBET

Mandala Sand Painting the Architecture of Enlightenment
by the monks of Drepung Loseling Monastery

"A universal expression of the human subconscious... it transports you."
The Washington Post

Unity North Atlanta Church
Nov. 27, 2022 - Dec. 4, 2022

Mandala will be open for viewing Mon.-Sat. 9am-5pm
Chanting at Sunday Services
Wednesday evening lecture on Mindfulness Meditation

4255 Sandy Plains Road | Marietta, Ga 30066
Visit unitynorth.org for full schedule of events

NOVEMBER 24

20th Annual Gobble Jog. MUST Ministries' largest fundraiser. Packet pick-up: Wednesday, November 23, 10am-6pm at the Cobb County Civic Center, 548 South Marietta Parkway SE, Marietta. Same day registration for untimed runners only beginning at 6:30am. \$25-50. 10K: 7:30am start; 5K Timed: 9:00am start; 5K Untimed: 9:05 am start; 1K Fun Run/Walk: 8:45am start; Tot Trot: 10:30am start. Marietta Square, 50 E Park Square, Marietta. More info/register: gobblejog.org.

NOVEMBER 24

Running of the Turkeys 5K. The new City of Roswell Thanksgiving Day tradition! Run down Canton Street in Downtown Roswell and support Friends of Roswell Police (formerly RPD Shop with a Cop). RPD GIVES raises money to support local families and seniors in need for the holidays! All participants get a turkey hat and a t-shirt. Packet pick up: Tuesday November 22, 5-9pm at Gate City Brewing, 43 Magnolia Street, Roswell and Wednesday November 23, 11am-5pm at Big Peach Running Co. Marietta, 1062 Johnson Ferry Road, Marietta, Pre-Race, and Post race celebration will be held at Gate City Brewing company tap room area. \$35. Race: 8am. 43, Magnolia Street, Roswell. More info/Registration: runsignup.com/Race/GA/Roswell/runningoftheturkeysga.

DECEMBER 2 & 3

Shrek The Musical JR presented by Roswell Youth Theater. As everyone's favorite ogre, Shrek, leads a cast of fairytale misfits on an adventure to rescue a princess and find true acceptance. Part romance and part twisted fairy tale, An irreverently fun show with a powerful message for the whole family. Check website for ticket pricing. Friday: 7pm; Saturday: 2pm & 7pm. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info: 770-594-6232 or roswellcac.showare.com/eventperformances.asp?evt=18.

DECEMBER 2-3

Snow White and the Seven Dwarves. The vanity of the evil queen drives her to hunt down and attempt to poison the beautiful Snow White. Will Snow White be able to survive with the help of her friends? Presented by Pope High School Theater. \$6-\$12. Friday: 7pm; Saturday: 2pm and 7pm. Pope High School Theater, 3001 Hembree Road NE, Marietta. More info/Tickets: popetheater.org.



TWEET TWEET!
FOLLOW US ON TWITTER

Join us for our 10th Annual Titan Tidings Christmas Gift Show

Blessed Trinity High School

11320 Woodstock Road, Roswell, GA 30075

Saturday, November 12th - 9:00am – 5:00pm

Sunday, November 13th - 10:00am – 3:00pm

~ Over 110 vendors offering a large variety of unique and beautiful gift items ~ Jewelry, Wreaths, Pottery, Fine Art, Holiday and Home Décor, Accessories, Knits, Children's Items and much more!

- ~ Tons of parking and all booths are indoors ~
- ~ Enter our Titan Tidings Raffle to win prizes ~
- ~ Concessions will be available ~ Huge Bake Sale ~
- ~ No Strollers Please ~ \$3 Admission ~



COMMUNITY CALENDAR

DECEMBER 2-4, & 7-10

The Last Night of Ballyhoo presented by Center Stage North. Alfred Uhry's Tony Award-winning look at anti-semitism in the South centers on the planning of the Atlanta Jewish community's annual Ballyhoo ball during the excitement surrounding the premiere of *Gone with the Wind*. \$12-\$25. Wednesday-Saturday: 2pm; Sunday: 2pm. The Art Place, 3330 Sandy Plains Road, Marietta/East Cobb. More info/tickets: artplacemarietta.org/center-stage-north.

DECEMBER 3

9th Annual Run the Lights of Life 5K/1K presented by Life University. The 5K starts before sunset and takes in the campus of Life University during their annual holiday light show. As the run progresses, the sun goes down and the lights come on! After the run, stay and enjoy the holiday festivities, with caroling, s'mores, hot cocoa, music and more. Dress in your favorite holiday costume to win prizes. 1K: 4:15pm. 5K: 4:30pm. 1K: \$30; 5K: \$35 (includes Free entry to Lights of Life). Life University Track, 1415 Barclay Circle, Marietta. More info: raceroster.com/events/2022/62718/the-9th-annual-run-the-lights-of-life-5k.

DECEMBER 7

Human Services Award Luncheon. The Jack Vaughan, Jr. Human Services award was established in 1994 in memory of his unselfish dedication to public service. Jack Vaughan, Jr. was a state representative and member of the Cobb Community Collaborative who strongly advocated for those less fortunate in our community. In memory of Jack's service, the Cobb Collaborative honors a volunteer and a professional who have gone above and beyond to serve those in need. \$20. 11:30am-1:15pm. Piedmont Church Conference Center, 570 Piedmont Road, Marietta. More Info/Tickets: cobbcollaborative.org/event/fourth-quarter-general-membership-meeting-human-services-awards-luncheon.

DECEMBER 10

Fancy Nancy Tea Party. Dress up in your most splendiferous outfits and enjoy treats, games, and crafts. This program is intended for all ages. Free; Registration required. 2-3pm. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info/Register: cobbcounty.org/library/events/fancy-nancy-tea-party-sewell-mill-library-cultural-center or 770-509-2711.

Sleighbells on the Square 5K, 1K & Tot Trot. Bring the family and help raise funds for Cobb Children's Emergency Fund. The Fund provides emergency grants to Cobb County households facing financial emergencies or crises. Festive holiday attire is encouraged. Packet pick-up: Friday, 11am-6pm at Big Peach Running Co Kennesaw, 1625 Ridenour Boulevard, Suite 304, Kennesaw. \$10-\$30. Tot Trot: 9:20am; 1K: 9:15am; 5K Race: 8am. Marietta Square, 12 E Park Square, Marietta. More info/registration: cobbcountybar.org.

DECEMBER 17

Dashing Through the Square 5K & 1K sponsored by the PEARL Foundation and Alpha Kappa Alpha Sorority, Rho Zeta Omega Chapter. Peachtree qualifier race. \$15-\$40. Race: 7:30am. Marietta Square, 99 S Park Square, Marietta. More info/registration: raceroster.com/events/2022/57915/7th-annual-dashing-through-the-square-5k-runwalk-and-1k-kids-rudolph-race.

DECEMBER 19-JANUARY 4

Cobb County schools closed for winter break.

DECEMBER 31

Kid's Noon Year's Eve. Countdown to noon in this kid-friendly celebration of New Year's! Say good-bye to 2022 and welcome in 2023 with crafts, activities, and a balloon drop as the clock strikes noon! Intended for children 10 and under and a participating adult. Free; Registration Required. 11am-12 noon. Mountain View Regional Library, 3320 Sandy Plains Road, Marietta/East Cobb. More info/Register: cobbcounty.org/library/events/noon-years-eve-countdown-kids-mountain-view-regional-library.

New Year's Eve Swingin' Party with Joe Gransden & Francis Reed. Enjoy ringing in the new year with Georgia Music Hall of Famer Francine Reed and Sandy Springs native Joe Gransden. 8pm. \$40-\$75. City Springs, Byers Theatre, 1 Gambos Way, Sandy Springs. More info/Tickets: citysprings.com.

The NYE Show: The Music of Queen and Bowie. The Georgia Players Guild will ring in the new year with a tribute concert honoring the musical legacy of rock supergroups Queen and Bowie. 9pm. Tickets: \$45-\$80. Earl & Rachel Smith Strand Theater, 117 North Park Square, Marietta. More info: 770-293-0080 or earlsmithstrand.org.

.....

WWW.NORTHSIDEPLUMBINGATLANTA.COM

FREE ESTIMATES

NORTHSIDE PLUMBING

770-272-2558

LICENSED & INSURED

RESIDENTIAL & COMMERCIAL

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

Master Plumber Chad Mahaffey

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



EAST COBB'S NEWEST COFFEE SHOP

*Serving delicious East Pole coffee, house-
made breakfast, and lunch*

M-F 7am - 8pm | Sa 8am - 2pm | Su 8am - 1pm



Located on the campus of Johnson Ferry Baptist Church
955 Johnson Ferry Rd. Marietta, GA 30068

PROVISIONCAFE.COM



Holiday Happenings

Metro Atlantans celebrate the holiday season by continuing old traditions, decorating public spaces and putting on plays. The EAST COBBER is happy to provide a sampling of those special events to help you get in the holiday spirit.

CHRISTMAS TRADITIONS

NOVEMBER 12 - JANUARY 1

Stone Mountain Christmas. More than two million lights and an abundance of performances and activities. Prices and times vary by day.

Stone Mountain Park, U.S. Highway 78, East Stone Mountain
770-498-5690 | www.stonemountainpark.com/Activities/Events/Stone-Mountain-Christmas

NOVEMBER 19 - FEBRUARY 26

License to Chill Snow Island. Get your adrenaline fix at Snow Island tubing on the 575 feet long, 8-story high Take a spin around the ice rink, enjoy the carnival sights, smells and rides, or play in the snow. Free/Children under 2; \$39.99-\$54.99. Check website for hours of operation.

Margaritaville at Lanier Islands
7650 Lanier Islands Parkway, Buford
470-323-3440
www.margaritavilleresorts.com/margaritaville-at-lanier-islands/attractions/license-to-chill-snow-island



WEEKENDS NOVEMBER 12 - JANUARY 8

The Botanical Express at Atlanta Botanical Garden. Climb aboard as the conductor takes you on a scenic holiday journey around the Garden. Train does not run in inclement weather. Check website for train hours. \$5/passenger; \$3/member plus admission to the gardens.

Atlanta Botanical Garden, 1345 Piedmont Avenue, Atlanta
404-876-5859 | atlantabg.org



NOVEMBER 30

Bethlehem Walk. The Christmas story comes to life! Join and take a look back at the little town of Bethlehem. You will experience the true meaning of Christmas as the story of Jesus' birth comes to life through interactive storytelling. 5-7pm. Free.

Mt. Bethel Church
4385 Lower Roswell Road, Marietta/East Cobb
mtbethel.org/event/bethlehem-walk/

DECEMBER 1- DECEMBER 24

Winter Wonderland at The Marietta Square. Marietta's Winter Wonderland returns featuring the Festival of Trees.

Marietta Square Glover Park
50 North Park Square, Marietta
winterwonderlandmarietta.com

DECEMBER 3 & 4

36th Annual Marietta Pilgrimage Christmas Home Tour.

This year, get a glimpse inside private homes in Marietta's Whitlock Avenue Historic District. Saturday: 9am-8pm; Sunday: 10am-5pm. All-inclusive ticket provides one visit to each home. \$25/advance, \$30/at event.

Marietta Welcome Center, No. 4 Depot Street, Marietta
770-429-1115 or 770-426-4982 | mariettapilgrimage.com

DECEMBER 9 & 10

Christmas at Piedmont Church. This free 2-day event features over 40 unique handmade arts and crafts booths, children's play area, food, entertainment provided by local school choruses and dance groups, and free photos with Santa. Friday: 5-9pm; Saturday: 10am-5pm. Free.

Piedmont Church, 570 Piedmont Road, Marietta
770-423-1330 | jrmmanagement.com/arts---crafts.html

DECEMBER 11

Enchanted Woodland Wonders Family Fun Day. This family favorite is bound to delight with live reindeer, seasonal festivities, partner booths, crafts, lawn games, and more. Noon-4pm. \$15/adults; \$11/students/seniors; \$9/children; ages 2 and under free. Free for CNC members.

Chattahoochee Nature Center, 9135 Willeo Road, Roswell
770-992-2055 ext. 238 | chattnaturecenter.org

Holiday Happenings

DECEMBER 20

It's a Wonderful Life Movie Marathon. The Strand continues its tradition of playing *It's a Wonderful Life* on the big screen all day on the Tuesday before Christmas. Fuzzy pajamas are encouraged, and popcorn and drinks will be served. Showtimes: 11am, 2:30pm, 6pm, 9:15pm. Tickets: \$10.

The Earl & Rachel Smith Strand Theater
117 N Park Square, Marietta
770-293-0080 | earlsmithstrand.org

CHRISTMAS TREE LIGHTINGS

NOVEMBER 20

The Lighting of Avalon. From the annual opening of Avalon on Ice to the magnificent tree lighting, and an appearance from Jolly Old Saint Nick himself, there's something exciting for all to enjoy. Tree Lighting at 7pm. 1-9pm. Free.

Avalon, 400 Avalon Boulevard, Alpharetta
experienceavalon.com/events/eventitems/the-lighting-of-avalon/

DECEMBER 1

Lighting of the Christmas Tree. Kick-off the holiday season with The City of Marietta's Annual Christmas Tree Lighting Ceremony in conjunction with the arrival of Santa Claus in Glover Park on the Marietta Square. The fun begins at 4pm with performances by local school choruses. 4-8pm. Free.

Glover Park, 50 N. Park Square, Marietta
770-794-5601 | mariettaga.gov

DECEMBER 4

Holiday Lights Celebration. Friends for the East Cobb Park will be hosting a tree lighting featuring musical performances on the park stage and a visit from Santa. 5-7:30pm. Free.

East Cobb Park, 3322 Roswell Road, Marietta/East Cobb
eastcobbpark.org

CONCERTS

DECEMBER 3

Cobb New Horizons Symphonic Band Christmas Concert. Come celebrate the holidays with the Cobb New Horizons Band. Directed by Dr. Charles Jackson. 2pm. Free.

Lassiter High School Concert Hall
2601 Shallowford Road, Marietta/East Cobb
cobbnewhorizonsband.com



Holiday POPS 2022. 'Tis the season for fun-filled music!

Georgia Symphony Orchestra's Holiday Pops is the favorite way for friends and family to enjoy time together in a festive concert experience. With Santa, a sing-along, and so much more! 3pm & 8pm. \$14-\$46.

Marietta Performing Arts Center
1171 Whitlock Avenue, Marietta
770-429-2390 | georgiasymphony.org

Kennesaw State University: School of Music Holiday Concert.

Kick off your holidays with the School of Music as they celebrate the season and present a festive and exciting program full of holiday favorites performed by the KSU Symphony Orchestra, Wind Ensemble, and choirs. 2pm & 8pm. \$7.50-\$32.50. Reservations required.

Bailey Performance Center, KSU
1000 Chastain Road, Building 30, Kennesaw
arts.kennesaw.edu/concerts-and-events/music.php

DECEMBER 10

Marietta Pops Orchestra Holiday Concert. Join the Marietta Pops Orchestra as they take a musical trip down Christmas memory lane. 7pm. \$20/adults; Free/under 10.

First Baptist Church Marietta
148 Church Street, Marietta
mariettapopsorchestra.org



ASK FOR THE MVP TODAY

MVP

- Precision Haircut
- Hot Steamed Towel
- Massaging Shampoo
- Neck & Shoulder Treatment

SportClips
HAIRCUTS

Happy Holidays!

Marietta - Sprayberry Square
2550 Sandy Plains Rd
By LA Fitness, behind Chick-fil-A
770-672-6618
SportClips.com/GA154

SCAN FOR SPECIAL OFFER

Holiday Happenings

DECEMBER 11

Atlanta Concert Band. Come enjoy some holiday music. 4pm. Free.

Mount Vernon Presbyterian Church
471 Mt. Vernon Highway, Sandy Springs
atlantaconcertband.org



Carols for Christmas – A Celebration of Hope. Be a part of an event that spreads Christmas cheer to the whole community. There will be a reception in the Fellowship Hall at the conclusion of the event. 4pm. Free.

Mt. Bethel Church
4385 Lower Roswell Road, Marietta/East Cobb
mtbethel.org/event/carols-for-christmas/

DECEMBER 15, 16 & 18

Christmas with the Atlanta Symphony Orchestra. The Atlanta Symphony Orchestra and Chorus in an evening of holiday carols, hymns and more. This timeless tradition begun by Robert Shaw is sure to inspire holiday cheer in listeners of all ages. December 15 & 16: 8pm; December 18: 3 pm & 7pm. \$20-\$89.

Atlanta Symphony Hall
1280 Peachtree Street NE, Atlanta
aso.org/events/detail/christmas-with-the-aso-1

DECEMBER 23

The Strand Ole Opry's Country Christmas. Following in the footsteps of great southern tradition, Opry's back porch style sing features a live band, local singers, and storytelling. Keep the good times going with a post-show hootenanny in the Lumiere Lounge! Join performers for a toast, a drink, and sing-alongs after the show. 8pm. Tickets: \$20.

Earl & Rachel Smith Strand Theatre
117 North Park Square, Marietta
770-293-0080 | earlsmithstrand.org

LIGHT DISPLAYS

NOVEMBER 12- JANUARY 14

Garden Lights, Holiday Nights at The Atlanta Botanical Garden. While plenty of the show's fan-favorite features will return, guests can expect new twists. 5-10pm. Select days ticket prices vary with discounts, check website for pricing on your day.

Atlanta Botanical Garden
1345 Piedmont Avenue, Atlanta
404-876-5859 | atlantabg.org

NOVEMBER 16 - JANUARY 1

World of Illumination Reindeer Road. Whiz through mountainous terrain, traverse glacial peaks, explore the northern ice caves and make your way through the northern forests to the heart of it all - Santa's Workshop - the world's largest animated toy shop. Be dazzled by reindeer, snowmen, and toys galore as you witness the most spectacular drive-through light forest this side of the arctic. Who knows, you may even catch Santa and his elves making your present this year...if you've been nice! Check website for pricing of time slot tickets.

Six Flags White Water Parking Lot
250 Cobb Parkway, Marietta.
worldofillumination.com/marietta-georgia

NOVEMBER 19 - JANUARY 1

Holiday in the Park. More than one million LED lights and dozens of Christmas trees, festive shows, tasty culinary treats and, of course, the Big Man: Santa Claus in all his glory. Select days. Ticket prices vary with discounts, check website for pricing on your day.

Six Flags Over Georgia, 275 Riverside Parkway SW, Austell
sixflags.com/overgeorgia/events/holiday-in-the-park-3

NOVEMBER 24-DECEMBER 31

Lights of Life. Millions of holiday light displays throughout the Life University campus. Pony rides, train ride, and petting zoo. Seasonal drinks and snacks. Check website for pricing and hours.

Life University, 1269 Barclay Circle, Marietta.
678-331-4342 | life.edu/lights-of-life



MENORAH LIGHTING

DECEMBER 18-26

Menorah Lighting at Temple Beth Tikvah. Come light the Menorah every night during Chanukah. Check website for more information and times.

Temple Beth Tikvah, 9955 Coleman Road, Roswell
bethtikvah.com

DECEMBER 23

Menorah Lighting on Marietta Square. Congregation Ner Tamid of Marietta will have a Menorah Lighting on the Glover Park Stage. The event will be led by Rabbi Joseph Prass, featuring Hanukkah music, hot chocolate and doughnuts, and lots of gelt! 6:30 pm. Free.

Marietta Square, 50 Park Square, Marietta
678-264-8575 | mynertamid.org



NEXT ISSUE: JANUARY * DEADLINE: DECEMBER 15
RESERVE YOUR AD SPACE TODAY! CALL EAST COBBER 770-640-7070

Holiday Happenings

PARADES

DECEMBER 3

Christmas Jubilee Parade of Lights. Join the City of Woodstock for an evening of fun. Before the parade, enjoy food from vendors or local restaurants. The parade begins at 5:30pm. After the parade head to The Park at City Center for the Christmas tree lighting, a visit from Santa, crafts and many more activities! 4:30pm. Parade begins at 5:30pm.
8588 Main Street, Woodstock
770-592-6000 | woodstockga.gov



DECEMBER 3

Kennesaw's A Day with Santa. Santa's arrival begins at 2pm with a Main Street parade featuring marching bands, decorated floats, vintage cars, and colorfully-costumed characters. There will be a holiday host of activities. There will be a tree lighting in the evening. 2-7pm.
Depot Park, 2828 Cherokee Street, Kennesaw
kennesaw-ga.gov/adaywithsanta/

DECEMBER 4

Sparkle Sandy Springs Holiday Parade. The city of Sandy Springs will light up the holidays with a Parade, tree lighting, menorah lighting and Miniature Village. The festivities begin at 4 pm; parade 6 pm. FREE.
City Green Sandy Springs, 1 Galambos Way, Sandy Springs
770-206-2022 | citysprings.com/events/sparkle-sandy-springs-2022

SANTA SIGHTINGS

NOVEMBER 21 - DECEMBER 24

Avalon. Appointments preferred, walk ups only if time allows.
Sundays: 12-7pm (break: 2-3pm); Mondays: 12-6pm (break: 2-3pm); Tuesday-Thursday: 12-7pm (break: 2-3pm); Friday & Saturday: 10am-7pm (break: 1-2pm & 4-5pm); Christmas Eve: 9am-6pm. \$40, includes an email of all images from the photo session.
400 Avalon Boulevard, Alpharetta
770-765-2000 | experienceavalon.com

East Cobber Wishes You a Merry Christmas and a Happy New Year!

Family.
Friends.
Community.



770-956-1688
www.ronsprouse.com

Ron Sprouse



State Farm



reuse
repurpose
renew

3 GREAT LOCATIONS

MARIETTA
2745 SANDY PLAINS RD
678-453-0600

ALPHARETTA
4125 GA HWY 20
678-281-7571

ALPHARETTA
4125 GA HWY 20
678-714-0845

QUEEN
HEARTS
Antiques & Interiors

Bring your family and friends for
this wonderful relaxing shopping
experience where antiques meet
mid-century meet classic.

Follow us on



www.officialqueenhearts.com

Holiday Season at UNITY NORTH ATLANTA CHURCH

FAMILY CHRISTMAS PARTY

FRIDAY, DEC 9 - 6-8:30PM



Bring the family to our campus-wide tree lighting, with a craft, s'mores, and a walk through our enchanted forest to meet Santa!



CHRISTMAS EVE SERVICES

Family Service 5pm
Candlelight Service 7pm

Join us for one or both of these unique services celebrating the birth of the Christ light within.



BURNING BOWL CEREMONY

DECEMBER 31 - 6:30PM



Release and let go of what no longer serves you at this powerful service that prepares the way for the new year.

WHITE STONE CEREMONY

SUNDAY, JANUARY 8
9 & 11:15 AM

Usher in the new year with this transformational service. What will your word be in 2023?



Unity North Atlanta Church
4255 Sandy Plains Rd.
Marietta, GA 30066

visit unitynorth.org



SATURDAYS NOVEMBER 26 - DECEMBER 17

Botanical Saint Nick. Meet Botanical Saint Nick, clad in his dark green robe and botanical head wreath. Bring a camera to take your own photos with Saint Nick and participate in fun holiday-themed activities. Free with Garden Admission. 10am-2pm.

Atlanta Botanical Garden
1345 Piedmont Avenue, Atlanta
404-876-5859 | atlantabg.org



DECEMBER 2-24

Santa on the Marietta Square. Reserve your time with Santa in advance. See website for available dates/times.

Marietta Museum of History
1 Depot Street, Marietta
winterwonderlandmarietta.com/santa-2

THEATER AND DANCE

NOVEMBER 9 - DECEMBER 31

Rudolph the Red-Nosed Reindeer. Based on the classic television special. Ticket includes the live performance, Create-A-Puppet Workshop, and admission to the Worlds of Puppetry Museum. Show times vary by date. Tickets start at \$21.

Center for Puppetry Arts
1404 Spring Street NW, Atlanta
404-873-3391 | puppet.org

NOVEMBER 12 - DECEMBER 24

A Christmas Carol. Join the Alliance Theatre for one of Atlanta's most treasured holiday traditions. Watch as Ebenezer Scrooge encounters the ghosts of Christmas Past, Present and Future in this holiday classic story. Showtimes vary. \$42-\$78.

Coca-Cola Stage
1280 Peachtree Street NE, Atlanta
404-733-4650 | alliancetheatre.org

DECEMBER 1-4

The Nutcracker presented by The Georgia Ballet. This ballet features dancing snowflakes, giant toy soldiers, a growing Christmas tree, and a delectable land of sweets. \$15-\$45. Thursday: 7pm (sensory friendly); Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 3pm & 7pm.

Jennie T. Anderson Theatre
548 South Marietta Parkway, Marietta.
georgiaballet.org

DECEMBER 2-18

A Christmas Story presented by Act 3 Productions. Follow 9-year-old Ralphie Parker in his quest to get a genuine Red Ryder BB gun under the tree for Christmas. This classic movie now on stage. Thursday-Saturdays: 8pm; Sundays: 3pm. Tickets: \$20-\$31.

Act3 Playhouse, 6285-R Roswell Road, Sandy Springs.
act3productions.org

DECEMBER 2-24

A Christmas Carol. A musical based on Charles Dickens' 1843 novella of the same time, A Christmas Carol takes you through Ebenezer Scrooge's Christmas Eve night with visits from the Ghosts of Christmas Past, Present, and Future. Celebrate the holidays with this beloved Dickens classic reimagined once again. Showtimes vary. \$18-\$23.

Woodstock Arts Theatre
8534 Main Street, Woodstock
678-494-4251 | woodstockarts.org/events/christmas-carol

DECEMBER 9-22

A Christmas Tradition: A Musical Revue. Sharing the holiday spirit through sparkling song and dance! This hometown favorite holiday revue features costumed singers and dancers performing both traditional and funky Christmas favorites. \$25-35. See website for dates and times.

The Earl & Rachel Smith Strand Theatre
117 N. Park Square, Marietta
770-293-0080 | earlsmithstrand.org

DECEMBER 9-26

The Nutcracker presented Atlanta Ballet. Based on the original book by E.T.A. Hoffmann, the story takes Marie and her magical nutcracker doll away from a family Christmas Eve party and into a fantastical realm, led by a mysterious inventor. See website for dates and times. Tickets start at \$49.

Cobb Energy Performing Arts Centre
2800 Cobb Galleria Parkway, Atlanta
atlantaballet.com/performances/nutcracker

DECEMBER 15-17

Trouble in Toyland. Oh no! It's Christmas Eve -- but the toys aren't finished, the elves are on strike, Santa has lost his laugh, and Rudolph has a runny nose! Will we have to cancel Christmas? Of course not! This show brings hilarious holiday hijinx to the stage that is fun for the whole family. 10am and 1:30pm (12/16). \$10.

Roswell Cultural Arts Center
950 Forrest Street, Roswell
770-594-6232 | roswellpuppets.com

DECEMBER 20-22

Holiday Punch! The puppet show that packs a punch! A fast paced, fun filled show featuring fabulous puppets performing fantastic feats! Marionettes! Hand puppets! Shadow puppets! Blacklight puppets! Rod puppets and more will sing, dance and perform tricks that will have you laughing and shouting for more! 10am and 1:30pm (12/21). \$10.

Roswell Cultural Arts Center
950 Forrest Street, Roswell
770-594-6232 | roswellpuppets.com



Hope Christmas brings you all that
you are wishing for... and more!
Happy Holidays from
your friends at the East Cobber!

BODE+EV

NATURAL + UNIQUE + ECO-FRIENDLY

As you stroll through Painted Tree Boutiques, one aisle called Evergreen End draws you in as you encounter the fragrant scents of Bode+Ev. Whether you are partial to fruity, floral, or sweet, Bode+Ev has an abundance of all-natural soy wax candles with clean and unique scents. Custom-scented natural and organic bath and body products add to the shop's amazing aroma.

All products are the handiwork of shop owner, Tracey Quarry. She describes Bode+Ev as a passion created with a dream and a purpose to provide products that enhance physical, mental, and spiritual well-being.

"For years, I have been chasing my dreams, and now I feel like I am living them," says Quarry. "And it all started with an open mind, the loss of a job, and a candle."

The East Cobb-based company, Bode+Ev, is named after her children Boden and Eviana. As she stated, the loss of employment was the impetus for launching the enterprise. Quarry lost her job at an Atlanta-based events company as the pandemic hit in 2020. A single mom, Quarry's first thoughts went to how she was going to support her children.

"I had always envisioned turning my candle-making hobby into a business," says Quarry. "There was no time to waste, and this was the perfect opportunity for me to do just that."

With a few tweaks to her candles that she had been making for 20+ years, Quarry created BE.CANDLES. Once the candle business got off the ground, she added a custom-scented bath and body line that contains all-natural and organic, sustainably sourced ingredients. That's when the name was selected, and Bode+Ev was born. All oils used are what Quarry terms as clean, which means they are the safest, highest quality, and most thoroughly tested ingredients in the industry.


Quarry attributes a great deal of her success not only to her passion, hard work, and belief in her products, but also to friends and family who were and still are instrumental in getting Bode+Ev's name and products out there. She cites two friends in particular, Brett Landry, her product photographer, and Zach Harkey, who lent his talents by not only designing her website, but also creating the signature logo that graces all her products.

Knowing the real value of Bode+Ev is all in the sensory experience, Quarry opened her first shop at Painted Tree Boutiques (4651 Woodstock Road, Marietta, #E7) in August 2021. The shop showcases her hand-poured



soy wax and coconut oil candles, as well as her bath, body, face, and hair care products. She also offers a few products that share all the same values as Bode+Ev from other female-owned small businesses. Then in February 2022, she began pouring her candles and holding candle-making workshops across the aisle in #E8. Quarry will bring the candle making to a new location in November 2022 at the Westside Market (606 Holcomb Bridge Road, Roswell, #108).

"I have room for a up to six people in my shop or up to 30 people in the larger space at both Painted Tree and Westside Market," says Quarry. "I can also bring candle making to your home for 10 or more. I love to collaborate with other DIY small businesses to host monthly workshops together."

Quarry is opening two more locations just in time for holiday shopping. As stated, another shop with candle making will open at the Westside Market, and additionally in November, a Bode+Ev shop at the Lily Rose Co. Marketplace (Cumming City Center at 441 Vision Road, Cumming). For more information, www.bodeandev.com. 

CRAYON PENDANTS EMERGE AS A VIBRANT FAMILY BUSINESS



Kalen & Sara Isabel Redmon



Sara Isabel works on her latest piece.

“work for Sara Isabel,” says Kalen Redmon as she talks about their family’s small enterprise, Crayon Pendants. Sara Isabel is her 10-year-old daughter who concocted the new business idea.

According to the mother-daughter team, the concept for Crayon Pendants was born out of pursuing creative activities during the pandemic lockdown. Kalen lost her job as so many others did during the spring of 2020, so the two spent quality time painting, doing puzzles, and listening to music for enrichment.

“Over the years, my father has given me jewelry to mark significant occasions,” says Kalen. “So I had several pieces with which Sara Isabel was familiar. With that as a backdrop, Sara Isabel suggested one of our creative ventures would be to craft pendants with flowers. There were no blooming flowers outside in March, and we couldn’t go anywhere to purchase them due to the lockdown. Being the resourceful girl that she is, she suggested we use crayon shavings instead. I had some resin and bezels, and we came up with colorful crayon shavings-filled pendants that we gave to family and neighbors as gifts.”

As the cold turned to summer, the duo found outdoor activities and didn’t make the pendants for a while. Then in November, Sara Isabel returned to school, and Mr. Redmon returned to work. Recognizing that her mom was not one to be idle, Sara Isabel suggested that they craft and sell their crayon pendants.

“I wasn’t sure about the idea and questioned whether they would sell,” says Kalen, “but Sara Isabel quickly reminded me that I have always told her that she could do anything. So why not this?”

After a few sales on Etsy, they built a website and began selling jewelry online. They also started participating at local outdoor markets and festivals. Kalen eventually secured a new job, but they promised each other they would continue working on their crayon jewelry on the weekends.

“It’s really messy work, but we love it,” says Kalen. “Using both new and recycled crayons, we create our designs in the evenings and on weekends in our basement. We have both learned so much from working together. Sara Isabel has learned the courage to sell by interacting with people at the festivals both in Spanish (Kalen is originally from Mayaguez, Puerto Rico) and English. I have learned to trust her judgment for her color combinations.”

At customers’ requests, they have added earrings and bracelets. Their products are marketed through their website, as well as through other social media outlets like Instagram and Facebook. All jewelry comes in a wrapped tin can ready for gifting.

Proceeds from Crayon Pendants are deposited into Sara Isabel’s college fund. And because giving back is important to both mother and daughter, 50 percent of all heart pendant sales are donated to the Empty Stocking Fund.

Looking for a holiday gift? Shop online at www.crayonpendants.com or visit them at these upcoming festivals:

November 10-12 - Junior League of Cobb-Marietta
Mistletoe Market, Cobb County Civic Center, 548 South Marietta Parkway, Marietta.

December 3 - Chattahoochee Nature Center Christmas Market, 9135 Willetto Road, Roswell. 📍

PET OF THE MONTH: SHAWN

Submitted by Amelia Beebe



Animal/Breed: Dog/Mixed

Age and Gender: 12-Year-Old Male

Favorite Food: Cheese

Favorite Person: Mom

Best Trick: Putting his paw on you like he's petting you

Turn Ons: Walks, treats, and meeting new people

Turn Offs: Delivery trucks, the vacuum cleaner, and baths

Favorite Toy: The only plush toy he hasn't destroyed, a strawberry.

Last Seen: Napping in the sunlight and dreaming like he's chasing squirrels

What makes your pet so special: He loves every person he's ever met. He is the sweetest dog ever.

SHOULD YOUR PET BE OUR PET OF THE MONTH?

Please provide the the information below and a photo in 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: _____



At BFloored, we bring the floors to you.
See our flooring options in your home, in your
lighting and with your personal style.
Carpet, Hardwood, LVP, Sand and Refinish.
★ Pet and Kid Friendly ★

**Schedule a Free
In-Home Consultation**

Mention EAST COBBER for 15% off!

BFloored Today!

770-670-0464

Bflooredtoday.com



TIPS FOR PICKING THE PERFECT SHELTER PET

Here are some helpful tips for readers who may be thinking of adding a pet to the family this holiday season. Keep these guidelines in mind when choosing a cat or dog for adoption -- your future self will thank you.

1. TAKE NOTES BEFORE YOU GO

Talk to all your household members to clarify what you want in a pet. Identify your dealbreakers before you even begin to look. Write them down, and take the list to the shelter. Often, we become overwhelmed with seeing cats and dogs in cages, or are distracted by looks. Examples of deal breakers might include heavy shedding and drool, high or low energy, or lack of house training. Writing these things down will help you to keep your focus and self-discipline.

2. CONSIDER A TRIAL RUN

Some animal shelters offer "foster-to-adopt" programs, in which you essentially give the animal a trial run in your own home before committing to adoption, in order to decide if the dog will be a good fit. Ask whether your local shelters offer this. If you can try a cat or dog out first, go for it. It only increases the odds of a perfect rescue.

3. DON'T WINDOW-SHOP ALONE

If you are a novice in the dog world, try to bring someone more experienced with you to the shelter. Even if you are a skilled assessor, it can still be helpful to have another's observations. Always bring an objective, dog-savvy friend.

4. ASK LOTS OF QUESTIONS

Observe the pets and take notes on their behavior. Talk with the shelter staff about their daily interactions with the cats/dogs and what their impressions are. If an animal was surrendered, the previous owner may have been asked to fill out forms with background information. You'll want to find out whether the cat or dog has ever bitten anyone, is house trained, and is good with kids.

5. CONSIDER A PET BEING FOSTERED IN A HOME

Some rescue organizations, rather than having a shelter or kennel facility, maintain cats/dogs in foster homes while they are awaiting adoption. These rescues may be breed-specific or all-breed. One of the benefits of this is that it allows the potential adopter to see how a dog behaves in a home setting, as well as in other pet-typical situations like walking on-leash and visiting dog-friendly stores. Also, it allows you to get exactly what you want. For example, you might want a snuggly dog, one who is good with kids, or one who is good with cats. In the last case, you could look for a dog that has been specifically fostered alongside cats.

6. GIVE YOUR NEW PET A GRACE PERIOD

When you bring your new cat or dog home (congratulations!), remember to be patient. The cat/dog does not yet know you, your home, your other pets, your neighborhood, or your routine. Dogs are adaptable and will try hard, but give them a grace period. It's typical, for example, for a solidly housetrained dog to have accidents in a new home. S/he just needs a little refresher course.

A pet is for life, make sure you can make the commitment. Adopting a cat or a dog is a big deal and should never be taken lightly. But like with any relationship, they take time, adaptation, patience, and communication. 🐾

(Abridged and reprinted from dogster.com)



Arizona Dining Fashion Beauty Health Real Estate Events Dining Fashion Beauty Health Real Estate

Shop Local

WE PROUDLY FEATURE LOCALLY OWNED MERCHANTS

EAST COBBER

For advertising information, call 770-640-7070

 **Like us on FACEBOOK:**
@eastcobber

 **Follow us on INSTAGRAM:**
@eastcobber

 **Follow us on TWITTER:**
@eastcobber

 **Subscribe ONLINE:**
www.eastcobber.com

EAST COBB MOM DISCOVERS NEW TALENT

By Neeahtima Dowdy



Kathryn Sayle Jewkes



From the outside looking in, Kathryn Sayle Jewkes lived a charmed life. She lived on three acres in a highly sought-after East Cobb neighborhood. She had a successful husband and was a full-time mom to four great kids who she drove to private school. She was involved in her church, cheered on at sports practices, and was surrounded by friends.

Then one day the unexpected happened and Kathryn found herself in the middle of a divorce—in the middle of the pandemic. Shutdowns protracted the process and the pain. The divorce was finally finalized, and she found herself in a deep depression.

"It was really rough," she said. "You know you're dealing with the emotions that you're feeling, but I'm also the mom of 4 children. My youngest is 6, my oldest is 21. And you're so worried about them."

Then one day something changed.

It started as most days: Kathryn just struggled to get out of bed and get her kids off to school. On this day, though, a random thought came to her.

"I think I'm just going to go to Michael's and get a paint set," she thought. "I think I'm going to paint today."

She wasn't an artist. She had never painted.

"So, I got dressed, I went out, and bought a \$25 art set," she recalled. "Came home. Started Painting. It was so contagious, and it made me feel so good, that I just could not stop."

One might imagine the cathartic feeling of using the canvas to get out those painful emotions. Perhaps dark, chaotic, maybe even angry images come to mind. Not so with Kathryn.

"What was crazy is they were all, like, happy paintings," she said. "Bright colors. Nothing I was feeling was transferring to the canvas."

Not long after, her friends saw her work and encouraged her to sell them. She started posting photos on Instagram, although she said it as hard for her to expose herself like that at her age. The vulnerability paid off, however, and she got rave reviews and even commissions. Within months, at the age of 46, she was on the cusp of a new career.

"People would ask me all the time, they say, 'how long have you been painting? I had no idea you were an artist,' and I would say, 'yeah, I had no idea I was an artist either.'"

"It was something I stumbled upon, and the way I see it, I think that God was holding on to this and saving it for when I really needed it the most."

In the year since, she was invited to show locally at Trinity School Spotlight on Art in Buckhead and The Wesleyan School Artist Market. The owners of Art Houzze, a gallery in Greenville, SC, asked her to show in the High Point Market, the largest home furnishings industry trade show in the world.

The side bonus of her new art career? It led her to her new husband. While showing at High Point, she and a friend snuck into a party, and he was there. A long-distance phone romance ensued, and she and David Jewkes were married in March.

Art Houzze now sells her work in their gallery as does Chestnut Hall Interiors in Memphis, TN. About 50 percent of her work is commissions for clients.

Kathryn said she is always surprised at what really explodes. Her lady-like, yet “naughty” work “Free Bird,” was so popular that she began selling prints and mugs.

“My Collegiate Series has just blown up,” she said. After posting a photo of a piece she painted for her son depicting images of Auburn University, she received an overwhelming response. People began asking for other colleges, too, prompting her to purchase her own large-scale printer to produce her own prints.

“I get orders every day,” Kathryn said. “I am going to try to do most of the SEC schools, along with some other big schools, and my plan is to take them to market next summer.” The Collegiate Prints also will be in a local shop, East Magnolia, in Roswell, along with some of her other pieces. A launch party is scheduled for November 10.

Although her new art career is a 24/7 job, she only recently started referring to herself as an “artist.”

“In the last three months, I, myself, call myself an ‘artist,’” Kathryn said. “I didn’t do that for over a year. I finally see myself as an artist.”

To see more of Kathryn’s artwork, check out her website at: kathrynsayleartanddesign.com. 📸

Neeahima is the creator of *We’re Not Dead Yet: Women rocking their next chapter, inspiring women over 40, 50, 60 and beyond to live their best lives.* She is a 27-year resident of East Cobb. www.werenotdeadyetwomenover40.com



Give a gift they'll never forget.

Hand-painted Watercolor Portraits

custom made | size options vary
order now to receive in time for the season

etsy.com/shop/studiohadleigh
@studiohadleigh

hadleigh

HEALTH & WELLNESS

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

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.



TWEET TWEET!
FOLLOW US ON TWITTER

DERMATOLOGISTS

Dermatology and Surgery Specialists of North Atlanta

4800 Olde Towne Parkway, Suite 250, Marietta 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.

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.



Happy Holidays

From Your Friends @



770.479.9999

www.NiaDentistry.com

1111 Johnson Ferry Road • Marietta, GA 30068

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

10 HOLIDAY WELLNESS AND SELF-CARE TIPS TO HELP YOU THROUGH THE SEASON

As people prepare to travel, cook, and spend time with relatives, they often neglect their personal wellness. This can lead to increased stress or even illness. Taking care of yourself, especially during busy times, is very important. After all, you can't give from an empty cup. Practicing self-care will make it easier to do all those wonderful things you have planned.

Self-care involves paying attention to more than just how much you eat or exercise. It also requires paying attention to your thoughts, feelings, expectations, and interactions. Remember: optimal health means functioning at your best in all areas of your life, not just in your body.

Putting your health and wellbeing on your "to do" list doesn't have to be difficult or time consuming. You can boost personal wellness by consistently doing simple things. Here are some quick and easy wellness tips to use during the holiday season.

1. Calm your mind and body by taking a few deep, centering breaths throughout the day.
2. Have realistic expectations for yourself and for others.
3. Don't beat up on yourself if you eat something that isn't very healthy. Forgive yourself, say good-bye to guilt, and make a better choice next time.
4. Simplify things. The sun will come up tomorrow if you make one less dish, buy fewer presents, or use a mix instead of making something from scratch.
5. Prioritize getting enough sleep. Being well rested is a necessity not a luxury, especially during stressful times. It will help you feel more energetic and help your immune system stay strong.
6. Create new, self-supportive traditions. For example, if you don't feel like cooking, make reservations at your favorite restaurant instead.
7. Be prepared: If you know there is a strong possibility that you will have to interact with someone who is a bit challenging for you to deal with, have a strategy for maintaining healthy interactions, or for keeping a health distance.
8. Decide what this season means for you. If you start to feel stressed, focus on what's important.
9. Keep easy, healthy stress management tools nearby. Some ideas:
 1. A journal so you can write about your thoughts and feelings.
 2. Your favorite music so you can dance or sing to work off tension.
 3. Give your bestie a call. Laughter really is great medicine.
10. Take a quiet walk. 🚶

BREATHE DEEPLY

& APPRECIATE THE MOMENT.
Living in the moment could be
the meaning of life.



Do one thing a day
that scares **YOU.**

EAST COBBER

Get Your Business In Shape!
Advertise in the EAST COBBER!
Call 770-640-7070 Today!

That which matters
THE MOST
SHOULD NEVER GIVE WAY
to that which matters
THE LEAST.

BE PATIENT

STRESS
is related
TO 99%
OF ALL
ILLNESS.

SMILE

BE

GRATEFUL

HEALTH & WELLNESS

OPHTHALMOLOGIST

Woolfson Eye Institute

2687 Sandy Plains Road • Marietta 30062

1-866-527-3722 • www.woolfsoneye.com

Mon-Fri: 8am-5pm

Woolfson Eye Institute is proud to provide excellence in vision correction with specialties in LASIK, Cataracts, Cornea, ICL/CLE, Glaucoma, Retina, Keratoconus, Dry Eye and Oculoplastic.

PERSONAL TRAINERS

Fitness Together

1000 Johnson Ferry Road, Bldg. 400, Ste. 412 • Marietta 30068

770-321-1347 • www.fitness-together.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.

Sandy Plains Fit Body Boot Camp

4651 Woodstock Road, Suite 205 • Roswell 30075

770-627-0707 • fitbodybootcamp.com/4950-sandy-plains-ga

Mon/Wed/Fri: 7am-1pm; 3:30-7pm;

Tues/Thurs: 5am-1pm, 3:30-7pm.

Signature 30-minute Afterburn workouts combine High Intensity Interval Training (HIIT) with Active Rest Training to produce fun workouts that burn twice the calories in half the time and keep your metabolism running at a higher rate for up to 36 hours post workout. Every Fit Body Boot Camp session is led by a certified coach to ensure that you get the best workout, most fat burn while keeping you safe and injury free!

VEIN SPECIALISTS

Vein Specialists of Northwest Georgia

3747 Roswell Road, Suite 316 • Marietta 30062

770-423-0595 • www.veinspecialistofatlanta.com

Mon-Fri: 8am-5pm

Vein Specialists of Northwest Georgia has been treating veins in Marietta and Atlanta since 1986. Our staff provides expert care by successfully diagnosing vein issues, discussing the condition of your veins, and thoroughly explaining all treatment options. The surgeons and staff are committed to improving the health and youthfulness of your legs. Vein procedures are designed to improve the health and quality of your life.

Save on Spider Vein Treatments now through December 31!



Vein Specialists
of Northwest Georgia

Saline Sclerotherapy
(vein injections)

20% OFF
injection sessions

no time limit • saline only
East Cobb location only

770-423-0595

veinspecialistofatlanta.com

3747 Roswell Road • Suite 316 • Marietta

Customized **WORKOUT PROGRAM**
(just for you) in private suites or virtually

WIGHT LOSS

ACCOUNTABILITY + RESULTS

FITNESS TOGETHER®
Helping East Cobb get healthy and fit for 20 years...

Start the holidays off right with
3 one-on-one training sessions
for \$199

Located across from Johnson Ferry Baptist Church
1000 Johnson Ferry Rd. Marietta, GA 30068
www.FitnessTogether.com/EastCobb 770.321.1347



WALDRON & LEE

DENTISTRY



More than
800
REVIEWS
★★★★★
5 STARS
on
Google

2419 Roswell Rd

In front of the YMCA
Near East Piedmont Rd



www.WLsmile.com
(678) 498-1992

**Dr. Blair Waldron, Dr. Chris Lee, Dr. Henry Almquist, Dr. Savannah Short,
Dr. Omar Shariff & Dr. Jon Waldron**

Lights of LIFE

More than just a magical light display!

Lights of LIFE also features: Pony rides!
Train rides! • Petting zoo! • Concession stand!

OPEN EVERY DAY
from Thanksgiving
(Nov. 24, 2022) through
New Year's Eve
(Dec. 31, 2022).

- **All buses are \$20,**
regardless of the day.
- **All cars/trucks are \$10,**
regardless of the day.

Share your Lights of LIFE photos on
social media with us for a chance
to win a prize! Snap a pic and use
#iheartlightsoflife

ASSOCIATE DEGREES
Health and Wellness

BACHELOR'S DEGREES
Anatomy and Physiology | Biology
Biopsychology | Business Administration
Computer Information Management
Culinary Nutrition | Dietetics | Exercise Science
Health Coaching | Human Ecology
Interdisciplinary Studies | Nutrition | Psychology

MASTER'S DEGREES
Clinical Nutrition | Positive Psychology
Sport Health Science

DOCTOR OF CHIROPRACTIC

ONLINE MASTER'S DEGREES
Positive Psychology:
General Track | Coaching Psychology Track

ONLINE UNDERGRADUATE DEGREES
A.S. Health and Wellness | B.S. Biology
B.S. Interdisciplinary Studies | B.S. Psychology

**PRE D.C. (ON-CAMPUS OR
ONLINE DEGREE-SEEKING PROGRAM)**

Learn more today at life.edu/LightsofLIFE.

LIFE
University

it's in you.