

January 2023

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# EAST COBBER



**Mike and Judy Boyce**  
EAST COBB  
CITIZENS OF THE YEAR

**Pope High School Coach of the Year** PAGES 8 | **Community Calendar** PAGES 12-14  
**Early Bird Summer Camp Guide** PAGE 18-19 | **Health + Wellness** PAGES 20-25



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Don't Miss!  
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### Health & Wellness Guide

Local health experts and resources are listed to help you shape up and lead a healthier lifestyle in 2023.

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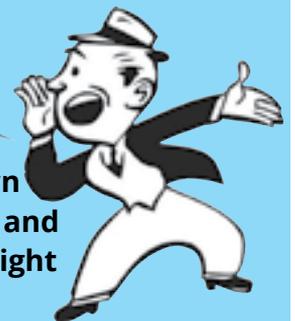
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# LUXURY GRAND ESTATES IN WALTON HIGH DISTRICT



**5002 Timber Ridge Road, Marietta, GA 30062     \$2,499,000**

Rare find estate on 1.2 private acres. This home features 7 bedrooms, 7 full baths, 2 half baths, an elevator that services all 3 floors, 4-car garage, 3 kitchens, and a remote-controlled gate. It can definitely accommodate multi-generations. Large metal doors from family room to the screened-in porch offer the ultimate indoor-outdoor living. This home is currently under construction and can be customized.



**Walton Creek Estates     Starting from \$1,150,000**

Hard to find new construction subdivision in Walton High school district in East Cobb. 4 final lots available to build to suit. Easy access to highway 75, shopping, restaurants, and East Cobb Park. Tastefully designed with custom cabinetry and picture windows that allow maximum natural light. 5 bedrooms, 5.5 baths and 3-car garage. Every bedroom has its own private bath & nice-sized walk-in closet.



Situated in Indian Hills Country Club, this modern home was built in 2019 with lots of upgrades such as hardwood floors throughout. It sits on a half an acre lot (great for a future pool) and features open floor plan, front and back porches, and a huge master bedroom with 2 walk-in closets. The family-oriented private club features 27 holes of golf, 8 tennis courts, 3 swimming pools, and a beautiful clubhouse.



This custom-built stone Tudor is gated and minutes from Dodgen and Walton. Experience luxurious living in this spacious home with 2 masters, 3 kitchens, 2 laundry rooms and 2 screened-in porches. This home was built in 2016 with many upgrades but owner has recently further updated it with new wide plank wood floors, quartz countertops and plumbing fixtures, just to name a few.

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Welcome, 2023! It's officially the start of a New Year, and for most of us, it means the start of a New Year's resolution list! The time of year we are setting worthy goals for ourselves: eat less, exercise more, read more... self-improvement is always important. You can check out some of your neighbor's resolutions on page 10.

One of the best parts about ringing in the New Year is the chance to reflect on our own lives over the past year and make goals to help us do things a little better. The Health & Wellness

section, (pages 22-26) offers local resources and experts to help you achieve some of your New Year resolutions. This issue also reminds us to also look beyond ourselves when making those goals for 2023. You can read about one special East Cobb student that did just that on page 23.

One of my many New Year's resolutions is to serve my EAST COBBER readers better. There is so much information about East Cobb people, events, and issues, I can't possibly fit it all in this magazine. Social media allows the EAST COBBER more ways to share that info. In addition to print advertising, EAST COBBER is evolving into a media company that offers a variety of platforms—from blogs, e-newsletters, Facebook pages, and more special events—that promote the people, causes, and businesses in this great community! Find a way to stay in the know when we announce details about the long-awaited 25th Annual EAST COBBER Parade & Festival! This event is not one you will want to miss!!

You can keep up with what is going on by

- > Liking us on Facebook: [Facebook.com/eastcobber](https://www.facebook.com/eastcobber)
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- > Seeing our pics on our instagram account, #eastcobber, and
- > Signing up for our Enewsletter by visiting [www.eastcobber.com](http://www.eastcobber.com).

Happy New Year,

A handwritten signature in black ink that reads "Laren".

Laren Brown, Publisher  
[laren@eastcobber.com](mailto:laren@eastcobber.com)

*P.S. For all those planners out there many Summer Camp schedules are out. You can find camp options on pages 18 & 19. For those who can wait, the April EAST COBBER will have an expanded Camp Guide.*

## On the Cover

This month's front cover features Mike and Judy Boyce, East Cobb's 2022 Citizens of the Year. Mike Boyce passed away last year at the age of 72. His lifetime of service started with his 30-year career in the Marines. He also served as Chair of the Cobb County Board of Commissioners from 2017-2020. Judy retired from Delta many years ago after a long and successful career as a flight attendant. Married in 2000, Mike and Judy have been involved and engaged in several organizations, including Mt. Bethel Church, MUST Ministries, Military and Veteran related groups, and the Cobb Republican Party. Judy continues to volunteer her time with Mt. Bethel Church, the Cobb Republican Women's Club, and local political campaigns, among other volunteer activities. In her spare time, Judy Boyce enjoys her three children and four grandchildren. You can read more about this year's Citizen of the Year recipients on page 6.

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**EAST COBBER**

# COBB CHAMBER ANNOUNCES 2022 EAST COBB CITIZENS OF THE YEAR



Judy Boyce, 2022 East Cobb  
Citizen of the Year.

The Cobb Chamber's East Cobb Area Council selected Mike and Judy Boyce as its 2022 Citizens of the Year. The Citizen of the Year Award honors individuals whose impact through the years are recognized and regarded with pride throughout the area. These outstanding award recipients are chosen for their definable, exceptional deeds, with which he or she have made their community a better place to live. Awards are given based on local area nominations. The 2022 East Cobb Citizen of the Year award was presented to Mike and Judy Boyce at the East Cobb Area Council breakfast this past November.

Mike and Judy Boyce have

been active pillars of the East Cobb community for many years. Mike and Judy have been involved and engaged in several organizations, including Mt. Bethel Church, MUST Ministries, Military and Veteran related groups, and the Cobb Republican Party. Mike served as Chair of the Cobb Board of Commissioners from 2017 to 2020 and remained an active community volunteer until his sudden passing in January 2022 at the age of 72. Judy has also been engaged with

these organizations and continues to volunteer her time with Mt. Bethel Church, the Cobb Republican Women's Club, local political campaigns, among other volunteer activities.

Judy retired from Delta many years ago after a long and successful career as a flight attendant. In 2000, she married Col. Mike Boyce who served for 30 years in the Marine Corps. Mike received many accolades during his long career in the military including being a distinguished graduate of the Naval War College. Mike's dedication to the military did not end with his retirement as he regularly mentored young people with military aspirations through the church and community, he helped fund a family veteran support center, and worked diligently to connect local veterans with appropriate and much needed services.

Judy and Mike also served the community through their longtime volunteer efforts with MUST Ministries and several other ministries of the church. Mike led the Men's Ministry at Mt. Bethel for many years and both Judy and Mike served as mentors for the church's youth. As Chairman of the Cobb County Board of Commissioners, Mike advocated for the citizens of Cobb County. After Mike's service to the county, he was offered a unique and prestigious opportunity to participate in the Inspired Leadership Institute at his alma mater, the University of Notre Dame. Judy and Mike embarked on this adventure and continued their community service as mentors to students and others that they grew to know in South Bend. At his memorial service Judy said, "Mike had never been happier than he was in the past few months, participating in this program, bicycling to campus and interacting with and mentoring students . . . he was having the time of his life."

Judy has also been active in numerous organizations over the years, including the Daughters of the American Revolution Martha Stewart Bulloch Chapter, Cobb Master Gardeners, the Chattahoochee Plantation Women's Club, Cobb Center for Children & Young Adults, Cobb Library Foundation, The Emmaus Community, the Public Safety Academy, and holds a board position at Delta Clipped Wings. 🇺🇸



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# POPE GRAD NAMED COACH OF THE YEAR AT ALMA MATER

*By Dawn St. Louis*



Pope High School Fastpitch Head Coach, Ellie Viland

To say that the Pope High School Fastpitch Softball program has had a great run over the last ten years would be an understatement! Not only were they 2022 AAAAAA State Champions, the team was also number one in Georgia in 2014 and 2019; and State runners-up in 2012, 2018, and 2020.

Behind every successful team is, of course, a great coach. The Cobb County 2022 Coach of the Year and Georgia Dugout Club State Coach of the year is Pope alumni and former player Ellie Viland. Coach Viland is also a 4-time Georgia Athletic Coach's Association Region Assistant Coach of the Year, and she earned the Georgia Dugout Club AAAAAA Assistant Coach of the Year in 2019. Coach Viland's love of the sport first developed as a child visiting her grandparents' farm in Ohio. Her Grandad was a lifelong baseball coach. His love of the sport and time spent tossing the ball with Ellie from age 5 nurtured a passion for playing ball. She grew up playing Sandy Plains rec softball as well as travel ball

and then on the Pope Fastpitch softball team. Coach Viland is a Pope High School alumnus, class of 2014, and after earning her degree from UGA, returned to teach at Pope High School. Although Coach Viland took time off from playing during her college years, she never lost her passion for the sport. She was able to stay involved with the Pope program by assisting with summer camps and was hired on as an Assistant Coach.

Coach Viland credits that time she spent under the tutelage of Chris Turco, then Head Coach of Pope Fastpitch Softball for 14 years, (now Head Coach for Pope's State Champion Baseball team), that helped shape her as a coach. Not only does she feel that working alongside Coach Turco gave her a solid coaching foundation, but she also gives a lot of credit to the staff she works with. They are so vital to her that Coach Viland made a point of recognizing each of her Assistants by name: Matt Liedberg, Natalie Lampert, and Michael Nelson. Her exact words were that she is nothing without them.

So how does she motivate a group of young women in high school and create a team atmosphere that propels them to success?

Coach Viland's process is simple and effective and she leads by example. She firmly understands that every member of her team is a teenager dealing with the daily challenges of high school. Coach Viland has empathy and compassion for what each player copes with outside of softball and has worked hard to create an inclusive and supportive environment. Coach Viland teaches her players to block out outside stressors by giving them something to focus on at every practice. Her goal is to build the confidence of every player on the team.

Coach Viland knows that success is more than spending each practice focused solely on winning games. She encourages her team to celebrate the win in each small moment on the field every single day. Coach Viland genuinely wants her team to see that not only will every small win lead to bigger wins, but each player will walk away from this experience with great memories and a lifetime connection to Pope High School. Coach Viland's authentic approach to her students, team, and sport has set the Pope Fastpitch Softball program up for continued success in the future! 🏆



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Otis Whitcomb, M.A.



Keith Whitcomb, GHAS

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# EAST COBB RESIDENTS' NEW YEAR RESOLUTIONS

The EAST COBBER asked locals what goals they wanted to set for themselves to make 2023 their best year yet!



*“ Professionally, would be to connect with as many people as possible and assist them with any real estate needs they may have and make the process seamless and enjoyable. Personally, to de-clutter my house and streamline to make everything efficient. Would also love to get into the habit of walking every day as well. ”*

– Sue Ann Carroll, Realtor, 60



*“ Score more points in basketball, but Dad said to say help Mom more around the house. ”*

– Carter Price, Student, 8



*“ To sleep through the night. ”*

– J. Antonini, 8 months



*“ Be more joyful and don't take things so seriously, laugh more frequently, enjoy the little, simple things in life because life should be simple and joyful; appreciate the low moments and use them for growth and self-examination; push out of my comfort zone professionally; be more active, move my body at least 30 minutes every day and enjoy it!!! Be the best wife, mother, daughter, sister & friend to all those around me! ”*

– Aneth Frye, Business Analyst, 53



*“ . . . To live a little more in the moment. As with a lot of moms, I have three kids that are very active. I have promised myself that I will soak in my son's final high school soccer season, my daughter's club soccer season, and my younger son's travel baseball season. While it's easy to feel overwhelmed, my resolution is to enjoy the early morning games, the endless hours at the field, and the cold late-night high school games. ”*

– Brooke Campbell, 5th grade teacher, Rocky Mount Elementary, 46



*“ To switch up my workout routine and add more strength training in addition to running and to continue to work on my organization as far as my schoolwork goes. I made a goal when I started college to try every locally owned restaurant in town so I will keep up with that and since I am turning 21, I will also add local breweries to my list! ”*

– Alex St. Louis, Student at the University of Tennessee at Chattanooga, 20



*“ To spend more time with family and friends. ”*

– Quentin Adams, Garrison Mill Elementary School PE teacher, 43



*“ I can't think that far ahead but will make each day the best now and in the new year. ”*

– Casey Carroll, Head Bagger at Publix Mountain Park, 31

# YOUR MOUTH - A WINDOW TO YOUR HEALTH

Did you know that your oral health gives us clues about your overall health? Our mouths teem with bacteria. Many of these are harmless forms, but some can cause disease. The mouth serves as the entry point of these bacteria into your respiratory tract, digestive system, and bloodstream. Good oral health care (brushing, flossing, and regular professional dental cleanings) as well as our body's natural defenses help keep these bacteria under control. Oral infections like cavities and gum disease are signs that the bacteria are getting out of control and can then not only affect our teeth and gums, but also our overall health.

There are many diseases and conditions that can be linked to poor oral health. For example, pneumonia can develop as certain bacteria are drawn from the mouth into the lungs. Inflammation caused

by oral bacteria is believed to be a contributing factor in heart disease, high blood pressure, and stroke. Low birth weight and premature births have been linked to oral bacteria.

And then there are diseases and conditions that in turn affect your oral health. Diabetics have a reduced ability to fight infection and have a more severe response to oral bacteria which often presents as gum disease and loss of bone in the mouth. Osteoporosis is linked to loss of bone in the jaws and tooth loss. Acid reflux leads to changes in the acidity of the oral cavity, creating an environment more hospitable to many bacteria while also eroding away the surfaces of the teeth. Medications, certain cancers, and diseases like Sjogren's syndrome can cause dry mouth which prevents the natural washing away of bacteria by saliva.

To protect your oral health, practice good oral hygiene daily by brushing with a soft bristled toothbrush and fluoride toothpaste for two minutes twice a day, flossing once a day, and using a mouthrinse to wash away debris. Eating a healthy diet that is low in sugar and avoiding tobacco are also important to keep bacteria at bay. And finally, seeing a dentist for regular check-ups and cleanings to ensure that your mouth is healthy is critical to caring for your overall health.



**Dr. Cristi Cheek** is the owner of Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit [www.cheekdental.com](http://www.cheekdental.com).

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# 2023 January 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](http://www.mariettasquarefarmersmarket.com).

## JANUARY 5-8, 11-15 & 18-22

**Women in Jeopardy presented by Georgia Ensemble Theatre.** Liz, Mary, and Jo--three mutually supportive, single-again-after-40 friends--disagree about Liz's new boyfriend. He's a dentist! A celebrity look-alike! And just possibly...a serial killer?! It's *Sex and The City* meets *Murder, She Wrote* in a hilarious modern comedy. Wednesday: 7:30pm; Thursday & Friday: 8pm; Saturday: 4pm & 8pm; Sunday: 2:30pm. \$28-\$36. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More info/Tickets: [www.get.org](http://www.get.org).

## JANUARY 7

**Service Day at the Chattahoochee Nature Center.** Come help restore woodlands and wetlands during this morning of service. You will be working to remove invasive plants to encourage native plant restoration. 8:30am-Noon. Ages 13-Adult; Registration required. Free. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JANUARY 8

**The Georgia Bridal Show.** Meet face to face with wedding professionals and find everything you need to create the wedding of your dreams. 12-4pm. \$10/advance. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info/tickets: [eliteevents.com](http://eliteevents.com).

## JANUARY 8 & FEBRUARY 5

**Caffeine & Octane Car Show.** Do you have a car enthusiast? Spend the morning at one of the largest monthly car shows. 9am-Noon. Free. Town Center Mall, 400 Ernest W Barrett Parkway, Kennesaw. More info: [caffeineandoctane.com/about-caffeine-and-octane](http://caffeineandoctane.com/about-caffeine-and-octane).



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## JANUARY 10

**The Glorious Legacies of Sunsetting Congregations with Noah Levine.** In small towns throughout the United States, where Jewish populations have dwindled significantly, congregant Noah Levine is helping synagogues face the reality of their situations. Noah will take us with him to places like Albany, Bainbridge, and Fitzgerald in Georgia and to communities in other states as he discusses how those congregations react and the legacies of their ultimate decisions. Free and open to the community. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta 30068. More info/RSVP: [www.etzchaim.net/event/legacies](http://www.etzchaim.net/event/legacies)

## JANUARY 11

**2023 Walton High School STEM Expo & Science Fair.** Opportunity for young students interested in science to investigate science topics. There will be student displays and interactive activities. Something for everyone, so bring your family and friends. 5-7:30pm. Free. Walton High School, Dining Hall, 1590 Bill Murdock Road, Marietta/East Cobb. More info: [Tobie.Hendricks@cobbk12.org](mailto:Tobie.Hendricks@cobbk12.org).

## JANUARY 14

**Winter Family Night Hike** at the Chattahoochee Nature Center (CNC). Winter is one of the best times of year to explore nature at night. Listen for the sounds of winter in the woods and gaze up at the stars, while enjoying the crisp air of the season. A campfire, where you can roast a marshmallow, will be waiting for you as the evening wraps up. Advanced reservations required by the Thursday prior to the event. 7-9pm. \$12/non-members; \$10/members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JANUARY 16

**Acworth MLK Celebration and Day of Service.** Welcome breakfast starts at 8:30am. Following the welcome breakfast, the Unity Walk will begin at 9:15am and leave from the Roberts School and finish at the Acworth Community Center. A program honoring the legacy of Dr. Martin Luther King, Jr. will take place at 10am in the Tanyard Creek Overlook of the Acworth Community Center. After the program concludes, there will be a service project to help an organization in the Acworth community. Free. 8:30-11am. Roberts School Community and Education Center, 4681 School Street, Acworth. More info: [acworthtourism.org/acworth-events](http://acworthtourism.org/acworth-events).

## JANUARY 16

**Free Entrance Days in the National Parks.** Experience the national parks! Check website for list of park sites that normally charge an entrance fee that will offer free admission. More info: [www.nps.gov/planyourvisit/fee-free-parks.htm](http://www.nps.gov/planyourvisit/fee-free-parks.htm).

## JANUARY 19

**Science Wonderworks.** Open ended activities will be provided, allowing children to utilize critical thinking and problem-solving skills as they conduct investigations and various experiments. Ages 6-12. 4-5pm. Free. Switzer Library, 266 Roswell Street NE, Marietta. More info: [www.cobbcat.org](http://www.cobbcat.org).

## JANUARY 20

**An Evening with Shawn Mullins.** An Atlanta native and singer-songwriter who specializes in folk rock, instrumental rock, adult alternative, and Americana music. His 1998 single, Lullaby, hit number one on the Top 40 charts and was nominated for a Grammy Award. 8pm. \$40-\$70. Earl and Rachel Strand Theatre, 117 North Park Square, Marietta. More info/Tickets: [earlsmithstrand.org](http://earlsmithstrand.org).

## JANUARY 21

**Braves Fest 2023.** Celebrate your 5-time National League East Champions Spanning across Truist Park and The Battery Atlanta, Braves Fest gets you closer to your team than ever before. Braves Fest features a variety of exciting events such as unique interactive experiences, shopping, dining, and so much more. 10am-4pm. Free. The Battery Atlanta, 800 Battery Avenue SE, Atlanta. More info: [www.mlb.com/braves/fans/braves-fest](http://www.mlb.com/braves/fans/braves-fest).

**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. This month's theme is Board Games & Puzzles. 10am-4pm. FREE. Marietta Museum of History, 1 Depot Street, Marietta. More info: 770-794-5710 or [www.mariettahistory.org](http://www.mariettahistory.org).

## JANUARY 21, 24, 27 & 29

**Don Giovanni** presented by The Atlanta Opera. The murderous Don Giovanni deceives women with impunity, leaving destruction in his wake. Mozart and Da Ponte's masterwork explores vengeance and unsatiable desire. Tuesday: 7:30pm; Friday & Saturday: 8pm; Sunday: 3pm. \$43-\$148. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/Tickets: [www.atlantaopera.org](http://www.atlantaopera.org).

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For kids ages 6-12  
May 30 - July 28, 7:30am - 6pm weekly  
\$130 / week (includes field trips)  
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[mpnsportscamp.com](http://mpnsportscamp.com)



**MOUNT PARAN NORTH**  
1700 Allgood Road - Marietta, GA

# COMMUNITY CALENDAR

## JANUARY 21 & 28

**Scholar-in-Residence with Jeremy Dauber** at Congregation Etz Chaim with internationally renowned scholar Jeremy Dauber, the Atran Professor of Yiddish Language, Literature, and Culture at Columbia University. He also serves as Director of Columbia University's Institute for Israel and Jewish Studies. Professor Dauber is an author and frequently lectures on topics related to Jewish literature, history, humor, and popular culture. Friday: 8:15pm; Jewish Humor: A History in Five Jokes. Saturday: 9:30am; he will discuss Sholem Aleichem: The Greatest Jewish Comedian of All Time during Shabbat Services and at 12:45 pm for An Examination of One of Sholem Aleichem's Stories. Free and all are welcome. Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta 30068. More info/RSVP: [etzchaim.net/event/sir2023](http://etzchaim.net/event/sir2023)

## JANUARY 22

**STARLAB.** Come learn about the night sky in winter. Learn all the winter constellations. 1pm & 1:30pm. Admission: \$15/Adults; \$9/Child (3-12); \$11/Senior 65+/Student (Ages 13 -18); Free/Members & children 2 & under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JANUARY 27-28

**Special Olympics Georgia State Indoor Winter Games.** Special Olympics athletes from around the state head to Cobb County for the Indoor Winter Games. Over 3,000 athletes, coaches, and unified partners from across the state of Georgia will participate in: artistic gymnastics, bowling, floor hockey, basketball, and powerlifting. Free. Opening ceremony Friday at 7:30pm. Various events at various locations. More info/volunteer info: [liz.smith@specialolympicsga.org](mailto:liz.smith@specialolympicsga.org) or [www.specialolympicsga.org/become-an-athlete/competition-schedule/state-indoor-winter-games](http://www.specialolympicsga.org/become-an-athlete/competition-schedule/state-indoor-winter-games).

## JANUARY 28

**35th Annual Polar Bear Run.** An official Peachtree Qualifier, this race is a road race featuring a flat course in East Cobb. The race will be held rain, snow or shine. 5K Race: 8:30am; Cub Runs & Cub Dash: 9:15am. 5K: \$30; Cub events (ages 2-5): \$25. Phantom racer: \$35 (no sweat-just T-shirt). Proceeds benefit JF High School Student Music Mission Trip Participants. Johnson Ferry Baptist Church, 955 Johnson Ferry Road, Marietta/East Cobb. More info/registration: [www.polarbear-run.com](http://www.polarbear-run.com).

**Recycling Day** benefitting Pope High School Band. Metal, electronics, paint, glass, paper shredding - \$10 minimum donation for unlimited electronics and metal – additional fees for TV and monitors, paint, shredding and other items. Pick up available within 5 miles of Pope High School for additional fee. 9am-2pm. Prices vary by item. Northeast Cobb YMCA (next to Walmart), 3010 Johnson Ferry Road, Marietta/East Cobb. More info: [www.popeband.com/recycle.html](http://www.popeband.com/recycle.html).

## JANUARY 28-29

**Trains, Trains, Trains.** Model train layouts and related groups from throughout the region display their wares. 9:30am-5pm. \$10/Adults; \$5/Students, active military & children (3-17). Southern Museum of Civil War and Locomotive History, 2829 Cherokee Street, Kennesaw. More info: [southernmuseum.org/event/trains-trains-trains-3](http://southernmuseum.org/event/trains-trains-trains-3).

## FEBRUARY 3

**Anthony McGill & The Pacifica Quartet** presented by ArtsKSU. Clarinetist Anthony McGill is one of classical music's most recognizable and brilliantly multifaceted figures. 8pm. \$5-\$30. Kennesaw State University School of Music, Bailey Performance Center, Morgan Concert Hall, 488 Prillaman Way, Kennesaw More info/tickets: [www.kennesaw.edu/arts/academics/music/concerts-events/](http://www.kennesaw.edu/arts/academics/music/concerts-events/).

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of St. Peter & St. Paul



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9AM - 6PM

**SATURDAY, FEBRUARY 4TH**  
9AM - NOON

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**(770) 419-2028** (Fax)

[johnmillercpa@gmail.com](mailto:johnmillercpa@gmail.com)

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

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**EAST COBBER**

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

# PET OF THE MONTH: CHANCE MICHAEL

*Submitted by Stephanie Frye*



**Animal/breed:** German Wirehaired Pointer/Lab

**Age and gender:** 5 months old & male

**Favorite food:** Salmon & anything he smells

**Favorite person:** His momma

**Best trick:** Jumping super high & "leave it"

**Turn ons:** Treats, car rides, the water

**Turn offs:** The leash

**Favorite toy:** His duck toys and a ball

**Last seen:** Being the coolest and cutest pup ever

**What makes him so special:** His personality is so evident and he can be SO calm or SO fun. Always entertaining the fam.



(That's Dog  
Talk for  
"You'll LOVE  
advertising  
in the  
EAST  
COBBER!")  
More Info:  
770-640-7070

# SHOULD YOUR PET BE OUR PET OF THE MONTH?

Please provide the the information below and  
a photo in jpg to: [petomonth@eastcobber.com](mailto:petomonth@eastcobber.com)

Pet's Name: \_\_\_\_\_

Animal/Breed: \_\_\_\_\_

Age & Gender: \_\_\_\_\_

Favorite Food: \_\_\_\_\_

Favorite Person: \_\_\_\_\_

Best Trick: \_\_\_\_\_

Turn Ons: \_\_\_\_\_

Turn Offs: \_\_\_\_\_

Favorite Toy: \_\_\_\_\_

Last Seen: \_\_\_\_\_

What makes your pet so special: \_\_\_\_\_

Owner's Name: \_\_\_\_\_



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# DO GOOD FOR DOGS, CATS AND OTHER ANIMALS

There are many opportunities to volunteer and work one-on-one with many animals in need. The EAST COBBER provides a list of local animal rescues and adoption groups looking for loving individuals interested in animal volunteer work. Not ready to participate in animal volunteer work? East Cobb residents may want to consider donating to any one of these non-profits so that they can recruit more volunteers and help the animals find homes.

## ALL PAWS CONSIDERED

770-640-5550

Rescues neglected, abused and homeless animals and provides them with needed medical care and rehabilitation until their permanent home can be found. They have a small network of foster homes and try to help as many animals as they can, including those that are ill or have physical disabilities.

## ANGELS AMONG US PET RESCUE (AAUPR)

P.O. Box 821 • Alpharetta, GA 30009  
877-404-5874 • [www.angelsrescue.org](http://www.angelsrescue.org)  
[info@angelsrescue.org](mailto:info@angelsrescue.org)

A non-profit that educates the public on the plight of animals in high kill shelters throughout Georgia and saves as many animals as they can.

## ANIMALS DESERVE BETTER, INC.

P.O. Box 72016 • Marietta, GA 30007  
770-402-0297 • [www.animalsdeservebetter.com](http://www.animalsdeservebetter.com)  
Rescues lost, abandoned and neglected dogs- rehabilitate them and turn them into thriving highly trained service and therapy dogs, making a difference in the life of the dogs and the humans they will serve.

## BASSET HOUND RESCUE OF GEORGIA

P.O. Box 680322 • Marietta, GA 30068  
770-499-1164 • [www.bhrg.org](http://www.bhrg.org)  
A non-profit, volunteer effort to save abandoned and mistreated basset hounds for the love of the breed.

## BEST FRIENDS ATLANTA

1692 Oak Street SE • Marietta, GA 30060  
404-815-6680 • [bestfriends.org/atlanta](http://bestfriends.org/atlanta)  
Atlanta Pet Rescue & Adoption has joined Best Friends Animal Society as Best Friends in Atlanta. The center will serve as a lifesaving hub for animals and a base which can fill in gaps in local programming and build a coalition to help the metro-Atlanta area in its final push to no-kill.

## COBB COUNTY ANIMAL CONTROL & SHELTER

1060 Al Bishop Drive • Marietta, GA 30060  
770-499-4136 • [www.cobbcounty.org](http://www.cobbcounty.org)  
Jacob Arnold -Shelter Operations Manager  
770-590-5614 • [jacob.arnold@cobbcounty.org](mailto:jacob.arnold@cobbcounty.org)

## GEORGIA HOUSE RABBIT SOCIETY

3114 Cherokee Street NW • Kennesaw, GA 30144  
678-653-7175 • [www.houserabbitga.org](http://www.houserabbitga.org)  
The Georgia House Rabbit Society is committed to rescuing abused, abandoned and neglected domestic house rabbits, fostering them and finding them great homes.

## GOOD MEWS ANIMAL FOUNDATION

3805 Robinson Road • Marietta, GA 30068  
770-499-2287 • [adopt@goodmews.org](mailto:adopt@goodmews.org) • [www.goodmews.org](http://www.goodmews.org)  
A non-profit organization that operates a no-kill, cage-free shelter for homeless, abused, and abandoned cats.

## HAPPY TAILS PET THERAPY

8920 Eves Road • Roswell, GA 30076  
770-740-8211 • [www.happytailspets.org](http://www.happytailspets.org)  
Members and pets brighten patients' days at local health care facilities, social agencies and special needs programs.

## HUMANE SOCIETY OF COBB COUNTY

148 Fairground Street SE • Marietta, GA 30060  
770-428-5678 or 770-428-9882 • [www.humanecobb.com](http://www.humanecobb.com)  
A no-kill shelter serving Cobb County and the surrounding area. Services and programs include pet crisis counseling, guidance for pet owners in need, home-to-home placement, pet-assisted therapy, community education, pet sterilization programs, as well as lost and found, rescue, and adoption service.

## MOSTLY MUTTS

3238 Cherokee Street, Kennesaw, GA 30144  
770-325-PETS • [www.mostlymutts.org](http://www.mostlymutts.org)  
Contact: [info@mostlymutts.org](mailto:info@mostlymutts.org)  
Mostly Mutts has been working to reduce the number of animals euthanized at local shelters in metro Atlanta. They work closely with animal control officers to save adoptable dogs that are often moments away from being put to sleep.

## MUTT MADD-NESS

P.O. Box 71821 • Marietta, GA 30007  
404-406-6322 • [www.muttmaddness.org](http://www.muttmaddness.org)  
Contact: [info@muttmaddness.org](mailto:info@muttmaddness.org)  
Mutt Madd-ness is a no-kill rescue made up of community volunteers dedicated to saving dogs whose lives are in jeopardy. They run an upscale resale store to raise money for their organization. The store is Rescue Rescued Too! At 4665 Lower Roswell Road, Suite 104, Marietta, GA 30068.

## OUR PAL'S PLACE

4508 Canton Highway • Marietta, GA 30066  
678-795-0202 • [www.ourpalsplace.org](http://www.ourpalsplace.org)  
[helpanimals@ourpalsplace.org](mailto:helpanimals@ourpalsplace.org)  
Pet adoption facility and education center. Its goal is to bring about a time when all animals are treated with kindness and compassion. 🐾

# EAST COBBER *Early Bird* DAY CAMP GUIDE

Summer day camps are fun and education all rolled into one. EAST COBBER has collected information on a wide range of wonderful day camps to fit all ages and interests, including sports camps, adventure camps, Christian camps, art camps, science camps, dance camps and more. Many day camps listed throughout these pages are held right here in East Cobb, and some are just a short drive away. Please note, as extensive as this day camp chart is, it is still just a preliminary listing of all the day camps available. We recommend you visit the websites noted on each listing for even more offerings. Editor's Note: Our April issue will feature a more extensive Day Camp Guide.

Camp Name	Age Group	Weekly Camp Fee	Times	May 30- June 2	June 5-9	June 12-16	June 19-23	June 26-30	July 3-7	July 10-14	July 17-21	July 24-28
<b>Atlanta Junior Rowing Association</b> 245 Azalea Drive, Roswell 30075 770-835-5769 • www.atlantajuniors.com	12-18	\$175	7:30am, 10am or 6pm		✓	✓	✓	✓		✓	✓	✓
<b>Camp Juliette Low Overnight Camps – 1 week</b> 321 Camp Juliette Low Road, Cloudland 30731 770-428-1062 • www.cjl.org	8-15	\$1050	Overnight		✓	✓	✓	✓	✓	✓	✓	✓
<b>Camp Juliette Low Overnight Camps – 2 weeks</b> 321 Camp Juliette Low Road, Cloudland 30731 770-428-1062 • www.cjl.org	8-15	\$2080	Overnight		✓	✓	✓	✓	✓	✓	✓	✓
<b>Camp Kingfisher - Chattahoochee Nature Center</b> 9135 Willeo Road, Roswell 30075 770-992-2055 • www.chattahnaturecenter.org/education/camp	4 years - rising 9th grade	See website	8am-6:15pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Camp Ruach!</b> Congregation Etz Chaim • 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net/campruach	14 mos - rising 1st grade	Call for rates	9:30am-1:30pm or 8am-5pm		✓	✓	✓	✓	✓	✓	✓	✓
<b>Chabad of Cobb Summer Camp</b> 4450 Lower Roswell Road, Marietta 30068 770-565-4412 • www.chabadofcobb.com	Rising PreK+	See website	9am-3:30pm					✓	✓	✓	✓	
<b>Club SciKidz Summer Camps</b> 106B Hartwood Dr. Woodstock 30189 678-294-9504 • atlanta.clubscikidz.com	PreK-7th grade	\$349	9am-4pm*			✓	✓	✓				
<b>Cobb Soccer Academy</b> Brumby Elementary- 815 Terrell Mill Road SE, Marietta 30067 217-713-4308 • www.CobbSoccerAcademy.com	K-8th grade	\$140	9am-12pm	✓	✓							
<b>The Georgia Ballet-Summer Dance Camps</b> 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	3+	Call for rates	Varies		✓	✓	✓	✓	✓	✓	✓	✓
<b>KSU Summer University</b> 3333 Busbee Drive NW, Kennesaw 30144 470-578-3114 • www.summeru.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>MJCCA Summer Day Camps in East Cobb</b> 1415 Old Canton Road, Marietta 30062 678-812-4004 • www.mjccadaycamps.org	K-8th grade	Call for rates	9am-4pm*		✓	✓	✓	✓	✓	✓	✓	✓
<b>Mount Paran Sports Camp @ North</b> 1700 Allgood Road, Marietta 30062 678-285-3248 • mpnsportscamp.com	6-12	\$130	7:30am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Primrose School of Lassiter</b> 2821 Lassiter Road, Marietta 30062 770-641-8535 • www.primroseschools.com/schools/lassiter	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Primrose School of Sprayberry</b> 2531 East Piedmont Road • Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	Call for rates	6:30am-6:30pm	✓	✓	✓	✓	✓	✓	✓	✓	✓

# EAST COBBER *Early Bird* DAY CAMP GUIDE

Camp Name	Age Group	Weekly Camp Fee	Times	May 30- June 2	June 5-9	June 12-16	June 19-23	June 26-30	July 3-7	July 10-14	July 17-21	July 24-28
<b>School of Rock</b> 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-18	\$425	9am-3pm			✓	✓	✓	✓	✓	✓	✓
<b>Summer Camp @ North</b> Mount Paran North Church • 1700 Allgood Road, Marietta 30062 678-285-3248 • www.mpnpsports.com	6-12	\$120	7:30am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>The Walker School Summer Programs</b> 700 Cobb Parkway North, Marietta 30062 770-427-2689 www.thewalkerschool.org/page/community/summer-programs	K3-12th grade	See website	See website		✓	✓	✓	✓	✓	✓	✓	✓
<b>YMCA McClesley/East Cobb-Traditional Camp</b> 1055 East Piedmont Road, Marietta 30062 770-977-5991 • ymcaatlanta.org	5-9	\$200-\$250 Accepts CAPS	7am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>YMCA McClesley/East Cobb-Sports Camp</b> 1055 East Piedmont Road, Marietta 30062 770-977-5991 • ymcaatlanta.org	5-12	\$200-\$250 Accepts CAPS	7am-6pm		✓	✓	✓	✓	✓	✓	✓	✓
<b>YMCA McClesley/East Cobb-Camp at High Harbour</b> 1055 East Piedmont Road, Marietta 30062 770-977-5991 • ymcaatlanta.org	9-12	\$310-\$385 Accepts CAPS	7am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>YMCA McClesley/East Cobb-Teen Leadership Camp</b> 1055 East Piedmont Road, Marietta 30062 770-977-5991 • ymcaatlanta.org	13-15	\$200-\$250 Accepts CAPS	7am-6pm	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>YMCA Northeast-Summer Camps</b> 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 • ymcaatlanta.org	5-13	\$200-\$250	7am-6:30pm*	✓	✓	✓	✓	✓	✓	✓	✓	✓

\*Extended Hours Offered





## Camp Ruach!

@ Congregation Etz Chaim

### June 7- July 29, 2022

Catering to Ages 14 mon & walking—Rising 1st Graders





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

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



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

We offer flexibility:

- Enroll for one week or per 4 week session
- Part-time and Full-time Camp options
- Sibling discount on lowest weekly rate



For more information, contact:  
**Lauren Chernau 770-977-3384 lauren@etzchaim.net**  
 Visit us at: [www.etzchaim.net/campruach](http://www.etzchaim.net/campruach)

1190 Indian Hills Parkway, Marietta, GA 30068

# HEALTH & WELLNESS

## ACUPUNCTURIST

### Acupuncture and Wellness Center

Dr. Li Hua Shu, TCMD – Licensed Acupuncturist

3535 Roswell Road, Suite 37 • Marietta 30062

678-560-7978 • [www.drshutcm.com](http://www.drshutcm.com)

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

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

## DENTISTS

### Cheek Dental

2872 Johnson Ferry Road • Marietta 30062

770-993-3775 • [www.cheekdental.com](http://www.cheekdental.com)

Mon-Fri: 8am-5pm

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

### Waldron + Lee Dentistry

2419 Roswell Road • Marietta 30062

678-498-1992 • [waldrondentistry.com](http://waldrondentistry.com)

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

## DERMATOLOGISTS

### Dermatology and Surgery Specialists of North Atlanta

4800 Olde Towne Parkway, Suite 250, Marietta 30068

770-971-3376 • [www.DESSNA.com](http://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](http://www.NiaDentistry.com)

Mon-Thurs: 8am-5pm; Fri: 8am-4pm;

Sat: by appointment 9am-2pm

Nia Pediatric Dentistry focuses on preventative care using the latest technology and friendly environment that takes the typical child's fear of dentistry away.



TWEET TWEET!  
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Happy 2023

**nia** Pediatric  
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# WHEELER HS GRADUATE WORKS TO PRESERVE MENTAL HEALTH

*By Adam Darby*

In today's fast-paced world, it remains a daily struggle to find time to focus on our own well-being while also juggling daily duties and obligations. Whether it is your career, academics, relationships, or other various commitments, maintaining your mental and emotional health often falls by the wayside. This is especially difficult for teenagers growing up in the age of digital technology and social media.

For recent Wheeler High School graduate, Zac Adkins, it was by overcoming his own personal challenges and obstacles that he fully realized the importance of prioritizing mental health and physical wellness. This inspired him to start his own business, One Percent Harder (OPH).

"I started One Percent Harder because I was physically and mentally tired and needed to make a change. Taking small steps was a perfect way to keep working towards my goals without getting overwhelmed," Adkins said. "Life is busy and people are constantly taking on so many things that they forget to focus on themselves...One Percent Harder encourages people to focus on both mental and physical wellness."

From there, what simply started as merchandise and attire being sold to remind others to work "one percent harder" each day towards improving their mental health quickly grew into a school-wide movement. When students took notice of him wearing his merchandise every Wednesday and heard his story, sales increased and others began to join him in providing mental health awareness.

Once Principal Paul Gillihan noticed its popularity, he encouraged Adkins to launch a club devoted to helping other teens take care of their personal issues. Known as the OPH Club, Adkins continues to work hard to assure others that "they are not alone."

"After talking to fellow classmates and friends at church, I knew I needed to create a community where we keep each other accountable and work towards our goals," Adkins said. "...Talking about mental health is very important in today's busy, high-pressure world."

The school's OPH Club serves as an accountability group that discusses a specific topic and challenges participants to set goals and work each day to achieve them. It creates an open forum for teens to talk about issues in support of each other.



One Percent Harder founder, Zac Adkins

In support of evangelizing the notion that mental and emotional health is equally as important as physical health, the club is currently raising funds for a professional mental health counseling initiative at the school. While Adkins continues to donate 10 percent of his merchandise proceeds to the OPH Fund, he is working hard to receive further support from the community to help hit their ultimate goal of \$50,000.

"East Cobbers can help first by talking about mental health. It is most important that teenagers know that it is okay not to be okay," Adkins said. "People care more about you than you know and the first step is to make more people aware of the mental health crisis."

The fund is steadily growing to provide every Wheeler student in need with access to a counselor with whom they can speak openly. Adkins ultimately hopes that more East Cobb schools will follow suit and implement their own OPH Club into their program.

"I will help set up the club at any school that wants an OPH Club to be a part of their system," Adkins firmly stated.

To learn more about One Percent Harder, purchase merchandise, or see how you can donate, visit [www.OnePercentHarder.com](http://www.OnePercentHarder.com) or follow and interact with @onepercentharder on Facebook, Instagram, and TikTok.

## POLAR BEAR RUN IS THE COOLEST RACE IN EAST COBB



Team Sparkle, lead by Jacynta Harb, is one of many teams that participate in the annual Polar Bear Run.



Birmingham and Washington, DC. The Polar Bear Run prides itself in being the coolest race in East Cobb with the miles outside and the party indoors. One of the longest running 5ks in the area, the Polar Bear Run has 2,000 participants. Polar Bear Run also boasts the favorite race shirt in Cobb County.

The 35th Annual Polar Bear Run will be January 28. The 5k, 2k Fun Run, Cub Run and Cub Dash all support the High School Choir Mission Tour of Johnson Ferry Baptist Church. Students have traveled to New York City, Los Angeles, Las Vegas, Poland, Dallas, Chicago,

The Polar Bear Run is a popular East Cobb Race with hundreds of dedicated runners participating every year. "I have run in the Polar Bear 5K about 15 times and it is my favorite local 5K. It is well organized, has an easy fairly flat course, and the proceeds go to help support our local high students who have an impact for God's kingdom around the world. I love seeing the students and parents along the course cheering and encouraging participants no matter how cold the temperatures are," says Lauren McCook.

"I just love the Polar Bear race! This will be my 8th year doing the race with my Team Sparkle! We love how friendly and well organized it is! The course makes it fun for everyone to bring their families! And getting the opportunity to support high schoolers going on mission is the best feeling ever! So, we can say that it is a WIN-WIN all the way around!" says Jacynta Harb.

The race takes place at Johnson Ferry Baptist Church, 955 Johnson Ferry Road in Marietta/East Cobb. For more information and to register for the 35th Annual Polar Bear Run, visit [polarbear-run.com](http://polarbear-run.com). 

# PICKLEBALL COMES TO EAST COBB!

Pickleball is becoming increasingly popular in East Cobb, and it's easy to see why. This fun, fast-paced sport combines elements of ping pong, badminton, and tennis and is played on a court that is about one-third the size of a tennis court. It's a great way to stay active and have fun, and it's accessible to people of all ages and athletic levels.

According to the Sports & Fitness Industry Association, there are now 4.8 million pickleball players in the United States, and the sport is the fastest-growing in the country. There are an estimated 10,320 places to play pickleball nationally, and East Cobb has definitely seen its share of growth in the sport.

With our great weather and active population, it's no surprise that pickleball is booming in East Cobb. Below are some of the top courts where you can find an ever-increasing number of players in East Cobb.

And you can browse all the best pickleball courts in East Cobb and other Marietta locations here.

## 1) Shaw Park: 800 Shaw Park Road

One of the largest pickleball facilities in the area. The park features 9 courts that are well-maintained and ideal for pickleball games.

## 2) Fullers Park: 3499 Robinson Road

The tennis courts at Fullers Park now feature 2 dedicated pickleball courts. The courts are free to use and offered on a first-come-first-serve basis.

## 3) Tumlin Park: 400 Chestnut Hill Road SW

Tumlin Park in Marietta has 2 outdoor courts. In addition to pickleball courts, Tumlin Park also offers a playground, walking trails, and other amenities to enjoy.

Pickleball is a great way to stay active and have fun with your friends and family. With all the great options available, go enjoy some pickleball in East Cobb! 🏓

*Credit: Atlanta Area Parks*

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# COBB HEARING AID SERVICES PROVIDE CARE WITH PERSONALIZED HEARING AIDS



Otis Whitcomb, M.A.

Experiencing a rapid or gradual decline in hearing is a difficult time for anyone. Hearing loss continues to serve as a common issue for many, especially those consistently exposed to loud noises or senior citizens throughout the natural aging process. Cobb Hearing Aid Services understands this and works hard to provide care for hearing loss within the community. With in-depth evaluations for each of their patients, they provide personalized hearing aid options that are specifically programmed to fit each patient's individual needs.

"I think we've had a great impact, but our patients are the ones who tell us the most...loss of hearing has quite an effect on individuals ranging from isolation, depression, and inappropriate responses to questions others ask," said Otis Whitcomb, M.A., the practice's founding audiologist. "So many patients deny that they have hearing loss and they blame it on something else. But overall, I think [the practice's] impact has been positive."

Since 1998, Whitcomb has dispensed hearing aids at the local practice for patients in the Cobb County area. Patients are provided with thorough hearing evaluations to better define their level of hearing loss and pinpoint how their respective hearing aids need to be programmed.

"Some [patients] have said, 'I've gone to so-and-so and all they want to do is sell me a hearing aid,'" Whitcomb said. "What we do is try to find out what their needs are and go from there rather than trying to sell them a hearing aid."

With roughly 1,200 patients in their database, the practice remains busy helping residents recover their hearing each and every day. Despite evaluating adults of all ages, he regularly serves geriatric patients.

"This location [in Marietta] has been here for over 20 years. It's convenient, it's a ground-floor location, and you just drive up to the front door and come in," Whitcomb said. "With the access, our patients really like it. It's incredibly convenient for our patients with wheelchairs and walkers and things like that...we have a large waiting room that is very convenient for them. We try to schedule according to time so that patients don't have to wait long."

Interestingly enough, the practice is currently run by both Whitcomb and his son, Keith Whitcomb, GHAS. With Keith having graduated with years of experience performing and producing music, he now utilizes those technical listening skills for programming hearing aids.

"In the music industry, they mix all kinds of music and that is a very high-tech skill that requires a high level of listening skills," Whitcomb said. "He has taken his background of listening in the music



Keith Whitcomb, GHAS

industry and learning how to program for music and translated that to programming high-tech hearing aids for a much more personalized fitting."

Because there is a multitude of different hearing levels and challenges, Whitcomb stresses the importance of receiving personalized hearing care from audiology professionals as opposed to purchasing over-the-counter hearing aids that can be difficult for patients to program themselves.

Untreated hearing loss can gradually get worse over time and may even cause clinical depression, Alzheimer's, and other cognitive issues in the future. For the sake of keeping people healthy and safe for the long term, Whitcomb recommends early testing as a number of studies show that hearing loss can be treated to help prevent cognitive decline.

For that reason, Cobb Hearing Aid Services offers quarterly "hearing aid workshops" that provide a free consultation for people as an outreach for the community. The next one is set to kick off the new year in January or February.

Cobb Hearing Aid Services is located at 2635 Sandy Plains Road, Suite 108 in Marietta/East Cobb. To schedule your consultation, call 770-509-0207 or visit [www.CobbHearingAidServices.com](http://www.CobbHearingAidServices.com).



PAID ADVERTISEMENT

**EAST COBBER**

# PIE TRANSFORMS THE MIDLIFE OF AN EAST COBB WOMAN

By Neeahntima Dowdy

As a 47-year-old devoted wife and mother of two boys with a 20-year career in the financial services industry, and a marathon runner, Susie Mickler didn't know her life needed changing... but apparently God did.

It all started with a dare. Susie's love language was pie. She enjoyed baking her fudge and peanut butter fudge pies for friends and family whenever the occasion called for it.

In January 2020, she took a pie to a friend's birthday gathering. That friend, Glenn McDaniel, happens to be the owner of McDaniel's Qn2 BBQ restaurant.

"You know, I could sell this pie," Glenn said.

"Whatever, you could not sell this pie," Susie said, "but I'll bring you two and you can try!"

So, she showed up to the restaurant with two pies, and before she returned home, he called her to tell her he had sold both pies. Those two customers placed repeat orders. Susie and her husband, Rob, started talking, one thing led to another, and by March they had a website and were finding packaging, filing for an LLC, and, well, baking a lot of pies.

Her nickname for her oldest son was "SchmooPie" (shmoo-pee) and could often be heard cheering "GO SCHOOMPIE" at his sports games. A friend started playing around with names and said, "Hey! Schmoo...pie" and Schmoo Pies was born.

That February they sold \$500 in pies. Soon she was creating yummy new flavors, like S'Mores, Chess, Irish Whiskey, and Kentucky Bourbon. Then, just a couple of months after selling their first pies, that "side hustle" became a life saver.

"I have a very strong faith and I think it's funny that God put these pies into our lives in the February-March timeframe," she said. "We were very surprised that in May my husband was furloughed, and then his position was eliminated."

Susie said they were blessed that she had a full-time job and supportive family and friends, inspiring the new motto "I get PIE with a little help from my friends."

"What was great is that we had the pie company going, and at that time I always referred to it as 'gravy'," she recalled. "I didn't know it was going to become the meat."



Susie Mickler

The family rallied around the pie business. Rob learned to bake the pies and would bake orders while she was at the office. Her son worked as the delivery driver.

Susie and Rob started doing pop-up shops at local events and shops like Signatures Gifts and Interiors. She began doing fundraisers with schools to help get her name out in the community and eventually started getting corporate orders. By the 9th month, they had sold 1,000 pies, all baked in her single oven in her suburban kitchen.

"I took a Bible study back in the Spring of 2019, and the purpose of it was to learn what God's purpose is for you," she said. "From that experience, I learned that I love taking people food."

"So, when it comes to what we're supposed to be doing and our plans," she said, "I think I'm supposed to be baking pies—eliciting joy one pie at a time."

By December Rob had started a full-time job, and Susie could begin thinking about the future. So, one year after selling her first pie, she took the risk and left her full-time job to focus on her new venture.

She recently won Georgia's Best Desserts by the Georgia Business Journal, is nominated for Best of Cobb, and she's doubled her pie sales this holiday season.

"To think that when we started, Rob and I were excited about the prospect of selling 4 pies a week, thinking that would be an extra \$100 week," Susie said.

This year, Susie will turn 50, but she's not done dreaming and growing. Now, accelerating into phase 2 of the business: looking for a commercial space which will allow her to offer wholesale pies to restaurants and specialty stores and to sell regionally. Since her in-house delivery driver will be heading off to college, that means adding staff, as well.

"What I've learned, I think, is to let go and let God," Susie said. "You can only concern yourself with today."

"It's never too late to discover a new purpose. I never thought I would own a business and certainly never thought I would own a bakery."

Is your mouth watering? You can order your pie at [Schmoo-pies.com](http://Schmoo-pies.com). 🍪

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# EAST COBB SENIOR ACTIVITIES SCHEDULED FOR JANUARY

**Tim Lee Senior Center • 3332 Sandy Plains Road, Marietta 770-509-4900**

**Veteran Connection**

3rd Wednesday of each month  
10:00 am

**Basic Investing & Taxes**

Thursdays, January 5-19

**Shop & Dine**

Tuesday, January 10

**All About Thyroid Health**

Tuesday, January 17

**Diamond Painting**

Thursday, January 19

**Friday Movie Matinee**

Friday, January 20

**Avoid Downsizing Disasters**

Tuesday, January 24

**Peace of Mind Workshop**

Wednesday, January 25

For more details: [cobbcounty.org/senior-services/locations/tim-d-lee-senior-center](http://cobbcounty.org/senior-services/locations/tim-d-lee-senior-center). 📞

## ALOHA TO AGING

**Parkinson's Disease CarePartner**

**Monthly Support Group**

January 9 • 2pm

Our diverse and friendly group share insightful tips and host educational speakers to help us with our PD journey. Those diagnosed with PD and their family care partners are welcome to join us. New attendees (those with PD and their caregivers) are welcome!

**DELAY the DISEASE – #1 PD Exercise Program**

Mondays, January 9 – March 27 • 3pm

Aloha to Aging, Inc. is partnering with Empower Recreational Therapy to offer group exercise for People with Parkinson's. Delay the Disease™ is an evidence-based national fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

Email [info@alohatoaging.org](mailto:info@alohatoaging.org) for class fees. (Must have an assessment prior to signing up)

**EDUCATIONAL PROGRAMS**

**Wednesday, January 18 • 11:30am-1pm**

"A Day In the Life" AGING 101 Hands-On Sensory Simulation Class – Focuses on cognitive & physical age-related challenges.

**EDUCATIONAL PROGRAMS (cont)**

**Wednesday, January 25 • 3:30-5:30pm**

"Simulate and Sip Event"

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1032 Johnson Ferry Road, Marietta

(Open to professionals and families)

Must RSVP by 1/23 to

[info@alohatoaging.org](mailto:info@alohatoaging.org)

Families, caregivers, and professionals can reach a deeper level of understanding by spending some time "walking in their care recipients or client's shoes."

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**Aloha Day Club – Social Respite**

**Mondays and Wednesdays • 10:30am-1pm**

[alohatoaging.org/aloha-day-club](http://alohatoaging.org/aloha-day-club)

Our week-day therapeutic program incorporates exercises, music, and stimulating activities and games along with discussions into each session. Each participant will receive a comprehensive "activity bag".

All events take place at Covenant Presbyterian Church, 2881 Canton Road in Marietta/East Cobb unless otherwise noted. Please email: [info@alohatoaging.org](mailto:info@alohatoaging.org) to RSVP for all programs. 📞



# WHAT'S YOUR STORY?

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### MATH CONCEPTS MADE EASY BY KELLY



Kelly (Masonoff) Kelly's gift for teaching math has made her quite the academic icon in the East Cobb community. She discovered a Facebook page entitled, "You know you had Mrs. Masonoff! :)" According to Kelly, the Facebook group had existed for three years when she came upon it. Hundreds of her former students joined to re-visit memories, as well as to articulate their math success to the teacher who finally made math concepts make sense, opening a door for many students.

### E. SMITH AIRS OUT HVAC QUESTIONS



Our homes are comfortable primarily because of two basic reasons – hot and cold. And as for the hot Georgia summers and that very hot in winter. It takes one step 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 do it technology work effectively with our HVAC system? Debbie Altemus, vice president of E. Smith Heating and Air Conditioning, Inc., addresses these questions. Altemus emphasizes the importance of a professional licensed HVAC company to handle your heating and cooling needs.

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

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

She goes on to say that a zoning system helps solve the hot and cold spots by adjusting the air that goes to each room. A thermostat in the room automatically opens and closes a damper in the duct work. Different 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. Altemus says a temperature sensor also because your central 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 blower unit that mounts on a wall to distribute the heated or cooled air.

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

Altemus gives a warning about installing a wi-fi thermostat. "All homeowners should think twice if your electric metering company offers to give you a free wi-fi thermostat. Alarm 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 770-422-1989 or visit [www.esmithhvac.com](http://www.esmithhvac.com).

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**The Master's in Sport Health Science** (*established 1990*) leads to careers in fields such as sports chiropractic, exercise science, athletic coaching, sports injury management and performance nutrition.



**The Master's in Clinical Nutrition** (*established 2012*) leads to careers in organizations such as physician's offices, hospitals, schools, health clubs, nursing homes and food companies in areas such as research, development, sales, marketing, public relations and public education.



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