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by providing its residents with positive stories and
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PUBLISHER'S NOTE



When you read this issue, the azalea bushes and cherry trees should burst with color against the beautiful blue Georgia sky. We'll be serenaded by the sounds of chirping birds and whirring lawnmowers. Signs that spring has sprung and summer is just around the corner. Ahhh, summer ... school will be out, and how will your children pass the lazy, hazy days of summer? This April issue features our 21st Annual Day Camp Guide. We have

compiled a chart of day camps in East Cobb and/or a short drive away. While day camp can help your child learn a better backhand in tennis, acquire a stronger stroke in swimming, or get in touch with nature, the true payoff of camp will be apparent when s/he becomes a bit more self-reliant, self-sufficient, and self-confident. So be sure to check pages 12-16 and discover the many options to make this the best summer yet! And when you register or visit any of the camps listed, please tell them you heard about their camp from the EAST COBBER!!

Earth Day is April 22. Started in 1970, Earth Day has since blossomed into an international celebration of our planet. Thanks to succeeding Earth Days, people have become more aware of the role that the environment plays in helping sustain life in this fragile world of ours and that we need to take an active role in protecting it. Like Earth Day, the EAST COBBER magazine helps us understand the consequences of our actions and the impact they are having on our world. Like nature, our East Cobb community needs to be appreciated and taken care of. If we take action now, there will continue to be a beautiful world left for our children to pass on theirs. The information spotlighted inside this and every issue celebrates our East Cobb world and hopefully inspires you to appreciate the people and

events that make East Cobb such a great place.

Join the conversation!
What do you want to read about in the EAST COBBER?
Tell us at facebook.com/
East Cobber

Laren Brown, Publisher laren@eastcobber.com

On the Cover

This issue features East Cobb business owners Bethany Mashini, Executive Director of My Green Earth and Jamey Moran, Chair of Board of Directors of My Green Earth and owner of Cheers to Recycling.

Bethany is a graduate from **Kennesaw State University and** has lived in East Cobb for 3 years with her husband George, in a lively household with 4 sons: Dylan (16) Ethan (13), Justin (11), Grant (5), and a new puppy Murphy. The family enjoys spending weekends playing or cheering each other on at Eastside Baseball, East Cobb Baseball, NASA Tophat Soccer, and in their free time hiking or mountain biking on local trails, and learning to row on the Chattahoochee.

Jamey, a Georgia State University graduate, and her husband Mark have lived in East Cobb for 4.5 years with their three boys, Cayden (14), Logan (12) and Ryder (10), and a sweet Vizsla pup Riley. Jamey is a nature-loving, self-taught environmentalist who revels in a good outdoor adventure. She is also the Environmental Education Chairwoman for the East Cobb County Council of PTA's and in the process of obtaining a TRUE Advisor certification.

Together they are committed to making a positive impact on the environment and the community. You can read more about their efforts on page 6.

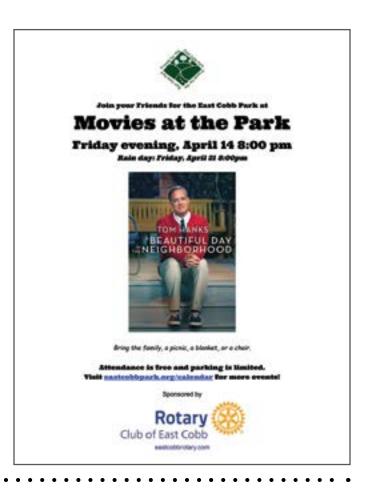


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DEBUNKING RECYCLING MYTHS

It's often said that, "they just take the recyclables to the dump", when referring to waste hauling companies that offer curbside recycling. That can unfortunately be true, but not for the reason people think. When a hauler is forced to take a load of "recyclables" to the dump it's usually because of contamination, meaning there's more "trash" than recyclables.

So, what can really be recycled?

In Cobb, the general guideline is that you can recycle cardboard, paper, aluminum, steel, and plastics #1 and #2 in your curbside bin, though that can vary by hauler, and recyclables should never be bagged. Other items, even if they are recyclable, should not be placed curbside.

Your hauler takes recyclables from your curb to the MRF, or Material Recovery Facility, to be sorted. At the MRF, rotating drums, mag-

6 April 2023

nets, optical sorters, and AI robots transform truckloads of recyclables into separated materials that become raw materials for new products.

Take Pride in Recycling

In Georgia, one-third of our nation's recycled plastic bottles are made into new products such as carpet. Recycled cardboard and paper are used by companies like Georgia Pacific and WestRock to create new products without having to cut down as many trees. Aluminum is infinitely recyclable, and saves 6 gallons of gasoline in energy for every 12-pack recycled by avoiding the need to mine the earth for raw materials. Novelis, the world's largest recycler of aluminum, is headquartered in Atlanta.

Beyond the Curb

Some materials not accepted curbside CAN be recycled, you just have to know where to take them. Kroger accepts plastic film





Jamey Moran, owner Cheers to Recycling and My Green Earth Chair, Board of Directors with Bethany Mashini, My Green Earth Executive Director

and packaging in storefront bins. This includes plastic grocery bags, dry-cleaning bags, bubble wrap, outer packaging for toilet paper, zipper bags and bread bags. Publix has bins for clean styrofoam like egg cartons, takeout trays and cups.

Glass is not recyclable curbside, but can be taken to WestRock's Recycling Center in Marietta, or collected curbside by Cheers to Recycling. "Glass is infinitely recyclable! It also saves energy needed to create new glass, reduces space in our landfills AND conserves natural resources" states Jamey Moran of Cheers to Recycling. "I just couldn't stand that there was not an easy, convenient way to recycle all the glass in East Cobb, so I started Cheers to Recycling, a curbside glass recycling service."

Ask the Experts

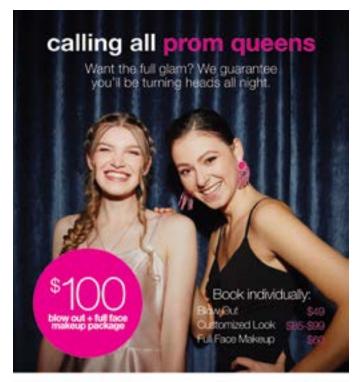
Two local companies, My Green Earth and Cheers to Recycling, work daily to demystify recycling. They are hosting a "Recycling Roundtable" featuring a panel of experts including haulers, Cobb County Sustainability office, and our local MRF. "We welcome Cobb residents to the Roundtable, encourage them to ask questions, and take this opportunity to transform recycling doubts into feeling empowered that their recycling habits truly do make a difference." states Bethany Mashini of My Green Earth. The event will be held Friday, April 21 from 10:30-11:30am at Sewell Mill Library. 2051 Lower Roswell Road, Marietta 30068.

About My Green Earth

My Green Earth, Inc. is a 501(c)(3) nonprofit founded in 2022 by Bethany Mashini, and Jamey Moran serves as chair of the Board of Directors.

Their mission is to inspire individuals throughout Cobb County to live sustainably, focusing this year on classroom recycling and low-cost rooftop solar. Visit www. mygreenearth.org to learn more and to explore how these programs can be launched in your schools and home!

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PORCH-MARIETTA EXPANDING

PORCH FOR SCHOOLS PROGRAM

ORCH-Marietta, an all-volunteer non-profit that donates food to Marietta food pantries, is expanding their program to support students in Marietta. PORCH for Schools gets healthy snacks into the hands of children who need them the most, so they can focus on learning. Through a collaboration with Julie Lance, School Social Worker at Sedalia Park Elementary School, and thanks to contributions from local groups and individuals, PORCH-Marietta provided 37 cases of snacks to Sedalia Park Elementary in January. We are currently fundraising to provide this service for additional schools.

"Our holiday giving campaign raised enough funds to buy snacks for Sedalia Park Elementary students who didn't bring a snack from home this semester," said Liz Platner, PORCH-Marietta Chapter Leader. "We hope to restock their snack shelves in August and are looking for sponsors to include additional schools. People can help us continue this program by making a tax deductible contribution at porch-communities.org/porch-marietta." Businesses interested in becoming a PORCH for Schools sponsor can reach out for more information.

PORCH Communities was started in 2011 in Chapel Hill, and there are now 26 chapters in 8 states serving their local communities. PORCH chapters have gathered and distributed more than \$7.8 million worth of food to neighbors in need. The PORCH-Marietta chapter was founded by Liz Platner, a long-time Marietta resident, in February 2022.

Contributing non-perishable food to the Center for Family Resources and Brumby Elementary Food Pantry on a monthly basis is the flagship program of PORCH-Marietta.



To date, PORCH-Marietta has donated over 14,000 pounds of food to these pantries. They collect food via monthly neighborhood food drives based on customized wish lists from the 2 pantries. Neighbors put the requested groceries on their porches, and volunteers pick them up and deliver them to the pantries. Currently, there are 16 East Cobb and Marietta neighborhoods participating. We would love to add your neighborhood to our team! Contact us at marietta@porchcommunities.org for more information.





YOUR TONGUE HOLDS THE KEY TO YOUR HEALTH

Did you know that over 50% of the growth of the bones that form your face, nose, and mouth occurs between the ages of 0-2? By age 4, your mouth is 75% of its adult size. There is one important muscle that holds the key to correct facial form during these beginning years and leads to straight teeth and good breathing...the tongue!

A few hundred years ago, infants' tongues grew strong as they worked hard to extract milk from their mothers' breasts.

This strong tongue pushed against the bones inside the mouth, creating wide arches for the teeth to grow into and broad nasal bones for good airflow through the nose. As teeth grew into the mouth, babies were then given fresh fruits

and vegetables and even chewy meats similar to jerky. Their jaws gained strength and size from the exercise of eating.

The babies of today often get their milk from bottles that easily drip out the milk and then later eat mushy baby foods. Their tongues flop around effortlessly as these liquids and mush glide easily down the throat. Because muscles atrophy without use, the tongue, now barely needed to get nutrients into the stomach, becomes weak and does little to help grow the facial bones. The result is narrow arches where teeth are crowded, a tongue that is pushed backward toward the airway, and small nasal cavities that cause resistance when breathing.

Many of us are walking around with oral and nasal cavities that are much smaller than our ancestors'. This has led to our having a host of breathing issues including asthma, allergies, and sinus infections. Our insufficient breathing eventually leads to high blood pressure, inflammatory diseases. and a host of other ailments including heart attack and stroke.

If your teeth are crowded or your jaw joints ache or if you have fatigue, depression, anxiety, difficulty maintaining your weight, poor posture, or attention/concentration issues, you may have underdeveloped facial bones. Luckily there are things we dentists can

do to help! From growth appliances to Invisalign, we can assist in creating more space for your cramped tongue which allows it to move forward and out of the throat where it impedes your airway. Let us help you not only live long, but live healthy!



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Standing from left to right: Michelle K., Caroline W., Skyler L., Olivia M., Katie C., Gabrielle S., Vanessa B., Gavin G. and Zen L. Seated from left to right: Funmi O., Josie M., Alexis A., Rowan G., Emma M., Kodou J., Zuwena M., WIll T. and Sydney D.

heeler Future Farmers of America (FFA) is a beacon of hope for those who believe that agriculture education and awareness should not be limited to rural areas. Located in East Cobb, Wheeler FFA is a shining example of an organization dedicated to strengthening agriculture education and awareness in more urban areas.

Wheeler FFA holds bi-weekly meetings at Wheeler High School, where members engage in various activities, such as removing invasive species from local trails, building terrariums, and inviting experts to speak on agriculture-related topics. The organization also participates in statewide Career and Leadership Development Events (CDEs and LDEs), providing its members with opportunities to develop their skills and pursue careers in agriculture.

Field trips are an integral part of Wheeler FFA's activities, where members experience agriculture-related events such as the Area 1 Rally and FFA Day at the Fair. These events not only provide a fun and educational experience for the members

but also help them understand the latest trends in agriculture and farming.

Wheeler FFA is also committed to community outreach, engaging with local schools and organizations, and recently taking members to the State Capitol to talk with Georgia's lawmakers. This outreach helps spread awareness about agriculture education and its importance, even in urban areas.

What sets Wheeler FFA apart is its unique perspective on urban agriculture and how it can be implemented in our society. By being in a mainly urban area, the organization understands the challenges and opportunities that come with promoting agriculture education in such settings.

Wheeler FFA is holding a plant sale on April 15th from 8am-2pm. It's an opportunity to learn more about plants and gardening while supporting a great cause. Please bring cash or a check for purchases. Wheeler High School, 375 Holt Road, Marietta. To learn more about Wheeler FFA's plant sale, please contact them on Instagram @WheelerhighFFA.

DODGEN MIDDLE SCHOOL STUDENT PARTICIPATES IN NASCAR RACE OPENING CEREMONY

By Adam Darby

or most, taking part in a televised professional sporting event isn't something that happens every day.

But for Javier Soto, a seventh-grade Honor Roll student at Dodgen Middle School, this was exactly how he spent a Sunday afternoon.

Javier was one of the lucky few invited to partake in the opening ceremony of the NASCAR race held at the Atlanta Motor Speedway broadcasted live on FOX on Sunday, March 19. Joined by 29 other Bandolero & Legends youth drivers, he had the privilege of wearing his driver's suit while helping hold a giant American flag over the field. He was the only child from East Cobb asked to attend.

"I thought it was really cool! I got to see the driver introductions up close from where I was standing. Everyone was so excited," Javier said. "I was a little nervous at first that I was going to miss the start of the race and the drivers' 'start your engines' command, but I was happy there was a mobile staircase to enter the grand-stands from the field."

Not only is Javier a passionate racing fan himself, but he also has his own fair share of experience behind the wheel. For the past three years, he has competitively driven both Go-Karts and Bandolero cars for U.S. Legends Cars with the dream of one day becoming a NASCAR Cup Series driver. He was overjoyed to see some of the cars up close before enjoying the rest of the race with prime seating.

"I saw the unveiling of Daniel Suárez's new Quaker State car that will be driven in Richmond and the next Atlanta race. It's a good-looking race car," Javier



said. "Joey Logano's win was really impressive. He had the dominant car of the day. This is his first career win at Atlanta and it's cool because he used to race Bandoleros there as a kid."

Throughout his time as a racer, Javier has garnered 4 wins, 22 top 5's, and 18 appearances on the podium. When he's not earning high-scoring grades as an Honor Roll student or winning trophies racing on the track, he enjoys collecting NASCAR memorabilia, playing video games, and spending time with his family and friends. Although he loves climbing into his racing vehicles, he certainly wouldn't mind sitting behind the wheel of a 2024 Ford Mustang as soon as he gets the chance.

For more information about the NASCAR race, visit www.AtlantaMotorSpeedway.com. To learn more about Javier and his racing endeavors, visit his personal racing website at www.JavierSotoRacing.com.

EAST COBBER DAY CAMP GUIDE

Summer day camps are fun and education all rolled into one. EAST COBBER has collected information on the wide range of wonderful day camps to fit all ages and interests, including sports camps, adventure camps, Faith 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 sampling of all the day camps available. We recommend you visit the websites noted on each listing for even more offerings.

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
Atlanta Junior Rowing Association 245 Azalea Drive, Roswell 30075 770-835-5769 • www.ajracrew.com	12-18	\$125/ Session	7:30, 10am		V	V	V	V		V	V	V
Bach To Rock Music Camp 1860 Sandy Plains Road Marietta 30066 404-380-1706 • bachtorock.com/eastmarietta	4-17	\$209- \$419	9am-4pm	V	V	V	V	V	V	V	V	V
Camp Juliette Low Overnight Camps — Mini Week 321 Camp Juliette Low Road, Cloudland 30731 770-428-1062 • www.cjl.org	8-10	\$915	Overnight									7/25- 7/30
Camp Juliette Low Overnight Camps – 2 week 321 Camp Juliette Low Road, Cloudland 30731 770-428-1062 • www.cjl.org	8-15	\$915	Overnight		6/4- 6/16			6/25- 7/8			7/19- 7/30	
Camp Kingfisher-Chattahoochee Nature Center* 9135 Willeo Road, Roswell 30075 770-992-2055 • www.chattnaturecenter.org/education/camp	4 yrs- Rising 9th Grade	See website	See website	V	V	V	V	V	~	V	V	V
Camp Ruach! Congregation Etz Chaim, 1190 Indian Hills Parkway, Marietta 30068 770-977-3384 • www.etzchaim.net/campruach	14 mos- Rising 1st Grade	See website	9:30am- 1:30pm or 8am-5pm		~	~	~	~	~	~	~	~
Chabad of Cobb Camp Gan Izzy East Cobb - 4450 Lower Roswell Road, Marietta 30068 770-565-4412 • www.chabadofcobb.com	2 yrs- Rising 5th Grade	\$385	9am- 3:30pm*					~	~	~	~	
Club SciKidz Summer Camps Lutheran Church of the Resurrection-4814 Paper Mill Road, Marietta 30067 678-294-9504 • atlanta.clubscikidz.com	PreK- 7th Grade	\$349	9am-4pm*			V	V	V		V	V	V
Cobb Soccer Academy East Cobb Middle School- 825 Terrell Mill Road SE, Marietta 30067 217-713-4308 • www.CobbSoccerAcademy.com	Rising 1st-8th Grade	\$140	9am-12pm	~								
The Coder School 3162 Johnson Ferry Road, Unit 430, Marietta 30062 404-947-6047 • eastcobb.thecoderschool.com	5-17	\$489/ with \$100 code	9am-3pm	V	V	V	V	V	V	V	V	V
Coding & Robotics for Kids Strem HQ Tech Academy @ KSU, 1100 South Marietta Pkwy, Marietta 30060 508-507-8736 • www.stremhq.com	8-14	\$550	9am-4pm+		~	~	~	~		~	~	~
Doodle Art Sudio 552 Cobb Parkway SE Suite C, Marietta 30060 404-565-4550 • www.doodleart.studio	K-8th Grade	\$240- \$575	9am-12pm, 1-4pm or 9am-4pm	V	V	V	V	V		V	V	V
Eagles Elite Cheerleading Camp 1465 Canton Road, Suite 200, Marietta 30066 404-431-9771 • www.eagleselitecheerleading.com	4-12	\$150	9am-12pm		V	V				V		
The Georgia Ballet-Summer Dance Camps* 1225 Field Parkway, Marietta 30060 770-528-0881 • www.georgiaballet.org	3 yrs+	See website	See website			V	V			V		V
Ginepri Performance Tennis Camp at Olde Towne Athletic Club 4950 Olde Towne Parkway, Marietta 30068 770-578-9901 • www.GPTTennis.net	6 yrs+	\$350	9am-2pm	V	V	V	V	V	V	V	V	V

*Check website for more info. *Extended hours offered



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EAST COBBER DAY CAMP GUIDE

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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
High Touch High Tech Sizzlin Science Camp Hosted by Families or Clubhouses 770 667-9443 • www.sciencemadefunatl.net	5-12	\$150	9am-12pm or 1-4pm		V	~	V	V	V	~	V	~
KSU Summer University 3333 Busbee Drive NW, Kennesaw 30144 470-578-3114 • www.summeru.com	Rising 1st-12th Grade	See website	9am-3pm+		V	~	V	V	V	V	V	
Lassiter Boys Basketball Summer Camps 2601 Shallowford Road, Marietta 30066 678-357-6944 • www.lassiterbasketball.org	Rising 1st-9th Grade	\$195	9am-3pm			V		V				
Lassiter Fastpitch Elementary Camp 2601 Shallowford Road, Marietta 30066 770-714-5380 • www.lassiterfastpitch.net	Rising 1st-5th Grade	\$150	9am-12pm			~						
Lassiter Fastpitch Middle School Camp 2601 Shallowford Road, Marietta 30066 770-714-5380 • www.lassiterfastpitch.net	Rising 6th-8th Grade	\$150	9am-12pm				V					
Lassiter Trojans Youth Football Camp 2601 Shallowford Road, Marietta 30066 470-585-8470 • gofan.co/app/events/893730?schoolId=GA5114_4	Rising K-5th Grade	\$150 \$50 sibling discount	9am-1pm								V	
MJCCA Camp Billi Marcus 1415 Old Canton Road, Marietta 30062 678-812-4004 • www.mjccadaycamps.org	6 weeks- Rising PreK	See website	9:30am- 1:30pm*		V	V	V	V	V	V	V	V
MJCCA Day Camps 5342 Tilly Mill Road Dunwoody, GA 30338 678-812-4004 • www.mjccadaycamps.org	PreK-9th Grade	See website	9am-4pm*	V	V	~	V	V	V	V	V	V
Mount Paran North Sports Camp 1700 Allgood Road, Marietta 30062 678-285-3248 • mpnsportscamp.com	6-12	\$130	7:30am- 6pm	V	V	V	V	V	V	V	V	V
Pope Faspitch Summer Kick Off Camp 3001 Hembree Road NE, Marietta 30062 770-578-7900 • popefastpitch.net	Rising K-6th Grade	\$150	9am-12pm	V								
Pope Faspitch Specialty Camp 3001 Hembree Road NE, Marietta 30062 770-578-7900 • popefastpitch.net	Rising 5th-8th Grade	See website	9am-12pm							V		
Primrose School of Lassiter 2821 Lassiter Road, Marietta 30062 770-641-8535 • www.primroseschools.com/schools/lassiter	5-12	See website	6:30am- 6:30pm	V	V	V	V	V	V	V	V	V
Primrose School of Sprayberry 2531 East Piedmont Road, Marietta 30062 770-578-4832 • www.primrosesprayberry.com	5-12	See website	6:30am- 6:30pm	V	V	V	V	V	V	V	V	V
Prodigy Performing Arts 4005 Canton Road, Marietta 30066 678-697-9320 • www.prodigyperformingarts.com	4-17	\$120- \$190	9am-3pm	V	V	~	V	V	V	V	V	~
Pure Shot Basketball Summer Camps 100 Londonderry Court, Suite 100, Woodstock 30188 678-384-2901 • pureshotbasketball.com	K-10th Grade	\$159- \$179	9am-1pm	V	V	V	V	V	V	V	V	V
School of Rock 2459 East Piedmont Road, #1101, Marietta 30062 770-579-0400 • www.eastcobb.schoolofrock.com	7-18	\$425	9am-3pm		V	V	V	V		V	V	
Temple Beth Tikvah 9955 Coleman Road, Roswell 30075 770-642-0434 • bethtikvah.com/preschool	18 mos- 5 yrs	Call for pricing	9:30am- 1:30pm		V	V	6/21 & 6/23	V	√ 7/5 & 7/7	V	V	V
The Walker School Summer Programs 700 Cobb Parkway North, Marietta 30062 770-427-2689 • www.thewalkerschool.org/community/2023-summer-programs	3-14	\$160- \$390	See website		V	V	V	V		V	V	~

Check website for more info. +Extended hours offered



LEARN TO CREATE TECHNOLOGY THIS SUMMER AT THE CODER SCHOOL



The Coder School is an after-school enrichment program for kids ages 5-17 that teaches them to code AKA program computers! The instructors are passionate about teaching the next generation all about coding and how to become CREATORS and not just consumers of technology. The Coder School offers private and group coding classes as well as several coding and robotics clubs that are taught within elementary and middle schools nearby, including several East Cobb schools as full-time computer programming instructors!

The summer camps are an incredible way for kids to experience everything offered at The Coder School, which strives to work hard to provide the best of the best camps anywhere in Georgia! Students can learn Robotics, LEGO, Minecraft and Roblox coding, Scratch, Python, Java, JavaScript, 3D printing, Artificial Intelligence, and more. For a limited time, The Coder School offers a \$100 early bird discount for summer camps! If you'd like to see if The Coder school is a good fit for your child, contact us today to set up a FREE trial coding lesson to see what The Coder School is all about! The Coder School is located at 3162 Johnson Ferry Road, Unit 430, in Marietta/East Cobb. To schedule your free trial lesson, call 404-947-6047 or visit eastcobb.thecoderschool.com.



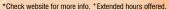
PAID ADVERTISEMENT





EAST COBBER 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
YMCA McClesky/East Cobb-Sports & Traditioanal Camp 1055 East Piedmont Road, Marietta 30062 770-977-5991 • ymcaatlanta.org	5-12	\$200-\$250 Accepts CAPS	7am-6pm	V	V	~	V	V	V	V	V	~
YMCA McClesky/East Cobb-Camp at High Harbour 1055 East Piedmont Road, Marietta 30062 770-977-5991 • ymcaatlanta.org	9-12	\$310-\$385 Accepts CAPS	7am-6pm		V	~	V	V		V	V	~
YMCA McClesky/East Cobb-Teen Leadership Camp 1055 East Piedmont Road, Marietta 30062 770-977-5991 • ymcaatlanta.org	13-15	\$200-\$250 Accepts CAPS	7am-6pm		V	~	V	V		V	V	~
YMCA Northeast-Sports & Traditional Camps 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 • ymcaatlanta.org	5-13	See website	9am-4pm*	V	V	~	V	V	V	V	V	
YMCA Northeast-Sports & Traditional Camps 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 • ymcaatlanta.org	3-5	\$80-\$106	9am-1pm	~	~	~	~	V	~	~	~	•
YMCA Northeast-Sports & Traditional Camps 3010 Johnson Ferry Road, Marietta 30062 678-569-9622 • ymcaatlanta.org	13-15	\$125-\$175	9am-4pm*	~	V	~	V	V	V	~	V	~





ART

- ·Summer Camps
- ·K to 8th Grade
- ·AM/PM/ALL DAY
- Birthdays
- ·Special Events
- ·Classes for all!









We found your new favorite spot.

Coincidentally, it's everyone else's too.



Located on the campus of Johnson Ferry Baptist Church 955 Johnson Ferry Road, Marietta, Georgia 30068

@provisioncafe [6]





THROUGH MAY 31

Eco-Tinker: Interactive Exhibits. Head outdoors for a nature-inspired tech and tinker stations where you can experiment and explore. There's plenty to play with while you learn at STEM stations. Mon-Sat: 10am-4pm; Sun: 12-4pm. Free/Members; \$15/Adult; \$9/Child (3-12); \$11/Senior 65+ & Student (Ages 13-18); Free/Children 2 & under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.org.

EVERY MONDAY THROUGH AUGUST 1

Kennesaw Farmers Market features an average of over 30 local farmers and merchants offer fresh tomatoes, flowers, seasonal fruits and vegetables, plants, herbs, and a variety of local food and products. Be sure to get there early for the best selection. The market also includes a 'Makers Market' with vendors selling handmade goods. 3:30-7:30pm. Free. Depot Park, Big Shanty Drive parking lot, 2828 Cherokee Street, Kennesaw. More info: facebook.com/KennesawFarmersMarket.

EVERY FRIDAY IN APRIL

Date Night Canoe Trip. Bring your own picnic dinner and arrive early at 4:30pm so you can enjoy it on the grounds. Then at 5 pm, guides will lead you on a 2.5-hour trip. All equipment is provided. Ages 21+. General public: \$40; CNC members: \$35. Advance registration by the Wednesday prior is required. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. For registration/scheduling: 770-992-2055 x237 or chattnaturecenter.org/visit/experience/canoeing.

EVERY SATURDAY

Marietta Square Farmers Market features products that are grown and produced in Georgia, including produce, plants, honey, breads, cheese and other items. Saturday: 9am-12pm. Rain or shine. Glover Park-Marietta Square, Marietta. More info: 770-499-9393 or mariettasquarefarmersmarket.net.

EVERY SATURDAY THROUGH DECEMBER

Marietta Square Artisan Market an open-air showcase of locally-created fine art and premium hand-crafted goods, including paintings, drawings, and photography of fine artists settled alongside skilled craftspeople who feature an eclectic roster of distinctive goods including fire pits, cutting boards, terraria, pens, and fine jewelry. 9am-2pm. Rain or shine. Located in the parking lot beside the Marietta Square Market, 68 North Marietta Parkway NW, Marietta. More info: facebook.com/MariettaSquareArtisanMarket.

EVERY SATURDAY BEGINNING APRIL 8

Sandy Springs Farmers Market has unique vendors each week set up shop providing an open-air opportunity to purchase fresh produce and artisan foods. Many bring their farm to your table, others offer deliciously prepared specialty foods. 8:30am-12pm. Rain or shine. City Springs, 1 Galambos Way, Sandy Springs. More info: citysprings. com/farmersmarket.

SATURDAYS & SUNDAYS THROUGH MAY

River Canoe Trips. Take a leisurely 2.5-hour evening paddle with the nature center's experienced canoe guides, while learning all about the environment of the Chattahoochee River. This trip is a great first-time experience or a fun way to reconnect with the river you already treasure. Along the way participants will look for wildlife and learn about the wetland ecosystem that is unique to metro Atlanta. All equipment is provided. 5-8pm. Ages 8+. General public: \$35; CNC members: \$30. Advance registration by the Wednesday prior is required. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. For registration/scheduling: 770-992-2055 x237 or chattnaturecenter.org/visit/experience/canoeing.

APRIL 3-7

Cobb County Schools' Spring Break.

HEY, DON'T BE A STRANGER!

WRITE US AN EMAIL: Laren@eastcobber.com



SAY HI ON FACEBOOK: facebook.com/EASTCOBBER



JOIN US ON TWITTER:

@eastcobber

SEND US A NOTE: EAST COBBER, P.O. Box 680455, Marietta, GA 30068

Your opinion really matters. And we love to get your questions! We're here and we're listening, so drop us a line sometime, okay?

COMMUNITY CALENDAR

APRIL 5-8, & 12-16

info: get.org/30th-anniversary-season.

Bright Star presented by Georgia Ensemble Theatre. An editor in 1940s North Carolina sets out to find the true story of her difficult history in this homey musical that flits between the present and the past in a heartbeat. The emotional and uplifting Appalachian tale is inspired by a true story and features a gorgeous Tonynominated bluegrass score by Steve Martin and Edie Brickell. Various showtimes. Tickets: \$39-\$49. Roswell Cultural Arts Center, 950 Forrest Street, Roswell. More

APRIL 7-8

this month, visit vw.eastcobber.com Spring Native Plant Sale. Attract butterflies, pollinators, birds and more to your garden by adding native plants. Over 100 species of plants available, and horticulturists and knowledgeable volunteers on site to help you plant the garden of your dreams. Herbs and veggies for the edible garden and more. Thursday: 4-7pm; Friday & Saturday: 10am-5pm. Free admission to the sale; plants range from \$5-\$35. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or chattnaturecenter.ora.



APRIL 8-9

Sandy Springs Artsapalooza. Two-day outdoor festival bringing art to the streets of the city. Children's play area. local musicians, interactive art stations, plus up to 150 arts and crafts participants in every discipline. Saturday: 10am-5pm; Sunday: 11am-5pm. 6100 Lake Forrest Drive, Sandy Springs. More info: sandyspringsartsapalooza.com.

APRIL 8, 15 & 22

Family Canoe Day. This introduction to canoeing on Beaver Pond is for first-time paddlers, families with young kids, or adults coming back to the sport. CNC's canoe guides will spend extra time going over paddling techniques and equipment, as well as lead races and games to practice. Admission to CNC is included so bring a picnic lunch and enjoy the nature center grounds afterward. 10:30am-12pm. Ages 6+. General public: \$25; CNC members: \$12.50. Advance registration by the Thursday prior is required. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. For registration/scheduling: 770-992-2055 x237 or chattnaturecenter.org/visit/experience/canoeing.

APRIL 12 & 19

Bookmobile Pop-up Storytime at East Cobb Park. The Bookmobile will be available for book check outs for all ages, library card registrations, and to answer any library questions after the storytime has ended. Weather permitting. 9:30-10:30am. Free. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info: cobbcounty.org/library/events.





COMMUNITY CALENDAR

APRIL 14

Cobb County Master Gardeners' Growing Herbs.

Everything you always wanted to know about herbs! See examples of how to plan an herb garden, describe their benefits and cultural requirements, and explain how to harvest and preserve them. 1-2pm. Free. Cobb County Water Lab Training Room, 660 S Cobb Drive, Marietta. More info: cobbmastergardeners.com.

Movies at the Park. Join your Friends for the East Cobb Park to watch A Beautiful Day in the Neighborhood, starring Tom Hanks. Bring the family and a picnic, a blanket, or a chair. Free; 8pm. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info: www.eastcobbpark.org/calendar/

APRIL 14-16

Cobb County Library Book Sale. Materials for sale include books for all ages in both hardcover and paperback, DVDs, Books on CD and audiocassette, and magazines. Prices range from 10 cents to \$4.00. Please see website for payment options and Friday limits. Friday & Saturday: 9am-5pm; Sunday: 1-5pm. Cobb Civic Center, 548 South Marietta Parkway SE, Marietta. More info: cobbcounty. org/library/news/cobb-library-spring-2023-book-sale.

APRIL 15

17th Annual Atlanta Blues Festival. Featuring performances by Blues legends J-Wonn, Pokey Bear, Tucka, Chick Rogers, Ronnie Bell and King George. 7pm. \$59-\$250. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 770-916-2800 or cobbenergycentre.com.

GSO Jazz! Presents "The Radiohead Jazz Project".

Georgia Symphony Orchestra Jazz! returns with the unique and engaging exploration of the music by the English rock band Radiohead. 8pm. Tickets: \$15-\$47. The Earl and Rachel Smith Strand Theatre, 117 North Park Square, Marietta. More info: 770-615-2908 or georgiasymphony.org.

Pop in for Family Fun. Provides children and their families the opportunity to interact with the Marietta Museum. Theme this month is music. 10am-4pm. Free. Marietta Museum of History, 1 Depot Street, Marietta. More info: mariettahistory.org/pop-in-for-family-fun.

APRIL 15-16

Acworth Art Fest. This perfect art-buyers destination will host booths from over 50 whimsical and talented artisans from around the country. Saturday: 10am-6pm; Sunday: 10am-5pm. Free. Historic Downtown Acworth, 835 N Main Street, Acworth. More info: acworthtourism.org/events/acworth-art-fest.

APRIL 16 & 30

Music in the Park. Join your Friends for the East Cobb Park music & fun! Various live artists. Free; 4pm-6pm. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info: www.eastcobbpark.org/calendar

APRIL 18

Galaxy in a Jar at East Cobb Library. This STEM program is geared towards 9-12 years old learning all about galaxies and nebulae. There will be a short presentation and discussion about galaxies, nebulae, what they are, and how they're formed. Then you'll make our very own galaxy (or nebula) in a jar to take home and admire for later! Adult must accompany children. 4:30-5:30pm. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: cobbcounty.org/library/events/1503/galaxy-jar.

APRIL 19-23

Lemonade Days Festival benefiting Dunwoody
Preservation Trust. Featuring full-scale carnival rides, food and beverages, center stage performances and the popular Dunwoody Idol contest. Check website for event schedule. Admission: Free; Daily wristbands for unlimited rides--Wednesday & Thursday: \$20; Friday-Sunday: \$30; individual ride tickets \$1.25. Wednesday-Friday: 4-10pm; Saturday: 10am-10pm; Sunday: 12-6pm. Brook Run Park, 4770 North Peachtree Road, Dunwoody. More info: dunwoodypreservationtrust.org/lemonade-days.

APRIL 20

Creative Studios Open House Night at Sewell Mill Library& Cultural Center. See what you can create for your audio and video projects. This event introduces the Creative Studios to anyone and everyone interested in using this unique facility. Tour the spaces, check out the cool—and free—equipment, and ask questions about the policy and software offered in the Creative Studio. 4-5:30pm. Free. Sewell Mill Library& Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: cobbcounty.org/library/events/1425/creative-studios-open-house-night.

APRIL 21-22

Master Gardener Garden Plant Sale & Expo. There is something for everyone – including vendors from around the southeast. Rain or shine. 10am-4pm. Free. Jim R. Miller Park, 2245 Callaway Road SW, Marietta. More info: cobbmastergardeners.com.

APRIL 22

Marietta Children's Business Fair. This fair takes selling up a notch by creating entrepreneurs. Kids develop a brand, create a product or service, build a marketing strategy, and then open for customers at the one-day marketplace. 40 vendor booths. 12-4pm. Free. IThink Bank Parking lot, 647 Roswell Street NE, Marietta. More info: childrensbusinessfair.org/marietta.

APRIL 22

National Park Day. Entrance fees will be waived to kick off National Park Week so get out and enjoy your national parks. Check out the parks in GA that are free here: nps. gov/planyourvisit/fee-free-parks-state.htm.

APRIL 22-23

43rd Annual Kennesaw/Big Shanty Festival combines the rich heritage of Kennesaw and the Civil War era with fun-filled activities with arts and crafts, food and live entertainment. The festival kicks off with a parade on Saturday at 9:30am, starting at Adams Park and continuing down Main Street through downtown Kennesaw. Saturday: 10am-6pm. Sunday: 12-5pm. Free. Downtown Kennesaw, 2829 Cherokee Street, Kennesaw. More info: 770-423-1330 or kennesawbusiness.org/bsf.

APRIL 24

31st Annual Charity Golf Tournament hosted by East Cobb Lions Club. Proceeds to benefit local charities. 8am: Registration, continental breakfast and range balls. 9am: Shotgun start. Four-person team, Ft. Lauderdale format. Lunch and awards follow golf. \$175/player. Indian Hills Country Club, 4001 Clubland Drive, Marietta. More info/to register: Don Garrow at 770-955-6914 or dgarrow@bellsouth.net or eastcobblions.club/golf-tournament.html.

APRIL 28-29

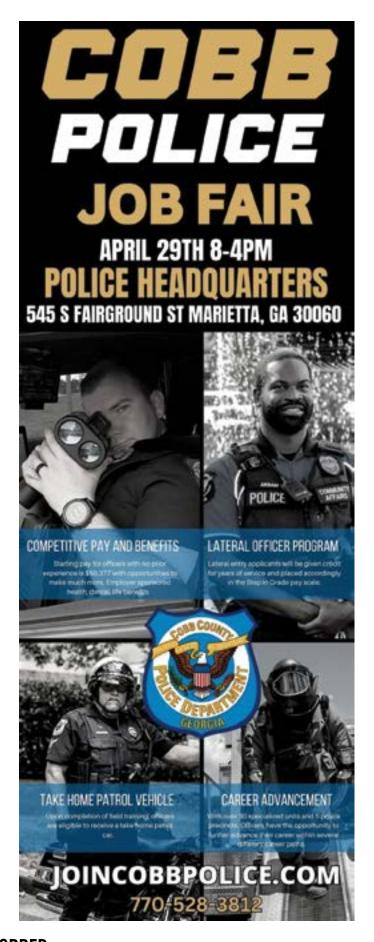
Atlanta Antique Gun and International Military Show. Antique Guns & Arms & Memorabilia of the Civil War, Indian Wars, WWI, WWII, etc. will be exhibited, bought, sold & traded. Friday: 12-5pm. Saturday: 9am-4pm. Daily admission: \$7; Ages 7-12: \$1. IAMAW Union Hall, 1032 S. Marietta Parkway, Marietta. More info: 704-282-1339 or Richard@thecarolinatrader.com.

APRIL 29

Recycle Day to benefit Pope High School Band. Clear out the clutter and bring your recyclable metal, electronics, appliances, paint and paper for shredding to Pope. A \$10 donation includes all you can bring metal, appliances and computers. Additional fees apply for monitors, TVs, paint and shredding. Pick-up available. 9am-2pm. Northeast Cobb YMCA, 3010 Johnson Ferry Road, Marietta/East Cobb. More info: popeband.com/recycle or popebandrecycling@gmail.com.

APRIL 30

Taste of Marietta. Enjoy samplings from local restaurants, live entertainment and kids' activities. 11am-7pm. Festival admission: Free. Food tastes: \$1-\$5. Historic Marietta Square, 4 Depot Street, Marietta. More info: tasteofmarietta.com.



COMMUNITY CALENDAR

MAY 4

39th Annual Cobb County Prayer Breakfast. Join leaders from Cobb County and surrounding areas as they join to pray for our nation, state, and county. Tickets include a delicious breakfast and program. 7am. \$30+. Cobb Galleria Centre, 2 Galleria Parkway SE, Atlanta. More info: cobbcountyprayerbreakfast.org.

MAY 6

Free Comic Book Day. Each year, participating comic book shops across North America and around the world give away comic books for absolutely free to anyone who comes into their stores. Dr. No's Comics & Games Superstore, 3372 Canton Road, Suite 104, Marietta/East Cobb; Great Escape Comics & Games, 1050 East Piedmont Road, Suite 106, Marietta/East Cobb; and Syndicate Comics & Collectibles, Cobb Antique Mall, 2800 Canton Road, Vendor 034, Marietta/East Cobb. More info: 770-422-4642/770-973-2253/770-364-2376 or freecomicbookday.com.

Taste of East Cobb. Enjoy samplings from local restaurants, live entertainment, silent auction and kids' activities. Fundraiser for the Walton High School band. 11am-5pm. Festival admission: Free. Food tastes \$1-\$5; activites, drinks and cotton candy: \$1-\$2. Johnson Ferry Baptist Church, South Parking Lot, 955 Johnson Ferry Road, East Cobb. More info: tasteofeastcobb.com.

MAY 6-7

May-retta Daze Arts & Crafts Festival. The two-day art, crafts & music outdoor festival is held annually and features local artists exhibiting all handmade work: pottery, paintings, woodwork, metal, glass, fabric, soap, candles, and more. Saturday: 10am-9pm (Arts & Crafts and kid activities until 6pm, music until 9pm; Sunday: 11am-5pm. Glover Park in the Marietta Square, 50 North Park Square, Marietta. More info: mariettaga.gov/1262/May-Retta-Daze.

MAY 6-7

The Natural Products and Green Living Expo. A Natural Products, Gluten & Allergen Free, Green Living, Health & Wellness Consumer Event. Companies, local retailers, community non-profit organizations and health professionals come together for one weekend to showcase, sample, sell, as well as educate about their products and services. Alive! Expo is a fun & educational event for the whole family! Saturday: 10am-6pm; Sunday: 11am-5pm. \$10/day; Free/Under 12 & Military with ID. Cobb Galleria Centre, Two Galleria Parkway, Atlanta. More info/tickets: aliveexpo.com.



PET OF THE MONTH: PEBBLES

The Duchess of PomPom

Submitted by Louise Matthews



Animal/Breed: Pomeranian

Age and Gender: 3 years Girl

Favorite food: Cheese and kitty treats

Favorite Person: Caroline

Best trick: Spinning in circles

Turn ons: Food and meeting new friends

Turn offs: Wet grass

Favorite toy: Her big brother Winston

(Goldendoodle)

Last seen: Cuddled in her bed waiting for the

sound of the treat bag

What makes your pet so special?: No one enters a room like Pebbles! Although quite the fancy girl, she also loves hunting worms in the

backyard.

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:
I 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:



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

HEALTH & WELLNESS

ACUPUNCTURIST

Acupuncture and Wellness Center

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

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

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

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 intraoral 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.

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. Our clinic has been proudly serving the East Cobb community for over 30 years.

MENTAL HEALTH

PsychSynergy Practices, LLC

1300 Ridenour Blvd. NW, Suite 108, Kennesaw, GA 30152 470-398-1771 • www.psychsynergypractices.com

Mon: 1-5pm; Wed & Fri: 9am-5pm

PsychSynergy Practices is a mental health company that provides personalized psychiatric services via compassionate, comprehensive, and collaborative care to meet your mental health needs.

PEDIATRIC DENTISTRY

Nia Pediatric Dentistry

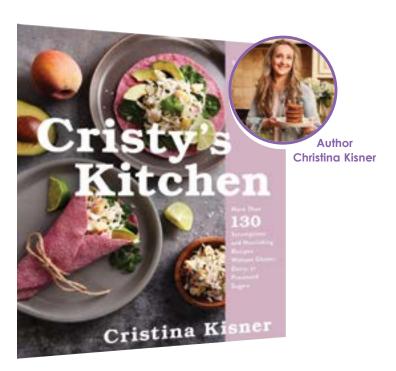
1111 Johnson Ferry Road, Suite 200 • Marietta 30068 770-479-9999 • www.NiaDentistry.com

Mon-Thurs: 8am-5pm; Fri: 8am-4pm; Sat: by appt. 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.



HEALTH & WELLNESS

EAST COBBER TO LAUNCH DEBUT COOKBOOK



ast Cobb resident Cristina Kisner has created a cookbook of over 130 delicious and nutritious recipes without gluten, dairy, or processed sugars, entitled Cristy's Kitchen (published by William Morrow). Incredible recipes and stories inside the cookbook serve as inspiration for many, to cook and eat healthier. The cookbook will be posted on April 18, 2023.

Born and raised in Peru, Cristy is also the owner and creative culinary visionary of Cristy's Kitchen, a Gluten-free and dairy-free organic cafe-bakery in Roswell, Georgia.

The in-person author open event and book signing will be held on April 22 from 12:00 to 4:00 p.m. at Cristy's Kitchen (1066 Alpharetta Street, Roswell, GA).

Cristy's and her family's challenges have shaped her journey and are well represented throughout her cookbook. From an early age, her daughters had developed different health conditions from respiratory allergies, eczema, and also an autoimmune disease. Due to stress and financial problems in Peru, Cristy's husband, Sebastian, had a heart attack. This taught Cristy how connected stress is to our health.

Cristy did not study to be a doctor or nutritionist or even a chef, but something inside of her told her that food was the solution. They switched to organic ingredients; she cut out gluten, dairy, and processed foods from her diet; and got every diagnosis under control.

In October 2019, after her company went bankrupt, and thanks to the help of family and friends, Cristy and Sebastian bought a small cafe bakery in Roswell and moved to America to start over. In December 2019, with great enthusiasm and hope, they opened the doors of the café, and shortly after the pandemic arrived. It was a very difficult time for them, working sixteen hours a day.

Then, in March 2021, Brandon Stanton, the creator of Humans of New York (HONY), became a regular customer and fell in love with the food at the cafe. He wrote about Cristy and her amazing story, and sponsored a fundraiser. His heartwarming story went viral and the donations that poured in helped the family stay afloat and keep the cafe open.

The post helped to connect Cristy with the publisher William Morrow/HarperCollins, who made her dream of writing a cookbook come true. In it she shares not only her recipes but also her story and the lessons she learned in the kitchen and in life.

Now, she is also able to share her healthy lifestyle and delicious food with a larger community in Georgia as well as nationally, with her baking mixes and frozen food shipping across much of the country.

Visit online: www.cristyskitchenga.com or via Instagram at @cristyskitchenga.



www.eastcobber.com April 2023 25

HEALTH & WELLNESS

OPTHALMOLOGIST

Woolfson Eve 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.fitnesstogether.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 30975 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

Vascular Surgical Associates

3747 Roswell Road, Suite 316 • Marietta 30062 770-423-0595 • www.vascularsurgicalatlanta.com Mon-Fri: 8am-5pm

Vascular Surgical Associates 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.

770-765-6989 **Hormone Pellet Therapy**



\$450

AnytimeClinicCare.com



PSYCHSYNERGY PRACTICES BRINGS MENTAL HEALTHCARE TO COBB COUNTY



In recent years, there has been a global shift to focus on the importance of our mental health. With the recent rise in awareness, PsychSynergy Practices, LLC, is opening its first office location in Cobb County to provide virtual and in-person psychiatric care in a safe,

non-judgmental, and welcoming environment to help lead patients in the right direction.

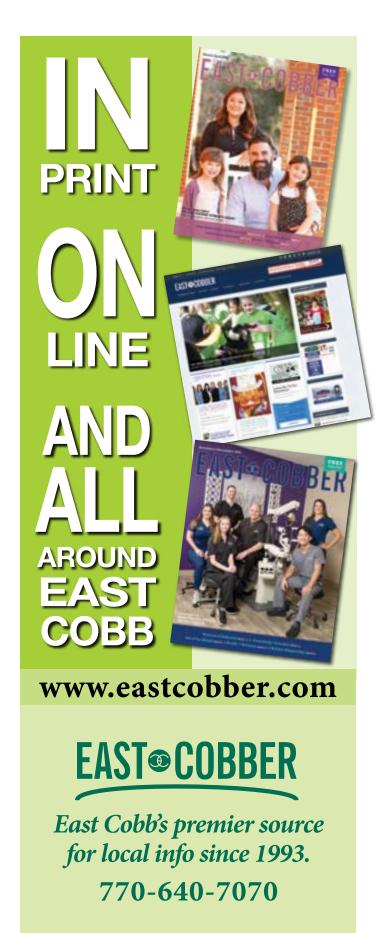
"PsychSynergy Practices is a mental health company that provides personalized psychiatric services via compassionate, comprehensive, and collaborative care to meet your mental health needs," said Dr. Candace Giles, the practice's founding psychiatrist.

Since December 2021, the practice has remained patient-focused with a mission to break down the stigma of mental health and normalize receiving psychiatric services. Dr. Giles brings her 10 years of experience serving as a triple-board certified child/adolescent, adult, and forensic psychiatrist to the table in order to deliver personalized care for those struggling with several different mental health-related issues including sadness, depression, stress, anxiety, bipolar or other mood symptoms, ADHD, trauma, disruptive behaviors, eating disorders, sleep-wake problems, and more. She is committed to fully understanding every patient and their individual needs to help provide them with a better quality of life.

With the West Cobb office opening its doors on February 20, Dr. Giles can now reach more patients with her "personal touch" approach to psychiatric care. For the first three months, the practice is offering a Grand Opening Special of 10% off all visits through May 26. Office hours are 1-5 pm on Mondays and 9 am-5 pm on Wednesdays and Fridays and is located at 1300 Ridenour Blvd, Suite 108 in Kennesaw. To get started, please visit their website and complete the pre-screening questionnaire at www.PsychSynergyPractices.com.



PAID ADVERTISEMENT



AARP TAX-AIDE OFFERS FREE TAX HELP

ARP is once again helping Cobb County residents file their taxes on time and correct. There is no charge for the service, and all tax preparers are trained by AARP. AARP Tax-Aide is the nation's largest, free, volunteer-run tax assistance and preparation service. AARP Tax-Aide volunteers prepare federal, state and local tax returns for taxpayers who have straightforward tax returns starting February 3 through April 15. Membership in AARP is not required and the service is available to everyone regardless of age. Appointments are required and electronic filing is available at all locations.

Taxpayers should bring their 2021 return and all 2022 tax documents. Each taxpayer must also present their social security cards or other identification documents for themselves and all dependents.

For direct deposit refunds, taxpayers must have their checkbook and a valid blank or canceled check.

AARP Tax-Aide volunteers will be available at the following locations convenient to East Cobb:

- Cobb County Senior Service Center Mondays and Tuesdays from 10:30am-2:30pm, 1150 Powder Springs Street. To schedule an appointment, emailcowc. taxaide@gmail.com or call 678-439-7230.
- East Cobb Library Tuesdays, from 10am -4pm, 4880 Lower Roswell Road. To schedule an appointment, email eclib.taxaide@gmail.com or call 770-609-9138.
- Gritters Library Tuesdays from 10:30am-2:30pm, 880
 Shaw Park Road. To schedule an appointment, email gritterstaxes@gmail.com.
- Mountain View Library Thursdays, (starting March 9) from 10:30am-2:30pm, 3320 Sandy Plains Road. To schedule an appointment, email taxaide.mtnview@ gmail.com.
- Switzer Library Thursdays from 10:30am-2:30pm, 266 Roswell Street. To schedule an appointment, email Switzertaxes@gmail.com.

For more information, visit aarp.org/taxaide.





The "Catch'em Fishing Club" is looking for new members to share stories and friendship. Meetings start at 10am on the first Monday of each month, except holidays, at the East Cobb Senior Center, 3332 Sandy Plains Road, Marietta/East Cobb. There is no cost. For more information, contact Hank Klarzuk, 770-971-5240.

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