

May 2023

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# EAST COBBER



Jay Pittroff and Ed Getz  
Owners  
CERTAPRO PAINTERS

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**Memorial Day Events** PAGE 15 | **Vacation Bible Schools** PAGE 22





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| <b>C- COLOR</b>     | Varies from one area to the other             |
| <b>D- DIAMETER</b>  | Typically larger than a pencil eraser (6mm)   |
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# EAST COBBER

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Comments and stories are always welcome.

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**EAST COBBER**



# PUBLISHER'S NOTE



There are many inspiring examples of powerful females killing it at the tops of their fields and in the trenches, helping to make the world a better place for everyone. Political candidates, journalists, CEOs, bank presidents, and teachers. For many of us, our first inspiring female role model was Mom. Our mothers are our lives' foundation—they shape, inspire, and love us

unconditionally.



**TAMARA STEPHENS**  
*Graphic Designer*

I have been shaped, inspired, and loved unconditionally by my mother and nine grandmothers. For most of my life, I have always been somewhere in the line of five generations. Not only have these powerful women raised families, but they have done so holding at least one, if not more, of those titles mentioned. We celebrate Mother's Day on the 14th of this year. On Mother's Day a year ago, I spent the day in Labor & Delivery with my daughter beginning her journey as a mother. Watching her this past year with her son and career has been the most amazing and humbling gift.



**ASHLEY ANTONINI**  
*Digital Editor*

I am also surrounded by a team of powerful females at the EAST COBBER. In addition to caring for their families, these women care for their community while using their professional skills to help publish the EAST COBBER, post on social media, produce special events, and much more.



**TIFFANIE ABERNETHY**  
*Online Promotions*

Our community is also shaped, inspired, and loved unconditionally by our mom friends and neighbors. Happy Mother's Day to all of you powerful females.

Laren Brown, Publisher  
laren@eastcobber.com

## On the Cover

This issue's front cover features Jay Pittroff, owner of CertaPro Painters of Roswell and Ed Getz, owner of CertaPro Painters of Marietta.

**CertaPro Painters is a locally owned residential and commercial painting company. They are known for their high-quality and customizable painting services and have a proven track record of providing certainty and professionalism to their customers. CertaPro Painters prides itself on delivering top-notch service, showing up on time, and making customers for life.**

Jay and his wife Colleen have two sons, Jack and Carter, and have lived in East Cobb since 2013.

Ed and his wife Vicki have three adult children, sons Justin and Ryan and daughter Lindsay. With Lindsay's assistance with the start-up of the business and Ryan recently joining his dad, it is becoming a CertaPro family. They have lived in East Cobb for over 10 years.

**CertaPro Painters' Marietta office in East Cobb is at 1000 Johnson Ferry Road, Suite B245, while the Roswell office is at 108 Oak Street, Suite B.**

To learn more, visit their website at [www.CertaPro.com](http://www.CertaPro.com).

Front cover photo taken by  
Jeremy Adamo of  
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# NEIGHBORING CERTAPRO PAINTERS OWNERS ENJOY A PERSONAL AND PROFESSIONAL PARTNERSHIP

*By Adam Darby*

It's not every day that a simple business owner-customer relationship turns into a professional partnership and strong friendship. But Jay Pittroff and Ed Getz consider their dynamic to be one of the driving forces behind their success.

While Jay has been the long-time owner of CertaPro Painters' Roswell location for over six years, Ed is in his second year as the owner of the neighboring office here in East Cobb. While the two work together and partner up for various team-building exercises and networking events, they also enjoy comradery outside of the office where they can regularly be seen going on double dinner dates with

their spouses. But interestingly enough, none of this would have started if it wasn't for Ed's loyalty to CertaPro Painters as a customer.

In 2021, Ed worked as a facilities manager at an Alpharetta-based company and would regularly work with CertaPro Painters of Roswell for any and all painting service needs. He quickly became Jay's best commercial customer and they consistently contacted

one another. When CertaPro Painters of Marietta went on the commercial market, Jay couldn't think of anyone better than Ed to own that franchise. Jay urged Ed to "throw his hat in the ring," and that's exactly what he did. After several months of intense and detailed business review and negotiations, the deal was struck, and Ed suddenly went from Facilities Director to a business owner. Without hesitation,

Jay took it upon himself to begin mentoring Ed and continues to do so to this day.

"For me to have somebody like Jay as a friend and mentor guide me through the process from the beginning...it has really helped me a lot as far as not feeling like I'm doing this all on my own," Ed said. "There's nothing I wouldn't do to help him be successful and I know he would do the same for me too."

Ed and Jay both made the move to Georgia a decade ago and are both happily married with multiple children in their 20s or late teens. The two consider themselves family men who place their spouses and children as top priorities. However, Ed has a unique connection with some



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of his children in that his daughter and son currently work for CertaPro Painters themselves.

“I couldn’t have asked for a better opportunity than to bring my family into the business with me,” Ed said. “Business is important, but family is always number one.”

As a company, CertaPro Painters has delivered high-end residential and commercial painting services for more

than 30 years. Based in Philadelphia, they are currently the largest residential painting contractor in North America offering customizable plans for all of their customers. The name, “CertaPro”, comes from their promise of certainty in reassuring customers of their quality and expertise in providing them with the highest level of service that they deserve.

“[CertaPro’s] differentiator really

is our system and our process...that CertaPro is synonymous with certainty,” Jay said. “We do what we say we are going to do. We show up on time. Our goal is to make customers for life, not just paint somebody’s house.”

As Jay and Ed continue to work closely together and enjoy time with each other in and out of the office, they remain grateful to CertaPro Painters for providing them

with this strong and enduring partnership. Most recently, the two were seen sponsoring and attending the Taste of Marietta together to wrap up the month of April.

CertaPro Painters’ Marietta office in East Cobb is located at 1000 Johnson Ferry Road, Suite B245, while the Roswell office is located at 108 Oak Street, Suite B. To learn more, visit their website at [www.CertaPro.com](http://www.CertaPro.com).

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**EAST COBBER**

# WOOLFSON EYE INSTITUTE SETS ITS SIGHTS ON EAST COBB

Who better to open an East Cobb office of a renowned Southeastern Eye Institute than one of its own? Dr. Eric Jennings and his staff now reside at Woolfson Eye Institute in East Cobb at 2687 Sandy Plains Road. Dr. Jennings grew up in the community and graduated from Lassiter High School. Life does come full circle sometimes.

The beginnings of Woolfson Eye Institute started with Dr. Jonathan Woolfson in founding the Atlanta-based practice in 2002. Now headquartered in Sandy Springs, Woolfson has eight locations in Georgia, North Carolina, and Tennessee. A LASIK pioneer, Dr. Woolfson, began with a focus on LASIK procedures, which continues to be a priority. But over the years, the institute has evolved into a high-quality, multi-specialty practice. Woolfson Eye now provides surgical procedures, as well as advanced medical treatment, for eye care such as glaucoma, retinal pathology, cataracts, corneal disease, and oculoplastics. And as the name institute indicates, Woolfson Eye Institute is dedicated to research and education as well.

The website states that Dr. Woolfson “brought in the best and brightest in their fields,” and that’s where Dr. Jennings enters. After graduating from the University of Georgia and the Medical College of Georgia in Augusta, he went on to complete his ophthalmology residency as well as a fellowship in cornea, external disease, and refractive surgery at the University of Florida Shands Hospital. His path led him to a few years’ experience with another eye group and then to Woolfson in 2019.



Dr. Eric Jennings of Woolfson Eye Institute East Cobb

Dr. Jennings is considered a referral or consultative ophthalmologist whose patients are largely referred to him by local optometrists.

“When I came to Woolfson, the practice had plans to expand into the northern and western Atlanta suburbs,” explains Dr. Jennings. “Growing up in East Cobb made expansion into that area a logical fit for me. The pandemic arrived shortly after I joined, and plans slowed a bit, but we persevered to create a dynamic team in East Cobb, opening in December 2022. Establishing an office from scratch takes special talents, and we assembled a group that exhibits not only experience and innovation, but also compassion for patients.”



The East Cobb location offers those in areas north of Atlanta easier access to advanced medical eye care, according to Dr. Jennings. The East Cobb Practice includes other specialty providers, as well, who accept referrals from other healthcare professionals in the area.

Dr. Jennings splits his time between seeing patients in East Cobb and performing surgery at the Woolfson Sandy Springs location or the Marietta

Surgical Center. He specializes in cataract surgery, refractive surgery (LASIK), and management of corneal and external disease, which includes corneal transplants.

According to Dr. Jennings, he is conservative in the treatment options he offers to his patients. He adds, however, that technological advances have changed the risks vs. benefits tremendously.

“Today’s technology has transformed what we can provide patients in terms of eye care,” he explains. “For example, in performing cataract surgery, simply the time element is so much more beneficial in that it can typically be done in around 10 minutes or less. Also, when it comes to intraocular lens implants technology, we have options available that can reduce or eliminate the need for glasses, and even allow for later adjustment of the lens implant power.”

For more information about Woolfson Eye Institute and its services, visit [woolfsoneye.com](http://woolfsoneye.com). To make an appointment at the East Cobb location, call 404-214-2120.

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# McFARLANE NATURE PARK CELEBRATES 30 YEARS



Artists painting in plein air near the farmhouse built in 1941.



*Chionanthus virginicus* 'White Knight', commonly called Grancy Greybeard, graces the entrance to the Park. The bloom is anticipated by park users every year.

2023 is a perfect year to become acquainted with McFarlane Nature Park, an 11.2-acre passive Park near Paper Mill and Johnson Ferry Roads. This privately-owned public park is celebrating its 30th year of serving the community with a series of small events that are available free to everyone.

On a 29-degree morning in March, 17 visitors heard the Bluebird Guy Jim Bearden speak in the back pasture, with a backdrop of a pair of bluebirds flitting in and out of the box he had installed for them.

In April, on a Plein Air Painting Day at McFarlane, 12 artists arrayed themselves around the park and brought 50 paintings to offer for sale to visitors. Many of the artists are members of the Roswell Fine Arts Alliance, and several are recognized local artists.

On Earth Day, April 22, the group Body & Brain opened their event that included a Tai Chi class, Earth Meditation, a Nature Walk, Stretching, Body & Brain Games, and a Tai Chi performance, followed by a bring your own picnic lunch.

Cobb County Arborist Dave Griffin will Walk N Talk with visitors on May 20, meeting at the council seating area at 11 a.m. Griffin also serves on the task force that manages the Park and is familiar with the Piedmont Native Tree Collection there which includes at least one specimen of every tree native to the Piedmont area of Georgia.

On June 12, University of Georgia Pollinator expert Becky Griffin will talk about the insects on which we all depend. This talk begins at 10 a.m. and will be child friendly. Becky runs the annual UGA Pollinator Census.

McFarlane Nature Park features gardens of native plants installed and maintained by a team of Master Gardener Volunteers of Cobb County who have been active in the park since 1993. Three large pastures and a woodland with walking paths provide the peace and serenity requested in the will of Florence McFarlane who left the property to serve as a passive community space.

A caretaker resides in the 1941 farmhouse on the property. Owned originally by the late prominent Atlanta attorney, Hughes Spalding, Sr., the house was constructed as the centerpiece for Spalding's extensive agricultural acreage, and adjoined farmland of noted Atlanta attorney and judge, John A. Sibley. In 1929, Hughes Spalding, Sr., succeeded his father, Jack Johnson Spalding, Sr. as senior partner in the prestigious law firm of King & Spalding established in 1885. About 1939-40, Hughes Spalding commissioned the design of the house for his farm manager, Mr. Floyd Spruill and Spruill's family.

Noted Cuthbert, Georgia, architect, Henry Johnson Toombs (1896-1967), designed the house, garage, and immediate grounds. The exposed rafters and huge beams reveal quality construction. Architect Toombs is best known for his work for President Franklin Roosevelt at Warm Springs, Georgia, and Hyde Park, New York. Among Toombs' commercial designs are the Atlanta Federal Reserve Bank, along with four in other states; Lenox Square; and Rich's Store for Homes. Traditional quality and insistence upon surrounding green space are Toombs' signature.

McFarlane Nature Park, at 280 Farm Rd SE, is open dawn to dusk daily. 📍



# OUCH, THAT HURT!

Imagine visiting your favorite ice cream shop, and as you try a bite of their newest yummy flavor, you feel an unexpected “zing” of discomfort in your teeth. Ouch, that hurt! If you’ve had a similar experience as this, you are not alone. Approximately 40% of people have sensitive teeth, and while tooth sensitivity is the body’s alert of an existing problem, studies show that only one in three of those affected talk to a dentist about it.

Understanding the anatomy of a tooth can help in understanding the rationale for different treatment options for sensitivity. Teeth are composed of four dental tissues: enamel, dentin, cementum, and the pulp. In a healthy tooth, a layer of enamel protects the crown of the tooth (the portion above the gum line). Below the gum line, cementum protects the root of the tooth. Underneath both the enamel and cementum is dentin. Dentin contains microscopic

tubules which connect to the pulp (the portion of the tooth containing the nerve). When dentin loses its protective covering of enamel or cementum, hot, cold, or sweet stimuli from our food and drinks can travel through the exposed tubules and reach the nerve causing sensitivity. This dentin hypersensitivity is what causes tooth sensitivity.

There are a variety of treatments your dentist can recommend to address your tooth sensitivity, and determining the cause of the sensitivity is often critical to feeling relief.

When a tooth has decay (a cavity) or is fractured, a restorative solution is necessary. Your dentist may recommend a filling or crown to correct the fracture or decay that is causing the sensitivity.

Improper occlusion (the way the teeth fit together) can also cause sensitivity as the teeth receive pressures from odd directions which stresses the ligaments that hold the teeth in place. An adjustment of the bite by recontouring

the teeth or with orthodontics may be needed.

If your gum tissue has receded around the tooth and the root has become exposed, a surgical gum graft (often completed by a periodontist) may be the best solution to protect the root and reduce sensitivity.

Desensitizing toothpastes are effective in many cases of tooth sensitivity. These toothpastes contain compounds that help buffer the transmission of irritating stimuli (hot, cold, sweet) through the dentin tubules to the nerve. Several applications are often required for the compounds to build up within the tubules and reduce sensitivity.

Fluoride varnish is an in-office application that may be recommended by your dentist or hygienist to help strengthen your enamel. When absorbed by the tooth, the fluoride helps remineralize weakened enamel making it more resistant to cavities and wear and more insulative against irritating stimuli.

In cases where sensitivity is severe and persistent and cannot be resolved by other means, your dentist may recommend a root canal to remove the pulp tissue and eliminate your sensitivity.

No one should have to live with tooth sensitivity. If you are experiencing sensitivity, schedule an appointment with your dentist to evaluate your teeth, determine the cause, and discuss which solution is best to resolve your sensitivity.



**Dr. Kristina Chandler**  
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# CONGRATULATIONS, GRADS!



**Kell High School • Monday, May 22 • 7:30pm**

Kennesaw State University Convocation Center, 1000 Chastain Road, Kennesaw 30144

**Lassiter High School • Thursday, May 25 • 10am**

Kennesaw State University Convocation Center, 1000 Chastain Road, Kennesaw 30144



**Pope High School • Tuesday, May 23 • 7:30pm**

Kennesaw State University Convocation Center, 1000 Chastain Road, Kennesaw 30144

**Sprayberry High School • Friday, May 26 • 7pm**

Kennesaw State University Convocation Center, 1000 Chastain Road, Kennesaw 30144



**Walton High School • Wednesday, May 24 • 7:30pm**

Kennesaw State University Convocation Center, 1000 Chastain Road, Kennesaw 30144

**Wheeler High School • Saturday, May 27 • 2:30pm**

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# WALTON HS WINTER GUARD

## PERFORMS ON THE NATIONAL STAGE




### THE 2023 WALTON WINTER GUARD ROSTER

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QUINN REILLY  
MADELINE HODGES  
MISORA FURUYA  
OLIVIA NICE  
LEJLA HADZIC

Congratulations to the Walton High School Winter Guard for being named a World Finalist at the Winter Guard International World Championships in Dayton, Ohio, on April 13th & 14th, 2023. Walton competed against 144 groups from across the country and was one of twenty to make finals for the Scholastic A Class. They were the only high school from Georgia to make finals in any class at World Championships and finished in 13th overall.

In addition, the Winter Guard finished the season undefeated and was named the Scholastic National A Champions in the SAPA (Southern Association for Performing Arts) competition circuit. The Walton Winter Guard is led by coach Scott Beck and staff members Jordan Casey, Jenn Cunningham, Stephanie Stewart, Adam Sage, and Michael James.

More information can be found at [wgi.org](http://wgi.org) and [waltonband.org](http://waltonband.org). 



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# FLAGS OF THE FALLEN HONORS MILITARY AND FIRST RESPONDERS LOST IN THE LINE OF DUTY

*By Adam Darby*



**W**e often value the importance of honoring those who have sacrificed their lives to protect others or defend our country. But for the families of the military members and first responders who are lost, the memories of those individuals live on. For this reason, Flags of the Fallen serves as a nonprofit organization providing those families with handmade, wooden flags that honor and commemorate fallen loved ones.

"These people [U.S. Military] do everything for us... we have the freedoms that no other countries have and that is all given to us by the military," said CEO and Founder, Mike Morgan. "We also do these [flags] for first responders and anyone that we've lost in the line of duty that has served this country...this [experience] has been something so special."

With prior experience working with wood and making flags for friends as a hobby, Mike came up with the idea to do something more when 13 soldiers died in Afghanistan in August 2021. When noticing that the 13 lost coincided with the 13 stripes of the American flag, he decided to start creating flags in their honor for each family sending them as anonymous gifts. This inspired him to form Flags of the Fallen.

"It just didn't sit well with me and the symmetry of 13 heroes lost that day defending our country and defending our flag with 13 stripes [on our flag] just kept gnawing at me and kept rattling around in my head," Mike said. "So, I decided I was going to make 13 of these flags and send them to each family with the names of each hero, one per [stripe]."

While Mike does not have any experience in the military or as a first responder, he made it a point to ensure that his Board of Directors was comprised of current military members, veterans, and first responders. Being a nonprofit organization, all flags are provided to families free of cost with the business being sustained by generous donations. They serve with the mission of, "remembering those we lost by caring for those they left behind."

The response from East Cobb residents has been overwhelmingly positive with many families who receive flags asking Mike to continue doing this for others. Flags of the Fallen has also created flags for the fallen Cobb County Sheriff's deputies.

To learn more about the organization or make a donation, visit [www.flagsofthefallen.org](http://www.flagsofthefallen.org). 🇺🇸



# MEMORIAL DAY EVENTS

## HELD LOCALLY

Memorial Day is a national holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Here are the Memorial Day events held locally to honor those military men and women who died while serving our country.

### ACWORTH MEMORIAL DAY CEREMONY

Saturday, May 27 ★ 10 am

**Veterans Memorial at Patriots Point in Cauble Park**

4425 Beach Street, Acworth ★ 770-917-1234

Ceremony to honor those that gave the ultimate sacrifice in service to our country with music, speakers and the recognizing of new bricks to be placed at the memorial.



### MARIETTA NATIONAL CEMETERY MEMORIAL DAY CEREMONY

Monday, May 29 ★ 12 pm

**Marietta National Cemetery**

500 Washington Avenue NE, Marietta ★ 866-236-8159

Honoring both past and present veterans with patriotic music, posting of the colors, prayers, a gun salute and inspiring speakers. American Flags are placed on every grave.



### ROSWELL REMEMBERS

Monday, May 29 ★ 11 am

**Roswell City Hall**

38 Hill Street, Roswell ★ [www.roswellmemorialday.com](http://www.roswellmemorialday.com)

The Largest Memorial Day Ceremony in Georgia.

Featuring a variety of guest speakers, ceremonies and presentations. It takes place on the grounds of Roswell City Hall at the Faces of War Memorial.



### SMYRNA MEMORIAL DAY CEREMONY

Monday, May 29 ★ 9:30 am

**20th Century Veterans Memorial**

2800 King Street, Smyrna ★ 770-434-6600

This ceremony honors and appreciates the strength and sacrifice of our veterans.



### WOODSTOCK MEMORIAL DAY CEREMONY

Monday, May 29 ★ 10 am

**The Park at City Center**

101 Arnold Mill Road, Woodstock ★ 770-592-6000 x1952

The City of Woodstock honors those who fought and died to keep us free. Visit the Woodstock Memorial, 10 tons of polished granite dedicated to our Woodstock Veterans.

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# 2023 May COMMUNITY CALENDAR

## 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](http://chattnaturecenter.org).

## EVERY MONDAY

**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](https://facebook.com/KennesawFarmersMarket).

## EVERY SATURDAY

**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: [www.facebook.com/MariettaSquareArtisanMarket](https://www.facebook.com/MariettaSquareArtisanMarket).

**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](http://mariettasquarefarmersmarket.net).

## EVERY SATURDAY

**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](http://citysprings.com/farmersmarket).

## EVERY SATURDAY & SUNDAY

**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 [www.chattnaturecenter.org/visit/experience/canoeing](http://www.chattnaturecenter.org/visit/experience/canoeing).

## MAY 5-7 & 12-14

**Steel Magnolias** presented by Marietta New Theatre in the Square. Set in Truvy's beauty salon in Louisiana, where all the ladies who are "anybody" come to have their hair done. Filled with hilarious repartee and not a few acerbic but humorously revealing verbal collisions, the play moves toward tragedy when, in the second act, the spunky Shelby risks pregnancy and forfeits her life. The sudden realization of their mortality affects the others, but also draws on the underlying strength—and love—which gives the play, and its characters, the special quality to make them truly touching, funny, and marvelously amiable company in good times and bad. \$10-\$50. Fridays: 8pm; Saturday, May 6: 8pm; Saturday, May 13: 3pm; Sundays: 3pm. Marietta's New Theatre in the Square, 11 Whitlock Avenue, Marietta. More info/tickets: 770-426-4800 or [theatreinthesquare.net](http://theatreinthesquare.net).



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## 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](http://freecomicbookday.com).

### Olley Creek Clean Up at East Cobb Park.

Help clean Olley Creek and keep litter from reaching the Chattahoochee River. Cobb County Water System will provide all the necessary equipment for the stream cleanup. For the cleanup, wear clothes that can get wet and closed-toes shoes like tennis shoes or water shoes. 10am-12:30pm. Free. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info: [www.eastcobbpark.org/calendar](http://www.eastcobbpark.org/calendar).

**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; activities, drinks and cotton candy: \$1-\$2. Johnson Ferry Baptist Church, South Parking Lot, 955 Johnson Ferry Road, East Cobb. More info: [tasteofeastcobb.com](http://tasteofeastcobb.com).

**MORE ONLINE**  
For late-breaking events this month, visit [www.eastcobb.com](http://www.eastcobb.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: [www.marietta.ga.gov/1262/May-Retta-Daze](http://www.marietta.ga.gov/1262/May-Retta-Daze).

**The Natural Products and Green Living Expo.** A Natural Products, Gluten & Allergen Free, Green Living, Health & Wellness Consumer Event. Products showcased at the event include all things Natural, Organic, Gluten Free, Eco & Green as well as everything Health & Wellness related. 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](http://aliveexpo.com).

## MAY 7 & JUNE 4

**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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# COMMUNITY CALENDAR

## MAY 12-14

**54th Annual Mother's Day Gem, Mineral, Jewelry and Fossil Show** presented by the Georgia Mineral Society. Educational exhibits, club displays, mineral and fossil specimens. Friday-Saturday: 10am-6pm; Sunday: 10-5pm. Free. Cobb Civic Center, 548 South Marietta Parkway SE, Marietta. More info: [www.gamineral.org](http://www.gamineral.org).

**Significant Others** presented by the Atlanta Ballet. This Ballet explores the role of artistic collaboration in the relationships of three historical power couples of the art world. Friday: 8pm; Saturday: 2pm & 8pm; Sunday: 2pm. Tickets: \$25-\$99. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: 800-745-3000 or [cobbenergycentre.com](http://cobbenergycentre.com).

## MAY 12-14 & 17-20

**Til Beth Do Us Part** presented by CenterStage North. Beth Bailey arrives in Cincinnati up to no good. She's scheming to get control of Carmichael Chocolates from Suzannah Hayden. The only thing between Beth and sweet candy control? Clueless Gibby, Suzannah's hapless husband - and their divorced best friends! Thursday-Saturday: 8pm; Sunday: 2pm. Tickets: \$15-\$27. CentreStage North at The Art Place-Mountain View, 3330 Sandy Plains Road, Marietta/East Cobb. More info/tickets: 770-331-0079 or [www.centerstagenorth.com](http://www.centerstagenorth.com).

## MAY 13

**Atlanta Wind Symphony High School Concerto Contest Winner** presented by the Atlanta Wind Symphony. 3pm. Free. Kennesaw State University Bailey Performing Arts Center, 1000 Chastain Road NW, Kennesaw. More info: [www.atlantawindsymphony.org](http://www.atlantawindsymphony.org).

## MAY 13 & 27

**Open-Hearth Cooking and Living History.** Living history interpreter and cook, Clarissa Clifton, demonstrates open-hearth cooking using recipes from both African traditions and known Black female cooks, including Abigail Fisher, Flora Mae Hunter, and Mashama Bailey. Clarissa explains the methods of cooking over an open fire using traditional cast iron cookware. Please note that this is for educational demonstration purposes only. 10am-3pm. Free. House Tour tickets may be purchased. Smith Plantation, Cookhouse behind the historic house museum, 935 Alpharetta Street, Roswell. More info: [www.roswellgov.com/discover-us/historic-house-museums/events/open-hearth-cooking](http://www.roswellgov.com/discover-us/historic-house-museums/events/open-hearth-cooking).

## MAY 17

**Paint The Music.** Imagine the amazing things you can create when you listen to music and paint what you feel. Artists of all skill levels and ages are invited to this special event where you listen to music and paint whatever the music makes you feel. 5-7pm. Free; registration required. Sewell Mill Library, 2051 Lower Roswell Road, Marietta. More info: 770-509-4988 or [www.cobbcounty.org/library/events/5448/paint-music](http://www.cobbcounty.org/library/events/5448/paint-music).

## MAY 19-21

**Marietta Greek Festival.** A community celebration of Greek culture and food sponsored by the Greek Orthodox Church of Marietta. Enjoy food, entertainment, dancing, shopping, children's activities and more. Friday: 4-10:30pm; Saturday: 11am-10:30pm; Sunday: 11am-4pm. \$5/day; \$10/week-end pass; Free/under 12. Holy Transfiguration Greek Orthodox Church, 3431 Trickum Road, Marietta/East Cobb. More info: 770-924-8080 or [www.mariettagreekfestival.com](http://www.mariettagreekfestival.com).

## MAY 20

**Annual Garden Tour.** The Master Gardener Volunteers of Cobb County want you to learn and be inspired as you visit our five beautiful and unique gardens selected for the Tour. This year they will showcase flora and fauna that live and can be grown in a typical Georgian's yard. The garden tour map is available to download online. 9am-4pm. Tickets: \$21/online; \$25/day of the event; Free/Children 17 and under. More info/tickets: [www.cobbmastergardeners.com](http://www.cobbmastergardeners.com).

**Pop in for Family Fun.** Provides children and their families the opportunity to interact with the Marietta Museum. The theme is Choo, Choo Trains. 10am-4pm. Free. Marietta Museum of History, 1 Depot Street, Marietta. More info: [www.mariettahistory.org](http://www.mariettahistory.org).

**Sewell Mill Talent Showcase.** Are you an independent musical artist? Do you have a weird talent, or perform music, poetry, magic, or comedy? Sign up to perform in the first annual Sewell Mill Talent Showcase! This event is for all ages. To sign up go to the webpage and fill out the form as soon as possible. Showcase: 1-4pm. Free. Sewell Mill Library Amphitheater, 2051 Lower Roswell Road, Marietta. More info: 770-509-4988 or [www.cobbcounty.org/library/events/5410/sewell-mill-talent-showcase](http://www.cobbcounty.org/library/events/5410/sewell-mill-talent-showcase).

**Trot to Clot 5K.** Families are invited to join at The Battery to help send children to Camp Wannaklot, Georgia's only summer camp for boys and girls impacted by an inherited bleeding disorder. 8am. \$45-\$55. The Battery, 800 Battery Avenue SE, Atlanta. More info: [classy.org/event/trot-to-clot-5k-walk-run-and-family-fun-1-mile-2023/e456365](http://classy.org/event/trot-to-clot-5k-walk-run-and-family-fun-1-mile-2023/e456365).



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## MAY 20-21

**Carmina Burana** presented by the Georgia Symphony Orchestra with the GSO Chorus, GYSO youth chorus, and the Atlanta Boy Choir. This colossal work is most well-known for its memorable opening "O Fortuna" which has been featured in films, television, and in commercials. Saturday: 8pm; Sunday 3pm. Tickets: \$13-45. Dr. Bobbie Bailey & Family Performance Center, 488 Prillaman Way, Kennesaw. More info: [www.georgiasymphony.org](http://www.georgiasymphony.org).

## MAY 24

**Intro to Digital Art.** Ever wanted to get into digital arts but never knew how to start? This program will teach you the basics of how to get started making digital art. Learn important terminology and techniques to get the most out of your digital art software. Create something amazing today. This event will be held in the Recording Studio and is intended for patrons ages 13+. 5-7pm. Free; Registration required. Sewell Mill Library, 2051 Lower Roswell Road, Marietta. More info: 770-509-4988 or [www.cobbcounty.org/library/events/5444/intro-digital-art](http://www.cobbcounty.org/library/events/5444/intro-digital-art).

## MAY 20-29

**Yaarab Shrine Circus & Fair.** In addition to the twenty-two circus performances under The Big Top, there are more than forty exciting carnival rides and attractions. Enjoy decadent foods such as hot wings, funnel cakes, cotton candy, fried Oreos, snow cones, elephant ears, and more! Circus & Midway Times: See Website. Admission (includes circus) \$10; Free/under 10; Parking: \$5. Midway tickets: \$25/unlimited per day; \$1.25/Single ticket. Jim Miller Park, 2245 Callaway Road SW, Marietta. More info/tickets: [www.yaarabshrine.net/shrine-circus.html](http://www.yaarabshrine.net/shrine-circus.html).

## MAY 21

**Music in the Park: The Dark Star Brothers.** The Dark Star Brothers are back by popular demand. Get ready for a great show with Ian Nathanson of Men in Blues and Perry White of Hoosier Daddy. The musical mix will have you dancing around the park! 4-6pm. Free. East Cobb Park, 3322 Roswell Road, Marietta/East Cobb. More info: [www.eastcobbpark.org/calendar](http://www.eastcobbpark.org/calendar).

## MAY 24

**Last Day of School** for students in Cobb County Schools.

## MAY 26

**Glover Park Concert Series.** The Platinum Band which is a Variety Party Band genre. Only blankets and lawn chairs are allowed inside of Glover Park. Tables, tarps and plastic ground coverings are prohibited. Tables and chairs may be brought and set up in the street on North and East Park Square after 6pm. Tables may be reserved on the first normal business day of the month beginning at 8am. Free. 8pm. More info: 770-794-5601 or visit [www.mariettaga.gov/concerts](http://www.mariettaga.gov/concerts).



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# COMMUNITY CALENDAR

## MAY 26

**Moments in Time** performed by the Georgia Philharmonic. 7pm. Tickets: \$10-\$50. Lassiter Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info: 404-500-9276 or [www.georgiaphilharmonic.org](http://www.georgiaphilharmonic.org).

## MAY 27

**Roswell Riverside Sounds Concert Series** presents Early James, a Roots Rock, Americana, Blues genre. 7-9pm. Free. Food, beer, wine and Sangria available for purchase. Riverside Park, 575 Riverside Road, Roswell. More info: 770-641-3705 or [www.roswellriversidesounds.com](http://www.roswellriversidesounds.com).

## JUNE 2-4

**The Blade Show** presented by BLADE Magazine. The world's largest knife show will feature the most diverse array of knife manufacturers, custom knife makers, collections and products as well as unique educational seminars and competitions. Friday: 11-6pm. Saturday: 9am-6pm. Sunday: 9am-2pm. \$25/1-day pass; \$55/3-day pass; Ages 12 & under free with paid adult admission. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: 877-746-9757 or [www.bladeshows.com](http://www.bladeshows.com).



## JUNE 3

**91st Annual Atlanta Radio Club Hamfest.** One of the longest running gatherings of radio amateurs for buying, selling, demonstrating, exhibiting, and swapping of equipment, with new and used equipment as well as parts. Please check website for times and ticket information. Jim Miller Park, 2245 Callaway Road SW, Marietta. More info: [www.atlantahamfest.org](http://www.atlantahamfest.org).

## JUNE 3-4

**Annual Flying Colors Butterfly Festival.** Visit with live butterfly at the butterfly encounter. The festival will also include plants available for sale in addition to games, education and fun. Tasty food and live entertainment. Saturday: 9am-3pm; Sunday: 12-5pm. General Public: \$25; Members: \$20; Free/Ages 2 and under. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: 770-992-2055 or [www.chattnaturecenter.org](http://www.chattnaturecenter.org).

## JUNE 5

**Family Promise of Cobb County Annual Golf Outing and Fundraiser** to support the mission to assist homeless and low-income families with children residing in Cobb County. It is a day filled with golf, friends and food. \$160 per golfer; \$640 per team. 10am: Check-in; 11am: Shotgun start. Indian Hills Country Club, 4001 Clubland Drive, Marietta/East Cobb. More info: [familypromisecobbcounty.org](http://familypromisecobbcounty.org).

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## PET OF THE MONTH: PHOEBE

*Submitted by Josh and Lesley Smith*



**Animal/Breed:** Australian Labradoodle

**Age & Gender:** 7-month-old female

**Favorite Food:** Bully Sticks

**Favorite Person:** The Squad (Madi, Will, Hannah, & Ethan)

**Best Trick:** The Zoomies

**Turn Ons:** Sleeping on tile floors and night-nights with the kids

**Turn Offs:** Herself in the mirror

**Favorite Toy:** Her puppy plush

**Last seen:** At the school bus stop

**What makes her special:** Phoebe can keep up with our four kids in the yard, on walks, and hiking, but is also a champion napper and expert at throwing throw pillows off sofas and beds to make room for herself!

## 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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# VACATION BIBLE SCHOOLS

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

Church, Address & Contact Info	Program Name	Age	Dates	Time	Cost
<b>Catholic Church of St. Ann</b> 4905 Roswell Road • Marietta 30062 770-552-6400 ext. 6041 • <a href="http://www.st-ann.org">www.st-ann.org</a>	"Stellar: Shine Jesus' Light"	Rising K-5th grade	Monday-Friday June 26-30	9:30am-12:30pm	\$25/child
<b>East Cobb Church of Christ</b> 5240 Roswell Road • Marietta 30062 770-587-5999 • <a href="http://www.eastcobbccoc.org">www.eastcobbccoc.org</a>	Explorers of the Bible	PreK - 4th grade	Sunday-Wednesday June 4-7	6-8pm	Free
<b>Eastminster Presbyterian Church</b> 3125 Sewell Mill Road • Marietta 30062 770-977-2976 • <a href="http://www.epres.org">www.epres.org</a>	"Stellar: Shine Jesus' Light"	4 yrs-5th grade (Rising)	Monday-Friday June 19-23	9am-12pm	\$25/child
<b>Eastside Baptist Church</b> 2450 Lower Roswell Road • Marietta 30068 770-971-2323 • <a href="http://followeastside.com">followeastside.com</a>	"Ready, Set, Move: Follow Jesus here, there and everywhere"	K (Rising)-5th grade (Completed)	Monday-Thursday June 5-8	9am-12pm	Free
<b>Holy Family Catholic Church</b> 3401 Lower Roswell Road • Marietta 30068 770-973-0038 • <a href="http://www.holyfamilycc.org">www.holyfamilycc.org</a>	"Babylon: Daniel's Courage in Captiity"	4 yrs-7th grade	Monday-Friday June 19-23	10am-12pm	\$25/child
<b>Holy Trinity Lutheran Church</b> 2922 Sandy Plains Road • Marietta 30066 770-971-4600 • <a href="http://www.holytrinitymarietta.org">www.holytrinitymarietta.org</a>	"Stellar: Shine Jesus' Light"	PreK-5th grade	Monday-Friday June 19-23	9am-12:30pm	\$5/child
<b>Johnson Ferry Baptist Church</b> 955 Johnson Ferry Road • Marietta 30068 770-794-2986 • <a href="http://www.johnsonferry.org">www.johnsonferry.org</a>	"Investigators"	K (Completed)-5th grade	Monday-Thursday June 26-29	9am-12pm	Free
<b>Lutheran Church of the Resurrection</b> 4814 Paper Mill Road • Marietta 30067 770-953-3193 • <a href="http://www.lcmmarietta.org">www.lcmmarietta.org</a>	"Hero Hotline: Called Together to Serve God!"	3yrs-5th grade	Monday-Friday July 10-13	9am-12pm	FREE: Donations for M.U.S.T Ministries will be collected during the week
<b>Mt. Bethel United Methodist Church</b> 4385 Lower Roswell Road • Marietta 30068 770-971-2880 • <a href="http://www.mtbethel.org">www.mtbethel.org</a>	"Stellar: Shine Jesus' Light"	4K (Rising) - (Rising) 6th grade	Monday-Thursday June 5-8	12:30pm-3:30pm	Free/child if parent volunteers \$40/child
<b>Mt. Paran North</b> 1700 Allgood Road NE • Marietta 30062 770-578-9081 • <a href="http://www.mountparannorth.com">www.mountparannorth.com</a>	"Stellar: Shine Jesus' Light"	4yrs-(Rising) 6th grade	Monday-Thursday June 12-15	9am-12pm	Free
<b>Mt. Zion United Methodist Church</b> 1770 Johnson Ferry Road, Marietta 30062 770-971-1465 • <a href="http://www.mtzionumc.org">www.mtzionumc.org</a>	"Candyland: Jesus is Sweet"	3 yrs (potty trained) - Rising 5th grade	Monday-Thursday June 12-15	9:30am-12:30pm	\$30/child; \$90 max/family
<b>Piedmont Church</b> 570 Piedmont Road • Marietta 30066 770-422-2566 • <a href="http://www.piedmontchurch.tv">www.piedmontchurch.tv</a>	"Ready, Set, Move: Follow Jesus here, there and everywhere"	2 year old-5th Grade	Monday-Friday June 10-13	9am-12pm	Free
<b>Pilgrimage United Church of Christ</b> 3755 Sandy Plains Road • Marietta 30066 770-971-0007 • <a href="http://www.pilgrimageucc.org">www.pilgrimageucc.org</a>	"Gone Fishing"	3 yrs-5th grade	Monday-Friday June 17-21	9:30am-12pm	By June 4: \$25/child; \$50/family
<b>Roswell United Methodist Church</b> 814 Mimosa Boulevard • Roswell 30075 770-993-6218 • <a href="http://www.rumc.com">www.rumc.com</a>	"Twists & Turns: Following Jesus Changes the Game"	4 yrs-Rising 5th grade	Monday-Thursday June 12-15	9am-12pm	\$15/child
<b>Sandy Plains Baptist Church</b> 2825 Sandy Plains Road • Marietta 30066 770-971-8525 • <a href="http://www.sandyplains.org">www.sandyplains.org</a>	"Twists & Turns: Following Jesus Changes the Game"	5 yrs - (Rising) 6th grade	Monday-Friday June 5-9	9am-12pm	Free
<b>St. Andrew United Methodist Church</b> 3455 Canton Road • Marietta 30066 770-926-3488 • <a href="http://www.saumcmarietta.org">www.saumcmarietta.org</a>	"SonQuest Rainforest: Follow Jesus on a Life Changing Adventure"	4yrs-6th grade(Rising)	Monday-Thursday July 10-13	9:30am-12pm	\$35/child



## 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)  
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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.

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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 Cobbbers trust us with their smiles!

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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. 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](http://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](http://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.



# LOCAL MOMS TAKE ON RAISING A NEURODIVERSE CHILD


by Dawn St. Louis

As a young adult, there were many years when Autism Awareness Month came and went without a single thought from me. When I found out I was pregnant with my first child, I was ecstatic. Oh boy, the plans I had for that kid! I had his future all mapped out in my head. His first two years were typical for babies and toddlers. I started to notice delays when he was just older than two. I could see the neurons firing in off in his brain, but connections weren't happening. When he was eventually diagnosed with an Autism Spectrum Disorder, it was a relief. Scary. Startling. But a relief.

Once I gave myself permission to mourn who I thought my son would be, I pulled myself up by my bootstraps and decided to help him become the absolute best version of himself. Raising a child with autism is a journey I never thought I would be on but oh what a ride it is!

We are very fortunate to live in East Cobb. There are many resources available to children on the Autism Spectrum. It can be very daunting when you first receive

your child's diagnosis, and you may not know where to look for help. Our local schools, particularly at the elementary and middle school level, provide strong services with caring therapists and teachers. But as parents, we also worry about how our children will make friends. I can assure you that opportunities exist! From Erin's Hope for Friends, an organization that provides socialization in a safe space for teens and young adults, to OT on the Go, a company that schedules bowling outings, weekend hikes and beach trips for small groups of kids, support is out there! Feel free to reach out to me through the East Cobbier for more info on these organizations, as well as others we worked with. They made an enormous and positive impact on my son's life. My son is 21 years old and pursuing his bachelor's degree out of state and thriving.

While we celebrate and acknowledge Autism Awareness month, please know one thing Moms and Dads of neurodiverse kids. I get you. Hang in there. East Cobb is full of promise once you know where to look! 



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**Otis Whitcomb, M.A.**



**Keith Whitcomb, GHAS**

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# RELAX & WAX - EAST COBB OWNER WORKS HER WAY UP INTO THE BEAUTY INDUSTRY

Pursuing the “American Dream” and making the move to the United States to start a thriving career is never easy. But that didn’t stop Rosa Routh from working hard day and night to adapt to American culture, learn a new language, and follow her passion for working in the beauty industry.

“Ever since I was little, it felt as if I had a gift,” she said. “I know that for some people it is hard to take care of themselves and helping them gives me purpose and drive.”

Serving as the owner of Relax & Wax’s East Cobb location for years, Rosa doesn’t take a single day for granted as she reflects on her long and difficult journey to be where she is. While initially planning to only live in America for one year, she traveled from her home country of Brazil to garner the schooling and experience necessary for her beauty career endeavors.

“At that time, I had limited knowledge of the English language and was working multiple jobs just to make ends meet. During the day, I would



clean several houses, and at night, I would attend English language classes at a local church,” Rosa said. “As my English language skills improved, I decided to enroll in Massage Therapy classes to work towards my license.”

During her time schooling in Massage Therapy, she quickly met a few students and became fast friends. They made plans to open a salon together after graduating. Things immediately took a turn for the worse after six months of running the business together. Her friends didn’t trust that her abilities would allow her to succeed, which led to them parting ways. But that

didn’t hold her back from using her natural talents and abilities to brighten others.

Even though she was discouraged, she was determined to succeed. At the beginning of 2015, she packed her things and relocated to East Cobb to open her own salon; she bought into the Relax & Wax franchise and was ready to build her own business. She mentioned, “I expanded my business until the pandemic, where, like most businesses, I struggled.”

But that didn’t stop her as she wasn’t new to surviving financial challenges thrown her way. Since her childhood,

Rosa diligently worked any side job she could find to provide for herself.

I got an amazing gig nannying for a wealthier family in Brazil,” she said. “One of the children was diagnosed with autism and required a little help accomplishing daily tasks. Over time, she became like my own daughter. The family and I spent 12 years together and I am so grateful I met them.”

And now, as the store owner of a successful skincare studio that provides a variety of services which include laser hair removal, micro-needling, waxing, facials, and many more. She does what she loves, she can’t help but smile at the amazing opportunities that continue to come her way.

When asked if she had any advice for those hoping to start their own business, she replied:

“Life is going to throw a lot at you no matter where you come from or who you are. You will become discouraged and may even try to give up but don’t. The hardest things in life are always the most rewarding.”

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# HEALTH & WELLNESS

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770-321-1347 • [www.fitness-together.com/eastcobb](http://www.fitness-together.com/eastcobb)

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770-627-0707 • [fitbodybootcamp.com/4950-sandy-plains-ga](http://fitbodybootcamp.com/4950-sandy-plains-ga)

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770-423-0595 • [www.vascularsurgicalatlanta.com](http://www.vascularsurgicalatlanta.com)

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# SPARKLE WELLNESS INSPIRES A MOTHER-DAUGHTER WEIGHT LOSS JOURNEY



Christine and Kari after achieving their goals



Christine before losing 27 pounds



Kari before losing 45 pounds

One of the strongest relational bonds is a close and loving connection between a mother and her daughter. However, it isn't every day that they share a successful, long-term weight loss journey. But 70-year-old Christine Ward and her 47-year-old daughter, Kari Mattingly, both worked hard to shed pounds and achieve personal health goals leading both to share a unique success story.

This all began in 2017 when Christine initially discovered Sparkle Wellness when the company's owner, Jacyntha Harb, started a health program at her church. From there, she quickly started the program and followed the diet. Despite losing weight, Christine struggled to keep her progress when going back to her previous eating habits.

"I treated it like a typical diet. I'd watch what I ate for a period of time, get the weight off, and go back to living life diet free. I lost some weight, dropped Sparkle, and gained it all back," Christine admitted. "I eventually went back to Sparkle and realized it is not a diet, but a lifestyle to adopt for the rest of my life."

After applying Sparkle's weight loss routine to her daily life for the long term, she has become more aware of food labels while abstaining from things like soft drinks and processed foods. After "dropping the diet mentality", she changed her view toward food, incorporated more fruits and vegetables, and tracked the food she ate each day.


In 2020, she began virtually training with Jacyntha each week and adopting an exercise routine that

fits her lifestyle. Christine can proudly say that she has lost 27 pounds and achieved her personal goal the following year. Being a family woman, she finds it easier to spend time with her grandchildren.

In February 2022, her daughter decided to follow in those same footsteps. Suffering from a few autoimmune diseases, working and moving was increasingly difficult for her. It was then she noticed it was time to make a change.

"I started working with Jacyntha because my mother was so enthusiastic about Sparkle and had great results," Kari said. "I felt like my food choices and medications were making me sicker, so I went into this journey choosing to control the things I can control and changing my mindset about the things I can't."

While completely cutting out sugary beverages like soda or sweet tea and avoiding gluten, Kari became more aware of what she was putting into her body. As a full-time middle school teacher, it remained a challenge to manage her disease symptoms and control what she ate. From there, she created an intentional plan that included her husband doing the grocery shopping before she prepped her meals for the week. It was then that she started regularly performing cardio exercises such as hiking and walking. In just eight months since she started, Kari lost 45 pounds by October.

For more information on how you can get started with Sparkle Wellness to start seeing results, visit [www.sparkleanewyou.com](http://www.sparkleanewyou.com) or email [sparkleanewyou@gmail.com](mailto:sparkleanewyou@gmail.com). 

**Cobb County Senior Services' Expo & Marketplace**  
 10 a.m. - 2 p.m. May 17  
 Cobb Civic Center  
 548 South Marietta Parkway, Marietta

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 go to [CobbSeniors.org](http://CobbSeniors.org)





## COBB COUNTY SENIOR SERVICES' EXPO & MARKETPLACE

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10:30am: Scam Prevention

10:30am: "A Day in the Life" AGING 101  
 Hands-on Sensory Simulation

11:30am: Dementia Friends

12:45pm: "A Day in the Life" AGING 101  
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**Free Screenings provided by Northside Hospital:**

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- Skin Cancer (10am -12pm only)
- Sleep Quality

For more information go to [CobbSeniors.org](http://CobbSeniors.org)

**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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