

February 2024

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Special Section:
**24th Annual
Child Care &
Preschool
Guide**
PAGES 16-21

PTA Reflections PAGE 8 | Pet of the Month PAGE 14

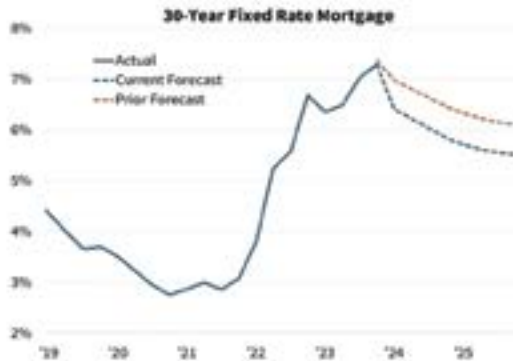
Health & Wellness PAGE 22 | Free Tax Help PAGE 26

2024 Is The Year To Buy A Home!

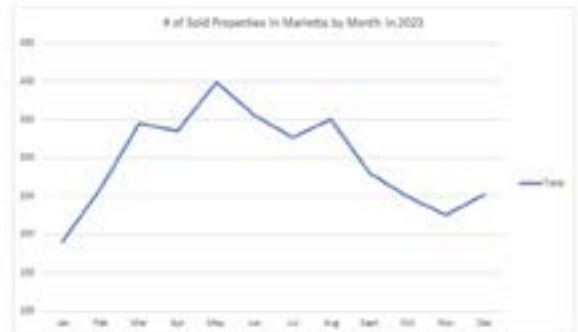
Here is why...

Mortgage rate is dropping!

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As rates come down, demand will increase and prices will go higher



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Publisher
LAREN BROWN

laren@eastcobber.com • 770-880-0965

Founder
CYNTHIA ROZZO

Graphic Designer: Tamara Stephens

Digital Editor: Ashley Antonini

Online Promotions: Tiffanie Abernethy



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EAST COBBER of Georgia is a locally owned company that strives to build a sense of community and pride in East Cobb County by providing its residents with positive stories and timely information. The EAST COBBER of Georgia is distributed free to homes, schools, and 200+ retail locations in the following zip code areas: 30062, 30066, 30067, 30068 and 30075.

Comments and stories are always welcome.

Please address all correspondence to laren@eastcobber.com.

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PUBLISHER'S NOTE



Raising four children I have realized the importance of how I use my time to stay on top of my busy life-- from managing my small business to being a mom. A big time saver for me is using the resources right here in East Cobb. This month's issue features the 24th Annual Child Care and Preschool Guide (pages 16-20). If you have young children, these charts will help you discover just how many quality preschool programs are offered right here in our backyard.

When you read this edition of the EAST COBBER, as well as each issue, I hope you will see that my staff has put together a quick and easy way to learn about the resources we have close by to make your life better and to help you catch up on some community causes. I hope you learn something you didn't know before – whether it be about a local business, a special event, and/or what your neighbor is up to! The February calendar includes St. Valentine's Day, an annual holiday celebrating romantic love, friendship and admiration. People celebrate this day by sending messages of love and affection to partners, family and friends. The EAST COBBER focuses on the love shared by fellow EAST COBBERs every month. When someone loves to do something or love someone, they devote their best talents and skills to make that project, relationship, or situation the best possible. There are many people from Rotarians to PTA members to our advertisers who love this community and are doing whatever it takes to make East Cobb a better place to live. As an editor and publisher I love to shine a light on their efforts. Have a fantastic February!

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

Laren Brown, Publisher
laren@eastcobber.com



On the Cover

On this month's cover, meet siblings Stella Rose (2 months) and J (21 months), born to Joseph and Ashley (Brown) Antonini, both alumni of the Lassiter class of 2013. Growing up in East Cobb, they share a family connection to EAST COBBER through their grandmother (Lala), Laren Brown, the magazine's Owner and Publisher. Ashley, also the digital editor of the magazine, manages the content. Stella enjoys peaceful naps, gracing everyone with smiles when awake. J's happiness revolves around shooting basketballs into his goal and connecting with family through FaceTime. Like many East Cobb littles, they look forward to starting daycare together in 2024.

ARE YOU SEEING RED THIS VALENTINE'S DAY?

When you brush your teeth, do you see red on your toothbrush bristles or on your floss? Bleeding when you clean your teeth is often an indication that you have inflammation in your gums which is a sign of gum disease. According to the American Heart Association, there is a strong association between gum disease and heart disease, and heart disease is the number one killer of both men and women in the United States!

Gum disease, also referred to as periodontal disease, is an infection of the tissues that surround and support your teeth. When you do not floss and brush well, the sticky film of bacteria called plaque which is constantly forming on your teeth, begins a process of inflammation that leads to infection. This early stage of gum disease is called gingivitis. If you have gingivitis, your gums may become red,

swollen and bleed easily. At this stage, the disease is reversible and can usually be eliminated by a professional cleaning at your dental office followed by daily brushing and flossing. Advanced gum disease is called periodontitis. It can lead to the loss of tissue and bone that support the teeth, and it may become more severe over time, causing the teeth to become loose. Chronic periodontitis affects almost half of adults over 30 in the United States and is a major cause of tooth loss in adults.

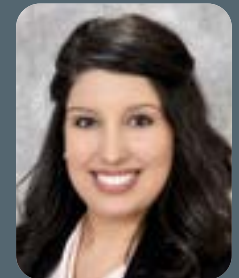
While the exact link between gum disease and heart disease remains undetermined, there is a growing suspicion that gum disease is a significant risk factor for heart disease. In fact, we are finding that people with gum disease have two to three times the risk of having a heart attack, stroke, or other serious cardiovascular event.

Though it has not yet been proven that treating gum disease will prevent heart disease, the connection is compelling enough that both dentists and doctors agree patients should strive to prevent developing gum disease in the first place. To avoid gum disease and maintain good oral health, the American Dental Association suggests:

- Brushing twice a day with an ADA-accepted fluoride toothpaste.
- Cleaning between teeth daily with floss or an interdental cleaner.
- Eating a balanced diet and limiting between-meal snacks.
- Visiting your dentist regularly for oral examinations and professional cleanings.

It should also be mentioned that in addition to heart disease, gum disease

has also been associated with health conditions such as diabetes, pneumonia, pregnancy complications, dementia and more. For this reason, we believe taking care of your oral health is an investment in your overall health! If this Valentine's day you are seeing red when cleaning your teeth, make an appointment with your dentist!



Dr. Kristina Chandler practices at Cheek Dental here in East Cobb. You may contact her at 770-993-3775 or visit www.cheekdental.com.

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WOOLFSON EYE INSTITUTE DELIVERING RETINA CARE IN EAST COBB

Experience advanced eye care with Dr. Kareem Sioufi's expertise and Woolfson's cutting-edge technology

By Marie Muir



Dr. Kareem Sioufi of Woolfson Eye Institute East Cobb

Kareem Sioufi, MD ushered in the New Year by embracing his role as the latest addition to the Woolfson Eye Institute team, bringing a wealth of knowledge and experience to East Cobb as a Medical Retina Specialist. Dr. Sioufi is excited to join the Woolfson practice and help patients address critical eye health issues and help them prevent vision loss.

The importance of a healthy retina cannot be overstated. Dr. Sioufi is well-equipped to handle diagnoses, treatments, and surgical options related to this vital part of the eye. His proficiency extends to detecting inflammation and tumors throughout the retina, offering specialized solutions such as injections and lasers to treat age-related macular degeneration (AMD) and diabetic retinopathy.

"The retina is like a mirror for the health of the body," Dr. Sioufi explains. "You can see the vessels clearly, so anything that is affecting your health systemically can often be detected on the retina."

Recent advancements in retinal repair have significantly expanded patients' options. Dr. Sioufi was drawn to the Woolfson-Marietta location for its cutting-edge technology, modern facilities, and warm staff. East Cobb residents can comfortably and conveniently access a comprehensive range of eye care services at 2687 Sandy Plains Road.

Dr. Sioufi's journey to becoming a Medical Retina Specialist spans continents and educational milestones. He moved to the U.S. in 2012 from Damascus, Syria. Upon arrival, he pursued his medical degree at the University of Medicine and Health Sciences in St. Kitts. He undertook research fellowships at Thomas Jefferson Wills

Eye Hospital in Philadelphia, renowned as the nation's top eye hospital, followed by an ophthalmology residency at the Medical University of South Carolina and a retina fellowship at the University of Washington in Seattle.

After years of strenuous studies and training, the family moved back south. They were excited to live closer to Dr. Sioufi's parents in Orlando, enjoy the warm culture, and savor delicious Southern cuisine. Dr. Sioufi is married to Sarah Alsati, an architectural photographer who is also from Damascus, Syria. The couple share a passion for exploring East Cobb with their almost 3-year-old, Talia. They can often be found sipping a cup of coffee at Cool Beans Coffee Roasters or playing pickleball in the park.

Dr. Sioufi approaches patient care with the same diligence he would provide to his own family—listening, asking questions, and carefully determining the best course of action. Woolfson Eye Institute, founded by Jonathan Woolfson, MD in 1996, boasts a team of 22 eye care providers, including 15 ophthalmologists and 7 optometrists, serving patients across 12 locations in Georgia, Tennessee, and North Carolina.

"If you notice something wrong with your vision, don't sleep on it," advises Dr. Sioufi. "Get it checked out."

The team at Woolfson Eye Institute is dedicated to providing kind and comprehensive care in a safe and comfortable environment. To discover the right vision provider or procedure for you, contact the Woolfson-Marietta office and schedule an evaluation. Reach out to Woolfson Eye Institute at 866-LASER22 (866-527-3722) or visit woolfsoneye.com/marietta-ga/. Your vision deserves the best care, and Dr. Sioufi and the Woolfson team are ready to help you see the world clearly.



Dr. Kareem Sioufi and his family.



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LOCAL STUDENT ARTISTS INSPIRED AND UNLEASHING THEIR TALENTS IN FULL FORCE!

By Audrey Piekut-Thaiss, Reflections Chair, East Cobb County Council of PTA's



Photography of animals "Friends": Alex Craig, Grade 6, Dodgen Middle School



Star Art: Anna Xie, Grade 5, Mount Bethel Elementary



Black and White: Eric Glidewell, Grade 11, Lassiter High School

National PTA has a long-standing commitment to arts education and its Reflections program, provides opportunities for recognition and access to the arts which boost student confidence and success in the arts and in life. Over 300,000 students yearly in Pre-K through Grade 12 create original works of art in response to a student-selected theme. This 50+ year-old program helps students explore their own thoughts, feelings, and ideas, develop artistic literacy, increase confidence, and find a love for learning that helps them become more successful in school and beyond.

The East Cobb County Council PTA's (ECCC PTA) Reflections program boasted an extremely high level of participation for our 2023-2024 event. Over four-hundred entries from East Cobb elementary, middle, and high school students were reviewed by our judges in the categories of literature, film production, photography, visual arts, dance choreography and music composition. Each entry showcased the student's artistic and creative skills as they reflected on this year's theme: "I am Hopeful Because..." After judging was completed, the ECCC PTA was proud to announce that we are advancing over one-hundred and fifty qualifying entries to the Georgia PTA Reflections program! These student winners represent twenty-one local schools, include all grade levels, all categories, plus the special artists division, in an impressive collection which we are proud to have represent our Council at the State level program.

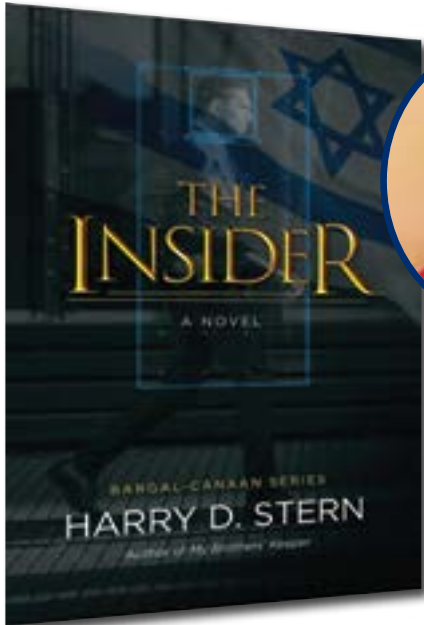
Thank you to all our participants, their families, their schools, and their local unit PTA's who have supported this valuable program. Congratulations to our ECCC PTA Reflections winners and best of luck to them at the next round of judging!

For information and updates on the ECCC PTA Reflections program, please visit www.ecccpta.org/events/reflections.



Audrey Piekut-Thaiss has led the Reflections program for East Cobb County Council PTA for the past three years. In addition, she spent seven years leading her local elementary school's reflections program. She is the mother of three Cobb County students and works as a Cobb County substitute teacher.

EAST COBB AUTHOR RELEASES NEW NOVEL



Author
Harry Stern

East Cobb resident Harry Stern has recently released, *The Insider*, a sequel to his first novel, *My Brothers' Keeper*.

The *Insider* is a page-turning tale of vengeance and duplicity. An international terror plot targeting New York City becomes a deadly game of cat and mouse with Iran's secret service.

ABOUT THE BOOK

Leora Bargal and Joshua Canaan, two top Mossad counterterrorism operatives, are enlisted to work with Detective Alex Ramirez and FBI agents to thwart Iran's plan to bomb a New York cultural hub, the 92nd Street Y.

Iran's Quds Force has formed Unit 840. Its goal is to inflict maximum casualties on Jews worldwide. It has devised a plan to detonate a massive bomb at the Y during a national convention attended by 200 Jewish philanthropists and nonprofit executives.

If the detonation is not stopped, Iran will claim that the loss of Jewish lives begins to balance Israel's assassinations of Iranian nuclear scientists, the use of the Stuxnet computer virus to damage its centrifuges, and the targeted killings of Iranian military leaders.

ABOUT THE AUTHOR

Harry Stern has written and lectured on Middle Eastern affairs and their impact on Israel's military challenges. Upon receiving his M.A. and doctorate from Columbia University, Stern moved to Israel, where he assumed the role of Director of Community Organization for Southern Tel Aviv and held a faculty position at Hebrew University, in Jerusalem.

When Stern returned to the United States, he held the position of CEO of several Jewish organizations. REJA Press published his memoir, *Anemone in a Desert Landscape*. He then launched the Bargal-Canaan series of espionage novels in 2020 with *My Brothers' Keeper*. Stern lives in Atlanta with his wife, Aviva. They have three children and six grandchildren.

MORE INFORMATION

To purchase the book, please visit [Amazon.com](https://www.amazon.com).

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2024 February COMMUNITY CALENDAR

EVERY MONDAY, WEDNESDAY & FRIDAY

Kennesaw Mountain National Battlefield Museum Tour.

It's more than just the artifacts! Join two special tours of the Visitor Center Museum where Rangers take you on a journey through the entirety of the Civil War (with heavy focus on the Western Theater and the Battle of Kennesaw Mountain). Discuss the causes, biggest battles, blunders and how the war still affects us today. 2pm. \$5/parking (includes everyone in vehicle). Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or www.nps.gov/kemo.

EVERY SATURDAY

Dog Days at the Gardens. It's time to let your furry friend experience the beauty of Smith-Gilbert Gardens with our Dog Days at the Gardens program. 9am-4pm. \$3/pups or \$20/Pup membership; \$10/adults; \$8/Seniors (65+); \$5/Youth (3-17), Military or University Students. Smith-Gilbert Gardens, 2382 Pine Mountain Road, Kennesaw. More info and Dog Rules: smithgilbertgardens.com/dogdays.

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

FEBRUARY 2-4, & 9-11

Down in Mississippi presented by Theatre in the Square. Taking place during the Freedom Summer campaign to register African-Americans to vote in the dangerous, segregated world of Mississippi in 1964. It explores the experiences of three young civil rights activists who leave their safe northern homes in an attempt to change the world; only to discover they must first change themselves. This moving and insightful piece is a celebration of a movement that gave birth to the Civil Rights Act of 1964 and the Voting Rights Act of 1965. Fridays: 8pm; Saturday, 2/3: 8pm; Saturday, 2/11: 3 & 8pm; Sundays: 3pm. Tickets: \$13-\$46. Theatre on the Square, 11 Whitlock Avenue NW, Marietta. More info: 770-426-4800 or theatreinthesquare.net.

FEBRUARY 4 & MARCH 3

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.

Family Fun Day. Enjoy the Marietta Cobb Museum of Art with free admission on the 1st Sunday of the month. 1-4pm. Free. Marietta Cobb Museum of Art, 30 Atlanta Street, Marietta. More info: mariettabartmuseum.org.

FEBRUARY 9-11, 15-18 & 23-25

I Love You, You're Perfect, Now Change. This celebration of the mating game takes on the truths and myths behind that contemporary conundrum known as "the relationship." Act I explores the journey from dating and waiting to love and marriage, while Act II reveals the agonies and triumphs of in-laws and newborns, trips in the family car, and pick-up techniques of the geriatric set. This hilarious revue pays tribute to those who have loved and lost, to those who have fallen on their face at the portal of romance, to those who have dared to ask, "Say, what are you doing Saturday night?" Thursday-Saturday: 8pm; Sunday: 3pm. Tickets: \$23-\$37. Act 3 Productions, 6285-R Roswell Road, Sandy Springs. More info/tickets: act3prod.org.

FEBRUARY 9-11 & 16-17

Coco Channel: The Life of a Fashion Icon. The woman who launched a global fashion empire, Coco Chanel redefined the world of fashion and more than a century later her legacy continues. That legacy is defined in part by Chanel's brilliant designs, shrewd business acumen, and glamorous lifestyle; it is also defined by immorality and opportunism in her rise to the top. Fridays & Saturday 2/16: 8pm; & Saturday, 2/10: 2pm & 8pm; Sunday: 2pm. Tickets: \$26-\$163. Cobb Energy Performing Arts Centre, 2800 Cobb Galleria Parkway, Atlanta. More info/tickets: atlantaballet.com.



Content + Community + Commerce = **EAST COBBER**

FEBRUARY 10

Atlanta Black Expo features various Black owned businesses for Black History Month. No matter your ethnicity, if you support Black owned businesses, you are invited to attend this event. This expo will include Product & Service based exhibitors, Speakers, Shopping, Food & Demonstrations, Family Activities, Networking, Music, Art, Kids Business Expo, Workshops, Prizes, and much, much more. 11am-6pm. \$15-\$35. Cobb Galleria Centre, 2 Galleria Parkway, Atlanta. More info: atlblackexpo.com.

FEBRUARY 11

Greater Atlanta Coin Show. Many dealers in one place where you can browse, buy, sell, or trade coins, currency, bullion, and other collectibles. Experienced coin dealers also provide free verbal appraisals for coins, currency and precious metals. 9am-4pm. Free. Hilton Atlanta/Marietta Hotel and Conference Center, 500 Powder Springs Street Marietta. More info: 770-772-4359 or www.atlcoin.com.

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

 Follow @eastcobber

FEBRUARY 11

Super Museum Sunday. This is an annual event coordinated by the Georgia Historical Society as part of the Georgia History Festival, commemorating the founding of Georgia. 12-4pm. Free. More info: georgiahistory.com/events/super-museum-sunday.

FEBRUARY 13

Bollywood Dance Dil Se. Bollywood dance is a fun and enjoyable activity that combines various styles of dance into a heart pumping workout. Sway your hips to the beat as you learn some basic Bollywood dance moves. Discover the benefits of aerobic exercise and how it can lead to improved strength, balance, and coordination. No previous dance experience necessary. All ages 18+ are welcome. Comfortable clothing and footwear suggested. 6:30-7:30pm. Free. East Cobb Library, 4880 Lower Roswell Road, Marietta/East Cobb. More info: www.cobbcounty.org/events/bollywood-dance-dil-se-1.

FEBRUARY 17

Aida Rodriguez's Comedy Show. A comedian, actor and writer. Lauded by Esquire Magazine as "raucously funny," she has become a favorite with fans and critics alike. She headlined the HBO LatinX standup special Entrenos while also appearing in Showtime's Shaquille O'Neal Presents: All Star Comedy Jam. 8pm. \$50. Theatre on the Square, 11 Whitlock Avenue NW, Marietta. More info: 770-426-4800 or theatreinthesquare.net.



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COMMUNITY CALENDAR

FEBRUARY 17

Atlanta Campaign Map Talk at the Kennesaw Mountain Battlefield. From early May to September 1864, the American Civil War blazed through the Georgia countryside. This indoor program explores the campaign for Atlanta step- by- step. You'll learn about the battles, the heroes, sacrifices, and all that was at stake for the election that year. 11am. \$5/parking (includes everyone in vehicle). Kennesaw Mountain National Battlefield Park, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or www.nps.gov/kemo.

GSO Jazz! presents What the World Needs Now.

Celebrating the music of Burt Bacharach and Hal David. 8pm. Tickets: \$15-\$45. Earl and Rachel Strand Theatre, 117 North Park Square, Marietta. More info/Tickets: www.georgiasymphony.org.

Pop-In for Family Fun at the Marietta History Center. Crafts and activities will be provided to create a fun learning environment that explores different topics of history with a local focus. This month's theme is Black History. 10am-4pm. Free. Marietta History Center, 1 Depot Street, Marietta. More info: 770-794-5710 or www.mariettahistory.org.

FEBRUARY 17

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

Winter Family Night Hike at the Chattahoochee Nature Center. Winter is one of the best times of year to explore nature at night. The winter world of CNC is one that deserves exploration in the dark. Listen for the sounds of winter in the woods and gaze up at the stars, while enjoying the crisp air of the season. A campfire, where you can roast a marshmallow. Advanced reservations required by the Thursday prior to the event. 7-9pm. \$15/ non-members; \$12/members. Chattahoochee Nature Center, 9135 Willeo Road, Roswell. More info: www.chattnaturecenter.org.

FEBRUARY 19-23

Cobb County School District Winter Break. All Cobb County schools will be closed.

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SUNDAY, MARCH 24
PURIM CARNIVAL

11:45 a.m. - 12:15 p.m. A quieter, less crowded experience
12:15 - 2:30 p.m. Carnival opens to all!

Festivities include a children's costume contest, carnival games, inflatables, a balloon artist, Israeli food for purchase and more!

www.etzchaim.net/event/purimcarnival2024

Admission Bracelets:
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FEBRUARY 20

Instrument Exploration with Bach to Rock East Marietta. Join Sewell Mill Library & Cultural Center and Bach to Rock East Marietta for an Instrument Exploration! Bach to Rock will bring all kinds of instruments for our young patrons to explore and try out. This program is intended for children in grades K-6. 2-3pm. Free. Sewell Mill Library & Cultural Center, 2051 Lower Roswell Road, Marietta/East Cobb. More info: www.cobbcounty.org/events/instrument-exploration-bach-rock-east-marietta.

FEBRUARY 24

13th Amendment Talk at the Kennesaw Mountain Battlefield Park. As the first amendment to the U.S. Constitution to be passed during the Reconstruction era, the 13th Amendment abolished slavery in the United States. In recognition of African American history month, the Ranger will discuss the history behind, the debate for, and ultimately the ratification of the amendment. 11am. \$5/parking (includes everyone in vehicle). Kennesaw Mountain National Battlefield Park, Visitors Center patio, 900 Kennesaw Mountain Drive, Kennesaw. More info: 770-427-4686 or www.nps.gov/kemo.

Special Olympics Georgia Polar Plunge. The Polar Plunge is one of Special Olympics Georgia "coolest" and largest fundraising events through the efforts of the Law Enforcement Torch Run Program (LETR). All proceeds raised go to help provide 26,620 Special Olympics Georgia athletes free year-round sports training. 11am-2pm. \$25. Acworth Beach, 4425 Beach Street, Acworth. More info/registration: acworthtourism.org/acworth-events. Young Artists' Concerto Competition. The Samuel Fordis Young Artists' Concerto Competition features the top competition winners in solo performance with the Georgia Philharmonic orchestra. The first and by far largest in the South, the competition draws the best young soloists in the area to compete head-to-head on virtuosic concertos. 7pm. \$10-\$50. Lassiter High School Concert Hall, 2601 Shallowford Road, Marietta/East Cobb. More info: georgiaphilharmonic.org.

FEBRUARY 27

Sensory Friendly Afternoons at the Southern Museum. The museum is transformed into a sensory-friendly environment. Welcoming visitors with Autism Spectrum Disorder, sensory processing issues or special needs to explore the Museum at their own pace. All ages are welcome. 2-5pm. \$10/adults; \$8/Seniors (65+); \$5/Children (3-17), Active military & students (w/ID); Free/Members and children under 2. Southern Museum, 2829 Cherokee St, Kennesaw. More info: southernmuseum.org.

GET YOUR NATURE ON THIS WINTER

ENCHANTED WOODLAND TRAIL

OPEN DAILY THROUGH FEBRUARY 29

Get outside this winter and tour whimsical Fairy Houses and Gnome Homes!

Free to members and included with general admission

WATER DROP DASH 5K AND FUN RUN

SATURDAY, MARCH 16

Register now for this fast, flat 5k course along the Hooch

WATERDROPDASH.COM

ENC Chattahoochee NATURE CENTER

9135 Willeo Road | Roswell, GA 30075
chattnaturecenter.org | 770.992.2055



PET OF THE MONTH: **CODY**

Owned by Chet and Carol Kolakowski



Breed: Nova Scotia, Duck Toler Retriever

Age/Gender: 7-year-old male

Favorite Food: Everything

Favorite Person: Dad

Best Trick: To sit until he is released. He also likes to supervise whenever he can.

Turn Ons: Walks, car rides, and most importantly, swimming.

Turn Offs: Cats and squirrels.

Favorite Toy: Sharkey the stuffed shark.

Last Seen: Begging for food.

What makes her special: He loves everyone, don't look down because he'll be standing between your legs.

Should Your Pet Be Our Pet of the Month?

Fill out the information on your pet and send it to:

EAST COBBER, P.O. Box 680455, Marietta, GA 30068.

Please include a picture with your entry. Or email description and a jpg to: petomonth@eastcobber.com

Pet's Name: _____

Animal/Breed: _____

Age & Gender: _____

Favorite Food: _____

Favorite Person: _____

Best Trick: _____

Turn Ons: _____

Turn Offs: _____

Favorite Toy: _____

Last Seen: _____

What makes your pet so special: _____

Owner's Name: _____

This is a doggone great spot to advertise your business!



Call

EAST COBBER

770-640-7070

ADD A LITTLE LOVE TO YOUR LIFE THIS VALENTINE'S DAY!

ADOPT OR FOSTER A DOG FROM A LOCAL SHELTER OR RESCUE.

By Kris Hale with Best in Dog, LLC



Gunner



Lemon Cake



Lemon Cake

All photos taken by Marie Matthews

There are many benefits of sharing your life with a dog. Not only does a dog provide us with companionship and unconditional love, they help us to be more physically active. They encourage us to get outside, enjoy the fresh air, and meet new people. Dogs help keep us happy and healthy.

There are specific benefits to adopting from a shelter or rescue. For the dog, you are literally saving their life. For you, when adopting a dog, you don't have to go through the puppy stage. Many dogs will already be potty trained and know some skills, like "sit" or other basic cues. There are dogs of all ages, personalities, and breeds available for adoption, so you can choose a dog that fits your lifestyle and goals.

While there are lots of benefits, there are responsibilities that come with having a dog. You are

committing to care for the dog for life; this includes health care, exercise, food, safety, and training.

Which brings us to fostering. Fostering a dog, even temporarily, is a great option. You get all the benefits of sharing your life with a dog, without the full commitment. Medical care and basic supplies are covered when you foster; in some cases, training is also included.

If you can't make a long-term fostering commitment but want to help and spend time with some amazing dogs, try being a short-term foster. Lifeline Animal Project lifelineanimal.org has several great programs, including Weekend Warrior and Dog for a Day. Research shows that getting a dog out of the shelter for an overnight with a foster—or out for the day—increases their chance of getting adopted, while you get the benefits of companionship and physical exercise.

What are you waiting for? 🐾

GET IN TOUCH!



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[@EastCobber](https://twitter.com/EastCobber)



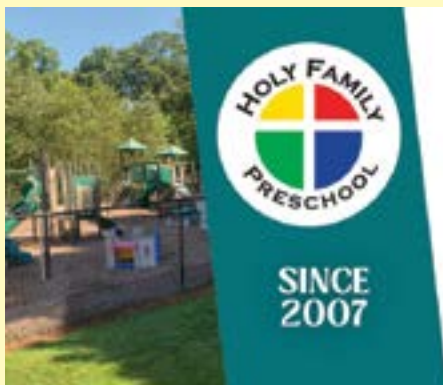
www.eastcobber.com
editor@eastcobber.com

East Cobb Child Care & Preschool Guide

The following pages provide a comprehensive listing of all child care centers, Mother's Morning Out (MMO) programs, and preschools available to children up to the age of 5 in East Cobb County. This information offers a quick review of the child care and educational programs located right here in our East Cobb community. We have not attempted to "rank" or "rate" any centers. Readers are encouraged to thoroughly evaluate any potential caregiver. The Child Care Licensing Section of the Georgia Department of Human Resources regulates the industry and can be very helpful. In the Pre-K column, an * after the check mark indicates that the preschool offers the Georgia Pre-K program.

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4-5 Year-Olds)	Kindergarten (5-6 Year-Olds)	After School Care	Mother's Morning Out	Summer Session/Camp	Evening Care	Drop-In Day Care	Special Needs
ABC KIDS ACADEMY (70) 4041 Canton Road, Marietta 30066	Terrell & Erika Griffin 770-592-4933	6 wks +	✓	✓	✓		✓	✓	✓		✓	
ACADEMY AT NORTH (62) 1700 Allgood Road, Marietta 30062	Teresa Smith 678-285-3226	8 wks +	✓	✓	✓		✓					
BRIGHT HORIZONS AT WILDWOOD (100) 3175 Windy Hill Road, Atlanta 30339	Tina Carter 770-933-0530	6 wks +	✓	✓	✓				✓			✓
BUNDLE OF JOY LEARNING ACADEMY (107) 2145 Barnes Mill Road, Marietta 30062	"Mr. D" 770-565-3933	6 wks +	✓	✓	✓*				✓			
CATHOLIC CHURCH OF ST. ANN'S PRESCHOOL (130) 4905 Roswell Road, Marietta 30062	Nancy Wohlfrom 770-552-6400 ext. 6030		18 mos +	✓	✓				✓			
CHILDCARE NETWORK (174) 2090 Lower Roswell Road, Marietta 30068	Jaclyn Woods 770-973-9904	6 wks +	✓	✓	✓		✓		✓		✓	✓
CRÈME DE LA CRÈME (220) 726 Woodlawn Drive, Marietta 30068	Vicky Nolan 770-872-6445	6 wks +	✓	✓	✓	✓	✓		✓			
CRESCO MONTESSORI SCHOOL (68) 3001 Johnson Ferry Road, Marietta 30062	Kim Adams-Count 770-992-8031	6 wks +	✓	✓	✓*	✓	✓		✓		✓	✓
DOODLE BUGS DAYCARE & LEARNING CENTER (50) 2561 Canton Road, Marietta 30066	Hellena Hammand 770-422-0284	6 wks +	✓	✓	✓	✓			✓			✓
EAST COBB CHURCH OF CHRIST (40) THE FIRM FOUNDATION PRESCHOOL 5240 Roswell Road, Marietta 30062	Kristy Sexton 770-587-5999		✓	✓	✓	✓		✓			✓	✓
EAST COBB PREP (175) 3875 Shallowford Road, Marietta 30062	Erin Fleishman 770-649-0415	6 wks +	✓	✓	✓							
EASTMINSTER CHRISTIAN PRESCHOOL (120) 3125 Sewell Mill Road, Marietta 30062	Debbie Wilson 770-485-0611		17 mos +	✓	✓							
EASTSIDE KIDS ACADEMY (130) 2450 Lower Roswell Road, Marietta 30068	Erin Pruitt 912-303-7169	6 wks +	✓	✓	✓				✓			
EMMY'S ACADEMY (30) 2877 B Johnson Ferry Road, Marietta 30068	Amy Corrigan 678-509-3669	6 wks +	✓	✓	✓	✓	✓		✓			✓
ETZ CHAIM PRESCHOOL (60) 1190 Indian Hills Parkway, Marietta 30068	Debbie Deutsch 770-977-3384		14 mos +	✓	✓		✓		✓			✓

*Georgia pre-K offered



18 MONTHS TO 5 YEARS

9:15 A.M. - 12:30 P.M.

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www.holyfamilycc.org/preschool

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3401 Lower Roswell Rd., Marietta, GA 30068



East Cobb Child Care & Preschool Guide

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4-5 Year-Olds)	Kindergarten (5-6 Year-Olds)	After School Care	Mother's Morning Out	Summer Session/Camp	Evening Care	Drop-In Day Care	Special Needs
FAITH LUTHERAN SCHOOL (110) 2111 Lower Roswell Road, Marietta 30068	Amy Kurtz 770-973-8921		18 mos+	✓	✓	✓	✓		✓			
FELLOWSHIP CHRISTIAN SCHOOL (10) 10965 Woodstock Road, Roswell 30075	Sherri McLeroy 770-641-6815				✓	✓	K+ Only					
THE GARDEN SCHOOL OF MARIETTA (37) 4010 Canton Road, Marietta 30066	Fara Walsh 770-765-2036	w/ parent	w/ parent	✓	✓	✓	✓		✓			✓
THE GODDARD SCHOOL OF EAST COBB (135) 3584 Providence Road, Marietta 30062	Naomi Davis 770-579-1190	6 wks+	✓	✓	✓				✓			✓
THE GODDARD SCHOOL TRICKUM ROAD/EAST COBB (125) 3147 Trickum Road, Marietta 30066	Mickenzie Bogner & Porsche Slowers 770-321-8370	6 wks +	✓	✓	✓				✓			
HIGH MEADOWS SCHOOL (75) 1055 Willeo Road, Roswell 30075	Lisa Baker 770-993-2940		18 mos + w/ parent	w/ parent	✓	✓	✓		✓			
HOLY FAMILY CHURCH PRESCHOOL (100) 3401 Lower Roswell Road, Marietta 30068	Kate Viets 678-744-2597		18 mos+	✓	✓				✓			✓
JAVITS ACADEMY CENTER (15) 1240 Johnson Ferry Place, Suite E108, Marietta 30068	Shoshana Javits 770-321-8484	6 wks +	✓	✓	✓				✓			
JOHN KNOX PRESBYTERIAN CHURCH PRESCHOOL (95) 505 Powers Ferry Road, Marietta 30067	Karen Otto 770-973-5050 ext. 4		24 mos+ by Nov. 1	✓	✓				✓		✓	
JOHNSON FERRY BAPTIST CHURCH THE WEE SCHOOL(300) 955 Johnson Ferry Road, Marietta 30068	Kim Mayo 770-794-2997	9 mos+	✓	✓	✓			✓	✓			

*Georgia pre-K offered

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Distinguished Private School + Specialized Dyslexia Programs That Work

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East Cobb Child Care & Preschool Guide

Name & Address (# of Children Enrolled)	Director/Telephone	Infant Care (0-1 Year)	Toddler Care (1-2 Years)	Preschool (3 Year-Olds)	Preschool/Pre-K (4-5 Year-Olds)	Kindergarten (5-6 Year-Olds)	After School Care	Mother's Morning Out	Summer Session/Camp	Evening Care	Drop-In Day Care	Special Needs
KIDDIE KOLLEGE (100) 2000 Lower Roswell Road, Marietta 30068	Carolyn Lara 770-973-7223	6 wks +	✓	✓	✓*		✓		✓		✓	✓
KIDS R KIDS SANDY PLAINS (180) 4671 Sandy Plains Road, Roswell 30075	Shannon Nicolletta 770-552-8877	6 wks +	✓	✓	✓*				✓			✓
KIDS ZONE DAYCARE & LEARNING CENTER (130) 137 Johnson Ferry Road, Suite 1100, Marietta 30068	Vic Parag 770-933-6900	6 wks +	✓	✓	✓		✓		✓			
LA PETITE ACADEMY (45) 1805 Williams Drive, Marietta 30066	Tammy Crawford 770-428-1516	6 wks +	✓	✓	✓*		✓		✓			
LEGACY CHRISTIAN SCHOOL (75) 4644 Sandy Plains, Marietta 30062	Heidi Milton 678-691-6169		24 mos +	✓	✓	✓			✓			
LOVING TOUCH DAYCARE (57) 2145 Roswell Road, Suite 180, Marietta, 20062	Nina Dobbins 404-620-1200		24 mos +	✓	✓				✓		✓	✓
MJCCA SUNSHINE SCHOOL AT TEMPLE KOL EMETH (75) 1415 Old Canton Road, Marietta 30062	Nancy Parker 678-812-3708	6 wks +	✓	✓	✓		✓		✓			✓
MONTESSORI SCHOOL OF WOODSTOCK (55) 3899 Canton Road, Marietta 30066	Patricia Shahbazi 770-928-2515		18 mos +	✓	✓	✓	✓		✓			
MOUNTAIN VIEW CHURCH PRESCHOOL (170) 2300 Jamerson Road, Marietta 30066	Tracie Schwebs 770-591-8659		✓	✓	✓	✓		✓	✓			
MT. BETHEL CHRISTIAN PRESCHOOL (320) 4385 Lower Roswell Road, Marietta 30068	Ginny Mateer 770-971-6812		16 mos + by Sept. 1	✓	✓			✓	✓			
MT. BETHEL CHRISTIAN ACADEMY (60) 4385 Lower Roswell Road, Marietta 30068	Bethany Meekins-Coloma 770-971-0245				✓	✓	✓					
MT. ZION UMC PRESCHOOL (182) 1770 Johnson Ferry Road, Marietta 30062	Kristi Olterman 770-971-1478		✓	✓	✓							✓
NOBLE WORLD MONTESSORI (60) 2502 East Piedmont Road, Marietta 30062	Bezi Jones 770-509-1775	8 wks +	✓	✓	✓	✓	✓		✓			
NOONDAY CHRISTIAN ACADEMY (100) 4121 Canton Road, Marietta 30066	Starla Chester 770-926-8891		15 mos +	✓	✓			✓				
PARKER CHASE PRESCHOOL EAST COBB (235) 505 Johnson Ferry Road, Marietta 30068	Kayla Owens 770-565-2220	6 wks +	✓	✓	✓		✓		✓			✓
PARKER CHASE PRSCHOOL SPRAYBERRY (235) 2100 Post Oak Tritt, Marietta 30062	Courtney Gadway 770-971-7200	6 wks +	✓	✓	✓		✓		✓			✓
PARKER CHASE SPRAYBERRY ACADEMY (140) 2110 Post Oak Tritt, Marietta 30062	Courtney Gadway 770-977-0877			✓	✓		✓		✓			✓
PARKER CHASE WEST OAK (140) 1887 West Oak Parkway, Marietta 30062	Annita lobst 678-594-8700	6 wks +	✓	✓	✓*				✓			✓
PIEDMONT ACADEMY & EARLY LEARNING CENTER (90) 570 Piedmont Road, Marietta 30066	Dolores Bailey 770-423-9578	3 mos +	✓	✓	✓		✓		✓			
PRIMROSE SCHOOL AT EAST LAKE (140) 2065 Roswell Road, Marietta 30062	Savannah Archambault 770-971-0148	6 wks +	✓	✓	✓*		✓		✓		✓	✓
PRIMROSE SCHOOL OF EAST COBB AT PAPER MILL (176) 202 Village Parkway NE, Marietta 30068	Jenn Hendry 470-631-9327	6 wks +	✓	✓	✓				✓			✓
PRIMROSE SCHOOL OF LASSITER (130) 2821 Lassiter Road, Marietta 30062	Patsy McGilvary 770-641-8535	6 wks +	✓	✓	✓*		✓		✓			
PRIMROSE SCHOOL OF SPRAYBERRY (194) 2531 East Piedmont Road, Marietta 30062	Anne Stewart 770-578-4832	6 wks +	✓	✓	✓*	✓			✓			
SANDY PLAINS BAPTIST CHURCH (85) 2825 Sandy Plains Road, Marietta 30066	Terri Butler 770-971-8525 ext.25		✓	✓	✓							
SHINING STARS DAYCARE (35) 100 Powers Ferry Road, Marietta 30067	Margaret Aluko 770-977-7840	6 wks +	✓	✓	✓	✓	✓	✓	✓		✓	✓
ST. ANDREW UMC PRESCHOOL (150) 3455 Canton Road, Marietta 30066	Kimberly Pelham 770-592-7250		16 mos +	✓	✓							✓
ST. CATHERINE'S PRESCHOOL (130) 571 Holt Road, Marietta 30068	Pamela Kulpa 478-437-1984		24 mos +	✓	✓		✓		✓			✓
THE PRESCHOOL AT ECUMEC (95) 2325 Roswell Road, Marietta 30062	Gloria Johnson 770-971-3671	8 wks +	18 mos +	✓	✓	✓			✓			✓



SENSORY FRIENDLY HAIRCUTS

FEBRUARY 12, 2024
2:00-5:00PM
\$20 RECOMMENDED DONATION

HAIRCUTS WILL INCLUDE:

- Experienced stylist, with OT present
- Full selection of sensory items
- Adaptive lighting/sound available
- Printed social story beforehand

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East Cobb Child Care & Preschool Guide

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THE SUNSHINE HOUSE (120) 4677 Paper Mill Road, Marietta 30067	Yahnchelle Scott 770-955-2768	6 wks +	✓	✓	✓*		✓		✓			✓
THE SUNSHINE SCHOOL: TEMPLE KOL EMETH 1415 Old Canton Road, Marietta 30062	Nancy Parker 678-812-3708	6 wks +	✓	✓	✓*				✓			✓
TEMPLE BETH TIKVAH PRESCHOOL 9955 Coleman Road, Roswell 30075	Linda Siegel 770-642-0434		18 mos +	✓	✓			✓	✓			✓
TOTS 2 TODDLER CHILDCARE & LEARNING CENTER 2217 Roswell Road Suite 100, Marietta, 30060	Kenisha Mays 678-744-2141	6 wks +	✓									
WALKER SCHOOL, THE (79) 830 Damar Road, Marietta 30062	Jessica Waugh 770-427-2689			✓	✓	✓	✓		✓			
WOOD ACRES SCHOOL 1772 Johnson Ferry Road, Marietta 30062	Marybeth Manning 770-971-1880		24 mos +	✓	✓	✓	✓		✓			

*Georgia pre-K offered



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 - Class sizes limited to 15 students or less.
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 - Apply online woodacresschool.org.
 - Before and after care available.
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Inspiring children toward excellence for over 50 years!



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POLL WORKERS NEEDED



If you are interested in serving your community and earning a little extra cash, the Cobb County Board of Elections is looking for people to work at voting precincts during the 2024 elections cycle. They are looking for applicants who take pride in their work, are patient, take direction well, and who pay attention to detail. A poll worker must be a U.S. citizen, Cobb County resident, at least 16 years old, be able to read, write and speak English and not have any felony conviction in the past 10 years.

Poll workers must attend at least one mandatory training class before working at the poll. New workers are paid for Election Day, for the training class and for helping to set up the poll. Workers must arrive at 6am on Election Day and stay until all voters leave and closing procedures are completed. You must provide your own transportation to your scheduled training class and to the poll on Election Day.

If you would like to add your name to the list of potential poll workers, or for more information about becoming a poll worker, call 770-528-2581 or visit www.cobbelections.org. 📞

EAST COBBER

**NEXT ISSUE: MARCH
DEADLINE: FEBRUARY 15
CALL EAST COBBER: 770-640-7070**

VOTER REGISTRATION DEADLINE FEBRUARY 12



The Presidential Preference Primary is "Super Tuesday." It looks and feels like an election but it is a preference event. Your "vote" helps the state parties decide who they will support at their Presidential Conventions.

The deadline for registering to vote in the March 12 presidential preference primary election is Monday, February 12, 2024.

Here are the different ways you can register to vote in Cobb County:

1. **REGISTER** online at the Secretary of State's website: www.mvp.sos.ga.gov/MVP.
2. **VISIT** in person at the Cobb Board of Elections main office located at 995 Roswell Street NE, Marietta, 30060. Hours: Monday-Friday: 8am-5pm.
3. **CALL** 770-528-2581 to request that an application be mailed to you. Mail-in applications must be postmarked by 30 days prior to the election.
4. **REGISTER** to vote when you get your driver's license.
5. **REGISTER** at any Cobb County Library when you apply for a library card; or any time you are at a library you may pick up a blank application and mail it in yourself.

Note: If you move within Cobb County you must notify 30 days prior to the election.

For questions on registration or any aspect of the election process in Cobb County, contact the Cobb County elections office at 770-528-2581. 📞

HEALTH & WELLNESS

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Cheek Dental

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770-993-3775 • www.cheekdental.com
Mon & Fri: 7am-1pm; Tues-Thurs: 8am-5pm

An all female dental team delivers compassionate, quality, comprehensive dentistry to adults and children with a focus on overall health. CAD/CAM same-day crowns, implant restorations, and beautiful cosmetic veneers, as well as Invisalign, Botox, and Fillers, are all done in a modern, high-tech office. Cheek Dental has been caring for their East Cobb friends and neighbors for over 20 years.

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DERMATOLOGISTS

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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.

MEDICAL SPA

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Providing the best evidence-based aesthetic treatments at a great value with stellar customer service, specializing in laser hair removal, skin rejuvenation, and cosmetic injectables at a price that is appealing to everyone.

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.

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laser hair removal as low as \$30

chemical peels, microdermabrasion, IPL,
facials & dermaplaning as low as \$60

\$20 off your first Botox® session!

JUVEDERM for \$399/syringe

Voluma for \$799/syringe

Volbella for \$450/syringe

SkinPen® microneedling as low as \$175

HydraFacial® as low as \$120

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SPARKLE SUCCESS STORY

by Ginger Markert-Brusa

In 2016, Cindy Taylor weighed 178 pounds. Sparkle Wellness changed her life in 2017, and now she weighs 141. Cindy and her husband live in Roswell and have one daughter. Let's hear her story:

I am a professional organizer installing closet systems, improving pantries, garages, and more. I also work for Home Sweet Home, a relocation company, leading the Atlanta team for Quickstart Unpacks.

In 2012, I attended Weight Watchers, lost weight, and was at goal. Jacynta Harb left to start Sparkle Wellness. Since I had reached my goal, I thought I could succeed alone. I stopped attending since no other leaders had Jacynta's motivation. In 2016, I saw an unflattering photo of me zip-lining. After receiving Sparkle emails, I decided to do something.

I have been with Sparkle for 7 years, and my journey has evolved. I went 'next level' to lose my weight. I eliminated processed food, cooked my own meals so I knew exactly what I was eating, and have tracked my food on MyFitnessPal for 2600 days. All the tools Sparkle provided helped me: listening to healthy podcasts, reading books, exercising consistently, and creating a better mindset. The book *FOOD, What the Heck Should I Eat?* by Dr. Mark Hyman could not have come at a better time. He explains how real food is medicine and uncovers myths about the food industry. Eating real food, cooked at home, was the key to my success. I was determined to make these new habits a lifestyle and not just a diet.

As I embarked on my weight loss journey, my mom struggled with dementia. I researched dementia and realized I was genetically destined for the same path. I influence my health through diet, exercise, and stress management. I eliminated dairy, grains, sugar, seed oils, and gluten. I feel better eating real food and reading ingredient labels, instead of trusting the marketing of so-called "healthy" food. I eat more from the earth and less from a box.

I am intentional about all that goes in and on my body. I eliminated toxins from various aspects of my life including cosmetics, cleaning products, laundry soap, hand soaps, lotions, and shampoo. I transitioned to products free from endocrine disruptors, phthalates, and chlorine. To ensure water purity, I installed a house water softener/purifier and a reverse osmosis filter. I am creating a healthier environment, reducing exposure to harmful substances, and promoting overall well-being.



Cindy Taylor before and after her Sparkle success.

I don't exercise for physical appearance or the desire to eat. I use it to gain strength and build muscles, excel in my job, and ensure functionality as I age. By prioritizing strength training, I reduce the risk of falls and lead an active, independent lifestyle as I age. I use an infrared Sauna to foster healing and vitality. Recently, I cut back my workout routine to heal my adrenal and cortisol levels, reducing stress on my body.

Being part of the supportive Sparkle community has taught me it is not just about weight loss. It also has spiritual, emotional, relational, and mental aspects. As a Sparkle Ambassador, I am passionate about promoting wellness. I take pride in teaching cooking classes, going beyond traditional recipes. I love inspiring others to embrace a wholesome lifestyle by cooking delicious, nourishing meals. I teach healthy tips and tricks aimed at making nutritious eating both enjoyable and accessible. The Marietta Square Farmer's Market is my happy place for locally-grown produce, herbs, and spices. The connection with local farmers is a celebration of community, sustainability, and the joy of nourishing my body with wholesome, locally-sourced goodness.

For more information, visit www.sparkleanewyou.com or call 404-242-5062..

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AARP TAX-AIDE OFFERS **FREE TAX HELP**

AARP 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 1 through April 11. Membership in AARP is not required and the service is available to everyone regardless of age. Appointments are not required and electronic filing is available at all locations.

Taxpayers should bring their 2022 return and all 2023 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 & Tuesdays • 10:30am-2:30pm
1150 Powder Springs Street
- ♦ **East Cobb Library**
Tuesdays • 10am -1:15pm
4880 Lower Roswell Road
- ♦ **Mountain View Library**
Mondays & Thursdays (starting March 9) • 10:30am-1:30pm
3320 Sandy Plains Road
- ♦ **Switzer Library**
Thursdays • 10:30am-1:30pm
266 Roswell Street

For more information and to schedule an appointment, 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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- Gait Training & Mobility
- Facial/ Voice Exercises
- Fine Motor Skills/ Handwriting
- Dual Task Drills (Body & Brain)
- Strength Training
- Boxing



Need Transportation?

Through the support of the Parkinson's Foundation, limited funding available.

12 Week Series

1 hour group class
Aloha to Aging, 2881 Canton Rd
Marietta, GA 30066

Please email info@alohatoaging.org for more information.

Aloha to Aging, Inc.



Dementia-Based Music and Art Program

Tuesdays, Feb 27 – Mar 26, 2024 (excluding March 5) 12:30 – 3:30PM
Piedmont Church, 570 Piedmont Road, Marietta 30066

Local musicians and artists provide a therapeutic, experiential and engaging experience for those individuals diagnosed with Dementia/Alzheimer's. Participants will enjoy live music of varying genres, multiple art forms, all set to a theme to enhance the multi-sensory experience in this 4 week series.

We are grateful for the Grant Funding provided by District Rotary 6900, and Partnership with Marietta and North Cobb Rotary which covers the program fee. If you are new to Aloha, \$30 one time registration required. There are limited spaces available. Deadline to register is Feb. 21st. For more information email info@alohatoaging.org.

"A Day in the Life" Hands-on Simulation Workshop This 1.5hr class mimics physical and cognitive impairment helping to create empathy and understanding. This insightful program is open to the community, ages 12+ so plan to join us on 3/19 at 1:30pm. Must RSVP by 3/14 to info@alohatoaging.org.



Other Aloha to Aging Programs:

*ALOHA DAY CLUB - Adult Day Respite Mondays & Wednesdays

*Caregiver Support Group & Education - Monthly

**"Losing Our Independence" - Expert Led Group Discussion for caregivers with focus on 4 key skills: Driving, Cooking, Managing Finances and Technology.

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ACAP COBB & CHEROKEE LAUNCHES FREE PROGRAM FOR FINDING AND USING LOCAL SENIOR SERVICES

ACAP Cobb & Cherokee will offer its inaugural program on February 15, 2024, at Covenant Presbyterian Church, Kapperman-Williams Hall, 2881 Canton Road, Marietta. The program will focus on "Finding and Using Senior Services in Your Local Community." Finding appropriate agencies and professionals to address senior services and support can overwhelm adult children, their parents, and other family members. Knowing where to go and whom to contact before a crisis is essential in helping adult-children and other family caregivers feel more informed and less stressed. Participants will become more knowledgeable about the full array of senior services and resources available in the local community. The program begins at 6:30pm.

Speakers for the program are Kathy Lathem and Deanna (De) Gale. Lathem is Strategic Partnerships Liaison at Cobb County Senior Services. Gale is Resource Coordinator, Cherokee County Senior Services.



ACAP Cobb & Cherokee is a chapter of ACAPcommunity.org, a 501(c)3 non-profit organization established in 2012. ACAP chapters are based in local communities and led by local professionals who understand the joys and challenges of the

caregiving experience. ACAP Cobb & Cherokee will provide a variety of monthly programs that offer information, resources, support, and community for adult-children as they care for their aging parents and for themselves. There is no cost to attend monthly programs, and all who are caring for older adults are welcome.

ACAP Cobb & Cherokee will meet on the third Thursday of each month at Covenant Presbyterian Church, Kapperman-Williams Hall, 2881 Canton Road, Marietta, GA. For more information, or to register for this and other upcoming free programs, visit www.acapcommunity.org/events, or contact Mr. Christian Kuswita, ACAP Cobb & Cherokee chapter co-coordinator, at cobbcherokee@acapcommunity.org.

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