



BrookNotes

December 2007

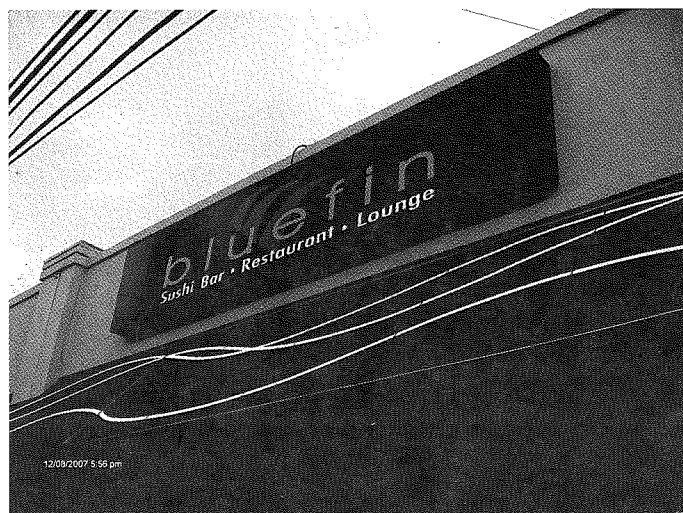
The Newsletter of the Brookwood Hills Community

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New Neighborhood Restaurant to Open in January

By Tony Wilbert, co-publisher, BrookNotes

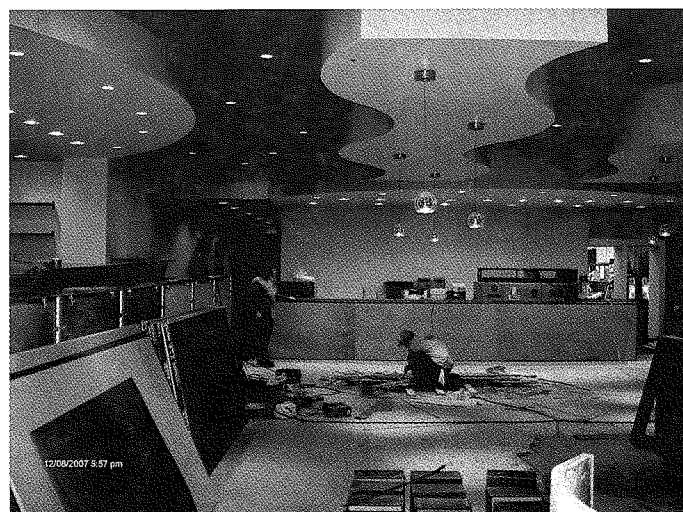
After several months of waiting, Brookwood Hills residents soon will have a new upscale restaurant at the neighborhood's edge. Bluefin restaurant and sushi lounge is in the final stage of its inspections and is set to open "in the beginning of January," General Manager Dain Lee tells BrookNotes. The restaurant at 1829 Peachtree St. will occupy the space that used to house City Garden restaurant before it was shuttered earlier this year.



Jun & Son Inc. will open Blue Fin, a Japanese fusion restaurant, at Peachtree Street and Palisades Road in January. The restaurant replaces the failed City Garden that was popular with some BWH residents.

A sneak peek at the menu shows diners will be able to order everything from spring tuna rolls and grilled teriyaki chicken breasts to fruit pizza, filet mignon and grilled swordfish risotto. If you're going for dinner, bring your AMEX card. Entrees range from about \$15-\$26. Lunch selections are priced from \$8-\$12.

A crew worked throughout the weekend of December 8-9 to ensure the restaurant will be ready for the new year. Blue Fin, owned by Jun & Son Inc., has applied for a liquor license that would allow it to sell beer, wine and liquor. It will serve lunch most days and will remain open until 2 a.m. Friday and Saturday nights for those BWH residents who like very late-night snacks. (There will be no live entertainment, though.) If you don't feel like walking up to Peachtree, Bluefin has 75 parking spaces – 30 more than the city requires, according to the restaurant's application for a liquor license.





BROOKNOTES

BrookNotes is published monthly for residents of Brookwood Hills on behalf of the Brookwood Hills Community Club, 77 Wakefield Drive, Atlanta, Ga. 30309. BrookNotes is sponsored on alternate months by Patti Junger of Coldwell Banker/Buckhead Brokers and Sarah Hagood of Specialty Homes, Inc.

Brook notes Editors

Mary Barrett 404-874-7863 (49 Huntington Road)
Tony Wilbert 404-815-9752 (22 Northwood Avenue)

Contributors this month: Sarah Howe, Bill Lynch, Susan Booth, Elaine Luxemburger

Brookwood Hills Board

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Kathy Gentry 404-876-4480

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Simms Jenkins 404-350-0688

NPU & Zoning

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Joe Gardner 404-352-2949

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Hunter Holliday 404-745-9986

Security

Brian Stanley 404-350-8341

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Kelley Berman 404-351-2224

Social

Burch Hanson 404-352-1172
Sarah Howe 404-352-2208

Trees

Bill Lynch 404-607-7780

Security Alert Signs

When you see the **Security Alert signs** posted at the entrances to our neighborhood, please call the **Brookwood Hills Security Information Line 404-325-5114** for details concerning a recent security incident. These signs are a signal that an incident has occurred in the neighborhood and the information has been recorded on the hotline.

CALENDAR

- **Sunday, December 9 — Cookies with Santa,** 3:00-5:00 p.m., the home of Agnes and Pete Law at 47 Northwood Ave.
- **Monday, January 7, 2008 — BWHCC Board Meeting,** 7:15 pm, at the home of Becky and Hunter Holliday, 185 Huntington Road. Neighborhood residents are welcome.
- **Sunday, January 27, 2008 — Brookwood Hills Community Club Annual Meeting.** Meeting details will be published in January edition of BrookNotes.

Congratulations, Joe!

Brookwood Hills' Joe Gardner has been selected as chairman of the Brookwood Alliance, a coalition of representatives from adjacent neighborhoods.

BrookNotes welcomes articles, art work, photographs and story ideas. The deadline for the next issue of Brook notes is Friday, January 4, 2008. Submissions may be e-mailed to brooknotes@brookwoodhills.com or dropped off at 22 Northwood Ave.

How to Be a Savvy Seafood Shopper

By Kathy Gentry, President, Brookwood Hills Community Club

Do you savor grouper? How about Chilean sea bass or fresh salmon? Now another question...would you choose to eat an endangered species like the Florida panther or an African elephant? Of course not! But many times we may not realize that our choices of seafood, in both the supermarket and restaurants, can have a significant impact on the survival of a particular species.

As a volunteer at the Georgia Aquarium, I recently had the benefit of taking a course called "Seafood Savvy." At the beginning of the class we were asked to choose four laminated cards that pictured various types of seafood we liked to eat. At the end of the class our choices were going to be subjected to a "test" based on their contribution to healthy oceans. I am embarrassed to admit that out of a total of 20 points, I only scored 8 and no, lower was NOT better. It wasn't that I wanted to make poor choices; it was that *I just didn't know the ramifications of my choices nor did I understand why they were poor choices.* The goal of this class, and the entire Seafood Watch program (discussed below) is not to discourage consumption of seafood. Quite the contrary, its goal is to encourage consumers to make seafood choices that will benefit both themselves and our oceans.

So why should one avoid eating grouper? This is a fish that can live 40 years or more and does not reproduce until at least age 15. As grouper have become more and more over-fished to meet consumer demand, the age and size of the fish collected has become younger and smaller. *Many of these harvested fish have never even had the opportunity to breed*, so numbers of grouper have dropped dramatically and the species' sustainability is threatened. I will admit that this was one of my fish.

What about fish farms, known as aquaculture? One might think that this would be the solution. That way we are not depleting wild fish stocks. Before taking this class I would have thought that consuming farmed salmon would be a better choice over wild Alaskan salmon. Well, it's a bit more complicated than one might think. *It was shocking to learn that for each pound gained by a farmed salmon, it requires roughly 5 pounds of protein!* This is generally in the form of smaller, schooling fish. Additionally, organic waste from many aquaculture enclosures generally goes directly into the ocean untreated. Chemicals and pharmaceuticals used on the fish or in the fish ponds can also enter the environment, and finally farm-raised fish can escape and breed with the wild population. This is not a good outcome as farmed fish are typically less vigorous and more diseased than their wild cousins and this interaction will reduce the strength of the species.

Some other "factoids" for thought: **25% of the world's catch is discarded overboard as by-catch.** This includes tens of thousands of sharks, sea turtles, seabirds and other marine species. **Farmed salmon have PCB levels that are 10x higher than their wild counterparts.** Currently, farming salmon does more harm than good to the environment and the species for the reasons discussed above. A better choice would be U.S. farmed tilapia, which thrive in tank systems that release little or no wastewater and which are herbivores, so require no protein like the salmon does. **Bluefin tuna is in such high demand by consumers that in Japan one bluefin tuna can sell for \$100,000!**

Habitat damage from trawling and dredging can take centuries to grow back. Near Australia, bottom trawlers have pulled up and destroyed coldwater soft coral that were more than 700 years old. Populations of the Patagonian toothfish, now popularly marketed as "Chilean sea bass", have been pushed to the verge of collapse due to illegal fishing. This species can live up to 40 years and is unable to reproduce quickly enough to keep up with both legal and illegal fishing. Consumers should also avoid this fish due to its elevated levels of mercury. Does this mean we should give up eating our favorite seafood? Absolutely not! Chosen correctly, seafood is an excellent and healthy protein choice. We just need some knowledge to help us make those decisions. Fortunately we have this, in the form of the Southeast Seafood Guide (taken from the www.seafoodwatch.org website and shown below), which is generated from the Seafood Watch program begun by the Monterey Bay Aquarium in 1997 and supported by the Georgia Aquarium.

The goal of this program is to sustain healthy oceans by teaching consumers the following:

(Savvy Seafood Shopper continues on Page 4.)

(Savvy Seafood Shopper, continued from Page 3)

Become Aware. Only purchase seafood that meets the following criteria:

There is little environmental damage from the *fishing method or farming activity*.

The population of the fish in question is *healthy, abundant and sustainable*.

There is little *by-catch*.

The fishery or fish farm *is well managed*.

Purchase Responsibly (and encourage your favorite market and restaurant to offer only sustainable seafood).

Interestingly, sometimes you can have different recommendations on the same species due to the method of its capture. As you can see by looking at the Southeastern Guide, U.S. Atlantic Coast or Gulf Coast caught shrimp are a "Good Alternative", while imported shrimp are an "Avoid".

This is due to the adoption by the U.S. shrimpers of devices in their nets that significantly reduce the by-catch, and changes in their methods of harvesting that limit damage to the ocean floors. Overseas shrimpers have not adopted these same standards.

If you are interested in learning more about the Seafood Watch program, please log onto the web site at www.seafoodwatch.org. A copy of the Southeastern Seafood Guide is shown above, but on this site, there are guides for each region and you can research individual species to see if your favorite is a "Best", "Good Alternative" or "Avoid" choice. Hopefully, you will score better than I did!

Annual Tree Planting A Success

By Bill Lynch, Trees Chairman, Brookwood Hills Community Club

Thank you to all neighbors who joined us November 3 for our annual tree planting day in conjunction with TreesAtlanta. After enjoying chicken biscuits, bagels, coffee & hot chocolate to warm us, our neighborhood volunteers kicked off another successful planting day with the addition of 34 new trees planted along the streets, in front yards, and in the back yards of some of our Huntington neighbors. This annual tradition has added new-growth trees to replace our aging canopy of older trees that have failed, ensuring Brookwood Hills' continued beauty into the next century.

A very special thanks to Katrina Newton and Eve Goldstein for their fine efforts in coordinating the event, and to Susan Pierce of TreesAtlanta for its sponsorship of the event, including gathering many metro Atlanta residents to assist with the planting.

Gift contributions to the planting this year came from Diane and Neal Ray in honor of their Woodcrest neighbors, as a Christmas gift to the families on their street, and from Beverly and David Stacy in memory of Beverly's parents who lived at 30 Woodcrest for several years. Thank you to the Rays and the Stacys for their generosity.

Finally, many thanks to the Bass, Fishman, Holliday, Jackson, Jenkins, Johnston, Kellum, Kelso, Luxemburger, Pope, Summers, Wannamaker, Watson, Wood, and Woodruff families for planting new trees in their yards. Your commitment to the greenscape of Brookwood Hills is appreciated by all.

BWH Neighbors Enjoy “Cookies with Santa”

Scores of Brookwood Hills residents headed to the home of Agnes and Pete Law on Sunday, December 9 for the annual “Cookies with Santa” event that benefits Children’s Healthcare of Atlanta. Despite the early-summer-like weather, the presence of Santa Claus and the festive decorations at the Laws’ home got people on the holiday spirit. Thank you to the Laws, Christa DiBiase and Brookwood Hills’ CHOA Friends for putting on the event.



C L A S S I F I E D S

- **TERRIFIC HOUSEKEEPER** : Cecilia Figueroa has helped me for six years, and she is a fantastic cleaner and a wonderful person! Several of her "regulars" have recently moved so she has some free time. I cannot recommend her more highly - she is honest, thorough, and careful. She does a terrific job and is a delight to have in your home. She has many BWH clients who will also sing her praises! Call Cecilia directly at 770-734-9695 or me for references, Ann Dibble 404-724-0393.
- **ANOTHER TERRIFIC HOUSEKEEPER**: Margaret Wise has been working for us (the Whitehurst family) for more than a year, and she is a wonderful housekeeper. She's available one, two or three days per week and is completely trustworthy and very diligent about her work. She also is good with children and could help with minor childcare as needed; my kids love her. Please call her directly at 770-873-9272, and reference Lauren Whitehurst. Also feel free to call me with any questions at 404-355-7166.
- **CHOA BENEFIT**: Brookwood Hills FRIENDS is selling \$10.00 and \$25.00 Honey Baked Ham gift certificates to benefit Children's Healthcare of Atlanta. If you would like one, please call 404-532-1614 or email mollywjackson@gmail.com
- **WATERFRONT MAINE COTTAGE**: Be cool...join the ranks of those who love this special place! A few weeks still available in June and September 2008. Delightful cottage on tidal river, 12 miles from the ocean. 3 BR/2 bath plus outdoor shower. Sleeps 4-6, 60 miles from Portland airport. Swim (yes, the water is warm!) or kayak from the dock. Deck offers fantastic island view with bald eagles. Great spot for little children. Whale and puffin watches, antiquing, art galleries, lobsters & steamers, Monhegan Island all nearby! Cyberrentals.com (Property Id 101734) or call Ann Dibble 404-724-0393.
- **STROLLER CLUB, ANYONE?** : New to the neighborhood and a new mom, Katherine Dierdorff is interested in meeting other moms with infants/young children for strolling in the afternoons. If interested, please call her at 404-685-1098



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