



BrookNotes

Summer 2013

The Newsletter of the Brookwood Hills Community

Volume XXVI, No. 6

BULLFROGS WIN BIG!

Swim Team Wins Championship!

Undefeated BWH Swim Team
Wins Second Straight Championship



Head Coach Tim Storsteen & Championship Swim Team

Brookwood Hill's Swim Team capped off an undefeated season with winning both the 2013 Divisional & City titles at the Atlanta Swim League Summer Championships at the Georgia Tech Aquatic Center June 29th-30th. This is the second straight year the Bullfrog swimmers have swept the event.

Check out the next BrookNotes for more about the Bullfrogs dive and swim teams including photos, ribbon winners and more.

Dive Team Wins Championship!

Undefeated BWH Dive Team
Wins Historic GADL Championship



2013 GADL Championship Brookwood Hills Dive Team

Brookwood Hill's Dive Team took home the Greater Atlanta Diving League (GADL) Championship on June 24th at the Georgia Tech Aquatic Center. This historic win comes after an undefeated season.

The Bullfrogs' win breaks a 23 year winning streak by rival St. Ives. Until this upset, the St. Ives Stingrays had won the Championship every year since the inception of their dive team in 1990.

BWH

RESPECT THE RIBBIT

Logo design by Don Mock

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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 Dorsey Alston, Realtors and Sarah Hagood of Specialty Homes, Inc.

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Contribute to BrookNotes

BrookNotes welcomes articles, art work, photographs and story ideas. The deadline for the next issue of BrookNotes is **Friday, August 23rd.**

Submissions may be dropped off at 102 Wakefield Dr. or e-mailed to brooknotes@brookwoodhills.com.



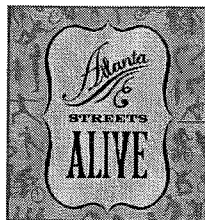
On Sunday, September 8th, the pool will open at 11 am for the last day of our rainy but fun summer season.

Later that day, we'll close out summer with our Annual Dog Swim and Ice Cream Social. **Join us from 3:00 pm to 5:00 pm in the park for ice cream and kid activities.**

The mayhem begins at 5:00 pm when the dogs get their chance in the pool. Please join your neighbors and their four-legged friends for an afternoon of fun and socializing.

Brookwood Hills Security	
See Security Signs at the BWH Entrances?	A security incident has occurred in the neighborhood. Call the BWH Security Information Hotline for details.
BWH Security Information Hotline	(404) 325-5114
Neighborhood Patrol Cell Phone	(404) 242-3321
BWH Security Chair	security@brookwoodhills.com
Atlanta Police Department	Non-emergencies: (404) 848-7231 Zone 2 Station, 24/7
911 for Emergencies	atlantapd.org

Nearby & Noteworthy



Atlanta Streets Alive

Atlanta Streets Alive is about closing streets to cars and opening them to the public — for 4 hours — to create a whole new healthy, sustainable and vibrant city street experience.

Upcoming Atlanta Streets Alive Events:

Peachtree St. Sunday, Sep. 8th 2 pm to 6 pm

Highland Ave. Sunday, Oct. 6th 2 pm to 6 pm

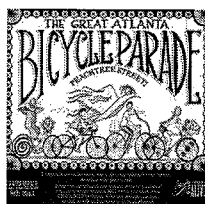
“Join us as some of Atlanta’s greatest streets will be transformed for four hours into car-free community space to ride, walk, play, dance and rock and roll. Look for activities all along the route including local acoustic musicians, a capella groups, marching bands, alongside classes such as salsa dancing, yoga, zumba and thousands of people out riding their bikes and walking.”

www.atlantastreetsalive.com

Planned Peachtree St. Route (South of BWH):

<http://www.atlantastreetsalive.com/the-route-connecting-neighborhoods/>

Join the Great Atlanta Bicycle Parade



Everyone is invited to ride in the parade to kick-off Atlanta Streets Alive! Bring your kids, bring your parents and dress up your bike!
www.greatatlantabicycleparade.com

Interested in more bike lanes in Atlanta?

The Atlanta Bicycle Coalition is, too.

Learn more at <http://www.atlantabike.org/>

- Thanks to Mary Long for the tips!

Battling Burritos

- Chipotle Mexican Grill will lease part of the space formerly occupied by Fig Jam in Brookwood Place.
- Bell Street Burritos has begun the build-out on the former Huey’s location on Peachtree.

- Thanks to Tony Wilbert for the tips!

Do you have a tip about a local restaurant, upcoming event or other local attraction? Email it to brooknotes@brookwoodhills.com.

Congratulations, Graduates!

Claire Gambrell, daughter of Carl and Micki Gambrell on Palisades, graduated from Elon University in May with a BA in Media Arts and Entertainment with a concentration in Cinema. After graduation, Claire will live in Los Angeles.

Grace Granade, daughter of Erik and Binney Granade on Camden, graduated cum laude from Vanderbilt University with a double major in Early Childhood Education and Child Studies. She will remain at Vanderbilt for an additional year in order to earn a Master’s degree in Reading Education.

Palmer Greene, son of Scott and Allyson Greene on Huntington, graduated Summa Cum Laude from Columbia University in May with a degree in Neuroscience. He was inducted into Phi Beta Kappa and received the Robert Lincoln Carey Memorial Prize for outstanding achievement.

Hunter Holliday, son of Hunter and Becky Holliday on Huntington, graduated from Whitefield Academy. He will attend Colgate University in Hamilton, NY.

Lauchlin James Monroe, son of Lauren and John Monroe on Camden, graduated from Lovett in May. He plans to attend UGA in the fall.

Everett Nadal, son of Elizabeth and Mike Nadal on Huntington, graduated from The University of the South (Sewanee) on May 12th.

David Pless, son of Larry Pless and Dana Halberg on Palisades, graduated from Bates College in Lewiston, Maine in May with a degree in Philosophy. He was a member of the track team where he made lifelong friends. Immediately after graduation, he moved to San Francisco where he is working for Salesforce.com.

Ian Michael Rogers, son of Peter and Melodie Rogers on Brighton, graduated in May with a Master of Arts in History from the University of Alabama. His Masters Seminar Paper was on Confederate desertion during the Atlanta Campaign of 1864.

Jimmy White, son of Dana and Mike White on Woodcrest, graduated from the Westminster Schools in May. He will head to Duke University in the fall.

Carlisle Withers, daughter of Susan and David Withers on Brighton, graduated from the Westminster Schools in May. She will attend the University of Miami in the fall majoring in Marine Science and Chemistry.

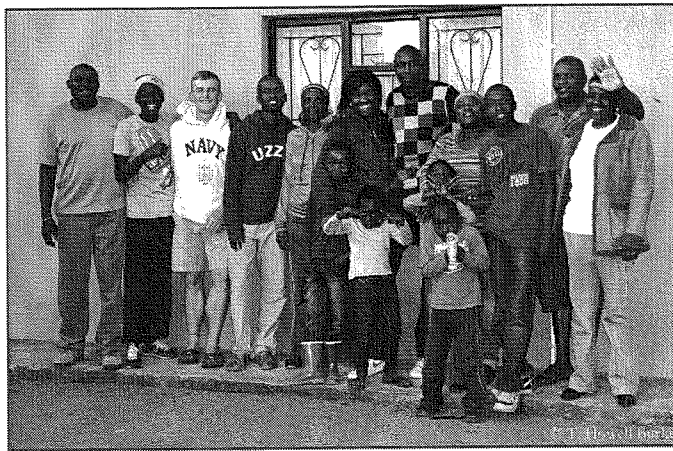
Catching Up with Howell Burke

Interview & article by Mary Long

Brookwood Hills Produces Peace Corps Volunteer

Howell Burke, son of Sara Jean and Fred Burke, grew up on Wakefield Drive. You haven't seen Howell in the neighborhood for two years because he is making us proud and serving as a Peace Corps volunteer in the village of Lethakaneng, South Africa.

Recognizing that a *BrookNotes* profile is a firm stepping-stone to the cover of *People Magazine*, Howell agreed to a video interview with the *BrookNotes* Foreign Desk while he was in Pretoria and had a good Internet connection.



Howell and his Host Family

BN: What are you doing in Pretoria and what have you been doing the last two years?

HB: I am in Pretoria for a few days participating in Peace Corps sessions that prepare volunteers to end their service and return home. I head back to Brookwood Hills in July. During my time in South Africa, I have been teaching English and Science in Lethakaneng.

BN: How is life in Lethakaneng?

HB: Residents here know each other and look out for each other, just like in Brookwood Hills. I have a warm and caring host family. I live in the equivalent of their BWH garage apartment. My host mother works in a factory, and my host father is a bus driver.

Lethakaneng is 30 miles from Pretoria and has access to amenities like grocery stores. However, it is starved for resources like books and school supplies. Every day, I see the contrasts between a traditional rural life and a modernizing economy.

Sometimes, it is hard to say which is a better existence when I juxtapose the long work hours and long commutes endured by my host parents against the life of the elderly

villager who spends his days herding cattle.

“Every day, I see the contrasts between a traditional rural life and a modernizing economy.”

- Howell Burke

BN: What are some of the challenges and successes you have experienced in your teaching position?

HB: It is frustrating teaching (really, trying to teach) a class with 80 students. It has also been a challenge to work around the “politics of language.” South Africa has 11 official languages. Many students speak only their indigenous language at home, but school exams are in English.

As a teacher and Peace Corps worker, I need to balance respecting a native language, teaching an English curriculum, and getting my point across. For example, if I think that the underlying lesson is more important than the English, I might switch from the required English to Sotho-Tswana to be sure a student understands that, for example, Earth is not the center of the universe.



Howell and the Scouts

I have learned some Sotho-Tswana here, but I still rely on hand gestures and translations. We have lots of miscommunications!

I am probably most proud of working with my Scouts. I've been training six students at the secondary school as Patrol Leaders and Assistant Patrol Leaders in a mixed-gender Scout Troop. We meet weekly to learn

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Catching up with Howell Burke

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about ropes, map-reading, and other outdoorsy things. I spend a lot of time working with my Leaders to help them understand how to better manage, teach, and communicate with the Scouts in each of their Patrols. It's been a lot of fun.

I typically have about 30 Scouts (in their school uniforms) at each meeting. It's fun, because all the teaching and managing of Scouts is done by Scouts. I'm just there to blow the whistle when it's time to change activities.

BN: What have you missed most about home?

HB: My family. The worst part of the last two years was missing my brother's wedding.

BN: What led you to become a Peace Corps volunteer?

HB: My mom and dad always encouraged my sister, my brother, and me to travel. They impressed upon us that we were lucky to get a quality education and that we should get out in the world and do something for others. While studying abroad during college, I made friends with a Samoan man for just one day. He took me to his home, introduced me to his family, showed me his taro and breadfruit garden and taught me to spear fish. I bought a Coke for him. It was just one day, but in that day, I experienced the kind of relationship that the Peace Corps makes possible.

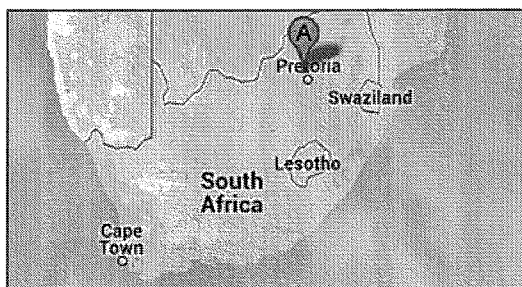
BN: What's in store for you back in the States?

HB: I get a few weeks in Brookwood Hills, visiting family, and then I move to Boston for a two-year program that will help prepare me to apply to medical school.

BN: What is your favorite memory of your Brookwood Hills childhood?

HB: Halloween, hands down!

Visit Howell's blog to learn more about his experiences and to view his stunning photographs:
200norththompsonst.wordpress.com



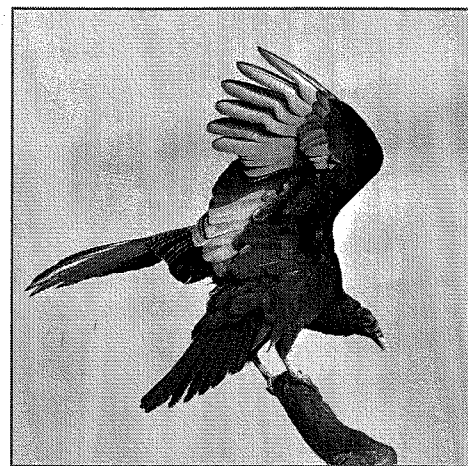
Letlhakeng's Location

Notes from the Field

by Mary Long

An Addition to the BWH Wildlife Sanctuary

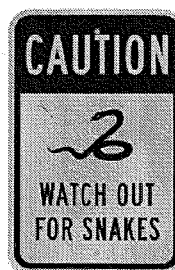
Seen on the sidewalk in front of 40 Montclair, nibbling not on Pamela Watson's ponytail, but on a distressed black rat snake, was a new addition to the Brookwood Hills Wildlife Sanctuary - a quite large Turkey Vulture *Cathartes Aura*. When a neighbor intervened on behalf of the snake, the vulture spread its impressive wings and sailed between the Stacks house and Margaret Murphy's house, headed for the woods. This is unusual behavior, as Turkey Vultures typically avoid heavily forested areas.



Turkey Vulture Cathartes Aura, San Jose, CA

The Turkey Vulture is a scavenger and feeds almost exclusively on carrion. It finds its food using its keen eyes and sense of smell, flying low enough to detect the gases produced by the beginnings of the process of decay in dead animals. In flight, it uses thermals to move through the air, flapping its wings infrequently. It roosts in large community groups.

Lacking a syrinx—the vocal organ of birds—its only vocalizations are grunts or low hisses. It nests in caves, hollow trees, or thickets. Each year it generally raises two chicks, which it feeds by regurgitation. It has very few natural predators.



Speaking of wildlife, snakes have been spotted in and near the BWH park, including a couple of Copperheads. Two neighborhood dogs were bitten by snakes. Luckily, they were not seriously injured. Keep an eye out for snakes, especially in the wooded areas near the park.

CrossFit in Brookwood Hills

By Peter Kotchen

Anyone whose routine involves being out and about in Brookwood Hills before dawn knows that we live in a fitness-oriented neighborhood. The neighborhood comes alive early each morning with runners, walkers, bikers and, at 48 Wakefield, CrossFit enthusiasts.

About the Lusks

Joy and Chip Lusk, along with their 13 year old son Rob and 10 year old twins, Clair and Will, moved to 48 Wakefield from Chattanooga in July 2011 after Chip was offered the position of Chief Operating Officer at Georgia's Own Credit Union based in Midtown.

Now 45 years old, Chip ran marathons in three hours in his late twenties. After becoming a father, he stopped making fitness a priority. That all changed when a neighbor in Chattanooga invited him to do a CrossFit workout in his garage several years ago. Chip had no idea what CrossFit was, but he was quickly hooked and rarely missed one of the daily garage workouts. By the time the Lusks moved to Atlanta a couple of years later, Chip had lost over 20 pounds and was in the best shape of his life.

CrossFit in the Lusk Garage Begins

After moving to Atlanta, Chip started working out at CrossFit Atlanta, but he missed the camaraderie and community building aspects of working out with friends and neighbors. So, he acquired weights and equipment, and he turned his garage into a CrossFit gym, like his former neighbor in Chattanooga. He invited some new friends in the neighborhood to join him each weekday for the 5:30 a.m. workouts.

Most who show up in the mornings are fathers of young children who don't want to take time away from their fami-

lies in the evening to work out. According to Chip, "For most of us, it's going to happen early in the morning or not at all."

Generally, five to ten guys show up at the garage for the intense one hour workouts consisting of a warm up, stretching, jumping rope, core exercises, and a +/- 20 minute workout of the day (the "WoD"). A women's group meets later in the morning three days per week.

"We laugh and have fun together, work hard, hold each other accountable, and motivate each other to do our best. We try to get better every day."

- Chip Lusk

What is a WoD?

An experienced CrossFit instructor by this point, Chip determines each day's WoD, which is generally taken from one of his favorite CrossFit websites. One aspect of CrossFit is the element of surprise, and nobody else knows what the WoD is until they show up at the garage each morning. According to Mike Jones, one of the regulars at the Lusk's garage, "I prefer not knowing what the workout is going to be. Otherwise, I'm afraid I might lie awake at night worrying about it."

The equipment in the Lusk's garage reflects the highly varied nature of Crossfit: pull-up bars, gymnastics rings,

CrossFit Family Workout in Brookwood Hills Park, Memorial Day 2013

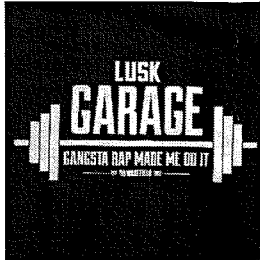


Participating Families: Mock, Lowery, McCollum, Klinger, Jones, Essien, Normark, Granot, and Lusk

CrossFit in Brookwood Hills

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kettlebells, Olympic barbells, a rowing machine, and a 10 foot log that is occasionally carried through the neighborhood as part of a WoD.



Logo design by Don Mock

Each workout is scalable and can accommodate any level of conditioning. For example, “thrusters,” an exercise which involves a squat followed by an overhead lift, can be done with a 115 pound barbell or a nearly weightless PVC pipe. Newcomers and veterans of the garage are able to work out together each day.

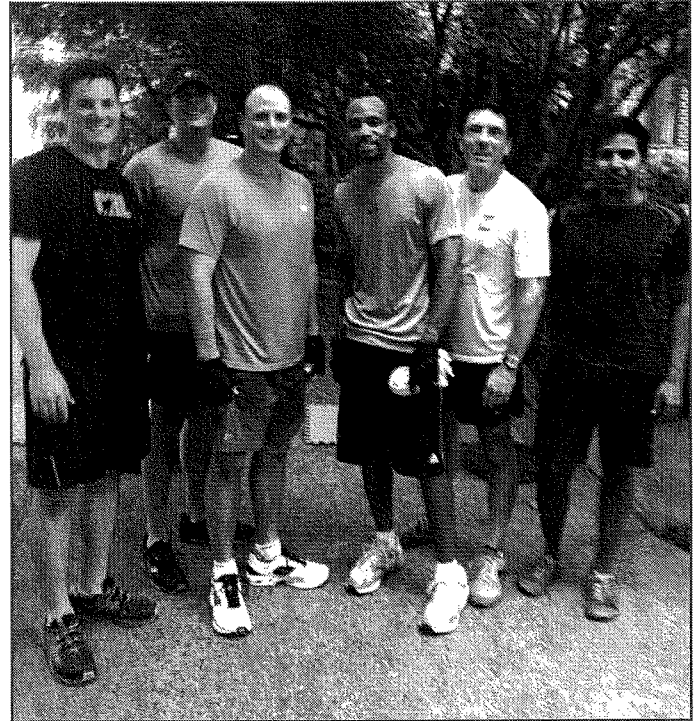
The workouts are timed and posted on a large whiteboard on the wall. When the WoD is repeated, participants can track personal progress. Says Chip, “The guys that show up regularly have made huge gains in strength and conditioning. Most have lost a bunch of weight. We’re a group of middle-aged guys that are great friends. We laugh and have fun together, work hard, hold each other accountable, and motivate each other to do our best. We try to get better every day.”

Chip posts each day’s workout on the “RRLanta” Facebook page. He is planning a family/team WoD at 9:00 a.m. on Labor Day in the BWH park. **For more information, email Chip Lusk:** chiplusk@comcast.net.

Log Sit-Ups in the Lusk Garage



Chip Lusk, Ekan Essien, Peter Kotchen, Charlie Hurt



Left to right: Peter Kotchen, Mike Jones, Charlie Hurt, Ekan Essien, Chip Lusk, Gajan Retnasaba

What is CrossFit?

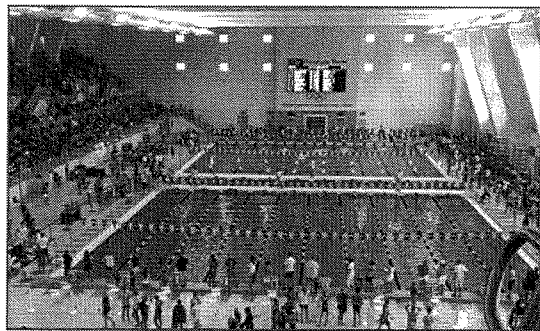
CrossFit is a strength and conditioning program that involves varied, high intensity, functional movement. The goal is improving fitness, which is defined as “work capacity across broad time and modal domains.” Workouts are typically short—20 minutes or less—and intense, demanding all-out physical exertion. They combine movements such as sprinting, rowing, jumping rope, flipping tires, weightlifting, carrying heavy objects, and many bodyweight exercises.

These elements are mixed in numerous combinations to form prescribed WoDs. CrossFit is the principal strength and conditioning program for many police academies, police tactical operations teams, military special operations units, champion martial artists, and hundreds of professional athletes worldwide. The CrossFit program is designed for universal scalability, making it the perfect application for any committed individual regardless of experience. The same routines are used for elderly individuals with heart disease as are used for professional cage fighters. The load and intensity of workouts are scaled, but programs do not have to change.

Who Holds the Largest Swim Meet in the Nation?

by AtlantaSwimming.com's Eleanor Klibanoff

The Georgia Tech Natatorium has seen some impressive swims over the years, most notably during the 1996 Summer Olympics. Names like Ryan Lochte, Natalie Coughlin and Peter Vanderkaay grace the record boards that hang over the two competition pools. But this weekend, athletes of a different kind took to the water for the Atlanta Swim Association Summer League Championships.



Georgia Tech's CRC Aquatic Center

Over 4800 kids and teenagers came out over the course of four days (June 29-30, 2013) to swim for their team and the title of Summer League Champion. Based on the number of swimmers in one venue, this is the largest swim meet in the United States.

"Summer swimming started as a grassroots effort between a few teams," said Matt Murphy, marketing director of Atlanta Swim Association. "As swim and tennis communities have developed across Atlanta, it's really grown. Summer swimming has emerged as a great arena for kids to learn about swimming and a fun way for them to get fit."

Thursday, Friday and Saturday saw five divisional sessions where the 86 teams are divided geographically. Atlanta Swim Association, despite the name, also fields teams from Alpharetta, Roswell, Forsyth and other suburbs outside the city center. The Divisional Series allows teams to go up against old rivals from the season and swim some new teams as well.

On Sunday, the top swimmers from the weekend return for the Championship. For swimmers under the age of 12, the top 30 seeds return, while only the top 20 swim for the older age groups.

The Brookwood Hills Bullfrogs won the weekend, taking both the divisional title and the overall Championship title. This is the second year in a row that they have swept the event.

Head coach Tim Storsteen said, "While winning is great, summer swimming is about so much more. It is about fun,

team and learning; learning a sport that will stick with you for life, understanding the work ethic it takes to become great at it and doing this while part of a team!"

This meet culminates the summer swim team season that runs from mid-May to the end of June, where teams swim in five dual meets against neighboring competitors. After a rainy season, everyone was excited to get under cover at Georgia Tech and run a meet where at least the timers and officials remain dry, even if the swimmers do not. And for the kids, swimming at Tech is an experience all its own.

"Championships gives kids a chance to experience swimming at its best and see how much they have improved over the course of the season," said **Robert Cochran, assistant coach for Brookwood Hills**, "and they all love swimming in the 1996 Olympic pool at Georgia Tech."

"While winning is great, summer swimming is about so much more. It is about fun, team and learning: learning a sport that will stick with you for life, understanding the work ethic it takes to become great at it and doing this while part of a team!"

-BWH Head Coach Tim Storsteen

For many of these athletes, this may be the closest they will come to Olympic swimming. Many of the 6 and under are no taller than a touchpad and often don't weigh enough to register a time. Whether or not they come back to swim on Sunday, all kids registered in the league benefit from a chance to swim in a professional setting.

"We're just excited to give kids the chance to swim," said Franke Marsden, League Director. "Some of these leagues have restrictive time standards for championships, but we take that off the table. This meet is like your Little League player having a chance to play at Fenway Park."

The meet has been at Georgia Tech for 13 years. While it's certainly an upgrade from the original location at Wills Park pool in Alpharetta, GA, some longtime swimmers are nostalgic for the outdoor meet that used to culminate the season.

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David Pless Wins Bates College's Male Athlete of the Year

by Katy Fransen

After growing up on Palisades Road, David Pless headed to Bates College in Lewiston, Maine where he started an illustrious career in track and field. During his four year college career, the former Lovett athlete won three NCAA Division III championships in the shot put.

In May 2013, Pless was awarded his second straight Male Athlete of the Year award at Bates. During his outstanding career, he collected 10 All-American Awards, more than any other male athlete in Bates College's history. Most importantly to David, the track team became family, and his teammates will be lifelong friends.

Bates track coach Al Fereshetain said Pless made a big contribution to the school in more ways than just athletically. "David Pless was nothing short of sensational for us at Bates," Fereshetain said. "He was a scholar-athlete, campus and team leader, a great friend to many

and an amazing teammate and example to those who worked with him."

See the July 23, 2013 article about David Pless in the *Northside Neighbor*: http://neighbornewspapers.com/view/full_story/23197905/article-Pless-reaches-pinnacle-of-track-success-at-Bates-

NCAA Shot Put Champion

With Coach Fereshetain



Photo by Mike Bradley / Bates College

Photo by Jay Hartshorn

Who Holds the Largest Swim Meet in the Nation?

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"Georgia Tech is an incredible venue, but it's definitely more intense and professional," says Mimo Schulz, head coach of the Alpharetta Sharks.

Schulz is one of the countless coaches who came up through the program before taking the helm. She began swimming for Alpharetta when she was 5 and joined the coaching staff at age 15.

Ten years later, she has two Coach of the Year titles and a handful of Championships under her belt. "The year we won the divisional, the Championship and I got my first Coach of the Year award, I thought I might quit while I was ahead," says Schulz. "But here I am. I love it and the kids love it. Summer swimming is just fun."

The meet isn't just mammoth. It's an efficient, well-oiled machine that seems to manage the 86 teams effortlessly. In fact, with a record number of swimmers, this meet is an organizational feat that takes legions of parent volunteers, officials and high school and college age coaches.

Carl Stokoe, owner of Peachtree Timing, can't stop raving about the precision of the event. Running touchpads and one plunger per lane on the Omega timing system, Carl and his team had to check no more than 15 manual times over the course of 23,000 splashes.

Marsden's team of officials contribute to this accuracy. His bullpen workers spend most of the weekend tracking down late swimmers and throwing them into any available

lanes. During divisionals, not one swimmer was turned away, even if they missed their race. Referees can be heard reminding swimmers to put on their goggles and talking down 7 year olds who suddenly question their decision to sign up for the 100 IM.

"This meet is like your Little League player having a chance to play at Fenway Park."

- Franke Marsden, League Director

Many of these referees will trade their khakis and polos for coaches tanks during different sessions. The swimming community in Atlanta is a tight one, and Finals on Sunday plays like one big family reunion.

"By Finals, everyone has a sense of the front runners, so it's more about just having a good time and wrapping up the season with everyone together," says Katherine Kerman, head coach of the Hanover West Hurricanes. Whether they won a trophy, took home a ribbon or just got a chance to swim, the 4600 swimmers who came out to Georgia Tech this past weekend can be proud of finishing another summer swim season strong.

Reprinted with permission from *AtlantaSwimming.com*.
<http://atlantaswimming.com/2013LargestSwimMeet.asp>

Classifieds

Individual Tutoring and Morphology Class

Allyson Greene, an Orton-Gillingham Reading Specialist, has an opening for individual tutoring beginning in August. The Orton-Gillingham approach assists students with decoding, fluency, comprehension, spelling and handwriting.

Additionally, a small group Morphology class will begin in September for fourth and fifth graders. Morphology is the study of Greek and Latin roots, prefixes and suffixes. It is excellent knowledge for SSAT prep but also very powerful for reading comprehension and spelling for any student.

Please contact Allyson for further information:
404-217-3713 or AllysonG@att.net

Support E. Rivers

Are you an Amazon shopper?

Look no further for an easy way to support E. Rivers! Simply use the link below to go to Amazon.com:

<http://www.amazon.com/?tag=erivelesch-20>

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You may want to bookmark the link to make return shopping trips to Amazon.com easier!

Recommendations

Claudia Jackson & Molly Jackson both highly recommend:

Wagging in Style Pet Salon

45 Bennett ST NW
Atlanta, GA 30309

404-549-2250

From Wagging in Style Pet Salon:

We are a full-service pet grooming and daycare facility. We offer full, mini and express grooming. Specialty services include: Creative Grooming, Hand-Stripping, DE-Shedding, DE-Matting and a Non-Anesthetic Tarter Removal.

Julia Smoot has 13+ years of experience grooming and showing dogs. We would love to serve more of the community; please call or stop by for any inquiries. Refer to this ad and receive 10% off.

Stump Stoppers



Thank you to Kevin Kleinhelter on Huntington for using the Keep Atlanta Beautiful (KAB) program to grind a city tree stump near his home.

If you are interested in the KAB stump removal program, please contact Edward Katz, BWH Tree Chair, at edwkatz@gmail.com.



BROOKNOTES

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