

# LOCKRIDGE FOREST CIVIC ASSOCIATION NEWSLETTER

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## August, 2007

### CALENDER OF EVENTS

#### General Association Meeting

Tues, September 25<sup>th</sup> - 7pm at Seigakuin International School

#### Annual COPS Convention

Tues, October 2<sup>nd</sup> - 5-8pm at Gwinnett Civic Ctr.  
(Carpool options are available - contact Anne Galbraith at 770-396-4377)

#### Block Party - Sat, October 6<sup>th</sup> - 4pm

Tilton, Pentel Ct, Ramundo, Womack Ct,  
Lockridge Drive from Tilton to Sumac  
(To be held in the cul-de-sac on  
Womack Court) More details will follow.

#### Block Party - Sat, October 20<sup>th</sup>

Dekalb Area Residents  
Contact Suzanne Zadarosni for further details  
770-671-9198 or zadasuza@aol.com

### EVENTS

Come join the American Boot Camp Company - a Brookhaven-based business specializing in convenient, high-impact fitness programs. The company's outdoor 30-day boot camps, which are held in several parks across Atlanta including Blackburn Park, Chastain, Pinckneyville Middle, Fuller's Park, and Mason Mill Park attract seasoned athletes and out-of-shape couch potatoes. Participants meet for 45 minute sessions, four days a week performing exercises like running, push-ups and good 'ol fashioned jumping jacks also offering a nutritional component where Boot campers are required to log their diets throughout the month, and are taught to eat small, frequent meals full of fiber and protein. Additionally, an indoor maintenance program including kickboxing classes and interval fusion classes are taught at its Brookhaven studio. Visit [www.thebootcampcompany.com](http://www.thebootcampcompany.com) for more info or contact Liz Ramey at 770-559-0509.

### Calling For Lockridge Breast Cancer 3-Day Walkers!

The Susan G. Komen for the Cure 3-Day walk is October 12-14th. If you have registered to walk and would like to be part of a neighborhood training-walk group, please call Susan Hawkins at 770-804-9551 or [hawkinssusan@comcast.net](mailto:hawkinssusan@comcast.net). If you're not walking, and breast cancer has touched your life, you can make a much needed and greatly appreciated donation. Please make your check payable to Breast Cancer 3-Day and mail it to Susan Hawkins, 3063 Sumac Drive, Atl, 30360. Ladies of Lockridge Forest, remember to do monthly breast self-exams! **We're walking for YOU!**

### COPS ALERT

The Dunwoody Crier reported in their August 8<sup>th</sup> issue that surrounding subdivisions in our area have had a rash of car break-ins in July which is extremely irregular for this area. DeKalb County North Precinct officers will be vigilantly patrolling the targeted areas and are requesting assistance from the community. There were 19 'Entering Automobile' cases ranging in dates from July 5-6 at Brook Farm area near Jett Ferry & Mt. Vernon, July 16-17 were reported near or along Tilly Mill and July 30-31 with six crimes in the Fontainebleau subdivision all between the hours of midnight - 6am. Additionally, a Lockridge neighbor on Ramundo Dr. had several cars broken into in July that was reported to the editor of this newsletter.

### PROACTIVE TIPS

Make sure all doors and windows are locked in your home and all vehicles are empty & locked.

Roll windows up all the way and park in a well-lit and well-traveled area.

Keep your sunroof closed.

Don't leave registration or insurance papers in the vehicle. This makes your vehicle easier to sell, gives the thief the appearance of ownership, and provides the thief with your home address.

Don't leave luggage on the luggage rack.

Collect your mail daily so you do not become a potential Identity Theft victim.

Place your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your home, just press the panic button for your car. The alarm will be set off and the horn will continue to sound until either you turn it off or the car battery dies.

We are still in need of neighborhood Block Captains. Contact Anne Galbraith at 770-396-4377 if you are interested and to learn more.

**To Report Non-Working Street Lights:  
1-888-660-5890**

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## FALL FESTIVAL TRAILER

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### **GET RID OF CLUTTER, CLEAN YOUR CLOSETS, AND BRING YOUR ITEMS**

The Mary Our Queen Catholic Church Festival (6260 The Corners Parkway, Norcross, 30092) will be held October 5<sup>th</sup> from 6pm-9pm and October 6<sup>th</sup> all day. Take your GENTLY-USED household items, books, children's toys and clothing to the trailer (now available) in the parking lot. Items will be sold at this year's Fall Festival in support of local charities. The trailer will be unlocked daily from 9am until 3pm. Items received after these hours can be left outside the trailer if rain is not in the forecast. For large quantities, please call the office first to notify them. Office: 770-416-0002\_\_\_\_\_

### **SPEEDERS**

Once again, as so often mentioned in previous newsletters, we continue to have people speeding through the neighborhood and some people actually running stop signs. We have many children playing outside and people taking walks within the neighborhood which causes a major risk. Keep our neighborhood safe or be at your own risk!

#### **Helpful Sites to Visit to Help Protect Your Family**

[www.wirelessamberalerts.org/index.jsp](http://www.wirelessamberalerts.org/index.jsp)  
[www.familywatchdog.us/](http://www.familywatchdog.us/)

#### **2008 Board Members Needed:**

**President,  
1<sup>st</sup> VP,  
VP Gwinnett,  
Member At Large  
and COPS Liaison**

If you would like to volunteer or nominate a candidate, please contact David Ziskind at 404-966-6864 or [david@davidziskind.com](mailto:david@davidziskind.com)

#### **The following persons will remain in 2008:**

Hector Viust, Treasurer;  
Connie Martin, Secretary;  
Jack Shulin, VP Gwinnett;  
David Ziskind, VP Dekalb;  
Tom Taylor, Member At Large

Many thanks go out to those who have served in addition to the various Committee Chairpersons for their contribution! A rewarding difference has been made within our community.

Be a part of your community and come join us...

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## FOR SALE

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Mizuno Golf Clubs - MX900 Graphite Lite (Senior Flex), 3 to pitch. Tour velvet full cord grips. Std. Specs. Nearly new (used two rounds) \$500  
Call Mike Bartliff 770-392-1974

### **NEW NEIGHBOR**

Rita Makowski - 6940 Lockridge Drive

If you would like to prepare a meal for new Moms and their families or for someone who is under the weather, you can visit a Lockridge website that has been designed to do just that...

**Go to yahoo.com**

**Click sign-in**

**User ID: lockridge meals**

**Password: forest**

**Click calendar icon and choose your date and time for delivery and type of dish**

### **CLASSIFIEDS**

Tastefully Simple Gourmet Foods - Karen Feinstein (770) 730-9600  
Primerica Financial Services – Bill Zadarosni (678) 614-8319  
MARS Van Lines, Inc. – Moving and Relocation Serv (678) 547-0773  
Domicile Rehabilitation / Fixin' & Sprucin' – G. Jernigan (404) 936-0591  
Math tutoring (10yrs exp) - Karen Feinstein (770) 730-9600  
A-1 Turn Key Services, Contractors, Bob Bumgardner (678) 449-4620  
Leisure Travel Specialist – Marie Jernigan (404) 936-0750  
Legal Plans & Identity Theft Program - Nanette Freiman (770) 393-2942  
Pet Sitting, Sherry ((770) 698-8145  
Babysitter - Dianna (770) 698-8145  
Ace Certified Personal Trainer - In Home - Kelly Pettit (678) 320-0707  
Drum Lessons - \$20.00/hr Ryan Ross (770) 668- 0762  
Tax & Accounting Services - Larry Hilsmier, CPA (770) 310-7078  
Richard's Renovations, Contractors, Richard Temple (404) 735-0818  
Piano and Mandolin Lessons - Angelina Reed, (770) 399-5814  
Lowe's Mortgage - Rob Shaver (678) 988-1169 or (678) 727-2729  
Mary Kay Cosmetics (25+yrs exp) Elaine Johnson (770) 352-9203  
Certified Financial Planner - Richard Davis (770) 677-1303  
MomCorps.com - P/T positions - Christine Callahan (404) 459-6935  
Integrity One Realty - Jerry Sheppard (678) 687-3679  
Real Estate Depot, Inc. - Mortgage Licensee - Ronka (404) 683-9308  
H/S & Undergrad tutoring - Spanish & French - Monica (678) 587-9353  
Licensed Massage Therapist - In Home - Beth Gaines (305) 321-1352

### **FOR LFCA MEMBERS ONLY**

If you have anything you would like mentioned in the Newsletter, please contact [cmartin6817@yahoo.com](mailto:cmartin6817@yahoo.com)

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