

SUMMER ISSUE 2024 • JUNE/JULY/AUGUST

# THE MAINSTREAM

The official publication of  
Mainstreet Community Services Association, Inc.



5001 MAINSTREET PARK DRIVE, STONE MTN., GA 30088  
[WWW.MAINSTREETCOMMUNITY.ORG](http://WWW.MAINSTREETCOMMUNITY.ORG)





## Message from the President

Hello neighbors!

Summer is here and it is time to “shell-abrate” our community and make a splash! I encourage everyone to continue to work towards creating change and being contributors to the ‘village’ through the concept of ‘community power’. The definition of community power is the ability of communities to voice their needs, drive structural change, hold decision-makers accountable, and advance the fair and just opportunity for all to attain his or her highest level of health and wellbeing.

To that point, Mainstreet strives as a collaborative community to build cohesion and to strengthen vital, lasting bonds by:

- Ensuring all duly elected board members are working in good faith for the community.
- Showing care and support for neighbor(s). If you see something... say something!
- Respecting the differences of others while honoring our own individuality.
- Investing in our youth by working to create a youth-centered approach through volunteerism and mentorship, and
- Creating community solidarity through informed communication, easy accessibility to homeowner services and community activities.

Let’s continue to build and promote community excellence as well as maintain its goals that contribute to the power of Mainstreet.

Yours in service,

Patrice Diamond  
Board President



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# Message from Association Manager Nadine Rivers-Johnson

## ASBESTOS: STAY IN THE SWIM OF THINGS



Did you know asbestos was commonly used in thousands of products and home construction materials before the 1980s?

From the 1930s to the 1970s, building materials, vinyl goods and other products contained asbestos. It is highly toxic and long-term exposure can cause cancer and other serious health problems.

Because the homes in our community were built before 1990, and there are tons of renovations and sprucing up projects going on, there's a possibility they contain vermiculite insulation that is contaminated with asbestos.

Between 1919 and 1990, more than 70% of the vermiculite sold in the U.S. came from a mine in Montana that was contaminated with asbestos. The insulation was often sold under the brand name Zonolite.

The Environmental Protection Agency (EPA) says homeowners should assume that any vermiculite insulation is contaminated. Because disturbing insulation might release asbestos fibers into the air, the EPA recommends you leave it alone or call a trained professional if it needs to be removed.

There's no need to panic, but you should take a few steps to protect yourself and your family from exposure. So, stay in the "swim of things" with these steps!

- Hire a professional asbestos contractor if you plan to remodel or conduct renovations that would disturb the vermiculite in your attic or walls.
- Leave vermiculite insulation undisturbed in your attic or in your walls if found.
- Do not store boxes or other items in your attic if it contains vermiculite insulation.



- Do not allow children to play in an attic with vermiculite insulation.
- If you need to go into your attic, make every effort to stay on the 'floored' part, and do not disturb the insulation.
- If you must perform activities that may disturb the vermiculite insulation such as moving boxes (or other materials), do so as gently as possible.
- Leave the attic immediately after any disturbance of vermiculite insulation.
- Do not track vermiculite insulation or associated dust into the living spaces of your home.
- Wear protective equipment if you go in the attic. Common dust masks do not protect you against asbestos fibers. You should at least wear an OSHA-approved respirator, appropriate protective clothing and eye protection. living spaces of your home.
- If you need work done in your attic or walls that will disturb vermiculite insulation, such as installing cable or utility lines, hire trained and certified asbestos professionals who can do the work safely.



PAYMENTS ARE DUE ON THE 1ST OF THE MONTH, LATE AFTER THE 15TH. A 10% LATE FEE OF \$7 APPLIES AND 10% INTEREST ACCRUES ON PAYMENTS NOT POSTED BY THE 16TH. CONTACT THE CLUBHOUSE ADMINISTRATIVE OFFICE TO UPDATE BILLING, EMAIL OR TELEPHONE NUMBER INFORMATION TO YOUR HOMEOWNER ACCOUNT.

OFFICE HOURS:  
TUE —FRI 9:00AM—6:00PM  
SATURDAY 9:00AM—3:00PM  
PHONE NUMBER: (770) 469-7238  
[www.mainstreetcommunity.org](http://www.mainstreetcommunity.org)

Mail Payments to:  
Mainstreet Community  
c/o CMA  
P. O. Box 65851  
Phoenix, AZ 85082-5851



For more information about vermiculite, go to [www.epa.gov/asbestos/pubs/verm.html](http://www.epa.gov/asbestos/pubs/verm.html).

# Potential Sources of Asbestos in the Home



Asbestos usage has significantly declined, and in several cases, its usage is banned. As a result, older homes are more likely at risk.

- A. Exterior Surfaces**
1. Roof Felt and Shingles
  2. Window Putty
  3. Cement Asbestos Board Siding/Undersheeting

- B. Insulation**
1. Vermiculite Insulation
  2. Batt Insulation

- C. Flooring**
1. Vinyl Asbestos Floor Tile

- D. Interior Surfaces**
1. Popcorn/Sprayed-on Ceilings
  2. Textured Paint

- E. Boilers, Heating & Piping**
1. Heat Source Covering
  2. Door Gaskets
  3. Duct Linings
  4. Wall Gaskets and Linings

- F. Electrical Equipment**
1. Recessed Lighting
  2. Wiring Insulation
  3. Fuse Boxes
  4. Outlets

- G. Appliances**
1. Refrigerators/Freezers
  2. Range Hoods
  3. Woodstoves (Heat Reflectors)
  4. Clothes Dryers
- Not Shown: Dishwashers, Toasters, Slow Cookers, Portable Heaters, Hair Dryers*

- H. Miscellaneous**
1. Fireplace Logs

- I. Automotive**
1. Brake Linings, Gaskets and Clutch Facings





# WATER ARE YOU DOING THIS SUMMER? STAY POOL-PROOF!



We are looking forward to a safe and enjoyable pool season this year beginning on Saturday, May 25, 2024, but there are rules and guidelines to having fun! Be sure to update your Mainstreet ID card for 2024! The pool will be open Tuesdays through Sundays from 12:00pm – 7:45pm each week through August 4, 2024. Once DeKalb County Schools reopen for the 2024-2025 school year, the pool will operate on reduced pool hours: Wednesdays through Sundays from 3:00pm – 7:45pm through Sunday, September 1, 2024, the last day of this year's pool season.

- **ASSOCIATION POOL POLICY.** Mainstreet Community's Association Pool Policy focuses heavily on criteria for pool access, requirements for proper swimwear attire ONLY being allowed in the pools and conduct such as no running on the pool deck or proper behavior enforcement at all times. A copy of this important document is available at the Clubhouse onsite administrative office and on the association website, [www.mainstreetcommunity.org](http://www.mainstreetcommunity.org).

- **SWIM-AT-YOUR-OWN-RISK POLICY.** Mainstreet has a swim-at-your-own-risk policy. This means the Association does not employ lifeguards, and individuals using the pool are responsible for practicing pool safety. Signage communicating this policy is placed through the pool deck area to ensure residents and guests are aware of the risks.
- **PROACTIVE ENFORCEMENT MECHANISMS.** Executive Enforcement Security, Inc. (EESI) will enforce the rules and regulations during this year's pool season, how infractions will be handled, and ensure consistent rules adherence. We want all of our homeowners and residents to feel safe while enjoying our pool amenities.

Let's have fun this summer and stay in the swim of things! See you there!





## Dive Into Fun & Fitness with Aqua Boot Camp

# Aqua Boot Camp Coming to you Summer 2024(Memorial Day- Labor Day)



This Photo by Unknown Author is licensed under CCBY-SA-NC

Are you ready to get fit, toned, lower your blood pressure and reduce your diabetic meds? Look no further! Just sign up for aqua boot camp classes @ your location. Email me @ [mngxwellness@gmail.com](mailto:mngxwellness@gmail.com) or text 404-457-2330 and in the subject line please put Wynbrooke, Smokerise, Waters Edge, Mountain Oaks or Mainstreet Community.

Classes will be Saturday mornings determined by the number of participants. Class is \$10.00. I bring music, equipment and AAE Certification.





# Gerald A. Ferguson Scholarship: Helping to Make Education Easier to Access

Hello fellow Mainstreet graduates!

Congratulations on the next phase of your academic career! My name is Camila Trejo-Salvatierra and I am a recipient of Mainstreet Community's Gerald A. Ferguson scholarship and currently pursuing my Bachelor of Science in Nursing at Mercer University. This scholarship has been an incredible source of financial assistance to me as I work towards my academic passions. As an incoming junior, it has helped alleviate some of the financial burden of my tuition costs and reduce my need for student loans. I can engage more fully in my studies and extracurricular activities while enjoying a more enriching collegiate experience as a result.

If I can offer some advice for any soon-to-be college student, I suggest the following:

**VOLUNTEER**

Get involved with your community and/or an organization whose causes align with your passions. Volunteering provides real-world experience and allows you to practice important habits like leadership, problem-solving, and time management. Volunteerism may also boost your financial aid package - the amount of federal aid, state aid and college aid that the colleges and universities who have accepted you are willing to offer you towards your college education. There are several scholarships and grants out there that list community service as a requirement. So, dedicating a portion of your time to volunteer could help boost your financial aid profile.

**RESEARCH**

Seek and apply for scholarships that can offset the constraint of financial hardship.

**NETWORK**

It is an essential part of career success in numerous occupational fields. Many programs connect scholarship recipients to mentors, conferences, and professional development programs which can help you learn about a career in their field and gain invaluable industry connections.

**DON'T PROCRASTINATE**

If you feel you need assistance, seek help! It takes your willpower to acknowledge you do need a little support and advice. Visit or contact your university's admissions office or academic resource center! They serve as valuable resources for prospective and existing students with guidance about financial aid, scholarships and other student-related inquiries.



THINK POSITIVE

MAKE IT HAPPEN





# Trimming Tips for Essential Summer Tree Care



The plentiful warmth and sunshine of summer marks a busy period for many plants, including trees. When trees enter this phase, most of their energy is directed toward active growth, which means they have less energy to recover from damage or infection. Therefore, it's crucial to approach your summer pruning and trimming tasks carefully. Whether you're a seasoned gardener or a novice, here are three tips used by professional arborists for a successful summertime trim with minimal damage.

## *USE THE RIGHT TOOLS*

Using improper tools can cause physical trauma to your tree or put your safety at risk. First and foremost, you'll need to invest in high-quality pruning shears, loppers, and pruning saws designed specifically for tree trimming. Regular gardening shears and pruners are usually not durable enough to cut through wood and bark effectively. Once you have the proper tools, regularly inspect and maintain them so they can continue making clean, precise cuts. Don't forget about pole pruners or extendable ladders for reaching high branches safely.

## *USE PROPER CUTTING TECHNIQUES*

When you're ready to trim your tree, make your cuts at a 45-degree angle. An angled cut allows for better sap flow than a squared-off cut, which speeds up the healing process for the tree. Along with making angled cuts, position your cuts outside the branch collar. This is a swollen area near the base of a branch where it connects to the trunk or another larger branch. Think of each branch collar as a defensive fortress, and cutting off the branch just outside of it will still leave the rest of the tree defended against infection and disease.



## *FOLLOW THE 1/3RD RULE*

Because many trees experience active growth in the summer, trimming off too much can permanently impair their ability to grow. The sudden and rapid growth is also an evolutionary defense against sunburn. Leaves provide shade from sunlight and convert that sunlight into energy for the tree, so it's best to trim conservatively. To keep your trees healthy, remember the "1/3rd rule" used by professional arborists. Only remove up to a third of a tree's canopy, leaves, or branches at a time.

## *FOCUS ON REMOVING DEAD BRANCHES*

When you approach tree trimming during the summer, there should be less emphasis on grooming or thinning out the canopy. Instead, prioritize removing dead, dying, or pest-ridden branches. Doing this prevents diseases or pests from spreading to other branches, directs more energy to new growth, and strengthens the tree against rough summer storms.

## *GET PROFESSIONAL HELP*

By using professional-grade tools and techniques, you can support the healthy growth of your trees and enjoy a beautifully landscaped yard this summer.

\*KNOWLEDGE IN THIS ARTICLE WAS OBTAINED FROM CORWIN'S TREE SERVICES' ONLINE BLOG





## Stay COOL in the HEAT of the Moment: Gun Safety & YOU



Gun violence is a pressing issue that affects all communities. Ensuring responsible gun ownership involves emphasizing safety and education. Here are some best practices to be responsible gun owners, emphasizing the importance of proper storage, firearm education, and following other appropriate procedures.

### *SAFE STORAGE IS KEY*

The cornerstone of responsible gun ownership is proper storage. Handgun safes are an essential component of this practice. Storing your firearms in a safe ensures they are inaccessible to unauthorized individuals, such as children, intruders, or others who may misuse them. Placing gun safes strategically throughout your home is also good practice. Consider installing a handgun safe in your bedroom, living room, or other areas where you might need immediate access to your firearm. Having quick access to a safe while also guaranteeing that it's secure and hidden from view is essential.

### *FIREARM EDUCATION AND TRAINING*

Responsible gun owners prioritize education and training. It's important to know how to use your firearm safely and effectively. Many gun owners seek out firearm safety courses and practice regularly at shooting ranges. Training not only improves your skills but also ingrains safe firearm handling habits.

### *PRACTICE SAFE HANDLING*

Take care to be meticulous about firearm handling. Always treat a gun as if it's loaded, even if you're certain it's not. Never point the firearm at anything you don't intend to shoot and keep your finger off the trigger until you're ready to fire. These practices reduce the risk of accidents and promote safe gun handling.

### *TEACH GUN SAFETY TO YOUR FAMILY AND FRIENDS*

If you have family members or friends living with you, take time to educate them about gun safety. Teach your loved ones, especially children, the importance of respecting firearms and the dangers associated with them. Encourage open communication so that they understand the significance of responsible gun ownership.

### *KNOW AND FOLLOW LOCAL LAWS*

Compliance with local and state laws is a hallmark of responsible gun owners. Different jurisdictions have varying regulations regarding the purchase, ownership, and use of firearms. Understanding and adhering to these laws is key to avoiding legal issues and promoting responsible gun ownership.

### *KEEP YOUR GUN UNLOADED WHEN NOT IN USE*

Another effective practice is to keep your firearm unloaded when it's not in use. This reduces the risk of accidents and unintentional discharges. Keeping it unloaded while it's stored away ensures that it's always ready when needed but protected from misuse.

### *SECURE YOUR AMMUNITION*

Responsibility extends beyond the firearm itself. Securely storing ammunition is equally important. Keep your ammunition in a separate, locked container to prevent unauthorized access. This additional layer of security ensures that even if someone gains access to any handgun safes, they won't have immediate access to ammunition.

### *DO REGULAR SAFETY CHECKS*

Routine safety checks are a must for responsible gun owners. Inspect and clean your firearms to make sure they are in good working condition and take them to a qualified gunsmith for maintenance if needed. Regular inspections prevent accidents caused by malfunctioning firearms.

### *BE AWARE OF CONCEALED CARRY*

If you have a concealed carry permit, be aware of the responsibilities that come with it. Understand the laws and regulations related to concealed carry in your area and adhere to them diligently. Responsible gun owners prioritize safety over convenience when carrying their firearms.

### *REPORT LOST OR STOLEN FIREARMS*

Firearm owners know the importance of promptly reporting lost or stolen guns. Doing so not only helps law enforcement recover the firearm but also prevents the weapon from falling into the wrong hands. Many jurisdictions require gun owners to report such incidents within a specific timeframe.

### *PROMOTE RESPONSIBLE GUN OWNERSHIP*

Gun owners play an active role in promoting responsible gun handling within their communities. Encourage fellow firearm owners to practice safe storage, take safety courses, and educate their families, and advocate for appropriate measures in gun ownership. By setting an example, you can contribute to a culture of responsibility and safety.

Becoming a responsible gun owner is a commitment to safety, education, and responsible firearm storage. By following these best practices, responsible gun owners can enjoy the benefits of firearm ownership while minimizing the risks associated with it.

Contact **Darryl Irvin** at [crimewatch@mainstreetcommunity.org](mailto:crimewatch@mainstreetcommunity.org) to join Mainstreet Community's Crime Watch team or for more information.

\*KNOWLEDGE IN THIS ARTICLE WAS OBTAINED FROM SAFES R US' WEBSITE







Get a Little



&  
*More*

This Sea-Sun



The right nutrition can help protect your body from the skin-damaging effects of the sun, from wrinkles to skin cancer, and other summertime maladies -- antioxidants naturally help the body prevent and fix the day-to-day damage the cells of your body endure.

Since the 1930s, research (and some anecdotal wisdom) has shown that vitamin C (ascorbic acid) supplementation helps the body physiologically respond to heat stress. It reduces your likelihood of developing heat-related illnesses such as heat rash and heat exhaustion -- it can also be used to treat heat rash that's already developed. Daily vitamin C supplementation also shortens the length of time it takes your body to adjust to a new hotter environment, known as heat acclimatization. at how vitamin C might help keep you cool this summer.

#### *VITAMINS C & E*

Preliminary research also indicates that vitamin C may be promising as a natural anti-histamine, as well as a powerful antioxidant. Vitamin C may help lessen the symptoms of seasonal allergic rhinitis, possibly most effective when combined not only with your current hay fever medication, especially with quercetin, a plant-derived flavonoid (you'll find it in red wine, tea and olive oil, as well as in berries and other darkly pigmented fruits and vegetables) that may help prevent your body from producing histamine.

Additionally, vitamin C's antioxidant effects may help the body protect itself from cell damage by encouraging the production of collagen and the growth of new tissue -- it also helps your tissue make repairs. These antioxidant benefits may help protect your skin from sun damage, including photoaging. Vitamin C is sometimes used topically to reduce the harmful effects of the sun's ultraviolet (UV) rays on the skin, and when you combine C with another vitamin -- vitamin E -- the pair may help prevent sunburns.

What else can vitamin E do for your summertime blues? Vitamin E has antioxidant benefits that help protect skin from UV damage when you use it topically before applying sunscreen, both before sun exposure and after you've been out in the sun.

Similar to the anti-allergy benefits vitamin C, when used with your existing seasonal allergy therapy, vitamin E may help reduce the severity of seasonal allergies (specifically nasal symptoms) and asthma. Vitamin E shows promise for calming the parts of the immune system that activate when you have an allergic response.

#### *VITAMINS D & A*

just as vitamins C and E may offer relief for seasonal allergy sufferers, vitamin D also seems promising in helping to control asthma -- some early research indicates vitamin D's anti-inflammatory properties may help put the symptoms of asthma in check.

In addition, vitamin D increases the skin's thickness, and thicker skin means fewer wrinkles, which is why vitamin D is a popular ingredient in anti-aging skin care remedies. Research has also found a link between our amount of sun exposure and how well our immune system is working, including our skin's immune defenses.

Too little sun exposure and you risk developing a vitamin D deficiency. Too much sun exposure and you risk developing skin cancer. What surprised researchers in recent years, however, is that vitamin D3 may play a role in preventing cells from uncontrollably growing and dividing, which could protect us from certain cancers such as colorectal, breast and even skin cancer.

Vitamin A -- retinol -- may also help protect us from melanomas. Researchers studying vitamin A and its role in preventing skin cancer found that people who took daily vitamin A supplements (rather than relying on food intake) were 60 percent less likely to develop melanoma than those who didn't take supplemental retinol.

Vitamin A helps your body repair sun-damaged skin, and may be one of the best options to combat the fine lines and hyperpigmentation of photoaging. In fact, if you use topical anti-aging products containing retinol, you may already know the benefits of vitamin A on your skin. Vitamin A comes in a few forms, and it's the compound form retinol that helps the body make needed repairs, including repairing sun-related cell damage and restoring collagen and elastin.

\*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM  
HOW STUFF WORKS' WEBSITE



# Witty & Wise: Tickle Your Funny Bone

## Witty & Wise





## Message from Office Associate Velvet Loyal

### STAY FINANCIALLY COOL & HAVE MORE FUN THIS SUMMER WITH THESE BUDGETING TIPS

When you think of summer, you might imagine barbecues, outdoor festivals, and sunny days spent relaxing by the pool. But the season can also bring added expenses, whether it's that big trip you're looking to take or the extra child care you're paying for while school's out. In fact, it's one of the most expensive times of the year, second only to the winter holiday season.

The good news is that summertime doesn't have to throw you off track from your financial goals. These summer budgeting tips can help you make the season fun and affordable.



#### Summer budgeting tips

- 1 Acknowledge overspending.
- 2 Set aside money each month for summer.
- 3 Travel during less popular times.
- 4 Take advantage of free activities.
- 5 Cut back on some non-essential spending.
- 6 Embrace the "joy of missing out."

**REMEMBER:** Association fees are due the 1st of each month and late after the 15th of each month. Any payments received after the 15th will result in a late fee. We are committed to working with homeowners and offer payment plans tailored to your financial needs. Homeowners with delinquent accounts are encouraged to contact the Mainstreet administrative office in order to discuss payment options. **WE WILL MAKE EVERY EFFORT TO WORK OUT SUITABLE TERMS.**

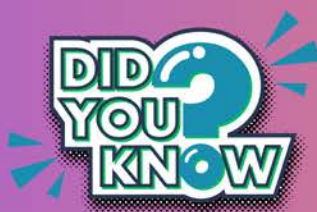
#### Suggested Next Steps:

- Write down your values and a summer wish list. Create a summer budget that helps you prioritize saving for and spending on the things that are most important to you.
- Start a savings account for your summer spending.
- When you feel FOMO (Fear Of Missing Out), take a moment to recognize the feeling. Know that it's OK if you don't do everything your friends do or what you see on social media.

*\*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM TRUIST'S BUDGETING BY VALUES.*

FINANCIALLY  
**COOL!!**



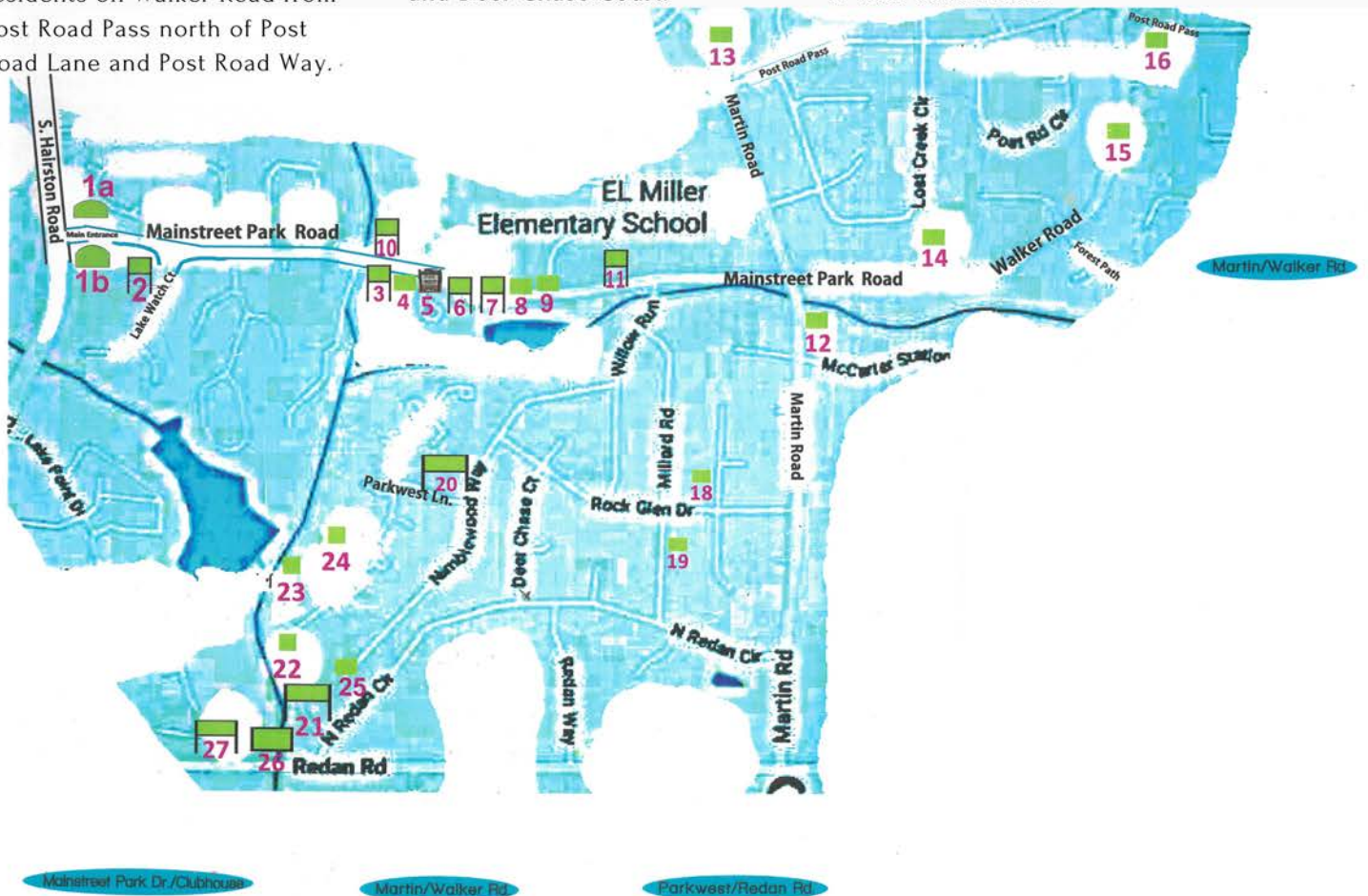


# MAINSTREET...KNOW Your Neighborhood

Mainstreet Community sits on a 528-tract of land and developed as one of DeKalb County's first "natural environment" communities. It consists of 1,00 single-family homes and 164 fee-simple attached townhomes which is divided into fourteen (14) separate neighborhoods.



- **ARBOR HILLS**
- **CLUBLAKE** - Includes all of Nimblewood Way from Rock Glen to Willow Run and Mainstreet Park Drive from Willow Run to Martin Road and Millard Road.
- **CLUBSIDE** - Includes all residents on Bridgewater Court, Post Road Court, Post Road Trail, Post Road Terrace, Post Ridge Terrence, Post Road Pass between Mainstreet Park Drive and Martin Road, Mainstreet Park Drive from the bridge to Willow Run and Model Court.
- **EAST POST** - Includes all residents on Walker Road from Post Road Pass north of Post Road Lane and Post Road Way.
- **LAKESIDE** - Includes all residents on Mainstreet Lake Terrace, Mainstreet Lake Court, Mainstreet Park Court and Mainstreet Park Drive from the entrance to the bridge.
- **LAKEVIEW** - Includes all residents on Mainstreet Valley Drive, Mainstreet Valley Trace, and Mainstreet Valley Close.
- **LAKEWATCH** - Includes all residents on Lake Watch Drive and Lake Watch Court.
- **NIMBLECHASE** - Includes all residents on Nimblewood from N. Redan to Rock Glen, Deer Chase and Deer Chase Court.
- **NORTH POST** - Includes all residents on Lost Creek Circle north of Post Road Pass, Post Road Pass from Martin Road to Walker Road, Post Road Drive and Post Road Trace.
- **PARKSIDE** - Includes all Townhomes off Village Mainstreet.
- **PARKWEST**
- **SOUTH POST** - Includes all residents on Martin Road toward Walker Road ending before Forest Path, Avanti Court, Twin Hickory Court and Lost Creek Circle south of Post Road Trace.
- **THE CIRCLE** - Includes all residents on Post Road Circle, Post Ridge Court, Walker Road from Post Road Pass going south stopping before Forest Path, Walker Court and Walker Lane.
- **THE OAKS** - Includes all Townhomes in Heritage Oaks, Brandy Oaks and Disney Court.

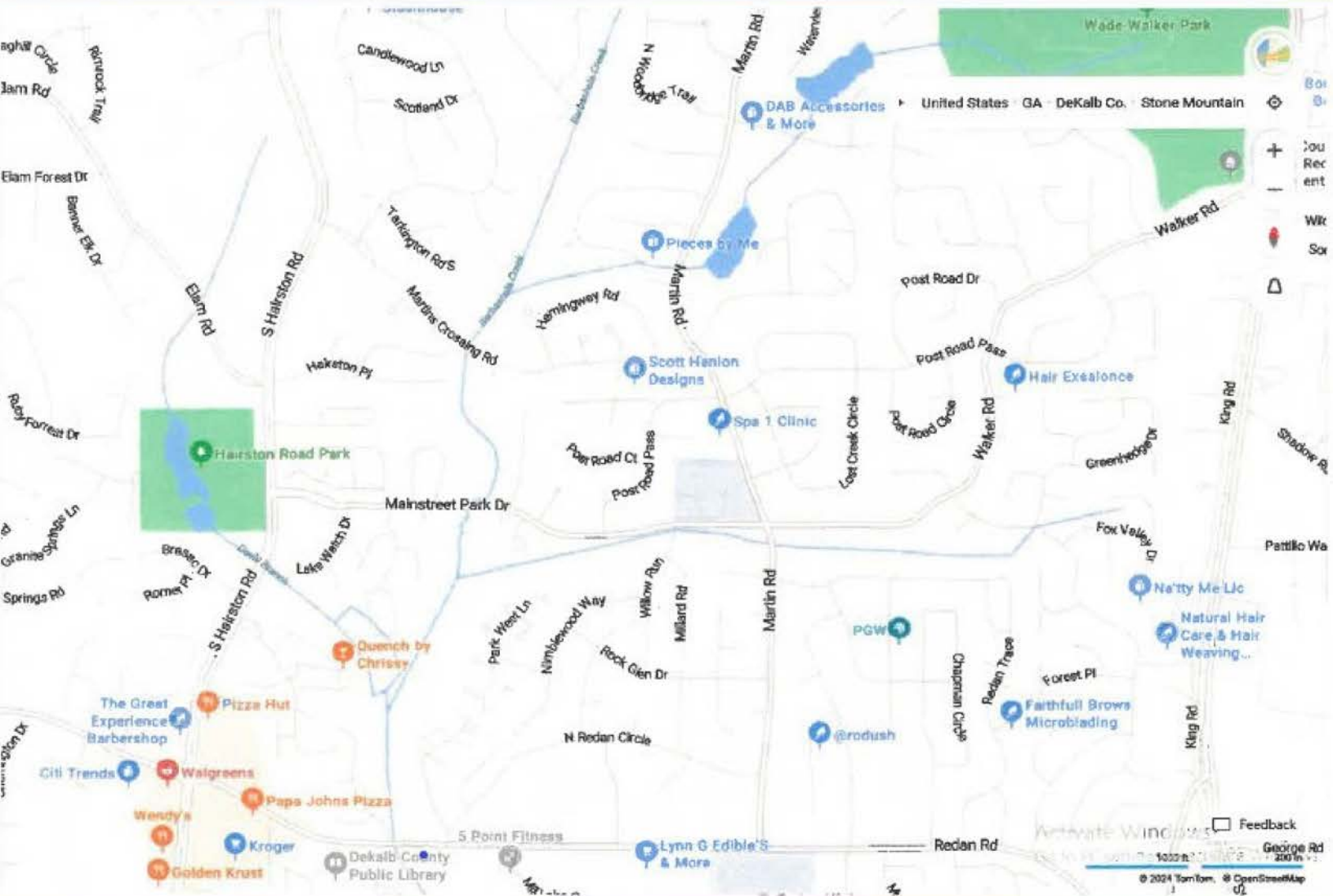






# Bird's Eye View of Mainstreet Community

THE MAP BELOW DISPLAYS A BIRD'S EYE VIEW OF MAINSTREET COMMUNITY. SEE IF YOU CAN LOCATE YOUR NEIGHBORHOOD!





## Minimize Your Carbon Footprint Through Conservation:



**REDUCE  
REUSE  
RECYCLE**



Being careful about what you buy, consume, and throw away may not seem all that exciting even for the most committed environmental steward. But efficient daily practices and a little old-fashioned common sense are good for the environment and your bottom line.



Use this checklist to see how many waste management and recycling practices you've implemented. Then, make a plan of action to expand your efforts.

- Make waste reduction a priority in your home.
- Evaluate the waste you generate to identify and reduce your greatest sources of waste.
- Measure the volume or weight of the garbage you generate and set measurable reduction targets.
- Reject wasteful consumption by carefully considering what you need and buying products that last.
- Purchase products with minimal packaging or packaging that can be recycled or buy in bulk.
- Use cloth napkins, cloth lunch bags, sponges/dish rags, reusable plates, and reusable coffee filters instead of paper alternatives.
- Repair or donate older or unwanted equipment and household goods to local charitable groups, rather than dispose of them.
- Purchase durable furniture and equipment or products made of recycled material to reduce waste from inferior products.
- Purchase recycled paper products, such as office paper, bathroom tissue, etc.
- Set up an area to collect recyclable paper, glass, cardboard, aluminum, tin, and plastic.
- Compost outdoor waste such as grass clippings, leaves, and kitchen waste (no meat or onions).





# Mainstreet Pet Corner

## HOT TIPS FOR SUMMER PET CARE

“When the temperatures get **extreme**, your pet’s safety should be top of mind!”

Summertime is fun time, but hot weather makes for some unique summer pet care challenges. Although wild animals are well adapted to the elements, companion animals can be just as susceptible to extreme temperatures as their owners are. What does that mean for your pet? When the temperatures get extreme, pet safety should be top of mind. Here are five ways to stay safe while enjoying summer activities with your pet:

1. **Respect the heat.** Humans aren’t the only animals that can find a hot summer day overwhelming. But unlike you, your pet has a limited ability to deal with the heat. Dogs release heat through their paw pads and by panting, while humans can sweat through all of the skin on their body. Dehydration can be a big problem for pets during the hot weather, too. According to the ASPCA, animals with flat faces—like Pugs and Persian cats—cannot pant as effectively and are therefore more susceptible to heat stroke. You should also keep an eye on elderly or overweight pets or animals with heart and lung disease. In the summer, make certain that Fido and Fluffy always have access to plenty of fresh, cool water, and avoid letting them run around outside during the hottest parts of the day. And, of course, never leave a pet closed up in a hot car, even for a few minutes.

2. **Keep bugs away—safely.** Another summer pet safety issue is the presence of ticks and other summer insects. Not only can bugs carry diseases, but the ways people try to ward them off can also cause problems for your outdoor pet’s health. Fertilizers and pesticides may help keep a lawn looking great, but they can be very dangerous for your pet. In the areas where your pets play, it’s better to keep the grass cut short to reduce the presence of ticks and other insects. Also, keep an eye out for fertilizer warnings on neighbors’ lawns when walking your dog. Talk to your veterinarian about the best ways to protect your pet from fleas, ticks, and other insects that are more prevalent during the summer months.

3. **Beware of antifreeze.** In the summertime, antifreeze can leak out of cars when they overheat, leaving puddles on the ground that your dog can easily lap up and swallow. The sweet taste of antifreeze is tempting to dogs and cats, but when this toxic substance is ingested, it’s potentially lethal. Pay attention to your neighbors’ cars and puddles on your street, and make sure your pets stay clear of it.

4. **Find out if your pet needs sunscreen.** Some pets, particularly those with short fine hair and pink skin, can be susceptible to sunburn. Talk to your veterinarian about which types of sunscreen are safest on your pet’s skin, and follow up by routinely applying sunscreen as part of your summer routine. Do not use sunscreen or insect repellents that are not designed specifically for use on animals. The ASPCA says ingesting certain sunscreens can cause drooling, vomiting, diarrhea, excessive thirst, and lethargy in pets.

5. **Practice water safety.** As with other aspects of summer pet care, water safety is all about thinking ahead. Although it’s fun to bring your pet to the beach or pool to stay cool together, always keep a close eye on your pet when they’re in or near the water. Even a strong swimmer could have trouble getting out of a pool or get trapped by ropes, and other obstacles. For more risky summer adventures with your dog, like boating, look into a doggie life preserver. It could prove to be an excellent investment for his safety.

Summer pet safety isn’t hard, it just requires some thought and attention. Watch over your pet the way you would a small child—protect them from too much heat, sun, and other summer dangers—and everything should be just fine.



\*KNOWLEDGE IN THIS ARTICLE WAS OBTAINED FROM MYPET.COM











HAPPY  
4<sup>th</sup> of July

JULY 2

UV SAFETY  
AWARENESS  
MONTH  
JULY





Community Calendar of Events for August

AUGUST 1



NATIONAL PROMISE TO  
CARE DAY

AUGUST 21

National Senior  
Citizen Day



World Humanitarian Day

AUGUST 19



Humanitarians Yes - World Humanitarian Day

national  
**IMMUNIZATION**  
awareness month

Adults need  
vaccines, too!



**VACCINES**  
*are not just for kids.*





# Mainstreet...A Caring Community

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The Mainstream  
The Voice of Mainstreet  
Community Services  
Association, Inc.

To place an ad, call 770-469-7238 or email  
[nadine@mainstreetcommunity.org](mailto:nadine@mainstreetcommunity.org)

THE MAINSTREAM NEWSLETTER Summer 2024 Edition.  
Homeowners are encouraged to submit articles of interest to the editor of The Mainstream.  
Nadine Rivers-Johnson at [nadine@mainstreetcommunity.org](mailto:nadine@mainstreetcommunity.org).

(Editorial licensing strictly enforced.)

The Mainstream is the quarterly newsletter for Mainstreet Community Services Association. Comments are always welcome.



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