



New Year, New You!

Health, Wealth &
Welfare Tips and
Best Practices

10 Workout Secrets From The Pros

By Carol Sorgen, WebMD

Experts and successful exercisers reveal the top tips and tricks they use to get the most from their fitness routines:

1. **Be Consistent:** Consistency is the best tip for maintaining a successful fitness regimen.
2. **Follow an Effective Exercise Routine:** The American Council on Exercise (ACE) recently surveyed 1,000 ACE-certified personal trainers about the best techniques to get fit. Their top three suggestions:
 - **Strength training.** *Even 20 minutes a day twice a week will help tone the entire body.*

- **Interval training.** *“In its most basic form, interval training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout,” says Cedric Bryant, PhD, FACSM, chief science officer for ACE. “It is an extremely time-efficient and productive way to exercise.”*

- **Increased cardio/aerobic exercise.** *Bryant suggests accumulating 60 minutes or more a day of low- to moderate-intensity physical activity, such as walking, running, or dancing.*

3. **Set Realistic Goals:** “Don’t strive for perfection or an improbable goal that can’t be met,” says Kara Thompson, spokesperson for the International Health Racquet and Sportsclub Association (IHRSA). “Focus instead on increasing healthy behaviors.”

In other words, don’t worry if you can’t run a 5K just yet. Make it a habit to walk 15 minutes a day, and add time, distance, and intensity from there.

4. **Use the Buddy System:** Find a friend or relative whom you like and trust who also wants to establish a healthier lifestyle, suggests Thompson. “Encourage one another. Exercise together. Use this as an opportunity to enjoy one another’s company and to strengthen the relationship.”

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New Year, New You!: Health

Continued from cover

5. Make Your Plan Fit Your Life: Too busy to get to the gym? Tennis star Martina Navratilova, health and fitness ambassador for the AARP, knows a thing or two about being busy and staying fit.

Make your plan fit your life, she advises in an article on the AARP web site. “You don’t need fancy exercise gear and gyms to get fit.”

If you’ve got floor space, try simple floor exercises to target areas such as the hips and buttocks, legs and thighs, and chest and arms (like push-ups, squats, and lunges). Aim for 10-12 repetitions of each exercise, adding more reps and intensity as you build strength.

6. Be Happy: Be sure to pick an activity you actually enjoy doing, suggests Los Angeles celebrity trainer Sebastien Lagree.

“If you hate weights, don’t go to the gym. You can lose weight and get in shape with any type of training or activity,” he says.

And choose something that is convenient. Rock climbing may be a great workout, but if you live in a city, it’s not something you’ll be doing every day.

7. Watch the Clock: Your body clock, that is. Try to work out at the time you have the most energy, suggests Jason Theodosakis, MD, exercise physiologist at the University of Arizona College of Medicine. If you’re a morning person, schedule your fitness activi-

ties early in the day; if you perk up as the day goes along, plan your activities in the afternoon or evening.

“Working out while you have the most energy will yield the best results,” Theodosakis says.

8. Call in the Pros: Especially if you’re first getting started, Theodosakis suggests having a professional assessment to determine what types of exercise you need most.

“For some people, attention to flexibility or to balance and agility, may be more important than resistance training or aerobics,” he says. “By getting a professional assessment, you can determine your weakest links and focus on them. This will improve your overall fitness balance.”

9. Get Inspired: “Fitness is a state of mind,” says fitness professional and life coach Allan Fine of Calgary, Alberta, Canada. One of Fine’s tricks to get and stay motivated is to read blogs or web sites that show him how others have been successful. “Who inspires you?” he asks.

10. Be Patient: Finally, remember that even if you follow all these tips, there will be ups and downs, setbacks and victories, advises Navratilova. Just be patient, and don’t give up, she says on the AARP web site: “Hang in there, and you’ll see solid results.”

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Good Financial Hygiene: Basic Tips, Best Practices

By Ethan Ewing, Military.com

Financial literacy is not taught in American schools. It is up to each of us to educate ourselves, or we leave ourselves open to making bad financial decisions or being scammed. Here are seven basic financial tips to help you better manage your finances. Put these “best practices” in place to keep from falling into financial trouble.



with a Consumer Credit Counseling Service or a Debt Settlement firm. Credit counseling offers budget advice and a debt management plan that can lower your interest rates, so you get out of debt faster. Debt settlement works by negotiating reduced balance settlements, so you pay back less than you owe. To do debt settlement, you have to choose to stop paying your creditors, so your credit is harmed. Before signing up for any debt relief program,

check into the effect the debt relief program has on your status with military, including security clearance.

- **Make a Budget** — Developing a personal budget is a crucial first step to building and maintaining your financial health. An accurate budget helps you:
- **Figure out what you can afford**
- **Understand where your money is going**
- **Set appropriate spending targets**
- **Make a realistic plan for a solid financial future**

Use the Bills.com budget guide to get started.

- **Cut Spending** — The modern world is full of pressure to spend money. As our consumer culture expands, it takes more discipline to separate what you need from what you want. Don't let a desire for the newest phone or fancy car lead you into spending more than you can afford. Trim expenses where you can. Even a small change in habits can save a lot of money. Look at the Bills.com Savings Machine, to see how even cutting out a daily latte can add up to significant savings over time.
- **Pay Down Debt Effectively** — If you are already accumulating credit card debt, take the steps to correct that problem before it spins out of control. Don't develop the habit of paying only minimum monthly payments. Find a way to pay more, if at all possible. Use any funds you free up by trimming expenses and apply them to your debt. You can choose to put the extra money towards your smallest debt or towards the one with the highest interest rate. Either way, stick with the strategy you choose and keep your total monthly debt payments the same, even as you pay off creditors. This way, you pay off the debt quickly and save a large amount of money in reduced interest costs.
- **Use Debt Relief Programs Cautiously** — If your credit card debts are already out of control, you may consider working

- **Monitor Your Credit** — If you don't have strong credit, you can't qualify for the best interest rates available. Check your credit report for free at www.annualcreditreport.com, where you can get one free report from each bureau once a year. Stagger your requests every four months, pulling one bureau at a time, and you can check your report for free three times a year. Dispute any incorrect information.

- **Build Your Credit Score** — Even if you're not planning any large purchases in the near future, you should work to build a strong credit score. This way, when the time comes to buy a car or home, you can get the best financing available. It takes using credit responsibly in order to build a good score. You should have three active accounts in good standing. Don't run up debt on your cards, but use them and pay them off each month. If you don't have any credit history because you have never had any credit accounts, you'll have to start from scratch. Applying for a secured credit card is a good way to build credit when you have no credit history. Just make sure the secured credit issuer reports to the three main credit bureaus.

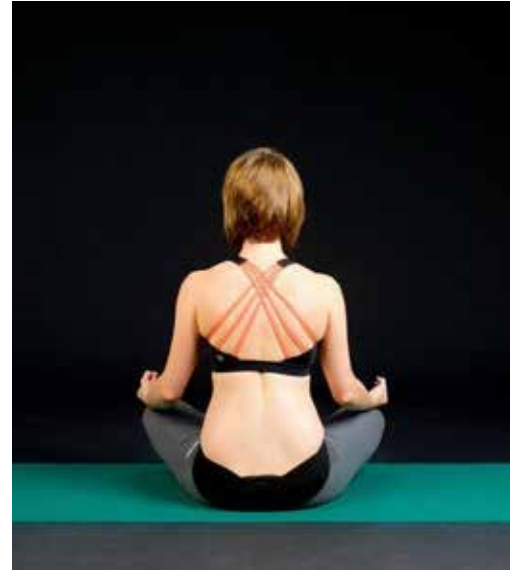
- **Watch Out for Scams** — Don't fall for any of the variety of scams that target military servicemembers. Many scam-artists use the internet to lure their victims. Common scams include online offers to sell cars at extreme discount or offering loans that don't require a credit check. If you are looking to rent a home or apartment, make sure that you know whom you're dealing with. Scams exist where someone who is not the lawful landlord offers a home for rent. One red flag is if you're asked to wire-transfer a security deposit.

If you can follow the basic advice in this article, you'll find ways to save money and establish the foundation for a solid credit future. Before you take any action, be sure to carefully evaluate your financial decisions so you don't rush into a bad one.

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Ten Things You Can Do for Your Mental Health

Adapted from the National Mental Health Association/National Council for Community Behavioral Healthcare

Try these tips to help find the right balance in your life:

1. **Value yourself:** Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.
2. **Take care of your body:** Taking care of yourself physically can improve your mental health. Be sure to:
 - Eat nutritious meals
 - Avoid cigarettes
 - Drink plenty of water
 - Exercise, which helps decrease depression and anxiety and improve moods
 - Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students.
3. **Surround yourself with good people:** People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.
4. **Give yourself:** Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.
5. **Learn how to deal with stress:** Like it or not, stress is a part of life. Practice good coping skills: Try One-Minute Stress Strategies, do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.
6. **Quiet your mind:** Try meditating, Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.
7. **Set realistic goals:** Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.
8. **Break up the monotony:** Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.
9. **Avoid alcohol and other drugs:** Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems.
10. **Get help when you need it:** Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

DeKalb County's Flood Maps Are Changing

By Georgia Flood Map Program



City of Clarkston's Planning & Development Director, Shawanna Qawiy and Jarrett Mattli with Dewberry Consultants, review flood maps for the city of Clarkston during the Flood Maps Open House.

The Open House was held on December 6, 2017 to give impacted residents, community members and business owners an opportunity to voice in-person issues, concerns, risks assessments and to ask aftermath questions about assistance and flood insurance.



Flooding: A Frequent and Costly Disaster Flood risks have changed throughout the watershed due to erosion, land use, environmental conditions, and changes in runoff patterns.

DeKalb County's flood maps are being updated and replaced. A multi-year project to develop detailed, digital flood hazard maps for the Upper Chattahoochee Watershed is nearing completion. The new maps, known as Flood Insurance Rate Maps (FIRMs), reflect current flooding risks, replacing maps that are based on outdated studies, some which are more than 30 years old. Preliminary maps were recently released and will undergo a several-month review and comment period before they become effective. When the flood new maps become effective, residents and business owners will have up-to-date, Internet-accessible information about their flood risk on a property-by-property basis. Revisions to these mapping products may affect residents and business owners in DeKalb County.

Flood risks can vary from neighborhood to neighborhood, and even property to property. But storms and heavy rains cause increasingly costly impacts to home and business owners throughout the watershed. The first step in reducing potential impacts of flooding is to know your flood risk, and that's where these new maps can help.

New Maps = Safer Public

The new maps are the result of a cooperative effort involving the Georgia Environmental Protection Division (EPD) under Georgia Department of Natural Resources, the Federal Emergency Management Agency (FEMA), and DeKalb County and local communities. Developed using advanced mapping and modeling technologies and using the latest data available, they are the most detailed, accurate flood maps ever created for this area. County and community officials as well as planners, engineers and builders will use the maps to make important determinations about where and how to build and rebuild to minimize future flood impacts. Residents and business owners can use the maps to learn their risk, and make more informed decisions about the financial steps they need to take to reduce the risk of damage and loss due to flooding.

How Will the Changes Affect Residents & Business Owners?

There will be some properties that aren't affected – their risk remains the same. But there will be others that will be found to be now in a higher risk area (shown on the flood map in zones labeled with a letter starting with "A"), while others will be mapped into a lower risk area (zones labeled "X" on the flood maps). About 350 buildings are likely to be mapped into a higher-risk area than before, and nearly 750 buildings are likely to be mapped into a lower-risk area. Altogether, more than 1,000 buildings will show some change.

The changes may affect the federal lender requirement for flood insurance. Flood insurance is available through the National Flood Insurance Program (NFIP), a federally underwritten program provided by about 75 insurance companies and available through licensed insurance agents. Owners of properties mapped into a high-risk area may be required to carry flood insurance as part of their mortgage agreement. The NFIP currently has rating options that can help reduce costs, especially if a policy is purchased before the flood maps become effective.

For More Information

A public Open House was held December 6th at Maloof Auditorium, 1300 Commerce Drive, Decatur, GA 30030, from 5:00 PM – 7:00 PM. Residents throughout DeKalb County were invited to attend the Open House. No formal presentation was made so residents and business owners could visit at their convenience to view the new maps, understand how their properties may be affected, review options that they have and learn more about financial and material steps that they may need to take to protect their investment. For those who could not attend, maps are available at www.GeorgiaDFIRM.com.

A 90-day Public Comment period will follow the Open House. After all appeals and comments are addressed, the maps are expected to become effective in early-mid 2019. At that time, the new insurance requirements will take effect.

To learn more about the preliminary maps, see what areas will change, learn what the insurance options are, and find the schedule for related community meetings, visit www.georgiadfirm.com. For general information about the upcoming map changes, you can contact the City of Clarkston at (404) 296-6489.



Public Works Prepares the City for Winter

By Terry Sanders

Homeowners confront and tackle annual tasks to make sure that their home and hearth are protected from the elements that come with winter. Now imagine those efforts to winterize multiplied to the scale of an entire city.

With the closing of Milam Park Pool, after the Labor Day holiday weekend, the City of Clarkston's Public Works Department goes to work to prepare the City's buildings, facilities and properties for the onset and conditions of winter.

"The first thing we do is to drain all of the water lines in Milam Park's for the restrooms and concession area. We drain and blow out the lines. The external shower fixtures are removed," said Rodney Beck, Director, City of Clarkston Public Works

Department. "We do all of this to prevent pipes from bursting."

In adhering to the adage, "an ounce of prevention, is worth a pound of cure" and in learning from experience, Public Works has successfully prevented pipes from bursting in Milam Park. Experience and knowledge gained in 2014, enabled Public Works to make necessary improvements to complete processes and procedures to prepare Milam for winter conditions. Heaters have been installed in each restroom; ceilings and attics were insulated and "blow outs" were added to facilitate water pipes drainage.

In other city facilities, outside faucet and spigots are covered. Crawl spaces are examined to determine if there are spots that need to be covered with plastic and or plywood. Bedding plants and large potted plants, once they go into hibernation, are

covered and receive a heavy application of mulch to enable their survival during the winter months and season.

"Tree limbs and branches that could fall and become hazardous if an ice storm occurs, are identified for removal, either by us or through a contracted vendor," said Beck. "We have one tree that we have decided to have removed. If a tree hasn't produced leaves, by now, it is probably diseased, dying or dead and most likely should be removed."

Beck went on to give homeowners and community members some helpful tips to winterize their homes and automobiles. He recommends the following:

- Seal your home. Make sure that windows and doors are inspected and properly sealed to prevent heat seepage and

loss, which could cause an energy cost increase, due to winter winds and chill intrusion. Types of sealants include, can foam for cracks in foundation and walls, corking around windows and wrapping pipes and outside fixtures in plastic and, or styrofoam tubing.

- Cover any types of exposed pipes and, or outside fixtures.
- Seal home before January 1st; typically, Georgians don't experience "hard freezes" until around mid-January, early February
- Before winter's freezing rains, clean shingles and gutters by removing leaves and debris to prevent the rotting of roofs and the bursting of gutters associated with frozen debris and leaves
- Follow frost advisories as to when to bring outside plants inside
- Check anti-freeze fluid levels in (older) automobiles; caution using water, as it tends to freeze
- Maintain proper air pressure in tires; cold weather causes air pressure loss

- Add/restock automobile survival kits to include, a blanket, flashlight, bottle water and non-perishable food/snacks

On December 8, 2017, the city of Clarkston, like the entire Atlanta metro area, experienced an early and unpredicted heavy snowfall. But thanks to the proactive actions of the Public Work's staff, Beck's pre-snowfall words were proven to be accurate.

"The City of Clarkston is ready for winter."

City of Clarkston Public Works employee, David Meadows, enacts some of the steps taken in preparing the city of Clarkston for winter's effects.



Salt and sand applied to driveways, walkways and sidewalks.



Salt and sand removal from driveways, walkways and sidewalks.



Installing and removing snow chains to Public Safety and services vehicles



Draining water pipes at Milam Park.

City & Staff Recognition

The City of Clarkston and Positive Growth, Inc., an Award-Winning Partnership



On November 3, 2017, Positive Growth, Inc. presented the “Making a Difference Award” to the City of Clarkston. The “Making a Difference Award” recognizes and celebrates the efforts of Positive Growth’s partners that are committed to improving communities by exemplifying excellence, in reaching above and beyond the expected to make a difference in the lives of children, youth, adults and families during difficult life transitions.



The City of Clarkston has partnered with Positive Growth throughout its 20 years of service. Positive Growth, Inc. was welcomed into the “Small Town with a Big Heart” when the City of Clarkston granted Positive Growth approval to operate as a Child Care Institute in 1997.

Over the years, Positive Growth has enjoyed collaborating with the Clarkston City Council, City Manager, Department of Planning & Development, 5-Mayors, 3-Police Chiefs and a host of city staff and employees. These collaborative partnerships with the City have included implementation and execution of the DeKalb County Board of Health Minority Youth Violence Prevention “Life Skills Coping” program at both of Positive Growth’s Clarkston locations.

The City and Positive Growth have also partnered to sponsor multiple events that include; Clean-Up Clarkston Day, Family Fun Day, Road Race events benefitting abused and neglected children and youth, and in 2017 the first annual Classic Car Show. And Positive Growth continues to work with the City of Clarkston Police Department to facilitate on-going positive reinforcement assistance and support.



Sha-wanna Qawiy, City of Clarkston Planning & Development Director has been accepted into the coveted ICMA (International City/County Managers’ Association) Leadership Program. Leadership ICMA is a competitive, intensive two-year ICMA University program designed to cultivate key competencies needed for successful leadership at all levels of local government management. All Leadership ICMA graduates receive one year of experience “credit” toward the ICMA Voluntary Credentialing Program.

Qawiy has been a City employee for three years as of January 11, 2018, and a member of ICMA for two years. She stated that one of the benefits of ICMA membership is being a part of a community of professionals who are dedicated to the excellence and productivity of local government, with the highest standards of honesty and integrity who strive to make good communities great.

ICMA, which was formed in 1914, is the leading association of local government professionals dedicated to creating and sustaining thriving communities throughout the world. With over 10000 members, the organization advances professional local government through leadership, management, innovation, and ethics.



(First Seated, L-R) Sha-wanna Qawiy, Planning & Development Director, City of Clarkston joins fellow ICMA Leadership Program classmates during their week long official training sessions held on December 13th-15th in Washington, DC.



On October 25, 2017 Shirley Green (Standing, Far Right), Clerk of the Courts for the City of Clarkston was awarded the Master Certificate of Court Administration. Green successfully completed 100 hours of training as prescribed by the Georgia Council of Court Administrators on the Core Competencies of the National Association of Court Management.

Focusing on education, networking and training, the Georgia Council of Court Administrators (GCCA) is recognized as the leader in professional development for court executives and administrators.

Initiated in 2005 by the Georgia Council of Court Administrators (GCCA), the Certificate Program was established to assist members to enhance their training and education in judicial administration. Two levels of certification are available - a general Certificate of Court Administration and the Master Certificate of Court Administration. The program provides guidance in obtaining a comprehensive educational program and assisting members in receiving recognition for their knowledge and achievement.



Keith Barker, City Manager for the city of Clarkston, received an ICMA (International City/County Managers' Association) award acknowledging and honoring his 25 years of public service and ICMA membership.

Barker has served as City Manager with the City of Clarkston for more than six (6) years. In this role, he champions civic engagement, financial transparency, building and strengthening community relations, fostering community partnerships, public safety and services, and economic development.



During the City Council's December 5, 2017 meeting, Mayor Ted Terry, City Council, City Manager and Administrative Staff honored former City Councilwoman Beverly Burks and out-going Councilman Dean Moore, for their years of service to, and for, the city of Clarkston.



(L-R) City of Clarkston Public Works' David Meadows along with (Center) Victoria Huynh, Vice President of the Center for Pan Asian Community Services CPACS), and staffers, hold copies of donated dictionaries, before distributing.



Students participating in a CPACS early learning program, show off their copies of the English language dictionaries donated by the Stone Mountain Rotary Club to the City of Clarkston and shared with the City's Community Partners for distribution to refugee and immigrant communities.



Copies of the Stone Mountain Rotary Club donated dictionaries were distributed at the DeKalb Clarkston Library "The Clarkston Family Read Along" event. Check out the small hands grabbing a copy.

The City and Clarkston's Community Partners Distribute Donated Dictionaries

By Terry Sanders

When the Stone Mountain Rotary Club contacted the City of Clarkston with an offer to donate 1,160 English language dictionaries they did not know how well received their donation would be not only by the City, but especially by the City's Community Partners serving refugee and immigrant communities.

"The City of Clarkston was happy to facilitate the distribution of these dictionaries to community members learning English as a second language and to those wanting to learn about the history of America," said Keith Barker, City Manager, City of Clarkston. "We appreciate the opportunity to not only partner with the Stone Mountain Rotary Club for the first time, but to continuing our collaborations with our Community Partners."

Stone Mountain Rotary Club has participated in the national "Dictionary Project" for the past several years. This program's goals and mission is to put these dictionaries in the hands of students and adults, seeking to improve writing, reading, and learning skills. Sponsors, including civic groups like Rotary Clubs, purchase the dictionaries and then give them, primarily, to students to use at school and at home for years to come.

The club purchased 2,400 dictionaries with

the help of a grant from Rotary District 6900. Half the dictionaries were distributed to third-graders in ten DeKalb County Schools, and half went into the Clarkston refugee community. Each dictionary had a sticker inside the front cover noting it was a gift from the Rotary Club of Stone Mountain.

"We are always happy to partner with our community schools on this project, but this year we had the added pleasure of helping our refugee neighbors," said Gillian Leggett, President of the Rotary Club of Stone Mountain. "Now many of these families can learn English together and feel more comfortable in their new home."

Dictionaries distributed this year entitled A Student's Dictionary, was published by The Dictionary Project. These 540-page dictionaries are also a useful reference guide, with the definitions, pronunciations and parts of speech for 35,000 words. It has 150 pages of supplemental information, including the U.S. Declaration of Independence, the U.S. Constitution, the biographies of U.S. presidents, world maps, information about all 50 states and countries around the world, weights and measurements, sign language, the Periodic Table, and solar system, planets information.




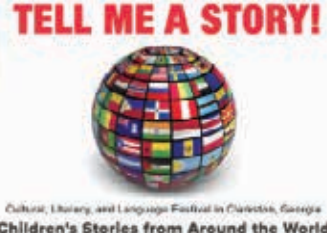




The City of Clarkston would like to thank the Stone Mountain Rotary Club and the following dictionary distribution Community Partners:

- Clarkston Community Center
- New American Pathways
- Clarkston First Baptist Church
- Friends of Refugees
- Center for Pan Asian Community Services (CPACS)
- Clarkston High School
- DeKalb County-Clarkston Library
- Refuge Coffee
- World Relief, Inc.
- Clarkston Community Health Clinic



(L-R) New American Pathways' Kelsey Smith and Stephanie Jackson Ali take receipt of donated dictionaries. If history repeats, these English language dictionaries will "go like hotcakes"

Save The Dates in 2018!

	<p>New Americans Celebration Tuesday, March 13, 2018, at the Georgia State Capital.</p>
	<p>City of Clarkston Police Department will conduct an Active Shooter Awareness Class, open to the public, in March 2018.</p> <p>Tentative dates under consideration are either the week of March 12th-16th, or the week of March 26th-30th. (Date certain, time and location, once determined will be communicated.)</p>
	<p>Clarkston Culture Festival Saturday, April 28, 2018</p> <ul style="list-style-type: none"> • Planning Committee meetings are held on the 2nd Thursday of each month from 6:00 p.m. – 7:30 p.m. at the Clarkston’s Woman’s Club <p>Remaining meeting dates:</p> <ul style="list-style-type: none"> • January 11, 2018 • February 8, 2018 • March 8, 2018 • April 12, 2018 • May 20, 2018 (2018 Wrap up & 2019 Planning Kickoff Meeting)
	<p>Tell Me A Story! Festival Saturday, May 12, 2018</p> 
	<p>DeKalb County Board of Health Men’s Health Fair Saturday, June 9, 2018</p> 
	<p>The DeKalb County Board of Health is looking for residents to share their views about health in DeKalb County. Seating is limited to 30 participants. RSVP today! Attendees will receive a \$25 gift card. Sessions will be held in January & February 2018.</p> <p>For more information: (404)508-7847 or DeKalb.OCDP@dph.ga.gov</p> <p><i>The DeKalb County Board of Health seeks to identify issues that DeKalb County residents feel are important. The results of the assessment will provide an understanding of public health issues that affect those who live in DeKalb County.</i></p>



Clarkston Speaks, Thank You for Listening!

Catch episodes of Clarkston Speaks, the City of Clarkston’s radio show, airing on WATB 1420 AM, Saturdays at 7:00 p.m.



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