



**Join the Fun at the Pig Roast  
and Fireworks Display!  
Details Below!**

## Fun, Friends, Family and Fireworks!

Mark your calendars! It is almost time for the Annual Lake Lucerne Estates Civic Club Pig Roast and Fireworks Extravaganza! This family-friendly event is great fun for kids of all ages. It's also a great way to meet your neighbors and strengthen community ties. And it just so happens to be one of the best deals around.

Gates open at 4 pm on July 4th and the roast pork will be coming off the barbecue at 6 pm. If you are so inclined, bring an appetizer to share. A side dish and dessert are also welcome additions. But if the thought of bringing something stresses you out - don't worry about bringing anything extra, there will be plenty to share and your presence is more important than whatever food you may or may not be bringing.

Bottomless soft drinks (water,

lemonade, sweet and unsweet tea) are included in the price of admission. If your taste in beverages tends to the more adult side, feel free to BYOB. Plates come with a heap of BBQ Pork, chips, and watermelon. You will then get to choose sides and desserts on your own.

Live music will once again be provided by Sam & John, the duo that everyone so enjoyed last year. There are 80 outdoor seats available on a first come basis. Feel free to bring your folding chairs and blankets. We will be also providing lawn games and activities for the kids. And don't forget to bring extra dollars for the 50/50 raffle.

Little Lake Event, LLC will be collecting donations to mount a fireworks display. If you are so inclined donations are encouraged (Continued on Page 3)

## Upcoming Events

### **Lake Lucerne Estates Civic Club (LLECC) Special Meeting**

All residents are encouraged to attend this special meeting to determine the future of Lake Lucerne Estates Civic Club at the Clubhouse.

*6:30 pm, Thursday, Jun 21*

### **Lake Lucerne Dines Out**

Bay Breeze

4300 Stone Mountain Hwy  
Lilburn, GA 30047

All Lake Lucerne residents welcome! Everyone pays his or her own check.

*6:30 pm, Friday, Jun 22*

### **Yoga By The Lake**

Gentle exercise perfect for almost any fitness level. FREE to LLECC Members. \$10 donation for Non-Members.

*6:30 pm, Wednesday, Jun 27*

### **Pig Roast**

Be part of the celebration at the annual Fourth of July Pig Roast. Enjoy good food, live music, friends, and fabulous fireworks!

*6:00 pm, Wednesday, Jul 4*

### **Lake Lucerne Estates Civic Club (LLECC) Meeting**

All residents are encouraged to attend at the Clubhouse.

*7:30 pm, Thursday, Jul 19*

# Top 4 Reasons for Yoga By The Lake

Starting on June 27th, on the 4th Wednesday of each month at 6:30 pm at the Community Clubhouse, LLECC Members will be treated to a FREE Yoga class suitable for all levels, from beginner to advance. Want to know what yoga can do for you? Read on for just a few of the many benefits of this gentle yet powerful practice.

## 1. Improve your flexibility

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes, never mind do a back-bend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and pains start to disappear. That's no coincidence. Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which

can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

## 2. Build muscle strength

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

## 3. Perfect your posture

Your head is like a bowling ball—big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Move it several inches forward, however, and you start to strain those muscles. Hold up that forward-leaning bowling ball for eight or 12 hours a day and it's no wonder

you're tired. And fatigue might not be your only problem. Poor posture can cause back, neck, and other muscle and joint problems. As you slump, your body may compensate by flattening the normal inward curves in your neck and lower back. This can cause pain and degenerative arthritis of the spine.

## 4. Prevent cartilage and joint breakdown

Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up.

So come on down, meet your neighbors, get healthy, and enjoy this LLECC Member Benefit!

# Sunset Booth Now Open for Sunsets

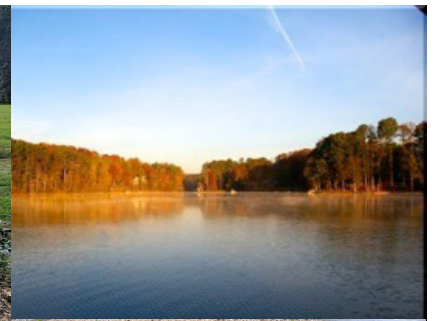
If you've ever ventured around the grounds at the Community Clubhouse, you've probably noticed the granite booth recessed slightly into the slope near the parking lot. It's situated to provide a perfect spot from which to watch the sun set across the lake.

As long time residents of our community can attest, this bench is a relatively recent addition. LLECC's custom stone sunset booth was constructed by community member, Kenny Jones, during the dredging project of 2001. Kenny reclaimed all the stone for a retaining wall on the property from the 20,000 cubic yards of silt removed from the lake. It took a herculean effort to haul, place, and secure those stones in



place. It is due to the efforts on Kenny that we all have this great feature to enjoy.

So next time you're on the clubhouse grounds, sit, relax, and soak up the view! And next time you see Kenny, remember to say Thanks!



# Fireworks

(Continued from Page 1)  
before June 16th. The more money collected up front, the bigger discount for purchasing in bulk.

Every dollar of profit from the event will be invested in increasing accessibility to the Community Clubhouse by the installation of a driveway from the current parking lot to the community garden and clubhouse.

Tony Nastri of Keller Williams Realty Metro Atlanta and Little Lake Event have both signed on as a Platinum Sponsors for \$250. Gold Sponsorships are available at \$100 and Silver Sponsorships are available at \$50.

Members: \$8  
Kids Under 6: free  
Member Families: \$20  
Non-Members: \$10  
Non-Member Families: \$25

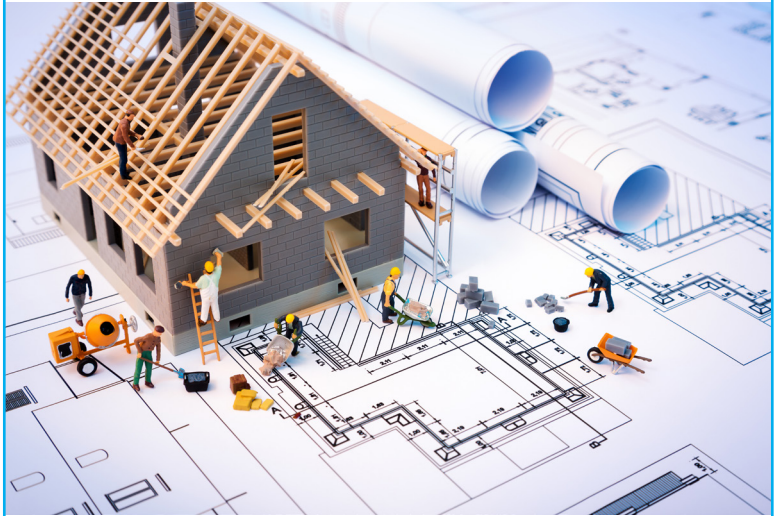
Volunteers are needed for one- or two-hour shifts in several different areas. Think about a way you can contribute to the cause. We need food organizers, servers, drink station attendants, pig pickers, kid activity leaders, schleppers, tent erectors, and a clean up crew. We are also looking for helpers to assemble fireworks display. So if you are interested in assisting, please contact MB Strickland at 770-873-3289 or Alisa Walsh at 404-275-0061.

## Lake Committee Seeking Members

A dedicated team of volunteers, drawn from the residents of Lake Lucerne Estates, helps maintain the water level and the health of the lake, our greatest resource.

If you would like to participate, please contact LLECC President Cindy Alexander by email at [cindy.louise.alexander@gmail.com](mailto:cindy.louise.alexander@gmail.com) for information on the date and time of the next Lake Committee Meeting.

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# Lake Lucerne Business Directory

COMPANY	CONTACT	PHONE	WEBSITE/EMAIL	SERVICES
Gwinnett School of Music		404.353.2442	GwinnettMusic@gmail.com	Voice, drum, piano, guitar and violin lessons
Keller Williams Realty Metro Atl	Tony Nastri	404.333.8669	TalkToTonyAtl.com TonyNastri@KW.com	Residential and commerical real estate services
Little Lake Event, LLC	Alisa Walsh MB Strickland	770.558.2904	LittleLakeEvent.com	Graduation, birthday, wedding, and other events
Onebark Consulting Arborist	Jesse Milton	678.344.6948	OneBark.com	Tree assessment, tree risk and health, landscape inspections
Scentsy	Randee Moulin		GetAllTheScents.scentsy.us TigerLillee82@gmail.com	Fragrances, laundry, and cleaning supplies safe for every home.
Solutions, LC	Rick McElearney	404.563.3327	yodarick@gmail.com.	Electrical, plumbing and carpentry diagnostics and repair
Trim Services, LLC	Steve Hammond	678.973.4954	Trim-Services.com Contact@Trim-Services.com	Interior and exterior home painting
Add your info to this page for FREE. Send your information to TonyNastri@gmail.com				

## Lake Lucerne Estates Graduates!

Hannah Thompson, Georgia College & State University

Chandler Bingham, Parkview High School

Austin Brooks, Parkview High School

Stephen Crowder, Parkview High School

**CONGRATULATIONS!**

