

SPRING ISSUE 2026 • APRIL/MAY/JUNE

THE MAINSTREAM

The official publication of
Mainstreet Community Services Association, Inc.



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NADIA FRANKS-JOHNSON

5001 Mainstreet Park Drive, Stone Mtn., GA 30088
www.mainstreetcommunity.org



As you grab for the garden and lawn tools, I also encourage you to consider this time as an opportunity to renew or establish community relationships.

This board's mission is to continue to earn your trust, value your opinion, work closely with county leaders to ensure Mainstreet is in the mix when it comes to division of resources amongst communities, challenging ourselves (this board) to think bigger, innovate faster, and serve with even greater intention.

This season offers a natural moment to push forward—strategically, boldly, and with purpose. Mainstreet, here's to a season of growth, clarity, and forward momentum.

"Spring is when life's alive in everything." – Christina Rossetti



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Message from Association Manager Nadine Rivers-Johnson Adventures In Community Homeownership



Buying a home – especially the first one – is always an exciting time! It's the single biggest investment we can make in our life. Buying a home in a community association comes with other factors, benefits and responsibilities to consider before signing on the dotted line. So, it's important to understand what it means beforehand and after becoming a member and neighbor.

A Community Association - What It Is, and What It Does: A community association is a residential community governed by a set of rules and managed by a board of volunteer homeowners duly elected by the members entitled to vote. This also means the board is elected by members who are in good standing, or who are current on hoa fees in the association. This designation includes homeowner associations, property owner associations, townhomes, and condominiums. Today, community associations are a major part of the housing market with one in three U.S. homeowners (roughly 78.1 million people) living in one of the 373,000 associations nationwide. The majority of new developments are created as an association subject to the Georgia Nonprofit Corporation Code.

Why Choose to Live in a Community Association: Community associations continue to grow in popularity because they offer:

- Well-maintained neighborhoods with professionally managed common areas
- Shared amenities accessible to homeowners like pools, tennis courts, clubhouse facilities, fitness centers, and greenspace
- Consistent standards that help protect property values by creating a cohesive environment. What we see when driving into a community has a great impact on the decision to purchase in that neighborhood. It also helps sell a property when the decision is made to leave the community.
- Convenient services such as landscaping of common areas, maintenance of the amenities, and – in the case of Mainstreet – access to free copying, faxing, and notary services
- Opportunities to engage neighbors through community engagement at events sponsored by the board or various committees.

For first-time buyers, understanding the community's rules, assessments, and responsibilities ensures a smooth transition and a positive homeownership experience. Research from various sources, such as the Foundation for Community Association Research, supports this appeal. According to their Homeowner Satisfaction Survey, 86% of residents rate their experience as very good, good, or neutral, reflecting a majority satisfaction with this style of community living.

Review Before Buying Into a Community Association: Mainstreet Community ensures that the amenities, as well as the rules & regulations of the association, are readily available by maintaining up-to-date and transparent information on the website at www.mainstreetcommunity.org. Mainstreet's website is a valuable source for easy access to key documents that explain how the community operates. Before purchasing or to re-familiarize yourself with community guidelines, procedures, amenities, governing documents, or other important information, the site is a valuable and easily accessible source: Bylaws and governance documents to review expectations, and Covenants, Conditions, and Restrictions (CCRs) define rules for the property use and maintenance, and Articles of Incorporation that establish the association as a legal entity. These documents help you understand your rights, responsibilities, and any limitations that come with living in the community. Also understand the monthly assessments, what they cover, and any planned increases – in addition to any rental restriction or architectural rules that fit your preferences.

Plats (available online through DeKalb County) show property boundaries and common areas. You can find GIS maps of your property in DeKalb County, GA, using the official DeKalb County Parcel Viewer. This interactive tool allows you to search by address to view property boundaries, zoning, and aerial imagery. For detailed records, utilize the Property Information web app on the GIS Hub site.

Be An Informed Buyer/Owner

Being an informed buyer is just the beginning. Once you're part of a community association, getting involved can enhance your experience. Homeowners can attend meetings, join committees, or be elected to serve on the Board of Directors. Active participation helps protect your investment while building connections with neighbors and strengthening the community. It is also a great way to understand how day-to-day operations are funded through owner assessments paid each month or annually.

A Great Place to Live!

Purchasing in a community association can offer built-in processes that maintain long-term property values and provide a strong sense of community and pride, especially when residents take the time to understand how it operates. By reviewing key documents, asking the right questions, and staying engaged after moving in, homeowners can enjoy an overall positive living experience that protects and grows their greatest investment – their home.



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

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



DeKalb County Housing Information Series

Learn. Engage. Prepare for Homeownership Opportunities.

Join **DeKalb County** Government and **Decide DeKalb** Development Authority for a series of **virtual information sessions** designed to introduce upcoming housing programs and gather community feedback.

These interactive sessions will provide an overview of new housing initiatives expected to launch in Summer 2026. Participants will have the opportunity to learn more, ask questions, and share input to help shape these programs.

Monday, April 13 | 6:00 PM – 7:00 PM

DeKalb HomeStart:

Down Payment Assistance Program

Wednesday, April 15 | 6:00 PM – 7:00 PM

Owner-Occupied Rehabilitation Program

Tuesday, April 21 | 1:30 PM – 3:00 PM

Multifamily Gap Financing Loan Fund

Thursday, April 23 | 6:00 PM – 7:00 PM

Housing Capacity Seed Fund

Hosted By



Alan Ferguson, Ph.D.

Chief Housing Officer
DeKalb County



Tiffany Wills

Vice President
Redevelopment & Strategic Initiatives
Decide DeKalb Development Authority



REGISTER TODAY
Scan the QR Code



Decide DeKalb
Development Authority

Attention, Attention Mainstreet Seniors! It's Time to Apply to the Gerald A. Ferguson Student Scholarship



THE GERALD A. FERGUSON STUDENT SCHOLARSHIP CRITERIA

Overview

The Gerald A. Ferguson Student Scholarship Program was established in order to inspire Mainstreet youth to excel academically and take an active role in making their neighborhood a better place through community service and/or volunteerism. This year one scholarship for \$1,500.00 will be offered to a high school senior living in the Mainstreet Subdivision. **The application deadline has been extended to Friday, May 1, 2026 by 5:00 p.m.** Late and/or incomplete applications will not be accepted.

The scholarship funds will be disbursed to the successful candidate's college once the recipient has submitted verifiable proof of enrollment in a two-year or four-year post-secondary institution or trade school for summer semester 2026 or fall semester 2026. Proof of enrollment must be provided to the Scholarship Committee members or their assigned designee before the student's first semester of enrollment begins, but no later than Friday, May 1, 2026. Failure to submit this proof by the due date will result in forfeiture of the scholarship.

Candidates applying for the Gerald A. Ferguson Student Scholarship must meet the following criteria and be able to provide supporting documentation, if applicable:

1. Applicant's parent(s)/guardian(s) must be a current resident of the Mainstreet Community for a minimum of six consecutive months, and parent(s)/guardian(s) must be current with their mandatory Mainstreet monthly assessment for the last six consecutive months and throughout the entire application process.
2. Applicant must be enrolled in a two or four-year college program or trade school for the summer semester 2026 or fall semester 2026. Proof of enrollment is required.
3. Applicant must complete and submit the attached scholarship application form in its entirety and meet all application process deadlines.
4. At the time of completing the application, the student must have a minimum grade point average of 3.0. A current and **official** transcript is due with the application packet.
5. Applicant must submit a current letter of recommendation from his/her high school administrator, teacher, or counselor.
6. Selected applicant must complete six hours of required community service or volunteer work in the Mainstreet Community upon acceptance of the scholarship award. Volunteer work could include, but is not limited to, Mainstreet event set-up and support, and/or assisting in the Mainstreet Administrative office.

Each applicant must complete the essay (see below), and submit a completed application packet to the Mainstreet Clubhouse located at 5001 Mainstreet Park Drive, Stone Mountain, GA 30088, no later than 5:00 p.m. on Friday, May 1, 2026.

Essay and Interview Process

All candidates must participate in an essay writing and interview process. The essay topic is as follows: "What Opportunities for Youth are Available in the Mainstreet Community?" Essay must be no less than 400 words and must not exceed 410 words. All applicants will be given the same essay topic. Essay must be typed and edited prior to submission. Essay should reflect the writing style and standards of a rising college freshman. **The essay is due with the scholarship application form and other required documents no later than 5:00 p.m. on Friday, May 1, 2026.**

If two or more applications are tied, those applicants will undergo an oral interview with the scholarship committee at the Mainstreet Clubhouse. Applicants will be notified by telephone about their interview date and time the week May 11, 2026. Professional dress is required for the interview, and applicants should arrive on time. The final candidate will be selected Wednesday, May 27, 2026 and by Thursday, May 28, 2025 each applicant will be notified by email, text or telephone of his/her status. If more details are needed and/or if you have questions, please contact Nadine Rivers-Johnson at 770-469-7238.

This box is to be completed by the Community Association Manager:

Date Received: _____

Deadline: May 1, 2026, 5:00 p.m.



Landscaping trends for homeowners in Georgia focus on sustainable, climate-resilient designs, featuring native plants, smart irrigation, and elevated, functional outdoor living spaces. Key trends include "patio culture" with container gardening, the rise of "curated wildness" planting, and the use of natural materials for durability against heat.

1. Sustainable & Native "Curated Wildness"

- **Native Plant Dominance:** Due to heat stress and drought cycles, Georgia homeowners are shifting to native plants (e.g., Oakleaf Hydrangeas, ferns, loblolly pines) that are adapted to local soil and rainfall, requiring less maintenance.
- **Curated Wildness:** Manicured, golf-course-style lawns are losing favor to naturalistic, layered plantings that feel alive and intentional.
- **Eco-Friendly Alternatives:** Increased use of clover, creeping thyme, and native sedges to replace traditional grass, reducing water, fertilizer, and mowing needs.

2. Functional "Outdoor Rooms" (Zones)/Patio Culture

- **Zone-Based Layouts:** Instead of a single patio, designs now feature distinct zones for specific activities, such as dedicated areas for dining, lounging, cooking, and quiet "wellness" retreats.
- **Indoor-Out Continuum:** Using materials like large-format porcelain pavers to extend indoor flooring directly outside, blurring the line between inside and outside living.
- **Wellness Zones:** Increased demand for backyard spaces aimed at recovery, featuring elements like meditation corners, small pools, or shaded, peaceful areas.

3. Georgia-Specific Hardscaping & Design

- **Dark Mode Hardscapes:** Moving away from light grays and whites, designers are using darker, more deliberate tones like charcoal, midnight, and deep bronze for pavers and natural stone to make lush green foliage pop.
- **Engineered Seclusion:** As lots get denser in Metro Atlanta, homeowners are using "living walls" of evergreen jasmine, louvered pergolas, and strategically placed canopy trees for privacy, rather than traditional fences.
- **Smart Shade Control:** Bioclimatic pergolas with motorized louvers, rain sensors, and built-in heat are replacing static pergolas to manage Georgia's intense summer sun and sudden rain.

4. Edible Landscaping & Functional Beauty

- **Foodscaping:** Integrating food-producing plants into ornamental beds, including blueberry hedges, fig trees, and citrus, often featured in front yards for both aesthetic and culinary use.
- **Evergreen Structure:** Utilizing boxwoods, hollies, and ornamental grasses to ensure the landscape retains structure, shape, and color throughout the year.
- **Color & Fragrance Trends:** The 2026 color of the year, "Faded Petal" (a soft pink), is gaining popularity in, plants like, camellias and roses. Fragrant plants such as jasmine and lavender are heavily featured in, container gardens

5. Smart & Low-Maintenance Technology

- **Smart Irrigation:** Investing in smart, water-efficient irrigation systems to deal with Georgia's hot, dry summers while lowering water bills.
- **Layered Lighting:** Using smart controls to create a layered effect—combining path lighting, accent lighting for plants, and ambiance lighting for evening usability.



Homeowner Spotlight: Chosen Vessels Ministries International

Mitchell Austin, a long-time resident of Mainstreet Community, has a passion for volunteering and being active in community services. Starting with volunteering with Hosea Williams' Feed the Hungry in the 80's and 90's, he turned it into passion through training and coaching of young people, adults, veterans, seniors, and inmates.

Mitchell became one of Georgia's first African American home inspectors, later a real estate appraiser, in the 1990's. Recognized by Jessie Jackson's Rainbow Push Coalition – all before the age of 35 - he added consultant to the list and entered technical college as an instructor. In his role, he served the community as a small business consultant, barber, private companion care provider, and later as a code enforcement officer.

In 2009, Mitchell established the Chosen Vessels Ministries International, Inc. an outreach ministry to redirect his calling to life coaching, mentoring, community service, and outreach. Working with recent war veterans, the recently released, and adults in need, he helped these individuals meet satisfactory requirements for graduation and beyond.

Mitchell has served various ministry organizations, pouring positive energy into others within the community. He has assisted seniors and those with disabilities, provided home repair pointers, and code compliance advice, and provided guidance in locating affordable contractors. During Covid, he grilled for the community, set up tables in driveways for families to help themselves, and delivered food from the food pantry.

With a personal initiative to serve and better others, Chosen Vessels Fostering Chosen Pathways, Inc was founded as a 501(c)(3) charitable organization with a goal of fostering individuals, families and communities through various phases, seasons and events of their lives.

Mitchell's experiences and commitment to helping others find a safe place in the world, regardless of their circumstances, is actively finalizing what will become that safe space. The website is under construction and will be active by the end of the 2nd quarter of 2026. An atmosphere of faith-based comfort methods will focus on becoming whole to those facing emotional instability and physical issues. Chosen Vessel will provide a transformational experience to relieve trauma, pain, and other issues that hinder one from living in wholeness.



Spring Cleaning Checklist

Living & Family Room

- Vacuum Couches & Chairs
- Dust & wipe wood furniture
- Wipe mantels & shelves
- Clean & wipe baseboards
- Clean out bookcases and cupboards
- Clean light fixtures
- Wipe down window sills and blinds
- Vacuum and shampoo couches and chairs
- Vacuum floors
- Mop floor or shampoo carpets

Kitchen & Dining Room

- Dust & wipe down table and chairs furniture
- Wipe out and organized cabinets and cupboards
- Clean & wipe baseboards
- Clean light fixtures
- Wash out garbage cans
- Wipe out and scrub stovetop and oven
- Clean out fridge and freezer
- Go through items under the sink
- Organize pantry
- Vacuum and hand mop floors

Bedrooms & Closets

- Dust & wipe wood furniture
- Wipe out closet shelves
- Clean & wipe baseboards
- Go through closets and dressers and donate
- Wash bed linens
- Wipe down window sills and blinds
- Donate toys and clothes
- Vacuum floors
- Mop floor or shampoo carpets

Bathrooms

- Scrub clean showers, tubs and toilets
- Clean out drawers and cabinets
- Wash mirror and light fixtures
- Sweep & Mop floor

Laundry Room

- Clean out drawers and cabinets
- Wipe out washer and dryer
- Wash light fixtures
- Sweep & Mop floor

Garage

- Sweep floor
- Organize boxes, bins and trunks
- Donate homeless items
- Vacuum and spray down rugs
- Wash cars
- Clean out freezers

Presents 1st Annual Youth Job Fair

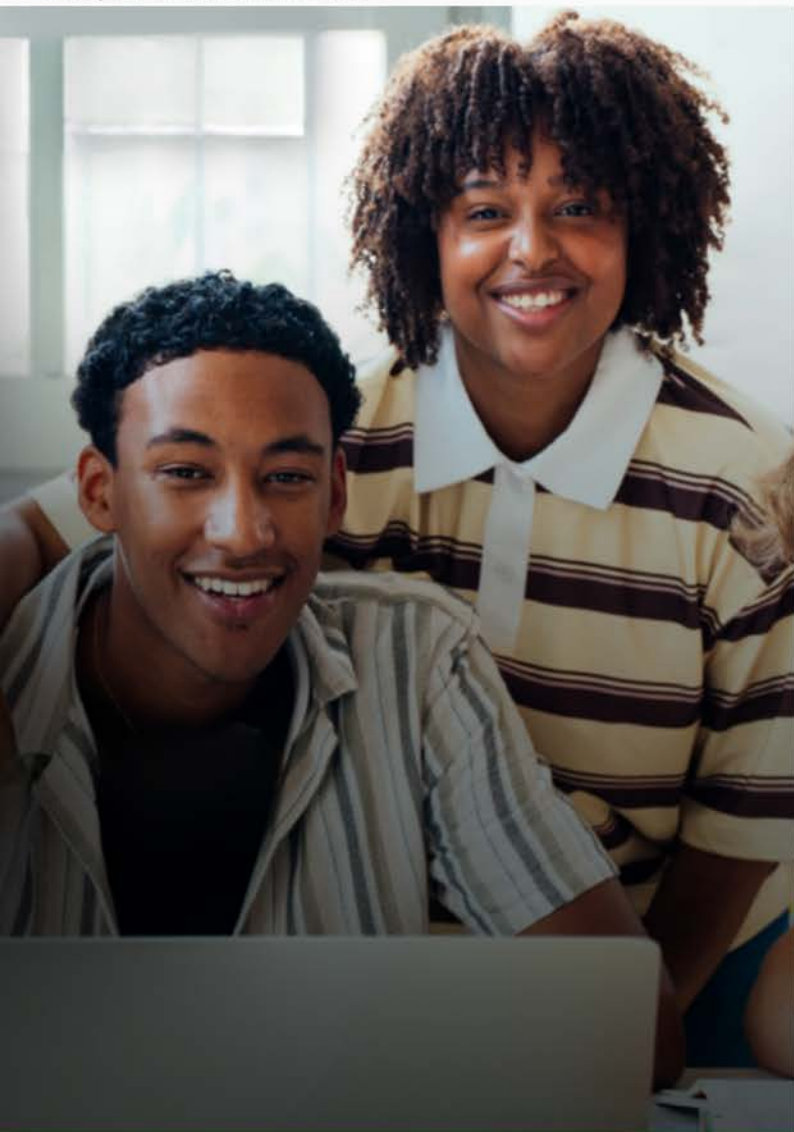
As the words from an old rock song said, “schools out for the summer,” and with it, some relaxation for students and lots of idle time. However, with too much idle time, young people can find wrong things to get into. To keep our kids engaged and productive, the first ever Mainstreet Community Youth Job Fair will take place on May 2nd from 11 a.m. to 2 p.m.

The summer is the perfect time for young people to build work ethic and learn about responsibility, earning an income, and managing their time. We’ve invited businesses who are looking for seasonal help. If you have summer projects that young people can help with, please contact the Darryl Irvin (404-421-6815) or the Mainstreet office.

Let’s work together to make this summer a win for our young people and our community.

See you at the clubhouse.

JOB FAIR



Message from Office Associate Velvet Loyal

Pool Season Is Coming! Are You Prepared?



Attention Mainstreet residents! Pool season is coming! To prepare please remember all Mainstreet residents must have their Mainstreet Community ID cards with a current year sticker for access to the pools. If you have not received your sticker for the year, please come by the office during operating hours (Tuesdays-Fridays from 9:00am to 6:00pm and Saturdays from 9:00am to 3:00pm) prior to the pool season (Memorial Day weekend through Labor Day weekend) to have them updated.

ONLY THOSE HOMEOWNERS WHO ARE CURRENT WITH THEIR ASSESSMENTS WILL BE ALLOWED TO OBTAIN OR UPDATE THEIR ID'S. If assessments are delinquent, a guest pass can be purchased to access pools until the account is current for \$2/day.

Guest passes will be issued by staff from the Clubhouse administrative offices ONLY during normal business hours. If you are expecting a guest over the weekend, PLEASE PLAN ACCORDINGLY to obtain passes for their entry to the pools prior to the close of business on Saturdays at 3pm. Each household may have one free summer pass each year at no charge. Any additional guest passes will be issued at a cost of \$3.00/day, per guest.

Non-residents passes will be issued at \$5.00/day per person. Pool Monitors/Security do not have access to Mainstreet ID cards or guest passes and DO NOT ACCEPT CASH PAYMENTS for entry to the pool at any time or under any circumstance! Offering cash to gain access to the pools is grounds for immediate expulsion and being banned from the pool for the remainder of the season, or possibly on a permanent basis!

Pools are open six (6) days/week: Tuesdays through Sundays from 12:00noon - 7:45pm from Memorial Day weekend until the beginning of DeKalb County's school calendar. Thereafter, pool hours will be reduced to Wednesdays through Sundays from 3pm- 7:45pm until the Sunday before Labor Day of each year.

ID's are collected when entering pool and returned upon exit. Pool Monitors are in charge of conduct of all participants in and around the pools. They will enforce the rules and suspend those members or guests for infractions of the rules. All children under the age of 14 must be accompanied by a person(s) over the age of 16 who is either a Mainstreet resident or non-resident with a guest pass at all times while in the pool areas.

Pool etiquette must be observed by all attendees. No horseplay, rough housing, pushing, running or use of profane language or lewd behavior will be permitted. No food, drinks, glass containers, or animals are permitted on pool deck areas. Food must be consumed at the Clubhouse deck or at the wrought iron table outside of the Family Pool deck line only. You must shower before entering pool.

Reminder

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.**

Grilled Salmon with Greek Salad



Yields: **4** serving(s) Total Time: **20** mins

DIRECTIONS

STEP 1

In a small bowl, mix together yogurt, lemon juice, and 1/4 teaspoon pepper; fold in mint and dill.

STEP 2

Heat grill to medium-high. Season the salmon with 1/4 teaspoon each salt and pepper. Grill until opaque throughout, 3 to 5 minutes per side; transfer to plates.

STEP 3

In a large bowl, whisk together vinegar, oil, oregano, and 1/4 teaspoon each salt and pepper. Toss with tomatoes, cucumber, and onion. Serve with the salmon and tzatziki.

PER SERVING 279 CAL, 10 G FAT (2.5 G SAT FAT), 69 MG CHOL, 340 MG SOD, 36 G PRO, 11 G CAR, 3 G FIBER



INGREDIENTS

- 1 6-oz. container lowfat Greek yogurt
- 2 Tbsp. fresh lemon juice
- kosher salt
- Freshly ground black pepper
- 2 Tbsp. chopped fresh mint
- 1 Tbsp. chopped fresh dill
- 1 1/4 lb. skinless salmon fillet, cut into 4 pieces
- 2 Tbsp. red wine vinegar
- 1 Tbsp. olive oil
- 1/2 tsp. Dry Oregano
- 1 1/2 lb. tomatoes, cut into small wedges
- 1 seedless cucumber, cut into 1/2" pieces
- 1/4 red onion, thinly sliced



*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM PREVENTION.COM WEBSITE

**HA HA
HA!**

Budding Spring Jokes That Sprout Some Happiness

**HA HA
HA!**

**What do bakers
grow in their
gardens?**

Flour.



**What do you get
when you cross a tulip
with a dog?**

Collie-flower.

**What kind of shoes do
frogs wear when
spring comes?**

Open-toad.

**Where did the egg
go for spring break?**
New York City.

**HA HA
HA!**





Spring Roof Check: What Homeowners Should Know



Emerson Home Services will be at the Mainstreet pool opening on Saturday, May 23, 2026, from 11:00AM to 2:00PM. Stop by to meet the team, ask questions, and grab a few goodies.

As we move into spring, it's a good time to take a closer look at your roof. Seasonal weather and age can cause gradual wear that isn't always visible from the ground.

Many issues start small. A loose shingle or worn seal can allow water in over time, often going unnoticed until signs appear inside the home.

It's also common for different sections of the same roof to age at different rates depending on exposure, ventilation, and prior repairs.



What you see from the ground isn't always the full picture

COMMON SIGNS TO WATCH FOR

- Dark streaking or discoloration
- Granules collecting in gutters
- Missing or lifted shingles
- Ceiling stains or attic moisture
- Roof age approaching 10–15+ years

CONTACT US NOW! Mention Mainstreet Community OR The Mainstream!

We already have happy and satisfied customers right here in the neighborhood!

Bear Copeland | Emerson Home Services | 470-826-3158

Mainstreet Pet Corner

Feeding Times and Frequency for Your Dog

What is a good feeding schedule for my dog?

Feeding your dog does not have to be mysterious. By recognizing a few key concepts and attributes of dogs we can create a very reasonable feeding plan for them. The most common recommendation is to feed your dog at least two meals per day and there are a few reasons for this.

Dogs are creatures of habit. We can use this fact to our advantage by creating a regular feeding schedule and sticking to it. A regular feeding schedule helps with house training puppies, as well as adult rescue dogs who have not been taught household manners.

Puppies generally need to relieve themselves within 10 to 15 minutes of eating a meal and so, by linking a "potty stop" with a meal, we allow the puppy to associate their urges to urinate and defecate with being in the appropriate location. This is a very important step in the house-training process.

Feeding an adult dog at regular times provides the security and predictability of a routine. Meals become a cornerstone event of the day around which other activities are added. A feeding routine helps your dog cope when there are changes in the household (e.g., a child moves away to college, a new baby arrives, or a house-sitter visits while you are on vacation).

A feeding routine makes a necessary food change easier. When your dog is used to eating at the same times each day, their body becomes conditioned to expect food at those times. Hunger can be a great motivator! If the stage is set for increased hunger followed by meals at regular times, then transitioning to a new food will often be seamless and straightforward.

Dogs have a simple stomach anatomy, just like humans. Once their stomach is filled with food, it will empty within a few hours as food moves into the small intestine. After 8 to 10 hours, an empty stomach begins to send signals to the brain that stimulate a hunger response. For this reason, at least two meals per day are best for your dog.

Dogs have a simple stomach anatomy, just like humans. Once their stomach is filled with food, it will empty within a few hours as food moves into the small intestine. After 8 to 10 hours, an empty stomach begins to send signals to the brain that stimulate a hunger response. For this reason, at least two meals per day are best for your dog.

A break in eating habits can be a warning sign of illness. When dogs eat on a regular schedule, that habit becomes strong. It is easy to see if all the food from a meal is consumed. If food is left, whether all or part of a meal, that is an important signal that something is wrong, and it is time to schedule a veterinary appointment.

Having a set meal schedule can be helpful if your dog develops a medical condition. Some medical conditions require that dogs eat at specific times during the day (e.g., diabetes), or take medication with food. If your dog is already used to a set feeding schedule, this will be an easy adjustment.

How many meals should my dog eat each day?

It really depends on the individual dog as well as the family schedule. In an ideal world, at least two meals per day is best, based on the reasons described above. Some dogs are less food motivated and do fine with one meal per day. Others may need more frequent meals, such as dogs that only eat small volumes of food at a time or dogs with medical conditions like gastroesophageal reflux disease (GERD), who are prone to reflux if their stomach is empty for too long. A third meal can be added as a "lunch" or a bedtime snack, depending on the needs of the individual.

Feeding time can be an important bonding time. Creating routine and regular feeding times builds fun into everyday activities.



*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM VCA ANIMAL HOSPITAL WEBSITE



APRIL 2026

EARTH MONTH

TRANSFORMING LIVES

OUR POWER
OUR PLANET

AUTISM AWARENESS MONTH



accept. understand. love.



MEMORIAL DAY



JUNETEENTH

Celebrate Freedom

JUNE 19th

**JUNE IS
NATIONAL
SAFETY MONTH**





Mainstreet...A Caring Community

Phone: 770-469-7238
Fax: 770-498-5138

To place an ad, call 770-469-7238 or email
nadine@mainstreetcommunity.org

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

THE MAINSTREAM NEWSLETTER Spring 2025 Edition.
Homeowners are encouraged to submit articles of interest to the editor of The Mainstream.
Nadine Rivers-Johnson at nadine@mainstreetcommunity.org.

(Editorial licensing strictly enforced.)

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



PHOTO COURTESY OF
NADINE RIVERS-JOHNSON

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WWW.MAINSTREETCOMMUNITY.ORG