

# Zip Code Breakdown

## CROSSROADS NEWS

East Metro Atlanta

**WELLNESS**  
**Drink up in hot weather**  
 With summer heat bearing down, health officials remind us to drink plenty of water and to avoid the sun's rays. A healthy hydration plan is essential for staying cool. **AD**

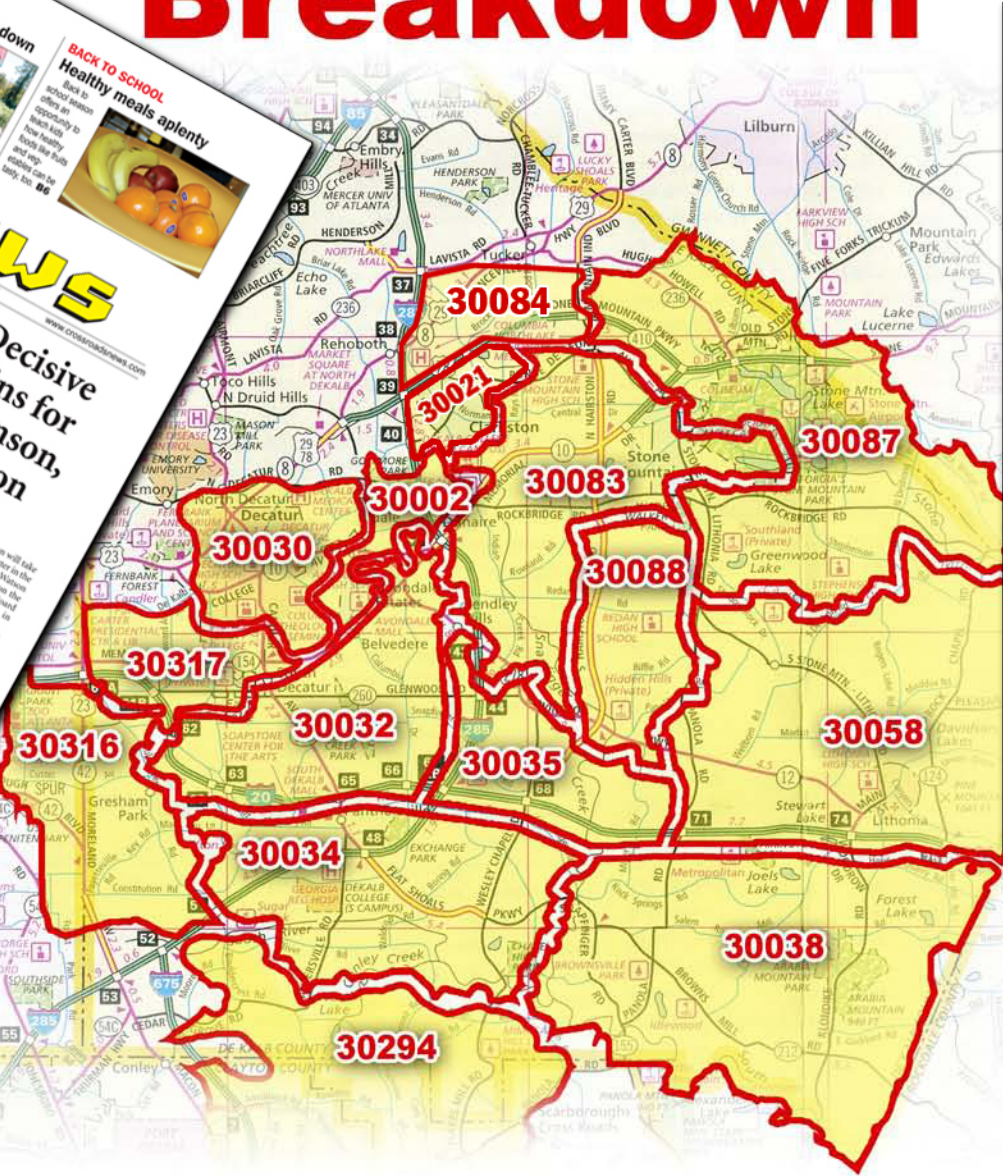
**BACK TO SCHOOL**  
**Summer break winding down**  
 Many parents and teachers are preparing for school by getting their classrooms, touring up on school supplies, and planning for the back-to-school push. **Section 6**

**BACK TO SCHOOL**  
**Healthy meals aplenty**  
 Back to school season offers an opportunity to eat healthy. Here are some ideas on how you and your students can take the bite. **6B**

**CrossROADS NEWS**  
 July 24, 2010  
 www.crossroadsnews.com

**Decisive wins for Johnson, Watson**  
 By Jennifer Brown Parker and Carla Baker  
 Congressman Hank Johnson will take on Republican challenger Lu Carter in the November 2nd US House race in the 7th District of Georgia. Johnson, a Democrat, will face Carter, a Republican, in the 7th District of Georgia. Johnson, a Democrat, will face Carter, a Republican, in the 7th District of Georgia.

**dangers in water**  
 The high levels of fecal coliform bacteria in the South River could be a health hazard. Fecal coliform bacteria can cause stomach and intestinal illness. The Georgia Department of Natural Resources is testing the river for fecal coliform bacteria.



30002	Avondale Estates	2,825
30030	Decatur	1,035
30032	Decatur	3,125
30034	Decatur	3,870
30035	Decatur	565
30038	Lithonia	5,560
30058	Lithonia	1,960
30083	Stone Mountain	1,345
30087	Stone Mountain	1,830
30088	Stone Mountain	1,245
30294	Ellenwood	495
30316	Atlanta	3,040
30317	Atlanta	255
30084	Tucker	375
30021	Clarkston	100
30079	Scottdale	75
Subscriptions, Tearsheets, etc.		300
Total		28,000

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